



Giving Matters

DONOR NEWSLETTER OF THE MADISON SENIOR CENTER FOUNDATION, INC.

SPRING, 2022

The Annual Recognition Breakfast. You're Invited!

Join Senior Center leaders and staff for a breakfast buffet on Tuesday, April 19 from 9:30 to 10:45 am. Participants, donors, and volunteers are invited to this special event. This event will recognize the energy, enthusiasm and dedication each participant, donor, and volunteer shares with Madison Senior Center. It's our way of saying "Thank You" for all you do to support healthy aging in Madison. Our guest, Dr. Susan Frikken from Be Well Madison, presents "Get Moving."

It's time to emerge from your home, your chair, winter, the pandemic, and more. We'll learn about the science of movement, simple tips for things you can do in your everyday life, and the fun movement offerings in the community. We'll even try a few things! Come with your own ideas and questions for this interactive event!

Dr. Frikken LMT is a physical therapist in private practice in Madison, having received her undergraduate degree at Ripon College, and Doctor of Physical Therapy degree at UW-Madison. Her goal is to incorporate arts and nature into therapeutic practice, helping to change health and wellness care in our country. She is a certified leader of Stepping On, an evidence-based falls reduction program. Proudly, she is a founding member of the Madison Area Wellness Collective [now Be Well Madison], making health and wellness choices easier and more accessible through connecting practitioners and community.

Senior Center Manager, Sally Jo Spaeni, premieres the 2021 Senior Center Annual Report, with highlights of accomplishments for the Senior Center, its leaders, staff, and volunteers. These achievements are only possible through the continued support of volunteers and donors. The breakfast is an opportunity to honor and appreciate their efforts.



Mingle at 9:30 am, enjoy a breakfast buffet, and participate in the program at 9:45 am. The presentation will end at 10:45 am. Please call 266-6581 to RSVP. We look forward to seeing you!

Your contributions allow us to provide this exceptional event celebrating the people who help make the Senior Center great. Thank you for your support!



AGE MY WAY: MAY 2022

*Age My Way
in May*

Every May, the Administration for Community Living leads the nation’s observance of Older Americans Month. The 2022 theme will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is *Age My Way*, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

The Madison Senior Center helps older adults age in their community by offering connections to resources like computer help, euchre card club, poetry, lunch, food pantry items, and free physical fitness classes. Financial support to the senior center funds these activities so that folks can “Age My Way.”

Did Someone Say FREE?

The Madison Senior Center is currently offering the following programs FREE of charge:

- ♥ Computer/Technology Help at all levels by appointment
- ♥ Collage Making
- ♥ Writing Your Life
- ♥ Poetry Writing
- ♥ Hmong Dance
- ♥ Weekly Movies (new, classic & requested)
- ♥ Yoga
- ♥ Monthly Book club
- ♥ Gay, Grey, and Beyond
- ♥ Euchre
- ♥ Monthly Craft Making
- ♥ Voices of Color

Save the Date

SEPTEMBER 16 FOR THE SENIOR CENTER PICNIC

In celebration of National Senior Center month, everyone is invited on Friday, September 16 to join us at the Madison Senior Center. All are welcome to partake in picnic-style food, entertainment, and games.



Remembrance Gifts Supports Center Efforts

Honoring the memory of those special to you by giving to the Madison Senior Center can be a comforting and thoughtful way to memorialize family and friends. This is an excellent way to ensure that Senior Center programs and services remain available into the future. Your gift amount is not disclosed, and a letter can be sent to the family or individual so honored informing them about your kind contribution. These gifts are noted in the monthly newsletter and serve to highlight very special people. Envelopes are included with this newsletter for your use.



Making a Big Impact on Senior Food Insecurity

We are proud to announce a new partnership with the River Food Pantry. Beginning in April, the Madison Senior Center will become an E-Pantry enrollment, sign-up and delivery station for those experiencing food insecurity. This is a great opportunity for seniors to have more localized access.



Once a month, households have the option to order their groceries online. Based on household size, families select from a variety of healthy and nutritious food, including fresh produce, meat, dairy, culturally relevant offerings, and special dietary options, such as vegetarian and gluten-free items.

Why is the Senior Center Important?

Madison Senior Center is a great place for seniors to relax, eat, network and meet new people. It's also a place to have fellowship and vent about older adult issues of concern.

- Gloria Hampton, Participant



Madison Senior Center Foundation Amps up Partnership Grants

The Madison Senior Center Foundation, a 501 c 3 organization, pays for programs and activities, including a multitude of educational classes, wellness activities, and performances. Associated expenses include instructors, refreshments, volunteer recognition and advertising.

Beginning in 2022, the MSC Foundation Partnership Fund Grant is set to increase the amount of support given to community non-profits. The goal is to promote successful aging amongst older adults (age 55+) living in the city of Madison by periodically awarding monetary support, through a competitive grant process, to nonprofit agencies that offer programs, activities, or events that follow the approved City of Madison Framework for Successful Aging.

Donations to the MSC Foundation given today will promote healthy aging not only at the Senior Center, but in the entire Madison community.

Join the Foundation Board for a Chance to Change Lives

We're looking for talented people to assist with our fundraising and decision making processes on the Senior Center Foundation Board! Provide guidance, solicit and accept funds and other gifts in support of Madison Senior Center and its programs, policies and services for older adults in Madison and make decisions on the Board of Directors for the Madison Senior Center Foundation.

Use your skills and talents to increase the number of partnerships and financial stability of the Senior Center so it can become known as an inclusive community where older adults thrive. Contact John Weichelt at jweichelt@cityofmadison.com or 608-267-2344 to learn more.



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Upcoming MSC Events

♥ **April 19, 9:30 am**
Annual Meeting and Guest Speaker
Dr. Susan Frikken: Get Moving!

♥ **April 21, 10 am**
Voices of Color
Guest: Mai Zong Vue

♥ **May 6, 5 pm**
Artful Affair
Gallery Night Exhibit Opening

♥ **May 17, 10 am**
What is Green Burial?
Natural Path Sanctuary, Gunderson Funeral & Cremation Care

