



# 2016 Annual Report

*Meeting Old Friends...Making New Friends*



## Mission Statement

The mission statement of the Monona Senior Center is to provide those fifty and over with educational, social, recreational, health, and fitness programs. We strive to enhance the dignity, support the independence and enrich the lives of older adults.



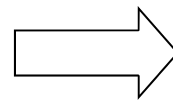
## Monona Senior Center Statistics

**21,875**

The number of times active participants engaged in a program or activity.

**1,241**

The number of active participants who were enrolled in a program or planned activity.



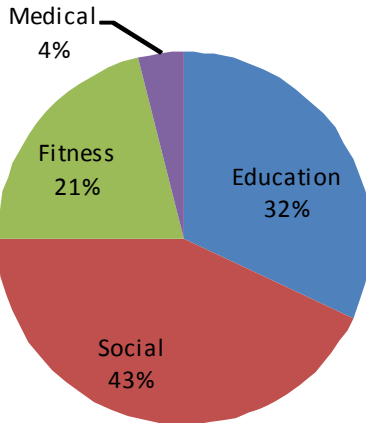
### Active Participant Ages

- 2% under 55
- 10% 55-64
- 36% 65-74
- 32% 75-84
- 20% over 85

**43%**

The percentage of active participants that live in Monona.

## 2016 Attendance



### Programs

*Programs are offered Monday through Friday at the Monona Senior Center. Over 110 different programs were offered resulting in 1,550 events throughout the year. We continue to evaluate the effectiveness of the programs and make adjustments.*

#### New Programs:

- Pickelball
- Walking group
- Exercise DVD's
- Cribbage
- Adult Coloring
- Non-fiction Round Table
- Car-Fit

#### Programs Revised:

- Cancelled Meditation
- Desk Volunteer Meeting changed to every other month
- MATC Woodcarving class changed to open carving drop in
- Increased the seating capacity for the three Holiday dinners
- Added second Veterans Group to accommodate rising numbers in limited space

### Intergenerational

Even though our mission is to serve those 50 and better we embrace all ages at the center.

- ◆ Winnequah School students help serve and clean up at the St Pat's, Thanksgiving and Holiday dinners.
- ◆ Monona Grove High School Girls Basketball team lead a Bunko tournament.
- ◆ Winnequah School classes have participated in exercise and adult coloring.
- ◆ Halloween parade of over 500 K-5 school children brought smiles and ghouls to the Senior Center.



**Busiest days are  
Monday and Tuesday**

**Busiest Months are  
October and November**



## Volunteer Engagement

We have a team of 75 volunteers that gave the Monona community their time, skills and talents. This included helping with the desk, foot clinics, newsletters as well as special events to name a few.

Over 3,015 hours were logged for over 1,500 events and programs.

We are so thankful for all of the help these wonderful people give to our community, we could not do what we do without them.



## Monona Area Dementia Friendly Community Coalition

Our mission is to collaborate with businesses, organizations and residents to offer education and information on resources to enhance the quality of life for persons with dementia as well as their families, friends and caregivers. Our overall goal is to encourage practices of hospitality and inclusion to those affected by dementia by promoting acceptance and engagement in our community.

- Over 20 businesses and organizations have been trained including over 150 individuals
- A four part educational series was offered
- Memory screenings
- Strong committee structure has been developed
- Committed media partners have been established who will help spread the news of dementia friendly success.



## Supporters

*Support for the Monona Senior Center comes from many different avenues in addition to support from the City of Monona*

- Eighty eight Community Linkages
- Participant donations
- Memorials
- Friends of the Monona Senior Center
  - \* Provides Scholarships
  - \* Sponsors events
  - \* Purchased chairs with arms, water glasses and furniture for the Center.
  - \* Plans and facilitates Summer Concerts, Let's Dance and Fashion show events.
- Annual Volunteer Recognition event, entertainment and favors are fully funded by sponsors.
- Refreshments and door prizes for various programs are regularly provided by area sponsors.



## Community Involvement

Participants of the Center are very involved in giving back. They help in many ways:

- Collecting prescription bottles for third world countries
- Recycling eyeglasses and hearing aids for the Cottage Grove Lions
- Clipping coupons for the military overseas
- Saving box tops for Monona Grove Schools
- The quilting group gave each veteran of the Monona Veterans Group a full size quilt and holiday stocking. Quilted holiday placemats were given to Meals on Wheels. They also donated over 200 quilts to other various charities.



## Partnership within the City of Monona

We are fortunate to have the opportunity to work with other departments, sharing staff and resources for programs and events.

- \* City staff help with the St Patrick's, Thanksgiving and Holiday dinners.
- \* Shared snowshoe poles from Park & Rec to give participants the chance to try Walking Sticks
- \* Senior Center popcorn machine is shared for the Summer Concerts, Park & Rec events in the park and Library celebrations.
- \* Senior Center volunteers help with the City of Monona tax bills, election mailings and Recreation special events.



## Message from Director Diane Mikelbank



2016 has been another great year at Monona Senior Center. New friends walk through our door nearly every day and we are anxious to share all that we have to offer. Serving those 50 and better (a 40 - 50 year age range) means we have the special opportunity to reach those of multiple generations. We have made great efforts to offer pursuits for those who are still very active and energetic while keeping activities for those who prefer a slower pace.

*This is YOUR Senior Center. Keep the suggestions and ideas coming to make 2017 another remarkable year.*

## Monona Senior Center Attained Reaccreditation

During 2016 a small committee of dedicated volunteers took the time to review the details of the 13 standards of practice, as determined by the Wisconsin Association of Senior Centers. Accreditation is a great accomplishment, highlighting our commitment to excellence in programs and activities. It documents our dedication to operating at the highest standards.

We are one of only 35 accredited senior centers in Wisconsin out of over 400+ total senior centers.



## Transportation

Through the Dane County Transportation Grant, 548 rides were provided free of charge to Monona residents to help them shop and obtain support for their low vision needs.

