

ANNUAL REPORT

St. Joseph County
Commission on Aging

2023





From the Director

Greetings!

This Annual Report is a snapshot of 2023, which was an exciting year at the COA as we celebrated 50 years of serving older adults in St. Joseph County. We celebrated this incredible milestone throughout the year with special events, a weekly dessert honoring our 50 states, an Open House at both centers highlighting the history of

the COA, and a summer picnic that took us back to 1973 when disco ruled the dance floor and bell bottoms were cool. 2023 also saw us fully come out of the pandemic, which our staff handled with amazing dedication and hard work. We saw increases in our membership and utilization of many of our services in 2023, as well as growth in our volunteer numbers.

The Senior Resource Fair in May was a successful event that drew hundreds of older adults to our enrichment center in Sturgis to learn about the many resources available for them in St. Joseph County. Our Nutrition Department provided 400 box lunches, and our staff did an incredible job in ensuring it was an enjoyable experience for all.



As you can see by the photos scattered throughout the report, our members enjoyed a wide range of activities including crafts, trips, games and more, with exercise classes being the most popular offering at our centers. From Cardio Drumming to Line Dancing to Yoga, our members enjoy coming to the COA to help keep themselves physically fit, but they also look forward to seeing friends and interacting with their peers.

2023 was a special year of celebration and growth. I look forward to seeing even more growth in the coming years as we continue to serve the older adults of St. Joseph County.

Pam Riley
Executive Director



Nutrition Services

2023 was an exciting year at the COA as we celebrated our 50th anniversary as an organization. To recognize this milestone, the Nutrition Department offered a weekly state dessert celebrating our "50" states. Our members loved it, and looked forward to learning about our amazing country while enjoying a delicious treat.

In February we provided a Valentine's Day treat to all Home Delivered Meals (HDM) participants, including Valentine's Day cards made by students from Immaculate Conception school in Three Rivers. We also provided the food for a Valentine's-themed Dinner Night Out. We were grateful to have the students from Immaculate Conception return in March. They put together bags of 50 Skittles for all of our HDM participants to "taste the rainbow" for a special St. Patrick's Day treat. We offered a green eggs and ham breakfast at our congregate sites in Three Rivers and Sturgis to celebrate Dr. Seuss' birthday.

We continued to find ways to brighten the lives of our HDM participants. And once again, members of our community stepped up to help. Placemats made by the River Country Quilters were sent to all HDM participants. They were of all different colors and designs and our seniors loved them. A big thank you to Three Rivers resident Kim Talbot for spearheading this project.

The Nutrition Department prepared 400 box lunches for the Senior Resource Fair in May and also celebrated Cinco de Mayo by preparing a Mexican-themed meal at our congregate sites and for our HDM participants. We developed a delicious menu for the Spring Dinner Night Out, which featured stuffed chicken breast and fresh asparagus.

June means the start of picnic food and outdoor celebrations. We offered a Water Festival picnic at the COA with ox roast sandwiches and strawberry shortcake. Other big events over the summer were the Annual Summer Picnic in July and a Caribbean themed meal for Dinner Night Out.

We had 263 participants at our Dogs and Donuts Membership Drive in September, and more than 150 attendees at the Annual Holiday Party.

In 2023, we served 141,000 Home Delivered Meals and 57,000 Congregate Meals to help keep older adults in St. Joseph County healthy and independent.



Katie Hughes
Nutrition Manager

Residential Services

In-Home Services at the COA saw a slight increase in 2023. The COA served 180 vulnerable adults in St. Joseph County, providing a total of 9,375 hours for Homemaking, Personal Care and Respite Care Services. In serving the most vulnerable adults in St. Joseph County, homemaking services were found to be the most needed service in 2023 with a total of 7,005 hours. Respite care to caregivers was utilized for 2,038 hours and personal care for 332.

The COA held an average staff of 13 in-home aides during 2023 and dropped to 11 active aides later in the year. As a result, the program was able to manage an ongoing waitlist of clients requesting services. The COA also hired a part-time chore worker to help seniors with heavier duty chores in their homes such as yardwork, installing grab bars and small handy-man tasks. This program utilized 43 hours in the year 2023.

The apartments at the Rivers Enrichment Center have remained a valuable resource to our community. During 2023, there was a turnover of 9 apartments in total, which were able to be filled from a robust waiting list within a few short weeks. Our waiting list has remained extensive, with continued vested interest in housing for seniors within the community. There continues to be a steady flow of seniors joining our waiting list for the apartments with intent and excitement to call it their home.

The apartments themselves have continued to show a strong sense of community amongst residents and have flourished, and the seniors here have created close-knit bonds with their neighbors and fellow residents. They continue to gather socially for daily coffee and conversation, games, potlucks, and parties, and show a deep sense of community and connection with each other. A healthy number of residents also take part in many COA activities on a daily basis. Rivers Residences continue to stand as a pillar in our community for senior housing. We have the unique opportunity to immerse our seniors in social interaction and community through the enrichment center at the COA with the convenience of not having to leave the building. I am proud of the continued growth of Rivers Enrichment Center and Residences, its impact on the community and the ability to provide a safe and enriching home for seniors in our county!

Nicole Notestine
Residential Services Manager



Life Enrichment

The Life Enrichment Department enjoyed developing programs and events that not only engaged our members but also highlighted the fact that the COA was celebrating its 50th anniversary in 2023.

The summer picnic was a blast from the past as we transported our venue at the St. Joseph County fairgrounds to 1973 with tie-dye, great music, tons of door prizes, and lots of delicious food.

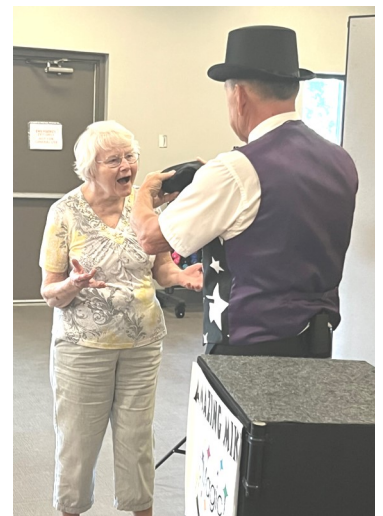
In addition to the summer picnic and other activities centered around the number 50, the COA hosted an anniversary open house at its centers on the date the COA first opened its doors. We created story boards outlining the COA's history filled with photographs that gave a visual depiction of the COA's growth over the years.

In 2023, the COA offered 30,000 hours of activities at its centers in Sturgis and Three Rivers. More than 1,300 individuals visited our centers, resulting in more than 48,000 sign-ins to exercise classes, Bingo, crafts, educational presentations & more. Our members enjoyed our trip program in 2023, visiting Frankenmuth, lighthouses, museums, casinos and fantastic live performances. More than 24 trips were offered in 2023.

The COA offered about 2,000 hours of exercise classes at its centers in 2023. Our members enjoy the variety of classes that are available at no charge to them. Several of the classes receive grant funding to help offset the cost of our instructors' salaries. Those classes are classified as Evidence Based Disease Prevention programs and help combat the effects of arthritis exercise or lower the risk of falling.

It will be hard to beat the fun we had in 2023, but Life Enrichment always enjoys a challenge.

Ruth Mancina
Marketing & Life Enrichment



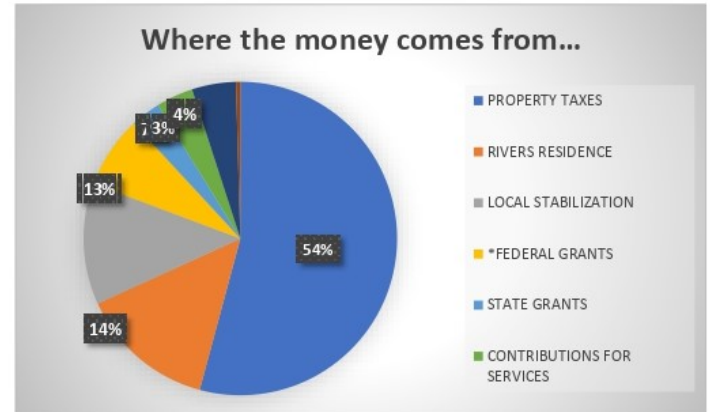
Exercise, Crafts, Trips & More!



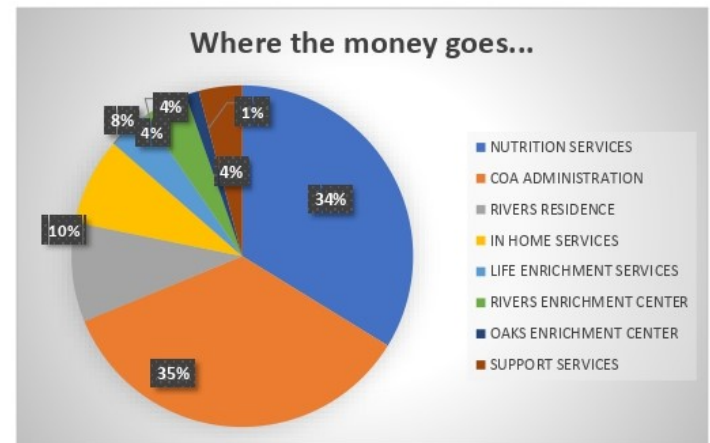
2023 Budget

ST JOSEPH COUNTY COMMISSION ON AGING 2023 FINAL

Revenues		
PROPERTY TAXES	1,707,727	54%
RIVERS RESIDENCE	441,676	14%
LOCAL STABILIZATION	394,092	13%
*FEDERAL GRANTS	234,078	7%
STATE GRANTS	97,206	3%
CONTRIBUTIONS FOR SERVICES	119,955	4%
MISC. REVENUE/DONATIONS	143,382	5%
INTEREST/BUILDING RENTALS	13,911	0%
	3,152,026	100%



Expenditures		
NUTRITION SERVICES	1,123,410	36%
COA ADMINISTRATION	1,164,369	37%
RIVERS RESIDENCE	312,859	10%
IN HOME SERVICES	274,624	9%
LIFE ENRICHMENT SERVICES	130,303	4%
RIVERS ENRICHMENT CENTER	141,774	4%
OAKS ENRICHMENT CENTER	42,368	1%
SUPPORT SERVICES	136,717	4%
	3,326,422	100%



*The Federal Government's Fiscal Year Runs from October 1st to September 30.

The COA received a large portion of federal grant funds Oct-Dec of 2022, which explains the large decrease in Federal Grant Revenue from 22-'23'.

Britt Buscher
Finance Manager



COA Advisory Board*



Sarah Apwisch



Pat Dane



Deb Davis



John Gelvin



Phil Kline



George Letts



Kathy Pangle

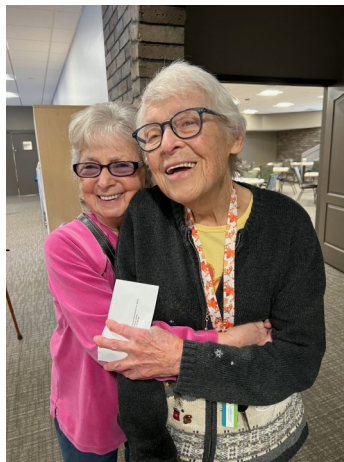


Rick Shaffer



Jon Withers

**2023 Board Members Not Pictured: Britt Buscher and Lorraine Bolley, both served partial terms in 2023.*



COA STAFF

Executive Director

Pamela Riley

Nutrition Manager

Katie Hughes

Marketing & Life Enrichment Manager

Ruth Mancina

Residential Services Manager

Nicole Notestine

Finance Manager

Britt Buscher

Life Enrichment Coordinator

Cynthia Batten

Referral/Intake Specialist

Jeanette Cage

In-Home Assessor

Cassie Graber

Three Rivers Receptionist

Ann Happel

Tina Gales

Sturgis Receptionist/Meal Site Coordinator

Diana Hile

Program Assistant

Amy Peebles

Cook

Angie Skeen

Meal Site Coordinator/Kitchen Assistant

Corrina Oberlander

Custodian

Melton Powell

Maintenance

Gary Oberlander