FLU VACCINE INFORMATION
This season a flu vaccine is more important than ever due to COVID-19. Getting a flu vaccine this season helps protect yourself, your family and your community to reduce the burden on our healthcare systems responding to the pandemic.

For those with health insurance, flu vaccines are available at local clinics, and also at area pharmacies.

For Dane County residents 6 months and older who do not have health insurance:

Alliant Energy Center Drive Through Clinic
Tues, Thurs, Noon-8:00 pm
Wed, Fri, Sat, 8:00 am-4:00 pm
1919 Alliant Energy Center Way, Madison

No appointment needed. No ID required.
Free transportation available (608) 512-0000.
Walk, bike or drive. Interpretation available.
Immigration status not asked.

WE ARE CLOSED THURSDAY AND FRIDAY, NOVEMBER 26 AND 27.

CHECK OUT WHAT’S INSIDE!

- 02 General Information
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www.NewBridgeMadison.org | (608) 512-0000
GENERAL INFORMATION

MISSION
Providing older adults a bridge to successful aging.

VISION
A Community Where All Older Adults Live Their Best Life.

A LETTER FROM THE DIRECTOR...

November is National Diabetes Awareness month. 340,000+ adults in Wisconsin have diabetes; about 25% are 65 or older. 90% of diabetics have type 2 diabetes and many are older adults. American Indians, Blacks and Hispanics have the highest rates of diabetes, almost twice that of Caucasians. NewBridge’s Cultural Diversity program holds groups for Black and Hispanic older adults to support those living with diabetes. During COVID-19 these groups are not meeting and older adults are struggling with their diabetes. Exercise, diet, and monitoring one’s blood sugar level are a critical part of a diabetic’s daily life. For non-diabetics, help support those with diabetes and take care of yourself. Reduce your risk of becoming diabetic.

To our health!

Thank you to our NewBridge Funders:

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

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

MAIN OFFICE
1625 Northport Drive #125, Madison, WI 53704

EAST MADISON
4142 Monona Drive, Madison, WI 53716

WEST MADISON
5724 Raymond Road, Madison, WI 53711

Follow us! NewBridge Madison

Thank you to our NewBridge Funders:
# NEWBRIDGE STAFF

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Extension</th>
</tr>
</thead>
<tbody>
<tr>
<td>Executive Director</td>
<td>JIM KRUEGER</td>
<td>3005</td>
</tr>
<tr>
<td>Associate Director</td>
<td>KATIE GALLAGHER</td>
<td>4001</td>
</tr>
<tr>
<td>Case Manager</td>
<td>DEB TEMERBEKOVÁ</td>
<td>4000</td>
</tr>
<tr>
<td>Administrative Assistant</td>
<td>JOE NEUMAIER</td>
<td>2000</td>
</tr>
<tr>
<td>Case Manager Intern</td>
<td>ABIGAIL NINNEMAN</td>
<td>4008</td>
</tr>
<tr>
<td>Case Manager Intern</td>
<td>ADA ZHANG</td>
<td>1001</td>
</tr>
<tr>
<td>Case Manager</td>
<td>EBONIE BROOKS</td>
<td>3006</td>
</tr>
<tr>
<td>Case Manager</td>
<td>GLEN THOMMSEN</td>
<td>2005</td>
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<tr>
<td>Case Manager</td>
<td>GRETCHEN SCHADEBERG</td>
<td>1009</td>
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<tr>
<td>Case Manager</td>
<td>JENN GARCIA-LUDOLPH</td>
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<tr>
<td>Case Manager Supervisor</td>
<td>JENNIFER BROWN</td>
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<tr>
<td>Case Manager Supervisor</td>
<td>JODIE CASTANEDA</td>
<td>1004</td>
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<tr>
<td>Case Manager - español</td>
<td>KAYLEIGH COLOSO</td>
<td>2004</td>
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<tr>
<td>Case Manager</td>
<td>MAUREEN QUINLAN</td>
<td>4003</td>
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<tr>
<td>Case Manager</td>
<td>MEGAN KULINSKI</td>
<td>3004</td>
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<tr>
<td>Case Manager</td>
<td>RACHEL OKERSTROM</td>
<td>4002</td>
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<tr>
<td>Case Manager Supervisor</td>
<td>SAMMY AZUMA</td>
<td>1005</td>
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<tr>
<td>Case Manager - español</td>
<td>STEPHANIE AGUILERA</td>
<td>1007</td>
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<td>Case Manager</td>
<td>STEPHANIE BRANDSMA</td>
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<td>Case Manager</td>
<td>SUSAN WATSON</td>
<td>1006</td>
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<tr>
<td>Marketing Manager</td>
<td>DAVID WILSON</td>
<td>2006</td>
</tr>
<tr>
<td>Cultural Diversity Program Coordinator</td>
<td>DEANA WRIGHT</td>
<td>2007</td>
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<tr>
<td>Program Coordinator</td>
<td>DEENAH GIVENS</td>
<td>3002</td>
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<tr>
<td>Volunteer Coordinator</td>
<td>JEANETTE ARTHUR</td>
<td>4007</td>
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<tr>
<td>Community Outreach Spec.</td>
<td>KATIE BRIETZMAN</td>
<td>1002</td>
</tr>
<tr>
<td>Volunteer Coordinator</td>
<td>KEISHA FURNISS</td>
<td>3008</td>
</tr>
<tr>
<td>Program &amp; Event Coord.</td>
<td>RUTH HELLENBRAND</td>
<td>3012</td>
</tr>
<tr>
<td>Administrative Assistant</td>
<td>BOB BURNS</td>
<td>4006</td>
</tr>
<tr>
<td>Nutrition Coordinator</td>
<td>CANDICE ALEXANDER</td>
<td>2001</td>
</tr>
<tr>
<td>Nutrition Coordinator</td>
<td>FAITH SWINBURNE</td>
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<tr>
<td>Nutrition Coordinator</td>
<td>KRISTEN HUBER</td>
<td>—</td>
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<tr>
<td>Nutrition Coordinator</td>
<td>MARY HENNING</td>
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<tr>
<td>Nutrition Coordinator</td>
<td>NANCY THOMPSON</td>
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<td>Nutrition Coordinator - español</td>
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<td>Nutrition Coordinator - español</td>
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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 November (issue 11) 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 to help older adults connect to available resources. Funded in part by Paul H. Kusuda Special Projects Fund Grant.

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. Funded in part by United Way of Dane County.

Necessity Kit Delivery
“Your connection to cleaning & hygiene products”
Necessity kits will be delivered to the older adult’s door by a volunteer. Kits contain available hygiene and cleaning products. 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.

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 6 and 7. Funded in part by Madison Community Foundation.

Foot Clinics
Our clinics are slowly reopening when we are prepared to do so. See page 16 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+. Donations are accepted to NewBridge, 1625 Northport Dr. Madison, 53704. Call to order M-F, 8 am-4 pm. Orders are due by Thurs. 10:00 am, 1 week prior.

Mt. Zion Church, 2019 Fisher St
Monday between 10:00-11:30 am
2 Meals Catered by Kavanaugh’s Esquire Club
Order with Candice at (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

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

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

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.

Funded in part by UW Health, UnityPoint Health - Meriter & Quartz, Schlecht Family Foundation, Capitol Lakes, Madison Gas and Electric, Green Bay Packer Foundation.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>02</strong> Sloppy Joe Kidney Bean Salad Mixed Vegetable Pears, Brownie MO – Chickpea Joe</td>
<td><strong>03</strong> Honey Baked Chicken Broccoli, Yams, Banana Ambrosia Salad MO – Veggie Honey Chicken</td>
<td><strong>04</strong> Meat Sauce Spaghetti Noodles Wax Beans, Peaches Mixed Green Salad Frosted Marble Cake MO – Marinara Sauce</td>
<td><strong>05</strong> Lemon Dill Baked Fish Baked Potato, Fruit Cup Sugar Cookie MO – Veggie Wrap</td>
<td><strong>06</strong> Italian Sausage Oven Roasted Potatoes Stewed Tomatoes Orange Chocolate Ice Cream Cup MO – Veggie Hot Dogs</td>
</tr>
<tr>
<td><strong>09</strong> *BBQ Pulled Pork Chickpea Salad, Corn Tropical Fruit Vanilla Pudding MO – Black Bean Burger</td>
<td><strong>10</strong> Sweet and Sour Chicken Brown Rice, Peas, Banana Chocolate Chip Cookie Bar MO – Veggie Sweet &amp; Sour Chicken</td>
<td><strong>11</strong> Saucy BBQ Ribs Cheesy Potatoes Herb Roasted Carrots Cherry Pie MO – Veggie Meatballs</td>
<td><strong>12</strong> Chicken Stew Broccoli, Tropical Fruit Frosted White Cake MO – Veggie Stew</td>
<td><strong>13</strong> Egg Salad Split Pea Soup Apple Sauce Peach Pie Bar</td>
</tr>
<tr>
<td><strong>16</strong> Chicken and Gravy Creamed Corn, Green Beans Orange, Carnival Cookie MO – Veg Chicken in Gravy</td>
<td><strong>17</strong> Fish Sandwich Yams, Coleslaw, Fruit Cup Lemon Italian Ice MO – Garden Burger</td>
<td><strong>18</strong> Beef Stew Biscuit, Cauliflower/Broccoli Chunky Apple Sauce Choc Chip Banana Cake MO – Veggie Stew</td>
<td><strong>19</strong> *Meatballs in Marinara Over Penne, Carrots Mixed Salad, Banana Cheesecake Brownie MO – Veg Balls in Marinara</td>
<td><strong>20</strong> Turkey in Gravy Mashed Potatoes Green Bean Casserole Cranberries, Pumpkin Pie MO – Veg Chicken in Gravy</td>
</tr>
<tr>
<td><strong>23</strong> Cheeseburger 4 Bean Salad 4 Way Vegetable Blend Ambrosia MO – Multigrain Burger</td>
<td><strong>24</strong> Chicken on the Bone Mashed Potatoes/Gravy Brussels Sprouts Oranges, Lemon Bars MO – Veggie Meatballs</td>
<td><strong>25</strong> Chicken Noodle Soup Mixed Greens Salad, Pears Chocolate Chip Cookie MO – Tomato Soup</td>
<td><strong>26</strong> CLOSED</td>
<td><strong>27</strong> CLOSED</td>
</tr>
<tr>
<td><strong>30</strong> Sloppy Joe Carrot, Black Eyed Pea Salad Pineapple Chocolate Pudding MO – Chickpea Joe</td>
<td>Meals provided by: Dane County Consolidated Food Services Division Messiah Lutheran Church &amp; Romnes Sites ONLY 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>
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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! Check out our website for updates as we are working to expand our offerings and new things are happening!

ZOOM STRETCH & STRENGTH
Mondays & Wednesdays 9:00-10:00 am
Join Becky Ott-Forde for an hour of gentle stretch and strengthening exercises. The cost is $20/month.
To register please contact Becky Otte Ford raonine@gmail.com or (608) 215-4119.

ZOOM EASY YOGA PLUS
Wednesdays, 10:00-11:00 am
Friday, 1:00-2:00 pm
With instructor Ellen Millar. A series of exercises that can be done standing or from a chair. Donations are appreciated.
See Ellen's website for the Zoom link www.thewonderofyoga.com

ZOOM TECHNICAL ASSISTANCE
Tuesdays in November 9:00-11:00 am
Learn more about Zoom, your iPhone, iPad or tablet via Zoom appointment.
Contact Deenah to sign up (608) 512-0000 Ext. 3002.

ZOOM SPIRIT & STRENGTH: SHARING WISDOM IN TROUBLED TIMES
Tuesdays in November 1:00-2:30 pm
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 BOOK CLUB
Wednesday, Nov. 4, 1:00-2:00 pm
Discussing Broken for You by Stephanie Kallos. The December book will be Brooklyn by Colm Toibin. Contact Deenah to sign up (608) 512-0000 Ext. 3002.

ZOOM BINGO!
Friday, November 13, 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 POETRY WITH FABU
Thursday, Nov. 12, 1:00-2:00 pm
Bring your curiosity to learn and try something new. The goal is to stimulate memory using poetry and to prevent memory loss. We will listen, recite, and write our own poetry led by Madison’s Poet Laureate Fabu Carter. Made possible in part by generous funding from The Alzheimer's Poetry Project and Bader Philanthropies, Inc.
See NewBridge website for the Zoom link www.newbridgemadison.org
ZOOM HUMP DAY COFFEE TALK WITH RUTH & DEENAH  
Wednesday, November 4 & 18  
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. 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

ZOOM COLLAGE FOR THE SOUL  
Thursday, November 12 & 19  
10:30-11:30 am - 6 Week Course  
Art class in collaboration with Arts For All. Artist, Patrizia will lead us gently through the process of discovering our inner-artist through creating collage.  
Contact Deenah to sign up (608) 512-0000 Ext. 3002.

ZOOM KINDNESS CULTURE JUMPSTARTED!  
Thursday, Nov. 19, 1:00-2:00 pm  
Presenter Don Carter. More info on page 8  
Register online at tinyurl.com/KindnessCulture
KINDNESS CULTURE JUMPSTARTED!

Online Event with Don Carter

Thursday, Nov. 19, 1pm
Register online: tinyurl.com/KindnessCulture

Join this online event to learn more about how you can shift your perception to see that the world is not as hostile as it may seem.

“If you want the world to change, first, change how you see it, then change how you see yourself in it.”

–Don Carter

Learn more about Don at doncarter.co

Sponsors: Goodman Community Center, Madison Senior Center, NewBridge, City of Monona Senior Center
TAKE CHARGE OF YOUR HEALTH
Tuesdays, 10:00-11:00 am
Presenter, Janet Bollig, MSW, a community educator from St. Mary’s Hospital Health at Home program.

November 17: Healthy Holiday Eating
December 15: Grief Through the Holidays

Register for the session on madisonseniorcenter.org

WHAT TO EXPECT WHEN DEATH IS APPROACHING
Thursday, Nov. 5, 10:00 am
Caring for people at end of life is a unique privilege, but this time can be anxiety-provoking. Participants will learn to identify potential signs and symptoms of end of life, understand food and nutrition concerns at end of life, and learn ways to provide care and comfort to the dying person and their family. Presented by Rebecca Kahl, RN Educator at Agrace HospiceCare.

Email lhunt@cityofmadison.com to receive a Zoom invite.

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CULTURAL DIVERSITY

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 (55+) who live in Dane County.

Funded in part by Madison Community Foundation, UW Health, UnityPoint Health - Meriter & Quartz CUNA Mutual Group, Madison Gas and Electric, UW Pharmacy School.

AFRICAN AMERICAN CULTURAL DIVERSITY
For more information, contact Deana Wright, Cultural Diversity Program Coordinator, (608) 512-0000 Ext. 2007 DeanaW@newbridgemadison.org

LATINX CULTURAL DIVERSITY
For more information, contact (608) 512-0000 Ext. 3009

ZOOM LATINX DISCUSSION GROUP
Every Friday, 10:30 am (except 11/27)
Join us as we hold discussion and educational programming or play BINGO.
See NewBridge website for the Zoom link www.newbridgemadison.org

GRUPO DE DISCUSIÓN ZOOM
Todos los viernes, 10:30 am
Únase a nosotros mientras realizamos debates y programas educativos o jugamos BINGO.
Consulte el sitio web de NewBridge para obtener el enlace Zoom www.newbridgemadison.org

TRANSPORTATION AVAILABLE FOR CULTURAL DIVERSITY PARTICIPANTS

To Get Your Flu Vaccine
Public Health Madison & Dane County is recommending that everyone who is able to get a flu shot, and get one as soon as possible. NewBridge is providing transportation for our Black and Latinx older adults to the Alliant Energy Center free clinic (more information on the front page), to their primary care clinic, or to a community pharmacy to get a flu shot.

To Vote
NewBridge is providing transportation for our Black and Latinx older adults to your voting location. You’ll need to bring along your face mask, but casting your ballot can be done curbside, as well.

To arrange a ride, please call Deana Wright (608) 512-0000 Ext. 2007 for the African American participants, and (608) 512-0000 Ext. 3009 for the Latinx participants.
CLIMATE CHANGE AND THE FUTURE OF WINTER RECREATION IN WISCONSIN

Friday, November 13, 10:00 am

What would life in Wisconsin be like without outdoor winter recreation? Along with biophysical effects, climate change poses significant risks to regional cultural and recreational activities.

Eric Compas is a professor in the Geography, Geology and Environmental Sciences Department specializing in geographic information systems (GIS) and human-environment interactions. Open to the Public.

Call (608) 222-3415 and leave your email address.
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

**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

**SNOW SHOVELING VOLUNTEERS**
DESCRIPTION—Volunteers are matched with older adults to help them remain independent and in their own homes. One way we do this is by providing snow shoveling help! (Due to COVID-19, our volunteers are only doing outdoor work.) TIME COMMITMENT—Flexible

**FOOD BRIDGE DELIVERY DRIVER**
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

**THANKSGIVING MEAL DELIVERY DRIVERS**
DESCRIPTION—300 Thanksgiving meals will be delivered on Thanksgiving Day, Thursday, November 26 between 11:00 am -1:00 pm from Lj's Sports Tavern and Grill, 8 N. Patterson St. Staff will load meals in volunteer cars curbside. Volunteers will be given their routes a few days prior and will be asked to call the older adults when they deliver. We would like this to be contactless. Masks are required. TIME COMMITMENT—A Few Hours IMMEDIATE NEED—50 volunteers

**TAKE-OUT MEAL VOLUNTEERS**
DESCRIPTION—Handing out take-out meals on Fridays from 2:45-4:15 pm at LJ's Sports Tavern and Grill, 8 N. Patterson St. Holidays excluded. You will be provided a mask and gloves and will place the meals in the trunk or back seat of the vehicle. TIME COMMITMENT—1.5 hours on Fridays IMMEDIATE NEED—2 volunteers
VOLUNTEER BOARD MEMBER

DESCRIPTION—Seeking individuals who are committed to meeting the needs of older adults in our community.

We are recruiting for diverse leaders with expertise in the following areas:

- Involvement in older adult programs and services in the Madison or Monona. This individual will provide insight on the trends, needs and interests addressed by NewBridge Madison programming from the older adult’s perspective.
- Media or advertising professional, who has assisted with media or community wide events to support an issue or cause.

TIME COMMITMENT—Minimum of two hours per month. The board meets monthly. Board members serve a three-year term (up to two consecutive terms.) Board members are expected to participate in one or more committees.

IMPACT OF NEWBRIDGE—NewBridge Madison’s annual revenues are approximately $1.97 million. In 2019, NewBridge Madison served over 10,000 older adults.

For more information on being considered for service on the NewBridge Board of Directors, contact Jim Krueger, Executive Director at jimk@newbridgemadison.org or (608) 512-0000 Ext. 3005.

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Call toll-free: 844-520-1712 | Email: connections@lsswis.org
Visit: connectionswis.org

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Visit: connectionswis.org

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For ad info. call 1-800-950-9952 • www.lpiseniors.com New Bridge, Madison, WI F 4C 01-2049
BRIDGING HOPE RECAP

We held our first ever week-long online fundraiser, October 5-9, to help Madison area older adults and we raised $10,000!

Day 1: We highlighted our organization. Our services, staff and more.

Day 2: With generous business sponsors, we were able to match all of our donations on during Corporate Match Day.

Day 3: Our live stream concert with Frank Martin Busch and the Names had a good turnout on Facebook live.

Day 4: Our Artful Aging Silent Auction sold three paintings. The artwork was amazing and the story being each piece is even more powerful.

Day 5: Cheryl Batterman won over $400 in local gift cards for donating more than $50 during Bridging Hope.

THANK YOU

Corporate Match Businesses:
- Kollath CPA’s
- Research Products Corp.
- Monona Bank
- Capital Lakes
- Gunderson Funeral and Cremation Care

T-shirt and Mask Sponsors:
- Willy St. Co-op
- Gallagher Tent and Awning

Event Sponsor:
- Wegner CPA’s

To everyone who donated during Bridging Hope!

We are always accepting donations via:
- Website—newbridgemadison.org/donate
- Check to NewBridge, 1625 Northport Dr. #125 Madison 53704

We will also continue to sell Bridging Hope t-shirts and NewBridge masks until our inventory is gone on our website.
VOLUNTEER SPOTLIGHT — LUIS GARCIA

For me volunteering gives me a sense of fulfillment knowing that my work is helping people get through this pandemic. Volunteering has helped me learn about the needs of my community and even if it's little, my work is helping those in need. I have learned that having hope is the core of a good heart. Hope is what makes me wake up in the morning knowing that even if it looks to be a bad day, hope will get me through. Helping those in need, I in turn am giving hope by my actions and that is fulfilling. It's an honor and a privilege to volunteer with NewBridge.
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, Nov. 10 & 24, 9:30-11:45 am

**NORTH MADISON**
Goodman Community Center  
149 Waubesa Street  
Monday, November 9, 10:00 am-Noon

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

**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, 4142 Monona Dr.

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 ask that you please wear a mask when you pick up or donate equipment.

We are currently accepting in-kind donations of:
- shower chairs
- tub transfer benches
COVID-19 TESTING
Public Health of Dane County recommends testing for:
- People who have had close contact with someone who tested COVID-19 positive.
- People with COVID-19 symptoms.
- People who have regular exposure to a large number of people.
- People who work closely with high-risk populations.

TESTING SITE OPTIONS
- Your Health Care Provider
  If you have health insurance, contact your provider to see if they are able to test you.

- Community Pop-Up Sites
  Details for these sites can be found on the Public Health website at https://publichealthmdc.com/coronavirus/testing
  - Alliant Energy Center, 1919 Alliant Energy Center Way, Madison
    Mon., Wed., Fri., Sat. 8:00 am-4:00 pm
    Tues. and Thurs. 8:00 am-8:00 pm
    No appointment necessary but is available Will be open through December.
  - South Madison Community Test Site, Public Health WIC Clinic, 2230 S. Park St, Madison
    Mondays and Fridays, 8:00 am-4:00 pm
    Wednesdays, 12:00pm-8:00pm
    If you can, make an appointment (608) 243-0302
    Must wear a face covering.
    *Will be open until at least December 30.
  - For Alliant and South Madison Sites:
    Free. Spanish and Hmong translators are available. For a free ride, call Public Health Transportation Line (608) 243-0420

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Reach the Senior Market
ADVERTISE HERE

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

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(608) 222-1342
www.mononamotors.com
4500 Winnequah Road, Monona, WI 53716

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For ad info. call 1-800-950-9952 • www.lpiseniors.com
New Bridge, Madison, WI
H 4C 01-2049
MEDICARE OPEN ENROLLMENT

OCTOBER 15 - DECEMBER 7

Save money and get the best coverage!

What can a NewBridge Case Manager help you with?

We can help you compare your current Medicare Part D plan with other Medicare Plan choices. Once you have decided on a plan that will meet your needs, we can help you enroll.

We have found safe, creative, and socially distanced solutions to continue serving you during the COVID-19 pandemic.

To learn more or to get the process started contact NewBridge:

(608) 512-0000

Ask for Intake Case Manager and they will start the process by gathering some information to get you set up.
Our 2019 annual report is now available on our website newbridgemadison.org

We list our 2019:

- Accomplishments
- Program Numbers
- Client Testimonial
- Business Sponsors
- Major Bequests
- Board of Directors
- Executive Team

- Friends of NewBridge Committee
- Financial Report
- Service Descriptions
- ....and much more

Norwegian American Genealogical Center & Naeseth Library
415 West Main Street • Madison, WI 53703-3116
Phone 608-255-2224
Website nacgcnl.org • Email genealogy@nacgcnl.org
Open Monday - Friday • 10:00 a.m. to 4:30 p.m.

Let us help you find your Norwegian roots!

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- Translation Services • Classes • Tours
- Web resources explained

Call or email for an appointment
nacgcnl.org

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Elija la mejor agencia consultora de IRIS de Wisconsin.*

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(844) 864-8987

Let's clear the path ahead.

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

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Let’s clear the path ahead.

*Datos de Fuente: Wisconsin Department of Health Services Options Scorecard data for IRIS Consultant Agencies, July 2019
Alzheimer’s & Dementia Caregiver Conference

This informative program is for families, friends and caregivers of persons with Alzheimer’s disease or related dementia. It is designed to enhance your understanding of the disease; how it affects those who have it; and how to effectively deal with it day-to-day.

Thursday, November 5th
Virtual Presentation
9 - 11:30 am

Registration deadline is November 2, 2020. Register by emailing teena.monk-gerber@alzwis.org or by calling 608-843-3544. Free and open to the public.

Finding balance when busy seems to be the only word you know: thoughts for those who care for others.

Thanksgiving every day: adding joy to your life by adopting an attitude of gratitude.

Keri Olson is a three-time cancer survivor of benign neurological tumors including one that caused temporary chest-down paralysis. Keri is also a former family caregiver, sharing her wisdom with audiences about blessing and joy.

Community resources: what every caregiver should know.

Teena Monk-Gerber, Dementia Outreach Specialist with the Alzheimer’s & Dementia Alliance of Wisconsin (ADAW) and Pam Kul-Berg, Dementia Care Specialist with the Aging & Disability Resource Center of Green County (ADRC) will partner to present this session.

The gift of presence: how we are present to a person with dementia changes as their condition changes them.

Through sharing stories, Shirley Keiter, Chaplain at Monroe Clinic, will offer ideas on how to be present in meaningful ways.

Alzheimer’s & Dementia Alliance of Wisconsin

Aging & Disability Resource Center
Monroe Clinic
A Member of SSM Health.
PUMPKIN TURKEY CHILI

Ingredients:
- 2 tbsp oil
- 1 lb ground turkey
- 1 can pumpkin
- 1 can diced tomatoes
- 1 can beans
- 1 onion diced
- chili powder
- garlic powder

Cooking Instructions:
In a pot heat up oil. Add onions and sauté until translucent. Add ground turkey and cook until brown. Add pumpkin, tomatoes (with liquid), beans (if using fancy beans keep liquid-other beans drain.) Add 2 tablespoons chili powder & teaspoon of garlic powder. Stir until well mixed, turn heat down to simmer for 15 minutes.

Serve by itself or on top of macaroni, rice, quinoa, top with sour cream, onions, cheese, or whatever your heart desires.
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.
MEDICARE OPEN ENROLLMENT

OCTOBER 15 - DECEMBER 7

We can help you compare your current Medicare Part D plan with other Medicare Plan choices. Save money and get the best coverage!

Call NewBridge at (608) 512-0000