

City of Madison Recognized as an Age Friendly Community by AARP

Madison Senior Center recently collaborated with Public Health Madison-Dane County and Downtown Madison, Inc. for the City of Madison to achieve acceptance as a member of AARP's network of Age-Friendly Communities. The network is an affiliate of the World Health Organization's Age-Friendly Cities and Communities program, an international effort launched in 2006 to help cities prepare for rapid population aging and the parallel trend of urbanization. Madison is the 6th municipality in Wisconsin to earn the designation.

AARP defines Livable Communities as those that are livable for people of all ages. Specifically, they are safe and secure places that provide affordable and appropriate transportation and housing options, and have quality health care and community services. "Livable communities mobilize volunteers to advocate, plan and make the changes they want to see in a way that honors the community's values and preferences."

Madison Senior Center thanks all of our partners who worked with us to achieve this status. Supporting Madison Senior Center and our older adult programming continues to be recognized and makes Madison a great city to age in. Please continue to support us as we strive to improve our community!



Shabazz High School students and older adult volunteers work on a piece of the new Intergenerational Mural. Volunteers and students began meeting in January to discuss ideas and begin the process of developing a mural to display near the front entrance of the Madison Senior Center. Intergenerational Programs help older adults engage with the community and interact with age groups they might not have regular contact with. Younger participants get a chance to learn the life experiences, skills, and stories of the older adult volunteers.



Madison Senior Center Approved for 4th National Accreditation

In January 2020, Madison Senior Center became officially accredited for the fourth time. The National Institute of Senior Centers (NISC) bestows this honor on centers that meet high standards of operations and are looked to as models for other centers to follow. Of 11,000 senior centers nationally, there are only 120 who have achieved this high honor.

The Madison Senior Center performed its first accreditation process in 1998, using a draft copy of the National Senior Center

Standards. A pilot program of 8 senior centers tested the new national process and became the first accredited senior centers. MSC became the first accredited senior center in Wisconsin. We didn't do it alone. Each accreditation process involved community members and senior center leaders in the course to improve our organization and serve Madison's older adults more effectively.

Successfully achieving this honor takes the work of volunteers, staff, and community leaders. MSC

wishes a heartfelt thank you to everyone who helped us in the process.

Donating and supporting a nationally accredited senior center is a great investment as it shows that we have done the hard work to meet the needs of older adults in our community. We encourage donors to give what they can, and feel good about their contribution, knowing that their gift is going to a vetted organization that is nationally recognized as a leader amongst senior centers.

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.

Connect Back to Nature and Learn about Forest Bathing and State Parks

Celebrate the 50th anniversary of Earth Day by attending this special health and wellness lecture. Come to the Monona Terrace on April 22 at 7 pm to learn about nature's health benefits, including the increasingly popular wellness practice of forest bathing, and beautiful parks in Wisconsin to connect with nature.

Have you ever wondered why you feel so wonderful after digging in the garden, doing lawn care, hiking or just going for a long walk? Moira Farrell from Hike and Heal Wellness will talk about forest bathing and the current research on nature connection as a pillar for a healthy life. The event will be informational and hands-on, with a short, guided sensory opening.

Also, discover some beautiful locations you can visit to bond with nature. Missy VanLanduyt, Recreation Partnership Section Chief for the Wisconsin State Park System, will show you what our wonderful state parks have to offer—from favorite places and hidden gems, to programs and events. We'll take a trip around the state and explore remote beaches, wooded campgrounds, serene nature trails, and picturesque vistas.

Due to donors and gifts from supporters, we are able to offer this lecture free. It's open to the public and all ages. Join us **Wednesday, April 22, 7 pm at Monona Terrace Lecture Hall, 1 John Nolen Dr.**

The Annual Recognition Breakfast

Join Senior Center leaders and staff for a breakfast buffet on Thursday, May 7 from 9:00 to 10:30 am. Participants, donors, and volunteers are invited to this special event. (So we can publicly thank you and show our appreciation for all that you



do.) Our guest, Lisa Koenecke from Inclusion Ally, LLC presents ***“Inclusion and unconscious Bias.”***

After receiving her diversity and inclusion certification from Cornell University, Lisa launched her Inclusion Ally business. Being an expert in LGBTQ+ issues has allowed her to present in 20 states and keynote numerous conferences. Come to hear her talk, to laugh, and to learn what not to say when you meet someone who is different from you. Inclusion and diversity are two of the buzz words you hear in conversations, and in the news, about our school communities, and places like the Madison Senior Center. You will leave this presentation with suggestions and local resources to create an inclusive environment around you.

Senior Center Manager, Sally Jo Spaeni, premieres the 2019 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 9:00 am, enjoy a breakfast buffet, and participate in 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 this exceptional event celebrating the people who help make the Senior Center great. Thank you for your support!

Why Giving Matters

Have you ever wondered WHY Giving Matters? It's not just the name of this report. Giving Matters to the Madison Senior Center because all of the programs, activities and special events are funded by personal and corporate donations, a small amount of participant fees, and the occasional grant. The Madison Senior Center Foundation, a non-profit entity, invests the funds to benefit the Senior Center's participants by funding all of the programs, activities, and special events that occur here. More than 94% of programs are offered at no cost, and if there is a fee involved, it's modest. To ensure equal access for all, the Foundation also offers a Senior Scholarship program to assist those with limited resources.

Will you help us to continue to provide these great services to our community by providing a monetary gift in an amount comfortable for you?

Your response to this request in the enclosed envelope 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 does remarkable things for older people in Madison.



Giving Matters



MADISON SENIOR CENTER FOUNDATION INC
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SAVE THE DATE



SPRING FLING: 70's Dance Night

Thursday, April 30, 4-7 PM

Featuring intermittent 70's Game Shows with the chance to win amazing prizes.

- Dancing (music by WOLX)
- Food, Drinks & Fun
- Wine pulls, silent auction & more!



Tickets are \$20 through April 29, \$25 at the door
All proceeds benefit the Madison Senior Center Foundation.