

# 2022 ANNUAL REPORT

## Stoughton Area Senior Center



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

**248 W. Main Street, Stoughton WI 53589**  
**[stoughtonseniorcenter.com](http://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.



# 2022 Year in Review

## Message from the Director:

Change is vital for the wellbeing of a Senior Center. It needs to change with different generations and the needs and abilities of its participants. The Stoughton Area Senior Center celebrated its 50<sup>th</sup> anniversary in 2022. Throughout those 50 years there has been tremendous change. The milestone was a wonderful time to celebrate all of the past volunteers, participants and their important role in the evolution of this organization.

We are thankful for all of the support we receive from the City of Stoughton, Dane County, surrounding Townships and other institutions who provide grants. Most importantly, we are supported by individuals that believe in our mission and understand that what we do for our community is vital to its overall wellness. These individuals support us with their resources, whether that is with their time or with their money. Below are the highlights from the past year.

## 2022 Highlights

- Celebrated the Center's 50<sup>th</sup> anniversary
- In-person meetings and groups became more regular –including the High School's Madrigal Dinner!
- Completed the \$200,000.00 fundraising goal for the space expansion
- Held our first annual fundraiser at Nordic Ridge Park

## Looking Ahead

We will begin our review of the state and national accreditation processes in 2023. It is an important activity to review how we are serving older adults in the Stoughton community and see if changes need to be made. The biggest change coming in 2023 is our programming expansion space next door. We are very excited for the new opportunities this will bring.

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

## 2022 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/ProMedica: Grief Support Group
- Ministry Care Teams, Stoughton area churches
- Partners of Stoughton Hospital: Bingo
- St. Ann's Church: leaf raking, tree decorating, coordination of Santa for Seniors program
- Scout Troop 164: leaf raking
- Stoughton Health: Flu & COVID Vaccine Clinic, New Site for Parkinson's Support Group, Thanksgiving Day Meals
- Stoughton High School Football Team: Seniors vs. Seniors Pool and Darts Tournament
- Stoughton Opera House: Music Appreciation
- Stoughton Police: Scam Singo
- Stoughton Public Library: Page Turners Group, Music & Memory partnership
- Stoughton Wellness Coalition: Medication Lock Boxes, Med Disposal & Sharps Collection
- Stoughton United Ministries (SUM): Affordable Transportation Programs
- Stoughton VFW: Christmas Day Meals
- Wisconsin Medical Project: Loan closet pickup
- AND various agencies and people who make our programs and services possible.

# Administrative Structure

## Senior Center Oversight Committees

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

2) **Commission on Aging (COA)** is 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:** Faith Schuck (Pleasant Springs)

Cathy Christman (Stoughton) moved 6/2022

Roz Gausman (Dunn)

Barb Manson (Stoughton)

Bob McGeever (Stoughton)

Tim Onsager (School District) retired 2/2022

Jeanne Schwass-Long (Dunkirk)

David Sharpe (Stoughton)

Dave Thomas (Stoughton)

Joyce Tikalsky (City Council)

Sue Wollin (Rutland)

Marcia Standard (Albion) moved 6/2022

Thanks to our COA and committees' service we have maintained state accreditation since 1996 and national accreditation since 2001.

## Senior Center Staff

Cindy McGlynn, *Director*

Hollee Camacho, *Assistant Director*

Tanya Kelly, *City of Stoughton Case Manager*

Brian Aarstad, *City of Stoughton Case Manager*

Marla Janssen, *City of Stoughton Case Manager*

Murl MacKinnon, *Albion & Dunkirk Township Case Manager*

Kim Whitford, *Nutrition Coordinator*

Kristin Ott, *Receptionist/Office Assistant*

Julia Hayde, *Program & Volunteer Coordinator*

Accredited by   
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.

On behalf of their clients, case managers partner with over 50 different agencies across municipal, county, state, federal and private non-profit organizations to coordinate services. 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	2022
Individuals Served	680
Instances of Service	7,897

## 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, durable medical equipment loan closet, support groups (Memory Loss Caregiver, Grief, Multiple Sclerosis, and Low Vision), printed and online publications (*Yahara Senior News*, *Stoughton Senior Service Guide*, *File of Life* emergency information packets, website and Facebook) and the coordination of assistive programs and services offered at the Senior Center.

### Online Visits:

- 694 e-newsletter subscriptions
- Website, [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)
  - ◊ 91,000 unique visits
  - ◊ 104,000 page views
- Facebook: 658 Followers, 599 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



Above: SASC's Favorite Father/Daughter Meal Delivery Team; Below: Staff and Kitchen Volunteers at Gazebo Musikk

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."

Nutrition Program	Total Meals	Total People
Meals at Senior Center	2,313	417
Kim's Thursday Meals Only	2,911	
Home Delivered Meals	19,824	177
<b>TOTAL</b>	<b>25,048</b>	

Kim's Thursday Meals continue to be well received. In 2022 they were available weekly for dine in at the Center and twice/month by drive-thru pickup. Volunteers assist with these, and also pack, serve and deliver County catered meals every weekday.



# Volunteers

We are so thankful for our volunteers' skills and time. This year's total volunteer hours (7,907); represents over \$235,000 in employment according to the state rate of the national value of volunteer time!

## On-Site Service

People volunteer at the Senior Center in many ways, such as organizing and leading programs, front desk reception, committee participation, maintaining our loan closet, helping with our nutrition site, office tasks, gardening, distributing publications, decorating and many other projects that contribute to our facility's operation. Opportunities range from one-time to ongoing projects.

## Off-Site Service

Many hours of volunteer work are devoted to older adults in the community who do not even set foot in the Senior Center.

The RSVP Driver service is a program in which volunteer drivers deliver meals or provide rides to medical appointments for people 60 years & older.

The Friendly Visitor Program links trained volunteers to visit with homebound seniors. These volunteers, including those who deliver meals, report back to our staff when clients may need extra assistance.

Additionally, there are many community members assisting SASC participants who aren't registered SASC Volunteers. Some individuals provide leaf raking or write holiday cards to homebound clients, and others drop off donations to be used or given to participants at the Center.

## Want to join the fun?

Fill out our online application at [stoughtonseniorcenter.com/volunteer-1](http://stoughtonseniorcenter.com/volunteer-1)



Floral Arranging Class led by a Volunteer Instructor

Volunteer Assistance	Hours	People
<b>On-Site Service</b>		
Commission on Aging	71	13
Committee Meetings	46	12
Facility Assistance	494	26
Instructor/Activity Leader	1,748	22
Kitchen Volunteer	2,130	17
Loan Closet	18	2
Receptionist	578	9
<b>Off-Site Service</b>		
Friendly Visitor	217	6
Meals on Wheels Driver	2,002	53
RSVP Driver	603	17
<b>TOTAL</b>	<b>7,907</b>	<b>136</b>



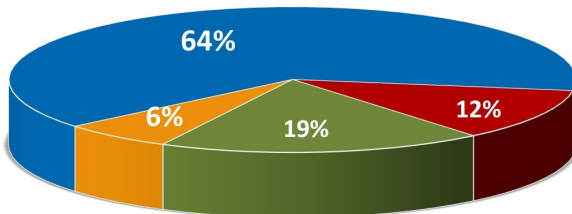
# Financial Report



Wii Bowlers Halloween Fun!

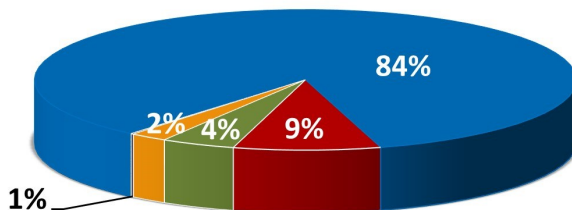
We are so grateful for the many generous gifts which contribute to the success of our Center. We take great pride in providing opportunities for all older adults, no matter what their interests and abilities may be. Through their contributions of time, skills and funding, many community members and organizations assist in making our programs and services possible.

## OPERATIONAL INCOME: \$606,265



City Support, \$385,365	Donations/Grants, \$70,082
County Funding, \$112,318	Township Support, \$38,500

## OPERATIONAL EXPENSES: \$606,265



Salaries & Benefits, \$511,805	Programs/Supplies, \$53,081
Utilities, \$26,777	Maintenance, \$13,574
Employee Training, \$1,028	

## 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 (see below). The pie charts display the breakdown of our operational income sources and expenses.

**Dane County** \$112,318

**Townships** \$38,500  
 Operating Costs \$36,000  
 Case Management \$2,500

**City of Stoughton** \$385,365

The City covers the Senior Center's remaining personnel, insurance and operating costs.

**Donations/Grants** \$70,082

### Program Expansion

**Fundraising** \$210,000  
 Bryant Foundation \$50,000  
 Wahlin Foundation \$50,000  
 Private Donations \$100,000  
 Madison Community Foundation \$10,000

# Programs & Events

The Stoughton Area Senior Center promotes activities for growth, life-long learning, leadership, socialization, intergenerational interaction, health and wellness. Reaching all variables of interests and needs among the expansive age range of 55 - 100+ years is no easy task, but it is our goal!

Many of our ongoing offerings, such as use of the woodshop, computers and tablets, pool room, card and game groups, line dancing, ping pong, Wii Bowling, handiwork, events, presentations, darts, ukulele and writing groups are free and welcome to drop-in participation. Some other one-time offerings like entertainment, exercise, art, language, music or evidence-based health and wellness classes sometimes encourage registration and a donation or required fee.

Programs & Events	Total Uses	Total People
Dine-in & Kim's Pickup Meals	5,224	417
Skill Development	3,455	301
Fitness & Wellness	2,382	103
Health & Support Services	842	409
Meetings	347	125
Social & Recreation	10,388	540
Unregistered guest sign-ins*	3,623	
<b>TOTAL participation instances</b>	<b>26,261</b>	<b>1096</b>



**\*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.



**50th Anniversary Event**