



**2022-2023**

# ANNUAL REPORT

**Fiscal Year July 1, 2022 - June 30, 2023**

# 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.

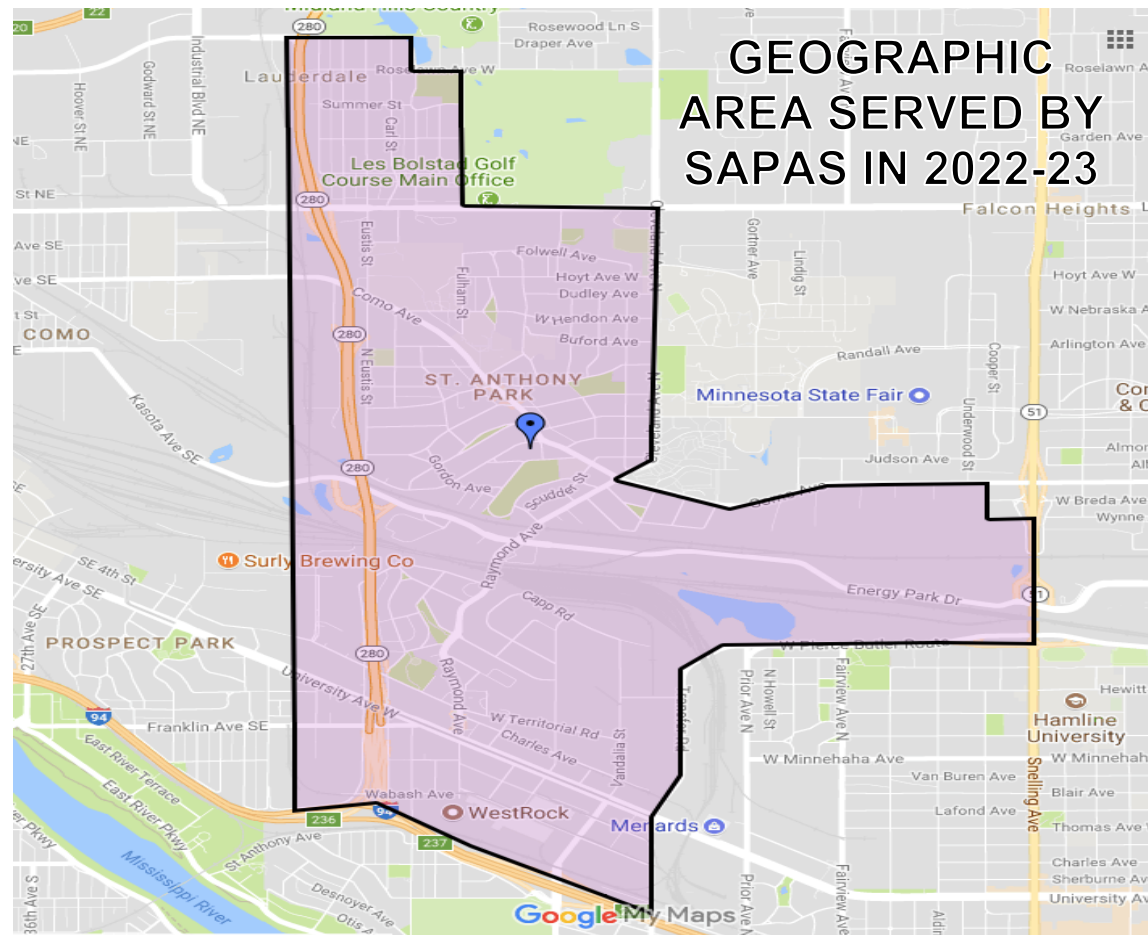
Begun in 1981 as the St. Anthony Park Block Nurse Program, the first block nurse program in the U.S., SAPAS always has been guided by a volunteer board associated with its service neighborhoods and supported by a small, dedicated staff and a large group of neighborhood volunteers. In 2011, the organization 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, 2022 TO JUNE 30, 2023**

# Service Area

In 2022-23 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 385 people in 2022-23. The SAPAS office location is indicated by the blue map pin.



# HYBRID APPROACH

As COVID-19 restrictions eased, the SAPAS board and staff continued using best practices at the time in delivering our activities and services.



We continued Meals on Wheels with modified delivery instructions from the organization, rides to health-related appointments, and grocery delivery to seniors. We switched from calling seniors on the phone to visiting them at home. We maintained creatively reinvented activities and services such as Zoom meetings, online Lunch Bunch gatherings, virtual presentations on telehealth and living with dementia, and iPad loans and training to allow seniors to participate in virtual SAPAS activities. We offered hybrid presentations on changes in the Medicare market; identity theft, fraud scams, and home safety; legal planning; and a hybrid holiday piano concert. We offered an in-person ceramics class, self-defense workshop, outdoor concert, and defensive driving class.

We have learned that there are benefits to offering some of our programs and services virtually. For example, offering our chair yoga classes online allows those who are home-bound an opportunity to participate too. Some of our offerings cannot be done virtually, such as foot care. For some, hybrid may be the best approach of all as we continue making our services and activities widely available.

# Direct Services

SAPAS provides four core services to seniors 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 continued to provide Tai Ji Quan and Chair Yoga classes virtually, and continued Walk With Ease sessions outdoors at Como Lake. In June 2023, we started an in-person exercise class at Lauderdale City Hall. **From July 1, 2022-June 30, 2023, SAPAS held 112 exercise/yoga classes for seniors.**



### Social Connectedness

To promote social and physical health, SAPAS provides Lunch Bunch, concerts, workshops, and arts and crafts activities. **From July 1, 2022-June 30, 2023 SAPAS offered 35 of these activities.**

SAPAS staff visit seniors in their homes to assess needs and 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. **SAPAS arranged 67 volunteer home visits, and SAPAS staff made 48 home visits.**

## AT-HOME LIVING ASSISTANCE

**SAPAS services are designed to support people in our 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 2022-23, SAPAS volunteers and staff provided 314 rides.** SAPAS recruits, trains, and schedules drivers for the Meals on Wheels District 12 route, as well as weekly grocery delivery from Tim & Tom's Speedy Market. **The 12 SAPAS volunteers delivered 896 meals in FY 2022-23.**

**Chores-** SAPAS coordinates volunteer assistance with tasks that seniors typically cannot provide for themselves. **Direct volunteer participation during FY 2022-23 totaled 410 hours, including: leaf raking, garden cleanup, computer and paperwork help, recycling, prescription pickup, shopping assistance, and other similar chores.**



**Education-** In 2018 SAPAS started a new initiative: the Older Adult Resource Series (OARS). This year, seniors had access to hybrid presentations on Medicare, identity theft and fraud, telehealth, and an Antarctic weather balloon launch, as well as in-person sessions on defensive driving and self-defense. **From July 1, 2022-June 30, 2024, SAPAS arranged six presentations, with an average attendance of 21.**

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

**Handy Services-** SAPAS works with an independent contractor who performs small household projects for a reasonable fee. If necessary, he'll purchase supplies for a job. In FY 2022-23, the contractor performed 20 projects.

## NURSING

**SAPAS partners with independent contractors and other organizations to offer skilled nursing care.**



SAPAS partners with Aveanna (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 62 foot care clients with 234 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, and substituting for a non-resident caregiver. In addition, SAPAS leads two Caregiver Support Groups, one in-person and one virtual.

## 2022-23 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 Groups, 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; and coordinates services for seniors.



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

## VOLUNTEERS

A total of **72** dedicated SAPAS volunteers provided services to seniors: leaf raking and other chores, transportation, Meals on Wheels deliveries, administrative and clerical help, delivering iPads, and providing respite care. **During 2022-23, volunteers provided 2,484 hours of service to and for SAPAS and the seniors and their caregivers involved with the organization.**

Thank You, Volunteers!



## PROGRAM DEVELOPMENT 2022-23

The Program Development Committee serves as a clearinghouse for new activity and service ideas, and evaluates existing activities and services.

We surveyed participants in SAPAS life-enrichment activities: card making, poetry classes, a paper collage workshop, concerts, and a My Memories binder. Respondents consistently rated their experiences highly.

We organized a fall concert by the Pig's Eye Jass Band in Lauderdale City Park that was attended by about 60 people.

In light of the St. Anthony Park Branch Library's termination of its license to show movies, we make plans to show public-domain movies at Centennial United Methodist Church.

We planned a spring ceramics workshop that was held at the Makery in Milton Square and a future (Fall 2023) songwriting workshop through COMPAS.

We generated ideas for several OARS presentations, including estate planning and identity theft.

In light of the demise of Leisure Center, a weekly luncheon SAPAS had assisted with, we discussed sponsoring an alternative and decided to begin by reviving pre-pandemic lunch outings to local restaurants.

## FUNDRAISING 2022-23

**Saint Anthony Park Area Seniors**  
**Fundraising Event**  
  
**Join the Fun**  
while supporting services  
for area seniors!  
**Tickets now on sale at:**  
■ St. Anthony Park Area Seniors  
office: 2200 Hillside Ave., St. Paul.  
■ Through PayPal on our website:  
[www.sapaseniors.org](http://www.sapaseniors.org)

**Sunday, Sept. 17**  
**2:00-4:00 PM**  
OUTDOORS at the  
**Urban Growler**  
2325 Endicott Street  
St. Paul  
**Tickets are \$15 each**  
(SAPAS keeps \$8 per ticket)  
Your ticket covers one drink.  
Music by:  
**The Ladies Music Club.**  
  
**www.sapaseniors.org | 651.642.9052**

SAPAS relies on community support, area foundations, and government organizations to fund its activities and services. The Fundraising/Grants Committee writes grants and coordinates fundraising appeals.

We reviewed and updated our list of local businesses and sent targeted businesses information about the possibilities of business sponsorships.

We planned another Sippin' Suds fundraiser and social event for Fall 2023.

During 2022-23, local businesses and churches contributed **\$1,127**. SAPAS fund drives where recipients of services are encouraged to offset some of the costs yielded **\$12,839** in cost-sharing contributions. The annual fund drive provided **\$31,535** in donations from individuals.

SAPAS continues to receive exceptional support from local community residents and businesses.

## PRIVATE AND GOVERNMENT GRANTS 2022-23

### Foundation Grants and Corporate Contributions

Otto Bremer Trust	\$15,000
Hardenbergh Foundation	\$7,500
Ray Edwards Memorial Trust	\$5,000
Elmer L. & Eleanor J. Andersen Foundation	\$2,000
Anonymous Arts Grant	\$2,000
St. Anthony Park Community Foundation	\$1,500
HealthPartners	\$1,000
Hubbard Broadcasting Foundation	\$1,000
Falcon Heights/Lauderdale Lions Club	\$700
WELCA SAP Lutheran Church	\$650
Sunrise Banks	\$500
Thrivent Choice	\$346
<b>Total</b>	<b>\$37,196</b>

### Government Grants

Minnesota Department of Human Services	\$52,561
Ramsey County	\$11,250
Trellis (formerly MAAA)	\$7,312
Community Development Block Grant	\$6,917
<b>Total</b>	<b>\$78,039</b>



Thank You, Funders!

## PUBLIC RELATIONS 2022-23



The Public Relations Committee continued to focus on outreach materials and online activities to promote SAPAS offerings in our service area.

We completed a website overhaul, including new menus, an interactive calendar, and webforms to request services.

We completed a redesign of the SAPAS logo, focusing on making it recognizable, familiar, simple, and adaptable for a range of sizes.

We continued efforts to increase awareness of SAPAS services for residents of senior housing facilities in our service area.

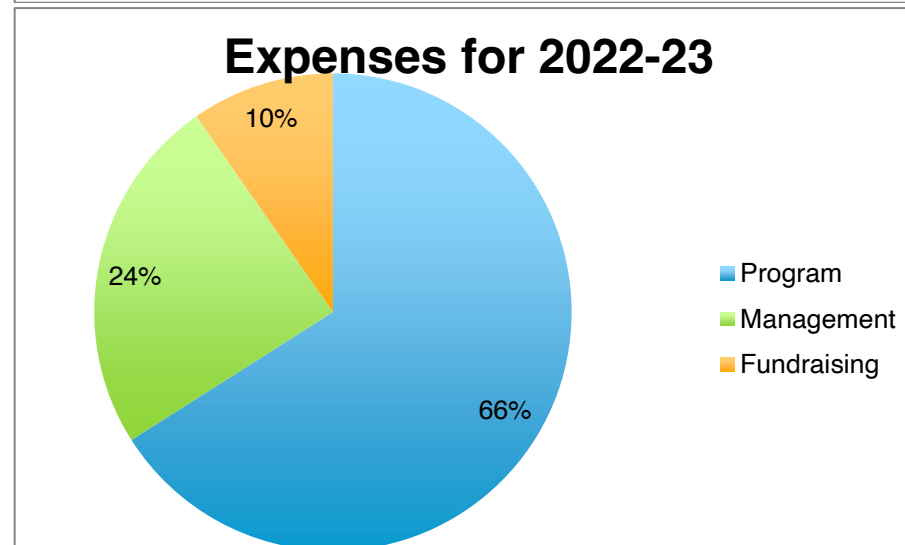
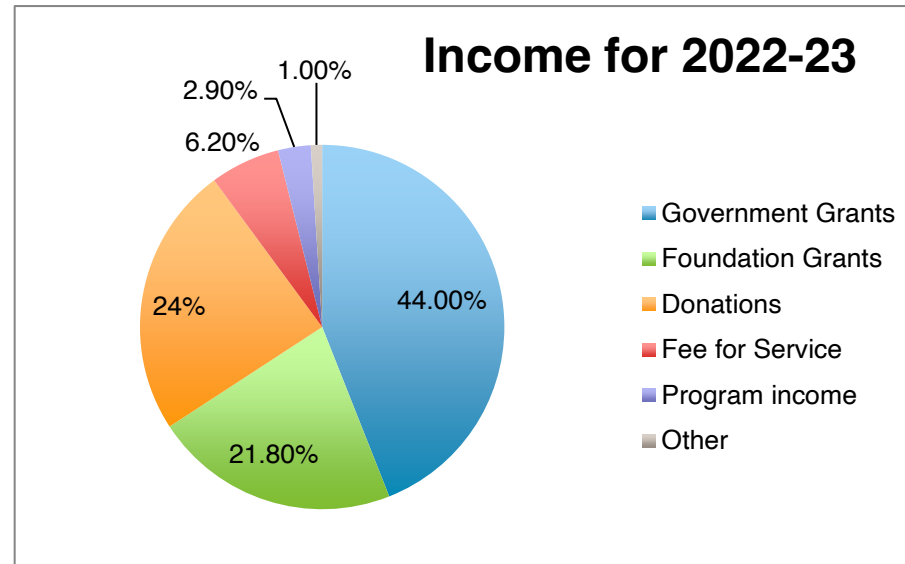
We regularly monitored the SAPAS website for accuracy and functionality.

We continued to monitor and expand distribution of SAPAS brochures, flyers, and other outreach items.

We planned, promoted, and implemented a Sweet Celebrations event to thank volunteers and connect and build community among people involved with SAPAS in a variety of ways.

## FINANCES 2022-23

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.



# 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.

## 2022-23 SAPAS Board of Directors

David Healy, Chair  
Zack Zehrer, Vice Chair  
Sandy Henry, Treasurer  
David Lee, Secretary  
Patricia Bronson  
Audrey Estebo  
Lana Herskovitz  
Moses Hungiapuco  
Joanna Lees  
Kathy Magnuson  
Carolyn McKay  
Irene Opsahl  
Shirley Reider

Teacher, Administrator, Editor (retired)  
Realtor  
Disabilities Services Administrator (retired)  
Physician (retired)  
Teacher (retired)  
Attorney (retired)  
Social Worker (retired)  
Educator  
Program Officer (retired)  
Publisher (retired)  
Physician (retired)  
Attorney (retired)  
Attorney





**Thank you for all your  
support in 22'-23'!**



St. Anthony Park Area Seniors  
Balance Sheet  
As of June 30, 2023

	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
1						Jul 31, 22		Aug 31, 22		Sep 30, 22		Oct 31, 22		Nov 30, 22		Dec 31, 22		Jan 31, 23		Feb 28, 23		Mar 31, 23		Apr 30, 23		May 31, 23		Jun 30, 23
2	ASSETS																											
3	Current Assets																											
4	Checking/Savings																											
5	Sunrise Bank (Park Midway Bank)																											
6	CD 25593 (12-mo CD 12/31/20 from 25556)					25,108.34		25,108.34		25,123.53		25,123.53		25,123.53		25,138.56		25,138.56		25,138.56		25,339.39		25,339.39		25,339.39		25,546.33
7	CD 25442 (12 month CD March)					25,412.74		25,412.74		25,428.11		25,428.11		25,428.11		25,443.33		25,443.33		25,443.33		25,458.39		25,458.39		25,458.39		25,715.07
8	CD 25274 (12 mo CD from cd23283 9/28/18)					25,432.87		25,432.87		25,448.26		25,448.26		25,448.26		25,473.00		25,473.00		25,473.00		25,497.50		25,497.50		25,497.50		25,522.56
9	CD 22911 (12 month CD June)					25,944.52		25,944.52		25,960.21		25,960.21		25,960.21		25,975.74		25,975.74		25,975.74		25,991.11		25,991.11		25,991.11		26,006.83
10	Checking 81100					60,915.13		56,657.76		43,222.74		61,208.04		76,337.50		75,002.25		99,515.77		92,419.02		81,264.83		93,378.75		78,520.75		58,436.02
11	Total Sunrise Bank (Park Midway Bank)					162,813.60		158,556.23		145,182.85		163,168.15		178,297.61		177,032.88		201,546.40		194,449.65		183,551.22		195,665.14		180,807.14		161,226.81
12	Total Checking/Savings					162,813.60		158,556.23		145,182.85		163,168.15		178,297.61		177,032.88		201,546.40		194,449.65		183,551.22		195,665.14		180,807.14		161,226.81
13	Total Current Assets					162,813.60		158,556.23		145,182.85		163,168.15		178,297.61		177,032.88		201,546.40		194,449.65		183,551.22		195,665.14		180,807.14		161,226.81
14	TOTAL ASSETS					162,813.60		158,556.23		145,182.85		163,168.15		178,297.61		177,032.88		201,546.40		194,449.65		183,551.22		195,665.14		180,807.14		161,226.81
15	LIABILITIES & EQUITY																											
16	Equity																											
17	Opening Balance Equity					151,853.28		151,853.28		151,853.28		151,853.28		151,853.28		151,853.28		151,853.28		151,853.28		151,853.28		151,853.28		151,853.28		151,853.28
18	Retained Earnings					6,570.80		6,570.80		6,570.80		6,570.80		6,570.80		6,570.80		6,570.80		6,570.80		6,570.80		6,570.80		6,570.80		6,570.80
19	Net Income					4,389.52		132.15		(13,241.23)		4,744.07		19,873.53		18,608.80		43,122.32		36,025.57		25,127.14		37,241.06		22,383.06		2,802.73
20	Total Equity					162,813.60		158,556.23		145,182.85		163,168.15		178,297.61		177,032.88		201,546.40		194,449.65		183,551.22		195,665.14		180,807.14		161,226.81
21	TOTAL LIABILITIES & EQUITY					162,813.60		158,556.23		145,182.85		163,168.15		178,297.61		177,032.88		201,546.40		194,449.65		183,551.22		195,665.14		180,807.14		161,226.81

St. Anthony Park Area Seniors  
Profit & Loss Budget vs. Actual  
July 2022 through June 2023

	A	B	C	AZ	B	BB
1				<b>TOTAL</b>		
2				<b>Jul '22 - Jun 23</b>		<b>Budget</b>
3			<b>Income</b>			
4			Program Income	2,874.31		6,450.00
5			Fee for Service	13,138.97		8,250.00
6			CD Interest	892.32		240.00
7			Foundatn Grants & Corp Contrib	37,196.00		33,000.00
8			Donations	45,502.73		37,000.00
9			Fundraising Events	1,643.35		1,350.00
10			Government Grants	78,039.66		78,150.00
11			Miscellaneous Income	1,227.76		0.00
12			<b>Total Income</b>	<b>180,515.10</b>		<b>164,440.00</b>
13			<b>Expense</b>			
14			Equipment	847.17		500.00
15			Administrative Expense	2,396.83		2,370.00
16			Board & Volunteer Exp	827.49		1,250.00
17			Client/Caregiver	2,808.99		1,850.00
18			Communications	1,583.94		1,540.00
19			Facilities	2,678.00		2,700.00
20			Fundraising Expenses	5,390.84		5,615.00
21			Information Technology	832.23		1,100.00
22			Insurance	2,332.82		2,600.00
23			Mileage	255.34		400.00
24			Office Supplies	343.98		500.00
25			Postage	599.95		645.00
26			PR Expenses	5,912.04		5,950.00
27			Program Development	1,655.00		2,700.00
28			Contracts for Service	15,222.50		8,950.00
29			Payroll Expenses	134,025.25		129,503.00
30			<b>Total Expense</b>	<b>177,712.37</b>		<b>168,173.00</b>
31			<b>Net Income</b>	<b>2,802.73</b>		<b>(3,733.00)</b>

St. Anthony Park Area Seniors  
Program Statistics

Q4 FY 2022-23 July 1, 2022 - June 30, 2023

							Total FY 2022 23	Total FY 2021 22
Category	Service	Metric	Q1	Q2	Q3	Q4		
<b>At-Home</b>	Meals on Wheels	# of people served	4	4	3	3	4	10
<b>Living</b>		Meals delivered	228	227	220	221	896	1408
<b>Assistance</b>		Hours provided (est.)	44	36	34	40.5	154.5	56
	Transportation	# of people served	15	17	17	21	30	24
		Rides provided	60	61	95	98	314	265
		Hours provided (est.)	54.2	59	85.5	91.85	290.6	238
	Chore Services	# of people served	22	25	16	25	53	50
		Chores provided	101	118	80	111	410	326
		Hours provided	68	96.5	27.5	119.75	311.8	233.4
	Other At-Home	# of people served	79	70	75	63	203	259
	Living Assistance	Number of services	142	131	138	112	523	1121
		Hours provided	59.05	62.25	58.6	40.7	220.6	404.8
	<b>Total At-Home</b>	<b>Total # people served</b>	<b>90</b>	<b>96</b>	<b>92</b>	<b>89</b>	<b>216</b>	<b>274</b>
	<b>Living Assistance</b>	<b>Total services</b>	<b>531</b>	<b>537</b>	<b>533</b>	<b>542</b>	<b>2143</b>	<b>3120</b>
		<b>Total hours</b>	<b>225.3</b>	<b>253.75</b>	<b>205.6</b>	<b>292.8</b>	<b>977.4</b>	<b>932.2</b>
<b>Wellness</b>	Exercise Classes	# of events	37	21	32	22	112	127
		# of people served	43	30	32	38	64	57
		total attendance	284	153	338	259	1034	1303
	Social Outings	# of events	6	6	7	6	25	33
		# of people served	9	25	9	8	26	60
		total attendance	37	53	50	35	175	232
	Movies	# of events	1	1	0	0	2	0
		# of people served	3	10	0	0	13	0
		total attendance	3	10	0	0	13	0
	Game Days **	# of events	0	0	0	0	0	0

		# of people served	0	0	0	0	0	0
		total attendance	0	0	0	0	0	0
	Other Well. Events	# of events	2	0	2	4	8	21
		# of people served	22	13	37	44	67	81
		total attendance	45	25	72	116	258	299
	Educ. Speakers	# of events	1	2	1	2	6	5
		# of people served	10	9	15	23	51	101
		total attendance	10	9	15	46	80	107
	<b>Total Wellness</b>	<b>Total events</b>	<b>47</b>	<b>30</b>	<b>42</b>	<b>34</b>	<b>153</b>	<b>186</b>
		<b>Total persons served</b>	<b>80</b>	<b>74</b>	<b>81</b>	<b>91</b>	<b>169</b>	<b>201</b>
		<b>Total attendance</b>	<b>379</b>	<b>250</b>	<b>475</b>	<b>456</b>	<b>1560</b>	<b>1941</b>
<b>Nursing</b>	Aveanna/Wilder Home Care services	# of Services	0	0	0	0	0	0
<b>Care</b>		# of people served	0	0	0	0	0	0
	Foot Care (SAPAS)	# of Services	51	65	61	57	234	129
		# of people served	38	42	42	47	62	44
	Blood Pressure Clin.	# of Services	40	58	58	55	211	126
		# of people served	32	35	31	31	71	75
	<b>Total Nursing Care</b>	<b># of Services</b>	<b>91</b>	<b>123</b>	<b>119</b>	<b>112</b>	<b>445</b>	<b>255</b>
		<b># of people served</b>	<b>70</b>	<b>77</b>	<b>72</b>	<b>77</b>	<b>130</b>	<b>82</b>
<b>Caregiver</b>	CG Support Group	# of Events	3	3	5		11	12
<b>Support</b>		# of Hours	10.5	11	22	16.75	60.25	44
		# of people served	4	6	13	14	16	10
		total attendance	8	11	21	40	80	40
	Caregiver Respite	# of Events	5	5	2	14	26	4
		# of Hours	4.75	11	4	28	47.75	6
		# of people served	2	1	1	4	4	1
	Other Caregiver	# of Events	0	0	1	22	23	3
		# of Hours	0	0	0.75	27.75	28.5	1
		# of people served	0	0	1	6	7	3
	<b>Total Caregiver/</b>	<b># of Events</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>36</b>	<b>60</b>	<b>19</b>
	<b>Bereavement</b>	<b># of Hours</b>	<b>15.25</b>	<b>22</b>	<b>26.75</b>	<b>72.5</b>	<b>136.5</b>	<b>51</b>

		<b>Total attendance</b>	<b>13</b>	<b>16</b>	<b>24</b>	<b>76</b>	<b>129</b>	<b>47</b>
		<b>Total persons served</b>	<b>6</b>	<b>7</b>	<b>15</b>	<b>19</b>	<b>26</b>	<b>14</b>
<b>Total Service</b>	<b>Unduplicated</b>	<b>Participants</b>	<b>161</b>	<b>220</b>	<b>190</b>	<b>205</b>	<b>385</b>	<b>417</b>
	<b>New Unduplicated</b>	<b>Participants</b>	<b>32</b>	<b>43</b>	<b>32</b>	<b>33</b>	<b>140</b>	<b>142</b>
<b>Volunteer</b>	Volunteers	Unduplicated vols	45	49	44	55	72	72
		New undup. vols	2	2	3	4	11	12
		Direct service vol. hrs	226.4	283.75	255.75	325.35	1091	1085
		Admin vol hours	3	53.75	48	53.75	158.5	164.3
		Leadership vol hrs	363	286	312	274.25	1235	1311
<b>Staff</b>	Total paid staff hours	Hours	1062	1040	1040	1040	4182	4203
<b>Calculated</b>	<b>Average hours per unduplicated participant</b>		<b>10.28</b>	<b>7.56</b>	<b>8.71</b>	<b>8.26</b>	<b>17.32</b>	<b>16.22</b>
	<b>Average services/events per undup. participant</b>		<b>6.30</b>	<b>4.21</b>	<b>6.06</b>	<b>5.79</b>	<b>11.11</b>	<b>12.86</b>

\* Unduplicated means unique individuals. Each person can only be counted once in the category reported.

\*\* Activities offered in past, but have not resumed since the COVID-19 pandemic