

2023 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.



2023 Year in Review

Message from the Director:

2023 brought exciting changes for us here at the Stoughton Area Senior Center. With the expansion of our programming space in the Johnson and Cooper Rooms in the Annex, we have held more classes/programming and have welcomed new participants to the Senior Center. As we continue to expand our programming, we welcome your suggestions for things you would like to participate in.

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 and donations. 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.

2023 highlights

- Annex renovation space grand opening
- Woodshop expansion
- New sign in / attendance system implemented
- Program / Volunteer coordinator position goes to full time
- Began National and State re-accreditation processes.

2023 Community Partnerships

- Abundant Life Christian School: leaf raking
- Alzheimer's Association: Memory Loss Caregiver Support Group
- Brat Fest: brat donations to our local fest
- Brookdale Senior Living: Ice Cream Social
- Cheeser's: Sponsor for Thor's Pour
- Cornerstone Caregiving: Sponsor for Summer Concert
- Dairyland Electrical Industries: leaf raking
- Emmi Roth: Sponsor for Thor's Pour
- Eric Christoffersen: Attorney Services Hours
- Fosdal's Bakery: Provide daily sweet rolls
- Heartland/ProMedica: Grief Support Group
- Partners of Stoughton Hospital: Bingo
- Safe Communities of Dane County: Overdose Aid Kits (OAK) Box Program
- St. Ann's Church: leaf raking, tree decorating, coordination of Santa for Seniors program
- Stoughton Health: Flu Vaccine Clinic, Thanksgiving Day Meals
- Stoughton City Band: Free Concert
- Stoughton High School Football Team: Seniors vs. Seniors Pool and Darts Tournament
- Stoughton Opera House: Music Appreciation
- Stoughton Police: Refuse to Be a Victim events
- 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, American Legion and the Auxiliaries: Christmas Day Meals
- Thrivent: Sponsor for Summer Concert
- US Cellular: Cell Phone Donations
- Viking Brew Pub: Hosting the Thor's Pour Event
- 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, and 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: David Sharpe (Stoughton)

Roz Gausman (Dunn)

Barb Manson (Stoughton)

Bob McGeever (Stoughton)

Faith Schuck (Pleasant Springs)

Jeanne Schwass-Long (Dunkirk)

Sue Springman (Stoughton)

David Thomas (Stoughton)

Joyce Tikalsky (City Council - resigned 4/2023)

Sue Wollin (Rutland)

Open Position (Albion)

Open Position (School)

Thanks to our COA and committees' service we have maintained state accreditation since 1996 and national accreditation since 2001, and began another re-accreditation process July 2023.

Accredited by 
National Institute of
Senior Centers



WASC
Wisconsin Association of Senior Centers



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*

Julia Hayde, *Program & Volunteer Coordinator (resigned 2/2023)*

Laura Trotter, *Program & Volunteer Coordinator (began 5/2023)*

Kristin Ott, *Receptionist/Office Assistant (resigned 5/2023)*

Marcia Standard, *Receptionist/Office Assistant (began 6/2023)*



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		2023
Individuals Served		573
Instances of Service		5,843

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:

- 717 e-newsletter subscriptions
- Website, stoughtonseniorcenter.com
 - ◊ 103,000 unique visits
 - ◊ 116,000 page views
- Facebook: 732 Followers

Publications

- *Yahara Senior News*
 - ◊ 1,500 newsletter printed monthly
 - ◊ Available on website & by email
- *Stoughton Area Senior Service Guide*
 - ◊ Printed and available on website

Nutrition

The Senior Center Nutrition Program is supported by the City of Stoughton with funding from Dane County through the Older Americans Act (OAA) and participant donations.

Through a county contract a caterer provides all home delivered meals and dining site meals 4/days week. Senior Center Nutrition Coordinator Kim Whitford cooks the Thursday dining site and monthly drive-up meals through a mix of county and participant funded programs. **All meals are packed, delivered and served by Senior Center staff and volunteers.**



In 2023, there were several disruptions to the meal program beginning with the county-contracted caterer unexpectedly ending services. Thankfully, Kim stepped up to the enormous task of cooking every day, for several weeks, to feed our homebound and meal site participants (around 100 meals/day). A short-term caterer resumed service from March - Sept. with limitations. Through the help of donations, Kim continued to provide salad options and holiday meals until a permanent caterer was established. Also, our popular drive-thru pickup meals which were initiated using county emergency funds, shifted to once/month in June when it was determined the meal could continue by charging \$5/meal thanks to the work of Kim's crew and the Commission on Aging's advocacy.

Nutrition Program	Total Meals	Total People
Meals at Senior Center	2,319	491
Kim's Thursday Meals Only	2,768	
Home Delivered Meals	18,905	194
TOTAL	23,992	



Despite the many changes faced by the Nutrition Program, our staff and volunteers made sure our participants continued to receive meals. We also managed to find time to provide great food for our popular drive-up meals and these lively fundraising events:

- St. Patrick's Day (pictured to the left)
- Brat Fest
- Gazebo Musikk
- Open House for new Annex space
- Nordic Ridge Summer Concert (above)
- Thor's Pour

Volunteers

We are so thankful for our volunteers' skills and time. This year's total volunteer hours (7,497); represents over \$250,000 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?

Ask staff or fill out an online application at:
stoughtonseniorcenter.com/volunteer-1



Woodshop volunteer assists participant with project

Volunteer Assistance	Hours	People
On-Site Service		
Commission on Aging	75	12
Facility Assistance	576	29
Instructor/Activity Leader	850	25
Kitchen Volunteer	2,510	19
Loan Closet	67	2
Receptionist	578	9
Off-Site Service		
Friendly Visitor	98	6
Meals on Wheels Driver	2,188	59
RSVP Driver	555	14
TOTAL	7,497	144

Financial Report



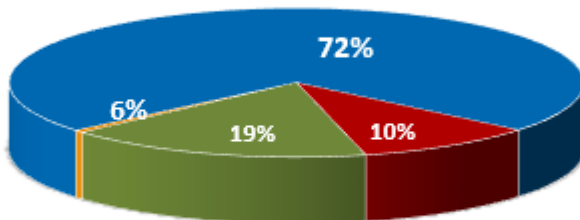
Annex Open House Event

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.

Financial Breakdown

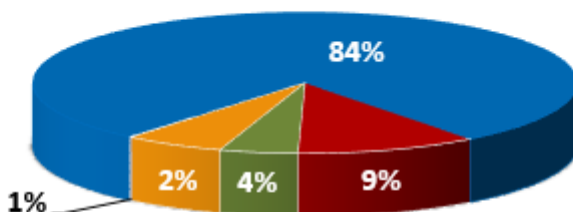
The Senior Center is required to annually raise \$29,500 towards our operational budget. Beyond those resources we rely heavily on grants and donations to make up the needs not met in our regular operational budget (see below). The pie charts display the breakdown of our operational income sources and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

OPERATIONAL INCOME: \$723,432



- City Support, \$496,921
- County Funding, \$118,624
- Donations/Grants, \$69,887
- Township Support, \$38,000

OPERATIONAL EXPENSES: \$723,432



- Salaries & Benefits, \$567,971
- Utilities, \$33,520
- Employee Training, \$927
- Programs/Supplies, \$78,053
- Maintenance, \$42,962

Dane County **\$118,624**

Townships **\$38,000**

Operating Costs \$35,000

Case Management \$3,000

City of Stoughton **\$496,921**

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

FRIENDSHIP FUND

If you are in need of financial assistance to participate in activities at the Senior Center, there is a fund to help.

To access or donate funds call Cindy at 873-8585.

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	5,087	491
Skill Development	3,737	296
Fitness & Wellness	3,595	216
Social & Recreation	12,770	575
Unregistered guest sign-ins*	3,594	
TOTAL participation instances	28,783	999



Bingo

***Please use your scan card!**

When visiting the Senior Center, sign-in with your card to provide statistics that are unavailable with "guest" sign-ins. Please ask staff for assistance if you have any questions.



Veterans Day Luncheon