

Mally Fund for Aging Education Funded Projects

Area Agency on Aging of Dane County
(608) 261-9930 <https://aaa.dcdhs.com>

History

The Mally Fund for Aging Education was created in 2001 by longtime Area Agency on Aging Board Chair, Nell Mally who wanted to honor the memory of her husband, Timothy G. Mally, a vice-president of Engineering at Oscar Mayer. Upon his death and because of his passion for lifelong learning, the fund was established with an initial investment of \$10,000. These funds are invested with and held by the Madison Community Foundation. The earnings are distributed annually by the Area Agency on Aging after awarding them to the winning Dane County non-profit agency that best demonstrates a project which educates senior adults, staff, and/or volunteers. Since 2005, the Mally Fund for Aging Education Endowment has made grants totaling \$7,909.08.

2005 Mally Grant

\$500 awarded

Independent Living & Jewish Social Services (joint proposal)

\$500

PROJECT: *Cultural Competency Seminar*

Seminar to train professionals how to work with the elderly as it relates to learning contemporary perspectives on culture and aging.

2006 Mally Grant

\$573 awarded

West Madison Senior Coalition

\$573

PROJECT: *Retreat Day*

Offered the four Madison Senior Coalitions and the Madison Senior Center staff the opportunity to jointly participate in a full-day enrichment retreat. The agenda included: stress management and team building, basic meditation techniques, introduction to Yoga, and new trends in aging issues and the ageless spirit. Lunch and chair massages were also provided.

2007 Mally Grant

\$500 awarded

Madison Senior Center Foundation

\$500

PROJECT: *New Models in Volunteerism for Baby Boomers*

Conducted a 3-hour interactive workshop for focal point and senior center directors, aging network agencies, and other interested Dane County non-profit agencies. Featured speaker was Constance Todd, from the National Council on Aging, Washington, D.C., who is principal staff to "Wisdom Works," a MetLife Foundation-supported NCOA program that fosters civic engagement among senior adults, emphasizing self-directed teams of senior adults.

2008 Mally Grant

\$500 awarded

North/Eastside Senior Coalition (NESCO)

\$500

PROJECT: *Cultural Competency Workshop*

This half-day workshop was attended by volunteers and staff from the 15 Dane County Senior Focal Points addressing the difficulties in creating a clear and comfortable environment for people of different ethnicities, classes, and sexual preferences. Focusing on the initial barriers that make it difficult, if not impossible, to help these individuals understand the basic information and services they need to make appropriate health decisions, the workshop helped individuals explore

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some of the differences between cultures and learning how to use this awareness to enhance communication with others.

2009 Mally Grant

\$0 awarded

None due to the economy.

2010 Mally Grant

\$33 awarded

Coalition of Wisconsin Aging Groups

\$33 (scholarship)

PROJECT: *Senior & Intergenerational Statesmanship Advocacy Training Scholarship*

Provided a partial scholarship to a low income senior adult to attend the three-day program. The senior received a first-hand look at how state government operates and how to be involved in local and state governmental affairs. The annual training was offered to senior adults from all over the state of Wisconsin. They learned about the operation of state government and their potential role in formulating public policy. The senior adult gained political skills to become an effective advocate and community role model.

2011 Mally Grants

\$1,800 awarded

Alzheimer's & Dementia Alliance of WI

\$500

PROJECT: *How to Facilitate Caregiver Support Groups*

Offered a 3.5 hour training workshop for Dane County professionals that included the following topics: support group purpose, characteristics/responsibilities of an effective facilitator, planning steps for starting a support group, developing meeting guidelines, group process and dynamics, integrating new members, and how to market support groups in the community.

North/Eastside Senior Coalition

\$500

PROJECT: *Developmental Skills Trainings*

Using the expertise of a retired local Social Security administrator and national trainer, these free 6-part in-service sessions improved developmental skills for staff and volunteers of the 15 Senior Focal Points in Dane County. Topics included: Handling Difficult Clients, Interviewing Skills, Presentation Skills, Managing Diversity, Time Management, and Team Building.

RSVP

\$500

PROJECT: *Building Safe Communities Through Education on Crime Prevention & Safety*

A full-day training conference was offered for senior adults, law enforcement professionals, and senior aging staff. It included speakers, workshops, and resource tables with the purpose of providing valuable information on topics related to crime prevention and safety such as: older driver issues, emergency preparedness, scams and frauds, elder abuse, juvenile gangs, and hoarding.

Mally Fund for Aging Education Funded Projects

Area Agency on Aging of Dane County
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Coalition of Wisconsin Aging Groups \$300

PROJECT: *Senior & Intergenerational Statesmanship Advocacy Training Scholarships*

(An expansion of the 2010 Mally Grant)

Provided scholarships to low income senior adults to attend the three-day program. The seniors received a first-hand look at how state government operates and how to be involved in local and state governmental affairs. The annual training was offered to senior adults from all over the state of Wisconsin. They learned about the operation of state government and their potential role in formulating public policy. The senior adults gained political skills to become an effective advocate and community role model.

2012 Mally Grant

\$503.08 awarded

West Madison Senior Coalition & Segoe Terrace Apartments (joint proposal)

\$503.08

PROJECT: *Healthy Living for One*

Two 6-week classes for low-income senior adults to learn how to cook for one. Using new USDA MyPlate food guidance system, includes cooking demonstrations, food, and side trips.

2013 Mally Grant

\$500 awarded

Fitchburg Senior Center

\$500

PROJECT: *Wheelchair Accessible Vegetable Gardens*

Volunteers will build two wheelchair accessible vegetable gardens for senior adults to learn how fresh produce boosts levels of health and well being by lowering blood pressure, reduce stress, and alleviate depression while providing greater mobility and fine motor coordination. With the aide of a local greenhouse, seniors will plan, plant, maintain, and cultivate the gardens and all produce will be shared with the senior nutrition program participants.

2014 Mally Grant

\$500 awarded

Journey Mental Health Center

\$500 (and \$1,252.55 of 2014 Leck Grant funding totaling \$1,752.55)

PROJECT: *Mental Health First Aid Training for Senior Focal Point Case Managers*

Senior Focal Point Case Managers continue to report a high number of complex and time-consuming mental health senior adult case management cases and requested additional training in this area. This evidence-based 8-hour interactive training will be offered to 25 of the 40 case managers to learn specific strategies by introducing risk factors and warning signs of mental health problems, understanding the impact on senior adults, and learning about common treatments. This training is certified by the National Council for Community Behavioral Healthcare.

2015 Mally Grant

\$500 awarded

\$500

Funding was used for a County-wide pilot program "Mental Health Consultant for Focal Point Case Managers."

Mally Fund for Aging Education Funded Projects

Area Agency on Aging of Dane County
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2016 Mally Grant	\$500 awarded
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Northwest Dane Senior Services (NWDSS)

\$500

PROJECT: *Retreat for Board Development & Strategic Planning*

NWDSS' Board president retired after serving six years and a new executive committee was voted into office. This is a crucial juncture in our 40 year history as NWDSS experienced an entire turnover of Board members in the past year, while also taking on the daunting task of purchasing a building, and moving to a neighboring community. Funding will be used to hire Judy Whalen, Founder & CEO of the Center for Strategic Change in Brooklyn (WI), a strategic planning consultant who will facilitate a Board and staff retreat, focusing on helping leaders strategically plan the future of NWDSS, fostering ownership in the organization, and learning how to develop a structured approach for problem-solving. The retreat will be held in an off-site location, with lunch provided, so that both Board and staff can step away from their everyday work and think strategically. Representatives from surrounding municipality's town and village boards will also be invited to establish a better working relationship between NWDSS and community leaders.

2017 Mally Grant	\$500 awarded
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Alzheimer's & Dementia Alliance of WI & Waunakee Senior Center (joint proposal)

\$500

PROJECT: *Wisconsin's Poet Laureate—Memory Café & Poetry Education*

The Alzheimer's & Dementia Alliance of Wisconsin (ADAW) and Waunakee Senior Center are inviting Wisconsin's new poet laureate (Karla Huston) to present poetry projects at the Waunakee and Middleton Memory Cafés during the fall. A two-hour educational program will also be offered to Dane County senior center program directors, memory café facilitators, activity directors, and volunteers to learn how to incorporate poetry into programming for older adults, with or without dementia. Isolation and lack of social stimulation and creative outlets are common for individuals living with memory disorders and their family care partners. People with memory challenges may feel inhibited from socializing in traditional settings where people may not understand the challenges they face. Evidence reinforces the value of arts programming—including poetry, dance and music (creating, singing and listening) —in helping people with a dementia-type disease remain active and engaged in the community around them. Creating poetry together is just one example of an activity that people with dementia can participate in where a person's cognitive ability does not impact enjoyment of the activity. The project will “nurture the growth of poetry reading and writing as part of various statewide Memory Café projects; this ground-breaking program brings together people who suffer from mild memory loss and dementia, along with their caregivers, to celebrate and collaborate in creativity and storytelling.” The grant will be used to cover the hotel, meals, and honorarium for Ms. Huston.

2018 Mally Grant	\$500 awarded
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North/Eastside Senior Coalition (NESCO)

\$500

PROJECT: *UW Learning Kitchen Classes—Cooking for One or Two & Healthy Soul Food Cooking*

Many senior adults who attend senior dining sites no longer cook because they do not know how to cook for just one or two people. Over the past five years, meal participants have requested "Cooking for One or Two" as the number one choice for nutrition education. This grant will offer 25 senior adults living in the DeForest, northside of Madison, or Sun Prairie areas to attend four

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cooking classes and learn how to prepare healthy meals for one or two in the state-of-the-art UW Learning Kitchen at the American Center. Further, inclusion of "Soul Food" in the catering menu of our dining sites has been requested by African American seniors. They report they rarely attend senior meal sites because "soul food is not on the menu." A group of 10-12 African American seniors will work with the UW Learning Kitchen Chefs and Dieticians over the course of three cooking sessions to convert traditional culturally-specific recipes into a healthier version. These new recipes will then be added to future menus at multiple dining sites in 2019. Cooks from the County's catering contracts will also attend the sessions in order for them to learn the recipes as well.

(This grant was combined with a 2018 Leck Grant awarded to this project.)

2019 Mally Grant	\$500 awarded
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Safe Communities of Madison-Dane County

\$500

PROJECT: *2019 Only Leaves Should Fall Seminar*

Falls among adults 65 years and older are a leading cause of injury-death and non-fatal injuries. Wisconsin's death rate due to falls among older adults is more than twice the national average, and Wisconsin consistently ranks in the top two states as having the highest death rate from falls in the nation. The good news is that falls are not a normal part of aging and efforts of the Dane County Falls Prevention Task Force and other community partners are helping to alleviate the prevalence of falls among older adults in our community. September is Falls Prevention Month, and each year the Dane County Falls Prevention Task Force hosts a half day seminar called "Only Leaves Should Fall." The event will be Tuesday, 24 September 2019. The Task Force is partnering with students and faculty advisors from Madison College (occupational therapy) and UW-Madison (pharmacy, nursing and physical therapy). Participants will hear from experts in the field (including Dr. Zorba Paster), will experience demonstrations of balance/falls prevention classes in the County, will progress through a series of screenings that will help each participant determine his or her own risk of falling, and will leave the event with community resources and tools needed to help prevent a fall. Screenings include blood pressure, vision, gait/balance, cognitive function, home safety, and medication reviews. This grant covers the rental space for the estimated 80-100 attendees.