



Saint Anthony Park
Area
SENIORS

The Original Living-At-Home Block Nurse Program



2017-18 **ANNUAL REPORT**

The SAPAS FISCAL YEAR RUNS FROM JULY 1 TO JUNE 30

MISSION



The mission of St. Anthony Park Area Seniors is to maintain levels of independence and interdependence for seniors and their caregivers in the St. Anthony Park area, through the collaborative efforts of professional staff, volunteer staff and contracted nursing services working together to integrate health services, social services, community activities, education and advocacy.

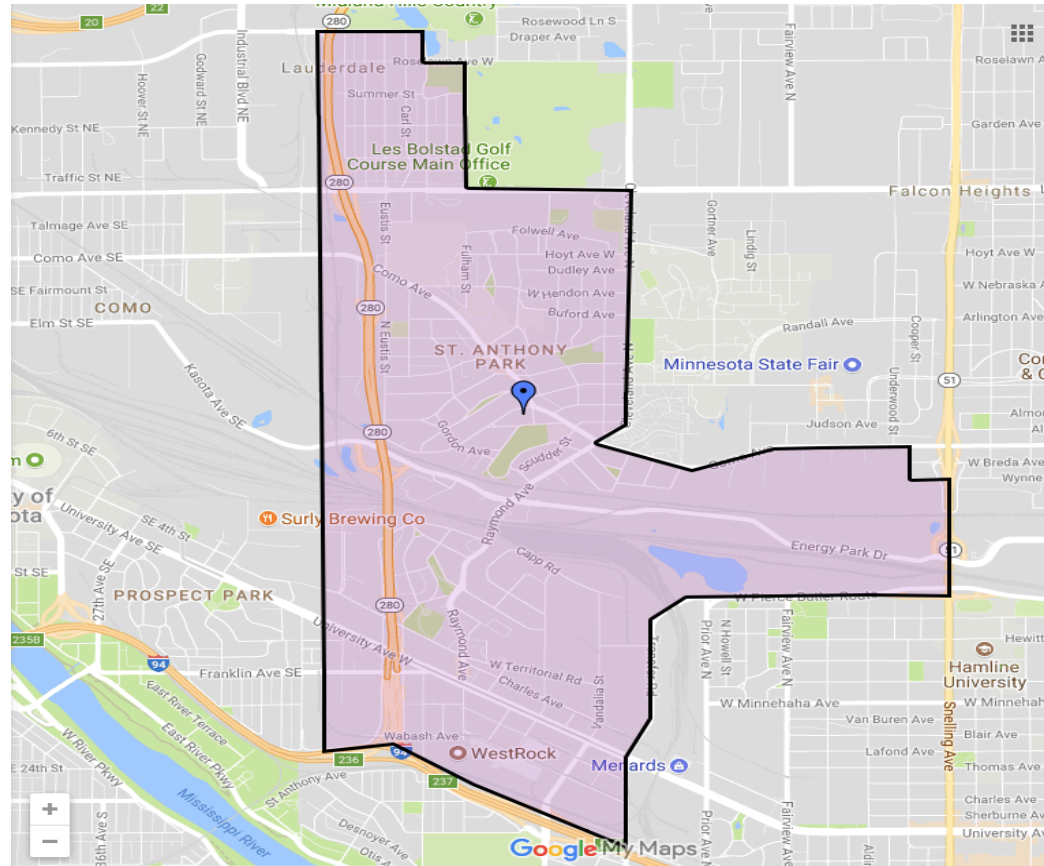
Saint Anthony Park Area Seniors (SAPAS) enables seniors living in the St. Paul

neighborhood of St. Anthony Park, Lauderdale, and Falcon Heights (west of Cleveland Avenue) to live healthy, satisfying lives in their homes for as long as they desire and it is safe for them to do so. SAPAS accomplishes this by providing assistance to the seniors themselves and to their caregivers and families.

Begun in 1981 as the St. Anthony Park Block Nurse Program, the first block nurse program in the U.S., SAPAS always has been guided by a volunteer board associated with its service neighborhoods and supported by a small, dedicated staff and a large group of neighborhood volunteers. In 2011, the organization changed its name to Saint Anthony Park Area Seniors to better reflect our geographic reach and participants' needs.

SAPAS collaborates with local organizations to use private and community resources in providing efficient, cost-effective, home-based, neighbor-to-neighbor senior assistance.

In 2017-18 SAPAS provided group and individual services for people over age 60 to 29 households in Falcon Heights west of Cleveland Avenue, 28 households in Lauderdale, and 151 households in St. Anthony Park. (The SAPAS office location is indicated by the blue map pin.) Additional people of any age attended SAPAS activities.



GEOGRAPHIC AREA SERVED BY SAPAS IN 2017-18

Direct Services

SAPAS provides four core services to senior citizens living in its service area: wellness, at-home living assistance, nursing, and caregiver support.

WELLNESS

SAPAS promotes wellness by providing services designed to improve participants' physical and emotional health.



Exercise

SAPAS provides daily weekday exercise/yoga classes for seniors following the Arthritis Foundation's protocol at the St. Anthony Park Library (Tuesdays), Centennial United Methodist Church (Wednesdays), Lauderdale City Hall (Mondays and Thursdays), and a chair yoga class at the library (Fridays). **During 2017-18, SAPAS held 205 exercise/yoga classes for seniors.**

Social Connectedness

To promote social and physical health, SAPAS provides transportation to a weekly luncheon, an exercise program, and board game sessions in partnership with the Senior Leisure Center. **During 2017-18, an average of 35 seniors attended Senior Leisure Center each week.**

SAPAS arranges special activities and outings for participants such as trips to flower shows at the Como Park conservatory and meals at local churches and restaurants. **During 2017-18, SAPAS arranged five outings for seniors.**

Our Senior Cinema Series offers major motion pictures in an intimate setting where seniors can socialize before and after viewing. The cinema series enhances seniors' social interaction and the

community's awareness of SAPAS services. Seniors from outside the SAPAS service area often attend the cinema series. **During 2017-18, 12 movies were screened, with an average attendance of 14.**



SAPAS provides blood pressure checks by volunteer nursing professionals in partnership with the Senior Leisure Center, the St. Anthony Park Library, and Seal Hi-Rise. SAPAS also offers blood pressure checks at public events such as the St. Anthony Park Art Fair and Lauderdale's Day in the Park.

SAPAS staff visit seniors in their homes to assess needs and to plan services. SAPAS volunteer visits provide companionship for seniors or respite for caregivers. Volunteers are trained to alert SAPAS staff if additional assistance appears to be needed. **During 2017-18, SAPAS arranged 98 volunteer home visits, and 44 home visits were made by SAPAS staff.**

Education

In 2017-18, SAPAS started a new initiative in partnership with the SAP Library: the Older Adult Resource Series (OARS). Presentations are made on topics important to seniors living at home. The first presentation was by the Augustana Care's Learning Lab to showcase items that can make life easier and safer at home. **During 2017-18, SAPAS arranged one presentation for 13 attendees.** Throughout the year, SAPAS also partnered with Senior Leisure Center to offer additional speakers, with an average attendance of 19.

Nutrition

A SAPAS volunteer who is a licensed dietitian contributes to our monthly e-newsletter.

AT-HOME LIVING ASSISTANCE

SAPAS services are designed to help people live healthy, satisfying lives in their homes.



Transportation

SAPAS provides transportation for seniors to and from SAPAS-sponsored events and activities as well as to health-related appointments. When asked, volunteers may provide additional support during appointments with framing questions, remembering answers, and providing reassurance. **During 2017-18, SAPAS volunteers and staff provided 1,003 rides.** SAPAS recruits, trains, and schedules drivers for the Meals on Wheels District 12 route in our service area. **The 35 SAPAS drivers delivered approximately 2,300 meals in 2017-18.** SAPAS also registers seniors for deliveries by local grocery Speedy Market.



Chores

SAPAS coordinates volunteer assistance with tasks that seniors typically cannot provide for themselves. Direct volunteer participation during 2017-18 totaled 106 hours, including: leaf raking, computer and paperwork help, window washing, recycling, prescription pickup, shopping assistance, dog walking, grab bar installations, and other similar chores.

NURSING

SAPAS partners with other organizations to offer skilled nursing care to those who need it.

Since 2011, SAPAS has partnered with Recover Health, which provides licensed, Medicare-approved, home health services in the Twin Cities. As health care delivery, insurance, and liability have grown more complex, working with Recover Health has improved the capacity of SAPAS and the other St. Paul living-at-home/block nurse programs to meet participants' skilled nursing needs. The neighborhood block nurse programs and Recover Health meet together regularly to ensure uniform, high-quality service across the city.

SAPAS offers foot care directly to clients through an independent contracting registered nurse. At the end of the fiscal year, SAPAS had 31 foot care clients.

CAREGIVER SUPPORT

SAPAS recognizes that those who provide care also sometimes need care.



SAPAS staff and volunteers provide assistance and essential services for caregivers: problem-solving, assisting in access to resources, providing in-home respite so a live-in caregiver can leave for a time, substituting for a non-resident caregiver, and helping someone join a caregiver support group. A Caregiver Grant from the Metropolitan Area Agency on Aging (MAAA) supports SAPAS aid to caregivers for seniors with cognitive or physical limitations.

SAPAS staff regularly assist participants and caregivers facing end-of-life issues by providing comfort, guidance on assisted living and hospice options, and referrals for grief support. In addition, SAPAS is a supporter of the Caregiver Support Group and the Bereavement Support Group, both of which are hosted by the St. Anthony Park United Church of Christ and sponsored by SAPAS and seven area churches.

2017-18 SAPAS Staff



Program Director Katharine Tondra works to increase awareness of SAPAS programs and the number of participants, attends to clients' needs, manages the office, directs program activities and events, manages foundation requests, represents SAPAS in the community, and supervises the office staff.



Volunteer Coordinator Mary Hayes recruits, trains, places, supervises, and recognizes SAPAS volunteers; leads exercise classes; and helps caregivers access community resources.



Service Coordinator Alisa Jesse arranges rides between clients and volunteers, manages volunteer assignments for Meals on Wheels volunteers, does data entry for program services, and leads a weekly exercise class.

STRATEGIC PLANNING 2017-18

A 2014 Needs Assessment conducted by Wilder Research has informed SAPAS' recent planning efforts. Since 2016, we have assessed one current program or service each year. This year the board evaluated our social connectedness activities. Respondents expressed satisfaction with current activities and suggested several new ones. In addition to program assessments, SAPAS staff also continuously monitor and evaluate nursing care provided by Recover Health by contacting new nursing clients directly.

The board also continues to monitor transportation, walkability, and housing needs in our service area in accordance with the needs assessment.

FUNDRAISING 2017-18

SAPAS relies on community support, area foundations, and government organizations to fund our programs and services.

This year SAPAS concentrated fundraising in three areas: soliciting grants from churches and public and private foundations; appealing for cost-sharing donations from clients; and soliciting donations from individuals and businesses in our service area.

During 2017-18, local businesses and churches contributed \$2,295. Our fund drives yielded \$9,364 in cost-sharing contributions and \$25,103 in individual donations. A new venture, a fundraiser and social time at Urban Growler, yielded \$1,500. About 100 tickets were sold.

In 2017-18, the following grants were received:

Foundation Grants and Corporate Contributions

Otto Bremer Trust	\$15,000
Edwards Memorial Trust	\$5,000
Hardenbergh Foundation	\$5,000
St. Anthony Park Community Foundation	\$3,000
Elmer L. & Eleanor J. Andersen Foundation	\$1,000
Allina Charitable Contributions Committee	\$1,000
Thrivent Choice	\$700
Sunrise Bank	\$616
W/ELCA from St. Anthony Park Lutheran Church	\$350
Lauderdale/Falcon Heights Lions Club	\$200
Total	\$31,866

Government Grants

Minnesota Department of Human Services	\$20,395
Ramsey County	\$11,250
Community Development Block Grant	\$6,917
Metropolitan Area Agency on Aging	\$5,107
Total	\$43,669

Thank You, Funders!

Sumner Food & Medicine

PUBLIC RELATIONS

In 2017-18, SAPAS's Public Relations Committee took a more active role. The committee sought to increase the organization's community education and broaden its scope of activities. To that end, content was added to SAPAS website, Facebook page, and e-newsletter. A new brochure was produced, an accessible version of a SAPAS video was created by adding a version with subtitles, and the organization's Park Bugle ad was redesigned.

On June 15 SAPAS held our second "Sweet Celebration," an afternoon of cool treats, cookies, and beverages. We were delighted to have many participants, volunteers, and neighbors join us for a relaxing afternoon visiting and enjoying treats in the shade. We thank the following local retailers for their donations of gift cards distributed to volunteers: All Seasons Cleaners, Bibelot Shop, and Tim & Tom's Speedy Market.



VOLUNTEERS

A total of 106 dedicated SAPAS volunteers provided services to seniors: transportation; Meals on Wheels deliveries; home visits; caregiver respite; administrative and clerical help; and assistance with field trips, luncheons, and game day gatherings. **During 2017-18, volunteers provided 1,747 hours of service to SAPAS seniors and their caregivers.**

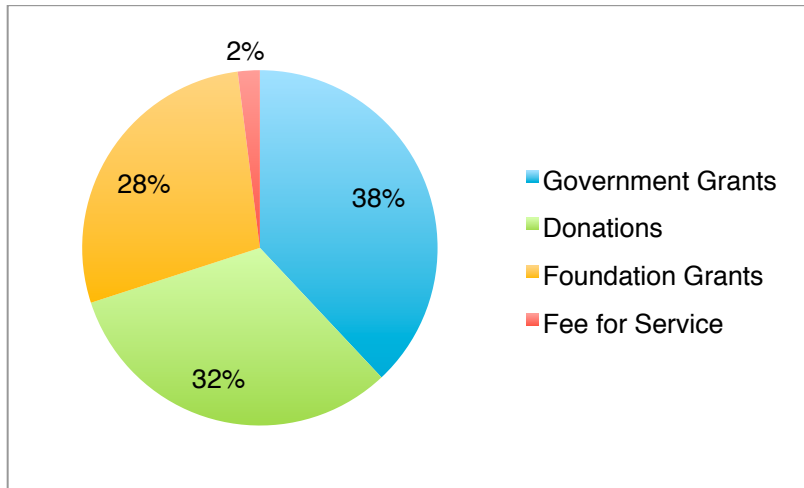


Thank You, Volunteers !

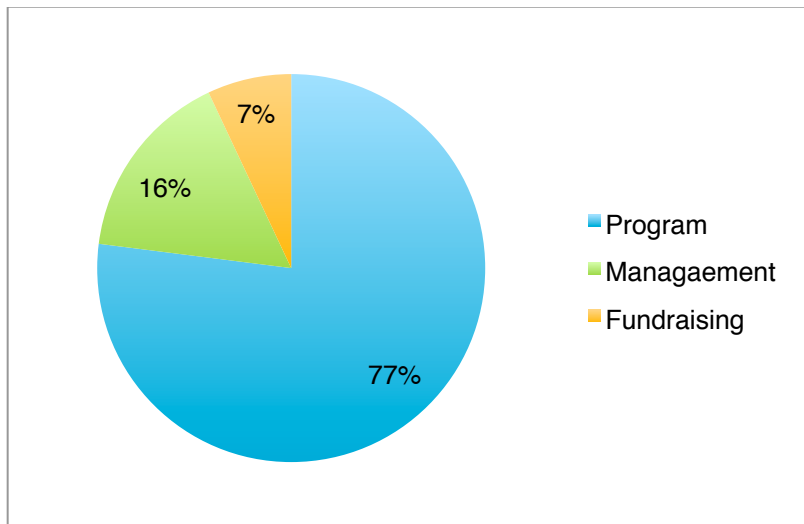
FINANCES 2017-18

SAPAS relies on grants and donations to fund our services, most of which are provided by volunteers and coordinated by staff.

INCOME



EXPENSES



BOARD OF DIRECTORS

The SAPAS Board of Directors consists of individuals who live, work or are active in the SAPAS service area. They serve three-year terms with a maximum of two consecutive terms. Board meetings are held at least six times a year.

2017-18 SAPAS Board of Directors

Marjorie Avoles, Chair

Carl Willis, Vice Chair

Dave Christianson, Treasurer

Katherine Eklund, Secretary

Steven Bishop

Tom Countryman

Dave Greenlund

Niza Hanany

Judy Hayes

Sandy Henry

Carolyn McKay

Physician Services Manager (retired)

Human Resources Executive (retired)

Financial Services Executive (retired)

Arts Administrator (retired); musician

Business Consultant (retired)

Attorney (retired)

ELCA pastor; potter

Yoga Instructor

Registered Nurse (retired)

Disabilities Services Administrator (retired)

Physician (retired)



St. Anthony Park Area Seniors (SAPAS) Program Statistics
July 1, 2008 to June 30, 2018

1 Service Recipient Totals	2017-18	2016-17	2015-16	2014-15	2013-14	2012-13	2011-12	2010-11	2009-10	2008-09
1.1 Unduplicated seniors & caregivers	383	410	395	331	297	272	342	370	230	185
1.2 New unduplicated seniors & caregivers	131	196	182	138	127	100	156	187	57	75
1.3 Unduplicated seniors served individually and in groups by volunteers	280	257	197	181	117	78	138	113	88	55
1.4 Unduplicated seniors receiving service coordination from staff	348	320	230	226	174	220	167	185	154	136
1.5 Non-SAPAS-volunteer connections made by staff	58									
1.6 Unduplicated caregivers served	28	25	27	21	19	23	32	21	28	27
1.7 Non-SAPAS seniors & caregivers served	44	48	49	77	40	65	58	75	N/A	N/A
2 Nursing Activity										
2.1 Number of unduplicated nursing participants	40	28	21	26	29	19	24	23	19	28
2.2 Home nursing care & therapy visits	123	201	247	388	251	190	159	239	288	387
2.3 Home nursing care & therapy hours	100.39	180.38	230	352	253	204	178	267	309	489
2.4 Home health aid & homemaker visits	0	45	165	125	236	258	335	281	408	304
2.5 Home health aid & homemaker hours	0	45.27	150	152	544	696	798	725	947	745
2.6 Blood pressure clinics	69	60	41	43	36	39	31	25	25	25
3 Home Visits & Chore Help										
3.1 Volunteer home visits	98	314	393	547	636	573	478	728	499	467
3.2 Staff home visits	44	45	52	71	125	172	163	117	97	200
3.3 Chore help hours	106	283.25	184	81	128	40				
4 Wellness Program										
4.1 Senior exercise classes	205	200	222	239	256	238	251	243	256	253
4.2 Unduplicated attendees	79	76	88	97	103	73	78	89	103	65
4.3 Average attendance	8.5	9.57	9.63	10.4	9.5	10.7	12.5	14.5	10.9	8.3
4.4 Senior exercise hours	1743	1913	2138	2511	2436	2547	3150	3388	2787	2216
4.5 Nutrition groups	0	1	6	6						
4.6 Average nutrition group attendance	0	40	3.5	7.5						
5 Meals on Wheels Partnership (M-F delivery)										
5.1 Approximate meals delivered (9 meals per day, none holidays)	2287	2268	2661	3000	3000	3000	3000	3000	3000	3000
5.2 Regular & substitute drivers	60	51	53	48	43	40	38	41	42	52
5.3 Approximate meal recipients per day	9	9	9	12	12	12	12	12	12	12
6 Health Transportation Assistance Program										
6.1 Seniors receiving rides	29	29	48	60	70	56	59	63	47	37
6.2 Staff & volunteer hours per ride (average)	0.47	0.55	0.65	0.65	0.65	1.1	1.1	1.3	1.1	1.3
6.3 Drivers total (of which staff)	35	39	49 (3)	51 (3)	57 (3)	47 (3)	59 (2)	53 (2)	56 (2)	50 (2)
6.4 Rides total (of which by staff)	1003	1317	1563 (68)	1566 (211)	1403 (176)	752 (178)	939 (107)	1009 (159)	774 (127)	512 (96)
6.5 Ride hours total (of which by staff)	469	718.25	950 (54)	1043 (118)	918 (145)	834 (117)	1053 (124)	1315 (161)	908 (132)	673 (113)
7 Social Activity										
7.1 Total outings	5	9	12	11	11	14	27	17	6	
7.2 Average attendance	11.6	8.89	10.93	13	9.9	9.5	11.5	13.8	19.8	
7.3 Total number of movies	12	12	11	9	8	8	4			
7.4 Average attendance	13.5	16.58	15.14	15	7.6	16	11			
7.5 Number of Coffee & Games sessions	24	24	24							
7.6 Average attendance for Coffee & Games sessions	10.71	7.25	8.2							
Speakers on Educational Issues										
8.1 Number of speakers	4	2	6							
8.2 Average attendance for speakers	21.5	13.5	13.5							
9 Service Providers										
9.1 Unduplicated individual volunteers	106	118	130	148	147	108	121	136	109	91
9.2 New volunteers in current year	23	17	21	17	60	21	20	38	20	40
9.3 Direct service volunteer hours	1747	2395.25	3122	4196	2784	3110	2706	2366	1953	1434
9.4 Administrative & clerical volunteer hours	62.75	60.5	72.75	40	43	40	53	17	6	62
9.5 Leadership volunteer hours	1010.5	911.25	1110.25	2080	1718	1509	1403	901	1073	1072
9.6 Staff 3 (1 full-time, 2 part-time)	3	3	3	3	3	3	2	2	2	2
9.7 Staff hours	4160	4244	4502.25	4368	4108	3640	3484	3484	3484	3068
9.8 Hours total per senior & caregiver (staff hours per sr & cg) *	18.22 (10.86)	18.56 (10.35)	22.3 (11.4)	32.3 (13.2)	29.1 (13.8)	30.5 (13.4)	22.2 (10.2)	18.3 (9.4)	28.3 (15.2)	30.1 (16.6)

*For example, in 2014-15, (4196+40+2080+4368) ÷ 331 = 32.3 total hours per participant and 4368 ÷ 331 = 13.2 staff hours per participant

St. Anthony Park Area Seniors														
Profit and Loss Budget vs. Actual														
July 2017 through June 2018														
														07/02/18
													TOTAL	
	Jul '17	Aug '17	Sep '17	Oct '17	Nov '17	Dec '17	Jan '18	Feb '18	Mar '18	Apr '18	May '18	Jun '18	7/17-06/18	Budget
Income														
Program Income	0	0	0	0	0	0	0	54	69	90	72	87	372	
Fee for Service	140	210	0	105	285	210	350	245	105	210	420	175	2,455	2,000
CD Interest	0	0	46	0	0	45	0	0	45	0	0	46	182	200
Foundatn Grants & Corp Contrib	0	0	0	200	966	12,000	200	200	0	15,300	3,000	0	31,866	21,750
Donations	45	3,034	1,067	2,002	12,253	8,940	3,940	2,145	775	1,379	723	458	36,761	36,100
Government Grants	5,823	0	5,625	685	0	0	1,379	13,478	0	16,060	0	619	43,669	45,250
Miscellaneous Income	0	0	0	0	0	0	0	0	0	0	580	1,515	2,095	2,000
Total Income	6,008	3,244	6,738	2,992	13,504	21,195	5,869	16,122	994	33,039	4,795	2,900	117,400	107,300
Expense														
Equipment	0	0	0	421	0	0	0	0	0	0	0	0	421	0
Administrative Expense	252	76	271	76	296	114	1	273	541	1	1	410	2,312	2,347
Board & Volunteer Exp	19	382	9	7	0	0	100	8	89	33	135	20	802	750
Client/Caregiver	105	0	25	0	54	96	228	0	62	13	5	0	588	567
Communications	308	107	125	259	127	354	179	50	110	184	111	111	2,025	2,040
Facilities	640	0	0	640	0	0	645	0	0	645	0	0	2,570	2,610
Fundraising Expenses	-33	231	0	350	0	2,452	0	49	49	50	0	53	3,201	2,900
Information Technology	7	143	0	0	0	380	0	0	0	0	0	0	530	700
Insurance	0	1,142	0	956	0	0	0	0	0	0	0	0	2,098	2,316
Mileage	19	0	0	0	0	0	315	0	0	0	0	0	334	1,000
Office Supplies	187	43	33	26	15	0	64	0	0	0	117	121	606	700
Postage	2	47	111	51	3	63	52	80	1	1	0	20	431	500
PR Expenses	130	69	95	69	360	0	0	84	246	81	123	357	1,614	2,650
Strategic Planning	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Contracts for Service	60	140	-63	195	40	270	210	150	80	60	420	30	1,592	2,350
Payroll Expenses	8,056	8,045	8,378	7,906	8,279	8,888	8,107	8,680	8,021	8,323	8,118	8,615	99,416	99,447
Total Expense	9,752	10,425	8,984	10,956	9,174	12,617	9,901	9,374	9,199	9,391	9,030	9,737	118,540	120,877
Net Income	-3,744	-7,181	-2,246	-7,964	4,330	8,578	-4,032	6,748	-8,205	23,648	-4,235	-6,837	-1,140	-13,577