

- Board Meeting via phone conference:
18 August @ 9 am
- Fall Training: 28-30 September
@ Heidel House Resort (Green Lake)

www.wiseniorcenters.org

“Serving Senior Centers
Since 1983”

2011 Essay Contest Winners

Congratulations to Nicole Pham from Toki Middle School (Madison) and Seth Prechel from River Bluff Middle School (Stoughton) for winning the 2011 state essay contest. They read their winning essays at the CWAG Annual Conference in Madison on 22 May. They received \$150 and a plaque. Their winning essays are printed on pages 8 & 9. Twenty-two senior centers and 26 schools participated in this state-wide contest this year.



Nicole Pham, Nino Amato (CWAG ED/President, Seth Prechel, and Cheryl Batterman (Essay Chair) @ the Conference

WASC Spring Training

The annual spring training was held on Thursday, 28 April in Stevens Point. It was put together by Districts 4 and 5, with Carol Moore at the helm. Our topic this year was *Collaborating for Senior Opportunities*. In the morning we looked at ways we could work together with law enforcement for the safety and education of senior citizens in our communities.

First, three speakers shared their own experiences with Triad, a statewide group with local chapters, representing sheriff's departments, police departments, and senior citizen organizations. The speakers were Melody Riedel from the Colonial Club Senior Activity Center (Sun Prairie), Penny Kiefer from the Portage Police Department, and Mary Stamstad, chair of the State Triad of Wisconsin. Jason Weber, from the Menasha Police Department also presented a program that is offered through Triad, entitled *Good Drugs Gone Bad*. This alerted us to the problem of prescription drug abuse among our teens. His well documented information opened a lot of our eyes to a problem that we may not have recognized in our communities.

We changed gears in the afternoon and looked at collaborating with the area ADRC's, and more specifically with GWAAR (Greater Wisconsin Agency on Aging Resources). Pam VanKampen, GWAAR liaison with WASC, presented information on what GWAAR does and what resources they have that would be useful to us. Pam is also a speaker on putting more laughter into our lives, so she gave us a little dose of laughter at the beginning and end of her presentation.

If you would like copies of any of the handouts that were made available at the spring training, contact a District 4 or 5 delegate.

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WASC News

An Official Publication of the Wisconsin Association of Senior Centers



From Your President...



*Cindy McGlynn,
WASC President
& Stoughton Area
Senior Center
Director*

Greetings WASC members and friends!

Thank you to Districts 4 and 5 for a job well done on the Spring Training. Great feedback has been coming in regarding subjects that were discussed and possible collaborations that maybe worked on in the near future. Please see the report on the Spring Training later on in the newsletter for more specifics.

District 1 is gearing up for the fall conference. Be on the lookout this summer for the registration materials and keep in mind that there are scholarships available. Even though WASC tries to keep the cost of the conference affordable, in these tough economic times continuing education budgets are sometimes slim. All information will be included in the conference materials.

The past few months have reminded us how important our advocacy role for older adults is. Educating the general population and empowering older adults to stand up for themselves and the programs that help them stay safe and healthy. Thank you all for the work you do for older adults. Keep up the good fight.

Calling ALL WASC Members

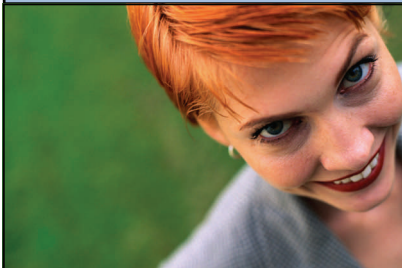


We need you! It's that time of year when all districts will be electing their district delegates. And the WASC Board searches for assistance with standing committees. Why would you want to be on the board or a committee? What's in it for you?

- Developing statewide support for the purpose and development of stronger Senior Centers
- A coordinated effort to share best practices with all centers
- A voice in a state-wide, professional, networking organization
- Be in on helping determine direction/philosophy of WASC for the coming year
- In this political climate, everyone needs to be involved as fully as possible
- New faces, new ideas, new vitality
- Raising the importance of Senior Centers to the Wisconsin Aging Network, and pursuing closer relationships with all parties for the benefit of all senior adults in Wisconsin. (Isn't this why we exist?)

So, please, share your time and talents and "Pay it Forward" by nominating yourself or another director for the WASC Board of Directors from your district.

2011 WASC Strategic Goals



To gain and sustain membership in WASC.
 To explore administrative support for the organization.
 To increase the influence of WASC with other organizations.

2011 WASC Board of Directors & Committees

Officers

	<u>Name</u>	<u>Phone</u>	<u>Email</u>
President	Cindy McGlynn	608.873.8585	cmcglynn@ci.stoughton.wi.us
Vice-President	Jane Deau	715.536.4226	Jane.Deau@ci.merrill.wi.us
Secretary	Carol LaFontaine	262.375.7644	clafontaine@ci.cedarburg.wi.us
Assistant to Secretary	Jill Kranz	608.831.2373	jkranz@ci.middleton.wi.us
Treasurer	Cheryl Batterman	608.243.5252	cbatterman@nescoinc.org

Committees & Other

Accreditation	Mark Ziemer	920.232.5302	mziemer@ci.oshkosh.wi.us
Administrative Coordinator	Deb Weberpal	262.473.0535	dweberpal@whitewater-wi.gov
Essay Contest & Newsletter	Cheryl Batterman	608.243.5252	cbatterman@nescoinc.org
GWAAR	Pam Vankampen	715.836.3916	pam.vankampen@gwaar.org
Legislative	Ingrid Thompson	608.838.7117	ingrid.thompson@mcfarland.wi.us
NISC Officer	Jill Kranz	608.831.2373	jkranz@ci.middleton.wi.us
NISC Delegate	Diane Lanaville	608.845.7471	diane.lanaville@ci.verona.wi.us

District Delegates

District 1	Alison Koelsch	608.835.5801	akoelsch@vil.oregon.wi.us
District 1	Cheryl Batterman	608.243.5252	cbatterman@nescoinc.org
Alternate	Cindy McGlynn	608.873.8585	cmcglynn@ci.stoughton.wi.us
District 2	Carol LaFontaine	262.375.7644	clafontaine@ci.cedarburg.wi.us
District 2	OPEN		
Alternate	OPEN		
District 3	Mark Ziemer	920.232.5302	mziemer@ci.oshkosh.wi.us
District 3	OPEN		
Alternate	Karen Neuman	920.361.5422	kneuman@cityofberlin.net
District 4	Mary Pica-Anderson	715.839.4909	marypanderson@charter.net
District 4	Chris Fritz	715.924.3121	cheteksenior@chibardun.net
Alternate	Barbara Pritzl	715.286.2953	augseniors@aol.com
District 5	Stephanie Schroeder	715.369.6170	sschroeder@co.oneida.wi.us
District 5	Jane Deau	715.536.4226	jane.deau@ci.merrill.wi.us
Alternate	OPEN		



Fall Training 2011

Dates: 28-30 September

Where: Heidel House Resort (Green Lake)

New!! A Pre-Conference Intensive "From Average to Awesome" at no extra cost Wednesday afternoon.

Sessions: Two tracks, one administrative and one for programming

Fun: Movie, One-of-a-Kind Contest, Program Sharing, Bocce Ball, Auction, and the Hospitality Room

Networking: Have a question or wondering how to do something? We have the answer for you! Many people will have an answer for you and one of them may be your solution!

Stressed? Enjoy the spa and fitness center at the Heidel House, relax in the hospitality room, bring your golf clubs for a round of golf, or walk along the lake on one of the hiking paths.



SEPT. 28-30 • GREEN LAKE, WI

Gert Olson Memorial Scholarship Available

A \$250 scholarship to be used for training not covered by an agency budget is available in 2011. This award is given to a WASC member in good standing to provide funding for training and related expenses for self-improvement and to enable her/him to better perform their job.

The application should provide a letter of recommendation from a board member, supervisor or colleague, including a brief statement showing financial need for assistance, including a copy of the agency's budget for the current year.

Applications should be mailed to the WASC President (Cindy McGlynn, Stoughton Area Senior Center, 248 Main St, Stoughton, WI 53589).

Professional Excellence Award (Due 8 August 2011)

This award is given to the WASC Senior Center Director for outstanding service performance. Outstanding service shall be, but not limited to, the following areas: Professional accomplishments and job performance; service to the Aging Profession; involvement and leadership in WASC; involvement and leadership in the local community. A committee of non-WASC members will review the nominations and select the winner. Please include the following information in your nomination: Director's name, center, address, phone number, name of supervisor/employer, years in position and other experiences. Other documents needed are two letters of support and a one-page description of accomplishments.

Applications should be mailed to the WASC President (Cindy McGlynn, Stoughton Area Senior Center, 248 Main St, Stoughton, WI 53589).

Pre-Conference Intensive: *From Average to Awesome*

Wednesday, 28 September, 1-4 pm

It's really, really hard work to continually engage your team in creating a successful organization. Whether it's our staff, Board, or volunteers—we all need ideas on how to better motivate, communicate, enjoy—and yes, sometimes discipline the team we lead. This interactive workshop will offer discussion and tools that you can use to move your crew from simply "getting the job done" to "exceeding our clients' expectations." Topics include developing a communication game plan, the "teamship" covenant, proactive accountability, and facilitating a learning environment.



Join Julann Jatczak, Director of Impact Initiatives (The Wisconsin Women's Business Initiative Corporation), for this interesting and thought provoking session. The pre-conference intensive is included in your fall conference registration fee.

AUCTION NOTICE!

This year's fall conference auction will be a great place to pick up some special "One of a Kind" items. Directors from District 1 will be bringing a mystery box for the ticket prize awards started last year! Each box will be gaily decorated and may or may not be an indication of what's inside. It's up to you to put your tickets in the bag next to the box you hope to win. Most of the boxes will be awarded before the auction on Thursday night, but a few will be set aside to win on Friday before the conference ends. What treasure will you bring home? Hard to tell, but the Directors in District one are indeed "One of a Kind" and their commitment to quality can't be described, just look at the number of them who have achieved WASC accreditation—that will tell you their level of intensity and dedication! Each box will be valued at \$10 or higher.



Meanwhile... don't forget to make your own auction item unique. Auction items should have a value of \$15 or more. If your auction item is worth more, why not make it two? Check with your local business community or chamber of commerce, they might have something interesting to donate to the cause!

Plan now to bring some extra funds for this special event. Money raised is used for scholarships for attending the fall conference each year. Your support is important and greatly appreciated.

Fall Training Sponsors

Training Underwriter: **GWAAR—Greater Wisconsin Agency on Aging Resources**

Breakfast Sponsor: **Liturgical Publications, Inc (LPI)**

Break Sponsor: **GLOBUS family of brands (travel)**

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Community Partnership

Berlin Senior Center proposed a "community partnership" with Berlin's Walmart. This partnership was a success! The partnership brought in young-age seniors as well as interested seniors from our "usual" group. We saw people who have not walked into the Center before this time, and we saw more male figures than we usually do for our programs.

We will be running this partnership through the Recreation Department this summer because our summer book reaches 5,000 homes, and we feel there are many community individuals as well as those of senior age who would be interested in learning.

We call the project, "Gadget Technology." It was amazing to see the number of individuals who want to learn gadget technology—no strings attached—no sales pitching—just hands-on, simple and quick learning. Our first schedule was once a week for 1.5 to 2 hours long, and we ran it during the daytime hours.

Walmart sent out a representative who works in the electronics dept. The rep brought along 1-2 samples of the item we were learning about that week. The rep opened up the package and passed around the device as she explained how to work it. If people had their own devices, they were welcome to bring them along. We usually had a minimum of 20 people learning (which for our small center is a good number).

We did have our TV (see picture above) hooked up to a laptop computer so the Walmart rep could show over the TV just how to use the jump drive of the digital camera and save it to a computer and/or send a picture by e-mail. However, if you don't have a TV or laptop that you can hook up—it probably isn't necessary for this learning project.

Any questions? Feel free to call me @ (920) 361.5422

*-Karen Neumann, Director
Community Recreation (City of Berlin)*



Voter ID Legislation

The newly passed voter registration bill does not go into effect until 2012. Please inform your participants and community identification will not be required at the July election. More information will be forthcoming from our legislative guru, Ingrid Thompson.



Congratulations & Best Wishes to Retiring Directors



- **Barbara Robinson**, Bureau of Aging and Disability Resources (BADR)
- **Carol Moore**, Lincoln Center (Stevens Point)
- **Dick Swanson**, Thompson Center (Appleton)
- **Karol Lee**, Wilson Senior Center (Milwaukee)
- **Sharon Pribyl**, Chippewa Falls Senior Center

These are the retirements we have been notified of to date. If you know of someone else retiring, please contact Deb Weberpal (deb.weberpal@gmail.com).

Congratulations Creekside Place!

Creekside Place is hosting a grand opening on Saturday, 2 July 2011, with a ceremony at 10 am. They are also hosting a free pancake breakfast from 7:30–11 am.

[New Address](#)

Creekside Place

102 Maple St

Evansville, WI 53536

Plymouth "Generations" Center Grand Opening

There is a new young lady taking her place in Sheboygan County, in Plymouth. She is named "Generations: An Intergenerational Center," the proud child of the community, "delivered" by the nonprofit Plymouth Intergenerational Coalition.

After a lot of thought, PIC decided on "Generations" as an almost obvious choice for the name of the center. It's short, easy to remember, and evokes a key concept, there from the start: There is a lot to be gained from a setting in which people of different ages and circum-stances can interact with and benefit one another; an aspect often fading or lost altogether in modern societies.



Our *Generations* lady right now is like a race horse, poised at the starting gate, with last-minute preparations being made, and even so anticipating the start of the event. The "event" in this case will be, we think, a long career for her, of life and interest and human richness for everybody.

The *Generations* building has separate entrances, one for day care and Head Start kids and their parents, one for the Family Resource Center, one for the Plymouth Adult Community Center and one everyone can use, the Main Entrance to the building that opens into the gathering, or common space. Three stories high but on a human scale, the gathering space is meant to be a warm, beautiful, welcoming room, interesting and useful in itself.

Welcome this new facility at it's grand opening on Saturday, 11 June, 10 am-3 pm. For more information, please contact Interim Director Jessica Dalske at (920) 892.4821 or pacc@plymouthgov.com.

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Grandma

I wear a Livestrong bracelet everyday for a reason; my grandma had cancer. I wear it to show appreciation for the people who have cancer, so they know that people care and support them. My grandma suffered for two years with stomach cancer. She went through chemotherapy and radiation during those two years. It was difficult watching her go through so much pain. She lived with my family during her chemo. She fought hard to live and was an inspiration to me.

My grandma made the decision to stop the chemotherapy in November, the year of 2009 because it was too painful. Hospice helped the family say their good byes to grandma. Although it was the most difficult time for me it was also a time that I will always remember. Spending time with grandma the last month was special. We were lucky that grandma got to spend Christmas with us! She seemed happy that a lot of my relatives were able to fly to Wisconsin to see her.

Then it was New Years, my grandma's birthday. For the first time in forever she wanted a birthday party. It surprised everyone but we wanted to make it special for. What was amazing about this was that grandma lived longer than what Hospice had predicted. She lived past her 75th birthday. Grandma left us on January 13, 2010 peacefully at my uncle's house in Neenah, WI. I will always remember the day that I received the phone call from my mother saying that the day had come. Although we knew this time would come, it was one of the saddest days of my life. My grandma lived a good life and I miss her with all my heart.



Nicole Pham

Hong & Larry Palm, Parents
Toki Middle School (Madison)
Stephanie Werdin, Teacher
South Madison Coalition of the Elderly
Marcia Hendrickson, Director

◀ Nicole, her family, teacher & Marcia
@ the CWAG Conference

Grandpa's Packer Jacket

This year when the Packers went to the Super Bowl we had a green and gold dress-up day at school. I wore my grandpa's Packer jacket from when he was my age. I knew it was a special jacket, but I wanted to learn more about it. I interviewed him and I'm going to share that story with you.

When my grandpa was 12 growing up on a small farm in Wisconsin, he practiced football every chance he got. He wanted to win his local NFL Pass, Punt, and Kick Contest. He had a lot of chores to do, so finding the time to practice wasn't easy. He practiced by punting, throwing, and kicking a football over their tree in the front yard. The way that someone would win was by getting the farthest pass, punt, and kick in a straight line. His practice paid off and he won 1st place. The first place prize was a Green Bay Packer uniform. The next year he practiced just as hard and won again. That year he won a Green Bay Packer letterman's jacket. It has golden leather sleeves and the vest of the jacket is green with a patch that says Pass, Punt, and Kick contest winner.

I chose to write about my grandpa because he inspires me to never give up. He practiced hard at what he liked, and worked hard on things he had to do. He now comes to many of my basketball, soccer, and baseball games and encourages me in everything I do. He's not retired, but he still comes to my school programs and concerts. He shows me that no matter what; I should never stop chasing my dreams. He is a great grandpa and I love to practice and play sports with him.

Seth Prechel

David & Rustie Prechel, Parents
River Bluff Middle School (Stoughton)
Rebecca Meyer, Teacher
Stoughton Area Senior Center
Cindy McGlynn, Director

Seth & his family @ the CWAG Conference ►►



"Aging in America" Conference

The 2011 ASA/NCOA Conference, "Aging in America", held in San Francisco the end of April, carried with it some of the same 'feel' we each may be experiencing around the current and pervasive political dis-ease and uncertainty. Attendance was slightly less than previous years, reflecting the economic crisis, and limitations on travel and training being imposed in many areas. There were also fewer breakout sessions. The plenary sessions had a political ring to them with presentations by House Minority Leader Nancy Pelosi, who helped move the Affordable Care Act through Congress, and the Administration on Aging Assistant Secretary for Aging Kathy Greenlee, fresh from her precedent-setting January meeting with NISC representatives (including our own Jill Kranz and Christine Beatty). Throughout the Conference there was a strong undercurrent of urgency about getting the health care reforms implemented, preserving Social Security and Medicare/Medicaid, and of paramount concern, meeting the needs of the dramatically increasing aging population with ever more limited and restricted funds.

The most positive notes of the Conference were the recognition of the importance of senior centers in every conversation about how best to gain access to and provide services for older people; the significant impact of pursuing accreditation, whether state or national, and evidencing adherence to the highest standards and guidelines; and the total commitment of NCOA/NISC in continuing to incorporate the 'good to great' concept in its development.

San Francisco itself was a wonderful part of the Conference, offering the broadest array of things to do, sites to see, and food to enjoy. (2012-Washington DC)

On a personal note, I was honored to be appointed Chair of the NISC Leadership Development Committee. The committee is composed of delegates from Texas, New York, North Carolina, and Louisiana. I am really looking forward to working with and learning from all of them and bringing insights and ideas back to the WASC Board.

Again I thank you for the support which helps make it possible for me to serve as the Wisconsin representative on the NISC Delegate Council. During these times it is imperative that we have someone 'at the table' as the future of senior centers is determined. If you have issues which you would like to discuss, please call or email me.

*-Diane Lanaville, NISC Delegate
Verona Area Senior Center Director*

They're "Feeling Our Pain"

David Taylor, current Chair of NISC, wore a big red button declaring, "We're ALL Wisconsinites" as he marched down Wall Street in New York City with several thousand other demonstrators in February. He also proudly displayed the button at the recent ASA/NCOA Conference in San Francisco, and any time anyone at any workshop or gathering introduced themselves as being from Wisconsin they were met with a warm round of applause.

One Away

More than 13 million senior adults are considered economically insecure, living on just \$21,780 a year or less. Every day, these seniors, and millions of Boomers, have to choose whether to pay for food, housing, utilities, or out-of-pocket for medication costs. They live one bad break, one accident, or one layoff away from economic disaster.

To spotlight their struggles—and call for change—the National Council on Aging (NCOA) is launching *One Away*, an innovative, national advocacy campaign that uses video to allow senior adults to tell their own stories, in their own words. *One Away* videos and stories are available at OneAway.org.



At OneAway.org, you can send a message to congress, discuss solutions and watch videos of peoples stories, their struggles, and being one event away from crisis in their lives. Stories can be written on the back of a POSTCARD. A very simple story—just a line or two and signed by the senior with their city or just state. Mail the postcard to: One Away, National Council on Aging, 1901 L Street NW suite 400, Washington, DC 20036. NCOA will exhibit and display the post cards around the country at events that are currently underway.

Thanks so much for your help with this national campaign. These are the real stories of real seniors and the stories need to be told. If each senior center could send two postcards, it would be a great help!

LGBT Aging Resources

Lesbian, gay, bisexual and transgender (LGBT) senior adults make up a significant and growing share of America's 65+ population. The Resource Center is now offering to train agencies free-of-charge to help agencies create a safe, inclusive and welcoming environment for LGBT senior adults. Training is appropriate for all levels of staff: administrators, service providers, and volunteers. The training can be 4 or 8 hours. Several Senior Centers in your area could plan a training together. To learn more or request a FREE training for your agency, visit lgbtagingcenter.org.



Advocacy

Communicating with your elected officials in Washington has become very easy. With a click of several buttons, your message is carried over the internet in a brief time. Go to the web page www.ncoa.org and follow the instructions as you move through their wizard. This action can take just a few minutes to complete. Whether you are communicating with your officials about issues concerning WASC, or you have issues specific to your area, this is a good way to let your voice be heard. Advocating for seniors is near and dear to our hearts. That's what we're all about. Now it's even easier. Good luck!

*-Ingrid Thompson, Legislative Chair
McFarland Senior Outreach Services Director*



WASC

Wisconsin Association of Senior Centers

c/o North/Eastside Senior Coalition
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Madison, WI 53704

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www.wi-problemgamblers.org

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414.771.9511
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Billy Feitlinger
bfeitlinger@hotmail.com
www.retiredamericans.org

Green Lake Festival of Music

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