



NEWS FROM THE CENTER

OCTOBER AND NOVEMBER NEWSLETTER 2024



Director's Note

Dear Kennedy Heights Friends,

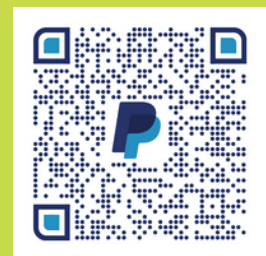
On this Day of Giving, I invite you to make a meaningful contribution to support the impactful programs we continue to provide for our youth and their families. From nurturing a love for cooking and promoting nutritional awareness to fostering a sense of wonder and adventure through outdoor exploration, our mission remains clear and steadfast:

To create a community support network for low- to moderate-income families; to increase resources and programs that improve the lives of residents; and to develop and present social, educational, recreational, and cultural opportunities for children, youth, and adults.



Your support can help us continue making a difference. For example, a gift of just \$25 can go a long way—helping us prepare a nutritious meal that feed 8–10 hungry teenagers. Together, we can ensure that these vital programs continue to enrich our community.

Please consider donating today. Your generosity truly makes a difference.



With gratitude,

Elsa Caetano



Our elementary program had a wonderful fall, filled with engaging activities that embraced the season's unique charm. Highlights included a CSI-style animal tracking investigation where students examined animal footprints and scat. This was their first time participating in such an activity, and they were fascinated to learn about animals' diets by studying their scat—a truly entertaining and educational experience!

Students also enjoyed picking apples at Troy Garden, roasting marshmallows, and dressing up for Halloween festivities. Alongside these seasonal adventures, we continued our steady work on literacy development with weekly reading sessions and homework assistance, ensuring academic growth remains a priority.

Additionally, our staff has been spending time weekly at the elementary school to strengthen connections with the school community. This collaboration fosters a wraparound approach, ensuring that the school, community center, and families work together to support the children effectively.

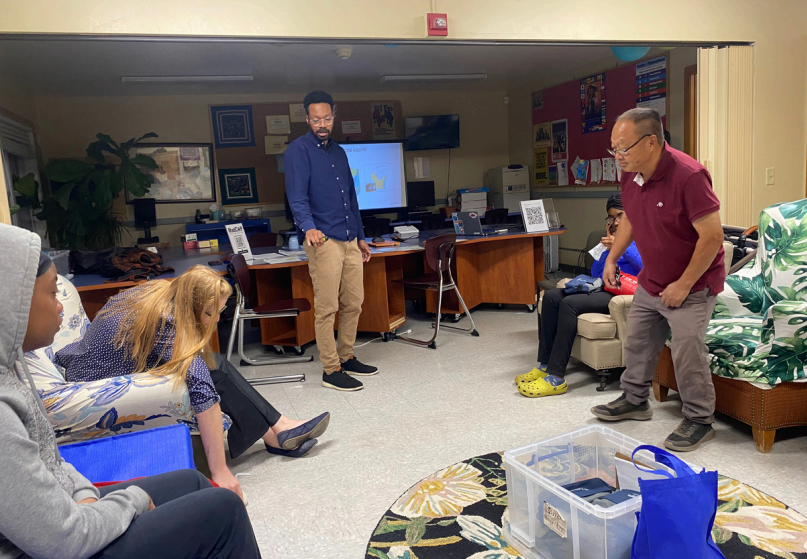
Happening at Kennedy Heights

This fall kicked off with our third annual Fall Block Party, featuring our house band, Dumate! Highlights included a vegan tent serving delicious homemade ramen noodles, chili, and freshly picked collard greens from Troy Garden. Guests also enjoyed a free veggie stand brought to us by Rooted, Bingo, a bounce house, and engaging hands-on activities from the Children's Museum Van.

In partnership with Madison Water Utility and Public Health, we hosted a Fish Fry and PFAS Awareness Event. Attendees learned about water quality in Madison and the recommended fishing guidelines for our area, given concerns about PFAS contamination. A surprising takeaway was discovering that many bottled and canned water brands, often sourced from outside Wisconsin, may contain high levels of PFAS due to differing regulations.

We also held an Emergency Preparedness event in collaboration with Madison Public Health and the Fire Department. This event emphasized the importance of readiness in the face of emergencies, especially as climate change increases the frequency of extreme weather events. Thanks to a grant from Madison Public Health, Kennedy Heights is now equipped with supplies to respond to emergency situations.

As part of our ongoing wellness efforts, we begun offering Crochet classes taught by Sir, one of our older teens in the Kennedy Heights Community; we continued to offer weekly fitness classes, monthly community conversations, and distributed free vegetables throughout the season. Though the veggie program concluded in mid-October, we're proud of the impact it had on our community.





OFFICE CONTACT INFO & HOURS

199 Kennedy Heights | Phone: (608) 244-0767 | Fax: (608) 661-9190
 director@khcommunitycenter.org | office@khcommunitycenter.org
 School Year Hours: Monday and Tuesdays 9:30 AM–5:30 PM
 Wednesdays, Thursdays and Fridays hours: 9:30 AM–7:00 PM
 Summer Hours: Monday–Friday 9:30 AM–5:30 PM
 Computer Lab Open: Monday–Friday 9 AM - close
 Closed: Holidays and days that Madison Metropolitan School District does

UPCOMING EVENTS

- Most Mondays Food Pantry from 8:30-11 AM (No Pantry 10/14)
- Free Veggies 12: 4 PM Last Offering 10/11
- Wednesdays Fitness Classes from 6-7 PM
- Open Gym Thursdays 6-7 PM and Most Week Days from 10 AM-2 PM
- Board Meeting Every fourth Wednesday of the month 5:30-7 PM
- Community Meetings Every fourth Thursday of the Month
- Joining Forces for Families (JFF) Social Worker on Site Each Wednesday from 9:30 AM-2 PM

OUR PARTNERS



North-side Wellness Partnerships

