



Senior Citizens of Kodiak, Inc.

Fiscal Year 2022 Annual Report

Alaska's First Nationally Accredited Senior Center

A Unit of The National Council on the Aging



2003 2008 2013 2018



Senior Citizens of Kodiak, Inc
Board of Directors
FY 22



As Shown

David Blacketer, President

Bill Oliver, Vice-President (not pictured)

Tina Hoen, Secretary-Treasurer

Lorna Steelman

Joyce Gregory

Betty Walters

Charles Barber

Susan Brockman (not pictured)

Florence Pestrikoff (not pictured)

Senior Citizens of Kodiak, Inc.

Senior Citizens of Kodiak, Inc., reopened for congregate meals on March 01, 2022

Providing a variety of support to those 60 years & older

- * **Activities & Special Events:** Cards, games, computer classes, entertainment, picnics, social hour, exercise classes and special events.
- * **Health Equipment Loan Program:** Wheelchairs, hospital beds, crutches, walkers, canes and other accessories to assist people in being more mobile. Available to the entire community.
- * **Information & Referral:** Assistance with housing, insurance, Medicare, Medicaid, and other benefits. Referrals to other social services.
- * **Meals:** Congregate meals are served at the senior center from 12 p.m. to 1 p.m. Monday through Friday. Salad bar and soup are included. Home Delivered Meals are served seven days a week in a reusable containers that can go from freezer to the microwave. Nutrition screening is required for home delivered meals. The suggested donation per meal is \$7.
- * **Monthly Newsletter:** Filled with information about what's happening at the senior center each month: menus, birthdays lists, special events and health tips.
- * **Outreach:** Daily telephone assurance, shopping for seniors, assistance with paying bills.
- * **Preventative Health:** Weekly blood pressure clinics and exercise class. Facts & tips on nutrition and other health issues.
- * **Transportation:** Provided by Kodiak Area Transit System (KATS): medical and dental appointments, rides, escort and passenger assists, shopping and visiting friends. Senior Citizens of Kodiak is the lead agency for this program. \$2 fare each way.
- * **Family Caregiver Support Program:** The Family Caregiver Support Program (FCSP) provides support to those individuals over 18 caring for their loved ones over 60, wherever they may live. Services include; Information & Referral, Training, Respite, and Lifeline.
- * **Senior In-Home Services:** The Senior In-Home Service Program provides Case Management and Chore Services to seniors who are not on the Medicaid waiver program. Case Management: Assists persons to gain access to needed medical, social and informational services. Chore Services: Chore Services provide seniors with housekeeping and assistance to maintain their home in a clean, sanitary and safe environment.

Senior center website:

www.Kodiakseniorcenter.org

Senior Citizens of Kodiak, Inc.

Providing a variety of support to those 60 years & older

- * **Island Cove Adult Day Program:** Island Cove Program offers a safe, caring and active environment for seniors with special needs while enhancing their lives and maintaining the highest quality of life.
 - * Located on the lower level of the Kodiak Senior Center, Island Cove serves individuals who:
 - * Are isolated or lonely and need socialization
 - * Have memory impairments
 - * Have Alzheimer's disease and other related dementia or have Parkinson's disease
 - * Are seeking an alternative to nursing home care
 - * Are recovering from a stroke
 - * Might need more monitoring during the day
 - * Need medication management
- * **KATS (Kodiak Area Transit)** KATS is the public transportation and only handicapped transportation provider for Kodiak. Senior Citizens of Kodiak, Inc. administers KATS and contracts with First Student, Inc. who operates the system. KATS provides safe, convenient public transportation services within the City of Kodiak including scheduled stops Monday through Friday. Dial-A-Ride service is available seven days a week: Monday through Friday from 6:30 a.m. to 6:30 p.m., Saturday and Sunday from 10:00 a.m. to 3:00 p.m. Call 24-hours ahead for Dial-A-Ride services. \$2 fare each way



Benny and Nelson enjoying flower arranging

Senior Citizens of Kodiak, Inc.
Statement of Activities — Consolidated Activities
Year Ended June 30, 2022

Unrestricted net assets:

Operating activities:

Support:

Individuals	\$ 49,713
Government	
State of Alaska	\$ 422,556
Federal	\$1,046,039
Local sources	\$ 53,818
In-kind	\$ 6,418
Subtotal Support	<u>\$ 1,578,544</u>

Revenue:

Project income	\$ 310,193
Other	\$ 6,214
Subtotal Revenue	<u>\$ 316,407</u>
Total support and revenue	<u>\$1,894,951</u>

Expenses:

Program Services

Kodiak Area Transit System	\$ 463,668
Caregiver Support	\$ 132,368
Senior Services	\$ 679,654
Adult Day Care	\$ 432,679
Total program services	<u>\$1,708,369</u>

Support Services:

Management & General	<u>\$ 110,923</u>
Total support services	<u>\$ 110,923</u>
Total expenses	<u>\$1,819,292</u>

Change in net assets from operating activities	<u>\$ 75,659</u>
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Senior Citizens of Kodiak, Inc.
Strategic Directions 2022-2023

Mission Statement: To Enhance the lives of Older Adults

Who we are: We help older adults live full independent lives

1) Focus on Board Development

- ♦ Recruit Open seat
- ♦ Orientation of new members
- ♦ Secure right president

2) Adapt services for Kodiak seniors

- ♦ Conduct surveys twice a year
- ♦ Collaborate & partner with businesses and non-profits

3) Engage in public policy

Local

- ♦ Maintain funding from City and Borough
- ♦ Updates to City and Borough

State

- ♦ Local representatives, Agetnet, AK Commission of Aging, Pioneer Home Board

Federal

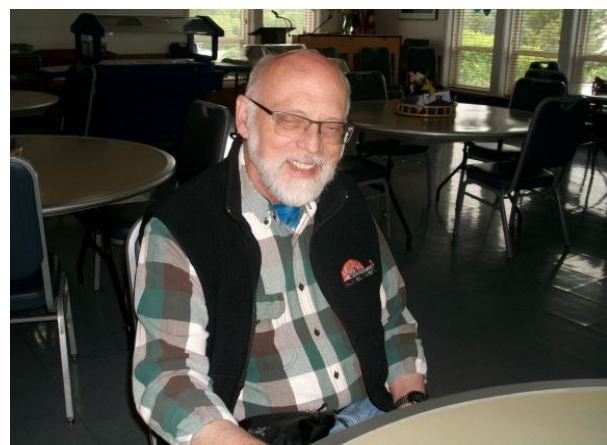
- ♦ Monitor federal issues through ACOA, AARP, NCOA

4) Succession Plan for Executive Director

- ♦ Review succession Plan
- ♦ Plan for CEO Retirement

5) Maintain National Accreditation

- ♦ Review Standards work sheets
- ♦ Complete Accreditation Assessment
- ♦ Achieve 5th National Accreditation through NCOA



Thank you for completing 2022 annual survey. Here are some of the things people said about the senior center.

- Thank you for all your work and for service.
- Suggested services to a friend about the center and has a good staff.
- Love the drive thru meals service.
- Thank you for making holidays special.
- Thank You! Outstanding job and support to our life.
- The senior center is always helpful.
- No improvements needed at the facility, It is very modern and well kept.
- The Senior Center has been a bright spot during the time of covid.
- Appreciate the great care to all of us, especially to people in mental decline HIPPA.

Planned Services Fiscal Year 2022:

<i>Services</i>	<i>Projected to Serve</i>	<i>Served</i>
Nutrition		
Clients Congregate Meals	500	179
Clients Home Delivered Meals	150	352
Congregate Meals	11000	2707
Home Delivered Meals	11000	19806
Total Meals	22000	22513
Transportation		
Unassisted Rides	4000	6316
Unassisted Ride Clients	65	72
Assisted Rides	4700	1591
Assisted Ride Clients	50	36
Outreach		
Outreach Units	100	77
Outreach Clients	75	76
Information & Assistance	600	1130
I&A Clients	150	218
Adult Day Program		
ADC Clients	34	26
Family Caregiver		
Access Assistance Clients	55	101
Access Assistance Units	525	544
Caregiver Support	40	59
Caregiver Support Units	40	375
Respite	13	9
Respite Units of Service	1575	1085
Supplemental Service (regular)	45	61
Supplemental Units	540	517
Access I&A	100	762
Access Units	100	1477
Senior In Home Services		
Case Management Clients	25	23
Case Management Units	300	994
Chore Clients	15	13
Chore Units of Service	1080	609

2022 Senior Survey Outcomes

- 59% of surveys collected stated that the senior center was very important to them.
- 79% of surveys collected stated that services such as curbside/congregate meals are excellent.
- 50% of surveys collected stated that services such as home-delivered meals are excellent.
- 75% of surveys collected stated that services such as transportation are excellent or good.
- 81% of surveys collected stated that services such as information and referral services are excellent.
- 81% of surveys collected stated that programs and activities at the center assisted them in living independently and made it possible to remain in their own home.
- 89% of surveys collected stated curbside/congregate meals have improved their nutrition and health.
- 82% of surveys collected stated that curbside/drive-up congregate meals have improved the quality of their lives.
- 91% of surveys collected stated that home-delivered meals have helped them live independently.
- 89% of surveys collected stated that home-delivered meals have improved their nutrition and health.
- 97% of surveys collected stated that home-delivered meals improved the quality of their lives.
- 89% of surveys collected stated that they would recommend services provided by SCOK to a friend or loved one.
- 89% of surveys collected stated that the services provided by SCOK have helped them remain in Kodiak.
- 87% of surveys collected stated that meals, exercise, special events, other activities and services at SCOK have improved their health.
- 84% of surveys collected stated that SCOK services have helped them to enhance their ability to age safely in place, such as:
 - Exercise classes, including yoga and somatics
 - Newsletter
 - Chore services
 - Verbal exchanges with fellow seniors has kept me aging well
- 78% of surveys collected stated that using the services at SCOK in the last year helped to alter their life-style by helping them stay healthy and safe.
- 59% of surveys collected stated that Zoom Exercise helped them stay more active.
- 69% of surveys collected stated that the senior center has referred them to help services when needed.
 - Medicare
 - Medicaid
 - Senior Benefits including Public Assistance

- Social Security and SSI benefits
- Permanent Fund Dividend
- 78% of surveys collected stated that the senior center increased their access to community resources.
- 78% of surveys collected stated that the facilities at SCOK are excellent.
- When asked how the senior center facility can be improved the answers received were as follows:
 - Meets or exceed expectations
 - Would like to see more clubs, such as; Book club, craft clubs, computer classes, language classes, field trips and more exercise facilities.
- 100% of surveys collected stated that the senior center staff is friendly and knowledgeable.
- During this time of Covid-19:
 - 11% of people have connected with SCOK services on a daily basis
 - 50% of people have connected with SCOK services 2 to 3 times a week.
 - 13% of people have connected with SCOK services weekly.
 - 3% of people have connected with SCOK services every other week.
 - 23% of people have connected with SCOK services once a month.
- 70% of surveys collected stated they are female.
- 30% of surveys collected stated they are male.
- Of the surveys collected 50% stated that there were adequate programs for women and men.
- 72% of surveys collected stated they would not attend the senior center if it was open on weekends.

- **Island Cove Adult Day Program (ICAD) Survey Outcomes**

- 100% of Island Cove participants stated they are more socially active when they attend the program.
- 85% of Island Cove participants stated the services at Island Cove are Excellent.
- 100% of Island Cove participants stated that the services are essential to them remaining independent and living safely in their home.
- 85% of Island Cove participants stated the services exceeds their expectations.
- 100% of Island Cove participants stated the programs helped them meet physical, emotional and cognitive support they needed.
- 100% of Island Cove participants stated that the services decreased their need for out-of-home placement.
- 100% of Caregivers of Island Cove participants stated that their loved one was more socially active when attending the program
- 100% of Caregivers rated the services as Excellent
- * 100% of Caregivers stated that the services decreased their loved ones need for out-of-home placement.

• **Family Caregiver Support Program (FCSP) Survey Outcomes**

- 93% of surveys collected stated that FCSP Respite services assisted loved one to stay at home.
- 93% of surveys collected stated the FCSP program information and assistance was professional.
- 100% of surveys collected stated that Respite services help extend the time that care can continue at home.
- 100% of surveys collected stated that service are easy to access and that they are able to care for loved ones at home.

• **Senior In-Home Services Program (SIH) Outcomes**

- 100% of surveys collected stated that SIH services allowed them to remain living in their home safely, to be more independent and that they were satisfied with chore services and case management.
- 100% of surveys collected stated that SIH services decreased the need for out-of-home placement; case management services assisted in connecting them with other needed services.

Kodiak Area Transit (KATS) Outcomes

- 100% of surveys collected stated they use KATS for shopping and medical appointments.
- 75% of surveys collected stated they use KATS for going to work.
- 15% of surveys collected stated they use KATS for attending church.
- 70% of surveys collected stated that the door-to-door services are excellent.
- 75% of surveys collected stated that KATS allows them to maintain their current employment.
- 100% of surveys collected stated that KATS allows them to continue to living independently and increased their access and involvement with their community.
- 90% of surveys collected stated that the KATS dispatchers are friendly.
- 90% of surveys collected that the KATS that the drivers were friendly.
- 50% of surveys collected stated they use KATS on the weekends.
- 55% of surveys collected stated they support a KATS fare increase (which hasn't increased since 2000)

There is always something happening at Senior Citizens of Kodiak, Inc.

Check us out on the web at:

[Www.kodiakseniorcenter.org](http://www.kodiakseniorcenter.org)

There you will find information on all of our programs, events and our monthly menu. You can also download our monthly newsletter.

Senior Citizens of Kodiak, Inc

Staff Fiscal Year 2022

Pat Branson
Chief Executive Officer

Sylvia Fernandez
Island Cove
Certified Nursing Assistant

Amy Durand
Deputy Director

Rachelle Fanol
Island Cove
ADC Program Coordinator
Certified Nursing Assistant

Laurie Murdock
Executive Assistant

Judith Rivera
Assistant Cook
Executive Assistant

Rowena Huerbana
Island Cove
Certified Nursing Assistant

Toungporn (Tuk) Larpkietseri
Cook

Mark Wardell
Kitchen Aide/Relief Cook

Maketa Sala
Island Cove
Certified Nursing Assistant

Vickie Nero
Kitchen Aide
Island Cove/ ADC Aide

Crestita Galzote
Chore & Respite Worker

Barbara Shepard
Family Caregiver Support Program & Senior
In-Home Services Coordinator

Julia Sameniego
Chore & Respite Worker

Lowella Santiago
Family Caregiver Support Program & Senior
In-Home Services Coordinator
Chore & Respite Worker

Veronica Santiago
Chore & Respite Worker

Mae Garchitorena
ADC Program Coordinator
Island Cove
Certified Nursing Assistant

Mylene Soliven
Chore & Respite Worker

Senior Citizen of Kodiak, Inc.

Board of Directors

David Blacketer

Susan Brockman

Betty Walters

Bill Oliver

Tina Hoen

Florence Pestrikoff

Charles Barber

Lorna Steelman

Joyce Gregory

Endowment Board

David Bradbury

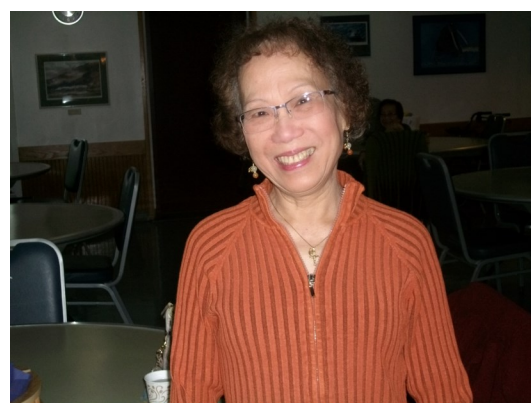
Dr. Jim Arneson

Mark Lonheim

Bill Oliver

Roberta Austring

Tony Drabek





Senior Citizens of Kodiak, Inc.

Mission Statement

To enhance the lives
of older adults

Senior Citizens of Kodiak, Inc.

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Kodiak, Alaska 99615

1-907-486-6181

1-800-486-6181

www.kodiakseniorcenter.org

And Like us on Facebook

Senior Citizens of Kodiak, Inc.