

# NEWBRIDGE NEWS

Your Connection to Successful Aging **SEPTEMBER 2023**

**NEWBRIDGE**  
Your Connection to Successful Aging

**BLACK TIE BINGO**

MONONA TERRACE

9.22.23  
6PM-9PM

GET YOUR TICKETS TODAY. SALE ENDS SUNDAY, SEPTEMBER 17!

**NewBridge is CLOSED Monday, September 4**

**CHECK OUT  
WHAT'S  
INSIDE!**

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[newbridgemadison.org](http://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...

Next month our year-long billboard campaign comes to an end. This was made possible by a grant awarded by Adams Advertising for a year of free advertising. NewBridge is so thankful to Adams Advertising for the opportunity! We knew we had to promote our “new” name out in the community and the results have been wonderful. There has been a big increase in the number of people following us on our website and Facebook page. The number of businesses and media outlets reaching out to us for ways to support/promote us has been outstanding. So many people noticed our billboards and really liked the images and messaging. Thank you again Adams Advertising!

## CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: [info@newbridgemadison.org](mailto:info@newbridgemadison.org)

Website: [newbridgemadison.org](http://newbridgemadison.org)

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

\*See East Office Hours Below

## NORTH OFFICE

1625 Northport Drive #125, Madison, WI 53704

## WEST OFFICE

5724 Raymond Road, Madison, WI 53711

## EAST OFFICE/LOAN CLOSET

505 Cottage Grove Road #200, Madison, WI 53716

\*Hours: Monday-Thursday, 8:00 am-3:00 pm

Follow us! NewBridge Madison



## BOARD OF DIRECTORS

- SARA CAMACHO, *President* - Public Health Supervisor, Public Health Madison & Dane County
- LAURA STEIN, *Vice President* - Member at Large or Community Member
- TIM CONROY, *Treasurer* - Executive Director, Capitol Lakes Community
- AMY DEVINE, *Secretary* - Attorney, Haskins Short & Brindley
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward
- JENNIFER SIMON-VOHS - Supervisor of Care Coordination Services at UnityPoint Health - Meriter

Thank you to our Funders:



Friends of NewBridge

Housing Partners:  
Point Place Apartments  
Sherman Glen Apartments

# NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Associate Director Ext. 4001
- ALI LAZAR, Fund Development Specialist Ext. 3012
- 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
- EBONIE BROOKS, Case Manager Ext. 2009
- JODI EVANS, Case Manager Ext. 2008
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- LUCY HAGEN, Case Manager Intern Ext. 1008
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- PATTY WITTE, Case Manager Intern Ext. 1003
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Assoc. Supervisor Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006
- VANINA MIGUEL, Bilingual Case Manager- español Ext. 1001

- KATHLEEN PATER, Mental Health Specialist Ext. 3007
- KATY POLICH, Mental Health Specialist Ext. 2002
- RACHEL ERICKSON, Mental Health Intern Ext. 3006
  
- DAVID WILSON, Marketing Manager Ext. 2006
- KATIE BRIETZMAN, Community Outreach & Support Specialist 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 Coord. Ext. 3009
  
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- ETHEL RANDLE, Nutrition Coordinator —
- FAITH SWINBURNE, Nutrition Coordinator —
- JUDY CAMPBELL, Nutrition Site Assistant —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- 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.




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[www.VisitingAngels.com/MadisonWI](http://www.VisitingAngels.com/MadisonWI)



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### RETIREMENT HOUSING

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**Edgerton Retirement Apartments**  
505 Stoughton Rd., Edgerton | (608) 884-9009  
[era@bmcmadison.com](mailto:era@bmcmadison.com)

Lovely apartment community nestled in a quiet park-like setting with 24 one-bedroom apartments including a community kitchen and dining area.

**2021 & 2022 BEST OF EDGERTON AWARD**

**Genesis Apartments**  
230 S. Oak St., Oregon | (608) 835-8600  
[customerservice@genesishousinginc.org](mailto:customerservice@genesishousinginc.org) | [genesishousinginc.org](http://genesishousinginc.org)

Affordable apartment community with 56 one- and two- bedrooms located in the heart of downtown Oregon and Brooklyn. Our rent includes all utilities!

**Greenspire Apartments**  
924 Jackson St., Stoughton | (608) 873-7855  
[greenspire@sbcglobal.net](mailto:greenspire@sbcglobal.net)

Located a few blocks from downtown Stoughton, over 90 one- and two-bedroom apartments that are convenient to shopping, hospital and doctors.

*All properties including 24-hour emergency maintenance, attentive onsite management, onsite laundry and parking. Affordable communities for those 62+ and/or disabled. Income limits apply, rental assistance may be available.*



**Equal Opportunity Provider**



# SERVICES AND ACTIVITIES

## Case Management

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).*

## Food Bridge

Offers monthly food pantry delivery for Case Management clients at nutritional risk throughout Madison and Monona. *Free for eligible Madison/Monona older adults (60+). Sponsored in part by Dan and Patti Rashke (TASC) Family Foundation.*

## Home Chore

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+).*

## Medical Equipment Loan Closet

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

## Mental Health Resources

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

## NewBridge University

Social, educational, exercise classes, and support groups to increase socialization and healthy aging opportunities with some programs designed specifically for Black and Hispanic older adults. Hispanic activities offered in Spanish only. *Free or low cost for older adults (60+) with scholarships available.*

## Nutrition Dining Sites

Serves nutritious weekday meals and provides socialization at multiple Madison/Monona locations. Cost is an anonymous donation. Transportation available through Transit Solutions with donation. Advance reservations required for meal and transportation. *Sponsored in part by Dan and Patti Rashke (TASC) Family Foundation and Evjue Foundation.*

## Representative Payee & Guardianship Service

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 more. *Free for Dane County older adults (60+).*

# SEPTEMBER IS SENIOR CENTER MONTH

Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing how vital they are to the health and well-being of a community.

NewBridge is not a traditional senior center but pretty similar. We provide social, recreational, and educational programs all across the city; and we often do them in collaboration with other older adult agencies, community centers, churches, businesses or non-profits. We have everything from Bingo and Euchre Club to art/craft classes, yoga, and technical assistance, to workshops on end-of-life planning and falls prevention. We have social clubs, such as:

Sewing, Card Making, Book Club and more. Deenah Givens is our older adult activities program coordinator. See our current list of classes and activities on pages 12-14.

If you would like to get involved and help make Madison a friendlier community for older adults, or if you have program or activity ideas, please contact Deenah Givens, Older Adult Program Coordinator



## WE'RE HIRING! AD SALES EXECUTIVES



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## LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

CONTACT ME  
**Ruth Schlitz**

[rschlitz@lpicommunities.com](mailto:rschlitz@lpicommunities.com)  
(800) 950-9952 x2671



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 give us a call: **608-800-2899** or send us an email:  
**BrainHealthResearch@medicine.wisc.edu**

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- Explore electric vehicles.
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GS3385 6/6/2023

# 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 : BLACK DIVERSITY & INCLUSION CLASSES & ACTIVITIES



NewBridge University (NBU) ~ a community of lifelong learners.  
 Earn credits for our classes, activities, or programs that you attend.  
 Credits are redeemable for NewBridge swag at the end-of-year celebration.  
 Below activities are developed for Black older adults and focus on socialization,  
 health education, and support groups. *Free for Black older adults (60+) in Dane County.*



**CONTACT DEANA:**  
 (608) 512-0000  
 Ext. 2007  
 DeanaW@NewBridgeMadison.org

*Masks are encouraged. To register and/or request transportation, contact Deana.*

## THINK CAP CAFE

Thursdays  11 AM On Zoom

Have fun playing brain stimulating games and activities to support memory and cognitive health

## Chicago Steppin'

1-3 PM

FRIDAYS

## VIRTUAL BINGO

September 13  
 3:00 - 4:00 PM

## LET'S GO KAYAKING!

SEPTEMBER 14  
 Vilas Park  
 10 AM- 12 PM

Call to sign up: (608) 512-0000 Ext. 2007

## CALMING COMPUTER JITTERS

Help for Older Adults Who Aren't Computer Savvy

Grab your laptop and join us at Mt. Zion Baptist Church 2019 Fisher Street for an afternoon of easy-to-understand instruction.

WEDNESDAY, SEPTEMBER 27TH 12-2 PM

Call Deana to sign up. A light lunch will be served.





Wisconsin Alzheimer's  
Disease Research Center  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

# GET MOVIN'

IN-PERSON & ON ZOOM

An indoor  
gentle  
exercise  
program  
designed  
for every  
fitness  
level



Tuesdays & Thursdays  
1:00-2:30 PM

Register: (608)512-0000 Ext. 2007



Wisconsin Alzheimer's  
Disease Research Center  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

UW South  
Madison  
Partnership

2238 S. Park St.  
Madison, WI 53713



## MEN'S SELF-CARE WORKSHOP

SECOND SATURDAY,  
EVERY MONTH  
1:00-3:00 PM  
A light meal will be served



Workshop Facilitator  
James Bester  
UW-Madison School of Medicine

SEPTEMBER  
9

Register with Deana today!

Make connections, learn  
and grow together.

(608)512-0000 Ext. 2007

DeanaW@NewBridgeMadison.org



## Check-in Wednesday

A Welcoming, Informative and Interactive space for Older Black Men 60+



Bid Whist, Spades, Dominoes,  
Checkers & Conversation  
2nd Wednesday of Every Month

SEP  
13

1:00 - 4:00 PM

Men's Health & Education Center  
588 Grand Canyon Dr., Madison, WI  
Next to the Perry Family Free Clinic & JP Hair Design



## Let's Take a NATURE WALK

SEPTEMBER  
20

9:30-11:00 AM

Take a naturalist-led walk  
through Cherokee Marsh  
Conservation Park, Dane  
County's largest wetland,  
and enjoy seeing diverse  
wildlife, beautiful birds  
and native plants.

Register: (608)512-0000 Ext. 2007

# NBU : CLASES Y ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN



La Universidad de NewBridge (NBU) ~ Una comunidad de aprendizaje continuo. Gane crédito por cada clase, actividad, o programa en el que participe. Los créditos luego los podrá intercambiar por artículos de NewBridge en la celebración de fin de año. A continuación se encuentran las actividades desarrolladas para adultos mayores Hispanos, las cuales se enfocan en socialización, educación de la salud, y grupos de apoyo. Estas clases son gratuitas para adultos mayores Hispanos (60+) que viven en el condado de Dane. Actividades solo en español. Activities in Spanish only.



**CONTACTE A**

**KATIA:**

**(608) 512-0000**

**Ext. 3009**

**KatiaV@  
NewBridge  
Madison.org**

*Consulte el sitio web de NewBridge para obtener el enlace Zoom [www.newbridgemadison.org](http://www.newbridgemadison.org).*

## EDUCACIONAL

**LA CAFETERIA DE LA MEMORIA:**

**Zoom - 1 crédito**

Jueves de 2:00-3:00 pm

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

**LA REUNIÓN: En Persona y Zoom - 1 crédito**

Viernes 8 y 22 septiembre, 10:00-11:30 am  
Conversaremos acerca de temas relevantes sobre la salud y el bienestar para la comunidad latina.

## EJERCICIOS

**YOGA SUAVE (MSCR): Zoom - 1 crédito**

Lunes del 11 de septiembre al 27 de noviembre, 10:15-11:15 am

Practique yoga de pie, sentado(a), y/o acostado(a) sobre un tapete o colchoneta de yoga, para aliviar el estrés, fortalecer el sistema inmunológico y mejorar su bienestar general.

**ACTÍVATE BAILANDO: En Persona - 1 crédito**

Martes de 8 de agosto al 12 de septiembre 3:00-4:00 pm (La clase del 9/12 empezará a las 2:30 pm)

Venga a bailar y a obtener un mejor equilibrio para poder prevenir caídas.

**MEDITACIÓN E INTERACCIONES: Zoom - 1 crédito**

Los miércoles del 6 de septiembre al 18 de octubre, de 9:00-10:30 am



## SOCIAL

**RITMO & DRUMS: En Persona - 5 crédito**

Únase al círculo de tambores de NewBridge. Este grupo se encuentra conformado por personas de 60 a 90 años. No se necesita previa experiencia.



**Ritmo & DRUMS**

TODOS SON BIENVENIDOS

**19 DE SEPTIEMBRE  
AL  
31 DE OCTUBRE**

NO HAY CLASE EL 17 DE OCTUBRE

TODOS LOS MARTES  
DE 10AM - 11AM  
**WARNER PARK**

**NEWBRIDGE**  
New Connections to Successful Aging

**CÍRCULO DE AMIGOS: Zoom - 1 crédito**  
Miércoles el 6 de septiembre, 1-2:00 pm  
Conéctese por Zoom ¡Venga a tomarse un cafecito y conversar en un ambiente familiar y amical para conocernos mejor!

**BINGO BILINGÜE: En Persona - 1 crédito**

Viernes 1ro de septiembre,  
10:15 am-12:30 pm  
Sin transporte. ¡Regístrese ya!

## SALUD Y BIENESTAR

**EL RINCÓN DE LA SALUD:**

**Zoom - 1 crédito**

Cada 3er miércoles del mes 20de  
septiembre, 1:00-2:00 pm



**El Rincón  
DE LA SALUD**

3ER MIERCOLES DEL MES  
1 - 2PM

Good

**ADULTOS MAYORES COMIENDO BIEN:**

**En persona - 1 crédito**

27 de septiembre, 10:30 am-12:00 pm  
FoodWise - Fen Oak Dr. Madison, WI



**Adultos Mayores  
Comiendo Bien**

MIERCOLES 27 DE  
SEPTIEMBRE  
10:30AM - 12PM  
FOODWISE  
FEN OAK DR  
MADISON, WI

**NEWBRIDGE**  
New Connections to Successful Aging

**FOOD WISE**  
UW-MADISON EXTENSION

**Wisconsin Alzheimer's Institute**  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

# NBU : CLASSES & ACTIVITIES



NewBridge University (NBU) ~ a community of lifelong learners. Earn credits for our classes, activities, or programs 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.



**CONTACT DEENAH:**  
**(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](http://www.newbridgemadison.org).*

## SOCIAL

**PING PONG: In-Person - 1 credit**  
Mondays, 9:00 am-Noon  
Wednesdays, 1:00-3:00 pm  
Warner Park, 1625 Northport Dr.

**GAMES: In-Person - 1 credit**  
Warner Park, 1625 Northport Dr.  
BUNCO, Mondays, 2:00-4:00 pm  
EUCHRE, Tuesdays, 1:00-3:00 pm  
MAH JONG, Thursdays, 1:00-3:00 pm

**SASSY STEPPERS: In-Person - 1 credit**  
Tuesdays, 2:00-3:00 pm  
Warner Park, 1625 Northport Dr.  
If you love to dance, enjoy performing, and meet new friends, come join us!

**CARD MAKING CLUB: In-Person - 1 credit**  
Wednesday, September 13, 1:00-3:00 pm  
Warner Park, 1625 Northport Dr.  
If you are crafty and enjoy making cards for others, please join us!

**BINGO: In-Person - 1 credit**  
Fridays, 10:15-11:15 am  
Warner Park, 1625 Northport Dr.  
Join caller Diana D. for BINGO. You can play up to 4 cards; each card costs 50 cents. Winner wins \$1.00 and Black Out Bingo takes the kitty! **Bilingual Bingo is September 8** (usually the 1st Friday/mo.)

**BOOK CLUB: Zoom - 1 credit**  
Wednesday, September 6, 10:00-11:00 am  
Warner Park, 1625 Northport Dr.  
Our September book is: Graceland, At Last: Notes on Hope and Heartache from the American South by Margaret Renkl. You are responsible for getting and returning your book. Available at the Lakeview Library.

**RITMO & DRUMS: In-Person - 1 credit**  
Tuesdays, Sept. 19 & 26, 10:00-11:00 am  
Warner Park, 1625 Northport Dr.  
Intergenerational Drum Circle. Ritmo is Spanish for Rhythm. **If you would like to drum with us please contact Deenah Givens for more details.**

**SEWING CLUB: In-Person - 1 credit**

Thursday, Sept. 7 & 21, 9:00 am-Noon  
Warner Park, 1625 Northport Dr.

Light mending for older adults.

**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!

**EXERCISE**

**CHAIR YOGA: In-Person - 1 credit**

Mondays, 10:00-11:00 am

Lakeview Library, 2845 N. Sherman Ave.

To register contact Deenah OR call Lakeview Library at (608) 246-4547 or register online at [madpl.org/events](http://madpl.org/events).

**CHAIR YOGA: In-Person - 1 credit**

Thursdays, 10:30-11:30 am

Warner Park, 1625 Northport Dr.

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.

**EASY YOGA PLUS: Zoom - 1 credit**

Wednesdays & Fridays, 10:00-11:00 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](http://www.thewonderofyoga.com)*

**STRETCH & STRENGTH: Zoom - 1 credit**

Mondays & Wednesdays, 9:00-9:45 am

Join Becky Ott-Forde for gentle stretch and strengthening exercises from the comfort of your own home. Cost \$30/mo.

*To sign up, contact Becky Otte Ford [raonine@gmail.com](mailto:raonine@gmail.com) or (608) 215-4119.*

**MINDFULNESS MOVEMENT FOR LGBTQ+ FOLKS, FRIENDS & ALLIES: In-Person - 1 credit**

Wednesdays and Fridays, 10:15-11:45 am  
Warner Park, 1625 Northport Dr.

Small donation requested. *This class is offered in collaboration with Outreach, Inc. 50+ Alliance and taught by Mimi Millen, M.Ed., MS, Energy Practitioner since 2005.*

**HEALTH/WELLNESS**

**SPIRIT & STRENGTH: SHARING WISDOM IN TROUBLED TIMES THROUGH OUR**

**STORIES: Zoom - 1 credit**

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.

**WELLNESS WARRIORS: Zoom - 1 credit**

September 6, 13, 20, 27, 2:30-3:30 pm  
and continues into October

*"We get by with a little help from our friends."* This lively group is led by Edgewood College instructor Kim W and her students. Each week we meet to learn and grow together as we discuss relevant topics that affect older adults today.

**EDUCATION**

**TECHNICAL ASSISTANCE: In-Person**

Tuesday, September 19, 1:00-3:00 pm

Lakeview Library, 2845 N. Sherman Ave.

To register call Lakeview Library at (608) 246-4547 or register online at [madpl.org/events](http://madpl.org/events). Registration will open at 10:00 am two weeks before each program date.

# NBU : CLASSES & ACTIVITIES CONTINUED

## ARTS

### **MUSIC JAM SESSION: In-Person- 1 credit**

One Saturday/mo, 9:00 am-Noon

Warren Dailey Cabin, Maple Bluff

All are welcome. "Turn it up!" Musicians meet to play and sing anything written after 1950. Come for all or part of the session. Bring your instrument, voice, favorite song, and enthusiasm.

For more info please contact Walt Stewart (608) 576-5437.

## SPECIAL EVENTS

### **SPECIAL MONTHLY DINING SITE EVENTS**

**In-Person - 1 credit**

### **KAVANAUGH'S ESQUIRE CLUB**

- Wednesday, September 27, 1-2:00 pm  
Green Burial with Gunderson Funeral Home - Shedd Farley and Dustin Duve from Natural Path Sanctuary along with Melissa Theisen from Gunderson Funeral & Cremation Care will discuss green burial options. Learn about Natural Path Sanctuary in Verona, a nature preserve also known as a green cemetery. The first cemetery in Dane County that exclusively follows natural/green burial practices offering natural and traditional alternative to modern-day burials.



### **MADISON SENIOR CENTER**

- 1st Week of the Month - Birthday Celebration!
- Every Wednesday, 10:15 am - Bingo

### **MEADOWRIDGE COMMONS**

- 1st Week of the Month - Birthday Celebration!
- 4th Thursday of the Month - Bingo!

### **MESSIAH LUTHERAN CHURCH**

- 1st Week of the Month - Birthday Celebration!

### **ROMNES**

- 1st Week of the Month - Birthday Celebration

### **WARNER PARK**

- Every Friday, 10:15 am - BINGO! You can play up to 4 cards; each card costs 50 cents. Sept. 8 is bilingual bingo.
- 1st Week of the Month - Birthday Celebration!

### **SAVE THE DATE—MADISON SENIOR CENTER HEALTH & RESOURCE FAIR**

Tuesday, October 17, 10:00 am-12:15 pm  
Madison Senior Center, 330 W. Mifflin St.  
An one stop shopping experience for information about health, safety, and aging independently. Older adults of all ages will find useful information. It also provides valuable information for caregivers and adult children. Features include a vendor fair, health screenings, professional presentations and the opportunity to meet and network with like minded people.

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[WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)



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

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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 **\$25** 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.

### **EAST MADISON**

Lake Edge Luther Church  
4032 Monona Drive  
Thursday, September 7, 21, 9:30-11:45 am



Monona United Methodist Church  
606 Nichols Road, Monona  
Tuesday, Sept. 12, 19, 26, 9:30-11:45 am

### **NORTH MADISON**

Lakeview Lutheran Church  
4001 Mandrake Road  
Tuesday, September 5, 1:00-2:30 pm

Goodman Community Center  
149 Waubesa Street  
Monday, September 11, 10:00 am-Noon

Warner Park Community Rec Center  
1625 Northport Drive  
Thursday, September 28, 9:30-11:30 am

### **WEST MADISON**

Good Shepherd Lutheran Church  
5701 Raymond Road  
Tuesday, September 26, 9:00-11:40 am

## **MEDICAL EQUIPMENT LOAN CLOSET**

NewBridge provides equipment to check out such as walkers, raised toilet seats, commodes, crutches and more at the loan closet location:  
**505 Cottage Grove Rd.**

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 8:00 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 4-wheel walkers.**



# NEWBRIDGE NAMED AGING FORWARD CHAMPION

NewBridge Madison has been chosen to receive an “Aging Forward Champion” award from the City of Madison and Madison Senior Center. Our agency is recognized as a leader in providing innovative, impactful, and intentional programming and services to support older adults in Madison and Dane County. As well as for our continued commitment and dedication to supporting the needs of older adults to ensure longer, healthier, and safer independent lives. Mayor Satya Rhodes-Conway will formally present us this award during the Madison Senior Center’s upcoming 40th Anniversary Celebration. Please join us at the Madison Senior Center on Thursday,

September 21, 4:00-7:00 pm as we accept our award and celebrate the senior center's amazing accomplishment. Please RSVP online, [www.Cityofmadison.com/MSC40](http://www.Cityofmadison.com/MSC40), if you plan to attend.



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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 with check in, meal service, clean up, 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.*



## 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

## GUARDIAN & REPRESENTATIVE PAYEE

**DESCRIPTION** – Compassionate individuals to be guardians and payees who may make health care decisions, or manage social security benefits and more.  
**TIME COMMITMENT** – 2 years, 3-6 hr/mo  
Must be 26 years old. Call Katie Brietzman for information Ext. 1002.

## NEWSLETTER DISTRIBUTION VOLUNTEER

**DESCRIPTION** – Help us distribute our newsletter to community centers, churches, and libraries. Personal vehicle required.  
**TIME COMMITMENT** – Once per month for approximately 2-3 hours

# NUTRITION MEAL SITE ANNOUNCEMENT



Starting this month - AtlantisValley Foods has become the new Dane County Nutrition Program caterer! AtlantisValley Foods is a family-owned and operated company located in Cottage Grove, WI. As a company, they opened their doors back in 2009 and grew their operation to produce 30k+ food products per week.

We are very excited to be partnering with AtlantisValley Foods to continue to provide you with nutritious and delicious lunches. Together we'll continue to serve approximately 400 home delivered and congregate meals per day.

Take a look at the new menu on page 22. We hope that you enjoy trying out some of the new lunch offerings.

If you have any questions or concerns related to this change, please contact Candice Alexander, NewBridge Nutrition Manager (608) 512-0000 Ext. 4006 or [CandiceA@newbridgemadison.org](mailto:CandiceA@newbridgemadison.org).

Bon appétit!

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To learn more about your long-term care options, please contact your Aging and Disability Resource Center:  
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# NUTRITION MEAL SITES



**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.*

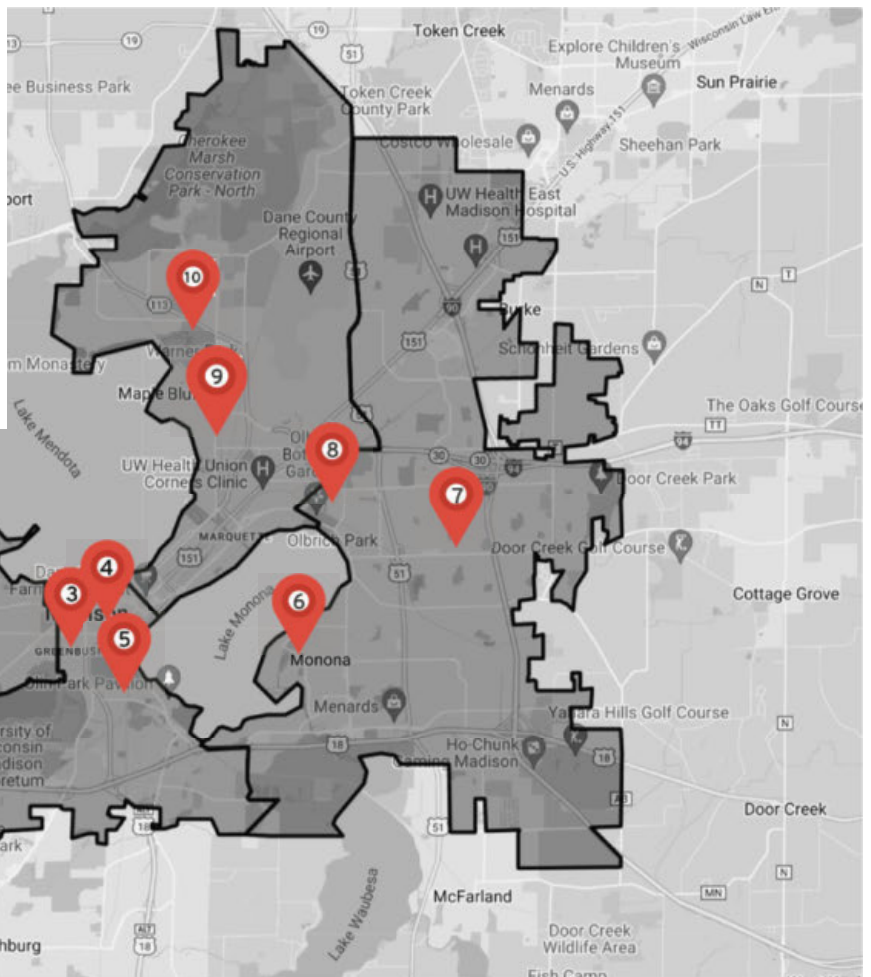
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

Transportation reservation is always required.

## DONATION

If you are age 60 and older, the suggested minimum donation is **\$4.50**. If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$15.44.

1. Meadowridge Commons, 5734 Raymond Rd.
2. Good Shepherd Church, 5701 Raymond Rd.
3. Beth Israel Center, 1406 Mound St.
4. Madison Senior Center, 330 W. Mifflin St.
5. Romnes Apartments, 540 W. Olin Ave.
6. Monona Senior Center, 1011 Nichols Rd.
7. Messiah Lutheran, 5202 Cottage Grove Rd.
8. Goodman Community Cntr, 149 Waubesa St.
9. Esquire Club, 1025 N. Sherman Ave.
10. Warner Park Center, 1625 Northport Dr.



## SOUTH MADISON

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

Catered by UW Hillel Adamah Catering

The meal site will resume in October.

Check JSS website [jssmadison.org](http://jssmadison.org) or call for more information (608) 442-4083.



## EAST MADISON

**Monona Senior Center, 1011 Nichols Rd.**

Friday, Noon

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

- **Friday, September 1** : Pasta Primavera, Cottage Cheese Sliced Peaches, Fruit Yogurt
- **Friday, September 8** : Baked Ham\*, Calico Beans, Cole Slaw, Pears, Dessert, MO: Stuffed Shell
- **Friday, September 15** : Chicken Stir Fry w Vegetables, Brown Rice, Egg Rolls, Pineapple, Dessert, MO: Meatless Stir Fry
- **Friday, September 22** : Breaded Fish Sandwich, Caesar Salad, Fruit Cocktail, Dessert, MO: Cheese Ravioli
- **Friday, September 29** : Baked Chicken, Mashed Potatoes, Gravy, California Veg Mix, Apple Sauce, Dessert, MO: Veg. Casserole



**Goodman Community Center,  
149 Waubesa St.**

Monday-Friday, 11:45 am

For reservations call (608) 241-1574 Ext. 8087

M	TU	W	TH	F
				<b>01</b> Italian Chicken Sandwich
<b>04</b> CLOSED	<b>05</b> Beef Lasagna	<b>06</b> Swedish Meatballs w/ Noodles	<b>07</b> Pork Chops	<b>08</b> Chicken, Broccoli, and Brown Rice Casserole
<b>11</b> Baked Ziti	<b>12</b> Fish Sandwich	<b>13</b> Honey Glazed Ham	<b>14</b> Tater Tot Casserole	<b>15</b> Parmesan Chicken
<b>18</b> Italian Chicken Sandwich	<b>19</b> Sweet and Sour Chicken	<b>20</b> BBQ Chicken Thigh	<b>21</b> Ground Turkey Meatloaf	<b>22</b> Smoked Pulled Pork Shoulder
<b>25</b> Pasta w/ Meat Sauce	<b>26</b> Cheese Burger	<b>27</b> Chicken and Veggie Stir-Fry	<b>28</b> Tex Mex Casserole	<b>29</b> Lemon Baked Haddock

## NORTH MADISON

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

Wednesdays, 11:00 am-1:30 pm

*\*No meal reservation required*

For transportation, call 512-0000 Ext. 2001 by 10 am the Monday prior. Catered by Kavanaugh's.

- **Wednesday, September 6** : Ham & Mashed Potatoes
- **Wednesday, September 13** : Meatloaf & Mashed Potatoes
- **Wednesday, September 20** : Spaghetti & Meatballs
- **Wednesday, September 27** : Tender Tips & Mashed Potatoes
- **Every Wednesday**: Baked Fish or Sandwich & Soup



# NUTRITION MEAL SITES

## WEST MADISON

**Meadowridge Commons**

**5734 Raymond Rd.**

Tuesday, Thursday, Noon

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

**Good Shepherd Church**

**5701 Raymond Rd.**

Friday, Noon

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

## SOUTH MADISON

**Romnes Apartments, 540 W. Olin Ave.**

Monday-Friday, 11:30 am

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

**Madison Senior Center, 330 W. Mifflin St.**

Monday-Friday, 11:30 am

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

## EAST MADISON/MONONA

**Messiah Lutheran Church**

**5202 Cottage Grove Rd.**

Tuesday and Thursday, Noon

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

## NORTH MADISON

**Warner Park Community Recreation Center, 1625 Northport Dr.**

Mon., Tues., Thurs., Fri., 11:30 am

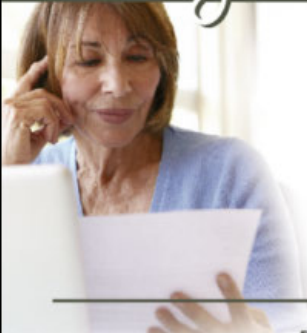
For reservations call (608) 512-0000 Ext. 4006

**CLOSED September 1**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CATERED BY:</b> AtlantisValley Foods. All menu items are prepared in a kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO = Meatless Option. *Contains Pork</p>			<p><b><u>TUESDAY SALAD MENU</u></b>  <b>September 5:</b> Chicken Caesar Salad  <b>September 12:</b> Southwest Chicken Salad  <b>September 19:</b> Turkey Club Salad*  <b>September 26:</b> Grilled Chicken Almond Salad</p>	
<p><b>04</b> <b>CLOSED</b></p>	<p><b>05</b> Grilled Chicken Breast Mashed Potatoes, Gravy 3 Bean Medley, Peaches M&amp;M Cookie MO: Grilled Tofu with Gravy</p>	<p><b>06</b> Rigatoni and Bolognese Parmesan Cheese Mixed Fruit, Brownie MO: Plant Based Meatballs and Marinara</p>	<p><b>07</b> Whole Grain French Toast Sticks, Turkey Sausage Egg White Patty, Cantaloupe Asparagus, Juice MO: Plant Based Sausage</p>	<p><b>08</b> Turkey Sausage Kale Soup, Tomato/Cucumber Salad, Pineapple Tidbits Planters Peanuts MO: Garden Veg Soup</p>
<p><b>11</b> Sausage and Egg Breakfast Scramble* Roasted Potatoes Peas and Pearl Onions, Fruit Blueberry Muffin MO: Vegetarian Egg Bake</p>	<p><b>12</b> Teriyaki Chicken Breast Brown Rice Stir Fry Vegetables Mandarin Oranges Peanut Butter Pie MO: Teriyaki Tofu</p>	<p><b>13</b> Chicken Noodle Soup Pineapple Tidbits Quinoa Salad Sugar Cookie MO: Minestrone</p>	<p><b>14</b> Roasted Pork Loin* Gravy, Sliced Beets, Corn Baked Beans Chocolate Chip Cookie MO: Macaroni and Cheese</p>	<p><b>15</b> Baked Cod Dill Cream Sauce Capri Vegetables Baked Potato Rice Krispie Bar MO: Plant Based Shrimp</p>
<p><b>18</b> Barbecue Pulled Pork* Good Grains Rice Pilaf w/ Vegetables Baby Lima Beans, Banana Cherry Apple Crunch Bar MO: Barbecue Jack Fruit</p>	<p><b>19</b> Swedish Meatballs Mashed Potatoes California Vegetables Sliced Beets, Chocolate Cake MO: Plant Based Meatballs</p>	<p><b>20</b> Turkey Tetrizzini Carrots, Green Beans Mandarin Oranges, Kringle MO: Plant Based Garlic Herb Chicken</p>	<p><b>21</b> Salisbury Steak Paco Vegetables with Roasted Potatoes Prince Charles Vegetables Sliced Peaches, Nutty Buddy MO: Beyond Burger Patty</p>	<p><b>22</b> Italian Sausage and Peppers* over Spaghetti Broccoli, Applesauce M&amp;M Cookie MO: Plant Based Italian Sausage</p>
<p><b>25</b> Cabbage Rolls Green Beans, Carrots, Juice Sugar Cookie MO: Plant Based Cabbage Roll</p>	<p><b>26</b> Brisket Burnt Ends Root Veggies, Good Grains Rice Pilaf, Cornbread, Cantaloupe, Yogurt MO: Plant Based Sausage</p>	<p><b>27</b> Grilled Chicken Breast Baked Beans Mixed Vegetables, Coleslaw Lemon Cake MO: Grilled Tofu</p>	<p><b>28</b> Whole Grain Three Cheese Calzone Italian Vegetables Garden Pasta Salad, Fruit Chocolate Chip Cookie</p>	<p><b>29</b> Crab Cake Good Grains Pilaf with Vegetables, Potato Salad Orange, Nutty Buddy MO: Plant Based Shrimp</p>

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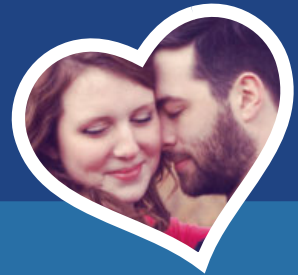
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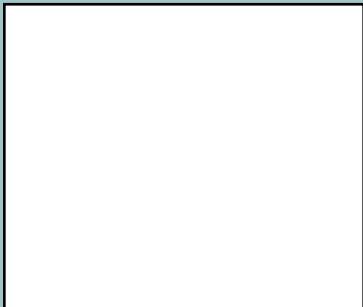
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New Bridge, Madison, WI

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**Dress your best and get ready to yell BINGOOO!**

Friday, September 22, 2023, 6:00-9:00 pm  
(5:00 pm Social Hour)

Monona Terrace Community and Convention Center - Grand Terrace, 1 John Nolen Drive

**Tickets for purchase on our website or in-person at the North office:**

- Individuals - 1 Ticket - \$100  
(Friends of NewBridge—25% discount code)
- Table Sponsor - 8 Tickets - \$1,000
- Additional Sponsorship Levels -  
Silver \$5,000 / Gold \$15,000 / Platinum \$25,000  
*Contact Jim at [JimK@newbridgemadison.org](mailto:JimK@newbridgemadison.org)*

Tickets must be purchased in advance and includes dinner and loads of fun.

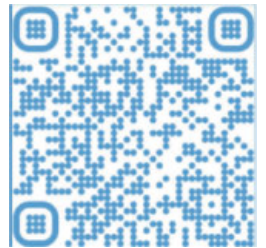
**Ticket sales end Sunday, September 17.**

Bingo cards are sold separately due to licensing. 1 bingo card per game is \$5 (10 cards total) or 5 bingo cards per game is \$20 (50 cards total).

The prize for each bingo game is \$100.

Seating is first-come, first-serve unless you purchase a table sponsor.

For other questions please contact Katie Gallagher  
(608) 512-0000 Ext. 4001  
[KatieG@newbridgemadison.org](mailto:KatieG@newbridgemadison.org)





# CASE MANAGEMENT WALK-IN HOURS

Case Management provides older adults support needed to live independently by identifying resources and coordinating services. Information, referrals, and advocacy provided through home visit assessments of each older adult's individual needs.

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

## Madison Senior Center

330 W. Mifflin St.

Monday, September 11, 10:45 am-Noon

## Monona Senior Center

1011 Nichols Rd.

Friday, September 8, 11:30 am-12:30 pm

## Goodman Community Center

214 Waubesa St.

Tuesday, September 19, 11:30 am-12:30 pm

## Romnes Apartments Meal Site

540 W. Olin Ave.

Tuesday, September 5, 10:30-11:30 am

## Meadowridge Commons

5734 Raymond Rd.

Thursday, September 21,

11:00 am-Noon

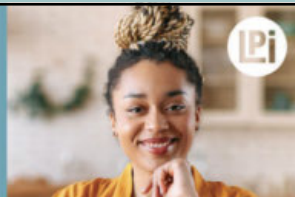
*Bilingual English/Spanish*

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For more information on your long-term care  
options, contact your local ADRC.

DHS Approved 4/22/2021

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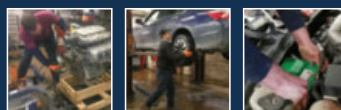
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# “STORY, STORY, STORY”

*This is the story of an amazing group of powerful wise women who have gotten to know one another deeply, respectfully and thoughtfully; and, over the years they have formed a deeply rooted sisterhood of storytellers.—Told by Deenah Givens, NewBridge Program Coordinator*

Many years ago, my colleague Mabel, who is West African by birth, shared that in her culture when it was Storytime - the Elders would walk around clapping their hands together saying, “*Story, Story, Story!*” These stories were meant to share and pass on community traditions, teach about the family or village history and sometimes they were told just for fun.

## ***So, what is storytelling?***

Storytelling uses words and expressions as a catalyst for the author and to create experiences in the reader or listener's imagination.

Stories can impact our emotions, evoking joy, sadness, awe, wonder, and more; it is a fundamental human experience across cultures. And our stories can be inspiring and healing; and create meaningful connections with others.

Stories have done just that with this Spirit & Strength Storytellers' group.

In 2020 I met a wonderful, creative and brave woman with lots of hutzpah! (she's also teaches me Yiddish) named Pam Philips Olson. She reached out to me during COVID to say that she wanted to start a Storytelling Group through NewBridge. She shared how she

understood the healing power of storytelling from her own personal and professional experiences; and during these difficult times she knew it would be helpful to others too. So, we learned Zoom together, then we invited others to join the group and they learned Zoom... and off they went. Each week they gather to share the healing powers they possess through stories of their childhood to adulthood, stories of parenting, relationships and what it's like being an older adult in this world present day. They share stories of grief, celebration, family, friends, cooking, holidays and much more! They help each other by sharing and more importantly, by listening to one another. They are there for one another and as they add to the stories of their lives, this chapter is full of friendship, support and more stories.

If you are interested in participating in this group please contact Deenah Givens to get more information.



Top: Susan Christiansen, Cindy McCann, Steve Olson, Ellen Meyers - Bottom: Violet Moran, Mary Gorman, Pam Philips Olson, Violet Moran - Not Pictured: Enid McNeil

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