



Giving Matters

DONOR NEWSLETTER OF THE MADISON SENIOR CENTER FOUNDATION, INC.

SPRING, 2017

The Madison Senior Center Foundation now provides grants for senior events and programs that benefit Madison area residents. Financial support is given to 501(c) (3) organizations that meet budget limits, promote diversity and inclusion and provide enhanced or “value-added” programs. *The Madison Senior Center Foundation approves three programs:*

DECISION MAKING FOR VULNERABLE OLDER ADULTS

The Volunteer Guardianship Program recruits, trains and supports volunteers to play a critical role in decision making for vulnerable older adults who no longer are capable of taking care of their physical, mental and financial health issues. The South Madison Coalition of the Elderly will hold a recruitment event at the Senior Center, which will provide information about the program by their staff and current volunteers. The need for volunteers is ongoing and with the rapidly growing number of older adults, the agency anticipates increased referrals for service.

Your Foundation **donation** has more power to **positively** impact older adults in the **Madison** area.

ENRICHING THE LIVES OF LGBT SENIORS

LGBT Senior Alliance quarterly dinners and social events enrich the lives of LGBT seniors, reducing isolation, developing friendships and increasing access to senior services and programs. Funding provides honorariums for speakers and entertainment and promotion of the events. LGBT seniors have life partners and children less often than the general population, and they are often estranged from their families and are less likely to have networks of close friends. These programs help many LGBT seniors feel comfortable being active and “out.”



SELF-DEFENSE CLASSES: BUILDING SELF CONFIDENCE

This 12-hour program gives participants a set of tools to draw upon when faced with conflict or potential abuse. The majority of the training program emphasizes assertiveness skills, giving participants practice in asserting their own boundaries, both physical and emotional. Two classes are planned in 2017; watch the newsletter for more information.

For information on Madison Senior Center Foundation grants, contact Director Christine Beatty, cbeatty@cityofmadison.com

Upcoming Events

- ♥ **Tuesday, April 4:**
I was a Yo-Yo Wife presentation by Vivian Probst at Central Library; 10 am
- ♥ **Friday, April 7:**
MidTown Jazz; 1 pm
- ♥ **Thursday, April 20:**
Annual Recognition Breakfast/Presentation; 9-10:30 am (RSVP Required)
- ♥ **Thursday, April 27:**
“Shifting Into Positive Gear” a presentation by Tina Hallis at Monona Terrace; 12 pm
- ♥ **Thursday, April 27:**
LGBT Social/Dinner with performance by Granuaile, a local Celtic group.
- ♥ **Friday, May 5:**
Gallery Night for *An Artful Affair*; 4-7:30 pm

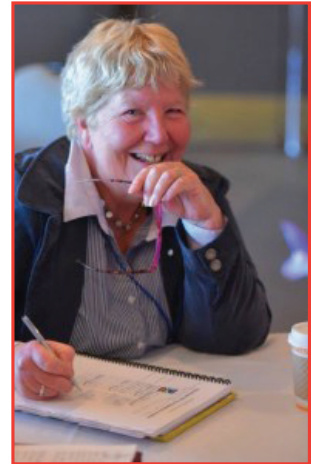


MidTown Jazz

Showing Appreciation at the Annual Recognition Breakfast

Join Senior Center leaders and staff for a continental breakfast on Thursday, April 20 from 9 to 10:30 am. Donors, leaders and volunteers are invited to breakfast so that we can publicly thank you and show our appreciation for all that you do.

Our guest speaker, Mary Helen Conroy, presents *Life's a Daring Adventure and I'm Not Done Yet*. Ready to live your life to the fullest? The choice is yours to truly adventure through life; to explore this one precious life you've been given and keep your flame ablaze—no matter the number of candles on the cake or where life's journey has taken you. Join Mary Helen Conroy as she inspires you to (re)ignite your dreams and passions through the tools of review, retreat and reinvent, and discover how to live a life of adventure.



Mary Helen Conroy

HIGHLIGHTS OF ACCOMPLISHMENT

Director Christine Beatty briefly premieres the 2016 Senior Center Annual Report, with highlights of accomplishments by the Senior Center, its leaders and staff. Mingle at 9 am, enjoy a continental breakfast, and be energized by the program at 9:30 am. The presentation will end at 10:30 am. Please call 266-6581 to RSVP.

Your contributions allow us to provide exceptional events celebrating the people who help make the Senior Center great.

Thank you
for your
support!

Giving Aging a New Voice

Each May, the Administration for Community Living leads our nation's celebration of Older Americans Month. The 2017 theme, *Age Out Loud*, gives aging a new voice—one that reflects what today's older adults have to say.

The theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others.

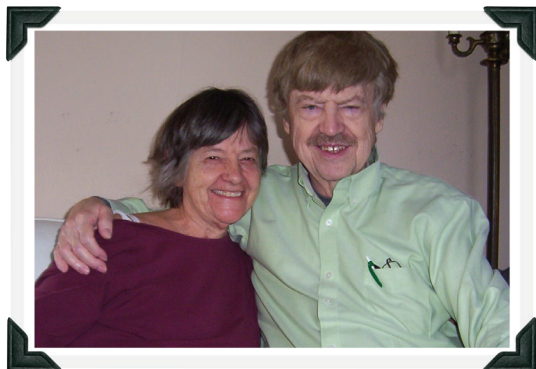
What it means to age has changed, and the month of May is a perfect opportunity to recognize and celebrate what getting older looks like today. Let's amplify the many voices of older Americans and raise awareness of vital aging issues across the country. Join us as we speak up and out loud for Older Americans!



Finding Friendship at the Senior Center

Retired librarian Kathy began coming to the Senior Center in 2009, so her husband could take advantage of the foot care clinic. After her husband passed away, she found many other programs for herself like *An Artful Affair*, PLATO classes, Great Courses, and musical performances. She also began volunteering, planning art shows and working with nursing students.

“The Senior Center is my social club,” Kathy states. She joined committees to fundraise, plan programs and advocate for older adults. Admittedly though, Kathy was missing something. “I had been saying for three years that I just wanted to have a date.”



In October 2016, the Senior Center arranged its first Senior Speed-Dating event. Singles aged 65+ met at the CIRC in the Concourse hotel for an evening of making friends, socializing and meeting people. “It was VERY interesting getting to know someone. I had the attitude of: Let’s see what happens next,” Kathy said of attending the event. “It was a lot of fun!”

Kathy had four matches; one of which has blossomed. Pete and Kathy have been enjoying their relationship for four months. She says, “I was lonely . . . so I got a cat. Then I got a boyfriend!”

Other speed-dating events are planned. Needless to say, Kathy was not in attendance at the most recent one. “I don’t need it anymore.” However, she does have advice for singles on the fence about attending speed dating: “Just go for it!”

Donations to the Senior Center help fund social events here and in other places throughout Madison that encourage friendships and fun.

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Why Giving Matters . . .

Assisting Those With Limited Resources

The Madison Senior Center Foundation, a non-profit entity, invests these funds to benefit the Senior Center's programs, services and activities. Participant fees are modest, and over 94% of programs are offered at no cost. There is a Senior Scholarship program to assist those with limited resources.

YOUR response to this request in the enclosed envelop is essential to the quality and quantity of our programs. YOU MATTER; GIVING MATTERS. All gifts are appreciated and no amount is too small. Thank you for your gift; it promotes successful aging.

The City of Madison pays for staff salaries and maintains the building. The programs and activities sponsored here are paid by participant fees, corporation donations, grants and by YOUR CONTRIBUTIONS.



Mary and Marie