



Goodman
Community Center

We strengthen lives
and secure futures.

Thanks to you!

February 2020

Dear friend,

Our managers submitted their end-of-year reports last week. **I kept thinking of you** as I read them – because SO many good things were accomplished last year. And without your gifts, and the support of other people and organizations from near and far, none of it would be possible.

There is too much for me to tell you every good thing, but I am going to do my best to give you a flavor of the difference you're helping us make in the lives of individual children to older adults, and their families. I'm convinced that together, we absolutely *are* strengthening our whole community.

Here are some of **my favorite things** you've helped us accomplish this past year:

- **Our new Partnership For Families program, is making sure every child makes a smoother transition to kindergarten.** We're collaborating with our schools, Anesis Therapy and the Rainbow Project to provide two years of support to the children and their parents – often parents with a first child in school.
- **We were able to launch MAScK, Men Always Seeking Change and Knowledge,** to provide boys with programming as innovative and effective as Girls Inc., where they can become confident young men while being true to themselves.
- In our annual survey of Girls Inc. girls, **you can see how the 900+ girls in the Madison area are benefiting from your support.** More than 90 percent say they have an adult who believes in them, they are hopeful about their future, and they like to learn new things. (*BIG thanks to everyone in our Women of Impact Giving Circle who make this possible.*)

Here are just a few more of the highlights:

90% say: When I make decisions, I consider the impact on my future.

91% say: When I get a bad grade, I don't give up.

100% say: It's important to manage my money well.

- **By all measures, Fit Youth Initiative, FYI, is a HUGE SUCCESS.** More than 560 children and youth are becoming coach-able athletes, trying more nutritious foods and building life skills. Kids are trying activities like fishing, canoeing, biking. They're learning about nutrition. And they're becoming coach-able athletes who are being empowered to become leaders.

And there are lots of stories like this: A middle school youth discovered a dragon fruit while volunteering in our Fritz Food Pantry. He excitedly looked up recipes for the unique fruit to share with his family.



Career fairs are just one of many ways Girls Inc. helps girls consider their futures.



- **More than 1,000 people helped us celebrate the end of construction** at our both our Ironworks and Brassworks buildings and the success of our \$11+ million Even Greater Good Capital Campaign. Did you help? Thank you!

And here's just one outcome from our expanded campus – this past year we served nearly 500 high school youth – our goal was 250!

- About 20 **TEENworks students are in their second successful year of their Preservation CSA** right now. They sold 45 shares of their monthly preserved foods – dill pickles, tomatillo-jalapeno hot sauce, dehydrated apples and more. I've subscribed both years. I love picking up my foods from the kids almost as much as eating it because they are so personable and professional. And proud!
- **TEENworks trained and employed 55 young people who logged 2,232 – CORRECTION: 8,930 hours of paid employment** – coaching, landscaping, carpentry, culinary arts, program evaluation, childcare and more. They became an integral part of our community while building their resumes.
- Our **LOFT teens hosted their second 'Ready 4 Change Social Justice Conference.'** Every year, middle and high school students come to celebrate the power of culture and the ability of youth to create lasting change in our community with workshops and activities to encourage exercising, protecting and celebrating civil rights. It gets bigger and better every year. Last year's offered free food, krumping (an energetic street dance created in the U.S. as a positive alternative to gang life), hip hop trivia, queen head wraps, drumming, an all-styles dance battle and social justice song competition.
- **We expanded study tables we staff at East High School to help more athletes stay eligible to compete in sports.** Coaches and students love them. Last year we added sports beyond football – boys' and girls' basketball, boys' swimming, and cheerleading.

- Our **Fritz Food Pantry has more freezer and refrigerator space, so we can offer more fresh foods.** Everyone is LOVING that. Last year you helped 6,800+ families receive food that doesn't just fill them up – it nourishes them.



- **High school students who have never succeeded in school are re-engaging** in learning through our Transition Academy.
- Once again, **you helped our Hunger Heroes Campaign ensure Goodman childcare families had nutritious food for the weekends all summer.** It

sounds like an extra, but for many of our families, it takes a big worry off their shoulders.

Gentle fitness classes are popular with seniors.

- **This Thanksgiving, you helped give more than 3,900 full or partial Thanksgiving baskets and 4,300 turkeys to families in need across Dane County.** That's about 24,000 people who benefit from your generosity!
- **More older adults are coming to Goodman** because of our amazing staff, free food and recreational opportunities.

And it's no wonder, with feedback like this:

91% say: Goodman's educational and exercise programs have
1) improved my physical strength and balance,
2) helped me concentrate, learn, remember, problem solve more easily,
3) enabled me to avoid disease and disability.

94% say: I've been able to contribute to the community through Goodman.

97% say: Goodman has helped me connect with other seniors more. *(One of THE most important indicators that fosters independence and well-being.)*



Thanks to your gifts, here are a few of the newer things happening at Goodman:

- **I think we finally have our hospitality systems set up to give our customers who rent space exceptional service.** Now, when you book a space you work with the same rep from your first inquiry through all the day-of-details.
- A new **Care-Giver Support Group welcomes all care-givers.** A 4-week pilot, 'Health and Wellness for the Care-giver' provided tips for self-care in the midst of caring for a loved one.
- Our new Christensen **Community Room in our Brassworks building is booked on weekends from April through November!** AND, new hourly rates for our 15 community rooms are making them more affordable for more people. (Yay!)

I have just a few more things I want to share with you — the things that never change. Your gifts support them, too:

- **Every program is designed with three goals in mind.** We work to help people young and old:
1) become life-long learners, 2) lead healthy lifestyles — physically and mentally, and 3) become leaders who engage with their community.
- **LOFT staff create student success portfolios for all regularly attending youth.** Each quarter staff touch base with youth assigned to them to talk about how things are going. Portfolios include report cards, school work samples, complete life-skills assessments, a communication log between staff and youth support systems, goal setting tools and an important-people survey.

- **Our teaching staff have embraced Conscious Discipline, an innovative social-emotional learning and classroom management technique** that has proven powerful. It doesn't coerce kids into behaving, it helps them become mindful of their brain states, gives them tools to build relationships and learn important life skills. *(Check out the cover article of this month's Eastside News – it's all about Conscious Discipline. See goodmancenter.org/esn.)*

On a scale of 1 to 4, here's a sample of what our kids are saying:

3.38 I get to express my ideas, concerns, and opinions in Goodman program.

3.38 At Goodman, staff ask me about my ideas and opinions.

3.37 When I need help, adults at Goodman are available.

- **Family-style, house-made meals.** It's a chance to learn manners ("please pass the milk"), practice making conversation, and of course, enhance their health and boost their nutrition.
- **We engage the whole family.** Family Fun Nights brought kids and families together for a meal and hands-on activities around different themes: Earth Day, STEAM night, Carnival and a Spooktacular night of science fun. Sometimes we had nearly 400 people attend!
- **We invite young people to contribute – and then we listen.** Because their input shapes Goodman programs. We want all of our kids to know how good they are, how smart they are, and how much we care about them for who they are.
- When we're at our best, we collaborate. **We are constantly leaning on core partner organizations to expand our capacity and know-how.** (Too many to list here, and I would hate to miss one!)

Here's an example of some of the community organizations one program (Girls Inc.,) worked with last year. They range from deep, collaborative partnerships to places girls went for one-time events and activities out and about in the community, but I think it paints a picture – we don't do this alone. Our staff utilize a broad base of rich community resources*:

AmeriCorps/PASS

Art of You Studio

Bliss Yoga

Boulders Gym

Camp Manito-wish

Circus Space

East High School

Emerson Elementary School

FYI, Fit Youth Initiative

Forward Theater Company

Girls On the Run

GSAFE

Ice Age Trail Alliance

Kioja Step Dance Team

Lowell Elementary School

Madison Book Project

Madison College

Madison Public Library Bubbler

MMSD

MSCR

O'Keeffe Middle School

Polka Press Studio

Rock N Jump

Trek Bicycles

Wingra Boat

Whitehorse Middle School

Women of Impact

**I'm a little nervous listing these – I hope I haven't missed an important partner here!*

- **Goodman staff are nothing short of exceptional.** They are creative, loving, dedicated and supremely resourceful – they find the most fun and interesting things for our participants to do. And the coolest places to go. So our kids to older adults discover a whole world of resources that are available *for them*.



Girls and boys in all of our programs get to do fun science, technology, engineering and math projects – STEM.

And there is SO. MUCH. MORE. I wish I could tell you about every good thing happening here, but that would fill a book. And it would be an ginormous book. So I hope you'll watch Facebook, subscribe to our enewsletters, and read your Eastside News — all are great ways to learn about how **we're using your gifts to help people improve and strengthen their lives.**

I hope you feel appreciated, because you are. Thank you.



Sincerely,

A handwritten signature in blue ink that reads "Becky".

Becky Steinhoff,
Executive Director

One more thing: If you have any questions or would like to know more about a particular program or activity, you can reach me at becky@goodmancenter.org.

As part of a staff meeting, we all posted encouraging messages for East High students as they started exam week.



Special thanks to Laura Zastrow Photography and Brent Anderson Photography for capturing Goodman so beautifully.

