



Giving Matters

DONOR NEWSLETTER OF THE MADISON SENIOR CENTER FOUNDATION, INC.

FALL, 2019

Special Event Changes on the Horizon

We are planning two exciting new events for 2020. Both will be great opportunities to have fun, support the Senior Center, and invite new friends to learn about all we do to help older adults age successfully.

MSC NOSTALGIA NIGHT

Connect to your past with a night of dance, food and fun. Call a friend you grew up with, went to school with, or have a strong connection with and invite them along to reconnect during this celebration of lived years. Prize awarded for the longest standing friendship! Dress up in your favorite 60s or 70s fashion, listen to your favorite tunes, and get your groove on! Will be held April 2020 – Date TBD.

MSC GOLF TOURNAMENT

Cherokee Country Club will be hosting Madison Senior Center's first annual golf tournament on August 10 from 11:30am to 5pm. Mark your calendars NOW! Proceeds benefit the Madison Senior Center.



If you'd like to golf in the tournament, or know a business that would sponsor this event, please contact John Weichelt, (608) 267-2344, jweichelt@cityofmadison.com.

Please note that the Classic English Tea will not be held this year.

More Great Courses Now Offered

The Senior Center has now expanded its offering of Great Courses to a rotation of four classes. Offerings now include: Climate Change, Inexplicable Universe, Great Trials of History, and Classical History.

Great Courses at the Senior Center are facilitated by volunteer instructors who break down lectures by professors into lessons that consist of videos, handouts, and enlightening discussion. Your financial support will be used to expand our offerings of Great Courses and help fund handouts, videos, and supplemental educational materials.

Penny has been attending recently and had this to say:

"Who would have thought at my age that there'd still be so many fascinating things to still learn and how the past relates to the present."

SUPPORT EFFORTS TO “FRIEND” RAISE BY JOINING THE FOUNDATION BOARD

We’re looking for talented people to assist with our fundraising and decision making processes on the Senior Center Foundation Board! Do you have marketing, event planning, or fund development experience that you’d like to share? If so, we need you! 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 partnerships and financial stability of the Senior Center so it can better serve older adults and the community.

Contact John Weichelt at jweichelt@cityofmadison.com, (608) 267-2344 to learn more.



Health and Resource Fair is a One Stop Shop for Older Adult Health

On October 9th, MSC held its annual Health and Resource Fair. Over 80 participants came to learn about maintaining and improving their health. Attendees could visit any of the 34 exhibitors that serve older adults and help them to age in place successfully.

We also had screenings available for participants to evaluate an array of health and longevity related measures. The UW School of Social Work performed depression and stress tests, Aging and Disability Resource Center conducted memory screenings, and Apex Chiropractic held neurological assessments.

After participants had some time to stop at exhibitor booths, everyone was directed upstairs to hear the keynote speaker, Robert McGrath give keynote entitled “Thriving at Any Age: Guidelines for Living a Happy and Healthy Life.”



Ed tutors Charlie in English during one of their many sessions. The Madison Senior Center is a great place to meet up for friendship and learning.

Madison Senior Center is Making New Community Partnerships to Increase Awareness

MSC has been busy connecting with community groups throughout Madison. The Senior Center started a campaign to connect with local community groups, and businesses with the goal of increasing awareness in the community about how MSC programs, activities, volunteer opportunities and events provide support and services to older adults.



Recently, MSC collaborated with the YWCA to work on developing programs that benefit older adult women and families, living at the downtown location. MSC staff presented an informative session at the YWCA about the programs and activities we offer and served ice cream to YWCA residents.

The YWCA generously chose the Senior Center for their community outreach project and painted our entire upstairs.

Additionally, MSC is partnering with Madison's Central Business Improvement District (BID) and will be a featured location for "Shine On Madison" holiday displays and other downtown collaborative activities.

- ♥ Tree Lighting Ceremony: November 16, 4-7 pm (lighting at 6:08 pm)
- ♥ Wine Walk: November 21, 3-6 pm

What is the Madison Senior Center Foundation?

The Madison Senior Center Foundation is a 501c3 nonprofit charity organization. While the City of Madison provides the facility and the staff at the Senior Center, we rely on donation to fund programs, activities and events that help adults age well by avoiding disease & disability, maintaining high physical and cognitive function, and by staying engaged in the community. MSC invests your donation to meet the growing resource needs of the Senior Center. Current needs include an upgrade of our audiovisual equipment, supplies for art programming, and transportation options to name a few. All donations are used to increase the number of and improve the quality of programs, activities and events designed to help participants age well.

Upcoming Events

- ♥ **Sleep Deprivation, Insomnia & the Solution**
Monday, November 11
12:00 pm
- ♥ **Together Fest**
Wednesday, November 13
5:00-7:30 pm
- ♥ **Fresh Wreath Pick Up**
Tuesday, November 26
12:00-5:00 pm
- ♥ **KG and the Ranger**
Tuesday, December 3
1:00 pm



Gwen and Elvis impersonator pose for a selfie. Donations to the Madison Senior Center Foundation help pay for quality entertainment that older adults enjoy!

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Environmental Stewardship

Honey bees—wild and domestic—perform about 80 percent of all pollination worldwide. A single bee colony can pollinate 300 million flowers each day. Seventy out of the top 100 human food crops—which supply about 90 percent of the world’s nutrition—are pollinated by bees.

Between 1947 and 2005, the number of honeybees in the United States declined by over 40 percent, from 5.9 million to 2.4 million.

The Madison Senior Center shares in the global and local concern over the vital role played by honeybees in our environment and to this end, we are working towards transforming our garden and patio spaces to pollinator gardens, with the potential to include a beehive. Consulting with experts in our local area, we are gathering information on the design and planting of appropriate pollinator plants in our spaces. Included is a photograph of a pollinator wall that we would like to incorporate on our second floor deck space, greatly enhancing the aesthetics and environmental value of our surroundings.

We are excited to move forward as responsible stewards of our space, positively impacting the environment around the honeybee population and us, as well as engaging our patrons as our partners in this worthwhile endeavor. Please donate today to help us help the environment!

