You’re Invited--to participate in the 2020 U.S. Census! Starting March 2020, you will receive an invitation in the mail to complete the census online.

Do you need assistance completing the census?

See page 16-17 to find census assistance near you!

Did You Know? Dane County uses U.S. Census data to determine annual funding amounts to award to each Focal Point in support of the Case Management and Nutrition Programs.
MISSION
NewBridge empowers older adults to access affordable resources to maintain their health, safety, independence and community connection.

A LETTER FROM THE DIRECTOR...

Celebrate National Wellderly Day
March 16 is National Wellderly Day. Dr. Dale Anderson created National Wellderly Day to promote the health benefits of happiness, humor, and laughter. Dr. Anderson suggests all seniors start the day by standing in front of the mirror and have a good laugh. Celebrate the rest of Wellderly Day by doing things that keep you in a good mood and make your day fulfilling. When you live this way at an older age, it means you are being WELLderly!
I am amazed by the number of 80+ year old seniors I know who act half (or ¾) their age and enjoy every day to its fullest. If you are not a senior, please make a point on Wellderly Day to acknowledge an elder because of the wellderly way they are living their life.

Happy Wellderly Day!

BOARD OF DIRECTORS
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- SARAH VALENCIA - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work

Thank you to our NewBridge Funders:

Friends of NewBridge

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Sherman Glen Apartments
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- JENNIFER BROWN, Case Manager Supervisor  Ext. 2003
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- RUTH HELLENBRAND, Program & Event Coord.  Ext. 3012
- ARETHA RICHMOND, Nutrition Coordinator
- BOB BURNS, Nutrition Coordinator
- CANDICE MARTIN, Nutrition Manager  Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator
- KRISTEN HUBER, Assistant Nutrition Manager  Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator
- MARY HENNING, 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 March (issue 3) 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 main office is located at 1625 Northport Dr. #125, Madison, WI 53704.
CASE MANAGEMENT SERVICE

This service provides older adults support needed to live independently by identifying resources and coordinating services.

Free for eligible Madison and Monona older adults (60+).
Private Pay Case Management is also available for Dane County residents.

WALK-IN OFFICE HOURS
A Case Manager will be available at the following times and locations:

- Meadowridge Commons
  5734 Raymond Road
  Tuesday, March 10
  11:30 am-noon

- Madison Senior Center
  330 W. Mifflin Street
  Mondays, 11:00 am-Noon

- Romnes Apartments
  540 W Olin Avenue
  Mondays, 11:00 am-Noon

- Fisher-Taft Apartments
  2025 Taft Street
  Wednesday, March 4
  12:14-1:15 pm

- Goodman Comm. Center
  149 Waubesa Street
  Wednesdays, March 11 & 25
  11:30 am-12:30 pm

- The River Food Pantry
  2201 Darwin Rd.
  Wednesday, March 25
  Noon-1:00 pm

- Monona Senior Center
  1011 Nichols Rd, Monona
  Thursday, March 5
  10:00-11:00 am

Your Census Data is Confidential

By law, your census response cannot be used against you by any government agency or court in any way. The Census Bureau will not share an individual’s responses with immigration enforcement agencies, law enforcement agencies, or allow that information to be used to determine eligibility for government benefits.

All Census Bureau staff take a lifetime oath to protect your personal information, and any violation comes with a penalty of up to $250,000 and/or 5 yrs in prison.

The Census Bureau takes strong precautions to keep online responses secure. All data submitted online are encrypted to protect personal privacy, and our cybersecurity program meets the highest and most recent standards for protecting personal information.

Learn more about the Census Bureau’s data protection and privacy program at www.census.gov/privacy.

ADDITIONAL SERVICES FOR CASE MANAGEMENT CLIENTS:

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.

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. These services are free for NewBridge Case Management clients.
Sarah has been volunteering with the Home Chore Program for over two years! She works part-time as a medical assistant at UW and enjoys riding her motorcycle, reading books and taking her dogs to the dog park. On top of that, she’s a new mom to a beautiful baby boy.

What brought you to Newbridge as a volunteer?
Trying to find something that made me feel good as a person while helping our community.

What do you enjoy most about volunteering?
The unintentional friendship I have developed with the person I help. Our conversations.

What inspires you to volunteer?
Seeing her appreciation and smile. Doing good for our community.

What would you say to others who are thinking about volunteering?
I know that life nowadays everyone is juggling multiple things daily but volunteering only requires an hour. I personally look forward to the hour. It’s an hour where I can stop thinking about everything I have to do in my life and help someone else. Have a wonderful conversation and build a friendship. It’s rewarding and fulfilling.
VOLUNTEER OPPORTUNITIES

For information call David at (608) 512-0000 Ext. 2006.

Front Office
DESCRIPTION—The main office needs volunteers for half-day shifts, Monday-Friday. Greet visitors, answer phones, route calls to appropriate staff, and take reservations for programs. Volunteers help with basic clerical support to the comfort level of the volunteer and assistance is provided for every task.
TIME COMMITMENT—AM shift 8:00 am-Noon, PM shift Noon-4:00 pm
LOCATION—1625 Northport Dr.
IMMEDIATE NEED—1 volunteer, AM shift

Festival Foods Nutrition Site
DESCRIPTION—NewBridge hosts a healthy lunch at Festival Foods grocery store every Thursday. Volunteers are needed to assist participants with navigating the store, carrying trays, clearing tables and making/serving coffee. We also love our volunteers to eat with and socialize with our older adults. Lunch is provided for all volunteers!
TIME COMMITMENT—Every Thursday 11:00 am-1:00 pm
LOCATION—810 E. Washington Ave.
IMMEDIATE NEED—2 volunteers

Home Chore
DESCRIPTION—Volunteers are matched with older adults to help them remain independent and in their own homes. This opportunity is for individuals, families, couples and groups. Duties may include: dusting, vacuuming, removing garbage, washing windows, and friendly visitation.
TIME COMMITMENT—Flexible
IMMEDIATE NEED—5 volunteers

Medical Equipment Loan Closet
DESCRIPTION—NewBridge lends out medical equipment to people in need in the community. This equipment includes wheelchairs, walkers, canes, shower chairs and more. A volunteer is needed to help check out these items, receive returns/donations and fill out small amounts of paperwork. Ability to safely lift 15 lbs.
TIME COMMITMENT—Every Friday 11:00 am-3:00 pm
LOCATION—4142 Monona Dr.
IMMEDIATE NEED—1 volunteer

Caregiver Support Group
DESCRIPTION—NewBridge is looking for a volunteer to sit with a group of 3-5 women who suffer from various levels of dementia as their partners attend a support group in the same building.
TIME COMMITMENT—1st Monday every month 9:45-11:45 am
LOCATION—1625 Northport Dr.
IMMEDIATE NEED—1 volunteer
Guardian & Representative Payee  
**DESCRIPTION**—Compassionate individuals to be guardians and payees. Must be 26 years old.  
**TIME COMMITMENT**—2 years, 3-6 hs/mo  
Call Katie Brietzman for information at Ext. 1002

Board of Directors and Committee Members  
**DESCRIPTION**—Board of Directors, Committees: Nominating, Marketing/Fund Development, Friends of NewBridge.  
**TIME COMMITMENT**—Board 5-10 hours/month, Committees 1-2 hours/month  
Call Jim Krueger for information at Ext. 3005

Brat Fest  
**DESCRIPTION**—Volunteer at Brat Fest May 22-24 and your hours get turned into money for NewBridge! You also get a brat and ice cream for volunteering.  
**TIME COMMITMENT**—4 hours shifts, duties vary from cashier to griller and much more!  
Call Ruth Hellenbrand for information at Ext. 3012.

American Family Golf Championship Concessions  
**DESCRIPTION**—Manage a beverage booth on June 5-7. Free admission included.  
**TIME COMMITMENT**—18 volunteers needed to work 4 hour shifts.  
Call Ruth Hellenbrand for information at Ext. 3012.
**SOUTH & WEST MADISON**

For information call Deenah at (608) 512-0000 Ext. 3002

**Stretch, Resistance & Cardio**
Mondays & Wednesdays, 8:40-9:40 am  
St. Andrews Episcopal Church  
1833 Regent Street—Lower Level  
$4 suggested donation, $18 for 6 classes, $20/month. Instructor Becky Otte-Ford

**Westside Warblers Sing-Along**
Tuesday, March 3, 6:00-7:30 pm  
Dale Heights Church, 5501 University Ave.  
Tuesday, March 17, 6:30-7:30 pm  
Middleton Library, 7425 Hubbard Ave.  
Name That Tune 6:30-7:30 pm. A wide variety of your favorite songs, with Robert Auerbach on piano and Patricia Stone on accordion. Afterward stay for treats and mingle. Contact Ellie (608) 230-6704.

**Ping Pong, Pool & Air Hockey**
Saturdays, 2:00-4:00 pm  
Meadowood Neighborhood Center 5740 Raymond Rd.

**FREE Mindful Movement Exercise**
Tuesdays, 10:00-11:00 am  
Alicia Ashman Library 733 N High Point Rd  
Join fitness and mindfulness coach Venus Washington to explore the mind/body connection. RSVP to the library at (608) 824-1780

**Mid-Week Matinees**
Wednesdays, 1:30-3:30 pm  
Alicia Ashman Library, 733 N. High Point Rd.  
March 4 - Judy  
March 11 - Sing Street  
March 18 - Downton Abbey: The Motion Picture  
March 25 - The Long Kiss Goodnight

**Easy Yoga Plus**
Fridays, 1:30-2:30 pm  
Sequoya Public Library, 4340 Tokay Blvd  
Register by calling (608) 266-6385  
Donations appreciated to the instructor, Ellen Millar.

**Sunshine Arts & Cultural Dance**
Saturdays, 12:00-2:00 pm  
Meadowood Neighborhood Center 5740 Raymond Rd.

**Classes and activities are also offered at:** Madison Senior Center  
330 W. Mifflin St. (608) 266-6581  
www.cityofmadison.com/senior-center

**PALS (Physical Activity Life-Long Success)**
March 9-May 14  
Monday and Thursday, 9:30-10:30 am  
Tuesday, 9:30-11:30 am (1 hour of activity and 1 hour of class)  
PALS is designed to help get moving and incorporate physical activity into your life–for your whole life. FREE. Register early by calling (608) 266-6581
Weekly Games—All skill levels welcome
Euchre - Mondays, 8:30-11:30 am
Sheepshead - Wednesdays, 1:00-3:00 pm
Mahjong - Thursdays, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.

Ping Pong League
Mondays, 9:00 am-Noon
Warner Park Game Room, 1625 Northport Dr.

Sassy Steppers Dance Crew
Mondays, 4:00-6:00 pm Practice
Warner Park, 1625 Northport Dr.
Fun dance team that perform for events and other senior centers. Any skill level welcome!

Technology Help Appointments
Tuesdays, 10:00 am-Noon
Warner Park, 1625 Northport Dr.
By appointment (608) 512-0000 Ext. 3000.

5¢ Bingo
Fridays, 10:15-11:15 am
Friday, March 6, Bilingual Bingo
Warner Park, 1625 Northport Dr.

Chair Yoga
Wednesdays, 10:30-11:15 am
Warner Park, 1625 Northport Dr.
Certified Yoga Instructor Kim Sprecher

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New Bridge, Madison, WI
D 4C 01-2049
Book Club Meeting
Tuesday, March 3, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
March book is *The Blind Assassin* by Margaret Atwood.

Card-Making Club
Wednesday, March 4, 1:00-2:00 pm
Warner Park, 1625 Northport Dr.
All materials are supplied for you; no previous experience needed.

Sewing Club/FREE Mending Service
Thursday, March 5 & 19, 9:00 am-Noon
Warner Park, 1625 Northport Dr.
FREE mending services for older adults.

LGBTQ+ Coffee Meet Up
Monday, March 16, 2:00-4:00 pm
Warner Park, 1625 Northport Dr.
50+ Join us for our monthly get together to discuss whatever is on your mind.
Coffee is free. Group facilitator from OutReach.

LGBTQ+ Veterans Support Group
Mondays, March 9 & 23, 6:00-8:00 pm
Warner Park, 1625 Northport Dr.

Men’s Caregiver Support Group
Monday, March 2, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
RSVP required (608) 240-7400. Facilitated by Joy from the ADRC (Aging & Disability Resource Center).

Bingo
Tuesday, March 3, 11:30 am-12:30 pm
Messiah Church, 5202 Cottage Grove Rd.

Movie of the Month–Documentary
Tuesday, March 17, 11:30 am-12:30 pm
Messiah Church, 5202 Cottage Grove Rd.

Classes and activities are also offered at: Monona Senior Center
1011 Nichols Rd. (608) 222-3415
www.mymonona.com

SPECIAL UPCOMING EVENTS:

Mind Over Matter;
Healthy Bowels, Healthy Bladder
Fridays, April 17, May 1, May 15
1:00-3:00 pm
Warner Park, 1625 Northport Dr.
Cost: $20. To register contact Deenah Givens (608) 512-0000 Ext. 3002.

Living Well with Chronic Conditions
Tuesdays, April 21-May 26, 1:00-3:30 pm
Sequoya Library, 4340 Tokay Blvd.
Cost: FREE. To register contact Deenah Givens (608) 512-0000 Ext. 3002.
See page 15 for more information.

Senior Lunch and Euchre
Monday, March 9, 11:00 am
Lakeview Lutheran Church—East Hall
4001 Mandrake Rd
Menu: Corn Beef Cabbage, Irish Beer, Grasshoppers.
Free will offering.
LED ACTIVITIES

For information call Ruth (608) 512-0000 Ext. 3012 or LED@newbridgemadison.org

Coffee & Conversation
Sunday, March 1, 10:00 am-Noon
Cool Beans Coffee Café, 1748 Eagan Rd.
Drop in.

Dining Club: Buck & Honey’s
Thursday, March 19, 5:30 pm
800 W. Broadway #300, Monona
RSVP by March 17.

Game Night
Tuesday, March 31, 8:00 pm
Warner Park, 1625 Northport Dr.
Bring your favorite game (if you have it). We’ll have plenty of games to choose from and we’ll order pizza! RSVP by March 29.

Jam Session
Saturday, March TBA, 9:00 am-1:00 pm
Maple Bluff Village Hall Gym, 18 Oxford Rd.
Calling all musicians! Join our LED jam session. Free parking, free to participate, all are welcome. Playing music after 1950. Bring an instrument, your voice, and a song. You decide the genre! Drop in.
CULTURAL DIVERSITY ACTIVITIES

Activities are developed for Latinx and African American older adults that focus on socialization and health education.
Latinx activities offered in Spanish only.
These activities are free for African American and Latinx older adults (60+) who live in Dane County.

AFRICAN AMERICAN
For information call Ericka at (608) 512-0000 Ext. 2007

Movie Matinee
Wednesday, March 4, 1:00-4:00 pm
When They See Us – Part 1 and 2
Wednesday, March 18, 1:00-4:00 pm
When They See Us – Part 3 and 4
Warner Park, 1625 Northport Dr.

Healthy Eating Discussion Group
Friday, March 6, 12:00-2:00 pm
Vera Court Neighborhood Center
614 Vera Court

Line Dane Class (cha-cha slides)
Saturdays in March, 10:00-11:30 am
Vera Court Neighborhood Center
614 Vera Court

Diabetes Support Group
Monday, March 9, 12:00-2:00 pm
Burr Oaks Apartments, 2417 Cypress Way

Heart Health Support Group
Thursday, March 19, 2:00-4:00 pm
Catholic Multicultural Center, 1862 Beld St.

Lunch and Pantry
Wednesday, March 25, 11:00 am-1:00 pm
The River Food Pantry, 2201 Darwin Rd.

Limited transportation available, call Ericka at Ext. 2007 for more information.

LATINX
For information call Sonya at (608) 512-0000 Ext. 2002

Bilingual Bingo and Lunch
- Friday, March 6, 10:00 am-12:30 pm
  Warner Park, 1625 Northport Dr.
  Reserve by Wednesday, March 4
- Friday, March 27, 10:30 am-12:30 pm
  Fitchburg Senior Center, 5510 Lacy Rd.
  Reserve by Wednesday, March 25

Yoga Suave
Mondays, March 2-May 4, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
Cost $12 for residents of the Madison Metropolitan School District. Cost $36 for those outside of that district. Contact Sonya if you need assistance with the cost.

To make reservations for Bingo transportation and lunch and yoga, call Ext. 3009.
TAX ASSISTANCE THROUGH AARP

AARP Foundation Tax-Aide offers free, individualized tax preparation for low income taxpayers, especially those 60+. The AAARP sites are open until April 15.

Before visiting a Tax-Aide site, please note:

- You will need to bring your important documents to the site.
- Please contact the sites directly to make an appointment.

The Madison sites are listed. There are additional Dane County sites. Inquire through the website: https://states.aarp.org/tag/free-tax-preparation

LAKEVIEW LIBRARY
2845 N SHERMAN AVE
(608) 246-4547

GOODMAN COMMUNITY CENTER
149 WAUBESA ST
(608) 241-1574

ST DENNIS CHURCH
505 DEMPSEY RD
(608) 246-5124

PINNEY LIBRARY
204 COTTAGE GROVE RD
(608) 224-7100

ONONA SENIOR CENTER
1011 NICHOLS RD
(608) 222-3415

SEQUOYA LIBRARY
4340 TOKAY BLVD
(608) 266-6385

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For ad info. call 1-800-950-9952 • www.4lpi.com New Bridge, Madison, WI F 4C 01-2049
NewBridge is partnering with Nail Technicians Gail Owens and Susan Hasey to provide foot care for $20. Please bring two towels. Call (608) 512-0000 to make an appointment.

NORTH MADISON
Goodman Community Center
149 Waubesa Street
Monday, March 9, 8:30-9:45 am

Warner Park Community Rec. Center
1625 Northport Drive
Friday, March 13, 9:00 am–Noon
Thursday, March 26, 9:00 am-Noon

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, March 17, 1:00-2:30 pm

EAST MADISON
Lake Edge Lutheran Church
4032 Monona Drive
Monday, March 9, 9:00 am-Noon
*Monday, March 16, 9:00 am-Noon
*Diabetic Clinic $25 (non-diabetics welcome)

Monona United Methodist Church
606 Nichols Road, Monona
Wednesday, March 18, 1:00-3:00 pm
Wednesday, March 25, 1:00-3:00 pm

WEST MADISON
Capital City Church
401 N. Blackhawk Ave.
(Parking is behind church turn at Bluff Rd. and then turn left on Eugenia Ave.)
Monday, March 2, 12:45-2:45 pm

Mount Olive Lutheran Church
110 N. Whitney Way Room 11
Tuesday, March 17, 9:30-11:15 am

Our Lady Queen of Peace
401 Mineral Point Road
Monday, March 23, 9:30-11:45 am

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.

Loan closet items are available to City of Madison and Monona residents. 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 are currently accepting in-kind donations of these items: shower chairs, tub transfer benches, and four-wheel walkers with seat and brakes.
Census 101: Just the Facts!

**Everyone counts:** The census counts every person living in the U.S. once, only once, and in the right place according to where they live on Census Day.

**It's in the constitution:** The U.S. Constitution mandates everyone in the country be counted every 10 years.

**It's about fair representation:** Every 10 years the results of the census are used to reapportion the House of Representatives, determining how many seats each state gets.

**It's about redistricting:** After each census, state officials redraw the boundaries of the congressional and state legislative districts in their states to account for population shifts.

**It's about $675 billion:** The distribution of more than $675 billion in federal funds, grants, and support to states, counties, communities are based on census data.

**Census data are being used all around you:** It is used in the funding formulas for Dane County Case Management and Nutrition Site Management contracts—meaning an accurate census count directly affects the funding for these vital local programs!

**Your privacy is protected:** It's against the law for the Census Bureau to publicly release your responses in any way that could identify you or your household. By law, your responses cannot be used against you and can only be used to produce statistics.

**Taking part is your civic duty:** Completing the census is mandatory—it’s a way to participate in our democracy and say “I COUNT!”

**2020 will be easier than ever:** You will be able to respond to the census online—available in 59 languages! NewBridge is here for you if you need assistance!

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**Why the Census is Important to the Aging Community**

The following Federal Programs are funded based on Census statistics:

**Medicaid**, the health insurance program for low-income people including those age 65 and older, is the largest federal program that uses census statistics to determine funding.

**Supplemental Nutrition Assistance Program (SNAP)** spent $71 billion in 2015. SNAP is the second-largest program that uses census statistics to allocate funds.

**Medicare Part B**, at $70.3 billion, which is part of the Medicare health insurance program for all people over 65 years old, no matter their income.

**Social Services Block Grants**, which include adult day care, community center lunches (congregate meals), home-delivered meals, and elder abuse — both physical and financial.

**Farmers’ Market Vouchers**

**Senior Community Service Employment Program** (job training)
Would you like assistance completing the census online? Volunteers will be available to help at the following sites:

**For more information, call Deenah at (608) 512-0000 Ext. 3002**

- Romnes Apartments, 540 W. Olin Ave. Thursday, March 5, 1:00-3:00 pm
- Warner Park, 1625 Northport Dr. Friday, March 6, 9:00-11:00 am español
- Burr Oaks Apartments 2417 Cypress Way Monday, March 9, 9:30-11:30 am
- Cranberry Creek, 1501 Lake Point Dr. Friday, March 13, 8:30-10:30 am
- Meadowridge Commons 5734 Raymond Rd. español Thursday, March 19, 10:00 am-Noon
- Mt Zion Baptist Church, 2019 Fisher St. Sunday, March 22, 12:30-2:30 pm
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.

2020 BUSINESS BENEFITS

**Benvenuto’s Italian Grill**
North Madison, Middleton, Fitchburg
FREE ice cream sundae with entrée

**Boomerangs Resale Store**
1133 N Sherman Ave
10% off regular priced merchandise (excludes furniture)

**Cambria Suites Madison**
5045 Eastpark Blvd
Hotel stay $89/night for visiting family or relatives

**Culver’s**
1325 Northport Dr
FREE cone/dish of custard with the purchase of a cone/dish

**Golden Heart Senior Care**
437 S Yellowstone Dr #101
(608) 467-3590
1 free hr of service for new clients

**Kavanaugh’s Esquire Club**
1025 N Sherman Ave
FREE dish of Schoeps ice cream with the purchase of lunch between 11:00 am and 2:00 pm

**Madison Family Wellness**
222 N. Midvale Blvd. (608) 358-2068
$10 off first visit and 10% off follow-up visits

**Manna Café & Bakery**
611 N Sherman Ave
10% off in-dining food & beverages

**Meikle’s & Dorn True Value**
2935 N Sherman Ave
Free key made each month

**Overture Center**
201 State St
Receive reduced ticket prices for select shows

*And more added monthly!*

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Recap of the Jan. 16 Friends Meeting

The Friends of NewBridge hosted an event, *NewBridge 2019 and Beyond*. The Board of Directors and NewBridge management staff reported on 2019 successes and 2020 goals.

Board of Directors 2019:
- Learning about and promoting NewBridge
- Monitoring the 2019 budget
- Hiring a new Executive Director
- Advocacy work that resulted in additional funding for our nutrition and case management programs.

Board of Directors 2020:
- Board recruitment
- Establish two committees
- Finalizing a 3 year strategic plan

For the full recap, please contact Ruth Ext. 2012.
2020 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: ____________________________________________________________
Additional Name: __________________________________________________
Address: __________________________________________________________________________
City: __________________________ State: __________________ Zip: __________________________
Email Address: ________________________________________________________________

How would you like newsletter?    ☐ Mail   ☐ Email   ☐ Both   ☐ None

☑ $ 15 Older Adult Friend (1 Friendship Card)
☐ $ 25 Individual Friend (1 Card)
☐ $ 30 Family Friend (2 Cards)
☐ $ 50 Silver Friend (2 Cards)
☐ $ 100 Golden Friend (2 Cards)
☐ $ ____ Additional Donation

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

Norwegian American Genealogical Center & Naeseth Library
415 West Main Street • Madison, WI 53703-3116
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Website nagcnl.org • Email genealogy@nagcnl.org
Open Monday - Friday • 10:00 a.m. to 4:30 p.m.

Let us help you find your Norwegian roots!
• Expert genealogical research assistance for beginners and advanced researchers
• Stellar collection of books, microfilms, documents, and research materials
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• Web resources explained

Call or email for an appointment nagcnl.org

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Choose TMG, Wisconsin’s top-rated IRIS Consultant Agency.*

Local. Experienced. Resourceful.

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WALK-IN BATHTUB SALE! SAVE $1,500
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FREE! ($500 Value)

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New Bridge, Madison, WI 4C 01-2049
NUTRITION SITE INFORMATION

Nutritious weekday meals and socialization for older adults at multiple Madison and Monona locations.
If you are age 60+, the suggested meal donation is $4.00. If you are under 60 or do not meet the program eligibility, you are required to pay the total cost $9.07.
Suggested transportation donation is $1.00 round trip.

<table>
<thead>
<tr>
<th>North Madison Location</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warner Park Community Center</td>
<td>1625 Northport Drive</td>
<td>M-W &amp; F</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Meal and transportation reservations due by 10:00 am the previous business day. Make reservations at meal site or call (608) 512-0000 Ext. 3000. Transportation available for the red zone.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>East Madison/Monona Locations</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Messiah Lutheran</td>
<td>5202 Cottage Grove Road</td>
<td>T</td>
<td>Noon</td>
</tr>
<tr>
<td>Meal and transportation reservations due by 10:00 am the previous business day. Make reservations at meal site or call (608) 512-0000 Ext. 2001. Transportation available for the blue zone.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>St. Stephen’s Lutheran</td>
<td>5700 Pheasant Hill Rd, Monona</td>
<td>TH</td>
<td>Noon</td>
</tr>
<tr>
<td>Meal and transportation reservations due by 10:00 am the previous business day. Make reservations at meal site or call (608) 512-0000 Ext. 2001. Transportation available for the blue zone.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>South Madison Locations</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Madison Senior Center</td>
<td>330 West Mifflin Street</td>
<td>M-F</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Meal and transportation reservations due by 10:00 am the previous business day. Make reservations at meal site or call (608) 512-0000 Ext. 4006. Transportation available for the orange zone.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Romnes Apartments</td>
<td>540 West Olin Avenue</td>
<td>M-F</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Meal and transportation reservations due by 10:00 am the previous business day. Make reservations at meal site or call (608) 512-0000 Ext. 4006. Transportation available for the orange zone.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>West Madison Locations</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meadowridge Commons</td>
<td>5734 Raymond Road</td>
<td>T-TH</td>
<td>Noon</td>
</tr>
<tr>
<td>Meal and transportation reservations due by 10:00 am the previous business day. Make reservations at meal site or call (608) 512-0000 Ext. 4006. Transportation available for the purple zone.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lussier Community Center</td>
<td>55 South Gammon Road</td>
<td>F</td>
<td>Noon</td>
</tr>
<tr>
<td>Meal and transportation reservations due by 10:00 am the previous business day. Make reservations at meal site or call (608) 512-0000 Ext. 4006. Transportation available for the purple zone.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
<td>THURSDAY</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>----------------------------------------------</td>
<td>------------------------------------------------</td>
<td>-----------------------------------------------</td>
</tr>
<tr>
<td><strong>02</strong> CHICKEN AND GRAVY</td>
<td><strong>03</strong> FISH SANDWICH</td>
<td><strong>04</strong> MEATBALLS IN MARINARA</td>
<td><strong>05</strong> PORK LOIN IN GRAVY</td>
</tr>
<tr>
<td>Over White Bread, Carrots</td>
<td>Cheese, Tartar Sauce, Yam, Coleslaw</td>
<td>Oven Penne, Com, Mixed Salad</td>
<td>Mashed Potatoes, Blend Vegetables</td>
</tr>
<tr>
<td>Green Beans, O.J, Carnival Cookie</td>
<td>Fruit Cup, Chocolate Pudding</td>
<td>Bananas, Frosted Marble Cake</td>
<td>Mandarin Oranges, Orange Sherbet</td>
</tr>
<tr>
<td>MO: Veggie Chicken in Gravy</td>
<td>MO: Black Bean Burger</td>
<td>MO: Veggie Meatballs</td>
<td>MO: Veggie Wrap</td>
</tr>
<tr>
<td><strong>09</strong> CHICKEN NOODLE SOUP</td>
<td><strong>10</strong> BEEF STEW</td>
<td><strong>11</strong> SLOPPY JOE</td>
<td><strong>12</strong> TRADITIONAL MEATLOAF</td>
</tr>
<tr>
<td>Saltine Crackers, California Blend Veg.</td>
<td>Biscuit, Green Beans, Apple Sauce</td>
<td>Peas, Coleslaw, Pineapple</td>
<td>Sweet Potato, Broccoli</td>
</tr>
<tr>
<td>Grape Juice, Pumpkin Bar</td>
<td>Chocolate Chip Banana Cake</td>
<td>Chocolate Pudding</td>
<td>Apple Juice Cup, Frosted White Cake</td>
</tr>
<tr>
<td>MO: Veggie Soup</td>
<td>MO: Veggie Beef Stew</td>
<td>MO: Chickpea Sloppy Joe</td>
<td>MO: Veggie Meatballs</td>
</tr>
<tr>
<td><strong>16</strong> CHICKEN A LA KING</td>
<td><strong>17</strong> CORNED BEE</td>
<td><strong>18</strong> POT ROAST IN GRAVY</td>
<td><strong>19</strong> SAUSAGE VEGGIE EGG BAKE</td>
</tr>
<tr>
<td>Brown Rice, Carrots, Corn Salad</td>
<td>Cabbage, Carrots, Red Potatoes</td>
<td>Mashed Potatoes, Mixed Salad</td>
<td>Orange Juice, Mini Biscuit</td>
</tr>
<tr>
<td>Peaches, Tapioca Pudding</td>
<td>Rye Bread, Mandarin Oranges</td>
<td>Orange, Raspberry Sherbet</td>
<td>Orange Juice</td>
</tr>
<tr>
<td>MO: Veggie Chicken a la King</td>
<td>St. Patty’s Cheese Cake Brownie</td>
<td>MO: Egg Salad</td>
<td>MO: Veggie Egg</td>
</tr>
<tr>
<td><strong>23</strong> HAM &amp; POTATO CASSEROLE</td>
<td><strong>24</strong> BBQ CHICKEN BREAST</td>
<td><strong>25</strong> STUFFED PEPPER SOUP</td>
<td><strong>26</strong> ENCHILADA CASSEROLE</td>
</tr>
<tr>
<td>California Blend, Fruit Cup</td>
<td>Baked Sweet Potato, Tropical Fruit</td>
<td>Mixed Salad, Crackers</td>
<td>Spanish Rice, Pinto Beans</td>
</tr>
<tr>
<td>Chocolate Cream Pie</td>
<td>Lemon Bar</td>
<td>Warm Spiced Apple Slices</td>
<td>Mandarin Oranges</td>
</tr>
<tr>
<td>MO: Potato Casserole</td>
<td>MO: Hummus Wrap</td>
<td>MO: Tomato Soup</td>
<td>Frosted Churro Cake</td>
</tr>
<tr>
<td><strong>30</strong> CHICKEN STRIPS</td>
<td><strong>31</strong> TUNA CASSEROLE</td>
<td></td>
<td>MO: Bean and Cheese Burrito</td>
</tr>
<tr>
<td>Roasted Brussel Sprouts, Coleslaw</td>
<td>Roasted Baby Carrots, Pickled Beets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit Cup, Peanut Butter Cookie</td>
<td>Banana, Butterscotch Swirl Ice Cream</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MO: Garden Burger</td>
<td>MO: Egg Salad</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Meals provided by: Dane County Consolidated Food Services Division. 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. MO: Meatless Option
### Kosher Site

**Beth Israel Center**
- Meal and transportation reservations due by 2:00 pm the preceding Wednesday. To make reservations call (608) 442-4081 or email office@jssmadison.org.
- **Transportation available for the purple zone.**
- Monday, March 2: Honey Harissa roast chicken, rice and lentils, corn, fruit, brownie, MO: Honey Harissa tofu
- Monday, March 9: Smoked brisket, roasted red potato, coleslaw, fruit, hamantaschen
- MO: Smoked BBQ jackfruit and garbanzo
- Monday, March 16: Maple mustard roasted chicken, whipped sweet potato, vegetable medley, fruit, brownie, MO: Maple roasted tofu
- Monday, March 23: Vegetarian lasagna, Italian dressing with iceberg salad, rolls, fruit, dessert
- MO: Turkish coffee rubbed tofu

<table>
<thead>
<tr>
<th>Kosher Site</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beth Israel Center</td>
<td>1406 Mound Street</td>
<td>M Sept-May</td>
<td>Noon</td>
</tr>
</tbody>
</table>

### East Madison Restaurants

**Cranberry Creek Cafe**
- Five delicious breakfast options. *No meal reservation needed.*
- Transportation reservation due by 10:00 am the previous business day. Call Transit Solutions at (608) 294-8747.
- **Transportation available for the blue zone.**

<table>
<thead>
<tr>
<th>East Madison Restaurants</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cranberry Creek Cafe</td>
<td>1501 Lake Point Drive</td>
<td>M &amp; F</td>
<td>8:30 am – 10:30 am</td>
</tr>
</tbody>
</table>

**Cuco’s Mexican Restaurant**
- Six delicious lunch options. *No meal reservation needed.*
- Transportation reservation due by 10:00 am the previous business day. Call Transit Solutions at (608) 294-8747.
- **Transportation available for the blue zone.**

<table>
<thead>
<tr>
<th>East Madison Restaurants</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cuco’s Mexican Restaurant</td>
<td>4426 E. Buckeye Road</td>
<td>W</td>
<td>11:30 am – 1:00 pm</td>
</tr>
</tbody>
</table>

### North, East, South Grocery Store

**Festival Foods**
- Enjoy one trip through the extensive salad bar and a bowl of soup. *No meal reservation needed.*
- Transportation reservation due by 10:00 am the previous business day. Call (608) 512-0000 Ext. 3000.
- **Transportation available for the red, blue, orange zones.**

<table>
<thead>
<tr>
<th>North, East, South Grocery Store</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Festival Foods</td>
<td>810 E. Washington Ave.</td>
<td>TH</td>
<td>11:00 am – 1:00 pm</td>
</tr>
</tbody>
</table>

### Goodman Neighborhood

**Goodman Community Center**
- This meal serves people of all ages. *No meal reservation needed.*
- Transportation reservation due by 10:00 am the previous business day. Make transportation reservations at meal site or call (608) 241-1574. **Menu on page 23.**
- **Transportation available for the green zone.**

<table>
<thead>
<tr>
<th>Goodman Neighborhood</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goodman Community Center</td>
<td>149 Waubesa Street</td>
<td>M-F</td>
<td>11:45 am</td>
</tr>
<tr>
<td>MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
<td>THURSDAY</td>
</tr>
<tr>
<td>------------------------------</td>
<td>----------------------------------------</td>
<td>-------------------------------------</td>
<td>-----------------------------------</td>
</tr>
<tr>
<td><strong>02 PARMESAN CHICKEN BAKE</strong></td>
<td><strong>03 BLACK BEAN AND CHEESE</strong></td>
<td><strong>04 BEEF LASAGNA</strong></td>
<td><strong>05 SWEDISH MEATBALLS</strong></td>
</tr>
<tr>
<td>**09 CHICKEN &amp; RICE CASSEROLE</td>
<td><strong>10 BAKED ZITI</strong></td>
<td><strong>11 FISH SANDWICH</strong></td>
<td><strong>12 HONEY GLAZED HAM</strong></td>
</tr>
<tr>
<td>Steamed Green Beans, Bean Salad Apple Sauce, Pudding MO: Veggie and Rice Casserole</td>
<td>Bean Salad, Mixed Salad Cantaloupe, Pie MO: Vegetarian Baked Ziti Salad: Southwest</td>
<td>Mediterranean Quinoa Salad Mixed Salad, Orange Slices Fruit Crumble MO: Grilled Cheese</td>
<td>Cheesy Potato Bake, Carrots Dinner Roll, Pineapples, Cake MO: Veggie Burgers</td>
</tr>
<tr>
<td><strong>16 CHICKEN SANDWICH</strong></td>
<td><strong>17 BEEF CHILI</strong></td>
<td><strong>18 FLANK STEAK STIR FRY</strong></td>
<td><strong>19 BBQ CHICKEN THIGH</strong></td>
</tr>
<tr>
<td><strong>23 PULLED PORK</strong></td>
<td><strong>24 SPAGHETTI W/ MEAT SAUCE</strong></td>
<td><strong>25 GRILLED CHEESE BURGER</strong></td>
<td><strong>26 CHICKEN TERIYAKI</strong></td>
</tr>
<tr>
<td><strong>30 COD</strong></td>
<td><strong>31 BEEF GOULASH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Potatoes Quinoa and Vegetable Salad Canned Peaches, Baked Apple Sliced MO: Baked Tofu</td>
<td>Creamed Spinach, Mixed Salad Honey Dew, Jello MO: Vegetable Goulash Salad: Caesar</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Meals provided by: Goodman Catering. 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. MO: Meatless Option. Fruit and Dessert Served Daily.

TRANSPORTATION ZONES

[Map of transportation zones with locations marked]
SAVE THE DATE
5.7.20

BLACK TIE BINGO

INDIVIDUAL TICKET $100 | TABLE OF 8 $750
FRIEND OF NEWBRIDGE TICKET $50

www.newbridgemadison.org