



SENIOR CITIZENS OF KODIAK, INC. ANNUAL REPORT FY24

July 1, 2023- June 30, 2024



Alaska's First Nationally Accredited Senior Center
2003, 2008, 2013, 2018, 2023

SENIOR CITIZENS OF KODIAK, INC.



FY24 Board of Directors

Bill Oliver, President
Susan Brockman, Vice President
Tina Hoen, Secretary/Treasurer
Charles Barber
Ralph "Skip" Bolton
Joyce Gregory
Nenita Nicolas
Betty Walters
Dr. Alan Wolf

FY24 Endowment Board

David Bradbury, President
Mark Lonheim, Vice President
Roberta Astring, Secretary
Bill Oliver, Treasurer
Jerome Selby
Dr. Jim Arneson
Tony Drabek

ABOUT OUR ORGANIZATION

Our Mission

To enhance the lives of older adults.

Our Services

Senior Citizens of Kodiak, Inc. offers a variety of services to support those 60 years and older.

Activities & Special Events: Cards, games, computer classes, musical entertainment, picnics, BINGO, exercise classes, art classes.

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 senior 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. Home Delivered Meals are served seven days a week in reusable containers that can go from freezer to the microwave. Nutrition screening is required for home delivered meals. The suggested donation per meal is \$10.

Monthly Newsletter: Filled with information about what's happening at the senior center each month: menus, event calendar, special events, health tips and resources.

Outreach: Public information provided to community members via group presentations, newsletters, social media postings, and flyers.

Preventative Health: Exercise equipment available to use for members, as well as weekly exercise classes. Foot clinic available on Fridays. 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.

ABOUT OUR ORGANIZATION

Our Services, continued

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



FINANCIALS

Statement of Activities - Consolidated Activities Year Ending June 30, 2024

	Years Ended	
	June 30,	
	<u>2024</u>	<u>2023</u>
NET ASSETS WITHOUT DONOR RESTRICTIONS		
Operating activities:		
Support:		
Individuals	\$ 74,856	75,226
Government:		
State of Alaska	454,064	396,985
Federal sources	1,103,453	917,622
Local sources	101,565	100,418
In-kind	11,286	7,787
Total support	<u>1,745,224</u>	<u>1,498,038</u>
Revenue:		
Project income	<u>443,384</u>	<u>539,512</u>
Total revenue	<u>443,384</u>	<u>539,512</u>
Total support and revenue	<u>2,188,608</u>	<u>2,037,550</u>
Expenses:		
Program services:		
Kodiak Area Transit System	628,072	489,899
Caregiver Support	172,695	156,830
Senior Services	927,889	872,588
Adult Day Care	414,646	521,659
Total program services	<u>2,143,302</u>	<u>2,040,976</u>
Support Services:		
Management and General	<u>107,621</u>	<u>124,641</u>
Total support services	<u>107,621</u>	<u>124,641</u>
Total expenses	<u>2,250,923</u>	<u>2,165,617</u>
Change in net assets from operating activities	<u>(62,315)</u>	<u>(128,067)</u>

PLANNED SERVICES FY24

	Projected to Serve	Served
Nutrition		
Congregate Meals - Clients	500	280*
Congregate Meals - Meals	13,000	6325
Home Delivered Meals - Clients	150	274*
Home Delivered Meals - Meals	13,000	16933
Total Meals	26,000	23258
Transportation		
Unassisted Rides - Clients	75	77*
Unassisted Rides	5,000	6627
Assisted Rides - Clients	65	26
Assisted Rides	4,000	1398
Total Rides	9,000	8025
Adult Day Program		
Clients	34	22
Units	9,000	9,021
Family Caregiver		
Assistive Technology (Lifeline) - Clients	75	78
Assistive Technology (Lifeline) - Units	900	743
Caregiver Counseling - Clients	40	30
Caregiver Counseling - Units	40	437
Caregiver Support Groups - Clients	20	15
Caregiver Support Groups - Units	20	15
Caregiver Training - Clients	95	117
Caregiver Training - Units	4	117
Information & Assistance - Clients	100	332
Information & Assistance - Units	100	1,003
Respite - Clients	18	12
Respite - Units	2,000	1,780
Senior In Home		
Case Management - Clients	30	27
Case Management - Units	500	1,037
Chore - Clients	30	22
Chore - Units	2,300	879
Information & Assistance - Clients	150	120
Information & Assistance - Units	150	255
Outreach/Community Education - Clients	2,500	2,502

STRATEGIC DIRECTION

Strategic Directions 2023-2025

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, Age-net, Alaska 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

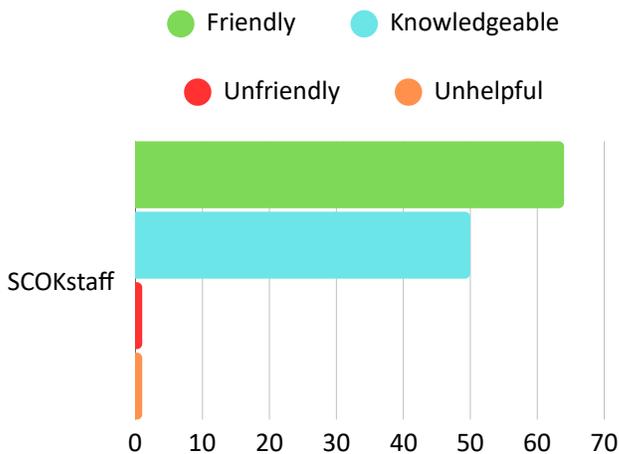
- Review Standards work sheets
- Complete Accreditation Assessment
- Achieve 5th National Accreditation through NCOA



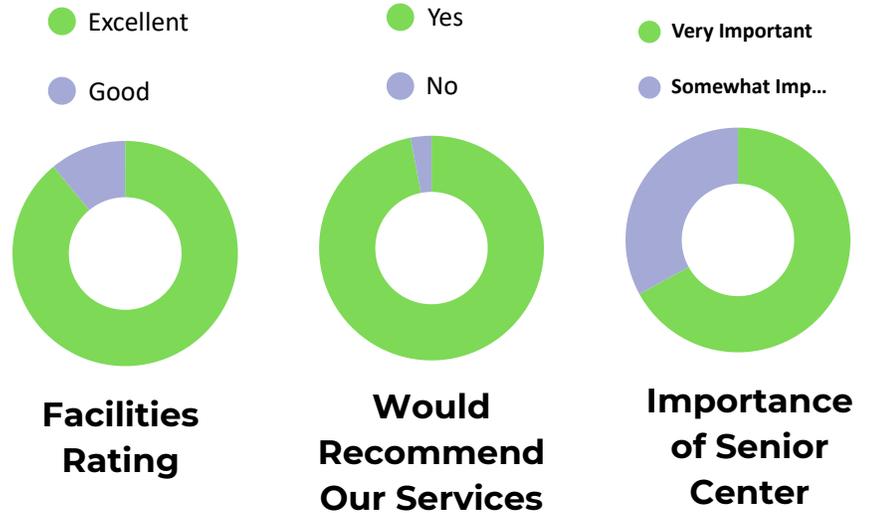
2024 SENIOR SURVEY OUTCOMES

Surveys were distributed online, made available in person & printed in the newsletter for March and April 2024. Results represent 64 responses (24 online, 40 paper)

About Our Staff



General Ratings



Facility Improvement:

- The facility doesn't need improvement. The management and staff are doing a great job! (X6)
- More parking (X2)
- Install a pool table in the lounge (x2)
- Continue Curbside lunch pickup.

How staff can improve in assisting needs:

- They're doing a fantastic job (x6)
- The extensions of care received would always be sought!!!
- It's as good as it can get.
- They are the nicest people in the world!
- Although I don't use the services very much, it is very important to me that they are there.
- More Technical help w/electronics, cell phone activations, I-pad instructions, PC streaming for movies, Netflix Hulu, tv, etc.

97% Of those who used SCOK exercise equipment or participated in exercise classes and other activities reported it improved their health.

95% Of those who participated in exercise classes at the Senior Center reported they feel more active as a result.

90% Felt that SCOK staff have referred them to helpful services in the last year.

96% Would recommend our services to a friend.

2024 SENIOR SURVEY OUTCOMES

Meals: Overall Satisfaction



It is wonderful what you are doing. Thank You. I really enjoy visiting with folks I have known.

Impact of Meals by Category

Congregate Meals

- 94% stated “congregate meals have helped me to live independently”
- 97% stated “congregate meals have improved my nutrition and health”
- 100% stated “congregate meals have improved my quality of life.”

Curbside Meals

- 95% stated “curbside meals have helped me to live independently”
- 91% stated “curbside meals have improved my nutrition and health”
- 96% stated “curbside meals have improved my quality of life.”

Home Delivered Meals

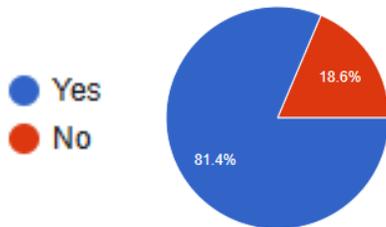
- 100% stated “home-delivered meals have helped me to live independently”
- 91% stated “Home-delivered meals have improved my nutrition and health”
- 100% stated “Home-delivered meals have improved my quality of life.”

Comments regarding meal service:

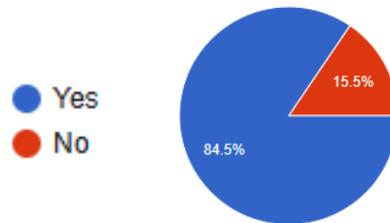
- I really appreciate the SCOK meal service, they are important (x4)
- Food services staff are doing an excellent job! (x3)
- Continue curbside lunch pickup (x3)
- Congregate or curbside service is notable (x2)
- Well organized, balanced menu variety, social interaction good (x2)
- Less sodium (x2), offer whole wheat roll more often instead of white
- Meals are always great-lots of nutritious food.
- Excellent Coffee, and I love the bubbly water.
- Curbside lunches is our main meal of the day. Appreciate the hearty balanced meal.
- Include salad dressing in the curbside meals.
- For picnic lunches serve fresh fruit for desserts instead of canned fruit

2024 SENIOR SURVEY OUTCOMES

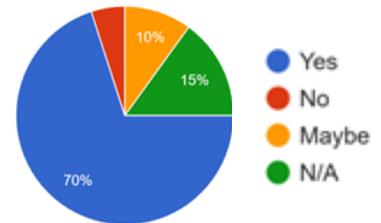
Have our services helped you remain in Kodiak?



Have our services enhanced your ability to age safely in place?



Has using our services helped you stay healthy and safe?



Examples of ways seniors say that SCOK has helped them age safely in place over the past year:

- Congregate meals (X8)
- Good information to help age safely(X5)
- Home delivered Meals (X3)
- Love the yoga and Tai Chi (X3)
- Social contact(X3)
- Foot clinic (X2)
- Curbside Meals (X2)
- I see I am not the only one getting older!
- Adding bingo is awesome!
- Yoga has helped me with balance
- LIFE LINE
- General physical and emotional health
- Easy accessibility to buildings parking, one floor access to all activities room lounge and dining room area

Examples of ways seniors say SCOK has helped them stay healthy and safe over the past year:

- Lunch services (X4)
- Exercise classes (X3)
- I enjoy visiting with people, I'm alone.
- Provides a place to consult for guidance and needs as I age, easy to socialize with friends and be part of a very friendly community
- Social connections are important
- 90% of the time I cannot afford to buy food. The lunches services really help.
- Social interaction. Having a place to walk to.
- Exercise classes keep me in shape and strong while fighting cancer.
- Yoga & gigong - kudos to Veronica and Deb

OUR TEAM

SCOK Staff in FY24

Administrative

Amy Durand
Chief Executive Officer

Kate Schaberg
Deputy Director

Judith Rivera
Executive Assistant

Laurie Murdock
Project Specialist
Certified Medicare Counselor

Kitchen

Mark Wardell
Kitchen Manager

Toungporn (Tuk) Larpkietseri
Cook

Vicky Nero
Kitchen Aide
Island Cove ADC Aid

Vicente Ticman
Kitchen Aid

Island Cove Adult Day Program

Rachelle Fanol, CNA
ADC Program Coordinator

Sylvia Fernandez, CNA

Rowena Huerbana, CNA

Maketa Sala, CNA

Missy Moore, CNA

Family Caregiver Support Program (FCSP) & Senior In Home (SIH) Services

Lowela Santiago
FCSP & SIH Coordinator

Crestita Galzote
Chore & Respite Worker

Julia Samaniego
Chore & Respite Worker

Mylene Soliven
Chore & Respite Worker
Island Cove CNA

Maria Cecilia Fernandez
Chore & Respite Worker



Senior Citizens of Kodiak, Inc.

To enhance the lives of older adults.

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1-800-486-6181

www.kodiakseniorcenter.org

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