BRIDGING HOPE
A week-long online fundraiser to help Madison area older adults.

Monday-Friday
October 5-9

Our Offices will be CLOSED
Monday, September 7 for Labor Day

$10 mask sale!
$20 t-shirt sale!

See our website for more information.

CHECK OUT
WHAT’S INSIDE!

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16-19 Community Resources
20 Thank You Business Sponsors and Partners
22-23 NewBridge Programs & Services

www.NewBridgeMadison.org | (608) 512-0000
STOP THE SCAMS
I was very disheartened to receive an email identifying various ways criminals are scamming older adults during the coronavirus pandemic. Scammers are calling, sending emails or letters with coronavirus treatment claims, test-kits, contract tracers, low price insurance, online sales, debt collectors, and many offers that are too good to be true or a scare tactic to get seniors money. They are very convincing and persuasive and trick a lot of people. The best way to prevent scams is to be wary of any requests or demands for money. Ask for a call back number and check it out with someone else before paying. To protect ourselves and our older adults we need to look after one another and remind ourselves to be careful.
# NEWBRIDGE STAFF

- **JIM KRUEGER**, Executive Director  
  Ext. 3005
- **KATIE GALLAGHER**, Marketing Director  
  Ext. 4001
- **DEB TEMERBEKOVA**, Executive Assistant  
  Ext. 4000
- **JOE NEUMAIER**, Administrative Assistant  
  Ext. 2000
- **ABIGAIL NINNEMAN**, Case Manager Intern  
  Ext. 4008
- **ADA ZHANG**, Case Manager Intern  
  Ext. 1001
- **EBONIE BROOKS**, Case Manager  
  Ext. 3006
- **GLEN THOMMESEN**, Case Manager  
  Ext. 2005
- **GRETCHEN SCHADEBERG**, Case Manager  
  Ext. 1009
- **JENN GARCIA-LUDOLPH**, Case Manager  
  Ext. 1003
- **JENNIFER BROWN**, Case Manager Supervisor  
  Ext. 2003
- **JODIE CASTANEDA**, Case Manager Supervisor  
  Ext. 1004
- **KAYLEIGH COLOSO**, Case Manager - español  
  Ext. 2004
- **MAUREEN QUINLAN**, Case Manager  
  Ext. 4003
- **MEGAN KULINSKI**, Case Manager  
  Ext. 3004
- **RACHEL OKERSTROM**, Case Manager  
  Ext. 4002
- **SAMMY AZUMA**, Case Manager  
  Ext. 1005
- **STEPHANIE AGUILERA**, Case Manager - español  
  Ext. 1007
- **STEPHANIE BRANDSMA**, Case Manager  
  Ext. 2008
- **SUSAN WATSON**, Case Manager  
  Ext. 1006
- **DAVID WILSON**, Marketing Manager  
  Ext. 2006
- **DEENAH GIVENS**, Program Coordinator  
  Ext. 3002
- **JEANETTE ARTHUR**, Volunteer Coordinator  
  Ext. 4007
- **KATIE BRIETZMAN**, Community Outreach Spec.  
  Ext. 1002
- **KEISHA FURNISS**, Volunteer Coordinator  
  Ext. 3008
- **RUTH HELLENBRAND**, Program & Event Coord.  
  Ext. 3012
- **ARETHA RICHMOND**, Nutrition Coordinator  
  —
- **BOB BURNS**, Nutrition Coordinator  
  —
- **CANDICE ALEXANDER**, Nutrition Manager  
  Ext. 4006
- **FAITH SWINBURNE**, Nutrition Coordinator  
  —
- **KRISTEN HUBER**, Assistant Nutrition Manager  
  Ext. 2001
- **MARY HENNING**, Nutrition Coordinator  
  —
- **NANCY THOMPSON**, 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 main office is located at 1625 Northport Dr. #125, Madison, WI 53704.
COVID-19 SERVICES

Case Management
“Your connection to community resources”
Case Managers are available by phone (608) 512-0000 and by email info@newbridgemadison.org to help older adults connect to available resources.

Food Bridge Delivery
“Your connection to wholesome groceries”
Groceries from a food pantry are delivered to the older adult’s door by a volunteer and continued when needed.

Necessity Kit Delivery
“Your connection to cleaning & hygiene products”
Necessity kits will be delivered to the older adult’s door by a volunteer. Kits may contain depending on availability: toilet paper, soap, cleaning supplies, shampoo, toiletries, etc. Funded in part by Madison Community Foundation.

Face Mask Delivery
“Your connection to a face mask”
One reusable, hand-made mask will be delivered to the older adult’s door by a volunteer upon availability.

Bridge Buddies—Friendly Callers
“Your connection to a friendly caller”
Volunteers are matched with older adults to do safety check calls and/or social friendly calls.

Virtual Classes & Activities
“Your connection to golden opportunities”
Find online classes & activities on our website and page 10 and 11.

Foot Clinics
Our clinics are slowly reopening when we are prepared to do so. See page 14 for more information.

Take-Out Meals
“Your connection to nutritious meals”
Meals are available to pick up at the following locations for older adults 60+. While there is no charge for these meals, donations are accepted via mail to NewBridge, 1625 Northport Dr. Madison, 53704. Participants will be given a pick-up time when they order. Call to order Monday-Friday, 8:00 am-4:00 pm. Orders are due by Thurs. 10:00 am, 1 week prior.

LJ’s Sports Tavern and Grill, 8 N. Patterson St.
Friday between 3:00-4:00 pm
1 Meal – Hot Fish Fry
Order with Candice (608) 512-0000 Ext. 4006

NewBridge West Office, 5724 Raymond Rd.
Wednesday between 3:00-4:00 pm
1 Meal Catered by Kavanaugh’s Esquire Club
Order with Candice at (608) 512-0000 Ext. 4006

Mt. Zion Church, 2019 Fisher St
Monday between 10:00 am-12:00 pm
2 Meals Catered by Kavanaugh’s Esquire Club
Order with Candice at (608) 512-0000 Ext. 4006

Kavanaugh’s Esquire Club, 1025 N. Sherman Ave.
Wednesday between 3:00-4:00 pm
1 Meal Catered by Kavanaugh’s Esquire Club
Order with Candice at (608) 512-0000 Ext. 4006

Meal Delivery for HOME BOUND ONLY
If you do not have a car and do not have a proxy driver
Friday between 3:00-4:00 pm
2 Meals Catered by Kavanaugh’s Esquire Club
Order with Kristen at (608) 512-0000 Ext. 2001

Romnes Apartments, 540 W. Olin Ave.
Monday-Friday, 11:30 am
For residents only.

Messiah Lutheran Church, 5202 Cottage Grove Rd.
Tuesday and Thursday, 11:30 am-12:30 pm
Not taking new participants.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>07</strong> CLOSED</td>
<td><strong>08</strong> Tuna Salad Sandwich Tomato Soup, Fruit Cup Blueberry Pound Cake MO – Egg Salad</td>
<td><strong>09</strong> Sloppy Joe Kidney Bean Salad Mixed Vegetable, Banana Strawberry Swirl Ice Cream MO – Chickpea Joe</td>
<td><strong>10</strong> Honey Baked Chicken Broccoli, Yams, Peas Ambrosia Salad MO – Veggie Honey Baked Chicken Strips</td>
<td><strong>11</strong> Italian Lasagna Green Beans, Toss Salad Warm Cinnamon Apples Banana Crème Pie MO – Marinara and Pasta</td>
</tr>
<tr>
<td><strong>14</strong> Lemon Dill Baked Fish Baked Potato, Fruit Cup Sugar Cookie MO – Veggie Wrap</td>
<td><strong>15</strong> *Italian Sausage Oven Roasted Potatoes Stewed Tomatoes, Orange Chocolate Ice Cream Cup MO – Veggie Dog</td>
<td><strong>16</strong> Meat Sauce Spaghetti Noodles Wax Beans, Mixed Salad Peaches, Apple Pie Bar MO – Marinara Sauce</td>
<td><strong>17</strong> *BBQ Pulled Pork Chickpea Salad, Carrots Diced Melon Mix Vanilla Pudding MO – Hummus Wrap</td>
<td><strong>18</strong> Sweet &amp; Sour Chicken Brown Rice, Peas, Banana Chocolate Chip Cookie Bar MO – Veggie Sweet &amp; Sour</td>
</tr>
<tr>
<td><strong>21</strong> Chicken Stew Saltine Crackers, Broccoli Tropical Fruit Frosted White Cake MO – Veggie Stew</td>
<td><strong>22</strong> Egg Salad Coleslaw, Pickled Beets Strawberry Jell-o</td>
<td><strong>23</strong> Chicken and Gravy Carrots, Green Beans Orange, Carnival Cookie MO – Veggie Chicken/Gravy</td>
<td><strong>24</strong> Fish Sandwich Yams, Coleslaw, Fruit Cup Lemon Italian Ice MO – Garden Burger</td>
<td><strong>25</strong> *Meatballs in Marinara Over Penne, Carrots Mixed Salad, Banana Cheesecake Brownie MO – Veggie Meatballs</td>
</tr>
<tr>
<td><strong>28</strong> *Pork Loin in Gravy Mashed Potatoes Vegetables, Oranges Chocolate Pudding MO – Tomato/Cheese</td>
<td><strong>29</strong> Cheeseburger 4 Bean Salad 4 Way Vegetable Blend Dreamsicle Whip MO – Black Bean Burger</td>
<td><strong>30</strong> Chicken Noodle Soup Mixed Salad Saltine Crackers, Peas Pumpkin Bar MO – Tomato Soup</td>
<td>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</td>
<td></td>
</tr>
</tbody>
</table>

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- No Cleaning WHATSOEVER
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"...Their teamwork made everything run smooth from start to finish. They were very professional and always explained and answered my questions." - Wanda W.

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MEDICARE PART D OPEN ENROLLMENT

TIME TO REVIEW YOUR MEDICARE PLAN
Prepare Early This Year!

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2021! The plans’ premiums, deductibles, and co-pays can also change each year.

What can people do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare’s annual open enrollment period October 15 through December 7. This is the time to find out if your current plan will cost you more, or less than other Part D plans in 2021. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

Make sure you will have appropriate prescription drug coverage in the new year.

Medicare beneficiaries in Madison & Monona can also receive free, unbiased assistance with plan comparisons from NewBridge Case Managers.

NewBridge is working to find new ways to continue to provide this valuable service to our community but in a safe way for both our clients and staff. In order to be able to do this, we are taking reservation for assistance via an online form on our website at NewBridgemadison.org/MedD or click the Med D button on the front page of our website.

Starting Monday, September 21, we will begin to take reservations for appointments (608) 512-0000 Ext. 1001.

Assistance is also available through the following resources:

1-800-MEDICARE or www.medicare.gov
Medigap helpline 1-800-242-1060
Disability Drug Helpline 1-800-926-4862 (if under age 60)
Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783
ABIGAIL NINNEMAN

I have nearly 10 years of experience working with schools and health care, which lead me to get a Secondary Master’s degree in Social Work. I was drawn to working with older adults because there is still so much to learn from them. I’m also excited to meet some of the community members NewBridge is working with. For fun I like to read and spend time with my family and two dogs.

ADA ZHANG

I am a graduate student at UW in the MSW program. I graduated with my BSW and studied Gender and Women's Studies at UW. I grew up in Manitowoc, WI but find that Madison is my home. I believe there is a great power in storytelling and I hope to hear the many stories of those that I meet at NewBridge. We all start somewhere and we are all going somewhere - I hope to be present and engaged along the way.
Did you know we have over 19,500 older adults living in Madison WI? These are the people who are being hit hardest by COVID-19 and are unable to leave their home. We know they are going to need our help through this.

Our organization and the older adults in our community rely on the power of donors to provide quality services to those in need especially during this time of uncertainty. There are a variety of ways you can donate today:

- Financial donation via our website newbridgemadison.org
- Financial donation via Go Fund Me gofundme.com/covid-19-services-for-older-adults
- Financial donation mailed to our main office at 1625 Northport Dr. #125 Madison 53704
- Cleaning supply and hygiene product donations for our Necessity Kits. Accepted Mondays 10:00 am-Noon at our west office, 5724 Raymond Rd.
- Select NewBridge Madison, Inc. as your charity to receive donations from eligible Amazon purchases! On your first visit to AmazonSmile (smile.amazon.com) search for NewBridge Madison, Inc. and select our agency. Then start shopping, it’s that easy. Amazon will automatically send NewBridge your donations!

Because of your generous support, as of mid-August we have received over $104,200 in donations to support our COVID-19 services. Thank you!

Incentives to Donate
Did you know, the CARES Act (Coronavirus Aid, Relief, and Economic Security) encourages charitable giving from both individuals and corporations?

Individuals can deduct up to $300 of donations, even if they don’t itemize on their tax return. This means that a lot more people can receive a tax benefit from making charitable contributions.

Elimination of cash donation cap for individuals. Individuals can now contribute 100% of their adjusted gross income (AGI) in 2020 to public charities if they want.

For more information visit forbes.com
GET INVOLVED - VOLUNTEER

For more information, contact David Wilson at (608) 512-0000 Ext. 2006 or DavidW@newbridgemadison.org

Our organization and the older adults in our community rely on the power of volunteers to provide quality services to those in need especially during this time of uncertainty.

Bridge Buddy Callers
DESCRIPTION—Volunteers are matched with older adults to do daily safety check calls and/or weekly friendly calls. No person to person contact!
TIME COMMITMENT—Flexible

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! Flexible for your schedule. From the comfort and safety of your own car.
TIME COMMITMENT—2-4 times per month
IMMEDIATE NEED—20+ volunteers

Foot Clinic Volunteers
DESCRIPTION—Take payment and help refilling pans and clean up. PPE provided.
TIME COMMITMENT—1-2 times per month
LOCATION—Westside clinic
NEWBRIDGE ONLINE CLASSES & ACTIVITIES

For more information, contact Deenah Givens at (608) 512-0000 Ext. 3002 or DeenahG@newbridgemadison.org

NewBridge is currently offering Zoom classes! If you have ideas for Zoom classes please share with Deenah. Check out our website for updates as we are working to expand our offerings and new things are happening!

ZOOM BINGO!
Friday, Sept. 11 & 25, 1:00-2:00 pm
Join us for bingo with caller Diana!
Contact Deenah to sign up at least one week in advance to get your bingo cards and zoom link (608) 512-0000 Ext. 3002.

ZOOM TECHNICAL ASSISTANCE
Tuesdays in September, 9-11:00 am
By appointment only via Zoom with Sharon. Contact Deenah to sign up (608) 512-0000 Ext. 3002.

BALLROOM BASICS for BALANCE™ (in person)
Thursday, September 10, 10:00 am
Demetral Park, 601 North 6th Street
We'll be doing a line-dancing style that is done without a partner. Waiver is required. Pre-Registration is REQUIRED to Susan (608) 692-8794 Susan@yaharatherapy.com

ZOOM SENIOR STRETCH & STRENGTH
Mondays & Wednesdays, 9-10:00 am
Join Becky Ott-Forde for an hour of gentle stretch and strengthening exercises.
See NewBridge website for the Zoom link www.newbridgemadison.org

ZOOM EASY YOGA PLUS
Wednesdays, 10:00-11:00 am
Friday, 1:00-2:00 pm
With instructor Ellen Millar. Donations are appreciated. See Ellen’s website for the Zoom link www.thewonderofyoga.com

ZOOM SPIRIT & STRENGTH: SHARING WISDOM IN TROUBLED TIMES
Tuesdays, 1-2:30
Please join Pam Philips Olson, Writer, Storyteller and Author as we learn to speak our truth through story telling.
See NewBridge website for the Zoom link www.newbridgemadison.org

ZOOM LGBTQ MEET UPS WITH TICIA—Senior Advocate
3rd Wednesday, Sept. 16, 4:00 pm
To learn more about these discussions, please email ticiak@lgbtoutreach.org.
See NewBridge website for the Zoom link www.newbridgemadison.org
ZOOM HUMP DAY COFFEE TALK WITH RUTH & DEENAH
2nd & 4th Wednesday, Sept. 9 & 23, 10:30-11:15 am
Brew a cup of coffee or tea and from the comfort of your own home join us for a chat! You’ll hear about the latest NewBridge happenings; and, we want to hear from you! Come prepared to share what you’ve been up to during quarantine. And, we are always open to hearing from you about programs you are interested in NewBridge offering.
See NewBridge website for the Zoom link www.newbridgemadison.org

LIVING EVERY DAY (LED) ACTIVITIES

LED provides educational, social, and fitness opportunities for active adults 55 and older. Since the pandemic, we have sent out a daily e-newsletter with fun tips, tidbits, and things to occupy your time and mind during the quarantine.

ZOOM LED GAME NIGHT
Tuesday, September 15, 6:00 pm
If you would like to join our group, please send Fil Clissa an email at LED@NewBridgeMadison.org
APPLEFEST FUNDRAISER DISCONTINUED

It is with great sadness that NewBridge will be discontinuing our AppleFest fundraiser. AppleFest was an annual fall event hosted by the North/Eastside Senior Coalition at the Warner Park Community Recreation Center, in support services for older adults, that began after the center opened in 1999.

AppleFest has been a fun family event with a kiddie carnival, face painting, live music, food, used book sale, costume jewelry sale and raffle and prize drawings.

We are grateful to the many volunteers and performers who made AppleFest a nice event. We will always remember Doodle Bug making balloon animals, Wendy running the book sale, Mary checking in event volunteers, Paul and Gloria popping popcorn, Carol greeting people at the entry table, Katherine serving sloppy joes, Cheryl taking pictures and all the other wonderful volunteers who helped over the years. We are eternally grateful to everyone who purchased raffle tickets and for the ongoing support from many Northside businesses and businesses throughout the city. As the interests of families in the community change so must the focus of non profit fundraisers. But for many of us the memories of AppleFest will last forever. Thank you for your continued support of NewBridge.

FREE PERSONAL NUTRITION COUNSELING

NewBridge & Area Agency on Aging of Dane County provides personal nutrition counseling to older adults looking for ways to improve their overall health. Registered Dietitian Alyce Miller meets with older adults 60+ to discuss nutrition-related questions or difficulties.

To learn more about this free community resource or to schedule an appointment, contact Alyce at (608) 261-5678 miller.alyce@countyofdane.com.
Do you need some ideas for preparing healthy, culturally diverse, and budget friendly meals using common food pantry ingredients? Please join our Facebook community, Community Food Pantry Love & Wellness, where you will be invited to access recipes, share your ideas, and discuss common food barriers.

White & Sweet Mashed Potatoes
*SECOND HARVEST BOX*

(4-8) russet or Idaho potatoes 1 T oil
(1) can sweet potatoes 1/4 t salt
3/4 c milk 1/4 t pepper
2 T butter 1/4 t cinnamon (optional)

Peel, rinse, and boil potatoes until tender. Drain water and pat dry.

Place potatoes and sweet potato chunks on a baking pan, brush on a small amount of oil, sprinkle with salt and pepper, and broil until lightly browned (2-4 minutes, depending upon your oven).

Mash potatoes and sweet potatoes with milk and butter. Add cinnamon if desired.
NewBridge is partnered with Registered Nurse Gail Owens and Nail Technician Susan Hasey to provide foot care for older adults 60+. We offer non-diabetic and diabetic clinics. The cost is $20 for non-diabetic and $25 for diabetic and we ask that you bring two towels.

**Due to COVID-19, our clinics will slowly reopen when we are prepared to do so.**

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

**New Procedure for Foot Clinics:**
- Please sit in your car until the volunteer comes out to call you in.
- You are required to wear a face mask and get your temperature taken.

**EAST MADISON**
Monona United Methodist Church 606 Nichols Road, Monona Tuesday, Sept. 8 & 22, 9:30-11:45 am

**NORTH MADISON**
Goodman Community Center 149 Waubesa Street Monday, September 14, 10:00 am-Noon

Lakeview Lutheran Church 4001 Mandrake Road Tuesday, September 15, 1:00-2:30 pm
FREE COVID-19 COMMUNITY TESTING SITE

- Alliant Energy Center: 1919 Alliant Energy Center Way, Madison, WI 53713
- Mondays, Wednesdays, Fridays, and Saturdays, 8:00 am-4:00 pm
- Tuesdays and Thursdays, 8:00 am- 8:00 pm

• Free. Anyone Can Be Tested.
• Drive-thru, bike-up, or walk-up
• No appointments or pre-registration necessary but to avoid long lines, you can pre-register https://register.covidconnect.wi.gov/
• No ID is needed and you won't be asked for your immigration status
• Spanish and Hmong translators available
• Free transportation is available by calling the Public Health Transportation Line at (608) 243-0420.

*This site will be open until at least September 30.

Coordinated by the Wisconsin Department of Health Services and National Guard

When life offers the gift of time... how will you spend it?
We’ll help you every step of the way.
Offering a continuum of care for seniors:
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> Memory Care  >  Rehabilitation

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oakparkplace.com/madison

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New Bridge, Madison, WI 6 4C 01-2049
For more information (608) 266-6581 www.madisonseniorcenter.org

TABLETS2GO
We want everyone to have access to Madison Senior Center virtual programs. If you don’t have a computer, and want to sign up for a program, we want to lend a tablet to you. Tablets2Go will be available to adults age 55+ who are registered for a Madison Senior Center program. Call (608) 266-6581 to schedule an appointment to meet with a staff person.

GRIEF BASICS DURING COVID
Thursday, September 3, 10:00 am
The worldwide COVID-19 pandemic has stirred up many issues and emotions. One reaction to the pandemic that may be overlooked or misidentified is grief. This presentation will provide an overview of the definition of grief; the usual indicators of grief and some ways to provide self-care. Time will be given for discussion and conversation. Presented by Tina Koenig, Spiritual and Grief Counselor at Agrace HospiceCare.

Register in advance for this webinar: https://us02web.zoom.us/webinar/register/WN_nLR2dVUITDGa81fwzDCG6w

AGRACE 101
Thursday, October 1, 10:00 am
Hospice and palliative care offer an extra layer of supportive care to people with serious illnesses. Learn more about the philosophy and practices of Agrace’s care services, and how they differ. We’ll discuss what makes a person eligible and appropriate for hospice or palliative care, and explain the guidelines for and process of making a referral to Agrace. Presented by Molly Dean, Senior Outreach Liaison at Agrace HospiceCare.

Register in advance for this webinar: https://us02web.zoom.us/webinar/register/WN_9GI8BeH1Ta6Nf7q9F7SEvw

TAKE CHARGE OF YOUR HEALTH
Tuesdays, 10:00-11:00 am
Every month we will have a virtual presentation and discussion on a topic relevant to our overall well-being. Our presenter, Janet Bollig, MSW, is a community educator from St. Mary’s Hospital Health at Home program.

September 22: Promoting Emotional Health and Preventing Suicide in Older Adults
October 20: Talking With Your Doctor
November 17: Healthy Holiday Eating
December 15: Grief Through the Holidays

Register for the session that you would like to attend on our website at www.madisonseniorcenter.org
MONONA SENIOR CENTER ACTIVITIES

LIVE MUSIC WITH JOHN DUGGLEBY!
Tuesday, September 1, 10:00 am
Fireman’s Park, 920 Progressive Ln.
Help us kick off National Senior Center month with a collection of happy and hopeful refrains, that celebrate good times and pull us through tough ones.

VETERANS GROUP
Wednesday, Sept. 9, 10:00–11:00 am
Let’s get together and chat!
Space is limited to the first ten that call to reserve a spot (608) 222-3415

SCHOLARLY SCOOP
Friday, September 11, 10:00 am
Mercury in Fish from Wisconsin Waters with John Ejnik, Associate Professor, University of Wisconsin-Whitewater
Call (608) 222-3415 to sign up and leave your email so we can send you the Zoom invite.
The Goodman Community Center serves older adults (50+). In the wake of the coronavirus, we have had to adjust some of our programming for the safety of our participants. Many programs have had to be canceled, but there are still quite a few virtual options to choose from.

If you have any questions, please reach out to Older Adult Program Director Gayle Laszewski at (608) 204-8032 or gayle@goodmancenter.org.

DRIVE THRU COFFEE HOUR
Fridays, 10:00–11:00 am
St. Bernard’s, 2450 Atwood Ave
Come enjoy a free cup of coffee or tea and say a brief hello! We will be encouraging safe social distancing and face masks. Enter on Corry St. and exit on Atwood Ave.

DRIVE THRU FOOD PANTRY
Tuesday, 9:30 am-Noon
Wednesday, 6:00– 8:00 pm
Thursday, 12:30–3:00 pm
Ironworks, 149 Waubesa St.
No registration necessary. Food can be picked up in the Ironworks parking lot. Food Pantry delivery is available to home bound individuals.

ZOOM TAI CHI
Fridays, 1:00-2:00 pm
This is an easy and fun-to-do movement class which involves all muscles, joints, ligaments and bones of the body. Instructions as to how to perform the exercises are given during the session. Chairs are used for stabilization and no mats are necessary. Contact Instructor Rachel Sandretto sandretto.taiji@gmail.com to get the link to the sessions.

ZOOM GENTLE EXERCISE
Tuesdays, 12:30-1:30 pm
This gentle mind/body exercise and relaxation program is designed especially for people with arthritis, joint pain or any kind of stiffness that limits movement. These range-of-motion exercises are recommended by doctors and therapists to help keep joints flexible and can be practiced both sitting and standing. Contact Instructor Rachel Sandretto sandretto.taiji@gmail.com to get the link to the sessions.

ZOOM SHORT STORY DISCUSSION
Every other Tuesday
Discuss short fiction with activist and retired journalist Dan Melton all summer long. Open to all adults. Contact Dan for meeting information (608) 249-9632 oakville000@yahoo.com
Norwegian American Genealogical Center & Naeseth Library

415 West Main Street • Madison, WI 53703-3116
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FREE Virtual (Online)
Welcome to Medicare Seminars

Sponsored by Area Agency on Aging of Dane County’s Elder Benefits Specialist Program

What you need to know about enrolling in Medicare
If you are turning age 64 this year, we can help you make informed choices about your Medicare options! You’ll receive accurate and detailed information from unbiased experts in benefit programs.

September 26, 2020, 9–11:30 am
Email aaa@countyofdane.com to register by 9/16/20

November 14, 2020, 9–11:30 am
Email aaa@countyofdane.com to register by 11/4/20

Seminars will be offered using GoToMeeting.
Email for more information.

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Let’s clear the path ahead.

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*Datos de Fuente: Wisconsin Department of Health Services Options Scorecard data for IRIS Consultant Agencies, July 2019

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Jeff Parkinson to place an ad today!
jparkinson@4LPi.com or (800) 950-9952 x5887

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DON’T SHOP. AD PT.
TO OUR 2020 BUSINESS SPONSORS... THANK YOU!!

The following businesses have sponsored NewBridge programs:

**Bridging Hope**  
Gallagher Tent and Awning

**Case Management**  
Paul H. Kusuda Special Projects Fund Grant

**Classes & Activities**  
Madison Community Foundation

**Cultural Diversity**  
Madison Community Foundation

**Nutrition**  
UW Health, UnityPoint Health -Meriter & Quartz

**Schlecht Family Foundation**

**Transportation**  
Dane County CDBG Grant

**Food Bridge**  
United Way of Dane County

**Home Chore**  
Madison Community Foundation

**Necessity Kits**  
Madison Community Foundation

**Editors Note:**
Thank you to Daniel Anderson for your personal $1,000 donation!
TO OUR COVID PARTNERS... THANK YOU!!

We wouldn’t be able to help our older adults through this pandemic without our following partners:

- American Family Insurance-DreamBank
- Area Agency on Aging-Dane County
- City of Madison
- City of Monona
- Dane County Department of Human Services Transportation Programs
- Dane County Mask Makers
- Doundrins Distilling
- Edgewood College students
- FEED Kitchens
- Gallagher Tent and Awning
- Kavanaugh’s Esquire Club
- League of Women Voters
- LJ’s Sports Tavern and Grill
- Madison Community Foundation
- Middle Outreach Ministry Food Pantry
- Messiah Lutheran Church
- Monona Senior Center
- Mt. Zion Baptist Church
- Northside Business Association
- RSVP of Dane County
- Schlecht Family Foundation
- SSM Health at Home-Meals on Wheels
- St. Vincent de Paul Food Pantry
- The River Food Pantry
- Transit Solutions
- United Way of Dane County
- Willy St. Co-Op
- Our HUNDREDS of VOLUNEERS and DONORS

THank you!
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. Both short-term information and ongoing support available. Free for eligible Madison/Monona older adults (60+). Private Pay Case Management available.

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+).

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+).

Bridge Buddies
“Your connection to a friendly caller”
Offers weekly friendly chats or daily reassurance calls for Case Management clients. Free for eligible Madison/Monona older adults (60+).

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. 24-hour 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 volunteer manages the social security benefits for the older adult and ensures the older adult’s basic needs are met. Free for Dane County older adults. Representative Payee (60+), Guardianship (50+).

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 for a donation.
Cultural Diversity Activities  
“Your connection to your peers”  
Activities for African American and Latinx older adults to help reduce isolation and connect older adults to community services. Activities focus on socialization and health education. Latinx activities offered in Spanish only. Free for African American and Latinx Dane County older adults (60+).

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.

LED Activities (Living Every Day)  
“Your connection to enjoyable experiences”  
Activities for the young at heart who have a sense of energy and enthusiasm. These activities include educational, social, and fitness opportunities. For older adults (55+) who live in Madison and Monona. Any expenses are paid for by the participant.

COVID-19 Specific Services on page 4.

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2020 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: ________________________________________________________________________________

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City: ______________________________________________________________________ State: __________ Zip: __________

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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.
CHECK OUT OUR NEW WEBSITE!

Our mission is to provide older adults a bridge to successful aging. Our services are free of charge depending on your income. Connect with us today at (608) 512-0000 to see how we can help you.