

Message from the Executive Director

Wayne D. Stenberg
Executive Director
as of May 2010



On behalf of Semcac's Board of Directors and staff, I am pleased to present our 2009 Annual Report, highlighting our programs, accomplishments, financial information and acknowledgments from those whose lives have been touched by our services.

The Federal government created a number of initiatives through the American Recovery & Reinvestment Act to stimulate the failing economy. As a recipient of Recovery Act funding, Semcac has experienced firsthand the positive impact that this vital funding is having on our local economies. Beginning in 2009, the first wave of resources came to our Community Development, Head Start, Senior Nutrition, and Outreach & Emergency Services departments. These dollars helped reduce household energy costs, improved the quality and safety of affordable housing, created jobs, educated children and empowered their families, provided meals for senior citizens, stabilized families most affected by the economic crisis, and generated additional resources for housing, transportation, health, nutrition and more.

In 2009, we mobilized staff and strategically relocated our contact centers in Fillmore, Winona and Dodge counties. These facilities gave consumers convenient access to our services and allowed employees to work in more spa-

rious environments. Our Houston County Contact Center was renovated to accommodate more consumers and will allow for years of lower building maintenance costs. Our Rushford Food Shelf, local Senior Dining site, and Weatherization housing rehab specialist's office moved into the newly rehabilitated, Semcac-owned Tenborg Center in late 2009. This building is located in the heart of downtown Rushford and offers area residents a place to dine, socialize and feel like part of the community.

Terry Erickson resigned as executive director in May 2010. In departing he said, "I want to take this opportunity to say thank you to the Semcac Board and all the wonderful staff at Semcac. You have enriched my life in so many ways and I am grateful for the opportunity to have been able to serve and support the good work we do at Semcac. In addition, I want to thank the many agencies that fund our services and the many individuals who generously donate their time and money to our programs."

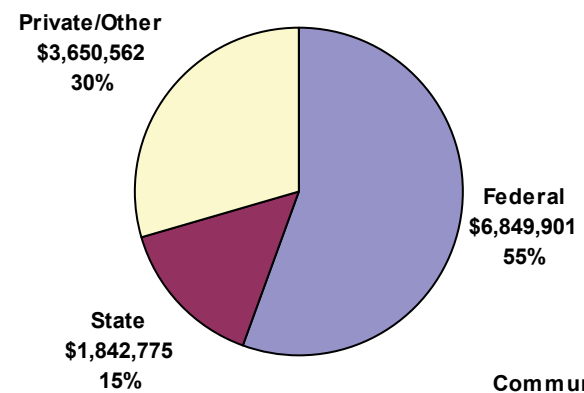
I was placed as the executive director in May and look forward to meeting people on a personal level as I travel throughout the region. I truly believe in the mission of Semcac and look forward to the challenges of 2010.

Wayne D. Stenberg

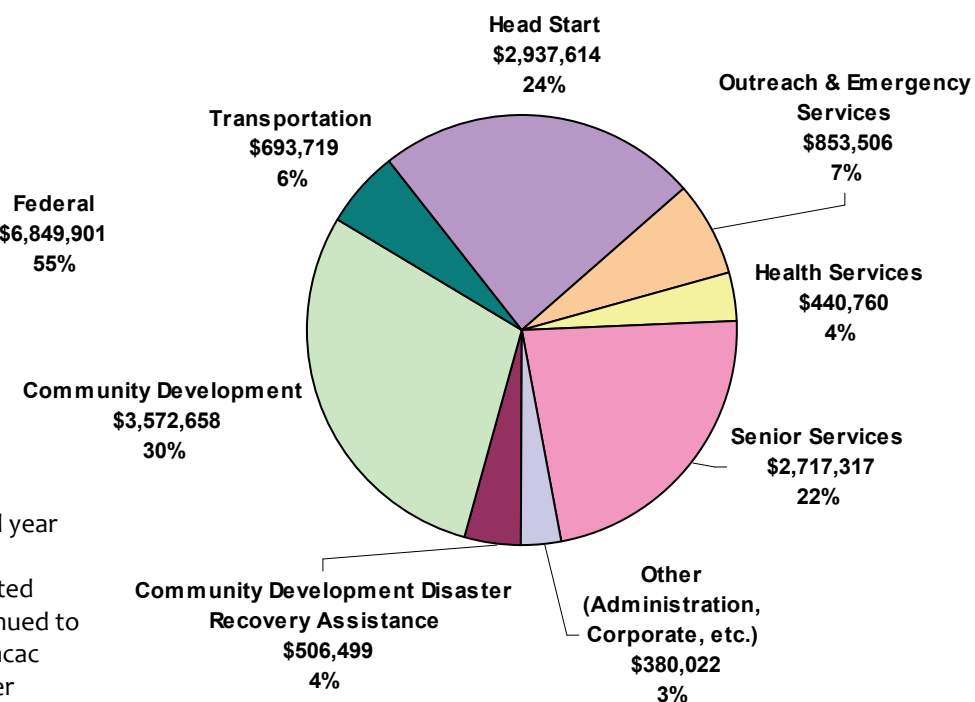
2009 Financial Information

(October 1, 2008–September 30, 2009)

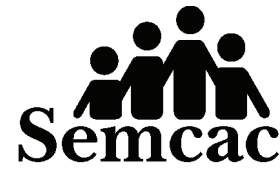
Source of Funds



Use of Funds



Semcac's expenditures for the 2009 fiscal year totaled \$12,102,096. Disaster recovery assistance, due to the flooding that affected much of the region in August 2007, continued to impact the agency's 2009 fiscal year. Semcac assisted affected households with disaster recovery loans and grants from the State of Minnesota and statewide nonprofit agencies.



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Rushford, MN 55971-0549

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Offices & Locations

www.semcac.org

Semcac's 251 employees and more than 4,500 volunteers deliver services from 79 locations—7 County Contact Centers, 55 Senior Dining sites, 11 Head Start centers and 4 Head Start partnership sites, the Semcac Clinic in Winona, and the Administrative Office. For Senior Dining and Head Start sites, call the Administrative Office or your local Contact Center.

Administrative Office

204 S. Elm St., P.O. Box 549
Rushford, MN 55971-0549
Phone: (507) 864-7741

Dodge County

20 Veterans Memorial Hwy E.
Kasson, MN 55944
(507) 634-4350

Fillmore County

515 Washington St. NW
Preston, MN 55965
(507) 765-2761

Freeborn County

2202 Stevens Street
Albert Lea, MN 56007
(507) 373-1329

Houston County

138 E. Main
Caledonia, MN 55921
(507) 725-3677

Mower County

301 N. Main, Lower Level
Austin, MN 55912
(507) 433-5889

Steele County

545 Dunnell Drive
Owatonna, MN 55060
(507) 451-7134

Winona County

62 E. 3rd St., Suite 4
Winona, MN 55987
(507) 452-8396

Semcac Clinic

76 W. 3rd St., P.O. Box 61
Winona, MN 55987
(507) 452-4307

Semcac is an Equal Opportunity Employer



Our mission is to assist people to achieve or maintain independence and self-reliance through their own and community resources.

People Are Our Business

Since 1966



2009 ANNUAL REPORT

2009–2010 Board of Directors

Klaus Alberts, Jr., Dodge County
Chuck Amunrud, Fillmore County
Bob Augedahl, Houston County
Janice Ball, secretary, Mower County
John Bashaw, treasurer, Houston County
Larry Connery, Houston County
Randy Dahl, vice-president, Fillmore County
Ruth Fallon, Fillmore County
Norman Flugum, Mower County
Lenore Fries, Freeborn County †
Tim Gabrielson, Mower County
Joe Hoffman, Winona County
Mena Kaehler, Winona County
Patty Miller, president, Houston County
Beverly Ofstie, Dodge County

Greg Olson, Winona County
Merle Peterson, Fillmore County
DeLorace Reed, Houston County
Jim Robertson, Fillmore County *
Richard Schaefer, Steele County
Janice Schultz, Steele County
Mark Schultz, Steele County
Christopher Shoff, Freeborn County
Deb Spitzer, Winona County
Lyle Tjosaas, Dodge County
Dave Tollefson, Mower County *
Linda Tuttle, Freeborn County
Robert Youngerman, Winona County
Theresa Zilm, Steele County
Wilma Zoller, Freeborn County †

* 2009 only † new in 2010

•“I’m really thankful for the energy assistance—it makes it possible to afford food and medication.”

•“You are a wonderful group helping people. We want to thank you for all you did for us for our fuel oil cost. It really helped out to fill our tank. Bless you all in the coming way.”

•“I want to thank you for the fuel assistance I received this winter and in the past. It has made paying my other monthly bills so much easier.”

“We are writing to thank you for your generosity and kindness in making our home more comfortable, safer and more economical to run than ever before. Both in our eighties, we never spent a winter in this house without having to wrap ourselves up in blankets, in spite of having plastic wrap on most of the windows as well as storm windows. The men who insulated our home were the nicest, most considerate workers anyone would be fortunate to have....Semcac’s administration of the plan to insulate homes is truly amazing. To help those in need of insulation service, find the best workers to fulfill the work and to assist the economy is no easy task. We thank you again!”

Below: Weatherization crew worker Eugene Aslakson insulates a home.



“Head Start has significantly increased the educational, social and emotional development of our son. We are also very happy with the acceptance, caring and open attitude given to our child by the staff. We as parents and a family have been able to improve our skills and ability to help our child’s development.”

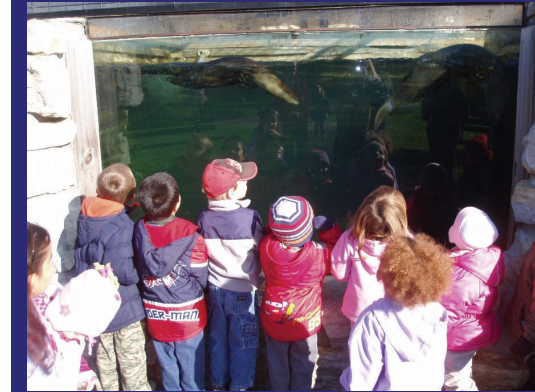
Right: A Winona Kiwanis Club member reads to Head Start children before giving them a book of their own from the Kiwanis.



•“I am extremely happy with [my child’s] teacher and all the staff at Head Start. [Her] advancement in everything has been a result of her attending Head Start. I would recommend this program to anyone.”

•“We are very thankful for the excellent personnel of Head Start. They are very kind and give a lot of attention to [our child]. Thank you for this opportunity!”

•“I feel so lucky to have my daughter be a part of Head Start. She loves it and is learning so much! I feel very safe having her there!”



“I feel as though I have a helping hand, and that my child is accepted no matter what. Also I feel he is getting a lot of good time and special help which he needs.”

Left: Head Start children on a field trip.

2009 Outcomes



Lorraine Losinski serves Senior Dining meals at the La Crescent Community Center. She has been an active volunteer at the site for many years. Lorraine said, “I was introduced to the Semcac Senior Dining Program about 20 years ago....I am now widowed and the Senior Dining Program is very beneficial to me. I go over for dinner almost every day and receive a hot, nutritious, well-balanced meal every time. An added benefit is the chance to socialize with other people and the chance to not have to eat alone. I feel I have benefitted greatly from the program and am very grateful to the City of La Crescent for their 20 years of support for the Semcac program.”

Bus Driver Duane Beckman (left) with Joe, who uses the public transit bus on a daily basis to get to and from work. Joe said, I like to ride the bus because the bus drivers are cool!”



A single mom came to Semcac after a sudden loss of income put her family’s well-being in jeopardy. The Outreach worker was able to help her work through her monthly budget, provide emergency financial assistance to bridge the gap until her situation improved, and enrolled her child in Head Start. The client wrote, “I would like to express my thankfulness for your willingness to provide me with some household items and diapers that my family needed... I have been dealing with some difficult financial situations in the last month which made my already strained budget ineffective. I am trying very hard to make some changes that will provide my family with a little more income. Thank you for helping me and your kindness to me as I explained my situation.”



Kasson Food Shelf Manager Audrey Erwin (right) helps Margaret during a monthly food shelf visit. Margaret said, “Semcac has helped us out in many ways. The food shelf has helped us cut back on our grocery bill and save our food stamps for things like meat and milk. One of Semcac’s other programs helped us fix our car. We get school supplies and Santa Anonymous. If it wasn’t for Semcac’s help, we would be in bad shape. Semcac helps us with many of our living needs.”



This past year, Ruth Collette of Austin, an RSVP volunteer for more than 20 years, spent 500 hours completing latch hook rugs for the Ronald McDonald House. Ruth said, “It is so touching to see the excitement on the children’s faces when they choose one of the rugs for a birthday or to take home with them.”



Trina Happel, RN (left) is the newest member of the Semcac Family Planning Clinic’s staff. Comments from the 2009 patient survey:

- “Everything is always exceptional here. Comfortable and professional. Thank you!”
- “I think your clinic is welcoming, and the medical staff is concerned with what people have to say.”
- “This clinic has helped me for a few years, and they do a great job—that’s why I come back!”
- “I felt very comfortable with the staff! The visit went much better than I was expecting.”
- “I love coming here and I recommend it to everyone!”

Community Development

Energy Assistance ~ Weatherization ~ Housing Rehab and Development

To ease the burden of heating expenses and keep families warm:

- 7,007 households received Energy Assistance. Priority households assisted were:
 - 2,954 elderly
 - 1,693 individuals w/ a disability
 - 2,623 children age 5 and under.
- 501 households received utility assistance through Reach Out for Warmth.
- 2,337 households received crisis assistance to prevent a utility shutoff.

To improve the energy efficiency of people’s homes and reduce their energy consumption:

- 182 owner-occupied households received energy-related repairs, such as furnace replacement.
- 366 households received energy audits, weatherization updates and energy conservation education.

Gerry Krage, Director
gerry.krage@semcac.org

Head Start

To ensure quality, safe and energy-efficient affordable housing:

- 30 households received home repair loans through the Fix-Up Fund or the Rehab Loan Program.
- 3 single-family households in Albert Lea received Small Cities Development Program rehab loans.
- 10 single-family and 3 rental units in Rushford received Small Cities Development Program rehab loans.
- 37 Dodge Center rental units were rehabbed through a project of the HOME Rental Rehab Program.

To help people have a home of their own:

- 4 households progressed towards home ownership in MN Urban & Rural Homesteading Program.
- 2 households received a grant through the Bluffview Trailer Park Project funded by the Rushford Community Foundation

To enrich young children ages 3–5 years and empower their families:

- 408 children from 399 families received quality learning and care.
- 284 children were screened for developmental progress.
- 96% of children with special needs received support services.
- 88% of families set goals to strengthen their self-reliance.
- 87% of families received at least one family service, such as parenting education, housing assistance or health education.
- 99% of children received medical exams; 97% had dental exams; and 98% were current with immunizations.
- 91% of children were enrolled in Medicaid, SCHIP, or other health insurance by the end of the year.
- 219 children transitioned from Head Start to kindergarten for fall 2009.
- 408 volunteers, including 196 Head Start parents, gave 35,167 hours of service to the program.

Beth Stanford, Director
beth.stanford@semcac.org

Senior Services

Senior Nutrition ~ Retired & Senior Volunteer Program ~ Senior & Caregiver Advocacy

To empower seniors to maintain their health and nutritional well-being, while offering educational programs and an opportunity for socializing:

- 271,836 hot, nutritious noon meals were served in a congregate setting to 6,451 seniors.
- 1,450 volunteers helped to serve these meals at the 55 dining sites in 11 counties.

To help at-risk seniors remain in their own homes and maintain their nutritional well-being:

- 82,017 hot, nutritious meals were delivered to 656 seniors who were homebound or had difficulty preparing their own meals.
- 1,250 volunteers delivered meals and checked on the well-being of seniors in 41 rural communities.

Debbie Betthausen, Director
debbie.betthausen@semcac.org

Transportation

Bus Services ~ Volunteer Driver Program

To help people get to work, medical and dental appointments, child care, preschool, senior dining, grocery and retail shopping, and errands to local businesses:

- 38,961 rides were provided through Semcac’s six buses—available in Houston County, the City of Houston, Dodge County, Fillmore County, rural Winona County and the City of Blooming Prairie.
- 697 people who were age 60 or over, Medical Assistance clients or clients of county departments of human services were given 15,510 rides, covering 431,343 miles, by 165 volunteer drivers who gave 21,107 hours of their time.

Erlene Welshons, Director
erlene.welshons@semcac.org

Angela Colbenson, Fiscal Director
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Gary Musselman, MIS Director
gary.musselman@semcac.org

Semcac Clinic

To ensure access to quality medical services and education to meet the reproductive health care needs of all people, regardless of their income level and access to health insurance:

- 1,608 unduplicated patients received medical exams, contraceptive counseling and birth control.
- 747 women were screened for cervical cancer.
- 1,421 patients were screened for sexually transmitted infections.
- 219 HPV vaccines were administered since this new service began May 2009.

Chrissy Feine, Director
chrissy.feine@semcac.org

Agency Administration

Wayne D. Stenberg, Executive Director
wayne.stenberg@semcac.org

Pat Georgens, Human Resources Director
pat.georgens@semcac.org

Jennifer Hengel, Planning Director
jennifer.hengel@semcac.org

Outreach & Emergency Services

Homeless Prevention & Assistance ~ Emergency Services ~ Food Shelves

To help people obtain or remain in their housing:

- 181 households (530 people) received assistance with their rent or mortgage.
- 30 homeless households (73 people) received assistance with rent and/or security deposits.
- 16 homeless households (42 people) found shelter and case management at the Freeborn County Homeless Shelter.

To connect people with resources to meet their immediate needs:

- 27,684 households were given information and referrals or advocacy assistance from Semcac’s Outreach Services staff.
- 738 contacts were made for advocacy, translation and/or interpreting for Spanish-speaking individuals in Freeborn County.

Wendy Todd, Director
wendy.todd@semcac.org