



Kiwaniis®

Kiwaniis Club of Madison West – Kiwanogram

Guests: Mike Jordan, Covenant member.

Program: “Human Well-Being: What is it? Who Has it? How does it matter?” - Dr. Carol Ryff, Professor of Psychology, Director, Institute on Aging



Dr. Carol Ryff discussed a landmark study titled “Midlife in the U.S.” (MIDUS). While childhood, adolescence, even the “twilight years” have been studied extensively, the longest segment of the life course – midlife - remained

largely uncharted.

Starting in 1995, MIDUS followed thousands of Americans over decades to figure out why some people stay healthy as they age while others don't. They found that your income and education matter, but don't determine the whole picture.

How you live matters just as much. Having a sense of purpose, maintaining close relationships, and continuing to learn and grow can protect your health, even if you didn't grow up with a lot of money or access to a good education. This idea isn't new. The Greek philosopher Aristotle postulated something similar around 350 BCE. He called it eudaimonia, a Greek word that roughly means “flourishing.” He argued that a good life isn't just about being comfortable or rich, it's about staying engaged, growing as a person, and contributing to your community. The MIDUS study, using modern science and real data, confirms he was onto something.

The research shows that being poor or having less education does create real health risks

April 10, 2026

Presiding:	Dwight Gribble
Greeter:	Jim Danner
Checkpoint:	George Skupniewicz
Opening Word:	Dennis Keeney
Setup:	Tom McCrill

resulting in higher rates of chronic disease, more stress on the body, and shorter lives on average. That's a serious problem and shouldn't be ignored. but people who have a strong sense of purpose, good relationships, and believe they can influence their own life tend to be healthier even when they're facing financial hardship or limited opportunities. These inner strengths act like a kind of shield.

Gender also plays a large and surprising role, not because one gender is better off than another, but because men and women often face different pressures and have different biological experiences, like how hormones change with age, that affect health in distinct ways.

The bottom line is that inequality causes real harm and fixing it matters. But no matter your circumstances, building purpose, connection, and a growth mindset into your life is one of the most powerful things you can do for your long-term health.

The presentation underlined that the work we do in Kiwanis matters. It matters for each of us, it matters for our community, and it matters for our children.

Date	Event
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Apr 17	Foundation Trustees, 1:00 pm
May 1	MWK Board of Directors, 10:00 am

Up Coming Programs

Date	Program	Greeter	Check In	Opening Word
Apr 17	Adventures in Brazil – Joseph Tevaarwerk	TBD	Aspinwall	Ken Saville
Apr 22	Quarterly All Madison Club Meeting at Kiwanis East – Our Changing Climate – Bob Lindmeier, former WKOW Meteorologist			
Apr 24	No Meeting	NA	NA	NA

Meeting Time and Location

Every Friday, 11:45 am
Covenant Presbyterian Church
326 Segoe Road, Madison, WI 53705
Web site: www.madisonwestkiwanis.info
Email: KiwanisWest@outlook.com
Facebook: facebook.com/madisonwestkiwanis

President **Dwight Gribble** presented three **Distinguished Kiwanis Member** awards received at the WIUM District Midyear conference:

Case Dorresteijs – Distinguished Member for Membership and Education – excellence in growing a stronger club.



LaDonna Steinert – Distinguished Member for Community Impact – excellence in service to the community.



Paul Aspinwall – Distinguished Member for Kiwanis Image – excellence in promoting and strengthening the Kiwanis image in the community.



Club Officers (2025-26)

President:	Dwight Gribble
President-Elect:	Cody Kramschuster
Secretary:	Leroy Baker
Assistant Sec:	Thomas DuVal
Treasurer:	Randy Grobe
Past President:	Ken Saville
Board of Directors:	John Busby
Harley Skjervem	Jim Danner
Joseph Tevaarwerk	Ed Reisch

We have received eleven applications for our **Community Grants**, totally \$30,000. Review is underway for the final awardees.

Bob Cropp started managing the **Birthday Contribution Program** from **Chuck Stumpf** (who started it in 1987) two years ago.



Donations go into the Foundation General Fund. Bob reports \$306 in donations during the first quarter of the year.



Bruce Hoehne reports volunteer signup continues online. To sign up, [Click Here](#). Each individual must register separately using the online system.

Madison East Kiwanis hosts the Joint Meeting of the Madison Kiwanis Clubs on Wednesday April 22 at 11:30 a.m. at the Great Dane East, 876 Jupiter Drive. Cost: \$20

The speaker will be Bob Lindmeier, former Meteorologist at WKOW, with a presentation on Climate Change.

Email Leroy Baker by April 15th if you still need to sign up.

Dwight Gribble reports the next Midvale School **Lunch Buddies** dates are **April 16th** and **May 13th**.

Jim Danner reports the next volunteer date at **Second Harvest** is **April 30th**.

George Shook reports our next volunteer date at **Habitat ReStore** is **April 16th**. All slots are filled.

Membership Committee Update

The Scoop by Skup

I completed my visits to the other Madison area Kiwanis clubs (East, Downtown, and Middleton) and received strong interest in participating in our "Membership Symposium". A couple members from each club and the Downtown "Satellite group" (evening meetings) have agreed to participate in the MWK sponsored Google Meet call. We plan to share what traditional means have and have not worked to increase membership, then we will brainstorm contemporary methods to engage with a younger, diverse demographic. We are currently targeting 7:30pm on April 20th for the symposium.

The Club Board has approved a \$1,000 donation to Habitat for Humanity to co-sponsor an event during a weekend or a workday evening. We have started discussions with Habitat regarding the type of event, date, time, and promotion logistics.

Speaking of promotion logistics, we have made some good progress in creating additional online infrastructure (Google Ads, Meta Business Portfolio, Facebook Ads and fundraising) in the last few weeks. We now have an MWK Instagram account! Follow us! Send me pics and comments if you'd like me to post for you.



SAVE THE DATE:

FRIDAY, JUNE 12

**Gates open at 5:05 p.m. and
the game starts at 6:05 p.m.**

Madison East Kiwanis is sponsoring a social outing for Division 5 Kiwanis Club members, guests, and friends to attend a Mallards baseball game at Warner Park.

Deadline for sign-up is May 1st. Payment deadline is Friday, May

Editor's Note: Due to my absence last week, several members assisted with this edition of the Kiwanogram.

Many thanks to **LaDonna Steinert** for the write-up of the speaker presentation.

Thanks to **Harley Skjervem** for the photographs.

Thanks to **George Skupniewicz** for the Membership Committee update.

And finally, **President Dwight Gribble** for coordinating all of this.