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.

CHECK OUT WHAT’S INSIDE!

www.NewBridgeMadison.org  |  (608) 512-0000
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!

Thank you to our NewBridge Funders:

BOARD OF DIRECTORS
- TIM CONROY - Executive Director, Capitol Lakes Community
- AMY DEVINE - Attorney, Haskins Short & Brindley LLC
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- CEDRIC JOHNSON - Community Relations Manager, Madison Gas & Electric
- TIM RYAN - CFO, Monona Bank
- LAURA STEIN - Human Resources Advisor, American Family Insurance
- SARAH VALENCIA - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director  Ext. 3005
- KATIE GALLAGHER, Marketing Director  Ext. 4001
- SONYA LINDQUIST, Senior Services Director  Ext. 2002
- DEB TEMERBEKOVA, Executive Assistant  Ext. 4000
- JOE NEUMAIER, Administrative Assistant  Ext. 2000
- EBONIE BROOKS, Case Manager  Ext. 3006
- GLEN THOMESEN, 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
- MEGAN KULINSKI, Case Manager  Ext. 3004
- MAUREEN QUINLAN, Case Manager  Ext. 4003
- RACHEL OKERSTROM, Case Manager  Ext. 4002
- SAMMY AZUMA, Case Manager  Ext. 1005
- STEPHANIE AGUILERA, Case Manager - español  Ext. 1007
- STEPHANIE BRANDSMA, Case Manager Intern  Ext. 1008
- SUSAN WATSON, Case Manager  Ext. 1006
- DAVID WILSON, Marketing Manager  Ext. 2006
- DEENAH GIVENS, Program Coordinator  Ext. 3002
- ERICKA BOOEY, Cultural Diversity Program Coord.  Ext. 2007
- 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 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.
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.

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.
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

**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.
Weekday 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.

**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

Are you trying to figure it out alone?
MEDICARE OPTIONS ARE CONFUSING
I can help, I know Medicare!
Whether you're new to Medicare or simply shopping around, let me take the mystery out of Medicare for you.
MARY BETH RING
608-721-8154
LICENSED MEDICARE BENEFITS ADVISOR
We are your choice for Long-Term Care for Seniors and adults with disabilities. Helping you remain safe, independent, and active in your community.
1-877-489-3814 www.mychoicefamilycare.org
**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

LED (Living Every Day) provide educational, social, and fitness opportunities. Activities are for older adults (55+) who live in Madison and Monona. Any expenses are paid for by the participant.

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.
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

<table>
<thead>
<tr>
<th>Library</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>LAKEVIEW LIBRARY</td>
<td>2845 N SHERMAN AVE</td>
<td>(608) 246-4547</td>
</tr>
<tr>
<td>GOODMAN COMMUNITY CENTER</td>
<td>149 WAUBESA ST</td>
<td>(608) 241-1574</td>
</tr>
<tr>
<td>ST DENNIS CHURCH</td>
<td>505 DEMPESEY RD</td>
<td>(608) 246-5124</td>
</tr>
<tr>
<td>PINNEY LIBRARY</td>
<td>204 COTTAGE GROVE RD</td>
<td>(608) 224-7100</td>
</tr>
<tr>
<td>ONONA SENIOR CENTER</td>
<td>1011 NICHOLS RD</td>
<td>(608) 222-3415</td>
</tr>
<tr>
<td>SEQUOYA LIBRARY</td>
<td>4340 TOKAY BLVD</td>
<td>(608) 266-6385</td>
</tr>
</tbody>
</table>
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.
Living Well with Chronic Conditions

Find a Living Well with Chronic Conditions workshop near you. Visit wihealthyaging.org and click on Find a Workshop.

What is Living Well?
Living Well is a six-week workshop for adults of all ages who have one or more on-going health problems.

Led by trained leaders — some of whom have health conditions themselves — the program focuses on helping you feel better, have more control, and do the things you want to do.

Living Well helps you build self-confidence in your ability to manage your condition.

You’ll get information & advice for:
• Short-term goal setting
• Healthy eating and nutrition: food label reading and meal planning
• Relaxation techniques
• Planning for the future
• Partnering with health provider

• Fitness for exercise & fun!
• Feedback and problem-solving
• Stress and depression management
• Communicating effectively with friends, family and your medical team

Chronic conditions include:
• Asthma
• Arthritis
• Cancer
• Diabetes
• Depression
• Heart disease
• High blood pressure
• Osteoporosis
• Pain and/or fatigue

... and others

Arthritis. High Blood Pressure.
Cancer. Depression.
Heart Disease. Diabetes.

If you have these or any other on-going health problems, Living Well can help you live a healthier life.

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:
> Independent Living > Assisted Living
> Memory Care > Rehabilitation

Call 608-663-8600 or email madisonsales@oakparkplace.com
718 Jupiter Dr., Madison, WI 53718
oakparkplace.com/madison

For ad info. call 1-800-950-9952 • www.4lpi.com
New Bridge, Madison, WI
64C 01-2049
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!

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)
CENSUS SITES FOR ASSISTANCE

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
- Discount Card to Local Businesses
- Invitation to Special Events
- Valuable Social Connections

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

---

**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

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.

For ad info. call 1-800-950-9952 • www.4lpi.com  
Choose TMG, Wisconsin’s top-rated IRIS Consultant Agency.*

Norwegian American Genealogical Center & Naeseth Library
415 West Main Street • Madison, WI 53703-3116
Phone 608-255-2224
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
• Translation Services • Classes • Tours
• Web resources explained
Call or email for an appointment nagcnl.org

FREE!
Savings include an American Standard Right Height Toilet FREE ($300 Value)

American Standard
Walk-In Tub
WALK-IN BATHTUB SALE! SAVE $1,500
✓ Backed by American Standard’s 140 years of experience
✓ Ultra low entry for easy entering & exiting
✓ Patented Quick Drainer® Technology
✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
✓ 44 Hydrotherapy jets for an invigorating massage
Limited Time Offer! Call Today!
844-889-2321
Or visit: www.walkintubinfo.com/safety

Contact Dennis Thompson to place an ad today!
dthompson@4Lpi.com or (800) 950-9952 x2470

For ad info. call 1-800-950-9952 • www.4lpi.com  
New Bridge, Madison, WI  I 4C 01-2049
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.

### North Madison Location

<table>
<thead>
<tr>
<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 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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transportation available for the red zone.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### East Madison/Monona Locations

<table>
<thead>
<tr>
<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 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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transportation available for the blue zone.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. Stephen’s Lutheran</td>
<td>5700 Pheasant Hill Rd, Monona</td>
<td>TH 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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transportation available for the blue zone.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### South Madison Locations

<table>
<thead>
<tr>
<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 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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transportation available for the orange zone.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Romnes Apartments</td>
<td>540 West Olin Avenue</td>
<td>M-F 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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transportation available for the orange zone.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### West Madison Locations

<table>
<thead>
<tr>
<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 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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transportation available for the purple zone.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lussier Community Center</td>
<td>55 South Gammon Road</td>
<td>F 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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transportation available for the purple zone.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
</tr>
<tr>
<td>---------------</td>
<td>-----------------</td>
<td>-------------------</td>
</tr>
<tr>
<td>02 CHICKEN AND GRAVY</td>
<td>Cheese, Tartar Sauce, Yam, Coleslaw Fruit Cup, Chocolate Pudding MO: Black Bean Burger</td>
<td>04 MEATBALLS IN MARINARA</td>
</tr>
<tr>
<td>03 FISH SANDWICH</td>
<td>Cheese, Tartar Sauce, Yam, Coleslaw Fruit Cup, Chocolate Pudding MO: Black Bean Burger</td>
<td>05 PORK LOIN IN GRAVY</td>
</tr>
<tr>
<td>09 CHICKEN NOODLE SOUP</td>
<td>Biscuit, Green Beans, Apple Sauce Chocolate Chip Banana Cake MO: Veggie Beef Stew</td>
<td>10 BEEF STEW</td>
</tr>
<tr>
<td>30 CHICKEN STRIPS</td>
<td>Roasted Brussel Sprouts, Coleslaw Fruit Cup, Peanut Butter Cookie MO: Garden Burger</td>
<td>31 TUNA CASSEROLE</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

<table>
<thead>
<tr>
<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>
</tr>
<tr>
<td>Meal and transportation reservations due by 2:00 pm the preceding Wednesday. To make reservations call (608) 442-4081 or email <a href="mailto:office@jssmadison.org">office@jssmadison.org</a>.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transportation available for the purple zone.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday, March 2: Honey Harissa roast chicken, rice and lentils, corn, fruit, brownie, MO: Honey Harissa tofu</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday, March 9: Smoked brisket, roasted red potato, coleslaw, fruit, hamantaschen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MO: Smoked BBQ jackfruit and garbanzo</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday, March 16: Maple mustard roasted chicken, whipped sweet potato, vegetable medley, fruit, brownie, MO: Maple roasted tofu</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday, March 23: Vegetarian lasagna, Italian dressing with iceberg salad, rolls, fruit, dessert</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday, March 30: Hickory smoked chicken, whipped potato, vegetable medley, fruit, birthday cake, MO: Turkish coffee rubbed tofu</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### East Madison Restaurants

<table>
<thead>
<tr>
<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>
</tr>
<tr>
<td>Five delicious breakfast options. No meal reservation needed.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transportation reservation due by 10:00 am the previous business day. Call Transit Solutions at (608) 294-8747.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transportation available for the blue zone.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Cuco’s Mexican Restaurant | 4426 E. Buckeye Road | W | 11:30 am – 1:00 pm |
| 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. |

### North, East, South Grocery Store

<table>
<thead>
<tr>
<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>
</tr>
<tr>
<td>Enjoy one trip through the extensive salad bar and a bowl of soup. After lunch do your shopping. No meal reservation needed.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transportation reservation due by 10:00 am the previous business day. Call (608) 512-0000 Ext. 3000.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transportation available for the red, blue, orange zones.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Goodman Neighborhood

<table>
<thead>
<tr>
<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>
</tr>
<tr>
<td>This meal serves people of all ages. No meal reservation needed.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transportation available for the green zone.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Menu for the Goodman location on page 22.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>02 PARMESAN CHICKEN BAKE</td>
<td>03 BLACK BEAN AND CHEESE ENCHILADA CASEROLE</td>
<td>04 BEEF LASAGNA</td>
<td>05 SWEDISH MEATBALLS</td>
<td>06 PORK CHOPS</td>
</tr>
<tr>
<td>Marinara Sauce, Whole Wheat Pasta</td>
<td>Broccoli, Mixed Salad, Honey Dew, Cake</td>
<td>Sweet Corn, Mixed Salad, Garlic Bread Watermelon, Brownies</td>
<td>Egg Noodles, Carrots, Peas Mixed Salad, Apple Slices, Cookies</td>
<td>Mashed Sweet Potatoes and Gravy Steamed Broccoli, Pineapple Ice Cream</td>
</tr>
<tr>
<td>Garlic Butter Corn, Pears, Jell-O</td>
<td>Salad: Chef</td>
<td>MO: Vegetable Lasagna</td>
<td>MO: Vegetarian Bean Stew</td>
<td>MO: Veggie Burgers</td>
</tr>
<tr>
<td>MO: Grilled Veggie Sausage</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>09 CHICKEN &amp; RICE CASEROLE</td>
<td>10 BAKED ZITI</td>
<td>11 FISH SANDWICH</td>
<td>12 HONEY GLAZED HAM</td>
<td>13 BEEF TATER TOT CASEROLE</td>
</tr>
<tr>
<td>Steamed Green Beans, Bean Salad Apple Sauce, Pudding</td>
<td>Bean Salad, Mixed Salad Cantaloupe, Pie</td>
<td>Mediterranean Quinoa Salad Mixed Salad, Orange Slices Fruit Crumble</td>
<td>Cheesy Potato Bake, Carrots Dinner Roll, Pineapples, Cake</td>
<td>Sweet Pea Salad, Canned Peaches Ice Cream</td>
</tr>
<tr>
<td>MO: Veggie and Rice Casserole</td>
<td>MO: Vegetarian Baked Ziti Salad: Southwest</td>
<td>MO: Grilled Cheese</td>
<td>MO: Veggie Burgers</td>
<td>MO: Vegetarian Tater Tot Casserole</td>
</tr>
<tr>
<td>16 CHICKEN SANDWICH</td>
<td>17 BEEF CHILI</td>
<td>18 FLANK STEAK STIR FRY</td>
<td>19 BBQ CHICKEN THIGH</td>
<td>20 TURKEY MEATLOAF</td>
</tr>
<tr>
<td>Balsamic Glazed Carrots Tomato and Cucumber Salad Mandarin Oranges, Cookies</td>
<td>Corn Bread, Potato Salad, Mixed Salad Watermelon, Brownies</td>
<td>Steamed Brown Rice, Stir Fry Veggies Asian Cabbage Salad, Jell-O Honey Dew</td>
<td>Macaroni Salad, Carrot Slaw Mixed Salad, Cantaloupe, Pie</td>
<td>Mashed Potatoes, Turkey Gravy Steamed Broccoli, Mixed Fruit Ice Cream</td>
</tr>
<tr>
<td>23 PULLED PORK</td>
<td>24 SPAGHETTI W/ MEAT SAUCE</td>
<td>25 GRILLED CHEESE BURGER</td>
<td>26 CHICKEN TERIYAKI</td>
<td>27 BEEF &amp; BEAN ENCHILADA</td>
</tr>
<tr>
<td>Baked Beans, Mixed Salad Canned Pears, Pudding</td>
<td>Green Beans, Mixed Salad Garlic Bread, Cantaloupe, Brown</td>
<td>Winter Vegetable Salad, Green Peas Watermelon, Cake</td>
<td>Stir Fry Veggies, Asian Cabbage Slaw Steamed Rice, Orange Slices, Cookies</td>
<td>Cowboy Caviar, Mixed Salad Apple Slices, Ice Cream</td>
</tr>
<tr>
<td>MO: BBQ Vegetarian Meat Sandwich</td>
<td>MO: Vegetarian Spaghetti w/ Cheese Salad: Turkey Cobb</td>
<td>MO: Veggie Burger</td>
<td>MO: Vegetarian Stir Fry</td>
<td>MO: Bean and Cheese Enchilada</td>
</tr>
<tr>
<td>30 COD</td>
<td>31 BEEF GOULASH</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Potatoes Quinoa and Vegetable Salad Canned Peaches, Baked Apple Sliced</td>
<td>Creamed Spinach, Mixed Salad Honey Dew, Jello</td>
<td>MO: Vegetable Goulash Salad: Caesar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MO: Baked Tofu</td>
<td></td>
<td></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 various points 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