



NEIGHBORHOODS USA NEWSLETTER AWARD
FIRST PLACE WINNER!

VOLUME 32 • ISSUE 1 • 2023

Fun! Food! Festivities! The 2022 EMCC Holiday Party had it all.

By Eric Peters,
Youth Program Assistant

The East Madison Community Center was buzzing with excitement. As people entered the building, they were greeted by volunteers who were dressed in holiday-themed outfits, spreading cheer and joy.

As always, there was a pizza dinner that included all sorts of holiday treats. People gathered around tables adorned with decorations and centerpieces, sharing stories and laughter over their meals with music provided by a very handsome DJ. There was even a dance party where people of all ages showed off their best moves.

In addition to the food and entertainment, there were plenty of activities to keep everyone engaged. Kids had fun with face painting and cookie designing, while pre-teens enjoyed playing games with cool holiday prizes.

The most important part of the event was the chance for youth to meet Santa and receive their holiday gifts before heading back to the excitement.

Throughout the night, it was clear that the East Madison Community Center was more than just a



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building. It was a place where people could come together, have fun, and build connections with one another. As the event came to a close, everyone left with smiles on their faces, knowing that they had been part of something truly special.

The 2022 holiday party at the East Madison Community Center was a huge success, thanks to the hard work of the organizers and the enthusiastic participation of everyone who attended. It was a night filled with fun, laughter, and holiday spirit, and it left everyone looking forward to the next event at the community center. ■



Smile!
Smile!

Visit EMCC's website at www.eastmadisoncc.org

**MATC
Volunteers
at EMCC**

Pg. 2



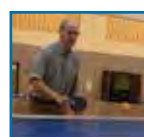
**EMCC
HOPES
Programs**

Pg. 4



**Ping Pong
Parkinson
Therapy**

Pg. 5



**Rental
Space
at EMCC**

Pg. 7





YOUTH PROFILE



Londyn

Age: 8

School: 3rd Grade, Hawthorne Elementary School

Favorite School Subject: P.E. and Art

Years attending EMCC: 1 Year

Favorite EMCC Program: First Tee

Hobbies: Drawing and Art

Favorite Food: Mac and Cheese

Favorite Color: Blue

Adult Role Model: Mom and Dad

When I'm older I would like to: A designer

Madison College WolfPack Volunteers come to EMCC



WolfPack Volunteers is a 10-week program that connects Madison College students with community organizations to volunteer for two hours weekly. The program tries to build meaningful connections with an array of non-profit organizations and communities. Volunteering with WolfPack Volunteers is a great way

to do something meaningful in the community, develop leadership skills, or build a resume. Students who complete the program receive a certificate of completion and a digital badge. The program is run by the Volunteer Center, a student organization that focuses on creating volunteer opportunities for students and promoting service. The organization is led by a team of 8 student leaders. One of those student leaders is the WolfPack Volunteers coordinator, responsible for managing the program. The program is about 10 years old and was inspired by the Badger Volunteers program at UW-Madison's Morgridge Center for Public Service. ■

My name is Janvier Mukunzi! I was born in Rwanda which is located in East Africa. I'm currently a student in Economics and Pre-Business at MATC and planning to transfer to UW. Before I started college I was working with one of the organizations that deal with food insecurity in different communities, so I love getting involved and helping my community in general. I'm currently a peer health educator at MATC and volunteering at the East Madison Community Center in the First Impressions room! ■



My name is Nyawer (Ny-Way) Biel. I am currently attending MATC, and I am in the STEM program. I am a junior in high school, so the STEM program allows me to take all my high school classes at Madison College, as well as graduate high school with an associate degree. I decided to volunteer at the EMCC because I really enjoy the atmosphere and working at the front desk helps me have more responsibility and gain new skills. In my free time, I really enjoy hanging with friends and finding new places to visit in Madison. ■

Hello my name is Rasmata Kabre. I am an international student in Economics and Pre-Business at Madison College. I was offered a volunteer opportunity at East Madison Community Center's front desk. My duties include answering phone calls and directing to the appropriate staff member. I also do data entry in Excel. I always enjoy my time at the center because I am surrounded by amazing people who are caring and respectful. They are always willing to help you out. You just have to ask. Thanks for the volunteer opportunity. I appreciate it. ■



My name is Olivia Lange and I currently attend Madison College. I am in the transfer program, and I am transferring to UW-Madison next semester for Business Operations and Technology Management. I am very happy I decided to join WolfPack Volunteers as it has helped me make a difference at East Madison Community Center. I enjoy project management and have been helping in the community garden program at EMCC. One fun fact about me is that my favorite food combination is ramen noodles and chocolate milk. ■



We are on Facebook! On Facebook, we have our up-to-date schedule of events. You will also be able to see pictures of EMCC events. Give us a "Like", so you stay up-to-date with what is happening in the community.

Say Hello... to our new Neighborhood Resource Officer



Hello! My name is Amy Bramlett and I am the new Neighborhood Resource Officer (NRO) on the north side of Madison. I started this new roll on April 3rd.

I have worked as a police officer for the City of Madison for almost 21 years. Most of this time I have spent in patrol and on the north side; the last few years as a first detail officer. I have spent one year on a Community Policing Team (CPT) and five years in the Criminal Intelligence Section (CIS)-I know, so many acronyms!



In addition to spending a good part of my career in patrol on Madison's north side, I have lived in the North District for 23 years. The well-being of the North District is personal for me. I am proud to serve the community where I live and I look forward to starting in my new position as an NRO and keeping the best side of town safe! ■

AMERICAN FAMILY INSURANCE®

American Family Insurance is pleased to help underwrite East Madison Community Center's newsletter.

THANK YOU
to American Family for printing Centerpoints!

YOUTH WORKER PROFILE



Elijah Smith

I am a senior at Madison East High School and when I graduate I want to go to UW-Madison to study computer science and history.

One thing that really interests me is defining words with my friends. They ask me for definitions of words, and I can define them. I have been working at the EMCC for 3 years and I have had fun every day working there. Things I do for fun are playing basketball, watching anime, and reading manga. ■

Kids enjoy a Lego building contest at EMCC!



GIRLS JUST WANNA...



ENJOY SPRING AT EMCC!

YOUTH PROGRAM STAFF PROFILE



Donovan Spencer

My name is Donovan Spencer. I am currently a senior attending Edgewood College, majoring in Education. My longtime will for always wanting to be an educator led me along this path. My childhood history within school took place in the Madison School District and my history outside of school takes place here at the EMCC. I began coming here at an early age, playing sports, attending camps, and learning how to tell time. While I'm currently in the phase of student teaching, my time at EMCC is spent tutoring kids, helping out and monitoring little ones. To have this opportunity and to be able to look back on the position I was once in is amazing. I'm very grateful to be who I am, that I have a positive history with the EMCC, and that I'm still welcomed here to this day. During my free time I like to find new hobbies, play video games, and spend time reflecting. ■

EMCC HOPES PROGRAMS

HOLISTIC ORGANIZATION OF PARTNERS FOR ECONOMIC STABILITY



Sewing Classes at EMCC

EMCC has been hosting The Sewing Machine Project beginner classes which have been a very popular activity. Students gain the basic skills to operate a sewing machine and use these skills to create a “pay it forward” project for the community. The most recent class created brightly colored fleece hats to distribute from the Center. Participants who complete the series of six sessions, leave the final class with their own sewing machine and basic sewing tools. Beginning sewers are also invited to attend advanced beginner classes to work on requested projects such as a zipper project and basic mending skills.

The participants have expressed their thanks for this unique opportunity and the new tools. Many have expressed excitement to apply their new knowledge and skills to perform basic sewing functions at home.

EMCC is so thankful for the wonderful volunteers and staff from the Sewing Machine Project who make this program possible. Their passion and enthusiasm for sewing and helping others is evident in each class. Follow the link below to learn more about this incredible program. ■



Learn New Life Skills at EMCC CPR Classes

The EMCC HOPES program offers opportunities to gain these skills in order to be prepared in some emergency situations. The ongoing partnership with JohnnyWinstonCares provides the American Heart Association Basic Life Support (BLS) CPR/AED classes at the Center.



Instructor and business owner, Johnny Winston, Jr. of Johnny Winston Community Action Resource Education Services is a multi-faced entrepreneur focused on providing consultation and educational services in CPR training, fitness & wellness and leadership solutions and the acquisition of future assets.

Johnny Winston Jr. states, “My CPR classes are fun, educational and worthwhile! My teaching methods ensure that you feel comfortable doing the necessary skills during an emergency. I teach people to become “try-standers” not merely “bystanders”! ■

DID YOU KNOW THAT...

Getting trained in first aid/CPR and AED are important things you can do to help ensure the life of someone suffering from a medical emergency?



Getting trained in first aid/CPR and AED can make a difference in the lives around you?

BE PREPARED!



THANK YOU JOHNNY FOR COMING OUT TO EMCC TO TEACH OUR COMMUNITY THESE VITAL SKILLS! VISIT HIS WEBSITE TO LEARN MORE:

johnnywinstoncares.com/our_services/cpr-training



“We passionately believe in the possibility a sewing machine embodies. We believe that everyone has the power to make the world a better place. So we share sewing machines—creating partnerships, strengthening community, and nurturing the creative spirit.”

thesewingmachineproject.org

Learn more about EMCC programs at www.eastmadisoncc.org



Ping Pong Therapy for Parkinson Disease

By Karen Staebell

A fun new way to help people with Parkinson's disease (PD) has come to the Madison area. The East Madison Community Center is the new host of PingPongParkinson® Madison, WI a charter club of PingPongParkinson® (PPP), a 501 c3 non-profit organization located in Pleasantville, NY.

PingPongParkinson® Madison, WI hosted their inaugural event at EMCC on March 23, 2023. This program utilizes ping pong as a form of physical therapy with the goal of slowing disease progression. It is believed that the brain can make new neurons and connections in a process called neuroplasticity. Although medication remains the focus



or treatment for PD symptoms, there is compelling evidence that regular exercise is integral for managing the disease.

The original idea behind ping pong as therapy for Parkinson's came from Nenad Bach, a Croatian-American musician and rock star. Nenad had been diagnosed with PD and noticed that his motor symptoms and

mood were improved by playing ping pong. This non-pharmacological approach to his treatment was encouraged by his neurologists who confirmed his improved status. Nenad subsequently recruited and worked with several volunteers (including Will Shortz, Art Dubow, and Irene Silbert) to establish the PingPongParkinson® group. There are now over 200 chapters of PPP worldwide.



PingPongParkinson® clubs meet for about 90 minutes twice weekly. The sessions begin with a warm-up consisting of stretches, juggling, vocal exercises, facial exercises, skills practice, and ping pong matches.

PingPongParkinson® Madison, WI is indebted to:

- their host, EMCC located at 8 Straubel Ct, Madison, WI 53704
- Madison Table Tennis who graciously lends their tables
- APDA Wisconsin Chapter for their support and generosity
- and PingPongParkinson® of Pleasantville, New York for their creative organization that contributes to the wellbeing of people with Parkinson's Disease and their care partners. ■



FOR MORE INFORMATION ABOUT THE MADISON CLUB, SEARCH FACEBOOK FOR "PING PONG PARKINSON MADISON". IF YOU'RE INTERESTED IN LEARNING MORE ABOUT THE PARENT ORGANIZATION GO TO:

PingPongParkinson.org



THANKS TO...

MADISON TABLE TENNIS

www.facebook.com/MadisonTableTennisClub

EAST MADISON COMMUNITY CENTER

www.facebook.com/eastmadisoncc

APDA WISCONSIN CHAPTER

www.facebook.com/APDAWI

PINGPONGPARKINSON®

pingpongparkinson.org

www.facebook.com/PingPongParkinson



Visit the EMCC website at www.eastmadisoncc.org and our Facebook page for more photos.

Meet some of our dedicated volunteers

NERI C. HARIED

Hi! I was first introduced to East Madison Community Center at the start of the pandemic in 2020. During the pandemic, my Old National Bank team members volunteered at the weekly food pantry. Today, I sit on the EMCC Board of Directors as the Vice President. As a first generation Filipina-American, I grew up knowing nothing



about banking. It wasn't until I started working at the bank nearly 20 years ago that I had my "ah-ha" moment. I turned a job into a career and became passionate about sharing my knowledge and experiences within my community. In my free time, I enjoy spending time with my family and playing the piano. ■

ANDY FROHMADER

My name is Andy Frohmader, and I am a current student at Madison College. I am currently in the Liberal Arts Transfer Program and then I will be attending UW-Whitewater to study journalism with an emphasis in Broadcasting/Web/Print. I heard about the East Madison



Community Center through the Volunteer Center at the College. I love volunteering a lot, so when I heard about the purpose of EMCC, I had to spring towards the opportunity. The people I have interacted with have made me feel welcomed and warm and like I am part of a great family. I would love to come back in the future and continue my volunteer service. ■

RYAN ZELEN

My name is Ryan, I am a senior at UW Madison studying biology. I'm hoping to go to medical school after college and eventually work in healthcare. I first volunteered at the East Madison Community



Center as a part of the badger Give Back program, which helps connect UW athletes to meaningful, local volunteer opportunities. I really enjoyed the experience and have returned many times since then. I am looking forward to continuing to help out at the Center this spring. ■



Tuesdays from 11:30 am to 1:30 pm

Big **Thanks!**

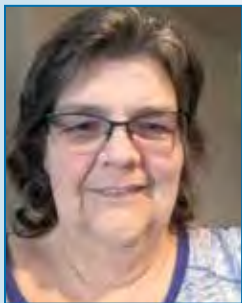


EMCC Pantry Volunteers

3 CHEERS for VOLUNTEERS!

STAFF PROFILE

MARTHA GALSTON



Hi! My Name is Martha G. I am EMCC's Assistant Food Pantry Coordinator. I volunteer 8 hours a week, and I have been volunteering for EMCC for seven and a half years. I work with seven other volunteers every Tuesday from 11:30am to 1:30pm. I order the food from Second Harvest weekly, and I try to help each patron with their food allergies. On the last Tuesday of each month, we have free clothing and some household items for the community. We average 60-70 patrons a week, and usually 1-4 patrons have never been to EMCC before. We have also been getting help from Madison College and the students get a credit for volunteering in the community.

A little bit more about me- I am the eighth child out of nine (all still living) and grew up right down the street from the center. I was married to a wonderful man who passed away in 2006. My Mom died of colon cancer when I was little and my Dad raised the last six of us by himself. When I am not at EMCC, I watch my two great-nieces who are four years old and eighteen months; they keep me really busy. In my spare time, I like to crochet. Stop by and say hi on Tuesday and Fridays when I'm at the Center. ■



• **Ping Pong Parkinson Madison**

Household items for pantry and toys for kids

• **Boomerang Resale**

Clothing for the food pantry household day

• **Madison Table Tennis Association Tables**

Equipment for Ping Pong Parkinson Group

• **TNT/Project Babies**

Resources for families with young children

• **Marbeli Bruno & Sara Scott**

Bingo program volunteers

• **Reggie Rainy**

Basketball skills classes

• **Alex Diggs**

Facility Use support

• **Zach Robinson**

Pruning trees in the community garden

• **Public Health MDC**

Covid and flu vaccination clinics

• **Sewing Class Volunteers**

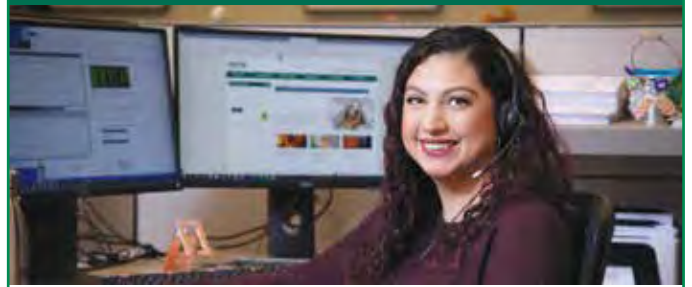
Mary Hamel, Kate Kvale, Barb Wink, Denise Klubertanz, Rebecca Sites, Gretchen Brown, Wendy Schneider, Kathy Drache

• **DeKorra Lutheran Church Poynette**

Clothing for First Impressions

Thank You!

Behind on your bill? MGE is here to help.



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Your community energy company

GS3351 9/3/2020

EMCC spaces available for the community

Need a space for an upcoming event or special occasion? EMCC may have the perfect space for you.

- Family Reunion
- Birthday Party
- Business Event
- Service Organization Event
- Fundraiser
- Meetings
- Sporting Events, Games or Practices
- Classes



Multi-Purpose Room & Kitchen



Meeting & Conference Rooms



Gymnasium

Interested in renting a room?
Call us at **608-249-0861** or go to:
eastmadisoncc.org/space-rentals



NEIGHBORHOODS USA
NEWSLETTER AWARD
FIRST PLACE WINNER!

Current occupant or

E M C C C E N T E R P O I N T S

EMCC 2023 VOLUNTEERS

Youth Volunteers

Ashley Bruno, Dominic Dean, Nate Fitzpatrick, Sincere Gains, Antuan Graves-Haskings, Jaiden Hill, Alizae Horrighs, Zaniya Lewis, James Moore, Brayden Maggit, Shavonna Williams

Food/Clothing/Household Items Distribution

Mauriana Barksdale, Frederick Banks, Marbeli Bruno, Andy Frohmader, Martha Galston, Rosie Haskins, Michelle Karsten, Perez Kirkpatrick, Melonita Mormont, Tami Niemisto, Gwendolyn Pointer, Mylas Sparks, Tobi Spatola, LC Williams, Ryan Zelen, CDA East, East High School

Program Volunteers

Marbeli Bruno, Nyawer Biel, Jamie Freundlich, Martha Galston, Rosie Haskins, Rasmata Kabre, Cynthia Jackson, Olivia Lange, Janvier Mukunzi, Zach Robinson, Sara Scott, Ascendium Education Group, Madison College Service Learning Academy, Find Help

Graphic Design

Sandy Wagener, MTH Design

Board Members

Erika Brown, Marbeli Bruno, Larry Hamlin, Neri Haried, Rosie Haskins, Tracy Lomax, Meghan O'Dell, Jamal Palmer, Sharon Rice, Tauri Robinson, Je 'Dauri Robinson, J. Alberto Quiroga, Alex Shade

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Larry Hamlin, Bunny Lenburg

thanks!



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- Assistant Youth Prgm. Mngr.: Erics Peters
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- Accountant: Bonnie Krattiger
- Youth Worker/Custodian: Nate Savado
- Youth Workers: Ashley Bruno, Elijah Smith, James Xiong, Pau Xiong

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