PHOTOGRAPHING OUR LIVES DURING THE PANDEMIC

We are looking for photographers of all levels to take pictures of your lives as an older adult while living through this pandemic. Help NewBridge record your experiences through the lens of your camera to be part of an online exhibit hosted by NewBridge.

To sign up, please contact Deenah (608) 512-0000 Ext. 3002.

WE ARE CLOSED THURSDAY AND FRIDAY, DECEMBER 24 AND 25
THURSDAY AND FRIDAY, DECEMBER 31 AND JANUARY 1.

CHECK OUT WHAT’S INSIDE!

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www.NewBridgeMadison.org | (608) 512-0000
A LETTER FROM THE DIRECTOR…

Happy Holidays

A different kind of holiday season is in store for many of us this year. I hope we all will make the best of this unusual time and may your 2020 holidays be filled with love and friendship. A phone call or a virtual hug to your sibling, grandchild, parent or good friend can bring lots of joy, and is the next best thing to being there. After the holidays, let’s put this dreadful year behind us and focus on our hopes for the upcoming year and how to achieve them.

On behalf of the NewBridge staff, board and volunteers I would like to wish everyone a healthy and happy holiday season!

Thank you to our NewBridge Funders: [Logos of various organizations]

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
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- KEITH SCOTT, Volunteer Coordinator Ext. 3008
- RUTH HELLENBRAND, Program & Event Coord. Ext. 3012
- BOB BURNS, Nutrition Coordinator —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- MARY HENNING, Nutrition Coordinator —
- NANCY THOMPSON, Nutrition Coordinator —

All services and programs are offered without regard to race, gender, religion, color, creed, disability, sexual orientation, political beliefs, marital status, national origin, ancestry, age (where applicable), or any other basis prohibited by applicable law. Clients, participants, and volunteers are encouraged to report any discrimination relating to service delivery by NewBridge to the Executive Director or Board President, in writing.

ID Statement: The December (issue 12) 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.

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.

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.

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.

Foot Clinics
Our clinics are slowly reopening when we are prepared to do so. See page 16 for more info.

Virtual Classes & Activities
“Your connection to golden opportunities”
Find online classes & activities on our website and pages 6, 7, 8, 12, 13. Funded in part by Madison Community Foundation.

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.

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

Mt. Zion Church, 2019 Fisher St
Last day was Monday, November 23
This site moved to the West Office on Mondays.

NewBridge West Office, 5724 Raymond Rd.
Monday between 10:00-11:30 am
1 Meal Catered by Kavanaugh’s Esquire Club
Order with Candice at (608) 512-0000 Ext. 4006

Messiah Lutheran Church, 5202 Cottage Grove Rd.
Tuesday and Thursday, 11:30 am-12:30 pm
Not taking new participants.

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

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

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

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>
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</thead>
<tbody>
<tr>
<td>Meals provided by: Dane County Consolidated Food Services Division</td>
<td>Cheese Tortellini Bake Bread Stick, Spinach Mandarin Oranges Blueberry Crisp MO – Cheese Tortellini</td>
<td>Chicken a la King Brown Rice, Green Beans Corn Salad, Banana Frosted Marble Cake MO – Soy a la King</td>
<td>Traditional Meatloaf Sweet Potato Cinnamon Apple Sauce MO – Black Bean Burger</td>
<td>Pot Roast with Gravy Mashed Potatoes, Carrots Orange Juice Tapioca Pudding MO – 3 Veggie Meatballs</td>
</tr>
<tr>
<td>01 Cheese Tortellini Bake Bread Stick, Spinach Mandarin Oranges ...</td>
<td>02 Chicken a la King Brown Rice, Green Beans Corn Salad, Banana Frosted Marble Cake MO – Soy a la King</td>
<td>03 Traditional Meatloaf Sweet Potato Cinnamon Apple Sauce MO – Black Bean Burger</td>
<td>04 Pot Roast with Gravy Mashed Potatoes, Carrots Orange Juice Tapioca Pudding MO – 3 Veggie Meatballs</td>
<td></td>
</tr>
<tr>
<td>14 Chicken Strips Honey Mustard Sauce Garden Blend, Coleslaw Fruit Cup, Carnival Cookie MO – Veggie Chicken Strips</td>
<td>15 Enchilada Casserole Fiesta Corn, Pinto Beans Mandarin Oranges Frosted Churro Cake MO – Bean/Cheese Burrito</td>
<td>16 Mushroom Swiss Burger Green Beans, Potato Salad Fruit Cocktail, Lemon Bar MO – Garden Burger</td>
<td>17 Stuffed Green Pepper Soup, Mixed Greens Spiced Apple Slices MO – Egg Salad Sandwich</td>
<td>18 *Ham, Cheesy Potatoes Roasted Brussels Sprouts Chunky Apple Sauce Cherry Cheesecake MO – Multigrain Burger</td>
</tr>
<tr>
<td>21 Tuna Salad Sandwich Tomato Soup, Fruit Cup Blueberry Pound Cake MO – Tomato and Cheese Sandwich</td>
<td>22 *Pork Roast in Gravy Cranberry Stuffing, Broccoli Carrot Raisin Slaw Apple Juice Rainbow Sherbet MO – 3 Veg Meatballs/Gravy</td>
<td>23 Roasted Turkey/Gravy Rice Pilaf, Creamed Corn Cranberry Sauce Fruit Cocktail Brownie w/PB Frosting MO – Veg Chicken in Gravy</td>
<td>24 CLOSED</td>
<td>25 CLOSED</td>
</tr>
</tbody>
</table>

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**POINT PLACE APARTMENT**

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Point Place Senior Apartments offers a combination of style, comfort, and livability. This property is situated on Tree Ln. in the 53717 area of Madison. The leasing staff is ready to help you find your dream apartment. So get a head start on your move. Contact or stop by Point Place Senior Apartments to see available floor plans!

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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 Ott-Forde 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 Dec. 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 Dec. 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, Dec. 2, 1:00-2:00 pm
Discussing The Beans Trees by Barbara Kingsolver. Contact Deenah to sign up (608) 512-0000 Ext. 3002.

ZOOM BINGO!
Friday, December 11, 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, Dec. 3, 1:00-2:00 pm
Join us as we listen, recite, and write our own poetry led by Madison’s Poet Laureate Fabu Carter. Our December get-together is our Annual Poetry Party so we will be joined by the founder of the Poetry Project, New York Poet, Gary Glazner!
See page 8 for more info. 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 WITH RUTH & DEENAH

Wednesday, December 2 & 16
10:30-11:15 am
Brew a cup of coffee or tea and join us for a fun chat! You'll hear about the latest NewBridge happenings and we'd love to hear from you! Come prepared to share what programs your interested in and what you've been up to.
See NewBridge website for the Zoom link
www.newbridgemadison.org

ZOOM COLLAGE FOR THE SOUL
Thursday, December 3, 10, 17
10:30-11:30 am
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 and receive your art supplies and Zoom link (608) 512-0000 Ext. 3002.
POETRY PARTY

Thursday
December 3
1:00-2:30 pm
Via Zoom
Free and Open
to the Public

Featuring an array of Madison Poets reading original work. Former Madison Poet Laureate, Fabu Carter and Founder and Executive Director of the APP, New York Poet, Gary Glazner will lead the event. This event is for people living with memory loss, their caregivers and the general public.
For info, please contact Fabu (608) 235-4745
Fabu@artistfabu.com

See NewBridge website for the Zoom link
www.newbridgemadison.org

Funded in part by the Bader Philanthropies, Inc. The event is sponsored by the Alzheimer’s & Dementia Alliance of Wisconsin. The Alzheimer’s Poetry Project is proud to have the Center for Community Stewardship as our fiscal sponsor.
HOLIDAY SHOPPING & SCAMS
Wednesday, December 9, 10:00 am
In this all-encompassing presentation by the BBB, you’ll learn about smart shopping tips, identity theft and seasonal shopping scams. We will talk about how to spot the scams and what to do if you or a loved one becomes a victim. Join Zoom: https://us02web.zoom.us/j/88611416119

FINANCIALLY FIT IN 2021
Thursday, January 14, 10:00 am
Is your resolution to spend less money or pay off debt? Do you need help with creating a budget or getting your current budget back on track? Join us to learn ways to get your finances. In this virtual workshop, you will learn:
• The importance of saving
• How to stop “spending leaks”
• How to create and stick with it
• Tips and tricks to spend less and save

Join Zoom: https://us02web.zoom.us/j/84746087052

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New Bridge, Madison, WI D 4C 01-2049
HOLIDAY RECIPE EXCHANGE
Tuesday, December 8, 10:00 am
The familiar smell of fresh-baked desserts and homemade dishes are a shared favorite of the Holiday season. Although this year looks a bit different, we want to keep the cooking traditions alive and well. Send your favorite recipe to xmasxchangemsc@gmail.com to be featured in a virtual cookbook that will be shared via email. Then join us on December 8, 10:00 am via Zoom to participate in a discussion about our cooking stories, hacks, and other holiday traditions.

HOLIDAY TREAT DRIVE THRU
Thursday, December 17, 1-2:00 pm
Tis the season to be jolly! Come get a holiday treat bag and share the joy of the season. Pick up in the parking lot behind the Monona Pool bathhouse. Limited supply. One per person. Please wear a mask.

LESSONS LEARNED IN JOY
Friday, December 4, 10:00 am
Karen Dickrell, an educator of human development and relationships, loves to reach out to individuals and families to share the research of the University with people where they live and work. The lessons learned in joy build on our family strengths with messages and experiences gained over the years. Register online https://tinyurl.com/Lessons-in-Joy or call (608) 222-3415.
GOODMAN COMMUNITY CENTER ACTIVITIES

GOODMAN COMMUNITY CENTER ACTIVITIES

For more information contact Gayle Laszewski (608) 204-8032 or gayle@goodmancenter.org.

COVID QUESTIONS ANSWERED
Do you have a question or concern about COVID or the safety guidelines? UW Med Students are available to answer your questions. For more information contact Gayle (608) 204-8032 or gayle@goodmancenter.org

WALK THROUGH HOLIDAY PARTY
Monday, December 14, 1-3:00 pm
Goodman Community Gym & Parking Lot, 214 Waubesa St.
Enjoy holiday music as you walk thru our decorated gym with a cup of hot chocolate and a holiday gift. Congregate outside and be warmed by the fire pits. Upon leaving you will receive a special plate of homemade holiday cookies and a holiday dinner to enjoy at home. Registration required. Call Elisa (608) 204-8037 or elisa@goodmancenter.org
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 (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.

LATINX CULTURAL DIVERSITY

For more information, contact
Garrett Tusler, Cultural Diversity Program Coordinator, (608) 512-0000 Ext. 3009
GarrettT@newbridgemadison.org

WELCOME GARRETT

Garrett is a Madison native and so excited to be joining the talented team here at NewBridge as the Cultural Diversity Program Coordinator for Spanish Speaking Older Adults. He received his BA in Spanish and Teaching English as a Second Language from the University of Minnesota - Twin Cities in 2015. Since then, he has been working with culturally responsive and antiracist pedagogy during his time teaching in Uruguay, New Mexico, and through his studies of the work of Paulo Freire in Brazil as a Fulbright Scholar. When he is not at work, he is teaching himself the electric guitar, dancing salsa (poorly), and finishing up his thesis to receive his masters degree in International Educational Development from Columbia University. Garrett was drawn to NewBridge to join in and support their important mission of raising up the diverse voices of the Latinx community here in Madison and throughout Dane County.

ZOOM LATINX DISCUSSION GROUP

Every Friday, 10:30 am (except 12/25)
Todos los viernes, 10:30 am
December 4: Nutrition
December 11: How to use Facebook&Zoom
December 18: How to use Facebook&Zoom

See NewBridge website for the Zoom link
www.newbridgemadison.org
Consulte el sitio web de NewBridge para obtener el enlace Zoom
www.newbridgemadison.org

ZOOM YOGA SUAVE (SPANISH)

Mondays from Nov. 16-Dec. 21
10:15-11:15 am, 6 weeks
Cost $12 for MMSD residents and $18 for non residents

Una buena opción para todos los niveles y habilidades. Esta clase de yoga combina movimientos lentos, suaves y enfoca atención en la respiración. Por favor traiga su propia estera (yoga mat) a la clase.

Offered in collaboration with MSCR.
Register by contacting Garrett.
AFRICAN AMERICAN CULTURAL DIVERSITY
For more information, contact Deana Wright, Cultural Diversity Program Coordinator, (608) 512-0000 Ext. 2007 DeanaW@newbridgemadison.org

GETTING SOCIAL DURING COVID
During this pandemic, many older Black community members are facing social challenges, loneliness, anxiety, depression and isolation. It has, undoubtedly, been challenging not seeing family members, not engaging face-to-face with friends and not being able to enjoy NewBridge programming, outings and activities.

Zoom and Teleconference to the rescue!
Zoom is a video conferencing software, that works with iOS, Android and Windows operating systems. Zoom can help older adults stay connected with friends and family, access learning opportunities and stay engaged with the community. They’ll be able to join a group presentation, class or conversation right on their cell phones. After all, we all need human connection now more than ever. Some of the interests we may explore: Fitness & Wellness, Book Club, Internet & Digital Inclusion, Money Matters, Speaker Series, Current Events & The News, Cooking Classes, Art & Music, BLM & Social Justice, Aging with Attitude, Virtual Lunch Dates, etc. More information will be forthcoming as I ascertain interest and an accessibility!
GET INVOLVED & VOLUNTEER

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

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

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

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 DRIVERS
DESCRIPTION—Deliver food pantry items from The River Food Pantry and/or St. Vincent de Paul and/or Middleton Outreach Ministry Food Pantry to an older adults front door. No person to person contact! Flexible for your schedule. From the comfort and safety of your own car.
TIME COMMITMENT—2-4 times per month
IMMEDIATE NEED—20+ volunteers

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.
TIME COMMITMENT—Minimum of two hours per month. The board meets monthly. Board members serves a three-year term (up to two consecutive terms.) 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.
VOLUNTEER SPOTLIGHT – Meggan and Cole

Volunteering for NewBridge has been such a fun and rewarding experience for both myself and my 16-year-old son Cole. Teaching our children, the values we believe in and establishing this great feeling of hope we have within our community is something I hope he holds forever. NewBridge has given us the opportunity to form new relationships by helping us support the needs of others. My son has enjoyed being a volunteer and mowing lawns to help members of our community in need. I hope as he gets older his drive to help others remains. For this experience we are forever grateful. - Meggan

Volunteering as a 16 year old for NewBridge has been very fun over the last 4 months. I enjoy mowing lawns and so when I get to help someone else do what I love it makes me feel happy. I like meeting new people, helping others and making someone else's day better. It feels very good to help other people and become part of a community that is out to help others. It gives me a great hopeful feeling and makes me want to continue to do what I can do to make a difference for someone else. - Cole

When life offers the gift of time...

how will you spend it?

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> Independent Living  > Assisted Living
> Memory Care  > Rehabilitation

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718 Jupiter Dr., Madison, WI 53718
oakparkplace.com/madison

Monona Meadows
A Retirement Housing Foundation® Community
250 Femrite Drive, Monona, WI 53716
608-221-4422
Call for your personal tour today!
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, December 8 & 22, 9:30-11:45 am

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

Lakeview Lutheran Church  
4001 Mandrake Road  
Tuesday, December 15, 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
FREE FLU SHOTS!
The clinic is now open to ALL Dane County adults and children 6 months and older regardless of health insurance status.

Hours and location:
Tuesdays and Thursdays 12:00pm to 8:00pm
Wednesdays, Fridays, and Saturdays 8:00am to 4:00pm
Alliant Energy Center, 1919 Alliant Energy Center Way, Madison, WI 53713

Details:
- Free transportation available by calling NewBridge (608) 512-0000
  - No appointment needed
  - No ID required
  - Immigration status not asked
  - Interpretation is available
- After your shot, you’ll be asked to stay 15 minutes to watch for possible side effect.

CDC guidelines say you cannot get a flu shot if:
- You also need a COVID test the same day
- You have tested positive for COVID in the last 14 days
- You are waiting for a COVID test result
- You have symptoms like fever, cough, shortness of breath, vomiting, or diarrhea.

For more information: publichealthmdc.com/flu
MENTAL HEALTH RESOURCES FOR OLDER ADULTS

NewBridge Madison has been awarded a contract from Dane County Human Services to provide mental health resources for older adult (age 60+) case management clients from senior focal points throughout Dane County. NewBridge is in the process of hiring staff for the program which would begin operations as early as December. NewBridge is one of twelve senior focal points in Dane County. Senior focal point case managers are increasingly challenged with serving older adults whose mental health behaviors threaten their health, living situation, food security, and safety, yet these older adults may not have a mental health diagnosis or receive treatment. Without appropriate resources, focal point case managers are constantly required to react to the client’s behavior rather than address proactive treatment. This program will assist and provide support to focal point case managers to effectively help older adults with chronic mental health issues, who do not currently meet the qualifications of other mental health programs. The program provides mental health support to older adults in both urban and rural areas, and help prevent crises and the high costs associated with emergency care. More details to come in January newsletter.
Pantry Staples
By Alyce Miller, MS, RDN, CD
Registered Dietitian and Healthy Aging Coordinator
Area Agency on Aging of Dane County

With the cold weather rolling in, now is a good time to take inventory of what’s in your pantry and stock up on a few staples you may be missing. Keeping your pantry full of healthy, shelf-stable foods will allow you to create nutritious meals regardless of bad winter weather. Here is a list of some pantry “must-haves:”

Canned items (always look for “low-sodium”)

Canned Protein: canned salmon, chicken, tuna, black beans, pinto beans, white beans, kidney beans, chickpeas, and lentils

Soups and broth: Adding vegetables and protein to canned broth or stock can make a quick and easy meal when in a pinch. Canned soup is a convenient and inexpensive way to create a warm, filling meal in no time!

Vegetables: Canned tomatoes, corn, green beans, peas, carrots, peppers, and beets allow you to consume servings of vegetables without needing fresh options on hand. Strive to consume 2 2½ cups of vegetables per day.

Fruit: Canned fruit such as pineapple, mandarin oranges, peaches, or fruit cocktail are all great options. Make sure to look for canned fruit in 100% juice or water instead of syrup. Applesauce and dried fruits such as raisins, cranberries, prunes, and dates are also great ways to consume your recommended 1½-2 cups per day.

Grains

Brown rice, quinoa, oats, whole grain pasta, crackers, rice cakes, and boxed dry cereal such as Raisin Bran are grains that offer energy, B vitamins, and fiber.

Whole foods

Potatoes, garlic, and onions can last in your pantry for weeks maybe even months! They are easy to incorporate in a variety of meals and offer a great source of fiber, vitamins, and minerals.

Oils, Vinegars & Sauces

Extra virgin olive oil, canola oil, apple cider vinegar, balsamic vinegar, mayonnaise, marinara sauce, low sodium soy sauce, ketchup, mustard, peanut butter, and honey. Having these oils, sauces, and vinegars on hand allows you to create dressings, marinades, or toppings for any dish.

Spices

Mrs. Dash, dried herbs, garlic powder, chili powder, cumin, cinnamon, and turmeric are just a few go-to spices that can elevate flavor in any meal!
GivingTuesday is a global generosity movement unleashing the power of people and organizations to transform their communities and the world. GivingTuesday was created in 2012 as a simple idea: *a day that encourages people to do good.* Whether it’s making someone smile, helping a neighbor or stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts and everyone has something to give.

If you’re inspired to give a financial contribution to NewBridge for GivingTuesday, visit our website at newbridgemadison.org

If you’d like to volunteer, contact David Wilson at (608) 512-0000 Ext. 2006.
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.

2021 FRIENDS OF NEWBRIDGE & GENERAL DONATION FORM

Name/s: ____________________________________________
Address: __________________________________________
City: ____________________________________________ State: ____________ Zip: ____________
Phone: _____________________________ Email: ____________________________

Please check all boxes that apply:
☐ $ ____________ 2021 annual Friend of NewBridge renewal or new Friend of NewBridge
 $15 Older Adult • $25 Individual • $30 Family • $50 Silver • $100 Golden
Send my monthly newsletter via ☐ mail ☐ email ☐ both ☐ none
☐ $ ____________ Additional or general donation for NewBridge programs and services
☐ $ ____________ In honor/memory of: ____________________________________________
☐ I wish my donation remain anonymous

Mail form & payment to NewBridge, 1625 Northport Dr. #125, Madison 53704.
You can also purchase a friendship or make a donation on our website at newbridgemadison.org. Friendships are renewed annually. Donations may be tax deductible to the extent of the tax code.
Snow Angels

FOR MORE INFORMATION, CONTACT DAVID WILSON
(608) 512-0000 EXT. 2006
DAVIDW@NEWBRIDGEMADISON.ORG

Volunteers Needed!