

NEWBRIDGE NEWS

Your Connection to Successful Aging

DECEMBER 2022

Bring Joy To An Older Adult This Holiday Season

Joy Cards



GRAB AN ENVELOPE FROM ANY GIVING TREE LOCATION. WRITE A PERSONAL MESSAGE AND ADD A DONATED \$25 GIFT CARD

RETURN THE ENVELOPE/CARD AND GIFT CARD TO NEWBRIDGE.

GIVING TREE LOCATIONS AND HOURS

NewBridge, Warner Park Lobby (M-F 8am-9pm)
Monona Senior Center, 1011 Nichols Rd (M-F 8am-4pm)
NewBridge, 5724 Raymond Rd (W & TH 10am-3pm)

Email: info@newbridgemadison.org
Phone: (608) 512-0000 Ext. 3002

WE ARE CLOSED DECEMBER 23, 26, 30 AND JANUARY 2.

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 Inclement Weather Information
- 18-19 Volunteer Opportunities
- 20-22 Nutrition Program
- 24 Friends of NewBridge & Donation Form
- 26 NewBridge Event Photos
- 27 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...

I recently read an article on how not to write a year-end customer letter. Avoid the phrases: *valued customer*, *exciting year*, *as we approach*, *I would like to take this opportunity to thank you for your support*. People glaze over those phrases because they see them so often. I hope my words below are glaze-free.

I am grateful to all of you for your spirit, your perspective and support. Thank you for helping NewBridge get older adults through the overwhelming challenges of COVID. In 2023, let's collaborate to alleviate lingering fears/issues they are experiencing and help make life fun. I wish you a holiday season that is merry and bright!

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

*See Loan Closet Hours Below

NORTH OFFICE

1625 Northport Drive #125, Madison, WI 53704

WEST MADISON

5724 Raymond Road, Madison, WI 53711

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

- 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:
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
- EMILY MENDOZA, Case Manager Intern Ext. 1003
- EMMA HOIBY, Case Manager Intern Ext. 1008
- 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
- LIZZ 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 HASSELL, Program Assistant Ext. 1011
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- CHRISTINE JACKSON, Nutrition Coordinator Ext. 3013
- 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 December (issue 12) 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.

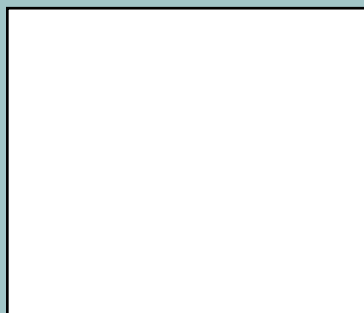



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SERVICES AND ACTIVITIES

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+).*

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+).*

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 Lau and Bea Christensen Charitable Foundation and Walmart Community Grant.*

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

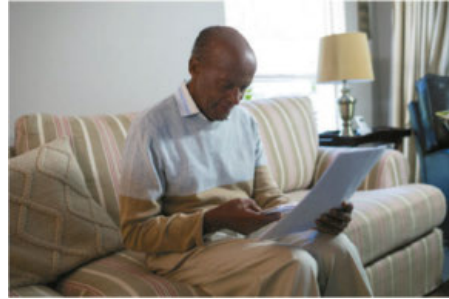
“Your connection to nutritious meals”

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 Henry Norman Leck Endowment Fund

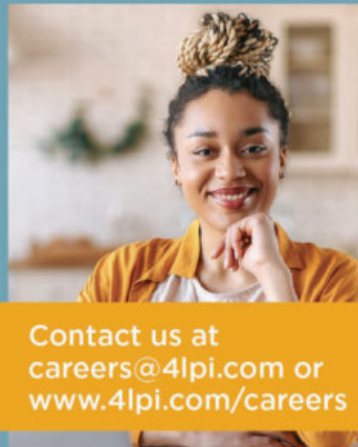
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New Bridge, Madison, WI

B 4C 01-2049

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emailed to you every week.



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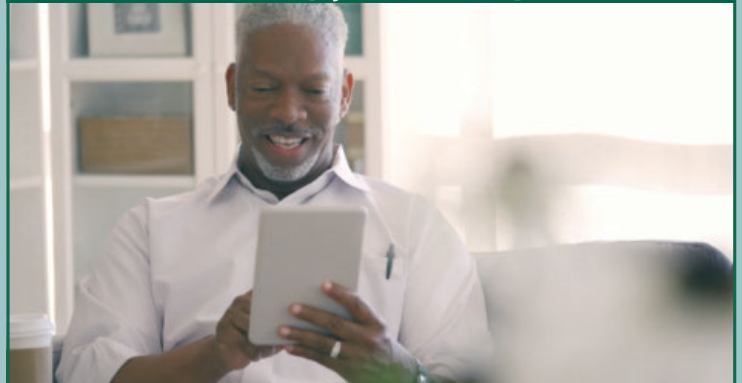
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New Bridge, Madison, WI

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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 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 that 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@
NewBridge
Madison.org**

Masks are recommended for all in-person programs and activities.
To register and/or request transportation, please contact Deana.

HEALTH/WELLNESS

ARTS & POETRY CAFE: Zoom & In-Person - 1 credit

Tuesday, December 6, 2:00-3:00 pm
UW South Partnership, 2238 S. Park St.
Join Poets Fabu Carter, Gary Glazner and Deana Wright as they lead a memory arts cafe. Refreshments will be served.

THINK CAP CAFÉ: Zoom - 1 credit

Thursdays, 11:00 am-12:30 pm
Connect with other older adults. Play brain engaging games and activities, that may delay or lower the risk of memory decline.

SOCIAL

BINGO: Zoom - 1 credit

Thursday, December 15, 3:00-4:30 pm
Game cards and chips will be mailed prior to program; gift cards will be mailed to winners after program.

EDUCATION

LET'S PAINT: In-Person - 1 credit

Mondays, 10:30 am-12:30 pm
Learn simple techniques to paint with watercolor. Complete one painting per class. Materials provided.

EXERCISE

GENTLE YOGA: In-Person - 1 credit

Thursdays, 1:00-2:00 pm
A good fit for all ability levels, this class combines slow, gentle yoga movements and breathing practices. Please bring your own mat.

PILATES: In-Person - 1 credit

Tuesdays, 11:00 am-12:00 pm
This class focuses on postural symmetry, breath control, abdominal strength and spine stabilization. Bring your own mat.

GET MOVIN': Zoom and In-Person - 1 credit

Tuesdays & Thursdays, 1:00-2:00 pm
UW South Madison Partnership
2238 S. Park St. or via Zoom
A gentle exercise program for every fitness level. Keep your body moving!

BODY GROOVE: In-Person - 1 credit

Mondays, 1:00-2:00 pm
A unique and fun dance exercise where everyone unites in a simple movement or rhythm. No dance experience necessary.

A VERY INFORMATIVE
SESSION WITH A PANEL OF
BLACK HEALTH
PROFESSIONALS



Call Deana to Sign Up
(608)512-0000 Ext. 2007

80 OR OLDER AND ACTIVELY ENGAGED IN LIFE?

Join the SuperAging
Study at UW-Madison!



WHAT IS A SUPERAGER?

SuperAgers are those without cognitive impairment and that have the same memory capacity as someone 20-30 years younger

WHAT IS INVOLVED?

- Pen and paper cognitive tests about thinking and memory
- MRI brain scans
- Surveys and questionnaires
- Blood collection
- For those willing and interested, brain donation

WHO CAN PARTICIPATE?

- Adults 80 and above
- Cognitively healthy
- Actively engaged in life
- Able to undergo MRI brain scan

MORE INFORMATION

Contact Deana for more information on Dr. Ozioma Okonkwo's research team at UW-Madison



DeanaW@NewBridgeMadison.org

(608)512-0000 Ext. 2007



Please join us for a

Christmas PARTY



DECEMBER 8

11AM-2PM

Karaoke, Games, Gifts Food, Fun
and More!
Call Deana to Sign Up



- Want to learn more about Zoom for virtual programs, classes or family chats?
- Need to know how to set up an email account?
- Not sure how to pay bills online or stream movies?
- Interested in accessing a world of educational opportunities and knowledge right at your fingertips?
- Thinking about online dating?
- Want to access your medical or banking info on your laptop?
- Wondering how a laptop can provide socialization and learning?
- Curious about Facebook, Pinterest or Instagram?
- Information needed on how to get free or low-cost internet service?

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

TUESDAY, DECEMBER 13

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

NBU : HISPANOS ACTIVIDADES DE DIVERSIDAD E



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.



**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.

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

EDUCACIONAL

CLASES DE ESL (INGLÉS) CON LITERACY NETWORK - En persona y Zoom - 1 crédito

12 de septiembre – 12 de diciembre
Warner Park, 1625 Northport Dr.
Los participantes aprenderán a hablar y a comunicarse en inglés. Lunes y Miercoles a las 10am. ¡Contáctenos para más opciones! Se proveerá transporte.

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 2 y 16 de diciembre de 10:00-11:30 am
Conversaremos acerca de temas relevantes sobre la salud y el bienestar para la comunidad latina.

SOCIAL

CÍRCULO DE AMIGOS: Zoom - 1 crédito

Miércoles 9 y 23 de diciembre 1:00-2:00 pm
Conéctese por Zoom ¡Venga a tomarse un cafecito y conversar en un ambiente familiar y amical para conocernos mejor!

BINGO NAVIDEÑO: En persona - 1 crédito

Martes 20 de diciembre, 12:30-1:30 pm
Madison Senior Center
Regístrese antes del 13 de diciembre.
El transporte sera proporcionado.

EVENTOS ESPECIALES

INTERCAMBIO DE GALLETAS

13 de diciembre de 1:00–3:00 pm
Inscríbese antes del 6 de diciembre
Centro Comunitario Meadowood
Traiga galletas para compartir, escuchar música navideña y más.

SANTA PLATEADO

15 de diciembre, 12:30-2:30 pm
Madison Senior Center

SALUD Y BIENESTAR

CHARLAS EDUCATIVAS SOBRE LA SALUD: En persona y Zoom - 1 crédito
20 de diciembre a las 10:00 am
Centro de Adultos Mayores de Madison
Regístrese antes del 13 de diciembre.



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.)



Intercambio
DE GALLETAS

13 de diciembre  1:00pm-3:00pm

Venga a celebrar la Navidad/Fiestas e intercambiar galletas

Meadowood
Community Center



Feliz Navidad

SANTA PLATEADO
DICIEMBRE 15
CENTRO DE ADULTOS
MAYORES DE MADISON
12:30PM - 2:30PM

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

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

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

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

SOCIAL

CARD 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

PING PONG: In-Person - 1 credit

Mondays, 9:00 am-Noon
Wednesdays, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.

WESTSIDE WARBLERS: In-Person - 1 credit

Monday, December 5, 11:00 am-12:30 pm
Middleton Senior Center, 7448 Hubbard Ave.
Tuesday, December 20, 6:00-7:30 pm
Dale Heights Church, 5501 University Ave.
Accompanists Robert and Patricia Stone.
Refreshments provided. For more information, contact Ellie (608) 230-6704

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, December 14, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you are crafty and enjoy making cards for others, please join us!

SEWING CLUB: In-Person - 1 credit

Thursday, December 1 & 13, 9:00 am-Noon
Warner Park, 1625 Northport Dr.
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 - 1 credit

Fridays, 10:15-11:15 am

Warner Park, 1625 Northport Dr.

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.

BOOK CLUB: Zoom - 1 credit

Wednesday, December 7, 10:00-11:00 am

Warner Park, 1625 Northport Dr.

December book Tenth of December by Saunders. *Our January book has been not chosen yet.* You are responsible for getting and returning your book. Available at Lakeview Library.

EXERCISE

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

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 \$20/mo.

To sign up, contact Becky Otte Ford 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.

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.*

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.

EDUCATION

TECHNICAL ASSISTANCE: In-Person

Tuesday, December 13, 1:00-3:00 pm

Warner Park, 1625 Northport Dr.

Laptop, cell phone or other electronics - sign up for one of our 30-minute sessions.

By appointment only, contact Deenah.

ARTS

MUSIC JAM SESSION: In-Person - 1 credit

Saturday, 9:00 am-Noon

Warren Dailey Cabin, Maple Bluff

"Turn it up!" Join us for this ongoing Jam Session. Musicians meet to play and sing anything written after 1950. All are welcome. Bring your instrument, voice, favorite song, and enthusiasm. For more info contact Walt Stewart (608) 576-5437.

NBU : CLASSES & ACTIVITIES CONTINUED

SPECIAL EVENTS

SPECIAL MONTHLY DINING SITE EVENTS WITH LISA: In-Person - 1 credit

Birthday Celebrations – First week of each month we will be honoring all who have birthdays during the month of December by bringing in special treats, singing happy birthday and honoring you! These mini-celebrations take place before lunch.

- Meadowridge Commons, December 1
- Romnes Apartments, December 5
- Warner Park, December 6
- Messiah Church, December 8

STARTING IN JANUARY 2023

BINGO!: In-Person - 1 credit

You can play up to 4 cards. Each card costs 50 cents.

- Warner Park, Tuesdays, 10:15 am
- Madison Senior Center, Wednesdays, 10:30 am
- Meadowridge Commons, Thursdays, 11:00 am

MOVIE: In-Person - 1 credit

- Warner Park, Monday, Dec 26, 10:00 am

WALKING CLUB & BIRD WATCHING:

In-Person - 1 credit

Mondays, Warner Park

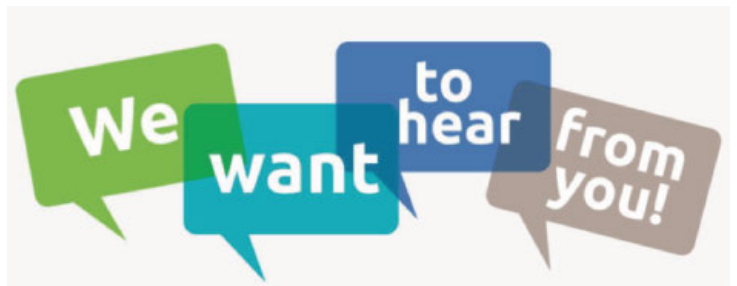
During seasonable months. Come before lunch is served and join us for a guided walk on the lovely paths outside.

BOARD GAMES @ KAVANAUGH'S:

In-Person - 1 credit

Wednesdays, 2:00-3:30 pm

Games provided. Beverages served at a small cost.



YOUR INPUT IS REQUESTED

Some older adult participants asked if we could provide a regular (weekly or monthly) older adult “drop-in” program during daytime hours at our Warner Park site. We are working on a west side site.

If we did this - would you attend?

The program would feature social activities like tea & talk, movies, meet & greets and times to connect with other older adults and resources in the community; and educational programs presented by area professionals on topics like: healthy aging, retirement planning, how to prepare a will, health and wellness talks, and much more. Let us know what you think - contact Deenah Givens deenahg@newbridgemaadison.org 608-512-0000 Ext 3002 or Lisa Hassell lisah@newbridgemaadison.org 608-512-0000 Ext 1011.



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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.

EAST MADISON

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

NORTH MADISON

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

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

Warner Park Community Rec Center
1625 Northport Drive
No December Clinic

WEST MADISON

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, Dec. 14 & 27, 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.
(location changed in September)**

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 shower chairs.

INCLEMENT WEATHER INFORMATION



INCLEMENT WEATHER POLICY

For everyone's safety, if the Madison Metropolitan School District closes school due to weather conditions, all NewBridge programs and activities will be cancelled. School closings are announced on the major television and radio stations.

We will re-open when the Madison Schools re-open. In the event of inclement weather when school is not in session, please call us at (608) 512-0000 and a message on the answering machine will announce any closings. If Madison Schools are closed, NewBridge is closed.

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ARE YOU RETIRED AND TRYING TO STAY BUSY?

NewBridge's Warner Park Nutrition Sites serves lunch to older adults on the north side Monday - Friday. We desperately need your excellent people skills and caring heart to help provide them a nutritious meal. Volunteer tasks, hours and days are flexible.

Volunteer Application



Or Call (608) 512-0000 ext: 3008

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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New Bridge, Madison, WI

F 4C 01-2049

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.*

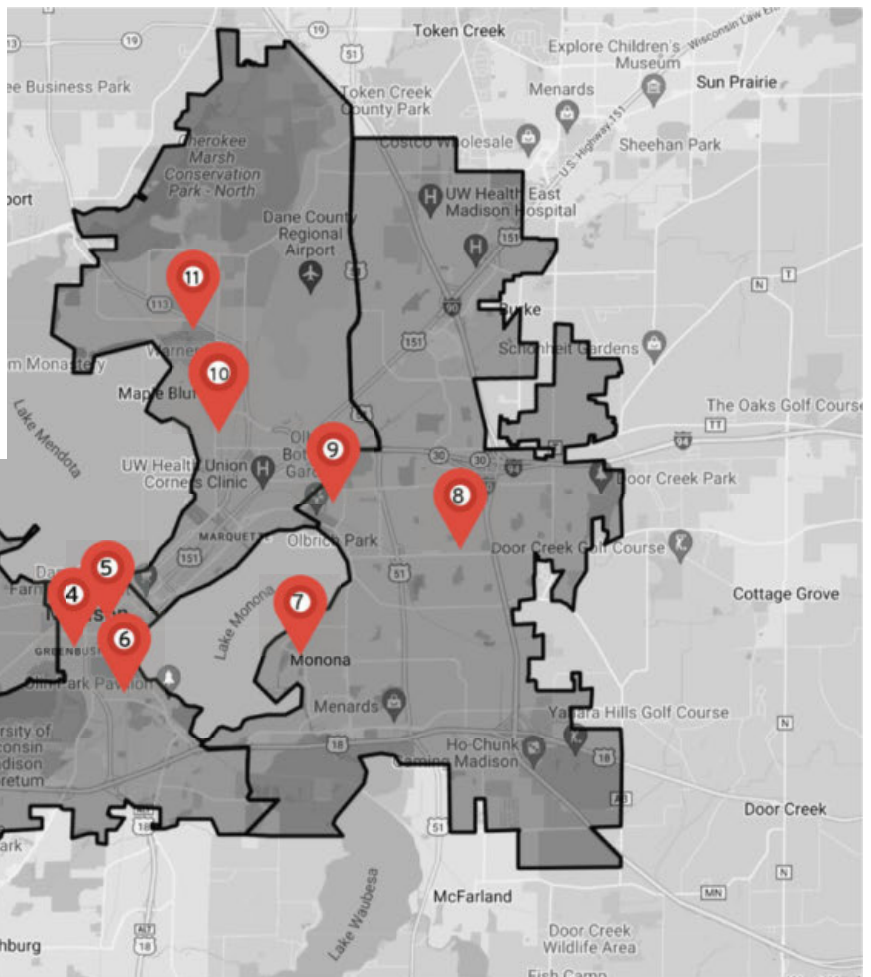
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

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. Hy-Vee West, 675 S. Whitney Way
2. Meadowridge Commons, 5734 Raymond Rd.
3. Good Shepherd Church, 5701 Raymond Rd.
4. Beth Israel Center, 1406 Mound St.
5. Madison Senior Center, 330 W. Mifflin St.
6. Romnes Apartments, 540 W. Olin Ave.
7. Monona Senior Center, 1011 Nichols Rd.
8. Messiah Lutheran, 5202 Cottage Grove Rd.
9. Goodman Community Cntr, 149 Waubesa St.
10. Esquire Club, 1025 N. Sherman Ave.
11. Warner Park Cntr, 1625 Northport Dr.



IMPORTANT NOTE:

Due to food shortages, meal items may be subject to change.

WEST MADISON

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** : Chicken and Broccoli Stir Fry, Rice, Broccoli, 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

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, December 5** : Maple Mustard Chicken, Basmati Rice, Roasted Root Vegetables, Fudge Brownies & Fresh Fruit, MO: Maple Mustard Tofu
- **Monday, December 12** : Braised Balsamic Chicken, Herb Roasted Yukon Potatoes & Challah Rolls, Roasted Tri-Color Carrots, Fudge Brownies & Fresh Fruit, MO: Braised Balsamic Tofu
- **Monday, December 19** : Harissa Glazed Chicken, Potato Latkes, Garlic Green Beans, Challah Rolls, Sufganiyot & Fresh Fruit, MO: Sweet Potato Tagine



EAST MADISON/MONONA

Monona Senior Center, 1011 Nichols Rd.

Friday, Noon

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

Catered by Gaylords. September Menu:

- **Friday, December 2** : Turkey Ala King, Brown Rice w/ Peas, Sourdough Bread, Fruit, Cookie, MO: Veggie Ala King
- **Friday, December 9** : Chicken Noodle Soup, Meatball Sandwich, Fruit, Cookie, MO: Egg Salad
- **Friday, December 16** : Chicken, Broccoli & Rice Casserole, Green Beans, Whole Wheat Roll, Fruit, Angel Food Cake, MO: Veggie Casserole
- **CLOSED Friday, December 23 and December 30**

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

Monday-Friday, 11:45 am

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

M	TU	W	TH	F
			01 Ground Beef Tater Tot Cass.	02 Italian Chicken Sandwich
05 Beef Chili and Corn Bread	06 Flank Steak Stir Fry	07 BBQ Chicken Thigh	08 Ground Turkey Meatloaf	09 Smoked Pulled Pork Shoulder
12 Spaghetti w/ Meat Sauce	13 Grilled Cheese Burger	14 Chicken Teriyaki with Stir Fry	15 Beef and Bean Enchilada Casserole	16 Seasoned Baked Cod
19 Hungarian Beef Goulash	20 Sausage Mac and Cheese	21 Grilled Brat	22 Grilled Chicken BBQ Chicken Thighs	23 CLOSED
26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED

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, December 7** : Meatloaf
- **Wednesday, December 14** : Lasagna
- **Wednesday, December 21** : Ham
- **Wednesday, December 28** : Roast Pork
- **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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CONSOLIDATED FOOD SERVICE MENU <i>All menu items are prepared in kitchens that are not allergen-free.</i> <i>We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.</i> MO : Meatless Option / * : Pork			01 *BBQ Ribs Cheesy Potatoes Pickled Beets Cinnamon Applesauce Cup MO – Veggie BBQ	02 *Italian Sausage Coney Bun Roasted Potatoes Stewed Tomatoes Mandarin Orange cup Sugar Cookie MO – Hummus & Pita
05 *Meatballs in Gravy Mashed Potatoes Mixed Greens Mixed Fruit cup Chocolate Pudding Cup MO – Veggieballs	06 Fish Sandwich Yams, Peas, Pear cup Oatmeal Raisin Cookie MO – Black Bean Burger	07 Beef Stew Corn Strawberry Applesauce Rice Crispy Treat MO – Soy Stew	08 Sausage Veg Egg Bake Fruit Cup Oven Roasted Potatoes Orange Juice Cup Blueberry Muffin MO – Veggie Egg Bake	09 *Pork Loin in Gravy Yam Bake, 3 Beans Salad Cinnamon Applesauce Cup Marble Loaf Cake MO – Hummus Wrap
12 Chicken Alfredo Penne Steamed Brussel Sprouts Kidney Bean Salad Mixed Fruit Cup Sugar Cookie MO – Alfredo Penne	13 *Ham/Potato Casserole Peas, Peach Cup, Jell-o Cup MO – Soy & Potato Casserole	14 Chicken and Gravy Over White Bread, Carrots Broccoli, Orange Juice Chocolate Chip Cookie MO – Veggie & Gravy	15 Sloppy Joe Potato Salad Mixed Vegetable, Banana Chocolate Pudding cup MO – Chickpea Joe	16 Roast Beef in Gravy Garlic Herb Mashed Potatoes, Carrots Pineapple Cup Lemon Loaf Cake MO – Veggieballs
19 Chicken Stew Mixed Greens, Crackers Copper Penny Salad Pears, Brownie MO – Veggie Stew	20 Cheeseburger Calico Beans, Potato Salad Fruit Cocktail Cup Carnival Cookie MO – Garden Burger	21 *Meatballs in Marinara Over Penne, 4 Bean Salad Peach Cup, Jell-o Cup MO – Veggieballs in Marinara	22 Bone-in Garlic Parmesan Chicken Stewed Tomatoes Spinach Casserole Pineapple, Marble Loaf Cake MO – Veggie Garlic Parm.	24 CLOSED
26 CLOSED	27 Chicken Broccoli Rice Casserole, Carrot Coins Chickpea Salad, Fruit Cup Butterscotch Pudding Cup MO – Veggie Broccoli Rice Casserole	28 Lemon Dill Baked Fish Tartar Sauce, Baked Potato Coleslaw, Sugar Cookie MO – Garden Wrap	29 Bone-in BBQ Chicken Cheesy Potatoes, Banana Berry Applesauce Cup MO – Veggie BBQ	30 CLOSED

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New Bridge, Madison, WI G 4C 01-2049

FRIENDS OF NEWBRIDGE

The Friends of NewBridge will support NewBridge's mission and its work with older adults in Madison and Monona. Friends will participate in a variety of programs, events, meetings and volunteer opportunities.

Benefits for Friends of NewBridge

Monthly Newsletter
Invitation to Special Events

Discount Card to Local Businesses
Valuable Social Connections

We invite you to join the Friends of NewBridge today! Dues will be renewed annually.

FRIENDS COMMITTEE VOLUNTEERS NEEDED

Volunteers are needed to serve on the Friends of NewBridge Committee. Members are needed to plan special events, recruit volunteers, expand the benefits, and more. If you are interested, call Deenah (608) 512-0000 Ext. 3002.

RENEW YOUR FRIENDSHIP FOR 2023 - It's annual renewal time for our Friends of NewBridge. Please complete the form below to be a Friend of NewBridge in 2023. If you are not currently a Friend of NewBridge, now is the time to join! You can also renew on our website! newbridgemadison.org

DONATE TO NEWBRIDGE TODAY!

Name/s: _____

Address: _____

City: _____ State: _____ Zip: _____

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Please check all boxes that apply:

\$ _____ 2023 annual Friend of NewBridge renewal or new Friend of NewBridge
\$15 Older Adult • \$25 Individual • \$30 Family • \$50 Silver • \$100 Golden

Send my monthly newsletter via mail email both none

\$ _____ Additional or general donation for NewBridge programs and services

\$ _____ In honor/memory of: _____

I wish my donation remain anonymous



Mail form & payment to NewBridge, 1625 Northport Dr. #125, Madison 53704. You can also purchase a friendship or make a donation on our website at newbridgemadison.org. Friendships are renewed annually. Donations may be tax deductible to the extent of the tax code.



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AND A WONDERFUL NEW YEAR

FROM THE NEWBRIDGE BOARD AND STAFF

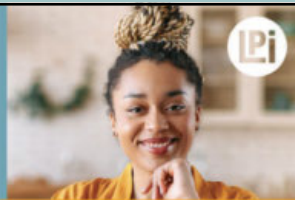


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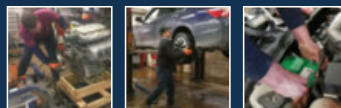
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New Bridge, Madison, WI

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A SALUTE TO BLACK VETERANS, NOVEMBER 9

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BLACK TIE BINGO, OCTOBER 7



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, December 9, 11:30 am-12:30 pm

Goodman Community Center
214 Waubesa St.

Tuesday, Dec. 20, 11:30 am-12:30 pm

SOUTH MADISON

Romnes Apartments
540 W Olin Ave.

Tuesday, December 6, 11:00 am-Noon

WEST MADISON

Good Shepherd Church
5701 Raymond Rd.

Friday, December 16, 11:15 am-12:15 pm

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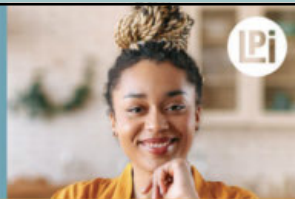
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Snow Angels

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