



Saint Anthony Park Area SENIORS



2021-2022



ANNUAL REPORT

Fiscal Year July 1, 2021 - June 30, 2022



MISSION

The mission of St. Anthony Park Area Seniors (SAPAS) is to enrich the lives of community seniors and provide assistance in maintaining independence and interdependence through professionals and volunteers providing at-home living assistance, wellness activities, nursing care, and caregiver support.

St. Anthony Park Area Seniors enables seniors living in the St. Paul neighborhood of St. Anthony Park, Lauderdale, and Falcon Heights (west of

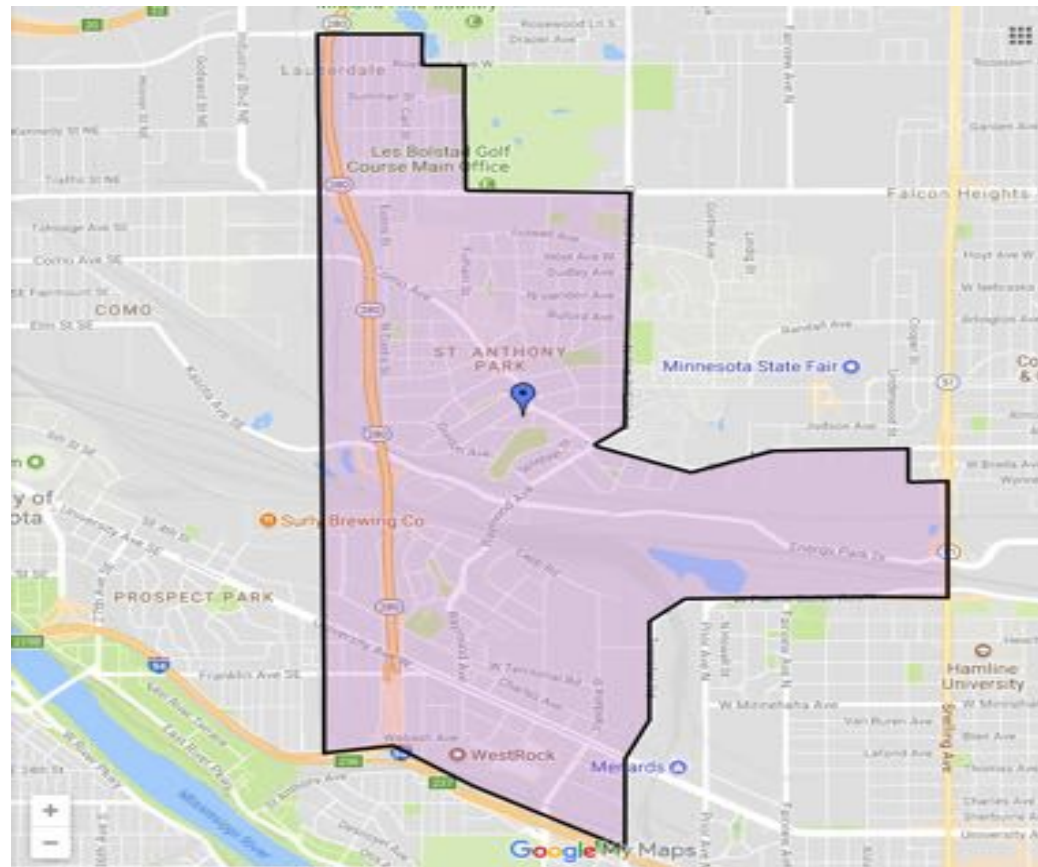
Cleveland Avenue) to live healthy, satisfying lives in their homes for as long as they desire and it is safe for them to do so. SAPAS accomplishes this by providing assistance to the seniors themselves and to their caregivers and families.

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 St. 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.

The information in this report is from SAPAS FISCAL YEAR JULY 1, 2021 TO JUNE 30, 2022

In 2021-22 SAPAS provided group and individual services and activities for people over age 60 in our service area of the St. Paul neighborhood of St. Anthony Park, Lauderdale, and Falcon Heights (west of Cleveland Avenue). Additional people of all ages, including those outside the SAPAS service area, also attended SAPAS activities. In total, we served 417 people in 2021-22. The SAPAS office location is indicated by the blue map pin.



GEOGRAPHIC AREA SERVED BY SAPAS IN 2021-22

COVID-19



As COVID-19 continued to be a factor in delivering our programs and services, July 2021 – June 2022, the SAPAS board and task force continued using best practices at the time.

At the beginning of this report's year, we continued Meals on Wheels with modified delivery instructions from the organization, rides to essential medical appointments for those not displaying coronavirus symptoms, grocery delivery to seniors, and calling seniors on the phone to temporarily replace home visits. SAPAS continued a schedule for one person at a time to be in the office while others worked from home, and

moved to sharing office space again in the fall of 2021. We maintained creatively reinvented activities and services such as Zoom meetings, Lunch Bunch gatherings online, and iPad loans and training to allow seniors to participate in online SAPAS activities.

We have learned that there are benefits to offering some of our programs and services virtually. For example, offering our yoga classes virtually allows those who are home-bound an opportunity to participate too. Some of our offerings cannot be done virtually, such as foot and nail care. For some, hybrid may be the best of all as we anticipate easing out of pandemic mode.

Assuring the safety of clients, participants, volunteers, and staff continues to be a priority. We also welcome the opportunity to begin offering in-person activities with specific guidelines. In May and June we offered an in-door art class to a group of twelve seniors, socially distanced with masks, for those who had been vaccinated.

Direct Services

SAPAS provides four core services to seniors living in its service area: wellness, at-home living assistance, nursing, and caregiver support. Since COVID-19 restrictions prevented in-person activities, SAPAS staff responded by continuing to meet the needs of seniors while complying with current health and safety guidelines. We were able to continue some services, such as transportation, using proper protocols. In May and June we offered an indoor art class for twelve vaccinated seniors who were socially distanced and wearing masks. In the fall of 2022 we also offered a Walk With Ease class outdoors for those who were interested in gathering to walk in a group.

WELLNESS

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



Exercise

SAPAS provided Tai Ji Quan and Chair Yoga classes virtually during the pandemic. SAPAS also provided Walk With Ease outdoors at Como Lake in the fall of 2021. **From July 1, 2021-June 30, 2022, SAPAS held 127 exercise/yoga classes for seniors.**



Social Connectedness

To promote social and physical health, SAPAS provides Lunch Bunch, concerts, poetry classes, and arts and crafts activities. **From July 1, 2021-June 30, 2022 SAPAS offered 54 of these activities.** 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. **Beginning in June 2021, in-person, in-home visits resumed. SAPAS arranged 29 volunteer home visits, and SAPAS staff made 44 home visits.**

Education

In 2018 SAPAS started a new initiative in partnership with the SAP Library: the Older Adult Resource Series (OARS). This year, seniors living at home had four virtual presentations: Medicare, Technology, “Is It Time to Move?” and Senior Sexuality. We also started a Sightseeing from the Sofa series with a presentation on a train tour from Moscow to Beijing in 2017. **From July 1, 2021-June 30, 2022, SAPAS arranged four presentations, with an average attendance of 21.**

Nutrition

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

AT-HOME LIVING ASSISTANCE

SAPAS services are designed to support people in the service area to 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 medical appointments with framing questions, remembering answers, and providing reassurance. **During FY 2021-22, SAPAS volunteers and staff provided 265 rides.** SAPAS recruits, trains, and schedules drivers for the Meals on Wheels District 12 route in our service area, as well as weekly grocery delivery from Tim & Tom's Speedy Market. **The 11 SAPAS volunteers delivered 1408 meals in FY 2021-22.**



Chores

SAPAS coordinates volunteer assistance with tasks that seniors typically cannot provide for themselves. **Direct volunteer participation during FY 2021-22 totaled 233.4 hours, including: leaf raking, garden cleanup, computer and paperwork help, recycling, prescription pickup, shopping assistance, and other similar chores.**

NURSING

SAPAS partners with other organizations to offer skilled nursing care.



SAPAS partners with Recover Health (Medicare-paid) and Wilder Home Care Services (private pay), which provide licensed home health services in the Twin Cities. Because health care delivery, insurance, and liability have grown more complex, working with these home care agencies has improved the capacity of SAPAS and the other Living at Home Network programs to meet participants' skilled nursing needs.

SAPAS offers blood pressure clinics through volunteer nurses and foot care directly to clients through two independent contracting registered nurses. At the end of the fiscal year, SAPAS had served 44 foot care clients with 129 visits.

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 Trellis (formerly MAAA) supports SAPAS aid to caregivers for seniors with cognitive or physical limitations.

SAPAS staff 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 five area churches.

2021-22 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, hosts Lunch Bunch, hosts the Caregiver Support Group, directs program activities and events, manages foundation requests, represents SAPAS in the community, and supervises the office staff.



Volunteer Coordinator Alisa Jesse recruits, trains, places, supervises, and recognizes SAPAS volunteers; teaches Tai Ji Quan: Moving for Better Balance; and coordinates services for seniors.



Service Coordinator Niza Hanany does data entry for program services, provides access assistance, and leads exercise classes.

STRATEGIC PLANNING 2021-22

This year the erstwhile Strategic Planning Committee changed its name to Program Development to better reflect the committee's scope.

We evaluated SAPAS's foot care service. Using SurveyMonkey and phone interviews, we found that foot care clients were overwhelmingly satisfied with the service, including the price and the ease and convenience of scheduling appointments.

We revisited another fee-for service offering, Hello Service, whereby SAPAS staff made regular wellness calls to contracted clients, and recommended to the board that the service, which had not grown as expected, be discontinued.

We discussed expanding SAPAS's arts programming to include activities we would pay for, which led the Fundraising Committee to submit a grant request to the Metropolitan Regional Arts Commission. Although we did not receive that grant, we were able to offer a paper collage workshop taught by a COMPAS artist, with money provided by an anonymous donation targeted to participatory arts activities.

We made recommendations to the board to resume in-person movie showings at St. Anthony Park Branch Library, and to offer hybrid Older Adult Resource Series presentations at the St. Anthony Park campus of Centennial United Methodist Church, where SAPAS has its office.

PRIVATE AND GOVERNMENT GRANTS 2021-22

FUNDRAISING 2021-22



SAPAS relies on community support, area foundations, and government organizations to fund its activities and services. These three areas provide approximately equal support for SAPAS, and they all are vital contributors to the organization's success.

The Fundraising Committee is currently focused on developing relationships with additional grant-making organizations that share its commitment to support seniors in living and prospering in the community.

During 2021-22, local businesses and churches contributed **\$1,650**. SAPAS fund drives where recipients of services are encouraged to offset some of the costs yielded **\$11,109** in cost-sharing contributions. The annual fund drive provided **\$25,149** in donations from individuals. We were able to hold our annual Sippin' Suds social fundraising event in 2022 after having canceled the event in 2021 due to Covid 19. We hope to hold this event again next year. SAPAS continues to receive

exceptional support from local community residents and businesses.

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	\$2,000
Anonymous Arts Grant	\$2,000
Hubbard Broadcasting Foundation	\$1,000
WELCA SAP Lutheran Church	\$650
Thrivent Choice	\$310
Falcon Heights/Lauderdale Lions Club	\$350
Total	\$34,310

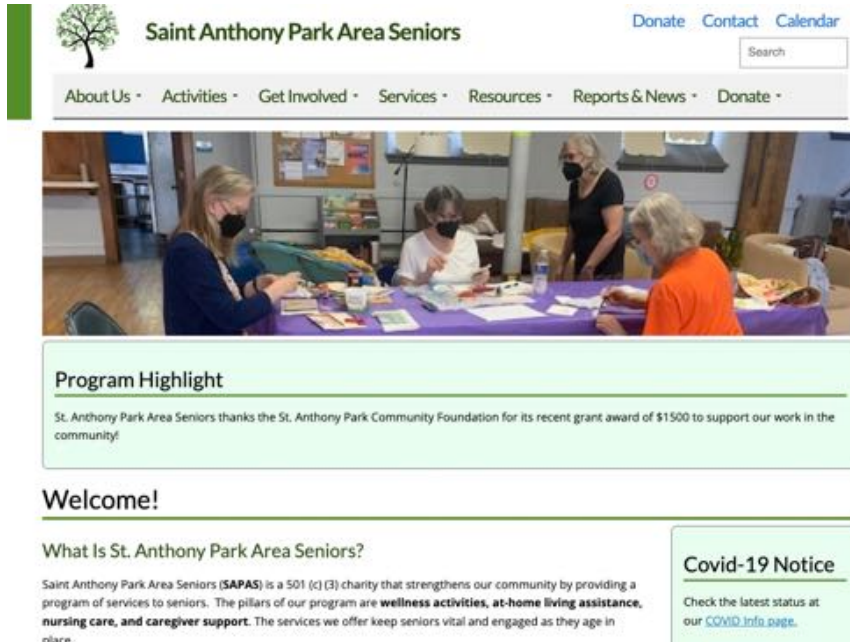
Government Grants

Minnesota Department of Human Services	\$42,103
Ramsey County	\$11,450
Trellis (formerly MAAA)	\$8,960
Community Development Block Grant	\$6,917
Total	\$69,430



Thank You, Funders!

PUBLIC RELATIONS 2021-22



In 2021–22 the Public Relations Committee continued to focus on outreach materials and online activities to promote the SAPAS offerings in our service area.

A website review and redesign project was completed. It produced a site that is much more informative, better organized, and easier to use for visitors. It automates registration for events, freeing up staff time for more direct-service activities.

A project was initiated to update our logo to more accurately reflect the services we offer and refresh its appearance while maintaining our strong identity.

The committee also oversaw and coordinated production of our annual report to residents, clients, participants, potential and current volunteers, and potential donors.

VOLUNTEERS



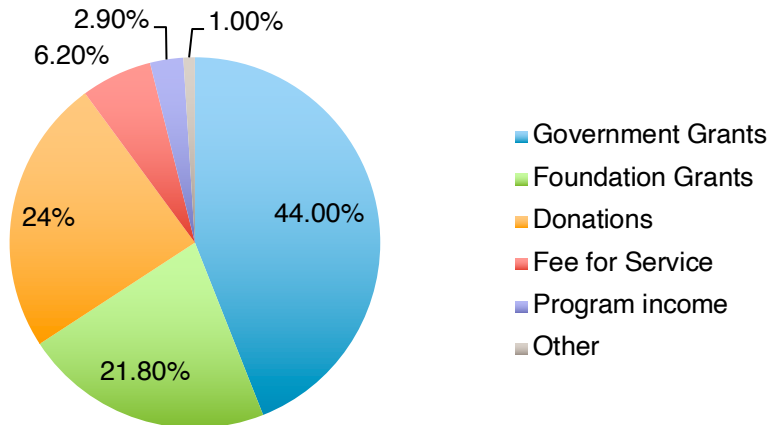
Be part of the SAPAS program as a participant or volunteer! A total of 72 dedicated SAPAS volunteers provided services to seniors: transportation, Meals on Wheels deliveries, administrative and clerical help, and delivering iPads. **During 2021-22, volunteers provided 2,559 hours of service to and for SAPAS and the seniors and their caregivers involved with the organization.**

Thank You, Volunteers !

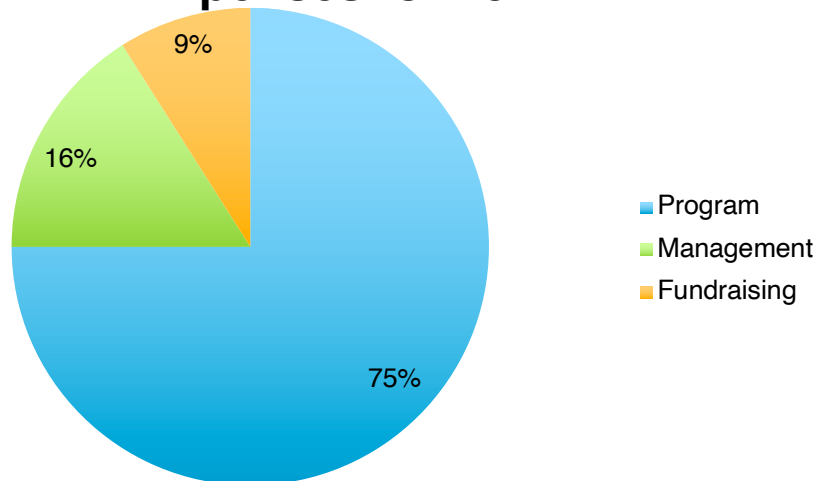
FINANCES 2021-22

SAPAS relies on grants as well as private and business donations to fund services and activities, most of which are provided by volunteers and coordinated by staff.

Income for 2021-22



Expenses for 2021-22



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.

2021-22 SAPAS Board of Directors

Thomas Countryman, Chair	Attorney (retired)
David Healy, Vice Chair	Teacher, Administrator, and Editor (retired)
Sandy Henry, Treasurer	Disabilities Services Administrator (retired)
David Lee, Secretary	Physician (retired)
Patricia Bronson	Teacher (retired)
Judy Hayes	Registered Nurse (retired)
Lana Herskovitz	Social Worker (retired)
Joanna Lees	Program Officer (retired)
Kathy Magnuson	Publisher (retired)
Carolyn McKay	Physician (retired)
Irene Opsahl	Attorney (retired)
Shirley Reider	Attorney
Zack Zehrer	Realtor



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	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB	AC
1						Jul 31, 21		Aug 31, 21		Sep 30, 21		Oct 31, 21		Nov 30, 21		Dec 31, 21		Jan 31, 22		Feb 28, 22		Mar 31, 22		Apr 30, 22		May 31, 22		Jun 30, 22	
2		ASSETS																											
3		Current Assets																											
4		Checking/Savings																											
5		Sunrise Bank (Park Midway Bank)																											
6					CD 25593 (12-mo CD 12/31/20 from	\$25,048		\$25,048		\$25,063		\$25,063		\$25,063		\$25,078		\$25,078		\$25,078		\$25,078		\$25,078		\$25,078		\$25,094	
7					CD 25442 (12 month CD March)	\$25,352		\$25,352		\$25,367		\$25,367		\$25,367		\$25,382		\$25,382		\$25,382		\$25,382		\$25,382		\$25,382		\$25,398	
8					CD 25274 (12 mo CD from cd23283)	\$25,372		\$25,372		\$25,387		\$25,387		\$25,387		\$25,402		\$25,402		\$25,402		\$25,402		\$25,402		\$25,402		\$25,418	
9					CD 22911 (12 month CD June)	\$25,882		\$25,882		\$25,898		\$25,898		\$25,898		\$25,913		\$25,913		\$25,913		\$25,913		\$25,913		\$25,913		\$25,929	
10					Checking 81100	\$49,950		\$46,772		\$37,079		\$77,454		\$72,834		\$88,732		\$95,979		\$92,154		\$89,895		\$89,152		\$75,823		\$56,526	
11					Total Sunrise Bank (Park Midway Bank)	\$151,604		\$148,426		\$138,794		\$179,169		\$174,549		\$190,507		\$197,754		\$193,929		\$191,670		\$190,927		\$177,598		\$158,365	
12					Total Checking/Savings	\$151,604		\$148,426		\$138,794		\$179,169		\$174,549		\$190,507		\$197,754		\$193,929		\$191,670		\$190,927		\$177,598		\$158,365	
13					Total Current Assets	\$151,604		\$148,426		\$138,794		\$179,169		\$174,549		\$190,507		\$197,754		\$193,929		\$191,670		\$190,927		\$177,598		\$158,365	
14					TOTAL ASSETS	\$151,604		\$148,426		\$138,794		\$179,169		\$174,549		\$190,507		\$197,754		\$193,929		\$191,670		\$190,927		\$177,598		\$158,365	
15		LIABILITIES & EQUITY																											
16		Equity																											
17					Opening Balance Equity	\$151,853		\$151,853		\$151,853		\$151,853		\$151,853		\$151,853		\$151,853		\$151,853		\$151,853		\$151,853		\$151,853		\$151,853	
18					Retained Earnings	\$6,503		\$6,503		\$6,503		\$6,503		\$6,503		\$6,503		\$6,503		\$6,503		\$6,503		\$6,503		\$6,503		\$6,503	
19					Net Income	(\$6,753)		(\$9,930)		(\$19,562)		\$20,813		\$16,193		\$32,152		\$39,399		\$35,574		\$33,315		\$32,572		\$19,243		\$7	
20					Total Equity	\$151,603		\$148,426		\$138,794		\$179,169		\$174,549		\$190,508		\$197,755		\$193,930		\$191,671		\$190,928		\$177,599		\$158,363	
21					TOTAL LIABILITIES & EQUITY	\$151,603		\$148,426		\$138,794		\$179,169		\$174,549		\$190,508		\$197,755		\$193,930		\$191,671		\$190,928		\$177,599		\$158,363	

St Anthony Park Area Seniors Program Statistics

Saint Anthony Park Area Seniors
Q4 FY 2021/22 July 1, 2021 - June 30, 2022

Category	Service	Metric	Q1	Q2	Q3	Q4	Total FY 2021/22 to Date	Total FY 2020/21
At Home Living Assistance	Meals on Wheels	# of participants	9	7	5	3	10	7
		Meals delivered	498	461	311	138	1408	1058
		Hours provided (estimated)	19	17	13.25	6.75	56	110.75
	Transportation	# of participants	10	11	11	16	24	26
		Rides provided	59	51	66	89	265	193
		Hours provided (estimated)	45.5	44	61.5	87	238	136
	Chore Services	# of participants	14	25	14	24	50	39
		Chores provided	78	92	69	87	326	534
		Hours provided	28.75	103.65	37.25	63.75	233.4	180.25
	Other At-Home	# of participants	100	86	85	77	259	233
	Living Assistance	Number of services	286	258	283	294	1121	1378
		Hours provided	117.85	95.35	123.7	67.9	404.8	512.42
	Total At-Home	Total participants	120	109	101	95	274	245
	Living Assistance	Total services	921	862	729	608	3120	3163
		Total hours	211.1	260	235.7	225.4	932.2	939.42
Wellness	Exercise Classes	# of events	35	34	33	25	127	88
		# of participants	26	35	35	33	57	50
		# of attendees	279	292	443	289	1303	902
	Social Outings	# of events	11	6	9	7	33	32
		# of participants	27	38	23	10	60	69
		# of attendees	77	66	55	34	232	320
	Movies **	# of events	0	0	0	0	0	0
		# of participants	0	0	0	0	0	0

St Anthony Park Area Seniors Program Statistics

Q4 FY 2021/22 July 1, 2021 - June 30, 2022

Category	Service	Metric	Q1	Q2	Q3	Q4	Total FY 2021/22 to Date	Total FY 2020/21
		# of attendees	0	0	0	0	0	0
	Game Days **	# of events	0	0	0	0	0	0
		# of participants	0	0	0	0	0	0
		# of attendees	0	0	0	0	0	0
	Other Wellness Events	# of events	3	2	8	8	21	32
		# of participants	9	9	31	32	81	27
		# of attendees	22	23	123	131	299	129
	Educational Speakers	# of events	1	2	1	1	5	2
		# of participants	15	51	7	28	101	25
		# of attendees	15	57	7	28	107	29
	Total Wellness	Total events	50	44	51	41	186	154
		# of participants	66	119	84	93	201	129
		# of attendees	393	438	628	482	1941	1380

St Anthony Park Area Seniors Program Statistics

Q4 FY 2021/22 July 1, 2021 - June 30, 2022

Category	Service	Metric	Q1	Q2	Q3	Q4	Total FY 2021/22 to Date	Total FY 2020/21
Nursing Care	Recover Health/Wilder Home Care services	# of Services	0	0	0	0	0	103
		# of participants	0	0	0	0	0	4
	Foot Care (SAPAS)	# of Services	14	29	38	48	129	54
		# of participants	11	21	25	34	44	24
	Blood Pressure Clinics	# of Services	54	27	22	23	126	0
		# of participants	27	17	15	16	75	0
	Total Nursing Care	# of Services	68	56	60	71	255	157
		# of participants	38	38	38	49	82	28
Caregiver Support	Caregiver Support Group	# of Events	3	3	3	3	12	12
		# of Hours	10	12	10	12	44	60
		# of participants	6	7	5	5	10	11
		# of attendees	10	12	10	8	40	60
	Caregiver Respite	# of Events	2	2	0	0	4	0
		# of Hours	3	3	0	0	6	0
		# of participants	1	1	0	0	1	0
	Other Caregiver	# of Events	1	1	1	0	3	71
		# of Hours	0.25	0.5	0.25	0	1	34.05
		# of participants	1	1	1	0	3	32
	Total Caregiver/Bereavement	# of Events	6	6	4	3	19	83
		# of Hours	13.25	15.5	10.25	12	51	94.05
		# of attendees	13	15	11	8	47	131
		# of participants	7	9	6	5	14	42
Total Services	Unduplicated	Participants	199	226	169	192	417	372
	New Unduplicated	Participants	35	55	25	26	142	135
Volunteer	Volunteers	Unduplicated volunteers	46	46	40	48	72	74

St Anthony Park Area Seniors Program Statistics

Q4 FY 2021/22 July 1, 2021 - June 30, 2022

Category	Service	Metric	Q1	Q2	Q3	Q4	Total FY 2021/22 to Date	Total FY 2020/21
		New unduplicated volunteers	4	4	3	1	12	9
		Direct Service volunteer hours	272.05	262.25	235.45	315.25	1085	952.25
		Admin volunteer hours	86	4.5	64.5	11.25	164.25	267.25
		Leadership volunteer hours	297	320.45	352.3	341	1310.8	1077.45
Staff	Total paid staff hours	Hours	1108	1035.9	1029	1030.5	4203.4	4178
Calculated Staff	Average hours per unduplicated participant		8.86	7.18	9.95	8.84	16.22	17.41
	Average services/events per unduplicated participant		7.01	6.07	8.45	6.09	12.86	12.99

** Activities offered in past, but did not happen during the COVID-19 pandemic.

Niza **Alisa** **Katharine**