



Monona Senior Center 2022 Annual Report

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

Meeting Old Friends...



Senior Dining Site
Served 861 Meals

- **Monona Senior Center was established as a Dane County Nutrition site on April 1st.** Each Friday, an average of 34 people received lunch and socialized.
- **Memory Café returned in person again for the first time since the pandemic.** Memory Café is a wonderfully welcoming place for individuals with Alzheimer’s Disease or any other form of dementia. Planned and facilitated by Senior Center Staff, this group meets on the 1st Wednesday of the month. Themed events were held providing resources, games, refreshments, and socialization with a total of 57 attendees.



- **“Christmas in July”** was a success. Craft market vendors set up a “holiday” shopping experience for the community. A first-time event drew over 70 shoppers, many whom had not been to the senior center before.

...Making New Friends



15,071
Total Attendance



167
New to the Center

Message from the Director



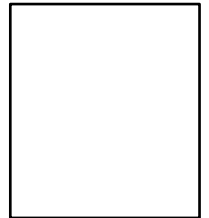
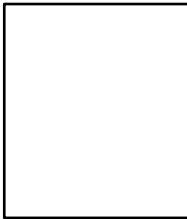
2022 started with caution as the new year saw an increase in Covid cases. As the weather warmed, our participation and volunteer numbers rose.

The rest of 2022 brought exciting additions and great success as we saw less pandemic related disruption and more participation.

The Monona Senior Center completed requirements, which were approved for state re-accreditation, reviewing nine areas of management to ensure your center is operating at the highest level of standards.

It was a busy year filled with supportive and enriching opportunities for those over fifty in our community.

We are looking forward to another great year ahead.



Volunteers are Essential

MSC Volunteers: Diverse, Appreciated and Growing Strong

We were fortunate to have a diverse group of students volunteer this year; including a graduate student who offered a brain and body fitness presentation, MG High School student who volunteered to do miscellaneous jobs several times per week, a UW Nursing School Student assisted with our Dementia Friendly initiative and a college student assisted with data entry tasks. We are always happy to get others from the community involved!

We held two volunteer appreciation events in 2022, presenting **17 service awards** and celebrated with music and gifts.

We ended 2022 with **2910 volunteer hours** logged. This is equivalent to 1.5 full-time positions, saving the City of Monona over \$21,000.

Volunteer hours increased by 48% over 2021

The dedication and strength of our amazing volunteer team is the backbone of the Monona Senior Center.

More Services, More Programs Offered

Services	# of Attendees
Foot Care Clinics	551
Reflexology	136
Chair Massage	133
Tax Assistance	345
Medicare Part D	56
Low Vision Group	136
Woodman's/East Towne	83



Specific Brain Health Programs:
A popular topic in 2022

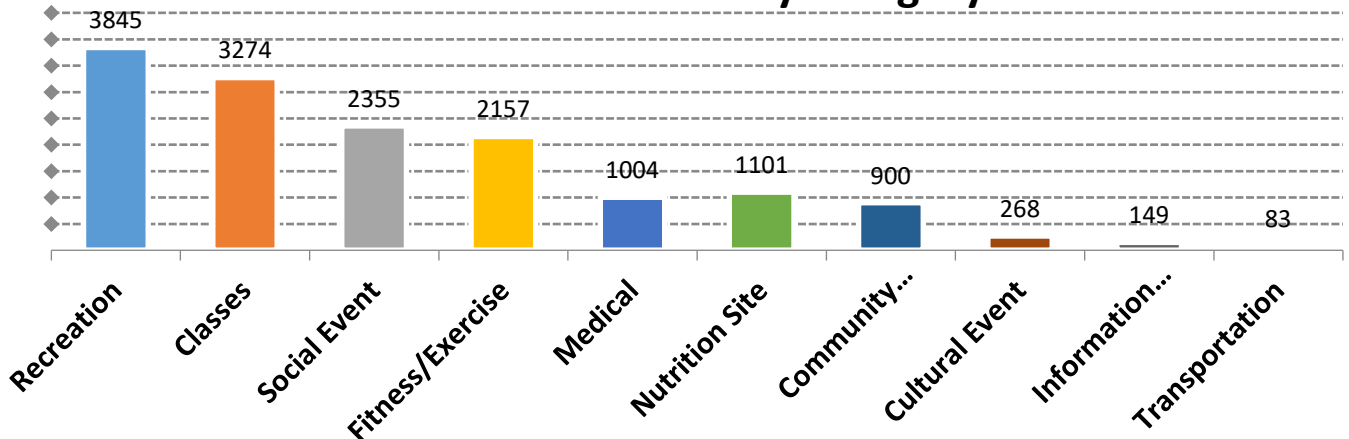
Classes	# of Attendees
Brain Enrichment	125
Heart Brain Health	73
Brain Health in Aging	53



1625
Programs/Events

The **total number of programs** offered held in 2022 is a **31% increase over last year**. Programs that we could not accommodate were held at the Monona Library, Monona Parks, and Monona Community Center.

2022 Attendance by Category



Challenges and Opportunities Ahead

- **Monona Transit Driver shortage:** In 2022, we provided rides to as many seniors as we did during the middle of the pandemic due to driver shortage. This meant limited transportation options for seniors in Monona until a driver was hired.
- **Space availability:** Space continues to be a challenge, moving programs offsite and collaborating with other city facilities provide alternatives.
- **Summer parking:** On busy pool days, lack of parking makes for some very long walks to the senior center for some older adults.
- **Caregivers:** Monona area participants expressed a lack of in-person support groups and programs.
- **Potential transportation changes** cause anxiety among older adults in Monona.
- **In December, 11 programs were canceled** due to snow days Dec 15th & 22nd

Community Partners

- * **NewBridge** served over 143 Monona residents with home chore and case management; Medicare Part D appointments served 45 clients.
- * Joined with **Monona Police, Fire, Library and Recreation** Departments to bring education and programs to the community.
- * **WVMO Radio** for promotion of programs, and Video recordings on MyMonona Media Channel.
- * **Bird & Nature Adventures** provided naturalist-led tours in Aldo Leopold Nature Center.
- * **AARP** 18 tax clinics served 345 persons
- * **Metcalfe's sponsored** BratFest with 150 attendees.



Friends of the Monona Senior Center



"Let's Dance" Event
75 participants

Summer Concert Series
1150 attendees



Diversity, Equity, Inclusion & Belonging

All Monona Senior Center staff have completed the Nehemiah Justified Anger course. We are keeping focused on DEIB efforts and opportunities through our program planning and service offerings.

Ongoing collaboration with Dane County agencies to bring resources and information to participants through in-person sessions or via online meetings.