HAPPY NEW YEAR

From the NewBridge Madison Team — we are wishing you and yours a happy and healthy New Year!

“The new year stands before us, like a chapter in a book, waiting to be written.” Melody Beattie

2020-2021 INCLEMENT WEATHER POLICY

We are adapting our inclement weather policy since the Madison School District may be virtual and we can’t count on their “snow day” decisions like years prior.

For everyone’s safety, if the National Weather Service issues a winter weather warning to go into effect for a weekday between 8:00 am-4:00 pm for Dane County, all NewBridge home-delivered meals/pick up meals and foot care clinics will be canceled.

Severe warnings include the following:
Winter Storm Warning, Blizzard Warning Wind Chill Warning, Ice Storm Warning

We will re-open these services the next business day once the warning is lifted. All warnings are announced on major television and radio stations. A message on our answering service will also announce any closings.
A LETTER FROM THE DIRECTOR…

A critical component of the success of NewBridge is dependent on the work and dedication of the Board of Directors. Our current board, consisting of seven at large members, is an excellent mix of professionals who bring a wide variety of talents and resources. During COVID-19 and the racial tensions that arose last year, our board was instrumental in supporting the organization through the many challenges the agency and our participants faced. Our nominating committee is interviewing board candidates and we hope to add three additional board members to build upon the diversity of our board and widen our impact in the community.

Thank you NewBridge Board! Stay Well!

Thank you to our NewBridge Funders:

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NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director  Ext. 3005
- KATIE GALLAGHER, Associate Director  Ext. 4001
- DEB TEMERBEKOVA, Executive Assistant  Ext. 4000
- JOE NEUMAIER, Administrative Assistant  Ext. 2000
- ABIGAIL NINNEMAN, Case Manager Intern  Ext. 4008
- ADA ZHANG, Case Manager Intern  Ext. 1001
- ALIRIO PARDO, Case Manager - español  Ext. 1007
- EBONIE BROOKS, Case Manager  Ext. 3006
- GLEN THOMMSEN, Case Manager  Ext. 2005
- GRETCHEN SCHADEBERG, Case Manager  Ext. 1009
- JENN GARCIA-LUDOLPH, Case Manager  Ext. 1003
- JENNIFER BROWN, Case Manager Supervisor  Ext. 2003
- JODIE CASTANEDA, Case Manager Supervisor  Ext. 1004
- KAYLEIGH COLOSO, Case Manager - español  Ext. 2004
- MAUREEN QUIINLAN, Case Manager  Ext. 4003
- MEGAN KULINSKI, Case Manager  Ext. 3004
- RACHEL OKERSTROM, Case Manager  Ext. 4002

- SAMMY AZUMA, Case Manager  Ext. 1005
- STEPHANIE BRANDSMA, Case Manager  Ext. 2008
- SUSAN WATSON, Case Manager  Ext. 1006
- DAVID WILSON, Marketing Manager  Ext. 2006
- DEANA WRIGHT, Cultural Diversity Program Coord.  Ext. 2007
- DEENAH GIVENS, Program Coordinator  Ext. 3002
- GARRETT TUSLER, Cultural Diversity Program Crd.  Ext. 3009
- JEANETTE ARTHUR, Volunteer Coordinator  Ext. 4007
- KATIE BRIETZMAN, Community Outreach Spec.  Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator  Ext. 3008
- RUTH HELLENBRAND, Fund Devel. & Event Coord.  Ext. 3012

- BOB BURNS, Nutrition Coordinator —
- CANDICE ALEXANDER, Nutrition Manager  Ext. 4006
- FAITH SWINBURN, Nutrition Coordinator —
- GINNIE RICHMOND, 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 January (issue 1) 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.
Bridge Buddies-Friendly Callers
Volunteers are matched with Case Management clients to do safety check calls and/or social friendly calls.

Case Management
Case Managers are available to help older adults connect to available resources. Funded in part by Paul H. Kusuda Special Projects Fund Grant.

Face Mask Delivery
One reusable, hand-made mask will be delivered to the older adult’s door by a volunteer.

Food Bridge Delivery
Volunteer are matched with Case Management clients to deliver food from a pantry and continue as needed. Funded in part by United Way of Dane County.

Foot Clinics
See page 16 for more info.

Zoom Classes & Activities
See our website and pages 6, 7, 8, 12. Funded in part by Madison Community Foundation.

Home Chore - outdoor only
Volunteers are matched with Case Management clients who need basic household chore help. Funded in part by Madison Community Foundation.

Representative Payee & Guardianship Service
Trained volunteers are matched with vulnerable older adults who need a payee or guardian. Funded in part by Endres Manufacturing.

Take-Out 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.

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

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

Funded in part by UW Health, UnityPoint Health - Meriter & Quartz, Schlecht Family Foundation, Capitol Lakes, Madison Gas and Electric, Green Bay Packer Foundation.
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**Finally Ready To Sell Your Home?**

⇒ No Repairs
⇒ No Realtors
⇒ No Cleaning Whatever
⇒ No Uncertainty - Close When You Want

We Can Buy Your House As-Is!

What other Madison homeowners say about us:

"...Their teamwork made everything run smooth from start to finish. They were very professional and always explained and answered my questions." - Wanda W.

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⇒ MadisonHB.com

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55+ SENIOR COMMUNITY

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!

7495 Tree Lane Madison, WI 53717 | 608-210-3250
PointPlace@commonbond.org

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Specializing in Affordable Housing for Seniors, People with Disabilities, and Families

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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, contact Becky Otte Ford raonine@gmail.com or (608) 215-4119.

ZOOM TECHNICAL ASSISTANCE
Tuesdays in January, 9:00-11:00 am
Learn more about Zoom, your iPhone, iPad or tablet via Zoom appointment.

To sign up, contact Deenah DeenahG@newbridgemadison.org

ZOOM SPIRIT & STRENGTH:
SHARING WISDOM IN TROUBLED TIMES
Tuesdays in Jan. 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 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.

To register, visit Ellen’s website for the Zoom link www.thewonderofyoga.com

ZOOM BOOK CLUB
Wednesday, Jan. 6, 1:00-2:00 pm
Discussing The Twelve Tribes of Hattie by Anaya Mathis. Our February book is Circling the Sun by Paula McLain.

To sign up, contact Deenah DeenahG@newbridgemadison.org

ZOOM BINGO!
Friday, Jan. 8 & 22, 1:00-2:00 pm
Join us for bingo with caller Diana D!

To sign up, contact Deenah DeenahG@newbridgemadison.org at least one week in advance to get bingo cards and Zoom link.

ZOOM POETRY WITH FABU
Thursday, January 21, 1:00-2:00 pm
Join us as we listen, recite, and write our own poetry led by Madison’s Poet Laureate Fabu Carter. Funded in part by Bader Philanthropies, Inc.

See NewBridge website for the Zoom link, www.newbridge madison.org
ZOOM COFFEE TALK WITH RUTH & DEENAH

COFFEE & Conversation

NEW DATE AND TIME
Tuesday, January 12, 3:00-4:00 pm
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 you're interested in and what you've been up to.

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

ZOOM ARTS FOR ALL: MEDITATION WITH TEXTILES
Thursday, January 14, 21, 28
10:30-11:45 am
First part of this 6-week series as we learn to work with textiles in a meditational way. Artist Patrizia will be our guide. No prior experience necessary. All materials will be supplied to you free of charge.

Contact Deenah to sign up and receive supplies and Zoom link
DeenahG
@newbridge madison.org

Behind on your bill? MGE is here to help.

We’re here to work with you.
MGE representatives are here to help households and businesses that may need help. If you need assistance or have questions about your account, please visit the Customer Service section of mge.com or call us at (608) 252-7144.

Scams are on the rise. Make sure it’s us.
If you receive a call, email or visit that you suspect is fraudulent, please call MGE at (608) 252-7222.

Get free energy-saving advice.
MGE can provide expert advice for how to assess and manage your energy use. Email our Energy Experts at AskExperts@mge.com.

MGE is committed to safe and reliable service.
Lights out, power line down or other emergency? Call us at (608) 252-7111. Smell gas? Leave immediately and call us at (608) 252-1111.
LIFE DURING A PANDEMIC: A PHOTOGRAPHIC EXPOSE’

If you are a new photographer or have been taking pictures your whole life, this intergenerational project is for you! We are chronicling our daily lives during this pandemic through pictures we take from March 15, 2020 to June 30, 2021.

To get involved, contact Deenah at DeenahG@newbridgemadison.org

WELCOME TWO NEW STAFF

Alirio Pardo is NewBridge’s newest Bilingual Case Manager.
He is a Colombian native who has lived in Wisconsin for over 17 years. Alirio has worked extensively in community outreach in both Colombia and the United States with organizations. He has previously served the Latinx community and older adults through his societal and clinical pastoral experience for his Master’s degree. Alirio was looking for an opportunity like NewBridge, and he is excited to join an organization whose mission is proving a “bridge to successful aging,” especially to those most in need. He is passionate about connecting others with resources and services and advocating for them.

Ginnie Richardson has started as our Nutrition Coordinator. She has over 40 years experience in food service. She was raised on Madison’s east side, and started working at Rennebohm’s when she was 15. From Madison her career took her to Chicago, Detroit and Lexington KY where she raised her family for 23 years. Ginnie has worked in hotels and restaurants, been a private chef, owned a bakery, and worked for a K-12 school system. She is happy for this opportunity to work with NewBridge at the Romnes site and is looking forward to a time when we can all connect in a more personal way!

Leave us a review on Facebook and we will mail you a NewBridge cloth mask, while supplies last.
facebook.com/NewBridgeMadison
Concerned about Medicare fraud?
Give us a call...

**PROTECT** your personal information

**DETECT** suspected fraud, abuse, or errors

**REPORT** suspicious claims or activities

**Toll-free Helpline:**
888-818-2611
Email: smp-wi@gwaar.org

gwaar.org/senior-medicare-patrol

**Wisconsin SMP**
Empowering Seniors To Prevent Healthcare Fraud

This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C., 20201.

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With Dean Advantage you can choose a plan that fits your life. Explore exceptional benefits, like dental coverage - from preventive to full comprehensive care.

Learn more [deancare.com/MedicareAdvantage](http://deancare.com/MedicareAdvantage)

Dean Health Plan, Inc. is a HMO/POS with a Medicare contract. Enrollment in Dean Health Plan, Inc. depends on contract renewal. Dean Health Plan markets under the names Dean Advantage and Prevea60 Medicare Advantage.
DEVLIN’S LAKE VIRTUAL HIKE
Wednesday, Jan. 20, 9:30-10:30 am
This will be a unique, virtual exploration of the most popular Wisconsin State Park. As part of this adventure, we’ll also have an optional scavenger hunt activity and an opportunity for participants to share memories. Our presenter will be a UW-Madison geology student. Email lhunt@cityofmadison.com for Zoom invite.

MONEY MATTERS
Tues, Jan. 12, 19, 26, 1:00-2:00 pm
January 12: Post-Holiday Scams
Learn from local Associated Bank Manager, Victoria Davis, what to watch for, and what to do if you think you are a victim.

January 19: Family First
Learn what questions to ask, how to put your arrangement in writing, and what you can do if a family member is bullying you or making you feel unsafe.

January 26: Stretching Your Dollars
Learn tips and strategies for stretching your limited income as far as possible.
Email lhunt@cityofmadison.com for a Zoom invite.

MINDFUL MOMENTS
Tuesdays, Jan. 5, 12, 19, 27, 11:30 am
Join Sandy Homburg for a calming 15 minute guided mindfulness meditation. All are welcome, and no experience is needed. Call (608) 222-3415 to share your email address to receive the invite.

TRIPS TO THE LIGHTHOUSES WITH DAVID MOSSNER
Tuesday, January 12, 1:00 pm
Collecting Lighthouses has been an ongoing pursuit for David since 2013. Join with us on this Virtual Tour as we explore the lights along the Wisconsin, Michigan and Indiana shorelines.
Call (608) 222-3415 for an invite to this virtual event.
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

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

SSM HEALTH– IDEAS TO HELP SENIORS STAY AT HOME

Tuesday, January 26, 11:00 am

Get information on services that can help you age at home, help you with aging family or friends, avoid emergency room and hospital admissions, and receive care that you are entitled to.

Zoom Link: https://us02web.zoom.us/j/89837278839
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

To register for the activities below:
See NewBridge website for the Zoom link
www.newbridgemadison.org
Consulte el sitio web de NewBridge para obtener el enlace Zoom

ZOOM BILINGUAL BINGO
BINGO BILINGÜE EN EL ZOOM
Friday, January 29, 2:00-3:30 pm
Viernes, el 29 de enero, 2:00-3:30 pm

ZOOM DISCUSSION GROUP
GRUPO DE DISCUSIÓN EN EL ZOOM
Every Friday, 10:00-11:30 am
Todos los viernes, 10:00-11:30 am
Join us on zoom as we discuss relevant issues on health, wellness, and important themes within our community.
Únete a nosotros en el zoom donde discutimos temas relevantes sobre la salud, el bienestar y otros temas importantes dentro de la comunidad latina.

- January 8: Fraud Protection with the UW Credit Union - Protección contra fraudes
- January 15: The Black Lives Matter Movement - Las vidas de los negros son importantes
- January 22: What does LGBTQIA+ mean? - Que Significa LGBTQIA+
- January 29: Using Our Voices - Usando Nuestras Voces

ZOOM CHATS WITH GARRETT
CÍRCULO DE AMIGOS CON GARRETT
Wed., Jan. 13 & 27, 1:00-2:30 pm
Miércoles, el 13 y 27 de enero
1:00-2:30 pm
Join us on zoom for informal chats where we can get to know one another and talk about what matters to us most!
Únete a nosotros en el zoom para tomar café, charlar y platicar en un ambiente familiar para una oportunidad de conocernos mejor!

FOLLOW US ON FACEBOOK!
¡SÍGUENOS EN FACEBOOK!
www.facebook.com/groups/newbridgetlatinx
AFRICAN AMERICAN CULTURAL DIVERSITY
For more information, contact Deana Wright, Cultural Diversity Program Coordinator, (608) 512-0000 Ext. 2007 DeanaW@newbridgetensionadison.org

CONFERENCE & ZOOM CALLS
It's a new year! In the absence of in-person programming, we will be engaging through conference calls and zoom gatherings for older black program participants. Some of the interest we may explore include, fitness, health & wellness, Book Club, Money Matters, cooking, art & music, BLM & social justice and a speaker series. If you're interested in joining in the fun and learning, please let Deana know by calling (608) 512-0000 Ext. 2007.
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.

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!
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. From the comfort and safety of your own car. Flexible for your schedule.
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.
The United Way READI (Retired Employees are Dedicated Individuals) Senior Volunteer Program has been volunteering with NewBridge for years on our monthly newsletter bulk mailing along with other projects. The group is always friendly, helpful, and very efficient! It’s a real joy to have them.

**THANK YOU READI VOLUNTEERS!**

If you are looking for an opportunity to give back to our community, once it’s safely to do so, consider joining the READI volunteers. READI volunteers contribute over 5,000 hours annually by helping over 50 local organizations. There are project opportunities for everyone regardless of physical restraint, age, or work experience.

To sign up or for more information email READI@uwdc.org or call Kristi (608) 246-4350 Ext. 6550.
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.

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

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

**COVID 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, Jan. 12, 19 & 26, 9:30-11:45 am

**NORTH MADISON**
Goodman Community Center  
149 Waubesa Street  
Monday, January 11, 10:00 am-Noon
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 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 January.*

  - 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 through January.*

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

Contact: Paul O'Flanagan
Attorney at Law
862 Woodrow Street
Madison, WI 53711
(608) 630-5068
Paul@oflanaganlaw.com
Sneezing? Runny nose? Coughing? With the threat of coronavirus, you might be asking yourself if the symptoms you are experiencing are COVID-19 or something else.

The chart below will help you better understand the differences between allergies, cold, flu and COVID-19 symptoms. If you are concerned about your symptoms, talk to your doctor about the right treatment and precautions.

### Most common symptoms for each

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>Allergies</th>
<th>Cold</th>
<th>Flu</th>
<th>COVID-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body aches</td>
<td></td>
<td></td>
<td></td>
<td>sometimes</td>
</tr>
<tr>
<td>Chills</td>
<td></td>
<td>rarely</td>
<td>✓</td>
<td>sometimes</td>
</tr>
<tr>
<td>Dry cough</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Fatigue</td>
<td>sometimes</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Fever</td>
<td></td>
<td>rarely</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Headache</td>
<td>✓</td>
<td>rarely</td>
<td>✓</td>
<td>sometimes</td>
</tr>
<tr>
<td>Itchy eyes</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loss of taste/smell</td>
<td>sometimes</td>
<td>rarely</td>
<td>sometimes</td>
<td>✓</td>
</tr>
<tr>
<td>Nasal congestion</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>rarely</td>
</tr>
<tr>
<td>Nausea/vomiting/diarrhea</td>
<td>sometimes</td>
<td>sometimes</td>
<td>sometimes</td>
<td>sometimes</td>
</tr>
<tr>
<td>Runny nose</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>rarely</td>
</tr>
<tr>
<td>Sneezing</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>sometimes</td>
</tr>
<tr>
<td>Sore throat</td>
<td>sometimes</td>
<td>✓</td>
<td>✓</td>
<td>sometimes</td>
</tr>
<tr>
<td>Shortness of breath</td>
<td>sometimes</td>
<td>rarely</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>
Cheesy Cauliflower or Broccoli Soup

*LOW CARB

**Ingredients:**
- 2 heads Cauliflower or Broccoli (or three bags frozen)
- 1/2 c Carrots, chopped (optional)
- 1/2 c Celery, chopped (optional)
- 1 medium Onion, chopped
- 1/4 small Pepper, chopped
- 1/2 t garlic powder
- 1 t smoked paprika, or red chili powder
- 1 t salt
- 1/2 t ground pepper
- 1/2 t dry mustard of mustard seed (brown or Dijon even works!)
- 2 c Chicken Broth
- 1 c Heavy Cream (or a block of cream cheese)
- 2 1/2 c shredded cheese

**Instructions:**
Clean and loosely chop cauliflower or broccoli. Place into cooking pot. Add all veggies and seasonings. Add chicken broth and heavy cream or cream cheese. Bring to boil and then reduce heat. Simmer for 2-3 hours until vegetables are soft. Use a blender or immersion blender to blend the soup to your desired consistency. Add cheese and enjoy!
WE DID IT! With the help of over 65 volunteer drivers and two outstanding partners, Door Creek Church and LJ's Sports Tavern & Grill, we delivered 367 hot and ready-to-eat meals to older adults in Madison on Thanksgiving Day! And what a pleasure it was.

A little history...
Ed Manuel Sr, started the program in the 1980's with the South Madison Neighborhood Center. In 1992, Pastor David Smith, Sr. took it over and in 2000, the Pastor and his wife Tracy coordinated with their former church, Faith Community Baptist Church and the South Madison Senior Coalition. (One of the four organizations that merged to create NewBridge.) Once the merge was complete, the partnership continued as Door Creek Church and NewBridge Madison. Normally all of the food is donated and volunteers cook, package and deliver on Thanksgiving Day but due to COVID, another partnership was formed with LJ's Sports Tavern and Grill. This program has a deep, rich history full of wonderful partnerships and collaborations for our older adults.
What you need to know about enrolling in Medicare

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

January 23, 2021, 9-11:30 am
Email aaa@countyofdane.com to register by 1/14/21

March 20, 2021, 9-11:30 am
Email aaa@countyofdane.com to register by 3/11/21

May 15, 2021, 9-11:30 am
Email aaa@countyofdane.com to register by 5/6/21

Seminars will be offered via Zoom.
Email for more information.

We Make Medicare Uplifting
Call for an appointment today!

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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 (60+).

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.*
ZOOM ARTFUL AGING
Wednesdays, 1:00 pm
8 Weeks in February & March
$5 Class Fee - Materials Included
Instructor Amy Cavi
If interested, contact Ruth (608) 512-0000
Ext. 3012, RuthH@newbridgemadison.org