

## 2013 Annual Report





# About Semcac

## MISSION

To assist people to achieve or maintain independence & self-reliance through their own and community resources.

## VISION

A vibrant southeastern Minnesota led by thriving individuals, families & communities.

Semcac is a 501c3 nonprofit organization designated to serve the seven southeastern Minnesota counties of Dodge, Fillmore, Freeborn, Houston, Mower, Steele & Winona. We have limited services in the counties of Olmsted, Goodhue, Rice & Wabasha. We operate and administer over 25 programs within the departments of Head Start (Birth - 5 years), Senior Services, Community Development, Outreach & Emergency Services, Family Planning & Transportation.

Semcac is a Community Action Agency that was founded in 1966. Community Action Agencies were established under the Economic Opportunity Act to fight America's war on poverty. Our governing Board of Directors consists of equal representation of the following, 1/3 consumers; 1/3 public officials; 1/3 private community organizations for each of the seven counties that we serve.



Text Semcac to 22828 to join our e-news mailing list  
or scan the QR reader on this page.

## A Note from the Executive Director



Once again, we turn the page to another year. We are glad to be stepping into a new season. The winter was long and cold with many of our clients facing the liquid propane shortage that rocked the rural areas. High prices and long waits for fuel put many people on edge as they endured the freezing temperatures. Semcac's Energy Assistance staff worked long hours as they worked through these files. Other parts of the Agency adjusted to the deep sequestration cuts which resulted in some senior dining sites closing and fewer services provided to clients in other departments. The Agency and the network have endured years like this before and we look ahead with renewed hope.

We have a deep commitment to accomplishing work that truly continues to strengthen communities. This year marks 50 years of Community Action service continuing to build opportunities for all.

Every volunteer hour and donation does not go unnoticed as people partner with us to care for others, strengthen families, encourage the lonely, bring hope to the homeless, provide renewed energy to the hungry, offer guidance and improve economic security. This annual report tells the story of changed lives and documents the work that was accomplished as a larger team effort. Together we will live out the mission of assisting people to achieve or maintain independence and self-reliance through their own and community resources.

Wayne D. Stenberg

Wayne. D. Stenberg







## The Promise of Community Action

Community Action changes people's lives, embodies the spirit of hope, improves communities & makes America a better place to live. We care about the entire community and we are dedicated to helping people help themselves and each other.

### Board of Directors- Executive Committee

Larry Connery, President  
Joe Hoffman, Vice President  
Janice Ball, Secretary  
John Bashaw, Treasurer  
Dave Erickson, Member  
Lenore Fries, Member  
Ruth Fallon, Member







## Transportation

Semcac strives to offer necessary transportation services in the southeastern Minnesota region. We offer affordable bus fares through our public transportation system, Rolling Hills Transit. We also offer volunteer-based rides for seniors through our Volunteer Driver Program.

**Rolling Hills Transit** buses provide CURB to CURB, fare-based transportation to all of the general public. We dispatch rides in Dodge, Houston, Fillmore and Winona Counties as well as the cities of Blooming Prairie & Stewartville. 24 hour advanced reservation required. Rides are typically only \$1.50 one way!

**The Volunteer Driver Program** offers rides for persons age 60+ & Medical Assistance clients. All rides are given by volunteers and a donation is suggested but not required for the service.

### 2013 Annual Stats

- 74,311 rides were provided by our Rolling Hills Transit public transportation buses.
- 14,755 rides were given to 759 people via the Volunteer Driver Program.
- 140 volunteer drivers gave 23,768 hours of their time.
- 384 rides were given to disabled individuals.

Dispatch Center: **1.800.528.7622** Schedule your ride today! M – F, 8:00a – 4:30p



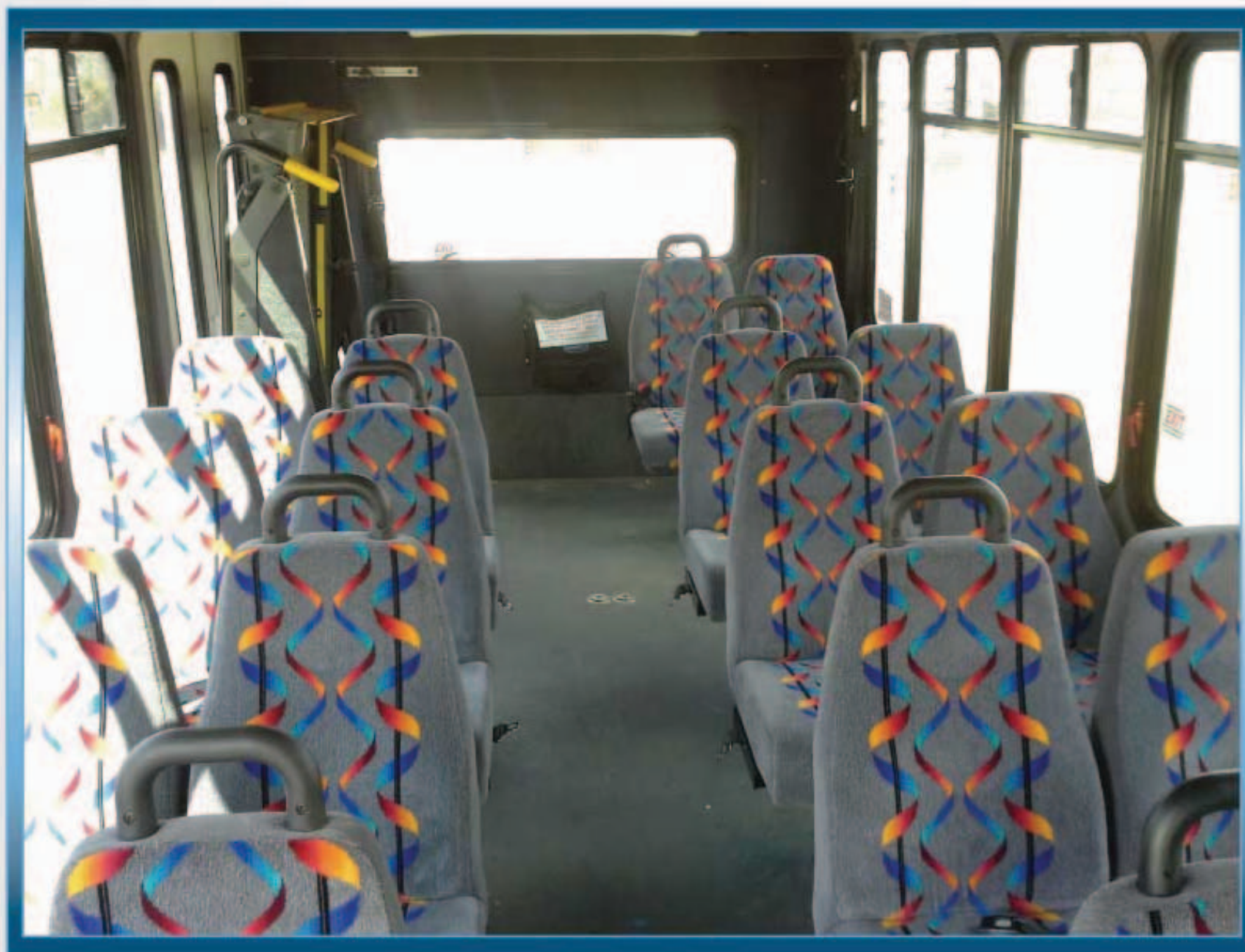


*It is less stress for me, I now don't have to  
worry about getting to my appointments.*  
Houston County, Volunteer Driver Program rider

*It's wonderful to get this needed help,  
thank you to everyone involved.*  
Fillmore County,  
Volunteer Driver Program rider

*The Drivers are so kind, my experience  
has been very positive!*  
Winona County,  
Volunteer Driver Program rider

*If not for this program, I would have an  
impossible time finding rides for my  
medical appointments, my family  
members are all gone now!*  
Steele County, Volunteer Driver Program rider







## Family Planning Clinic

Our family planning clinic provides access to high quality family planning services and education to meet the reproductive health care needs of everyone, regardless of their income level, insurance status, age, sex, gender and state of residency. Fees for service are based on annual household income and the number supported by that income; insurance is also welcome. The clinic is located in Winona, Minnesota at Semcac Center and provides services for Women's Health, Men's Health and Community Education.

### Events

- Semcac Clinic hosted a 1/2K run/walk event, GET TALKIN', in September.
- The Clinic hosted 5 MNsure enrollment events, open to the general public. Over 60 people received assistance!
- The Clinic participated in & raised awareness for: National HIV Testing Day; Pride Month; Women's Health Week; National Month to Prevent Teen Pregnancy; Men's Health Month & MORE

### NEW in 2013

- Teen Clinic hours started in September. Only patients age 19 and under can be seen on Tuesday evenings. This makes scheduling easier for these patients.
- Our Outreach & Education Specialist created an official Winona State University Club: SHAG = Student Health Awareness Group

### 2013 Annual Stats

- Clinic Education & Outreach staff presented reproductive health education information at over 70 events!
- 1,456 unduplicated patients visited the clinic for medical exams, counseling, contraceptives or sexually transmitted infection treatments.
- Clinic staff provided 3,932 health services to these patients.
- 1,956 patients were screened for STI's.

Semcac Clinic | 76 W. 3rd Street | PO Box 61 | Winona, MN 55987 | clinic@semcac.org | **507.452.7307**

Clinic Director: Chrissy Feine, RN | chrissy.feine@semcac.org

**Friend and Follow Semcac Clinic**







*This wasn't scary at all!*

*That was easy!*

*You guys are awesome!*

*I look forward to coming to see you.*

*Thanks for not making me feel weird or uncomfortable.*

Patients of Semcac Clinic







## Head Start & Early Head Start

Head Start programs are committed to building bright futures by enriching young children, ages Birth – 5 years, and empowering their families. Semcac operates 12 Head Start Learning Centers in 6 counties and offers home-based educators. Early Head Start services support families expecting a baby or child.

Head Start Learning Center classrooms are located in the counties of Dodge, Fillmore, Houston, Mower, Steele and Winona.  
**1.866.808.0260** for more information.

### 2013 Annual Stats

- 367 children from 330 families received quality learning and care.
- 39 children received special education and related support.
- 236 eligible children were screened for developmental progress.
- 222 children transitioned from Head Start to kindergarten.
- 92.6% of children were at or above the recognized indicators for school readiness.
- 474 parents learned and exhibited improved parenting skills.
- 215 families received at least one family service (such as housing assistance).
- 354 children were enrolled in health insurance coverage by the end of 2013.
- 208 volunteers, including parents, donated their time to our Head Start program.

Head Start Director: Beth Stanford | beth.stanford@semcac.org | 507.864.7741 x 271





Through dual enrollment and collaboration with the St. Charles ECSE and Head Start programs, "Jay's" progress has been nothing short of incredible in a span of a little over a year. He challenges his teachers to ask him questions he doesn't know. Just give him time, he'll figure it out! These are the kinds of things "Jay's" great-grandmother hears when she attends parent teacher conferences. ...From a quiet, timid little guy whose interests revolved around movies and Spiderman, a year later, his teachers report "Jay" is the class leader. He answers high level math questions and complex comprehensive ones. "Jay" can write his entire first and last name legibly, naming each letter correctly. He also writes letters of the alphabet, numerals, and three and four letter words.

Head Start, St. Charles Student's Story





## Senior Services

Our Senior Services programs strive to empower, support and improve the quality of life for senior citizens in southeastern Minnesota. Our services encompass personal wellbeing, health, independence and support for seniors.

**Senior Nutrition** The senior nutrition programs offer meals that are healthy, nutritional and balanced. Meals on Wheels is for seniors confined to their home and meals are delivered by volunteers. Senior Dining is congregate dining that is for anyone age 60+ and spouses. Nobody is denied a meal because they are unable to contribute to a suggested donation. The programs are offered in all 7 of our service counties and congregate dining is also offered in Olmsted, Wabasha, Goodhue and Rice.

**Senior and Caregiver Advocacy** This program focuses on supporting and empowering seniors, as well as caregivers, by addressing their individual needs and preferences so that they may remain living safely and independently in their own homes, as long as possible.

**Retired Senior Volunteer Program (RSVP)** This program coordinates volunteer opportunities for people age 55 and older by matching their interests, skills and experience with the needs of local nonprofit agencies and projects.

### 2013 Annual Stats

- We operated 54 Senior Dining sites in 11 counties.
- 1,223 volunteers delivered hot, nutritious meals for the Meals on Wheels program.
- Senior Nutrition volunteers donated 51,860 hours of their time.
- 5,096 seniors were able to maintain an independent living situation as a result of Senior Nutrition services.
- 245,032 hot, noontime meals were served in a congregate setting to 6,007 seniors.
- 85,572 hot, nutritious meals were delivered to 587 seniors via the Meals on Wheels program.
- 510 senior volunteers used RSVP.
- RSVP senior volunteers were matched with 116 local agencies.
- 27,304 hours of service were given by the RSVP volunteers.
- Staff provided caregiver support to 208 individuals.
- Staff provided health insurance counseling to 142 seniors.
- We assisted 57 seniors/caregivers with SNAP applications.



Senior Services Director: Debbie Betthausen | [debbie.betthausen@semcac.org](mailto:debbie.betthausen@semcac.org) | 507-864-7741 x 229







*Thank you for all the good meals we receive from you.*  
Owatonna Mobile Meals Client

*My husband is "my patient" in our living room — so help with meals helps us both. Thank you.*  
Lanesboro Meals on Wheels Client

*Thanks so very much to all the volunteers who deliver, those who prepare the meals and the people that donate money or food so we can have a wonderful noon meal. I will be 93 years young...*  
Blooming Prairie Meals on Wheels Participant





# Outreach & Emergency Services

## Our Emergency & Outreach Assistance programs are designed to:

- 1) Empower families and individuals to become financially stable.
- 2) Prevent homelessness.
- 3) Provide nutritious food.
- 4) Give assistance during crisis situations.
- 5) Offer assistance accessing community resources.

## To achieve the above...

- We operate 4 food shelves located in Rushford, Caledonia, Kasson and Preston, Minnesota.
- We operate 7 county offices/ contact centers located in Steele, Dodge, Freeborn, Fillmore, Mower, Houston & Winona.
- We operate a homeless shelter in Albert Lea, in Freeborn County.

## 2013 Annual Stats

### Food Shelves

- 1,460 households were assisted by our food shelves.
- 8,455 visits were made to our food shelves including 229 emergency visits.
- Semcac food shelves distributed 366,451 lbs. of food.

### Homeless Prevention

- 188 households received assistance with their rent or mortgage.
- 15 homeless households (40 people) found shelter at the Freeborn County Homeless Shelter.

### Resources & Financial Stability

- 19,613 households were given information or referrals from our staff.
- 281 households received crisis financial assistance for transportation & medical needs.
- 258 households were assisted with budgeting.
- 68 individuals attended a Dollars & Sense class.
- 696 people received donated articles such as blankets and clothes.
- 680 families received holiday gifts for children.

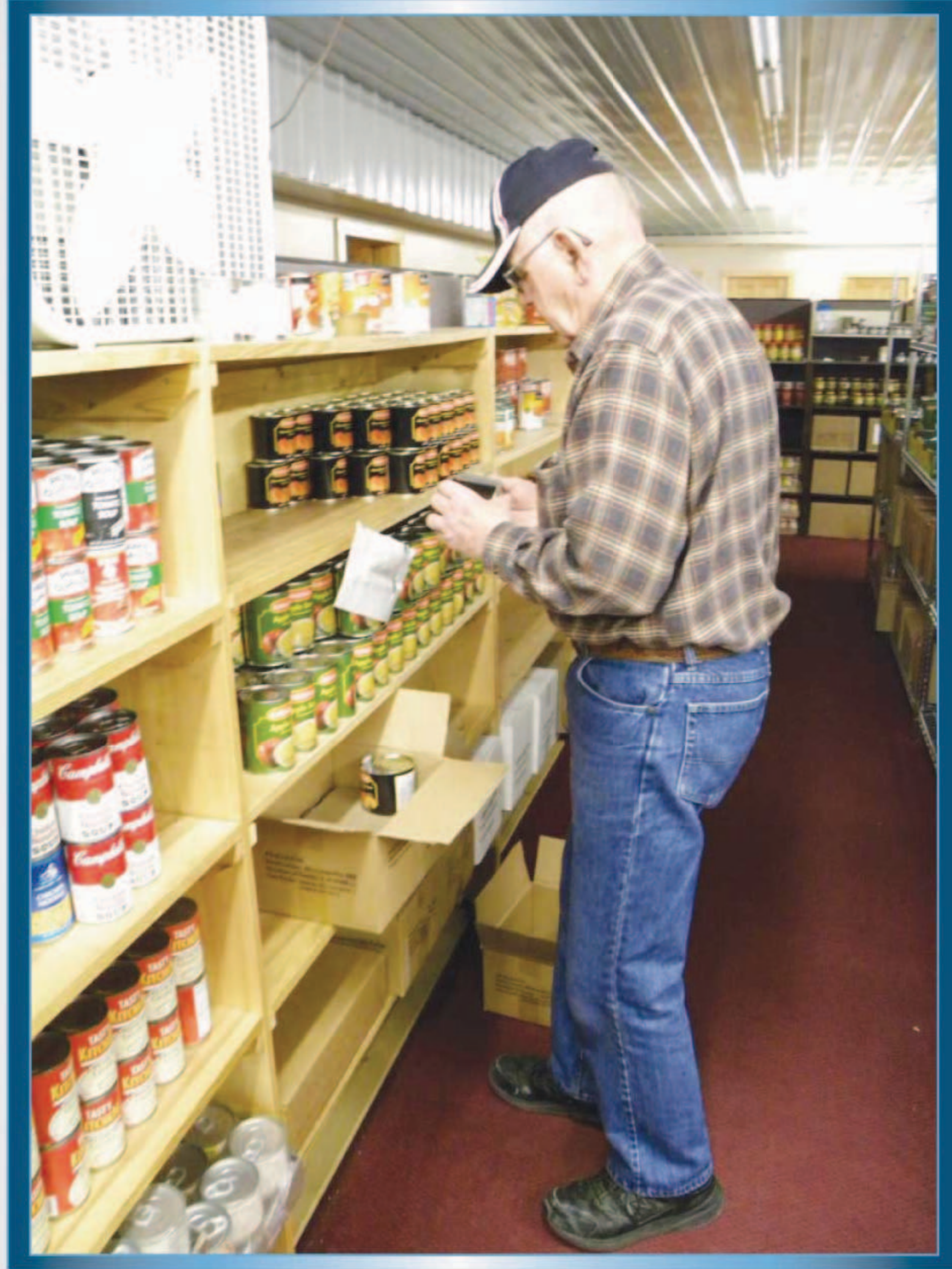
*I have used Semcac for various services over the past two years, and have to say that this program is a lifeline for many, including my family. My husband and I are both very hard working individuals with four children to support. Although we work hard, as many can understand, money is always tight for us. We do not spend extra money on anything unnecessary but still find ourselves struggling to make ends meet each month. ...the food shelf allows our family to stock up and know that our cupboards and fridge will never be empty! Again, Semcac is a lifeline!! Without it, I honestly do not know where we would be at this point. The staff is also so welcoming and helpful that we never feel embarrassed by our situations. We are very appreciative of the program and will support it in any way that we can as the years go by and we become self-sufficient, thanks to Semcac's continuous support. We can never thank the program and staff enough.*

*Benavidez Family, Outreach & Emergency Assistance client*

Emergency Assistance Director: Wendy Todd | [wendy.todd@semcac.org](mailto:wendy.todd@semcac.org) | 507.864.7741 x 208









## Energy & Housing

The Community Development department operates and administers energy-focused and housing programs. There are energy programs to assist with paying for the cost of energy in homes as well as for making homes more energy efficient. There are housing programs for the redevelopment of homes and also for affordable financing.

**Energy Assistance Program (EAP)** This program provides financial assistance to homeowners and renters who need help heating their homes during the cold, winter months.

**Weatherization Assistance Program** This program provides energy conservation home improvements to reduce energy consumption costs.

**HELP – Home Energy Licensed Professionals** Our HELP team provides comprehensive energy audits with the highest quality professional equipment.

**Housing Rehab Programs** These programs assist homeowners & property owners to improve their home or property. Projects include Small Cities Development and loans for homeowners such as Fix Up Loans and Rehab Loans.

### 2013 Annual Energy Stats

- 6,655 households, including 16,333 individuals received energy assistance.
  - 3,480 were senior citizens
  - 2,815 were individuals with a disability
  - 1,860 were children age 5 and under
- 1,305 households received assistance to prevent utility disconnection.
- 113 households received utility assistance through our Reach Out for Warmth program.
- 176 households received energy audits, weatherization updates and energy conservation education, affecting approximately 440 people.
- 194 households received energy-related repairs such as a furnace replacement.
- 38 households received services through our HELP program.

### 2013 Annual Housing Stats

- 16 homes were rehabilitated through MN Housing Fix Up Fund or Rehab Loan Program.
- 7 homes were rehabilitated through Small Cities Development Program grants.
- Semcac staff continues to provide the administration for the Bluff Country HRA in Fillmore and Houston counties.
- Semcac/ Bluff Country HRA staff started working on rehabilitating the Vesterheim rental buildings in Preston with 16 low income rental units.

Energy Coordinator: Susan Thompson | [susan.thompson@semcac.org](mailto:susan.thompson@semcac.org) | 507.864.7741 x 249

Housing Coordinator: Cindy Viste | [cindy.viste@semcac.org](mailto:cindy.viste@semcac.org) | 507.864.7741 x 207

Housing Coordinator: Vonda Budde | [vonda.budde@semcac.org](mailto:vonda.budde@semcac.org) | 507.864.7741 x 241





My daughters and I were recent recipients of assistance through the Weatherization program. It has been the most amazing house-warming since we moved into our first home. There are not enough ways to thank you and the hardworking gentleman from your Rushford office for all the home improvements you have made. The team that was at our house were professional, courteous and thorough. I was very impressed with the manner in which they treated all of us and our property. They communicated in advance, cleaned up after themselves, and left us with a home that is draft-free, insulated, and oh so much quieter!

Weatherization Client



We just had our attic spaces insulated under the weatherization program through Semcac and I just wanted to say thank you for doing this for us. Also, the 4 guys from Winona that drove here 3 days in a row and worked outside in the bitter cold were very, very nice men. They took the time to explain things to me when I asked questions and let me know what they were doing and what they had left to do, all the time. They were friendly, quick, and efficient and so I also want to say thank you for hiring them and sending them to do the work. They all deserve praise and I hope they get it. Thank you, Semcac, for helping us with the insulating of our house, the boiler, and the water heater!

Weatherization Client





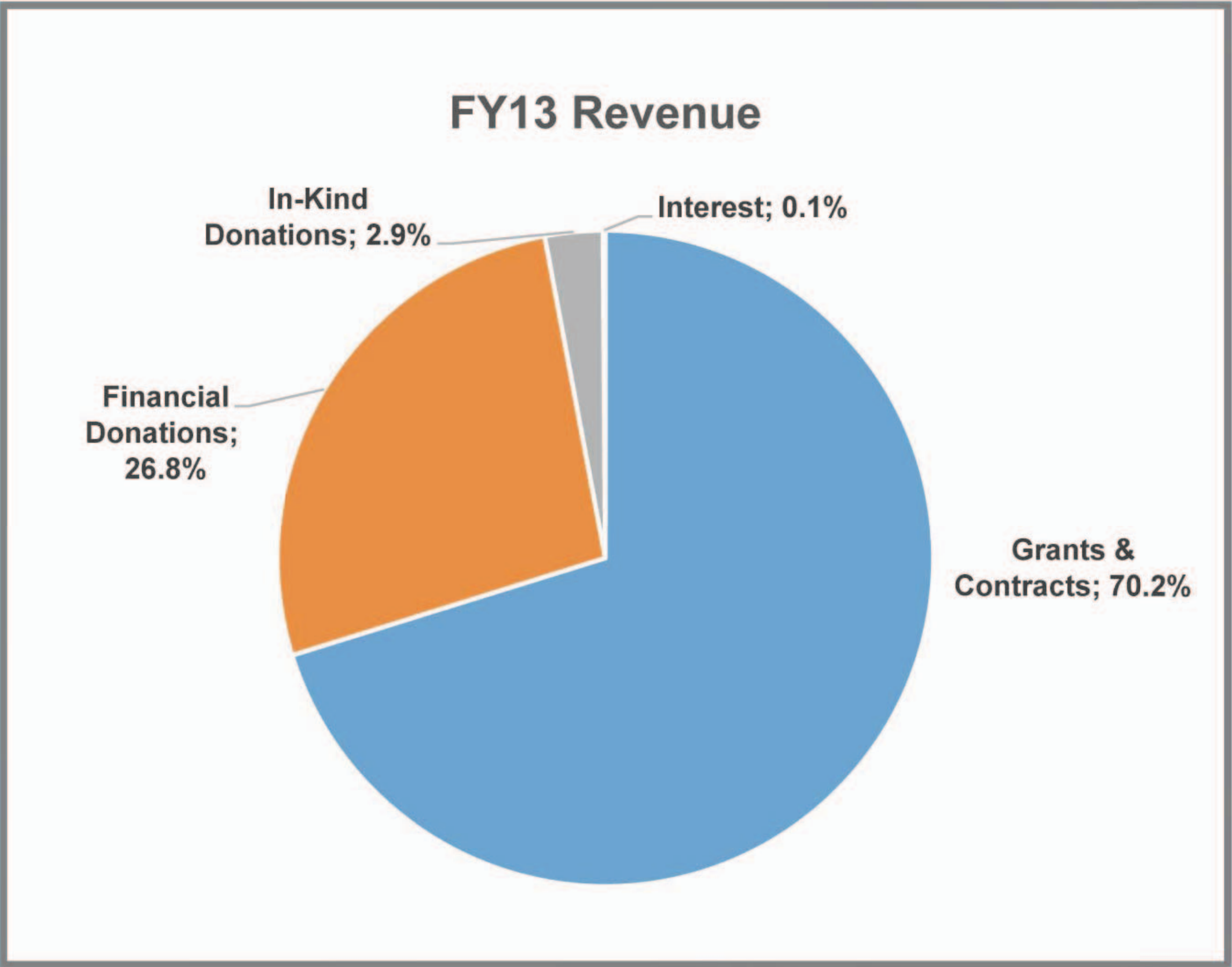
## Donations

**THANK YOU** to all of our donors! We are truly grateful for the generosity of our donors and for all of our supporters. In 2013, we received **\$267,039** in monetary donations from 733 donors! Donations of any amount are useful and help Semcac to continue helping others during their time of greatest need within southeastern Minnesota communities.

Semcac continues to practice being excellent stewards of all donations received. For the last 3 years, over 95% of Semcac funds have been used directly for program costs; to directly benefit the community. We operate using very minimal administrative costs in order to give back to the community as much as possible.

To view a list of all financial donors in 2013, visit the Publications page on our website.  
**Or visit:** [http://www.semcac.org/admin/uploads/ipaper/Donors\\_list\\_2013\\_year.pdf](http://www.semcac.org/admin/uploads/ipaper/Donors_list_2013_year.pdf)

**In Kind Donations** Semcac receives numerous in kind donations of goods, food and services which make a huge impact with helping our clients. (In kind donors are not listed with the financial donors.) We are extremely thankful to each of them, as well. Food donations totaled **98,395 lbs** in 2013.



A United Way Funded Agency





## Net Assets

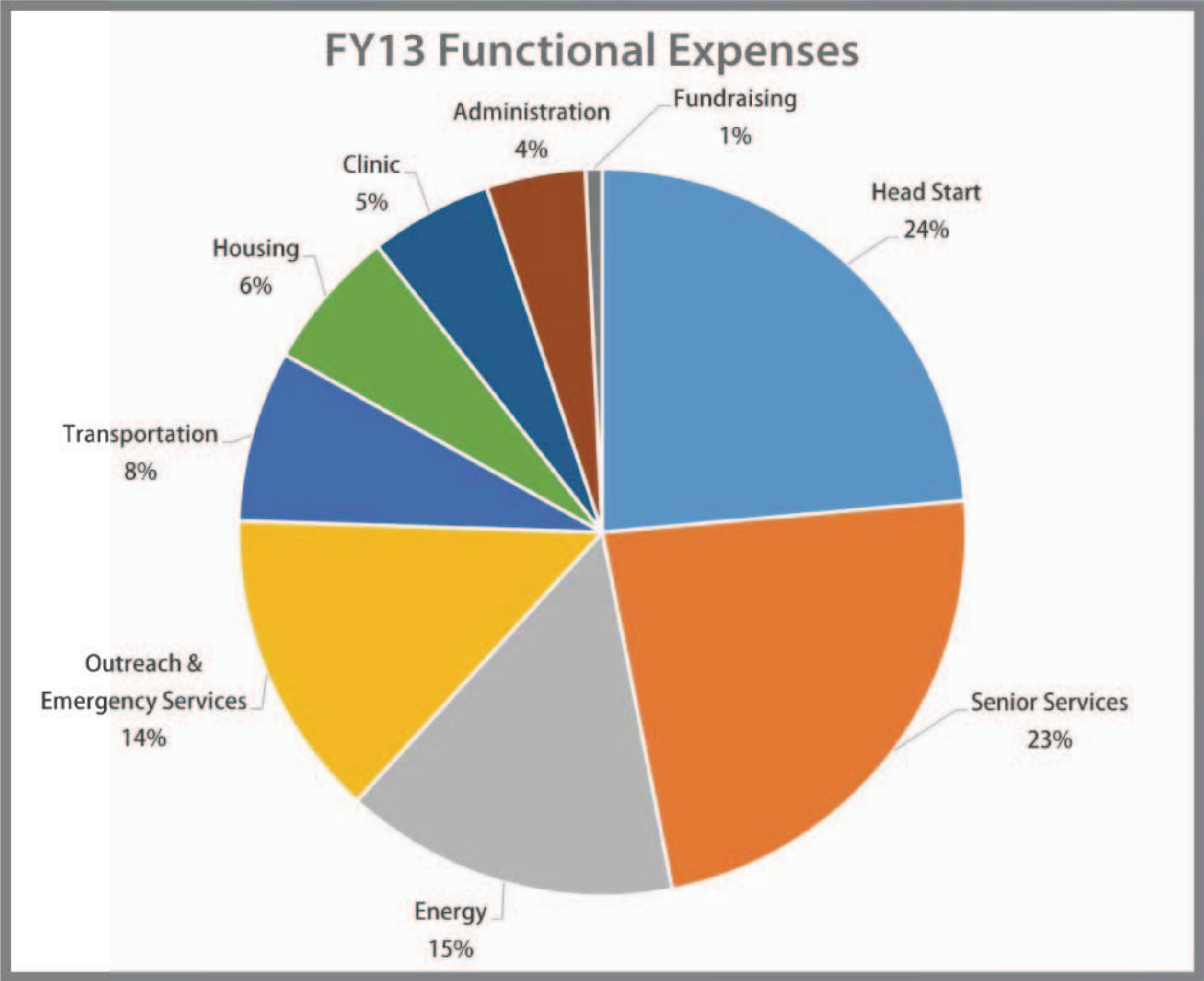
	2013	2012
Temporarily restricted	1,032,713	1,270,493
Unrestricted	1,795,294	2,098,817
Total	2,828,007	3,369,310





2013 Statement of Activities

	Unrestricted	Temporarily Restricted	2013 Total
Revenue:			
Grant and contract revenue	\$ 7,340,156	\$ 78,370	\$ 7,418,526
Program contributions	2,545,413	7,601	2,553,014
Donations/other income	381,658	0	381,658
Interest income	12,574	0	12,574
In-kind contributions	311,699	0	311,699
Net assets released from restriction through satisfaction of program restrictions	323,751	( 323,751)	0
Total revenue	10,915,251	( 237,780)	10,677,471
Expenses:			
Direct services	3,126,639	0	3,126,639
Personnel	4,648,807	0	4,648,807
Fringe	1,286,162	0	1,286,162
Contract labor/consultants	313,852	0	313,852
Travel/transportation	108,613	0	108,613
Space costs and utilities	340,250	0	340,250
Consumable supplies	257,565	0	257,565
Minor equipment and lease of equipment	22,473	0	22,473
Depreciation	187,190	0	187,190
Other costs	615,524	0	615,524
In-kind expenses	311,699	0	311,699
Total expenses	11,218,774	0	11,218,774
Change in net assets	( 303,523)	( 237,780)	( 541,303)
Net assets at beginning	2,098,817	1,270,493	3,369,310
Net assets at end	\$ 1,795,294	\$ 1,032,713	\$ 2,828,007



Functional Expenses by Program

	2013
Child education services	2,648,015
Older Americans	2,614,842
Energy assistance	1,172,314
Community services	1,030,864
Weatherization	496,539
Housing/housing assistance	704,024
Health	611,228
Food assistance	507,484
Transportation	855,130
Total program activities	10,640,440
Fund-raising	83,530
Management and general expenses	494,804
Total expenses	11,218,774





**CONTACT US & FIND PROGRAMS IN YOUR COUNTY**

**DODGE COUNTY | 507-634-4350**

Energy Assistance, Food Shelf – Kasson, Head Start, Homeless Prevention & Assistance, Housing Rehab & Development, Housing Rehab Loans, Meals on Wheels, Outreach Services- county office, Rolling Hills Transit (public bus service), Senior & Caregiver Advocacy, Senior Dining, Volunteer Driver Program, Weatherization

**FILLMORE COUNTY | 507-765-2761**

Bluff Country HRA, Dollars & Sense Class, Early Head Start, Energy Assistance, Family Planning Clinic - Winona, Food Shelves – Rushford & Preston, Head Start, Homeless Prevention & Assistance, Housing Rehab & Development, Housing Rehab Loans, Meals on Wheels, Outreach Services- county office, Rolling Hills Transit (public bus service), Senior & Caregiver Advocacy, Senior Dining, Volunteer Driver Program, Weatherization

**FREEBORN COUNTY | 507-373-1329**

Dollars & Sense Class, Energy Assistance, Freeborn County Homeless Shelter, Homeless Prevention & Assistance, Housing Rehab & Development, Housing Rehab Loans, Meals on Wheels, Outreach Services- county office, Senior Dining, Weatherization

**HOUSTON COUNTY | 507-725-3677**

Bluff Country HRA, Dollars & Sense Class, Early Head Start, Energy Assistance, Family Planning Clinic - Winona, Food Shelves – Caledonia, Head Start, Homeless Prevention & Assistance, Housing Rehab & Development, Housing Rehab Loans, Meals on Wheels, Outreach Services- county office, Rolling Hills Transit (public bus service), Senior & Caregiver Advocacy, Senior Dining, Volunteer Driver Program, Weatherization

**MOWER COUNTY | 507-433-5889**

Early Head Start, Energy Assistance, Head Start, Homeless Prevention & Assistance, Housing Rehab & Development, Housing Rehab Loans, Meals on Wheels, Outreach Services- county office, Senior Dining, Weatherization

**STEELE COUNTY | 507-451-7134**

Dollars & Sense Class, Energy Assistance, Head Start, Homeless Prevention & Assistance, Housing Rehab & Development, Housing Rehab Loans, Meals on Wheels, Outreach Services- county office, Rolling Hills Transit (public bus service), Senior & Caregiver Advocacy, Senior Dining, Volunteer Driver Program, Weatherization

**WINONA COUNTY | 507-452-8396**

Early Head Start, Energy Assistance, Head Start, Homeless Prevention & Assistance, Housing Rehab & Development, Housing Rehab Loans, Meals on Wheels, Outreach Services- county office, Family Planning Clinic – Winona, Senior Dining, Volunteer Driver Program, Weatherization

*Semcac programs have limited services in the counties of Olmsted, Goodhue, Rice & Wabasha.*

**MAIN ADMINISTRATION OFFICE**

204 S. Elm Street, P.O. Box 549, Rushford, MN 55971-0549  
507-864-7741  
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**Visit our website for more**







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