

NEWBRIDGE NEWS

Your Connection to Successful Aging **SEPTEMBER 2022**



2021 Champion of Hope Winners:
Charlie Daniels, Amy Scarr, Pastor David Smith



Nominate a *Champion of Hope*

Here at NewBridge we understand that our work serving older adults in Dane County is not done alone. We rely on the hard work, dedication and support of our friends, neighbors, and colleagues and want to recognize and honor these individuals that “Champion Hope.”

Our offices will be closed all day Monday, September 5 and Noon-4pm on Wednesday, September 21. All of our Nutrition Sites will be closed Thursday, September 29 for a training.

**CHECK OUT
WHAT'S
INSIDE!**

- 02** General Information
- 03** NewBridge Staff
- 04-05** NewBridge Services & Activities
- 08-11** NBU : Diversity & Inclusion Activities
- 12-14** NBU : Classes & Activities
- 16** Foot Care Clinics & Loan Closet
- 17** September is Senior Center Month
- 18-19** Volunteer Opportunities
- 20-22** Nutrition Program
- 24** 2022 January-June Donors
- 25** Donate to NewBridge
- 26** Case Management Walk-In Hours

newbridgemadison.org

(608) 512-0000

GENERAL INFORMATION

MISSION

Providing older adults a bridge to successful aging.

VISION

A Community Where All Older Adults Live Their Best Life.



A LETTER FROM THE DIRECTOR...

After a two-year absence NewBridge will hold our annual Black Tie Bingo fundraiser on Friday, October 7.

We are very excited to hold our big gala at the Monona Terrace this year! Be one of the 200+ supporters to get dressed up, join us for a nice meal, have lots of laughs and play some Bingo. A \$100 cash prize for each game. It's lots of fun for a great cause! No Bingo experience necessary. A limited number of tickets are available so please order your tickets today on the NewBridge website or by calling our office. This important fundraiser helps support the amazing work of our staff. See you there!

Jim Kauzgar

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

Office Hours: Monday-Friday, 8:00 am-4:00 pm

Masks for in-person group activities will be determined on a program-by-program basis.

NORTH OFFICE

1625 Northport Drive #125, Madison, WI 53704

EAST MADISON

4142 Monona Drive, Madison, WI 53716

WEST MADISON

5724 Raymond Road, Madison, WI 53711

Follow us! NewBridge Madison



BOARD OF DIRECTORS

- SARAH VALENCIA, *President* - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
- SARA CAMACHO, *Vice President* - Public Health Supervisor, Public Health Madison & Dane County
- TIM CONROY, *Secretary* - Executive Director, Capitol Lakes Community
- TIM RYAN, *Treasurer* - CFO, Monona Bank
- AMY DEVINE - Attorney, Haskins Short & Brindley
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- LAURA STEIN - Human Resources Advisor, American Family Insurance
- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward

Thank you to our Funders:



Friends of NewBridge

Housing Partners:
Sherman Glen Apartments & Point Place Apartments

NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Associate Director Ext. 4001
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000

- ALIRIO PARDO, Bilingual Case Manager - español Ext. 1007
- ALLISON BOWE, Case Manager Ext. 2005
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1009
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JODI EVANS, Case Manager Ext. 2008
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Lead Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006
- VANINA MIGUEL, Bilingual Case Manager- español Ext. 1001

- KATHLEEN PATER, Mental Health Resource Mgr. Ext. 3007
- MELISSA STOLTZ, Mental Health Resource Spec. Ext. 2002

- ELIZABETH DOWNS, Mental Health Resource Intern Ext. 3006

- DAVID WILSON, Marketing Manager Ext. 2006
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008

- DEANA WRIGHT, Diversity & Inclusion Program Mgr. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- KATIA VINE, Diversity & Inclusion Program Crd. Ext. 3009
- LISA HASSEL, Program Assistant —

- AL KOTIL, Nutrition Site Assistant —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- CHRISTINE JACKSON, Nutrition Coordinator —
- ETHEL RANDLE, Nutrition Coordinator —
- FAITH SWINBURNE, Nutrition Coordinator —
- JUDY CAMPBELL, Nutrition Site Assistant —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- SHANNON GABRIEL, Dietician & Healthy Aging Crd. ADRC
- STANLEY GRAHAM, Nutrition Coordinator —

All services and programs are offered without regard to race, gender, religion, color, creed, disability, sexual orientation, political beliefs, marital status, national origin, ancestry, age (where applicable), or any other basis prohibited by applicable law. Clients, participants, and volunteers are encouraged to report any discrimination relating to service delivery by NewBridge to the Executive Director or Board President, in writing.

ID Statement: The September (issue 9) of "NewBridge News" newsletter is a monthly publication that is mailed free of charge to NewBridge Friends and clients. Madison and Monona residents may pick up an issue at their local library. This newsletter contains at least 25% non-advertising. The NewBridge North office is located at 1625 Northport Dr. #125, Madison, WI 53704.




Custom Care Plan

Free Assessment

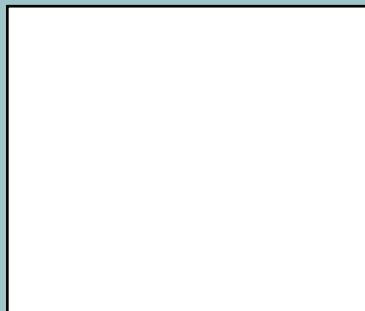
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SERVICES AND ACTIVITIES

Bridge Buddies

“Your connection to a friendly caller”

Offers weekly friendly chats or daily reassurance calls for Case Management clients. Now including letter writing. *Free for eligible Madison/Monona older adults (60+).*

Case Management

“Your connection to community resources”

Provides older adults support needed to live independently by identifying resources and coordinating services. Information, referrals, and advocacy provided through case management home visit assessments of each older adult’s individual needs. *Free for eligible Madison/Monona older adults (60+ or 50+ with MA Benefit). Private Pay Case Management available. Sponsored by CUNA Mutual Group Foundation.*

Classes & Activities

“Your connection to golden opportunities”

Social, educational, and exercise classes at various community sites. Details listed in monthly newsletter and website. *Free or low cost for older adults (60+) with scholarships available. Sponsored by All of Us Research Program-UW Madison.*

Diet Consultations & Healthy Aging Workshops

“Your connection to nutrition and wellness.”

Meet with a registered dietitian to discuss ways to manage newly prescribed diets, poor appetite, unintended weight loss, or other areas of concern. *Free for Dane County older adults (60+).* Various healthy aging educational workshops are offered at various community sites. *Free or low cost.*

Diversity & Inclusion Activities

“Your connection to your peers”

Activities for Black and Hispanic older adults to help reduce isolation. Activities focus on socialization, health education and support groups. Hispanic activities offered in Spanish only. *Free for Black and Hispanic Dane County older adults (60+). Sponsored by MGE Foundation, UW Health, and UnityPoint Health-Meriter.*

Food Bridge

“Your connection to wholesome groceries”

Offers monthly food pantry delivery for Case Management clients at nutritional risk throughout Madison and Monona. This service is a collaboration between NewBridge Madison, the River Food Pantry, and RSVP of Dane County. *Free for eligible Madison/Monona older adults (60+). Sponsored by the Rotary Club of Madison and the Evjue Foundation.*

Home Chore

“Your connection to helping hands”

Matches Case Management clients who need basic household chore help with individual volunteers/volunteer groups who provide assistance and friendly visitation. *Free for eligible Madison/Monona older adults (60+). Sponsored by the Endres Manufacturing Company and Lau and Bea Christensen Charitable Foundation.*

Medical Equipment Loan Closet

“Your connection to health equipment”

Provides health equipment items to check out. Equipment available may include wheel chairs, walkers, canes, shower chairs, and more. *Available to City of Madison or Monona residents.*

Mental Health Resources

“Your connection to mental health resources”

Supports older adults in the case management program with mental health issues and help access community resources to address their needs. *Free for eligible Dane County older adults.*

Nutrition Sites

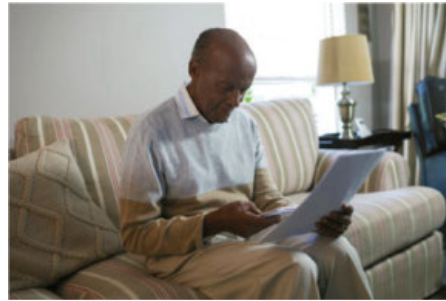
“Your connection to nutritious meals”

Serves nutritious weekday meals and provides socialization for older adults at multiple Madison/Monona locations. Details listed in monthly newsletter and website. *Cost for older adults (60+) is an anonymous donation. Cost for 60 and under, full cost of meal. Transportation available through Transit Solutions with donation. Advance reservations required for meal and transportation.*

Representative Payee & Guardianship Service

“Your connection to trained volunteers”

Connects vulnerable older adults with trained volunteers who serve as payees or guardians. The volunteers may make health care decisions, or manage social security benefits, and much more. *Free for Dane County older adults (60+).*



Sponsored by the Madison Senior Center Foundation, Henry Norman Leck Endowment Fund

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or (800) 950-9952 x2671





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NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



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New Bridge, Madison, WI

C 4C 01-2049

NEWBRIDGE UNIVERSITY (NBU)



At NewBridge University we strive to engage, support and unite older adults.

As we age our learning path may look different, the manner in which we learn may change, and our learning curve might be steeper - but we never stop learning. All of our program offerings under our Diversity & Inclusion and Classes & Activities, will fall under NBU. Some of our classes will be offered to specific groups, to help provide a safe space where participants can share and express themselves with older adults who look like them and share similar life experiences. For each class, activity, or program that you attend you will earn credits. These credits are redeemable for NBU swag at our end-of-year celebration. Credits will be tracked by a system and we will have a way for you to track credits too.

To learn more or sign up for classes, visit our website, see our newsletter or contact our staff.

PAGES 8-9

Classes and Activities for Black Older Adults
Deana Wright, Diversity and Inclusion Manager
(608) 512-0000 Ext. 2007
DeanaW@newbridgemadison.org

PAGES 10-11

Classes and Activities for Hispanic Older Adults
Katia Vine, Diversity and Inclusion Coordinator
(608) 512-0000 Ext. 3009
KatiaV@newbridgemadison.org

PAGES 12-14

General Classes and Activities
Deenah Givens, Program Coordinator
(608) 512-0000 Ext. 3002
DeenahG@newbridgemadison.org

En la Universidad NewBridge (NBU), trabajamos en relacionar, apoyar y unir a adultos mayores.

Conforme nos vamos haciendo mayores nuestro camino de aprendizaje suele cambiar, aprendemos de diferentes maneras, o a veces puede ser más difícil - sin embargo, nunca dejamos de aprender. Todos nuestros programas, de Diversidad e inclusión, las clases y actividades, ahora pertenecerán a NBU. Algunas de nuestras clases serán dirigidas a grupos específicos, para ayudar a proveer un ambiente seguro, donde los participantes podrán compartir y expresarse con otras personas que hayan compartido experiencias similares.

Por cada clase, actividad, programa al que asista, usted ganará créditos. Estos créditos los podrá canjear por artículos de NBU el día de nuestra celebración de fin de año.

El récord de sus créditos será registrado por un sistema, y también podrá mantener cuenta de sus créditos.

Para más información, visite nuestra pagina web, lea nuestro periódico y regístrese en clases o comuníquese con nuestro personal.

NBU : DIVERSITY & INCLUSION ACTIVITIES



NewBridge University (NBU) ~ a community of lifelong learners.

Earn 1 credit for each class, activity, or program that you attend.

Credits are redeemable for NewBridge swag at the end-of-year celebration.

Below activities are developed for Black older adults that focus on socialization, health education, and support groups. *Free for Black older adults (60+) in Dane County.*



Deana Wright
Diversity & Inclusion
Program Manager
(608) 512-0000 Ext. 2007
DeanaW@
newbridgemadison.org

To register for programs/activities and request transportation, contact Deana.

Mask Policy: Masks are required for all in-person group activities.

THINK CAP CAFÉ - Zoom

Thursdays, 11:00 am-12:00 pm



Connect, socialize and engage in brain healthy games and activities to prevent or delay cognitive decline and memory loss.

BLACK SPACE - Zoom

Thursdays, 3:00-4:00 pm

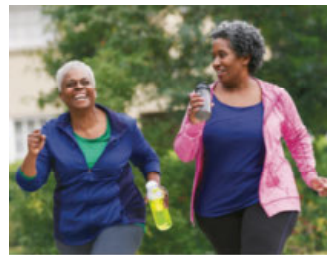


A safe space for Black older adults to talk about all things Black. You decide the topics; you lead the conversation.

GET MOVIN' - Zoom & In-Person

Tuesdays & Thursdays, 1:00-2:00 pm

UW South Madison Partnership,
2238 S. Park St. or via Zoom



A gentle exercise class for all levels. Complete two weeks of classes and receive a free kit, with exercise equipment and a t-shirt.

BINGO - Zoom

Thursday, Sept. 15, 3:00-4:00 pm



Game cards and chips will be mailed prior. Gift cards will be mailed to winners.

To sign up, email Deana by 9/9.

COLOR ME HEALTHY - Zoom

Tuesday, Sept. 20, 3:00-4:00 pm



Join us for discussions with Black professionals that focus on health, wellness and racial disparities.

Chicago Style Stepping & Line Dance Classes



MUSIC - SNACKS - FUN

Wednesdays, 2:00-4:00PM
Instructor: Judy Young


School of Nursing
UNIVERSITY OF WISCONSIN-MADISON

NEWBRIDGE
Your Connection to Successful Aging


BRAIN Health

What it is, what you need to know and why it matters as you age.


Thursday, September 29th | 11:00AM on Zoom



Jessi Evans Kendall, BSN, RN
Outreach Specialist
UW-Madison School of Nursing



Earlise Ward, PhD
Associate Professor
UW-Madison School of Nursing



Andrea Gilmore-Bykovskiy, PhD, RN
Associate Professor
UW-Madison School of Nursing

Discover ways to promote a healthy brain
Break myths and stigma about the aging brain
Understand conditions that can impact your brain health
Learn about the link between blood pressure and cognitive decline
Find out how mindfulness, gratitude and prayer can have an impact on mental health

Arts & Poetry Cafe

With Poets Fabu Carter and Gary Glazner

TUESDAY, SEPTEMBER 6 2PM Enjoy well loved classic poems and have fun creating your own

Transportation by request

Contact Fabu at Fabu@ArtistFabu.com or Deana at DeanaW@NewBridgeMadsion.org

UW South Madison Partnership
2238 S. Park Street



ZOOM LINK
Meeting ID:
897 080 0615

Refreshments will be served






Collards, Cornbread, Cupcakes & Karaoke



Join Us!

WEDNESDAY, SEPTEMBER 7TH
12:30-2:00PM

ULGM
2222 S. Park St.

Join us for savory food, sweets, socialization and singing. No experience necessary, just grab the mic and sing along to your favorite chart toppers. Lots of giveaways; loads of fun.

NBU : ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN



NewBridge University (NBU) ~ *a community of lifelong learners.*

Earn 1 credit for each class, activity, or program that you attend.

Credits are redeemable for NewBridge swag at the end-of-year celebration.

Below activities are developed for Hispanic older adults that focus on socialization, health education, and support groups. *Free for Hispanic older adults (60+) in Dane County.*



Katia Vine
Diversity & Inclusion
Program Coordinator
(608) 512-0000 Ext. 3009
KatiaV@
newbridgemadison.org

Consulte el sitio web de NewBridge para obtener el enlace Zoom www.newbridgemadison.org.

Normas sobre las mascarillas:
El uso de mascarillas para actividades de grupo presenciales será determinado de acuerdo a cada grupo.

YOGA SUAVE - MSCR

Todos los lunes, 10:15-11:15 am



¡Inscríbase hoy! Costo:
Gratis para residentes del
Distrito Escolar de Madison
o \$47 si se encuentra fuera
de esta área. 12 septiembre
-21 noviembre

CÍRCULO DE AMIGOS

Miércoles el 14 y 28 de septiembre
1:00-2:00 pm

Únete a nosotros en el zoom. ¡Vengan a tomarse un cafecito y conversar en un ambiente familiar y amical para conocernos mejor!

EL RINCÓN DE LA SALUD

Miércoles 21 de septiembre

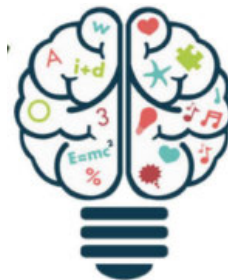
1:00-2:00 pm

Cada 3er miércoles del mes.

Acompáñenos a conversar acerca de diferentes temas de la salud.

LA CAFETERIA DE LA MEMORIA

Jueves de 9:30-10:30 am



Entrene su memoria, percepción, atención, concentración y más... a través de retos y actividades divertidas. Las hojas de práctica se enviarán todos los viernes.

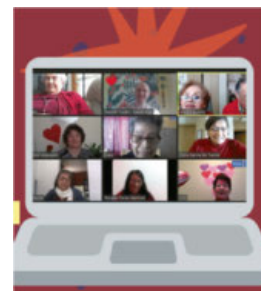
BINGO

Martes 20 de septiembre, 10:00 am

Via Zoom

LA REUNIÓN

Viernes 1, 16, 23 y 30 de septiembre



10:00-11:30 am

Conversaremos acerca de temas relevantes sobre la salud y el bienestar para la comunidad latina.

NEWBRIDGE **Humana**

AT WARNER PARK

BINGO BILINGÜE

VIERNES 9 DE SEPTIEMBRE BINGO DE 10:15AM - 11:15AM ALMUERZO A LAS 11:30AM

PARA MÁS INFORMACIÓN LLAME A DEENAH G O KATIA AL 608-512-0000

THE RIVER FOOD PANTRY

Department of Kinesiology
Center for Geriatrics
UNIVERSITY OF WISCONSIN-MADISON

ACTIVATE BAILANDO
CON LAURA A PRIETO

TODOS LOS MARTES
DE 1:30PM - 2:30PM
MADISON SENIOR CENTER
DEL 6 DE SEPTIEMBRE
AL 25 DE OCTUBRE

NEWBRIDGE MSC

CHARLAS EDUCATIVAS SOBRE LA SALUD

Con Mario de Humana

Los 4to Viernes del mes
10am - 11:30am
En el Madison Senior Center
(330 W Mifflin St.)

NEWBRIDGE Your Connection to Successful Aging

Madison Senior Center MSC 55+ MADISON SENIOR CENTER

Humana

Clases de Inglés Gratuitas para Adultos

Nivel	Fechas	Formato
Principiante	Lunes y Miércoles 10am-11am 12 de septiembre-12 de diciembre no hay clase 11/23	En Persona (1625 Northport Dr. #125)
Principiante	Lunes, 6-7:30pm 12 de septiembre-12 de diciembre	En Línea (Zoom)
Intermedio	Miércoles, 6-8pm 14 de septiembre-7 de diciembre	En Línea (Zoom)
Intermedio	Sábado, 10am-12pm 17 de septiembre-10 de diciembre	En Línea (Zoom)

Los participantes aprenderán a hablar y a comunicarse en inglés. ¡Ellos escogerán los temas para estudiar! Los temas incluyen platicar acerca de su familia, salud, hacer citas, llamadas telefónicas, conversaciones casuales, y más. Las clases están disponibles otros días y horarios. ¡Contáctanos para más opciones!

Para más información, llame a Katia Vine al (608) 512-0000 o envíe un correo electrónico a katiav@newbridgemadison.org

NBU : CLASSES & ACTIVITIES



NewBridge University (NBU) ~ *a community of lifelong learners.*
Earn 1 credit for each class, activity, or program that you attend.
Credits are redeemable for NewBridge swag at the end-of-year celebration.
Below are activities are developed for Madison and Monona area older adults
that focus on socialization, health education, and support groups.



Deenah Givens
Program Coordinator
(608) 512-0000 Ext. 3002
DeenahG
@newbridgemadison.org

Welcome to the NewBridge hybrid model of programming where we offer both in-person and virtual (Zoom) programs, presentations, gatherings and more.

See NewBridge website for the Zoom link, www.newbridgemadison.org or contact Deenah.

Mask Policy: Masks for in-person group activities will be determined on a program-by-program basis.

SASSY STEPPERS - In-Person

Mondays, 4:00-5:00 pm
Warner Park Comm. Rec. Center
If you love to dance, enjoy performing, want to learn new dance moves and meet new friends, come join us!

CARD GAMES - In-Person

Warner Park Comm. Rec. Center
BUNCO: Mondays, 2:00-4:00 pm
EUCHRE: Tuesdays, 1:00-3:00 pm
MAH JONG: Thursdays, 1:00-3:00 pm

PING PONG - In-Person

Mondays, 9:00 am-Noon
Wednesdays, 1:00-3:00 pm
Warner Park Comm. Rec. Center

STRETCH & STRENGTH - Zoom

Mondays & Wednesdays, 9-9:45 am
Join Becky Ott-Forde for gentle stretch and strengthening exercises from the comfort of your own home. Cost \$20/mo.
To sign up, contact Becky Otte Ford raonine@gmail.com or (608) 215-4119.

WESTSIDE WARBLERS - In-Person

Monday, Sept. 5, 11:00 am-12:30 pm
Middleton Senior Center
Tuesday, Sept. 20, 6:00-7:30 pm
Dale Heights Church
Our accompanists are Robert and Patricia Stone. Refreshments provided.

SPIRIT & STRENGTH - Zoom

SHARING WISDOM IN TROUBLED TIMES
THROUGH OUR STORIES
Tuesdays, 1:00-2:30 pm
Join Pam Philips Olson, Writer, Storyteller and Author as she leads us through a process to help tell our own stories.

EASY YOGA PLUS - Zoom

Wednesdays & Fridays, 10-11:00 am
Ellen Millar leads a series of exercises that can be done standing or from a chair.

To sign up, visit Ellen's website for the Zoom link www.thewonderofyoga.com

MINDFULNESS MOVEMENT FOR LGBTQ FOLKS, FRIENDS & ALLIES - In-Person

Wednesdays and Fridays
10:15-11:45 am

Warner Park Comm. Rec. Center
Learn to be mindful and reduce stress while having fun. Small donation requested. *A collaboration with Outreach, Inc. 50+ Alliance. Taught by Mimi Millen, M.Ed., MS, Energy Practitioner.*

BOOK CLUB - In-Person & Zoom

Wednesday, Sept. 7, 10:00-11:00 am
Warner Park Comm. Rec. Center
Our September book discussion is on Flight Behavior by Kingsolver. The October selection is Afterlife by Alvarez. You are responsible for getting and returning your book. Books are available at Lakeview Library.

CARD MAKING CLUB -In-Person

Wednesday, Sept. 14, 1:00-3:00 pm
Warner Park Comm. Rec. Center
If you are crafty and enjoy making cards for others, please join us!

CHAIR YOGA - In-Person

Thursdays, 10:30-11:30 am
Warner Park Comm. Rec. Center
Join Instructor Kim S as she leads you through a series of gentle stretch and yoga movements from standing or seated positions. For all ability levels.

SEWING CLUB - In-Person

Thursday, September 1 & 15
9:00 am-Noon
Warner Park Comm. Rec. Center
Light mending for older adults in the community.

HOW TO GET YOUR ITEMS MENDED:
Bring your items (3 maximum) into the NewBridge North Office, 1625 Northport Drive, Suite 125, and leave them with our front desk volunteer and our volunteers will mend. No charge, donations welcome!

BINGO! - In-Person

Fridays, 10:15-11:15 am
Warner Park Comm. Rec. Center
Join callers Diana D & Don. One lucky winner will receive a gift card. Bilingual Bingo is on the 1st Friday of each month.
NO ZOOM BINGO THIS MONTH.



NBU : CLASSES & ACTIVITIES CONTINUED

COLLABORATIVE PROGRAMS

These programs are a collaboration between NewBridge and other community groups, clubs, organizations.

AUTHORS SPEAK SERIES - *Zoom*

Coming in October

Local authors present their works and lead a discussion on their book. September dates to be announced soon!

A collaboration with Goodman Community Center and Madison Public Libraries.

BEST YEARS GAME CLUB - *In-Person*

Tuesdays, 1:30–3:00 pm

Meadowridge Library

Play board games, chat and share stories and have refreshments. *A collaboration with Meadowridge Library.*

BODY, MIND, HEART & SOUL: CAREGIVING FOR SELF AND OTHERS - *Zoom*

Wednesday, September 21, 10:00 am

It is estimated that, at any given time, one in four Americans is actively caregiving for someone. Please join Jody Curley in a conversation about the challenges of caregiving. *A collaboration with Goodman Community Center, Madison & Monona Senior Centers.*

COMPASSIONATE

COMMUNICATION - *In-Person*

Sept. 12-Oct. 31, 1:00-2:30 pm

Goodman Community Center

Join us for this 8-week session with a trained professional. Compassionate Communication is a powerful tool to use with interpersonal relationships, internal negotiation, personal healing to conflict resolution; social change to trauma and recovery settings. *A collaboration with Madison & Monona Senior Centers, Goodman Community Center.*

LET'S COOK! - *Zoom* *Coming in October*

Join us as UW students lead you through a cooking demo as you cook with them from the comfort of your own kitchen. We will cook tasty foods that use ingredients that can be found in most kitchens. *A collaboration with Goodman Community Center, Madison & Monona Senior Centers and UW School of Medicine & Public Health.*

WELLNESS WARRIORS- *Zoom*

Wednesdays, Sept. 7-Oct. 26

10:00-11:30 am

Join us for this 8-week session that has some guided activities led by Professor Kim. *A collaboration with Goodman Community Center, Madison & Monona Senior Centers and Edgewood College School of Nursing.*

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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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New Bridge, Madison, WI

D 4C 01-2049



NewBridge is partnered with Nail Technician Susan Hasey, Registered Nurse Gail Owens and Cheryl Franz to provide foot care for older adults 60+. Cost is \$20 and we ask that you bring 2 towels.

Appointments are required and should be made in advance by calling (608) 512-0000. Appointments fill up quickly. We recommend you call a few months in advance. We do keep a waitlist.

Mask Policy: Masks for in-person group activities will be determined on a program-by-program basis.

EAST MADISON

Monona United Methodist Church
606 Nichols Road, Monona
Tuesday, Sept. 13, 20, 27, 9:30-11:45 am

NORTH MADISON

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, Sept. 6, 1:00-2:30 pm

Goodman Community Center
149 Waubesa Street
Monday, Sept. 12, 10:00 am-Noon

Warner Park Community Rec Center
1625 Northport Drive
Thursday, Sept. 22, 8:30 am-Noon

WEST MADISON

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, Sept. 27, 9:00 am-12:00 pm



MEDICAL EQUIPMENT LOAN CLOSET

NewBridge provides equipment to check out such as walkers, raised toilet seats, commodes, crutches and more at the East Madison/Monona location
4142 Monona Dr.

Loan closet items are available to City of Madison and Monona residents. Monetary and equipment donations are welcomed.

Call NewBridge to ask if the item you need is available
(608) 512-0000 Ext. 2000.
The loan closet is open Monday-Thursday 9:00 am-3:00 pm and closed on Fridays.

We ask that you call ahead to make an appointment to pick up, return and to donate. Currently accepting wheel chair donations.

SEPTEMBER IS SENIOR CENTER MONTH

NewBridge is not a traditional senior center but pretty similar. We do not have our own programming space but collaborate with other agencies to host programs at their location. Deenah Givens is our older adult activities program coordinator and she is assisted by Lisa Hassel. Our programming includes social, educational, and health and wellness activities including various exercise classes. In 2022 most of our programs have occurred virtually but we are increasing our in-person activities. This Fall, we will now be holding programs at the Boys & Girls Club on both the south and westsides of Madison.

See our current list of classes and activities on pages 12-14.

This month we are also conducting a survey and would appreciate your feedback on activities or programs you would like us to offer.



Deenah Givens,
Program Coordinator



Lisa Hassel,
Program Assistant

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VOLUNTEER OPPORTUNITIES



Keisha Furniss
Volunteer Coordinator
(608) 512-0000 Ext. 3008
KeishaF
@newbridgemadison.org

HOME CHORE VOLUNTEERS

DESCRIPTION– Volunteers are matched with older adults to help them remain independent. This opportunity is for individuals, families, couples and groups. Duties may include: dusting, vacuuming, removing garbage, and friendly visitation.

TIME COMMITMENT– Flexible

IMMEDIATE NEED– 10 volunteers needed for Eastside/Monona, 10 for Northside, 10 for Southside, 10 for Westside

NUTRITION SITE VOLUNTEERS

DESCRIPTION– Help check people in, serve drinks, and socialize with older adults at our nutrition sites.

TIME COMMITMENT– Wednesdays and/or Fridays 11:00 am-1:00 pm. *Training will be provided by the Nutrition Site Manager.*

GUARDIAN & REPRESENTATIVE PAYEE

DESCRIPTION– Compassionate individuals to be guardians and payees. Must be 26 years old.

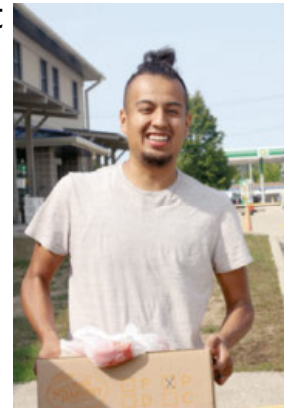
TIME COMMITMENT– 2 years, 3-6 hr/mo
Call Katie Brietzman for information at Ext. 1002

FOOD BRIDGE DELIVERY DRIVERS

DESCRIPTION– Deliver food pantry items from The River Food Pantry and/or St. Vincent de Paul and/or Middleton Outreach Ministry Food Pantry to an older adults front door. No person to person contact. From the comfort and safety of your own car. Flexible for your schedule.

TIME COMMITMENT– 2-4 times/month

IMMEDIATE NEED– 5 volunteers



BRIDGE BUDDY CALLERS

DESCRIPTION– Bridge Buddies is a program designed to conduct safety checks and combat loneliness in older adults through regular phone calls.

TIME COMMITMENT– Weekly friendly chats 15-60 min. Weekday reassurance calls 1-5 min.

NEWSLETTER COORDINATOR VOLUNTEER

DESCRIPTION– Help with the organization and mailing distribution of the NewBridge newsletter. Dates are set in advance. Mailing is done at the North office, 1625 Northport Dr. with help from the READI volunteers.

TIME COMMITMENT– 2-4 hours a month.

NEWBRIDGE
Your Connection to Successful Aging

GUARDIAN AND REPRESENTATIVE PAYEE VOLUNTEERS NEEDED!

Volunteer Application



The Volunteer Guardian Program serves older adults age 60 and over who are in need of a guardian due to such conditions as advanced dementia or chronic mental illness, and who have no family members or friends able to act as a guardian.

The program recruits, trains and provides ongoing support to volunteers willing to serve as legal guardians for older adults in need. The preferences and abilities of the volunteer and the specific need of the disabled older adult are taken into account in the assignment process.

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First, contact your county Aging and Disability Resource Center (ADRC).
FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

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NUTRITION MEAL SITES

Mask Policy: Masks for congregate meal sites will be determined on a site-by-site basis.



Nutritious weekday meals and socialization for older adults at multiple Madison and Monona locations. The meal is well balanced and appealing for those who don't enjoy cooking or eating alone.

RESERVATIONS

Meal and transportation reservations and cancellations should be made on-site or by calling the number associated with the site by Noon, two business days in advance.

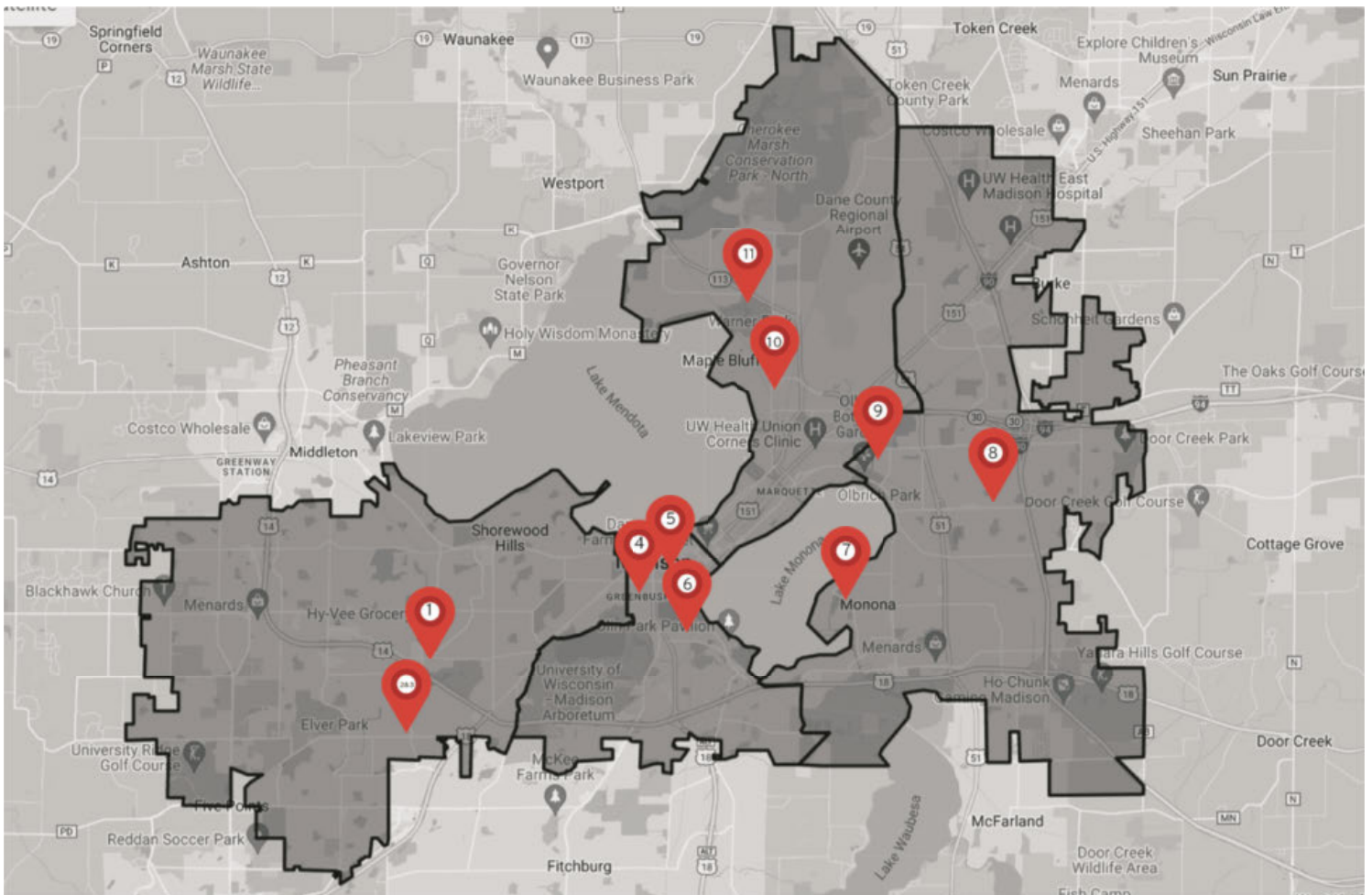
**starred sites do not require a meal reservation.*

Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

Transportation reservation is always required.

DONATION

If you are age 60 and older, the suggested minimum donation is \$4.00. If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost **\$9.07.**



ALL OF OUR NUTRITION SITES WILL BE CLOSED THURSDAY, SEPTEMBER 29 FOR STAFF TRAINING.

WEST MADISON

1 Hy-Vee West, 675 S. Whitney Way
Wednesday, 11:00 am-1:30 pm

**No meal reservation required*

For transportation call (608)512-0000 Ext. 4006

Catered by Hy-Vee.

- **Lunch Combo #1** : Cashew Chickpea Stir Fry, Rice, Stir Fry Veggies, Fresh Pineapple
- **Lunch Combo #2** : Hot Sliced Turkey with Gravy, Dinner Roll, Baked Beans, Broccoli Supreme
- **Lunch Combo #3** : Baked Chicken Breast or Thigh & Leg, Biscuit, Mashed Potatoes with Gravy, Fresh Fruit
- **Lunch Combo #4** : Meatloaf, Dinner Roll, Baked Potato, Waldorf Salad

SOUTH MADISON

4 Lechayim Lunchtime Plus,
Beth Israel Center, 1406 Mound St.

Mondays, 11:30 am

Catered by UW Hillel Adamah Catering

Recommends attendees have had vaccination and booster, and wear masks when not eating.

For reservations contact Jewish Social Services at (608) 442-4083 by Wednesday preceding the meal.

- **Monday, September 12** : Harissa Glazed Chicken, Couscous, Lemon & Garlic Hericot Verts, Fudge Brownies, Fresh Fruit, MO: Sweet Potato Tagine
- **Monday, September 19** : Lemon-Rosemary Chicken, Basmati Rice, Roasted Carrots, Fudge Brownies, Fresh Fruit, MO: Lemon-Rosemary Tofu



EAST MADISON/MONONA

7 Monona Senior Center, 1011 Nichols Rd.
Friday, Noon

For reservations call (608) 512-0000 Ext. 2001

Catered by Gaylords. September Menu:

- **Friday, September 2** : Roast Beef Sandwich on Whole Wheat Bun Potato Salad, Caesar Salad, Mixed Melon Cup, MO: Veggie Wrap
- **Friday, September 9** : Swedish Meatballs Wild & Brown Rice Four Bean Salad Cantaloupe Blueberry Muffin MO: Red Beans/Rice
- **Friday, September 16** : Cheeseburger, German Potato Salad, Applesauce, Pudding, MO: Veggie Burger
- **Friday, September 23** : Spaghetti with Meat OR Meatless Sauce, Romaine Salad, Garlic Bread, Pears Sherbet
- **Friday, September 30** : Baked Fish, Baked Sweet Potato, Coleslaw, Whole Wheat Bread, Pineapple Chunks, MO: Soy Patty

NORTH MADISON

10 Kavanaugh's Esquire Club,
1025 N. Sherman Ave.

Wednesdays, 11:30 am-1:30 pm

No reservation required. For transportation, call 512-0000 Ext. 2001 by 10 am the Monday prior. Transportation provided for Monona, North and Northeast Madison residents.

Catered by Kavanaugh's.

- **Wednesday, September 7** : Meatloaf
- **Wednesday, September 14** : Ham
- **Wednesday, September 21** : Spaghetti
- **Wednesday, September 28** : Swiss steak
- **Every Wednesday**: Sandwich and Soup
- **Every Wednesday**: Fish or Sandwich/Soup



NUTRITION MEAL SITES

WEST MADISON

2 Meadowridge Commons, 5734 Raymond Rd.
Tuesday, Thursday, Noon
For reservations call (608) 512-0000 Ext. 4006

3 Good Shepherd Church, 5701 Raymond Rd.
Friday, Noon
For reservations call (608) 512-0000 Ext. 4006

SOUTH MADISON

6 Romnes Apartments, 540 W. Olin Ave.
Monday-Friday, 11:30 am
For reservations call (608) 512-0000 Ext. 4006

5 Madison Senior Center, 330 W. Mifflin St.
Monday-Friday, 11:30 am
For reservations call (608) 512-0000 Ext. 4006

NORTH MADISON

11 Warner Park Community Recreation Center, 1625 Northport Dr.
Mon., Tues., Thurs., Fri., 11:30 am
For reservations call (608) 512-0000 Ext. 4006

9 Goodman Community Center, 149 Waubesa St.
Monday-Friday, 11:45 am
For reservations call (608) 241-1574 Ext. 8087

EAST MADISON/MONONA

8 Messiah Lutheran Church, 5202 Cottage Grove Rd.
Tuesday and Thursday, Noon
For reservations call (608) 512-0000 Ext. 2001

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CONSOLIDATED FOOD SERVICE MENU Meals provided by Dane County Consolidated Food Services Division <i>All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.</i>			01 Egg Salad Pickled Beets Cucumber Slices, Banana Orange Sherbet	02 Meat Sauce Spaghetti Noodles Carrot, Mixed Green Salad Peach Cup Chocolate Chip Cookie MO – Marinara Sauce
05 CLOSED	06 Tuna Salad Sicilian Pasta Salad Creamy Corn Salad, Fruit Cup Rice Crispy Treat MO – Egg Salad	07 Cheeseburger Calico Beans, Potato Salad Fruit Cocktail Cup Oreo Cookie MO – Black Bean Burger	08 BBQ Chicken Baked Sweet Potato Banana, Nutty Buddy Bar MO – Veggie BBQ	09 *Pork Loin in Gravy Mashed Potatoes, Peas Mandarin Orange Cup Chocolate Pudding Cup MO – Veggie Balls
12 Chicken and Gravy Carrot Coins, Green Beans Pineapple Cup, Jell-o Cup MO – Veggie in Gravy	13 Sausage Veg Egg Bake Fruit Cup, Orange Juice Oven Roasted Potatoes Apple Cinnamon Muffin MO – Veggie Egg Bake	14 Baked Mostaccioli Broccoli, Fruit Cup Oatmeal Cream Pie MO – Veggie Baked Mostaccioli	15 *BBQ Pulled Pork Oven Roasted Potatoes Carrots, Peach Cup Strawb. Banana Yogurt MO – BBQ Garden Burger	16 Chicken Alfredo Penne Steamed Brussel Sprouts 3 Bean Salad, Applesauce Rainbow Sherbet Cup MO – Veggie Alfredo
19 Garlic Parm. Chicken Stewed Tomatoes Spinach Casserole, Pear Cup Cream Filled Fudge Cookie MO – Veggie Garlic Parm.	20 Fish Sandwich Yams, Peas Berry Applesauce cup Chocolate Chip Cookie MO – Multigrain Burger	21 Honey Baked Chicken Broccoli, Yams, Macaroni Peach Cup Vanilla Ice Cream Cup MO – Veggie Honey Baked	22 Chicken Caesar Salad Copper Penny Salad Mixed Fruit Cup Vanilla Pudding Cup MO – Veggie, Ranch	23 *BBQ Ribs Cheesy Potatoes Pickled Beets Mandarin Orange Cup Lime Sherbet Cup MO – Veggie BBQ Balls
26 Sloppy Joe Kidney Bean Salad Mixed Vegetable, Peach Cup Italian Ice MO – Chickpea Joe	27 Chicken a la King Brown Rice, Green Beans Vinegar Corn Salad Fruit Cocktail Cup Reece's Peanut PB Cup MO – Soy a la King	28 Enchilada Casserole Broccoli, Fiesta Corn Banana, Oatmeal Cream Pie MO – Bean & Cheese Burrito	29 CLOSED	30 Chicken Brocc. Rice Casserole, Carrot Coins Chickpea Salad Tropical Fruit Cup Chocolate Ice Cream Cup MO – Veggie Rice Casserole

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- \$ _____ In honor/memory of: _____
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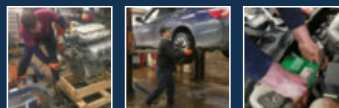
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New Bridge, Madison, WI H 4C 01-2049

TIME TO REVIEW YOUR MEDICARE PLAN

Prepare Early This Year!

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2023. The plans' premiums, deductibles, and co-pays can also change each year.

What can people do about this?

All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period which runs October 15 through December 7.

This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2023.

If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

NewBridge has a form with instructions to help you get organized. Don't let this opportunity pass you by. Go to [Medicare.gov](https://www.Medicare.gov) to compare plans online or for local assistance **call NewBridge at (608) 512-0000 and ask for the "Case Manager on Intake."**

¡Prepárese temprano este año!

¿Tiene un plan para medicamentos con Medicare Parte D? Cada año el plan de cobertura de la lista de medicamentos del Medicare Parte D cambiará.

Esto significa que aún si esta tomando los mismos medicamentos, la cantidad que paga por sus medicamentos puede cambiar en el 2023. Los pagos de primas, deducibles, y los copagos también pueden cambiar cada año.

¿Qué puede hacer la gente al respect

Todos los beneficiarios de Medicare deben verificar su cobertura de la Parte D cada año durante el período anual de inscripción abierta de Medicare que va del 15 de Octubre al 7 de Diciembre. Esta es la época del año para saber si su plan actual le costar más ó menos que otros planes de la Parte D del 2023. Si ya no es el mejor plan para sus medicamentos, este es el momento de hacer un cambio a un plan de la Parte D que mejor le convenga.

NewBridge tiene un formulario con instrucciones para ayudarlo a organizarse. No deje que esta oportunidad pase. Navegue a [Medicare.gov](https://www.Medicare.gov) para comparar planes en línea ó para asistencia local, **llamar a NewBridge al (608) 512-0000, presione la opción 2 para español.**

Assistance is also available through the following resources:
Asistencia también es disponible por estos recursos (sin peajes):

1-800-MEDICARE or www.Medicare.gov

Medigap Helpline 1-800-242-1060

Disability Rights Wisconsin Medicare Part D Helpline 1-800-926-4862

Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

CASE MANAGEMENT WALK-IN HOURS

A Case Manager will be available at the following times and locations:

EAST MADISON

Monona Senior Center
1011 Nichols Rd.
Friday, September 9
11:30 am-12:30 pm

Goodman Community Center
214 Waubesa St.
Tuesday, September 20
11:30 am-12:30 pm

SOUTH MADISON

Romnes Apartments
540 W Olin Ave.
Tuesday, September 6
11:00 am-Noon

WEST MADISON

Good Shepherd Church
5701 Raymond Rd.
Thursday, September 15
11:15 am-Noon
Bilingual Spanish/English

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