



# News From the Heights

## Fall Family Night a Success

By: Gina Ostrowski  
 The Early Childhood program and the After School Program invited families to join us at the community center for some food and fun. On the evening of Wednesday, November 9th, we had a Harvest Party and Family Literacy Night. The children from the neighborhood had the opportunity to play fishing for letters and Bingo. They could also get their faces painted,

really get involved by cleaning the center and spending time with younger kids. Several of our teens are turning out to be great leaders. The staff enjoyed having the opportunity to meet and get to know the families in the community better. It was nice to see so many friendly face and we want to thank everyone for coming.

We want to thank all of the volunteers who helped make the evening fun for everyone. We had volunteers from the university, community, and our own youth program. It was encouraging to see many of our teens take initiative and



## MG&E Energy Saving Tips

### Winter Energy Saving Tips



- < Lower the thermostat at night and when you're away
- < Let the sun in during the day to reduce heating costs
- < Close drapes and shades at night to save money and improve comfort

Txuag Hluav Taws Xob Lub Caij Ntuj No  
 i' 'HUA a' 'k[ ' r[ ' c^' h[ g' b[ r[ v' \Uj ' h[ j'  
 tsis txhob muab lub pob thermostat tso loj  
 loj muab tso kom me me xwb.  
 i' ' 'EW' e' v[ ' fUg' WU' i' V' bi' V' rUW' h[ Uj'  
 ntuj tuaj rau hauv koj lub tsev koj thiaj tsis  
 poob nyiaj siv cua sov  
 i' ' 'HUA a' ' h[ j' g' b[ i' ^' \_k' ' e' v[ ' fUg' h[ Uj'  
 npog ntaub qhov rais kom tsis txhob no no  
 thiaj tsis poob nyiaj ntau kom tsev xis nyob

## 20 Year Anniversary Celebration

H\Uj' f[ \h? YbbYXm  
 Heights Community Center will be celebrating 20 years of service and community building next year. To mark this historic event the community center is planning to host a  
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 festival next summer. The festival will celebrate the many cultures of Kennedy Heights

and the history of the community. There will be a performance stage, free  
 ZcXzUbX' WJ' XfYb[ h[ j'  
 activities. We have just begun the planning process and WE WANT YOUR HELP!! All current and past residents and other interested community members are invited to join the planning committee. Please come and help us

shape this wonderful community event. The first planning meeting will be Friday December 2nd from 5:30- 7:00 PM. If you would like more information or would like to be included in future planning meetings please contact Alyssa at 244-0767. We hope to see you on December 2nd.

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# News From the Heights



## Greeting from the Executive Director

The first snowflakes of the season fell last week and the beginning of the Wisconsin winter is upon us. Before the first snow fell the community center was able to host a work by staff, contributions from many community volunteers, and high participation by area families ensured a smashing success. A big thanks to everyone who helped and attended.

Aside from the first snow, November is also the month of Thanksgiving. Kennedy Heights is grateful to have a lot to be thankful for this year. Over the course of the year many businesses and individuals have donated money, resources, and time to the center. The column on page 3 lists the most recent contributors. Without community support Kennedy Heights Com-

munity Center would be unable to provide the level of services that we have now.

Kennedy Heights is pleased to have a high level of participation and engagement from the community. From the start of the Early Childhood Program Monday morning to the end of the night each week over 100 community members use our services.

Everyday, I am thankful for the talented staff, committed volunteers and dedicated board members that help make sure our programs and services run well everyday. Their devotion and service is the life blood of the organization.

Recently, it is the small unexpected gifts that I have been most thankful for. An older couple that lives on the North side

did a food and personal care items drive for our food pantry. We received a van load of goods that will help us through us through the end of the year. And then, last week I received a call from RSVP, a local volunteer organization, they wanted to make us mittens and hats for children in our programs. All I needed to do was tell them how many. Finally, a community volunteer, Eileen Rimson, dedicates hours and hours of time each year coordinating The Giving Tree program for the Kennedy Heights Community Center. She secures a holiday gift for community members in need.

A heart felt thank you for all the gifts Kennedy Heights Community Center has received over the last year.

**East Attendance  
Area Task Force  
Community Forum**  
  
**Monday November  
28th**  
  
**6:30- 8:30**  
  
**Black Hawk Middle  
School**  
  
**Room 110**

## Delicious, SHARE Food ~ 50% Savings

By Mary Kay Baum  
Every month a semi-truck packed with fresh produce and other high quality, nutritious food arrives at the Packer Community Center at a savings of approximately 50% off of grocery store prices. This month there will be Turkey dinner packages that you cook and will feed a family of six

bountiful offerings (see order form).

people are trying to find any way they can to get and save money. Thomas, Packer Community Program Coordinator. SHARE is a nonprofit food buying club that is open to every one. There are no

income or volunteer requirements. The more people whom participate, the better it is for everyone because it enables more volume discounts. For further information or to sign up, call Brenda at 441-9027. Check, money order, cash or Quest card are accepted. Visit the SHARE website at [www.sharewi.org](http://www.sharewi.org) or call 249-0160.



# News From the Heights



## Trick or Treat Food Drive

By: Dre Verdi  
 Fall is always a busy time for Girl Neighborhood Power. In October Girl Power sponsored the 4th annual Trick or Treat Food Drive. Kennedy Heights Girl Power collected over 400 pounds of food for area food pan-

tries. Also in October two of our youngest Girl Neighborhood Power girls participated in a WORT radio show promoting a Trick or Treat Food Drive. A Kennedy Heights Girl Power food drive is part of the Youth Leadership Confer-

ence at Memorial High School as part of positive youth involvement week. Finally, congratulations to Malinda Hongmanivahn who participated in the program with regular attendance, positive leadership, and commitment to service.

## Thank You!

- Capital Times Kid Fund
- Church
- Northside Christian Assembly
- Kurt and Kim Stege
- Next-Level Graphic Design
- Black Hawk Middle School
- Jack Krebs
- Wisconsin County Police Association
- Eileen Rimson
- Casualty General Insurance
- Rhonda Pierce
- Berbee
- Target Corporation

## Strengthening Families Program to Return to Kennedy Heights

By VamMeej Yang  
 The Kennedy Heights community center is pleased to announce that starting 2006 the Asian Outreach program will offer the 7 week Strengthening Families program for parents and their 10 to 14 year old children. The program will meet for two hours every other week. During the first hour parents and youth will meet separately to discuss the weekly topic. During the second hour the parents and youth will meet together to practice skills and have fun together. The program is designed to prevent teen substance abuse and other behavior problems, strengthen parenting skills, and build stronger families. Program topics will include supporting goals and dreams, appreciating family members, using family members, understanding family values, building family communication, reaching our goals, and finally a graduation. The program will first be offered in Hmong with a series to follow in English. Please contact VamMeej 244-0767 for more information or to sign up your family.

Ntawm tsev koom haum Kennedy Heights community center tshaj tawm tias pib xyoo 2006 lub koom haum Asian Outreach Program yuav muaj kawm 7 as thiv txog kev qhuab qhia menyuam rau cov niam txiv uas muaj menyuam hnuab nyoog 10 txog 14 xyoos. Lawv yuav qhia li ob xuj moos txhua txhua lwm lub li tiam. Xuj moos thib ib yog niam txiv thiab menyuam tub-ntxhais hluas nyias kawm nyias thiab sib tham txog tej ntsiab lus tseem ceeb. Xuj moos thib ob niam txiv thiab menyuam saww daws los kawm ua ke thiab koom kev lom zem ua ke. Lub hom phiaj no yog ua kom tsis txhob muaj teeb meem tsis sib haum rau cov menyuam tub-ntxhais hluas thiab kom tsis txhob muaj lwm yam teeb meem tus cwj pwm tsis zoo, ua kom niam txiv muaj kev qhuab qhia menyuam ntxiv, ua kom yus tsev neeg koj tau zoo. Thiab lub hom phiaj yog yuav ua kom sib pab kom tau zoo raws li koj xav thiab kom koj tej kev npau suav muaj tseeb, yuav muaj lus ua tsaug rau txhua tsev neeg, txhua tsev neeg uas tuaj koom, thiab qhov uas koj nkag siab txog koj tsev neeg, ua kom koj tsev neeg sib tham nkag siab, ua kom tau zoo raws li saww daws xav tau, thiab kom thaum kawg saww daws kawm tag. Ohov kev qhia yuav pib muaj qhia Hmoob ua ntej tag ces mam los qhia English. Yog muaj lus nug hu VamMeej 244-0767 qheb rau txhua tsev neeg tuaj xees npe kawm

## Poets Corner

By Mathew Abbasmoi, Age 10  
 After School Program Participant

Jack jumped over the ocean;  
 To get to the magic potion,  
 He fell on a bell and smelled  
 5 ga Y h ga Y YX Y VUVm ch cb i



**We are on the Web!**

[www.kennedyheightscc.org](http://www.kennedyheightscc.org)

## Kennedy Heights Community Center

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Madison, WI 53704

Phone: 608-244-0767

Fax: 608-244-0767

E-mail: [ackenney@yahoo.com](mailto:ackenney@yahoo.com)



### Medicare Part D Questions Plan Selection Counseling

Age 60 or Over? Call the  
Prescription Drug Helpline:

1-866-456-8211

Under age 60?  
Call the Disability Drug Bene-  
fit Helpline:

1-800-926-4862

All services are free of  
charge. Not affiliated  
with any prescription  
drug plans

Internet Access?

Go to  
[www.wisMedRx.org](http://www.wisMedRx.org)  
Or  
[www.medicare.gov](http://www.medicare.gov)

## Food Pantry Changes

By Jody Schmitz

On Monday, January 9, the Kennedy Heights food pantry will introduce some new features that are planned to make access of the pantry easier for residents to use it.

Starting with the first food pantry of 2006, the time will be changed to 5:00l 6:30 PM. This should give all residents, including those who work until 5:00 a chance to use the pantry.

In addition, a special color plan will be used to eliminate waiting and the use of numbers to get into the pantry. Each family will be assigned a color which they will keep. The colors will be moved around weekly in the pantry schedule so that families will each get a chance to be among the first users and have first choice of the available foods.

Those unable to get to the pantry for some reason will be allowed to get neighbors or friends to select their food or pick up pre-packed bags. If a resident is unable to make such a arrangements, bags will be pre-packed for them and must be picked-up within 24 hours. Arrangements must be made by 4:00 PM

the day of the pantry.

The Kennedy Heights food pantry was started in 1999 and has been operated by volunteers since then. An average of 30l 35 families are served each week. Volunteers, Jack Krebs and Mel Morganbesser, do the shopping for the pantry at the Second Harvest, Food Bank and Community Action Coalition. Volunteers, Cathy Almeida, Beulah Lee and Eileen Rimson, help at the pantry each week. UW Extension staff, Kazoua Moaua helps with nutrition education. If you are interested in volunteering in the pantry or hosting a food drive for Kennedy Heights food pantry please contact Jody Schmitz, adult program co-ordinator.

These new policies were approved by the Kennedy Heights Board of Directors. They were drafted by a group of residents and volunteers in October based on community focus groups and a survey of the community this fall. Please do not hesitate to contact Jody Schmitz 244-0767 with any additional questions.