

2021 ANNUAL REPORT

Stoughton Area Senior Center



**Aging brings changes. We provide options.
You make choices.**

248 W. Main Street, Stoughton WI 53589
stoughtonseniorcenter.com • (608) 873-8585

Our Mission: We are dedicated to the enrichment of the lives of older adults and their families by providing diverse programs, social services & volunteer opportunities.



2021 Year in Review

Message from the Director:

2021 marked events that many of us had never seen before. We are all still trying to return to some sort of normalcy. What helped us here at the Center feel “normal” was having people return to the Senior Center for programs and activities.

I want to thank our dedicated staff and volunteers who kept us up and running during those difficult months. We began our fundraising campaign to renovate the building next to the Senior Center for expansion of programming space. Our fundraising goal is \$200,000. We plan to start renovations in January 2023. If you would like to make a donation please contact me at the Senior Center.

Thank you everyone for your support!
-Cindy McGlynn, Director



Music Appreciation

2021 Community Partnerships

- Abundant Life Christian School: leaf raking
- Alzheimer's Association: Memory Loss Caregiver Support Group
- Covenant Lutheran Church: leaf raking
- Cummins Filtration: paid for printing of Community Emergency Resource brochure
- Dairyland Electrical Industries: leaf raking
- Eric Christoffersen: Attorney Services Hours
- Fosdal's Bakery: Daily Sweet Rolls
- Hanson's Electronics: Cell Phone Donations
- Heartland Hospice: Grief Support Group
- Ministry Care Teams, Stoughton area churches
- Nazareth Health & Rehabilitation: Bingo
- Partners of Stoughton Hospital: Bingo
- St. Ann's Church: leaf raking, tree decorating, coordination of Santa for Seniors program
- Scout Troop 167: leaf raking
- Stoughton Health: Flu Shot Clinic, Thanksgiving Day Meals
- Stoughton High School Football Team: Seniors vs. Seniors Pool and Darts Tournament
- Stoughton Opera House: Music Appreciation
- Stoughton Public Library: Page Turners Group
- Stoughton Wellness Coalition: Medication Lock Boxes, Med Disposal & Sharps Collection
- Stoughton United Ministries (SUM): Affordable Transportation Programs
- Stoughton VFW: Christmas Day Meals
- Triangle Troopers 4H: leaf raking
- Wisconsin Medical Project: Loan closet pickup
- AND various agencies and people who make our programs and services possible.



Garden Tour



Seniors Vs. High School Seniors Pool Tournament

Administrative Structure

Senior Center Oversight Committees

1) **Stoughton City Council's Community Affairs & Council Policy Committee**

2) **Commission on Aging (COA)** an advisory committee composed of members from the City Council, the Stoughton Area School District, residents of the City of Stoughton and surrounding townships. Commission on Aging members are appointed by the Mayor of Stoughton and Town Chairs. The COA and its committees are involved in all aspects of our Center. Their dedication, insights and hard work truly impact our Senior Center today and into the future!

Commission on Aging Members

Chair: Lou Havlik (Stoughton)

Vice Chair: Barb Manson (Stoughton)

Robert Barnett (Stoughton) resigned 5/21

Sid Boersma (City Council) resigned 4/21

Cathy Christman (Stoughton)

Roz Gausman (Dunn)

Barb Manson (Stoughton)

Bob McGeever (Stoughton)

Mary Onsager (Stoughton District) resigned 5/21

Tim Onsager (School District) appointed 11/21

Faith Schuck (Pleasant Springs)

Jeanne Schwass-Long (Dunkirk)

David Sharpe (Stoughton)

Dave Thomas (Stoughton) appointed 9/21

Joyce Tikalsky (City Council) appointed 5/21

Sue Wollin (Rutland)

Senior Center Staff

Cindy McGlynn, *Director*

Hollee Camacho, *Assistant Director*

Tanya Kelly, *Case Manager*

Kelly Janda, *Case Manager (resigned 8/2021)*

Brian Aarstad, *Case Manager (began 8/2021)*

Marla Janssen, *Case Manager*

Murl MacKinnon, *Township Case Manager*

Kim Whitford, *Nutrition Coordinator*

Kristin Ott, *Receptionist/Office Assistant*

Amy Lambright Murphy, *Volunteer/Program Coordinator (resigned 4/2021)*

Julia Hayde, *Volunteer/Program Coordinator (began 6/2021)*

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National Institute of
Senior Centers



WASC

Wisconsin Association of Senior Centers

WE ARE



DEMENTIA FRIENDLY



Case Management

Serving: City of Stoughton, Towns of Albion & Dunkirk

The case management program links older adults age 55 years and older with services (i.e., food, financial, housing, legal, medical, social) to help individuals remain as safe and independent as possible in their own homes. A case manager's range of practice includes: community outreach, psychosocial & functional assessments, service plan development/implementation, coordination, case consultation & client advocacy. Issues addressed may include chronic illness, fall risks, social isolation, homelessness, mental health, dementia-specific illness & drug/alcohol abuse prevention.

Case managers partner with over 50 different agencies across municipal, county, state, federal and private non-profit organizations to coordinate services on their clients' behalf. They receive referrals from hospitals, clinics, home health agencies, banks, housing organizations, other city departments, families and other community members. Referrals to case management may be anonymous. Confidentiality is followed with each client.

Case Management and Information & Assistance	2021
Individuals Served	624
Instances of Service	7,885

Information & Assistance

The Stoughton Area Senior Center serves as a clearinghouse of information and supportive resources for older adults, their families, the community and agencies that serve people over the age of 55. Through national accreditation the Center has met the best practices and industry standards for senior centers, and by way of this process we continue to strengthen our advocacy role for the community's aging population. Every employee has a part in providing information and assistance (I&A). Examples of I&A include one-on-one interactions, public education, equipment loan closet, support groups (Memory Loss Caregiver, Grief, Multiple Sclerosis, Low Vision and Parkinson's Disease), printed and online publications (*Yahara Senior News*, *Stoughton Senior Service Guide*, *File of Life* emergency information packets, website and Facebook) and in the coordination of assistive programs and services offered at the Senior Center.

Online Visits:

- 687 e-newsletter subscriptions
- Website, stoughtonseniorcenter.com
 - ◊ 184,000 unique visits
 - ◊ 15,500 average monthly page views
- Facebook: 586 Followers, 507 Likes

Publications

- *Yahara Senior News*
 - ◊ 1,200 newsletter printed monthly
 - ◊ Available on website & by email
- *Stoughton Area Senior Service Guide*
 - ◊ Printed and available on website

Nutrition



The nutrition program is supported by the City of Stoughton with funding from Dane County through the Older Americans Act (OAA). According to the *Academy of Nutrition & Dietetics*, “the cost of one day in a hospital is roughly the same cost as one year of meals through OAA nutrition programs; and the cost of one month in a nursing home is the same cost as providing midday meals, five days per week, for seven years.” Please call for details.

Kim’s Thursday Meals continue to be well received—these were made available by drive-thru pickup throughout 2021, and by in-person dining beginning in July. Volunteers assist with these, and also pack, serve and deliver County catered meals every weekday.

Nutrition Program	Total Meals	Total People
Meals at Senior Center	1,816	271
Kim’s Thursday Meals Only	2,227	245
Home Delivered Meals	16,024	151
TOTAL	20,067	



Meals on Wheels Volunteer Recognition Gathering

Volunteers of the Year: SASC Meals on Wheels Volunteers

The 2021 City of Stoughton Volunteers of the Year recognition went to our very own Stoughton Area Senior Center Meals on Wheels Volunteers! On April 13, 2021, Mayor Tim Swadley recognized a proclamation honoring all volunteers that support the Meals on Wheels service, and on April 23 the Mayor held a recognition gathering in their honor outside of the Senior Center. Above is a photo of those who participated in the event. We are so grateful to the many meal delivery and kitchen volunteers who make the Meals on Wheels program such a successful, invaluable service to our community.

Volunteers

In the past year, when our patience and hopes were often tested and challenged, when each day felt strangely repetitive yet somehow unpredictable, when routines were missed and connections often felt sparse, the commitment of our volunteers never wavered. When returning to the service of others was possible, our volunteers did so in droves with open arms and open hearts, ready to give of their time and talents to care for our community. In 2021 our volunteers gave over 4,847 hours of service!

January - June 2021

With a reduction in the services we could safely provide at the start of the year, our volunteer opportunities were limited. Still many people were eager to provide assistance in the following ways: packaging and delivering meals for the Meals on Wheels program; attending virtual Commission on Aging (COA) meetings, and facilitating support groups and providing tech support virtually or through phone conferences; establishing and maintaining our landscaping; assisting residents with yardwork; making friendly conversation through our Phone Buddy program; writing our volunteers monthly birthday cards, and delivering newsletters to local organizations.

June - December 2021

In June we reopened to the public, and our previously attended services and volunteer opportunities gradually expanded. Previous and new volunteers returned to the roles of front desk reception, in-person group and class leaders, loan closet maintenance, the Phone Buddy program re-expanded to the previous in-person Friendly Visitor program. Additionally, Dane County's RSVP Driver service program relaunched linking people 60 years and older to volunteers willing to drive them to medical appointments.



Tree Decorating Event

Want to join the fun?

Fill out our online application or call (608) 873-8585 today!

Volunteer Assistance	Hours	People
On-Site Service		
Commission on Aging	111	16
Committee Meetings	7	4
Facility Assistance	265	14
Instructor/Activity Leader	897	14
Kitchen Volunteer	1,296	14
Loan Closet	9	2
Receptionist	220	4
Off-Site Service		
Phone Buddy & Friendly Visitor	42	3
Meals on Wheels Driver	1,822	49
RSVP Driver	178	7
TOTAL	4,847	108

Financial Report



Veterans Day Luncheon Event

We take great pride in providing opportunities for all older adults, no matter what their interests and abilities may be. Through their contributions of time, skills and funding, our volunteers and participants assist greatly in making our programs and services possible.

We are so grateful for the many generous gifts which contribute to the success of the Center.

Financial Breakdown

The Senior Center is required to annually raise \$29,500 towards our operational budget. Beyond those resources we rely heavily on grants and donations to make up the needs not met in our regular operational budget. The right and bottom figures display the breakdown of our operational income sources and expenses.

Dane County \$104,924

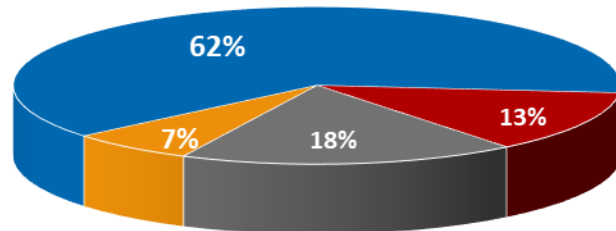
Townships \$39,000
 Operating Costs \$36,500
 Case Management \$2,500

Donations & Grants \$74,752

City of Stoughton

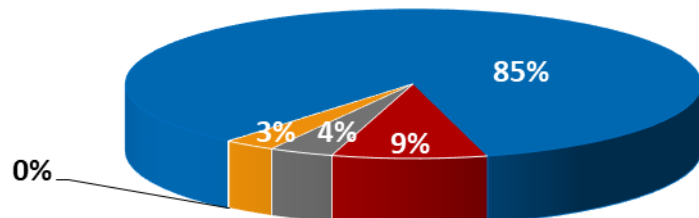
The City covers the Center's remaining personnel, insurance and operating costs: \$366,585

OPERATIONAL INCOME: \$585,261



- City Support, \$366,585
- County Funding, \$104,924
- Donations/Grants, \$74,752
- Township Support, \$39,000

OPERATIONAL EXPENSES: \$585,261



- Salaries & Benefits, \$495,950
- Utilities, \$21,166
- Programs/Supplies, \$50,977
- Maintenance, \$16,823
- Employee Training, \$345

Programs & Events

The Stoughton Area Senior Center promotes activities for growth, life-long learning, leadership, socialization, intergenerational interaction, health and wellness. Like much of 2020, the first half of 2021 we were closed to the public. During this time, we promoted many virtual and phone-in events and even hosted our own, including monthly Coffee with the Mayor meetings, online events with UW-Madison Geology Museum, a health series with Edgewood nursing students, a virtual tour with Madison Museum of Contemporary Art, a presentation with Michael Hecht, and phone-in tech help. We continued to offer drive-thru pick-up meals and a Valentine's sweet treat event. In Spring, we offered an outdoor Urban Poling class, followed by Tai Chi. In May and June we reopened to some small group activities; by July we were fully opened to the public, and gradually began offering many of the programs and classes we had offered prior to the pandemic. In November and December, we and our participants were excited to offer larger indoor meal and musical entertainment events.

Programs & Events	Total Uses	Total People
Dine-in & Kim's Pickup Meals	4,043	406
Skill Development	1,483	157
Fitness & Wellness	1,346	71
Health & Support Services	671	315
Meetings	334	114
Social & Recreation	4,305	286
Unregistered guest sign-ins*	2,201	
TOTAL participation instances	14,383	918



Urban Poling Class

***Please use your scan card!**
When visiting, sign-in with your card to provide statistics that are unavailable with "guest" sign-ins. Ask staff for help.



High School Madrigal Musical Event