

ANNUAL PROGRAM AND SERVICE REPORT
JULY 1, 2011 – JUNE 30, 2012
ST. ANTHONY PARK AREA SENIORS
(formerly the Saint Anthony Park Block Nurse Program)

This report summarizes the highlights of both observing the program's 30th anniversary year during all of 2011 and serving neighborhood seniors during the past fiscal year (July 1, 2011 – June 30, 2012). Among the most notable events of this period, the Board of Directors changed the program's name effective July 1, 2011, from "St. Anthony Park Block Nurse Program" to "St. Anthony Park Area Seniors" (SAPAS) to better reflect its purpose in the community it serves. The mission continues to be to "enrich the capacity of the older neighborhood residents to maintain appropriate levels of independence and interdependence with the community through neighborhood-based professional and volunteer staff working together to integrate health services, social services, education and advocacy."

Celebration of the 30th anniversary year began in January 2011 with a "*Be Well as You Age*" Speakers Series. In partnership with the ElderCare Rights Alliance, which provided the speakers and films, this outreach program presented a topic on aging the second Saturday morning each month at the St. Anthony Park Public Library.

Additionally, program staff offered a series of nine special "30th Anniversary Social Outings" in partnership with the Twin City Trolley Company during 2011. The outings began in April with an afternoon musical and ended in December with an excursion around the Twin Cities to see the holiday lights.

On the Fourth of July, Twin City Trolley made a big blue trolley available to the program so that it could call attention to the program's name change in the St. Anthony Park Fourth of July parade. SAPAS participants waved American flags from the trolley windows, and banners with the new program name hung on the trolley sides. An article in the July issue of the neighborhood newspaper, the *Park Bugle*, described program growth and the rationale for its new name and logo.

In October, staff and board members organized two anniversary luncheons, one to honor the founders, volunteers, and supporters of the program (71 attended) and the other to celebrate senior participants and family caregivers whom we serve (80 attended).

At those luncheons St. Anthony Park Area Seniors announced it had just been awarded the Charities Review Council's "Meets All Standards" Seal. This program earned the seal by voluntarily participating in the council's extensive review which critiqued the program's performance in governance, fundraising, financial activity and public disclosure. This ensures more transparency to donors and supporters of St. Anthony Park Area Seniors through the the Charities Review Council's smartgivers.org website.

In addition to continuing existing programs—daily weekday exercise classes, weekly blood pressure clinics, social outings, transportation to health appointments, coordination of nursing and other services—SAPAS staff and board initiated several changes. One was the initiation of the Senior Cinema Series. Early in 2012, senior participants had suggested that the program show movies locally. SAPAS has partnered with the St. Anthony Park Public Library that provides equipment and space in its Community Room one afternoon each month to view a movie chosen by a committee of senior participants.

Services to caregivers of seniors have grown this past year. More caregivers who need help have been identified and more assistance provided. We receive some financial assistance to do so through a grant from the Metropolitan Area Agency on Aging. SAPAS has also joined with the area churches in expanding the Caregiver Support Group, which began at the SAP United Church of Christ. We are endeavoring to reach out more effectively to family caregivers in the community.

On January 1, 2012, SAPAS changed its partner nursing relationship from the Minnesota Visiting Nurse Agency to Recover Health. A Medicare-certified home health agency that provides a full range of in-home services, Recover Health now serves 12 St. Paul block nurse programs. This enables uniform service to senior nursing clients of block nurse programs throughout the city.

Because of staff and board diligence in securing unanticipated and unbudgeted revenue, using its Stanford Fund of restricted assets, and keeping total expenses below budget, SAPAS ended the fiscal year with a surplus in its operating budget. In addition, there was no decrease in total program assets from the beginning of the budget year.

OUTREACH/STRENGTHENING COMMUNITY RELATIONSHIPS

- Continued active participation in weekly Senior Leisure Center activities/luncheons
- Continued working with the St. Anthony Park Library as the site for the 2011 “Be Well as You Age” Speakers Series, 2012 Senior Cinema Series, and some SAPAS exercise classes
- SAPAS gifted funds to SAP Library for books on aging that will go into a special display with our brochure
- Continued exercise classes for seniors each weekday at three community sites
- Continued publicizing SAPAS services at the annual St. Anthony Park Arts Festival
- Continued coordinating with Speedy Market on grocery deliveries to neighborhood seniors
- Continued enabling local scout troops and high school students to assist seniors with leaf raking and snow shoveling
- Continued working with the Lauderdale/Falcon Heights Lions’ Club on fundraising and on publicizing and providing services to seniors in those neighboring communities
- Continued partnering with the Twin City Trolley Company on senior social outing travel
- Commenced Caregiver Support Group cooperation with area churches

2011 SPEAKER SERIES (the second Saturday of each month from January to December, 2011)

- **Creativity and Aging**, Lucy Rose Fischer, author of *I’m New at Being Old*
- **Transportation and Aging**, Catherine Sullivan, Associate Professor, Department of Gerontology, St. Catherine University
- **Preserving Personal Autonomy**, Iris Freeman, Associate Director, Center for Elder Justice and Policy, William Mitchell College of Law
- **Preventing Elder Abuse**, Habir Kaur, Director of Elder Justice Services, ElderCare Rights Alliance
- **Dying with Dignity**, Jolynn Gardner, School of Public Health, University of Minnesota
- **Communicating with People with Dementia**, Janine Quillan, Council Services Director, ElderCare Rights Alliance
- **Planning for End of Life**, Jeanne McGill, Certified Pre-Planning Consultant, Certified Senior Advisor
- **Hospice Benefits**, Jane Hagstrom, Community Liaison, Hospice of the Twin Cities
- **How to Avoid Financial Exploitation of Seniors**, Iris Freeman, Associate Director, Center for Elder Justice and Policy, William Mitchell College of Law
- **Veterans’ Benefits for Seniors**, Joy Gullikson, Elder Law Attorney from Maser, Amundson and Price
- **Caregiver Issues and Assistance**, Jim Tift, Community Service Director, ElderCare Rights Alliance
- **“Five Wishes” Living Will**, Jeanne McGill, Certified Pre-Planning Consultant, Certified Senior Advisor

SOCIAL OUTINGS July 2011 – June 2012

- 27 outings (17 outings in fiscal year 2010-2011)
- Total attendance: 309 (263 in 2010-2011)
- Average number of participants: 11.5 (15.5 in 2010-2011)
- Destinations: 17 restaurants for lunch and dinner, 3 movies, 3 tours (Gangster Tour, Twin Cities Tour, Christmas Lights Tour), 2 live shows (Skaters on Ice, Mississippi Showboat), Fourth of July Parade trolley ride, Macy’s Easter Flower Show

2012 SENIOR CINEMA SERIES

- March: Gosford Park
- April: The King’s Speech
- May: Field of Dreams
- June: Soul Surfer
- July: Moneyball
- August: The Help
- September: War Horse
- October: Salmon Fishing on the Yemen
- November: The Best Exotic Marigold Hotel

FUNDRAISING/GRANT ACTIVITY

- Revenue through 388 individual donations\$29,655.36
- Allina Charitable Contribution.....\$5,000.00
- Two fundraising events through Lions’ Club partnership.....\$600.00
- Government grants\$57,360.00
- Private foundation grants included:
 - St. Anthony Park Community Foundation\$5,000.00
 - Elmer L. & Eleanor J. Andersen Foundation\$2,000.00

INCOME AND EXPENSE SUMMARY

- The Board continued to implement its decision from 2010-11 to use restricted assets from the Stanford Fund for needed innovations by allocating \$5,750 for a second year for these new, inovative services.
- Because income was substantially more than budgeted (primarily more from government and corporate sources) and expenses were kept under budget, year-end total assets were essentially the same as when the year began. This was in contrast to a \$14,264 decrease in assets which had been budgeted.

POLICY ADOPTIONS

- Personnel Policy Manual Updated
- Financial Policies and Procedures Updated

SERVICE DATA HIGHLIGHTS

- Total number of seniors and caregivers served was 342.
- Total number of direct serivce volunteer hours was 2706.
- 939 rides were provided by 54 drivers to 61seniors.
- 478 home visits were made by volunteers.
- The five-day-a-week exercise program completed its fifth year.
- Total class attendance hours for 251 exercise classes was 3,150.
- Total attendance at 27 social outings was 309 or 11.5 per outing.

SERVICE DATA DETAIL ON THE FOLLOWING PAGE

This past year we have essentially maintained the client growth that we experienced over ther the previous three years while expanding our program activities and increasing our direct service volunteer hours and volunteer leadership hours

St. Anthony Park Area Seniors Program Statistics July 1, 2011 to June 30, 2012

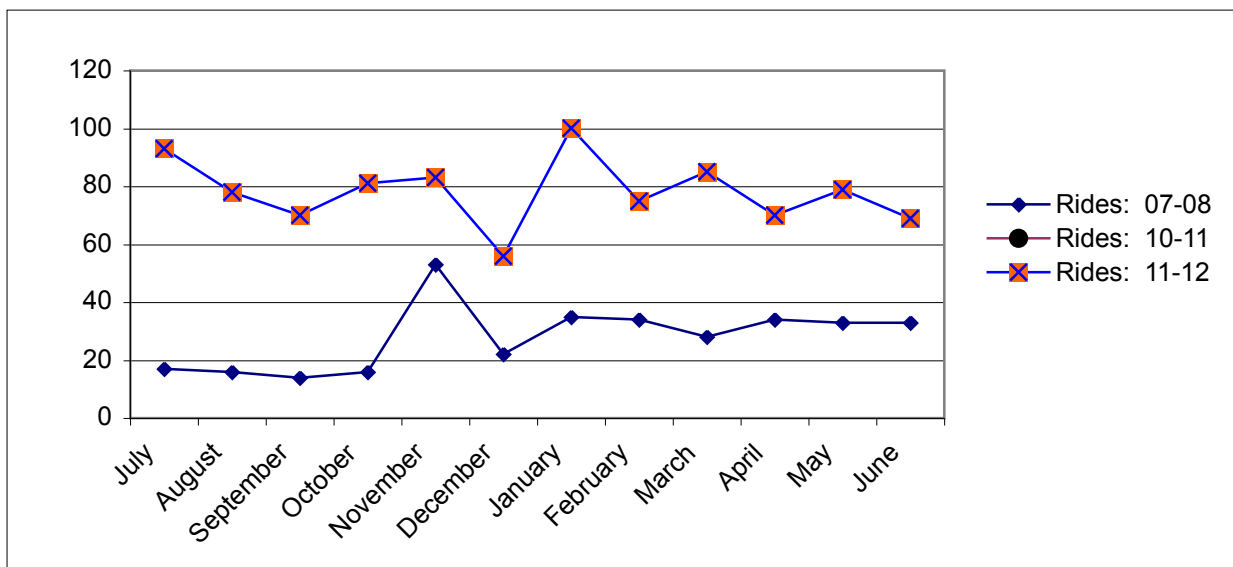
Nursing Activity:		7/1/11-6/30/12	7/1/10-6/30/11	7/1/09-6/30/10	7/1/08-6/30/09
1	Number of unduplicated nursing clients:	24	23	19	28
2	Home nursing care (and therapy) visits:	159	239	288	387
3	Home nursing care (and therapy) hours:	178	267	309	489
4	Home health aid (and homemaker) visits:	335	281	408	304
5	Home health aid (and homemaker) hours:	798	725	947	745
6	Blood pressure clinics:	31	25	25	25
Non-Nursing Activity: (Those being served)					
1	Total number of unduplicated seniors & caregivers served	342	370	230	185
2	Total number of new unduplicated seniors & caregivers served	153	187	57	75
3	Number of seniors who received direct service from volunteers:	138	115	113	88
4	Number of clients who received service coordination from office staff:	167	185	154	136
5	Caregivers Served (through Caregiver Grant)	33	22	29	28
6	Additional people (non-clients) served:	41	74	179	146
Non-Nursing Activity: (Those giving service)					
1	Total number of unduplicated individual volunteers:	121	136	109	91
2	Direct service volunteer hours:	2706	2366	1953	1434
3	Additional volunteers (leadership/admin only)	16	5	11	18
4	Leadership hours:	1376	901	1073	1072
5	New volunteers this year:	26	38	20	40
6	Home visits by paid staff:	163	117	97	200
7	Home visits by volunteers:	478	-	-	-
Exercise Program:					
1	Senior exercise classes taught:	251	243	256	253
2	Unduplicated attendees:	77	89	103	65
3	Average attendance:	12.5	14.5	10.89	8.3
4	Exercise hours by seniors:	3150	3388	2787	2216
Meals on Wheels in St. Anthony Park:					
<i>We recruit, train, schedule regular and substitute Meals on Wheels drivers for the St. Anthony Park route: They deliver Monday through Friday</i>					
1	Approximate number of meals delivered:	3000	3000	3000	3000
2	Number of people who regularly delivered or substituted:	41	41	42	42
3	Approximate number of persons receiving meals each day	12	12	12	12

Clients died: 23 Clients moved: 4

Transportation Report

St. Anthony Park Block Nurse Program

Month	Rides: 07-08	08-09	09-10	10-11	11-12
July	17	25	52	65	93
August	16	45	64	85	78
September	14	37	58	85	70
October	16	45	65	88	81
November	53	31	42	94	83
December	22	26	47	82	56
January	35	41	64	100	100
February	34	36	52	89	75
March	28	64	91	117	85
April	34	56	94	64	70
May	33	39	80	57	79
June	33	67	61	83	69
Total:	335	512	770	1009	939



7/1/08-6/30/09 <i>Seniors receiving rides:</i> 37 <i>Drivers:</i> 48 volunteers and 2 paid staff Volunteers: 416 rides, 560 hours Paid Staff: Joan: 85 rides, 91 hours Mary: 11 rides, 22 hours Total Hours: 673	7/1/09 - 6/30/10 47 senior riders 54 volunteers & 2 paid staff Volunteers: 643 rides, 776 hours Joan: 106 rides, 104.5 hours Mary: 21 rides, 27.5 hours Total Hours: 908	7/1/10 - 6/30/11 63 senior riders 51 volunteers & 2 paid staff Volunteers: 850 rides, 1154 hours Joan: 134 rides, 110.75 hours Mary: 25 rides, 50.5 hours Total Hours: 1315.25
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7/1/11-6/30/12 <i>Seniors receiving rides:</i> 59 <i>Drivers:</i> 57 volunteers and 2 paid staff Volunteers: 832 rides, 928 hours Paid Staff: Joan: 86 rides, 90 hours Mary: 21 rides, 34 hours Total Hours: 1052		
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Wellness Program

St. Anthony Park Area Seniors

Exercise Class Attendance (5 days/week - 1 hr. each session)
(Equivalent to senior exercise hours)

Month	07-08	08-09	09-10	10-11	11-12
July	126	193	258	273	283
August	114	169	249	351	290
September	95	172	196	228	301
October	219	206	219	296	277
November	161	155	210	286	241
December	127	131	176	233	219
January	161	156	215	272	238
February	161	190	228	276	262
March	164	213	280	325	308
April	178	204	278	276	243
May	171	193	237	256	250
June	194	233	241	316	238
Total:	1871	2215	2787	3388	3150

5-year grand total of exercise hours: **13,411**
(attendance times one hour)

