

Rochester Senior Center

(Senior Citizens Services, Inc.)

Annual Report 2008



Our Mission:

**Enabling seniors to remain active, healthy
and independent.**

Improving the Lives of Older Adults in our Community

Throughout 2008, our Agency focused on its purpose: serving as a community focal point to ensure older adults had access to activities, programming and services that would assist in “aging” well.

Throughout this report you will have the opportunity to review our accomplishments, program impact, financial statements, donors and results. We are proud of what we have been able to offer through collaborative efforts, strong volunteer leadership and support, and effective programs. With the support of many individual and community donors, our programming has impacted over 6,000 older adults in our community.

2008 was a successful year. You might wonder how we define success. We define success by the number of seniors who participate in and benefit from the programming we offer, by the number of programs the membership utilizes and what programs are being requested, and by the impact provided by the activities offered, to name a few. If we can say “yes” to the following questions, we know we’re making a difference and improving the lives of older adults in our community. Have we improved the health and well-being of older adults? Have we provided access to low-cost activities, programs and services based on the needs and interests of our membership? Have we connected older adults? And, has this connection resulted in increased support and encouragement? Have we connected older adults with programs, resources and services that strengthen their quest for continued independence? Have older adults received assistance with difficult life issues? Have we improved the quality of life for older adults who participate? After reviewing our reports, I can proudly announce that we can say “yes” to all of the above.

Our focus is clear; by helping older people remain healthy and well, more engaged, and by providing access to programming and support services, we can strengthen them. It’s really pretty simple. By improving the lives of older adults, we improve and strengthen our community as a whole as well. Since 1961, our Agency has been improving the lives of older adults and this effort will continue into 2009. As our community grows older, our job will become more critical. Thank you for your support in 2008; we look forward to your support and involvement in 2009.



Sally Gallagher, Executive Director

Front cover photo:

(Clockwise from top left) Young At Heart Singers, 2008 Summer Picnic, Quilting Group, Billiards players, Ceramics Group

From the Agency Board President...

It has been my honor to serve on the Agency Board of the Rochester Senior Center, and the experience has been unforgettable. There are not enough words to adequately express how fortunate we are to be blessed with the dedicated, loyal, passionate staff and membership serving our community. On any given day you will see staff and volunteers giving their all for the success of obtaining our goal: to help seniors stay healthy and independently happy. Each and every one of us is different and has various needs and interests; the Rochester Senior Center is meeting all those needs and interests and continues to look into the future needs and interests of the Rochester senior community. If you really want to know what is going on, get involved!



Noreen Skogen, 2008 Agency Board President

Rochester Senior Center
121 North Broadway, Rochester, MN 55906
(507) 287-1404 • www.rochesterseniorcenter.org

Who We Are:

Senior Citizens Services, Inc. is a non-profit 501 (c)3 organization that serves older adults in our community and the surrounding area. Through collaborative efforts, Senior Citizens Services, Inc. works to offer programs that improve the lives of older adults by improving their health, helping them live independently and keeping them active in the community.

Our Purpose & Mission:

Helping to ensure older adults in our community “age” well.
Committed to provide programs, recreation, and services which encourage active, healthy, independent lifestyles for adults 50 years of age and greater in our community.

Service Area:

Rochester/Olmsted County

Vital Aging Programs ~Supporting Healthy Aging & Community Engagement

Purpose: To promote health and wellness by providing access to activities, programs and services that assist older adults in remaining active, healthy and independent.

Goals:

- Promote health and well-being
- Provide opportunities that promote healthy lifestyle choices
- Provide educational programs and informational opportunities
- Promote community involvement and socialization
- Facilitate holistic well-being
- Provide opportunities for skill building
- Connect older adults with their peers

**Vital Aging Statistics and
Significant Information on
next page.**

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Below: Advisory Council members Penny Ryno and Grace Wallace (president) share a laugh after an Advisory Council meeting.



2008 Vital Aging Statistics & Significant Information

- 481 individuals (daily average) were served each day by programs offered by SCS, Inc.
- 102 distinct program opportunities were available to older adults throughout 2008; more than 40 volunteers provide leadership for the majority of these opportunities. In addition, many groups take the lead on Center special events.
- 3,135 programs, activities, and services were offered in 2008.
- 41,533 people attended the Rochester Senior Center's Vital Aging program opportunities last year, an average of 166 per day.
- 29,666 volunteer hours were reported at the Rochester Senior Center, the equivalent of 14.25 full time employees.
- SeniorNet Volunteers taught 37 classes to 233 students.
- 207 new members joined the Rochester Senior Center.
- 1,632 members supported the Senior Center through the annual membership fee of \$33.
- To offer additional opportunities for programming, building hours were extended on Tuesday and Thursday nights.
- Duplicate Bridge and Kiwanis Day Makers moved to Flamingo Bingo due to space constraints at the Center. Additional Center activities meet there periodically due to space constraints.
- Over 9,420 and 634 seniors were supported through the Stewartville and Byron programs.
- A part-time Volunteer Coordinator was hired in June.

Senior Support Services - Access to Enable Increased Capacity for Independence

Purpose: To assist, support, and provide services that enable older adults to continue living independently.

Goals:

- Provide problem solving assistance
- Educate on available resources
- Provide outreach and link seniors with local programs and services.
- Lengthen independence

2008 Support Services Statistics & Significant Information

- Served 1,063 individuals, an increase of 5% over 2007.
- The top 5 need areas addressed through this program were:
 - ✓Health Insurance Counseling ✓Financial Assistance
 - ✓Legal/Consumer Issues ✓Housing ✓In-Home Services



Below: Senior Center member Hazle Robinson volunteering at the front desk.

Diversity Programming – Providing Outreach to Our Community's Minority Elders

Purpose and Goals outlined in Vital Aging and Senior Support Services

2008 Diversity Statistics & Significant Information

- 68 individuals were served through the Somali program (English Classes, Support Services, Exercise and Educational Opportunities).
- Attendance at Somali Programming: 7,711
- Hispanic programming began in October through a partnership with IMAA, Hawthorne Education Center and Elder Network.
- Attendance at Hispanic Programming: 111

Senior Dining Program ~ Supporting Improved Health & Wellness

Purpose: To provide older adults with an appetizing and nutritious noon-time meal in a group setting in the most cost effective manner possible.

Goals:

- Increase socialization and interaction; reduce loneliness and isolation
- Provide low-cost, well-balanced meals in easily accessible sites
- Improve or maintain nutritional status
- Promote healthy eating
- Link participants with other services

*Right:
Members
enjoying a
nutritious
and
delicious
lunch
at the
Center.*



2008 Statistics & Significant Information

- A total of 6,577 volunteer hours were reported in the Dining Program by 268 volunteers.
- 45,135 meals were served to older adults in Olmsted County at nine congregate dining sites: Central Towers, Fontaine Towers, High Pointe, Northgate Plaza, Park Towers, Peace United Church of Christ, Rochester Senior Center, Stewartville Senior Center, and Eyota at Arbor Gardens.
- 13,713 meals served (an average of 54 per day) to seniors who have been identified to be at-risk of nursing home placement (an increase of 12 per day compared to 2003 averages).
- Suggested donation: \$3.50; average donation received per meal: \$2.92.
- Federal support: \$3.00 per meal (Older Americans Act funding).
- Senior Dining Program Supervisor of 26 years, Liz Yochum, retired.
- Purchased a new Delivery Van.
- An additional 708 meals were provided to Somali Elders via a contract with the East African Restaurant; Separate Federal Funding received for this meal project.
- 182 older adults, on average, receive a meal each day (Monday-Friday) through congregate dining.
- 78,039 meals*, an average of 311 meals per day, were prepared by the Senior Center. (*see below for additional meals prepared)

Community Impact and Engagement

- 25,434 meals were prepared and delivered to Olmsted County's Head Start Children, and 7,470 meals to the Salvation Army Adult Day Program.
- 800 individuals were served through the tax program, in collaboration with AARP.
- The Knitting Group donated a total of 1,138 handmade items to community causes and logged in over 8,575 hours producing the contributions.
- The quilting group donated \$2,365 to the Center through quilt raffle income and from the sale of quilts. In addition, over 70 items were donated to community organizations and our Elderberry Gift Shop. They also decorated a tree for the Festival of Trees for Hiawatha Homes, hosted the Center's Hobby Fair and held the first Holiday Boutique at Flamingo Bingo.
- The Kitchen Band, Silver Treads Square Dance Club and Young at Heart Singers performed at a variety of locations throughout Southeast Minnesota.
- A full-time Marketing/Communications Coordinator was hired in June to increase awareness of the Senior Center throughout our community.
- Our kitchen was made available for Family Service Rochester to use on the weekends to provide Meals on Wheels.

2008 Senior Center Financial Report

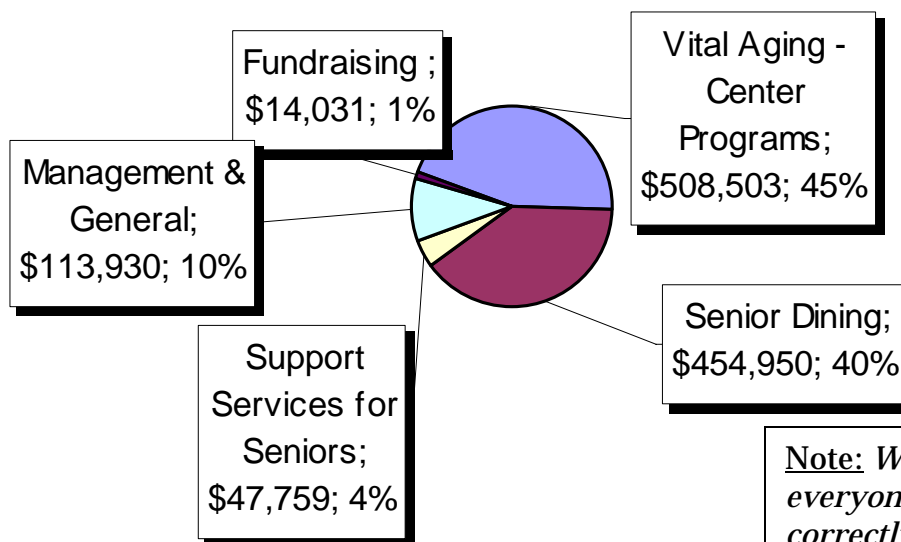
(As taken from IRS Form 990. A link to the full financial report is on our website.)

| <u>Revenue:</u> | <u>2008</u> | |
|----------------------|--------------------|-------------|
| Contributions | \$579,160 | 42% |
| City of Rochester | \$171,949 | 12% |
| SEMAAA | \$ 37,833 | 3% |
| SEMCAC | \$ 98,818 | 7% |
| State of MN | \$ 64,282 | 5% |
| United Way | \$125,431 | 9% |
| Programs | \$191,507 | 14% |
| Membership Dues | \$ 45,749 | 3% |
| Interest | \$ 1,304 | 0% |
| Rental Income | \$ 42,074 | 3% |
| Special Events | \$ 35,392 | 3% |
| Total Revenue | \$1,393,499 | 100% |

| <u>Expenses:</u> | | |
|-------------------------------|--------------------|-------------|
| Vital Aging - Center Programs | \$508,503 | 45% |
| Senior Dining | \$454,950 | 40% |
| Support Services for Seniors | \$ 47,759 | 4% |
| Management & General | \$113,930 | 10% |
| Fundraising | \$ 14,031 | 1% |
| Total Expenses: | \$1,139,173 | 100% |

2008 Senior Center Expenses

(From Preliminary IRS Form 990)



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Note: We try hard to ensure that everyone's name is listed and spelled correctly. We apologize if for some reason your name is missing or misspelled. Please contact us so we can make the correction.

Thank You Donors – You help us accomplish our mission!

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In 2008 we were awarded \$40,699 for operating expenses and \$23,239 for building improvements from the City of Rochester through a Community Development Block Grant.
installed new phone system

Thank You Donors – We couldn't do it without you!

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IBM supported the Center with equipment valued at \$6,479: received a new file server, a desktop computer and two laptops. Funds were awarded through their OnDemand Community Grant and reported volunteer hours by Board Members Vic Hartman, Wayne Herivel and Deb Nusbaum.

Senior Center Foundation

The Senior Center Foundation is a separate non-profit entity that exists to manage the assets of the Agency and provide funding for Senior Center programs and activities.

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Roger Polansky
Don Wendt

2008 Foundation Financials

Statement of Financial Position

Assets:

| | |
|---------------------------------------|--------------------|
| Investments, at Market | \$ 943,591 |
| Accounts Receivable/Inventories/Other | 11,173 |
| Prepaid Expenses | 851 |
| Property/Equipment | 54,084 |
| Total Assets | \$1,009,699 |

Liabilities:

| | |
|--------------------------------------|-------------------|
| Payable to SCS, Inc. | \$ 102,351 |
| Accrued Salaries Payable | 8,196 |
| Current Maturities of Long-Term Debt | 8,715 |
| Long Term Debt | 0 |
| Total Liabilities | \$ 124,960 |

| | |
|-----------------------------------|----------------|
| Net Assets and Liabilities | 884,739 |
|-----------------------------------|----------------|

Statements of Activity and Changes

Revenue:

| | |
|---------------------------------------|--------------------|
| Contributions | \$ 13,791 |
| Investment Income | (221,325) |
| Charitable Gambling Net w/concessions | 26,588 |
| Revenue Total | \$(180,946) |
| Expenses Total | \$ 89,266 |

| | |
|-----------------------------------|------------------|
| Contributions to SCS, Inc. | \$ 61,707 |
|-----------------------------------|------------------|

| | |
|----------------------|-------------|
| Change in Net Assets | \$(331,919) |
|----------------------|-------------|

| | |
|------------------------------|-------------|
| Net Assets - January 1, 2008 | \$1,216,658 |
|------------------------------|-------------|

| | |
|--------------------------------|-------------------|
| Net Assets - December 31, 2008 | \$ 884,739 |
|--------------------------------|-------------------|

Charitable Gambling Operations (Flamingo Bingo)

| | <u>Bingo</u> | <u>Pull-Tab</u> | <u>Other</u> | <u>2008 Total</u> |
|--------------------------------|--------------|-----------------|--------------|-------------------|
| Gross Income | \$ 1,219,065 | \$ 265,904 | \$ 3,269 | \$ 1,488,238 |
| Prize Pay-Outs | (803,995) | (182,075) | | (986,070) |
| Net Gambling Revenue | \$ 415,070 | \$ 83,829 | \$ 3,269 | \$ 502,168 |
| Total Gambling Operating Costs | | | | <u>\$ 460,409</u> |
| Charitable Gambling, Net | | | | \$ 41,759 |
| Less concessions | | | | (15,171) |
| Net after concessions | | | | \$ 26,588 |

***Making a Difference in the Lives of Seniors,
One Senior at a Time.***

It's the Little Things...

By: Jon Ninas

It was an afternoon not unlike many others Laurie Pearson had spent at the Crochet group, some 12 odd years ago. She was very happy with the friends she had made at the Senior Center, but little did she know that one small decision would change her life for years to come.

You see, that day a volunteer at the Senior Center's Elderberry Gift Shop came to her Crochet group and asked if anyone would be interested in picking up an occasional volunteer shift at the shop. Laurie decided it sounded like fun, so she signed up.

Having worked in the Payroll Department at the Mayo Clinic for many years, Laurie took to the bookkeeping side of the job like a fish to water. Over the years she completely reformatted the way the Gift Shop kept their books, and even wrote a book of instructions on how the different tasks at the Gift Shop are done. "From time to time I find myself looking in the book to remind myself how something is done," she says with a smile. Its no wonder why Laurie took over as Gift Shop Manager with such grace.

As we sit and discuss how the Gift Shop and Senior Center have changed over the years, she

lets me in on some of her secrets. "I really don't have any tricks up my sleeve when it comes to volunteering. I have so much fun seeing what consigners bring in to sell. I enjoy talking to customers, other volunteers, and the Senior Center staff. But most of all, I'm thankful for all the friends I've made. Almost all of my closest friends are those I've met through the Senior Center."

I went into our talk interested to learn about all Laurie has done for the Senior Center over the years. And while that list is a long and very important one, I came away from our discussion with a warm feeling for another reason. Laurie lit up like a Christmas tree when discussing the Senior Center and the great people here. Sometimes it's surprises like the one Laurie played on me that remind us of the important things in life.



*Right:
Laurie Pearson,
Volunteer Gift
Shop Manager*

Senior Citizens Services, Inc. has been administering activities, programs and services that assist older adults to **'age well'** since 1961.



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