**NEWBRIDGE NEWS**

Your Connection to Successful Aging

**JULY 2019**

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**Golf Outing FORE NewBridge**

Saturday, July 27, 8:00 am
Door Creek Golf Course

$100 Per Person
Four Person SCRAMBLE
Shotgun Start

Register at newbridgemadison.org or call Ruth (608) 512-0000 Ext. 3012

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NewBridge is Closed Thursday, July 4 and Friday, July 5.

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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...

FOOOOOORE!

There are still spots available for our Golf Outing fundraiser on Saturday, July 27 at Door Creek Golf Course.

For a $100 donation to NewBridge Madison, you get 18 holes of golf, cart, water/soda ticket, lunch, trophies, and prizes.

New for 2019:
- Putting contest at 9:30 am
- Take a shot at a hole-in-one for big $$$
- Mulligans and white tees for sale

Register on our website at newbridgemadison.org or call Ruth (608) 512-0000 Ext. 3012.

Thank you to our sponsors:
Gunderson Funeral and Cremation Care, Neckerman Insurance Services, Kollath & Associates CPA, Diversifies Financial Consultants, Quartz, and Wegner CPAs.

Marcia Hendrickson, Executive Director

CONTACT US
Phone: (608) 512-0000
Fax: (608) 299-0700
Email: info@newbridgemadison.org
Website: newbridgemadison.org
Office Hours: Monday-Friday, 8:00 am-4:00 pm
Like Us on Facebook: NewBridge Madison

SOUTH MADISON ★ MAIN OFFICE
128 E. Olin Avenue, Suite 110, Madison, WI 53713

EAST MADISON/MONONA
4142 Monona Drive, Madison, WI 53716

NORTH MADISON
1625 Northport Dr. #125, Madison, WI 53704

WEST MADISON
5724 Raymond Road, Madison, WI 53711

BOARD OF DIRECTORS
NEXT MEETING: August 23, 2019
- TIM CONROY - CEO, Capitol Lakes Community
- AMY DEVINE - Attorney, Haskins Short & Brindley LLC
- JULIE DIETERLE - Retired Physical Therapist
- 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
- BARBARA ZABAWA - President and Attorney, The Center for Health and Wellness Law, Clinical Assistant Professor, UW-Milwaukee MHA Program
NEWBRIDGE STAFF

- MARCIA HENDRICKSON, Executive Director Ext. 1001
- KATIE GALLAGHER, Marketing Director Ext. 4001
- JIM KRUEGER, Fund Development Director Ext. 3005
- SONIA LINDQUIST, Senior Services Director Ext. 2002
- DEENAH GIVENS, Administrative Assistant Ext. 3002
- JOE NEUMAIER, Administrative Assistant Ext. 2000
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- STEPHANIE AGUILERA, Case Manager Ext. 1007
- GABI ANZALONE, Case Manager Ext. 1006
- SAMMY AZUMA, Case Manager Ext. 1005
- JENNIFER BROWN, Team Lead Case Manager Ext. 2003
- JODIE CASTANEDA, Team Lead Case Manager Ext. 1004
- SUSY CRANLEY, Bilingual Case Manager - español Ext. 3004
- KARI DAVIS, Trainer & Support Specialist Ext. 1003
- NORA HAMMER, Case Manager Ext. 2004
- RACHEL OKERSTROM, Case Manager Ext. 4002
- MAUREEN QUINLAN, Case Manager Ext. 4003
- GRETCHEN SCHADEBERG, Case Manager Ext. 1009
- ALLIE SCHRANK, Bilingual Case Manager - español Ext. 3006
- GLEN THOMMESEN, Case Manager Ext. 2005
- MICHELLE ANDERSON, Program Coordinator Ext. 4008
- RUTH HELLENBRAND, Program & Event Coordinator Ext. 3012
- ERICKA BOOY, Cultural Diversity Program Coordinator Ext. 2007
- GLENDA QUINONES, Cultural Diversity Program Coord. Ext. 3009
- KATIE BRIETZMAN, Community Outreach & Support Spec. Ext. 1002
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- DAVID WILSON, Home Care Coordinator Ext. 2006
- SHELLEY BLONDEAU, Nutrition Coordinator —
- BOB BURNS, Nutrition Coordinator —
- KRISTEN HUBER, Nutrition Manager Ext. 2001
- CANDICE MARTIN, Nutrition Manager Ext. 4006
- TRACY OLIVER, Nutrition Coordinator Ext. 1009
- ARETHA RICHMOND, 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 Chair, in writing.

ID Statement: The July (issue 7) of “NewBridge News” newsletter is a monthly publication that is mailed free of charge to NewBridge Friends. 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 128 E. Olin Avenue #110, Madison, WI 53713.
The Case Management Program is designed to provide older adults, age 60 and over, the support they need to live independently by identifying resources and coordinating supportive services.

**What is Case Management?**
The primary goal is to provide senior adults the support, resources, and community services they need to safely remain in their own homes. Case managers conduct home visits to assess the individual needs of each senior adult and then provide information, referrals, and advocacy according to those needs. Some individuals are looking for short-term information while others benefit from ongoing support.

**My Monthly MIPPA Moment**
MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on benefits that are provided through Medicare. A different issue/benefit will be discussed each month.

**Yearly Wellness Visit**
Feel the pressure, blood pressure, that is! About 1 in 3 U.S. adults have high blood pressure and you could be one of them.

If you haven’t checked your blood pressure lately, now’s the perfect time. High blood pressure usually has no signs or symptoms, but it can lead to a higher risk of heart disease, stroke, and kidney failure. It’s important for you to know your blood pressure numbers, even when you’re feeling fine.

Medicare covers blood pressure checks during your “Welcome to Medicare,” preventive visit and yearly wellness visits at no cost to you.

If you have high blood pressure, you can help control it with lifestyle changes and medicine. You may be at risk for high blood pressure if you:
- Smoke
- Eat salty foods
- Don’t exercise enough
- Drink too much alcohol
- Have a family history of high blood pressure
- Are overweight

For more information, call MIPPA Program Specialist Gabi Anzalone at (608) 512-0000 Ext. 1006.
The Sassy Steppers are a dance troupe made up of older adults who love to dance. They come from all over the city of Madison and practice once a week on Mondays at 4:00 pm in Warner Park.

They perform at senior centers, senior living facilities or anywhere they are asked! They are performing for Senior Day at the Mallards, July 24. This will be their 2nd performance for the Mallards!

This group started in 2016 and has been growing ever since. Artis Hemple, a retired dance instructor from Virginia's School of Dance, coaches the team.

The group enjoys spending time together and have formed deep friendships. They are always looking for new talent! Men or women are welcome and any skill level.

Contact Ruth at (608) 512-0000 Ext. 3012.
VOLUNTEER OPPORTUNITIES

For information about volunteer opportunities, call Jeanette at (608) 512-0000 Ext. 4007.

Foot Care Clinic Volunteers
DESCRIPTION—Various clinics are held monthly for seniors. (See page 14 for the full list of clinics.) The duties include: greeting and registering clients, collecting a fee, tearing down and cleaning up.
TIME COMMITMENT—3-4 hours/month
IMMEDIATE NEED—at Queen of Peace, Mount Olive and Capital City Church

Home Chore Volunteers
DESCRIPTION—The Home Chore Program matches volunteers with seniors to help them remain independent and in their own homes. This opportunity is for individuals, families, couples and groups. Duties may include: dusting, vacuuming, taking out the garbage, washing windows, and friendly visitation.
TIME COMMITMENT—Flexible
IMMEDIATE NEED—4 volunteers for Lawn mowing and yard work on Westside and 4 volunteers on the Southside

Sewing Group Volunteers
DESCRIPTION—Sewing volunteers to help with general mending and alterations on the 1st and 3rd Thursday, 9:00-11:00 am, at the North Madison location.
TIME COMMITMENT—Flexible
IMMEDIATE NEED—1-6 volunteers

Nutrition Volunteers
DESCRIPTION—NewBridge provides a healthy lunch to seniors living in Madison and Monona, Monday-Friday. (See pages 18-21 for the full list of sites.) The duties include: setting dishware on tables, serving the lunch, washing the dishware, and wiping down tables.
TIME COMMITMENT—Days and times are flexible between 9:00 am-1:00 pm, Monday-Friday.
IMMEDIATE NEED—5 volunteers at the Madison Senior Center, 330 W. Mifflin Ave., Monday-Friday, 10:00 am-Noon
1 volunteer at the Meadowridge Commons, 5734 Raymond Rd. Noon-1:30 pm

Office Volunteer
DESCRIPTION—The East Madison/Monona office needs volunteers for half-day shifts, Friday only, to check out loan closet items. Hours are 9:00 am-3:00 pm.
TIME COMMITMENT—AM shift 9:00 am-Noon or PM shift Noon-3:00 pm
IMMEDIATE NEED—1-3 volunteers

Guardian and Representative Payee Volunteers
DESCRIPTION—Compassionate individuals to be guardians and payees for seniors who don’t have family or friends to do so. Must be at least 25 years old. Training and ongoing support is provided.
Call Katie Brietzman for info at Ext. 1002.
**AppleFest Volunteers**

**DESCRIPTION**—Saturday, October 19, 2019

This annual fundraiser generates funds for senior programs and activities. It’s held at the Warner Park Community Recreation Center and includes a kid’s carnival, raffle and prize drawings, used book sale, bake sale, and concessions stand. In the weeks prior to Apple Fest, volunteers are needed to help organize the activities and distribute flyers. During the event, we need help supervising the various areas and tearing down.

**TIME COMMITMENT**—Volunteers typically work 4 hour shifts between 8:30 am and 4:00 pm.

**IMMEDIATE NEED**—20+ volunteers

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**Items Needed**

**Used Books and Jewelry**

for our fundraiser, AppleFest.

We are accepting donations until Oct. 4:

- Children’s Books
- Fiction/Non-Fiction
- Music
- Mystery/Romance
- Large Print
- Puzzles
- Books on Tape
- Games
- Cook Books
- DVD’s
- Craft/Hobby/How To
- Gently Used Jewelry

You can drop off at any of the NewBridge locations. Please call in advance so we can prepare space. Remember, your donation may be tax deductible!

**AppleFest is Saturday, Oct 19. Mark your calendar for a fun family event!**

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**Want to save energy?**

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- Get easy, low-cost ways to save energy
- Use calculators to estimate your savings
- View energy-saving brochures
- Learn about Focus on Energy

Interested in our energy future? Visit: energy2030together.com
NewBridge offers weekday social, educational, and exercise programs at various sites in the community.

**SOUTH & WEST MADISON**

For information about programs, call Michelle at (608) 512-0000 Ext. 4008

*Ongoing Exercise Classes will continue at St. Andrew’s Church, Attic Angels, Mound Street Yoga & Meadowood Neighborhood Center.*

**Movies at Alicia Ashman Library**

733 N. High Point Rd.
Every Wednesday, 1:30-3:30 pm
*Thank you to our sponsor, BrightStar Care*
July 3 - Musical 1776
July 10 - Welcome to Marwen
July 17 - Calendar Girls
July 24 - Love & Mercy
July 31 - Holmes & Watson with Will Ferrell

**Free Memory Screens**

Tuesday, July 23, 9:30 am-12:30 pm
Alicia Ashman Library, 733 N. High Point Rd
Are you concerned about your memory? Sign up to receive a free 10 minute memory screen from the Aging & Disability Resource Center. They will also provide helpful information about memory and tips to keeping your brain healthy. Sign up today at Alicia Ashman Library (608) 824-1780.

**Think Tank**

Tuesday, July 16, 9:30 am
Lane’s Bakery, 2304 S. Park St.
Let’s meet for coffee and donuts and talk about program ideas! RSVP to Michelle Ext. 4008

**4th of July Brain Games**

Tuesday, July 2, Noon
Romnes Apartments, 540 W Olin Ave.

**Fire Safety**

Tuesday, July 9, Noon
Romnes Apartments, 540 W Olin Ave.
Bernadette Galvez, Community Education Office, Madison Fire Department

**Medicare Resources**

Tuesday, July 16, Noon
Romnes Apartments, 540 W Olin Ave.
Gabi Anzalone, MIPPA Program Specialist, Area Agency on Aging of Dane County

**Sassy Steppers**

Tuesday, July 23, Noon
Romnes Apartments, 540 W Olin Ave.
Foster Grandparent Program
Thursday, July 11, 11:30 am
Good Shepherd Church, 5701 Raymond Rd.

Patriotic Sing-Along with Heidi
Thursday, July 18, 11:30 am
Good Shepherd Church, 5701 Raymond Rd.

Bingo with Interim HealthCare
Thursday, July 25, 11:30 am
Good Shepherd Church, 5701 Raymond Rd.

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

Stepping On Program
Starting Thursday, Sept. 12, 1:15-3:15 pm
Meadowridge Commons, 5734 Raymond Rd

Stepping On is an evidence-based workshop meeting once per week for seven weeks. The class is led by trained leaders who work with you to help improve your balance and reduce your risk of falling by reviewing medications, exploring the role of vision and falls, teaching strength and balance exercises, and offering help to improve your safety at home. Older adults who may have balance problems or fear of falling are the best fit for this class.

Registration will start in August.

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

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JULY PROGRAM AND ACTIVITIES CONTINUED

NORTH & EAST MADISON
For information about programs, call Ruth at (608) 512-0000 Ext. 3012.

5¢ Bingo
Every Friday, 10:15 am
Warner Park, 1625 Northport Dr.

Book Club
1st Tuesday, 10:00 am
Warner Park, 1625 Northport Dr.

Card Games—All skill levels welcome
Euchre - Mondays, 8:30-11:30 am
Kings Corner - Mondays, 10:30 am
Sheepshead - Wednesdays, 1:00-3:00 pm
Mahjong - Thursdays, 1:00 pm
Warner Park, 1625 Northport Dr.

Free Older Adult Chair Yoga
Every Wednesday, 10:30 am
Warner Park, 1625 Northport Dr.
Certified Yoga Instructor Kim Sprecher

Technology Help Appointments
Will start again September 9.
Warner Park, 1625 Northport Dr.

Knit & Crochet Club (Quilters too!)
2nd and 4th Tuesday, 9:00-11:00 am
Warner Park, 1625 Northport Dr.

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

Blood Pressure Clinic
3rd Wednesday, 11:00 am-12:00 pm
Warner Park, 1625 Northport Dr.

Card-Making Club
2nd and 4th Wednesdays, 1:00 pm
Warner Park, 1625 Northport Dr.
Help create home-made cards for all occasions.

Sewing Club/FREE Mending Service
1st and 3rd Thursday, 9:00 am
Warner Park, 1625 Northport Dr.
Older adults with general mending and alteration needs. Limit three articles per month.

Conversation Pods
1st Tuesday, 10:30 am-11:15 am
Warner Park, 1625 Northport Dr.
Each table will pick a random topic for discussion!

A Walk in Warner Park
Tuesday, July 9, 10:30 am
Warner Park, 1625 Northport Dr.
Weather permitting

LGBTQ+ Outreach Coffee Meet Up
Monday, July 15, 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 in a relaxed atmosphere and where the coffee is free.

Ping Pong League
Every Monday, 9:00 am-Noon
Warner Park Game Room, 1625 Northport Dr.
**Travels with Laurie**  
Tuesday, July 16, 10:30 am  
Warner Park, 1625 Northport Dr.

Monday, July 22, 11:30 am  
Monona Meadows, 250 Femrite Dr. Monona  
The topic will be highlights from Cheese Days in Monroe.

**Adult Coloring**  
Wednesday, July 3, 11:30 am  
Monona Meadows, 250 Femrite Dr. Monona  
All supplies provided.

**Movie of the Month** (Movie TBA)  
Tuesday, July 30, 11:30 am  
Messiah Lutheran Church, 5202 Cottage Grove Rd.

**BINGO!**  
Tuesday, July 2, 11:30 am  
Messiah Lutheran Church, 5202 Cottage Grove Rd.

Monday, July 22, 11:30 am  
Monona Meadows, 250 Femrite Dr. Monona

**NewBridge Night at the Ballpark**  
Wednesday, July 24, First Pitch 12:05 pm  
Purchase tickets for $15 by July 10 through MallardsTickets.com and enter code NewBridge or call Ruth at (608) 512-0000 Ext. 3012

**Programs and activities are also offered at:**  
Monona Senior Center, 1011 Nichols Rd.  
(608) 222-3415  
www.mymonona.com
The Cultural Diversity Programs are for African American and LatinX senior adults, age 55 and over, who live in Dane County. Programs focus on socialization and health education. LatinX programs are offered in Spanish only.

LATINX PROGRAMS
For information call Glenda at (608) 512-0000 Ext. 3009

**Monthly Discussion Group**
Wednesday, July 10, 5:45 pm-8:00 pm
Madison Senior Center, 330 W. Mifflin St.
Join us as we discuss relevant issues on health and wellness. Dinner and transportation provided.

**Support Group at Meadowood**
Thursday, July 18, 11:00 am-2:00 pm
Good Shepherd Church, 5701 Raymond Rd
Join us for lunch at Good Shepherd Church. Transportation available via Transit Solutions for those living in the West Madison service area.

**Summer Concert**
Monday, July 22, 6:00 pm-7:30 pm
Warner Park Community Recreation Center, 1625 Northport Dr.
Limited transportation available.

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

**Diabetes Support Group**
Monday, July 8, 12:00-2:00 pm
Burr Oaks Senior Apartments
2417 Cypress Way
Limited transportation available.

**Heart Health Support Group**
Thursday, July 18, 2:00-4:00 pm
Catholic Multicultural Center
Classroom #4, 1862 Beld St.
Limited transportation available.

Wednesday, July 24, Noon-1:00 pm
River Food Pantry, 2201 Darwin Rd.
Limited transportation available.

**Pontoon Boat Ride**
Wednesday, July 24, 9:45-11:30 am
Tenney Park Locks, 1500 Sherman Ave.
Seats need to be reserved by July 19 through Ericka (608) 512-0000 Ext. 2007. Meet at Boat #1 on the boat pier no later 9:45 am for boarding. Limited transportation available.

**Black Arts Fest in Milwaukee**
Saturday, August 3, Maier Festival Park
**NEWBRIDGE DAY TRIPS**

**Day Trip to Galena, Illinois**
Wednesday, August 21, 8:00 am-6:00 pm

Join us a Badger Motor Coach to beautiful and historic Galena, IL. This is for those who can walk distance. **REGISTER EARLY!**

Payment of $35 per person (non-refundable) includes transportation only is due at registration by **July 10**. Register with Michelle (608) 512-0000 Ext. 4008

**Bus Pick Up**
8:00 am at Warner Park
8:25 am Shopko East
8:45 am South TBD
9:00 am Meadowridge Neighborhood Cntr

**Day Trip to Olbrich Garden**
Wednesday, July 10, from South & West Thursday, July 11, from North & East

Pick up starting at 9:15 am and drop off at Olbrich Garden 10:15-11:45 am.

Enjoy Olbrich Garden, Conservatory, and Gift Shop. Cost to Conservatory is $2. The tram is currently not working. Must be able to walk. There are several benches.

Register with Michelle (608) 512-0000 Ext. 4008.

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 Every year, Medicare evaluates plans based on a 5-star rating system. We comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. If you need help in another language, please let us know. Call 1(800)963-0035 (TTY WI Relay 711) for more information.

H5209-2019Ad-M Accepted 2/1/2019

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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 non-diabetic foot care for $20. Please bring two towels. Call (608) 512-0000 to make an appointment.

**EAST MADISON**
Monona United Methodist Church  
606 Nichols Road, Monona  
Wednesday, July 17, 1:00-3:00 pm  
Wednesday, July 24, 1:00-3:00 pm

Lake Edge Lutheran Church  
4032 Monona Drive  
Wednesday, July 15, 9:00 am-Noon

**NORTH MADISON**
Warner Park Community Rec. Center  
1625 Northport Drive  
Friday, July 12, 9:00-11:30 am

Goodman Community Center  
149 Waubesa Street  
Monday, July 8, 8:30-9:45 am

Lakeview Lutheran Church  
4001 Mandrake Road  
Tuesday, July 16, 1:00-2:30 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, July 1, 12:45-2:45 pm

Mount Olive Lutheran Church  
110 N. Whitney Way Room 11  
Tuesday, July 16, 9:30-11:15 am

Our Lady Queen of Peace  
401 Mineral Point Road  
Monday, July 22, 9:30-11:45 am

**MEDICAL EQUIPMENT LOAN CLOSET**
The East Madison/Monona location has a loan closet with items such as walkers, raised toilet seats, commodes, crutches and more. Loan closet items are available to older adults for a donation. Call NewBridge to ask if the item you need is available. We currently would welcome in-kind donations of these items: shower chairs, tub transfer benches, and four-wheel walkers with seat and brakes. The loan closet is open Monday-Thursday 9:00 am-3:00 pm and closed on Fridays.
Now that we are NewBridge, we are starting a new Overture Ticket Voucher Call List.

If you are age 60 or over and a Friend of NewBridge or receiving our newsletter, you can get on our call list for discounted tickets to performances. Call Ruth at (608) 512-0000 Ext. 3012 to be added to the new call list.

As tickets become available, we will use the list to distribute the tickets. We will continue to call people until the tickets are gone. We do not leave messages.

If you receive tickets, you will not be called the next month so that all have a chance for tickets throughout the year.
Night Driving and Disability
Parking Tips
Wednesday, July 24, 10:00 am
Coventry Village, Community Room
7707 North Brookline Dr.
Neil McCallum, AARP’s Driver Safety Program
Sponsored by Triad.

Concert in Winnequah Park
Monday, July 8 – Mark Croft Band
Tuesday, July 23 – Carl Davick & Friends
Food carts open 5:00 pm and music at 6:30 pm
Brought to you by The Friends of the Monona
Senior Center

Dementia Conversations
Thursday, July 11, 10:00 am
Monona Senior Center, 1011 Nichols Rd.
This program facilitates discussion about
convincing a family member to see a physician
for cognitive screening or medical care, deciding
when to stop driving and legal and financial plans
for future care needs. Call (608) 222-3415 to
register.

Groceries, Clothing, and a Meal
Every Wednesday, 11:00 am-1:00 pm
The River Food Pantry, 2201 Darwin Rd.
For older adults age 60+ and veterans. Groceries,
clothing and community meal will be available to
seniors. Volunteers will be available to assist.

The Soundbillies
Wednesday, July 10, 10:30–11:15am
Madison Senior Center, 330 W Mifflin St.
Come out for our Ice Cream Social and enjoy
music by the Soundbillies.

Tom Kastle
Tuesday, July 30, 1:00-2:00 pm
Madison Senior Center, 330 W Mifflin St.
Tom Kastle has performed maritime music and
stories at festivals and maritime institutions
throughout the US and around the world from
San Francisco to Europe to New Zealand. He is a
co-founder of the Chicago Maritime Festival has
taught a class in sea music. He accompanies
himself on guitar and concertina.

LGBTQ+ Senior Alliance Summer
Picnic
Thursday, July 18, 5:00-8:00 pm
Vilas Park Shelter, 1602 Vilas Park Dr.
A summer evening cookout across from beautiful
Lake Wingra. Come a little early and take
advantage of the proximity of the Henry Vilas
Zoo. Bring lawn games to play of the nice grassy
area in front of the shelter. Plenty of parking
available, and as always, there will be great food
and conversation. Friends and allies of the
LGBTQ+ community are encouraged to attend.
Recommended $10 donation for the meal.

FREE Welcome to Medicare
Seminar
Saturday, July 13, 9-11:30 am
McFarland Municipal Center, 5915
Milwaukee St. McFarland
What you need to know about enrolling in Medicare!
If you are turning age 64 this year, the Dane
County Area Agency on Aging wants to help you
make informed choices about your Medicare
options! Some decisions and actions about
Medicare can take place 3-6 months before you
turn 65.
Call (608) 261-9930 to register by July 3.
The Artful Aging Art Show and Reception took place Wednesday, June 5 at the Madison Senior Center.

The participating artists were able to show off their beautiful paintings and artwork to the community.

The art class is designed for older adults, and geared toward each person’s abilities!

Thank you to the following sponsors:
Nutritious daytime meals are offered at twelve locations throughout the Madison and Monona area, Monday-Friday. The meal is well balanced and appealing for older adults who don’t enjoy cooking or eating alone. **Meals and transportation require a reservation.**

### NUTRITION PROGRAM

**SOUTH MADISON MENU & LOCATIONS**

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<td>Roasted Turkey in Gravy</td>
<td>Taco Pasta Casserole</td>
<td>Saucy BBQ Ribs, Cheesy Potatoes, Green Salad</td>
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<td></td>
<td>Rice Pilaf, Creamed Corn</td>
<td>Broccoli, Cauliflower</td>
<td>Watermelon</td>
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<tr>
<td></td>
<td>Grapes or Fruit Cocktail</td>
<td>Pineapple, Blueberry Crisp</td>
<td>Root Beer Float</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Brownie w/PB Frosting</td>
<td>MO: Veggie Pasta Cass.</td>
<td>MO: Black Bean Patty</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>08</strong></td>
<td>Meatballs in Gravy</td>
<td>Sloppy Joe</td>
<td>Chicken Macaroni Salad</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mashed potatoes</td>
<td>Kidney Bean Salad</td>
<td>Marinated Tomatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cali Blend, Melon</td>
<td>Mixed Vegetable</td>
<td>Broccoli Salad</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dinner Roll/Butter</td>
<td>Banana</td>
<td>Fruit Cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Strawberry Swirl Ice Cream</td>
<td>Frosted Strawberry Cake</td>
<td>Sugar Cookie</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>MO: Veggie Meatballs</td>
<td>MO: Chickpea Sloppy Joe</td>
<td>MO: Veggie Mac Salad</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>15</strong></td>
<td>Lemon Baked Fish</td>
<td>Italian Sausage on a Bun</td>
<td>Spaghetti, Meat Sauce</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tartar Sauce</td>
<td>Oven Roasted Potatoes</td>
<td>Wax Beans</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Baked Sweet Potato</td>
<td>Green Beans, Oranges</td>
<td>Mixed Green Salad</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tropical Fruit</td>
<td>Strawberry Ice Cream</td>
<td>Peachess, Brownie</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Blueberry Pound Cake</td>
<td>MO: Veggie Meatballs</td>
<td>MO: Marinara Sauce</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>MO: Hummus and Pita</td>
<td>MO: Veggie Meatballs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>22</strong></td>
<td>Chicken Stew</td>
<td>Beef Pot Pie w/Biscuit Top</td>
<td>Fish Sandwich</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Broccoli, Tropical Fruit</td>
<td>Creamed Spinach</td>
<td>Cheese, Tartar Sauce</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Frieded White Cake</td>
<td>Apple Juice</td>
<td>Yams, Coleslaw</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>MO: Veggie Stew</td>
<td>Strawberry Jello</td>
<td>Fruit Cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>29</strong></td>
<td>Chicken Salad, Croissant</td>
<td>Chicken and Gravy</td>
<td>Fish Sandwich</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Broccoli Salad</td>
<td>Mashed Potatoes</td>
<td>Cheese, Tartar Sauce</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pickled Beets, Peaches</td>
<td>Green Beans, Oranges</td>
<td>Yams, Coleslaw</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cheesecake Brownie</td>
<td>Carnival Cookie</td>
<td>Fruit Cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>MO: Veggie Wrap</td>
<td>MO: Veggie Strips in Gravy</td>
<td>Chocolate</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>MO: Multigrain Burger</td>
<td>Frieded White Cake</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>30</strong></td>
<td>Cheeseburger on a Bun</td>
<td>Egg Salad Sandwich</td>
<td>MO: Garden Burger</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Calico Beans, Potato Salad</td>
<td>Creamy Coleslaw</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruit Cocktail</td>
<td>3 Bean Salad</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pineapple Fluff</td>
<td>Grape Juice</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>MO: Multigrain Burger</td>
<td>Dreamsicle Whip</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>31</strong></td>
<td>Egg Salad Sandwich</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Creamy Coleslaw</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 Bean Salad</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Grape Juice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dreamsicle Whip</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**South Madison Locations**

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fisher Taft Apartments</td>
<td>2025 Taft Street</td>
<td>M-F</td>
<td>11:30 am</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>Madison Senior Center</td>
<td>330 West Mifflin Street</td>
<td>M-F</td>
<td>11:30 am</td>
</tr>
</tbody>
</table>
**DONATION**

If you are age 60 and older, the suggested minimum donation is $4.00. If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost $8.97.

**TRANSPORTATION**

Transportation is available through Transit Solution which is door-to-door service. Suggested donation is $1.00 per round trip. No one is denied service. Reservation is required. (608) 512-0000

**RESERVATIONS**

Meal reservation, transportation reservation, and cancellation should be made by calling (608) 512-0000 by Noon at least one business day in advance.

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**Important**

**Meadowridge Commons Lunch Temporarily Moving to Good Shepherd Church**

Effective Tuesday, June 18 until Thursday, August 15, the Meadowridge Commons lunch will be held at Good Shepherd due to the MSCR Programming.

---

**NEVER MISS A NEWSLETTER !**

Sign up to have our newsletter emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)
### NORTH, WEST & EAST MADISON MENU & LOCATIONS

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>01</strong></td>
<td><strong>02</strong></td>
<td><strong>03</strong></td>
<td><strong>04</strong></td>
<td><strong>05</strong></td>
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<tr>
<td><strong>08</strong></td>
<td><strong>09</strong></td>
<td><strong>10</strong></td>
<td><strong>11</strong></td>
<td><strong>12</strong></td>
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<tr>
<td><strong>15</strong></td>
<td><strong>16</strong></td>
<td><strong>17</strong></td>
<td><strong>18</strong></td>
<td><strong>19</strong></td>
</tr>
<tr>
<td><strong>22</strong></td>
<td><strong>23</strong></td>
<td><strong>24</strong></td>
<td><strong>25</strong></td>
<td><strong>26</strong></td>
</tr>
<tr>
<td><strong>29</strong></td>
<td><strong>30</strong></td>
<td><strong>31</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mac and Cheese Grilled Sausage, Broccoli Mixed Salad, Pineapple Ice Cream MO: Mac and Cheese</td>
<td>Grilled BBQ Chicken Thigh Baked Potato, Med. Quinoa Mixed Salad Seasonal Fruit, Cookie MO: Falafel and Hummus Salad: Chef</td>
<td>Grilled Brat Sauerkraut and Onions Summer Vegetable Salad Canned Mandarin Oranges Cake MO=Grilled Veggie Brat</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.

---

### East Madison/Monona Locations

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monona Meadows</td>
<td>M &amp; W</td>
<td>Noon</td>
</tr>
<tr>
<td>Messiah Lutheran</td>
<td>T</td>
<td>Noon</td>
</tr>
</tbody>
</table>

---

### North Madison Locations

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warner Park Community Ctr</td>
<td>M-W &amp; F</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Goodman Community Ctr</td>
<td>M-F</td>
<td>11:45 am</td>
</tr>
</tbody>
</table>

---

### West Madison Locations

**Meadowridge Commons (June 3-13)**

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meadowridge Commons</td>
<td>T-TH</td>
<td>Noon</td>
</tr>
<tr>
<td>Good Shepherd Church</td>
<td>T-TH</td>
<td>Noon</td>
</tr>
</tbody>
</table>

**Lussier Community Center**

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lussier Community Center</td>
<td>F</td>
<td>Noon</td>
</tr>
</tbody>
</table>
### North Madison and East Madison/Monona Locations

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Festival Foods</td>
<td>TH</td>
<td>11:00 am-1:00 pm</td>
</tr>
<tr>
<td>Cranberry Creek</td>
<td>F</td>
<td>8:30-10:30 am</td>
</tr>
</tbody>
</table>

Meal reservation is **not** required for the Festival Foods or Cranberry Creek sites. Transportation reservation is required by calling Transit Solutions at (608) 294-8747 by 10:00 am at least one business day in advance.

- More about Cranberry Creek: There are at four delicious breakfast meal options to choose from each week.
- More about Festival Foods: Enjoy the extensive salad bar and a bowl of soup. Dining space is available in the Festival Foods Mezzanine overlooking downtown Madison. After lunch, do your grocery shopping.

### West Madison Kosher Site

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beth Israel Center</td>
<td>M</td>
<td>Noon</td>
</tr>
</tbody>
</table>

Meal and Transportation Reservations are required by calling Paul Borowsky at Jewish Social Services (608) 442-4081 or office@jssmadison.org by 2:00 pm the preceding Wednesday. A meatless or strictly kosher option is available. Catered by UW Hillel Adamah Catering.

**Lechym is done for the season and will start again in September.**
FRIENDS OF NEWBRIDGE

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

Benefits for Friends of NewBridge

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

Mission

The Friends exist as a resource for feedback, advocacy and fund development to support the goals of NewBridge Madison.

Vision

The Friends of NewBridge are volunteers who provide a means for elevating the voice of older adults throughout the community.

Purpose

- Friends of NewBridge connects the community to NewBridge through a sense of friendship.
- Friends of NewBridge serve as ambassadors, advocates and volunteers to help older adults.
- As a friend you may participate in events, receive benefits and enjoy social connections.

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

Survey from the Friends of NewBridge Committee

Please fill out the below survey and return to the North Madison office at 1625 Northport Dr. Madison 53704. The survey can also be found online at www.surveymonkey.com/r/XKP7YXD

If you want to become involved with the Friends of NewBridge, contact Deenah at (608) 512-0000, Ext. 3002.

1. Are you currently a Friend of NewBridge?
   - Yes
   - No

If yes, what inspired you to become a Friend?
Choose your top two:
   - Receive monthly newsletter
   - Provide financial support
   - Enjoy the benefits available
   - Opportunities to socialize
   - Volunteer opportunities
   - To feel engaged in the community

2. How many Friend of NewBridge events would you attend annually?
   - 1 – 2
   - 3 - 4
   - Not Interested

3. What type of Friends of NewBridge programs or events would you attend?
   - Social Gatherings
   - Informational (NewBridge updates)
   - Volunteer Opportunity
   - Fundraising/Advocacy

4. Indicate on which, if any, of these committees you would be interested in serving.
   - Friends of NewBridge Committee
   - Finance Committee
   - Fund Devel. & Marketing Committee
   - Nominating Committee
   - Advocacy Committee

Contact Information

Name: __________________________
Email: __________________________
Phone: __________________________
BUSINESS BENEFITS FOR FRIENDS

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

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

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!

---

2019 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: ____________________________________________

Additional Family Names: ____________________________________________

Address: ____________________________________________

City: __________________________ State: __________ Zip: __________

Email Address: ____________________________________________

How would you like newsletter?  □ Mail  □ Email  □ Both

Amount Enclosed: $15 and up for an Individual
□ $25 and up for a Family
□ $____ Additional Donation

Mail the form & payment to NewBridge c/o Friends of NewBridge, 128 E Olin Ave. #110, Madison, WI 53713
You can also purchase a friendship or give a donation on our website at newbridgemadison.org
Donations may be tax deductible to the extent of the tax code.
25 Years of Summer Concerts at Warner Park

MONDAY’S 6:00-7:30PM • FREE FOR ALL AGES!

- June 10: Funky Chunky
- June 17: Who Dat
- June 24: Ladies Must Swing
- July 8: The Lower 5th
- July 15: Pupy Costello
- July 22: Acoplados

Sponsored by:

Madison Community Foundation
Dane Arts

With additional funds from Endres Mfg Company Foundation, W. Jerome Frautschi Foundation, and Pleasant T Rowland Foundation.

Madison Arts Commission
With additional funds from the Wisconsin Arts Board.

The Evjue Foundation, Inc., the charitable arm of The Capital Times
Kollath and Associates CPA

Brought to you by:

newbridgeteam.org