



2023 Annual Report
Fiscal Year '22 data



Semcac is a Community Action Agency serving southeastern Minnesota.

MISSION:

Empower and advocate for people to enhance their self-sufficiency by maximizing community resources.

CORE VALUES:

Passion to Serve. Respect. Integrity. Accountability.

VISION:

Thriving individuals, families and communities leading a vibrant southeast Minnesota region.

**Serves Southeastern
MN Counties**

Dodge
Fillmore
Freeborn
Houston
Mower
Steele
Winona

Limited services

Goodhue
Olmsted
Rice
Wabasha
Waseca



Stay Informed

Text Semcac to 22828 to receive e-newsletters and updates.
Follow/Like @Semcac on Facebook, Twitter & Instagram
Follow @Semcac, Community Action Agency on LinkedIn.

Semcac is hiring

**VARIOUS
POSITIONS
&
PROGRAMS
VARIOUS
LOCATIONS**

semcac.org/employment
(507) 864.7741

Benefits. Flexibility. Mission-driven nonprofit.
Full-time, Part-time & Substitute positions. EOE.

Community Action Month

Community Action
VALUES

We believe all people should be treated with dignity and respect and recognize that structural race, gender, and other inequities remain barriers that must be addressed.

BOARD OF DIRECTORS

Semcac's Board of Directors is voluntary and tri-partite:

- 1/3 Consumers/Clients
- 1/3 Private Community Organizations
- 1/3 Elected Public Officials.

There are 3 members for each of the 7 counties
Semcac is designated to serve.



Interested in joining Semcac's Board of Directors?

View a description, apply with your interest, and more at [Semcac.org/board-of-directors/](https://semcac.org/board-of-directors/)

Current Board of Directors Members

Neil Witzel – *President*
 Rick Wittrock – *Vice President*
 Janice Ball – *Secretary*
 Ruth Fallon – *Treasurer*
 Tina Bell – *Executive Committee*
 Tim Tjosaas – *Executive Committee*
 Patrica Coleman – *Executive Committee*
 Brenda Boettcher
 Bob Burns
 Polly Glynn
 Karen Johnson
 Greg Peterson
 Brad Edwin
 Rick Gnemi
 Dwayne Voegeli
 Brian Lipford – *Attorney Liaison*
 Chrissa Mueller – *Head Start Liaison*



SERVED
21,512
INDIVIDUALS
(UNDUPLICATED)



FROM
10,951
HOUSEHOLDS

&



PROVIDED
49,684
BUS RIDES



Semcac has approximately 250 employees. An equal opportunity employer.



TRANSPORTATION

Transportation & Dispatch Office
400 Commerce Drive SE Kasson, MN



Rolling Hills Transit

- Public busing service operating in Dodge, Olmsted, Winona, Fillmore, Houston Counties. Providing low-cost, reliable, scheduled, wheelchair-accessible transportation for everyone.
- 49,684 rides were provided by Rolling Hills Transit in 2022.



Volunteer Driver Program

Providing volunteer-based rides for persons age 60+ years & Medical Assistance clients. All rides are given by volunteers, in their vehicles. Rides are donation-suggested but not required. Volunteer drivers are reimbursed for mileage and parking.

- 13,130 rides were provided to 787 people.
- 20,692 hours donated by volunteer drivers, to this program in 2022.



NEW! Careavan Program

Providing safe, reliable rides to and from medical appointments and vaccine sites. Anyone can ride and medical rides may be covered by your health insurance company (STS certified). The van is wheelchair accessible and providing rides throughout the Semcac service area in SE MN.

Schedule a ride: **1-800-528-7622**



Praise for Transportation Programs

“ Drivers in St. Charles take such good care of my preschooler. They go above and beyond just driving the bus. We never have to worry. ”

- Rolling Hills Transit client, 2022

“ My driver is a wonderful person, I'd say friend. His advice and interaction have helped me personally and I couldn't live without this service in general. Thank you for all that you do. ”

- Volunteer Driver Program rider, 2022



Download the free Transit app on your mobile device, to schedule and pay for your Rolling Hills Transit ride, or call **1-800-528-7622**

SEMCAAC CLINIC



*Semcac Clinic is a safe place
where you can be yourself.*

Providing access to quality, professional, gender-affirming reproductive and sexual health services and education. Helping to meet health care needs for all people regardless of income level, gender identity, gender expression, sexual orientation, or any identifying factor, including health insurance status. Services are provided using a sliding fee scale based on household income. Nobody will be denied services due to inability to pay, donate or provide health insurance information.



Contact:

507.452.4307

E: clinic@semcac.org

www.semcac.org/semcac-clinic

Location:

420 E Sarnia Street, Suite 1600 Winona, MN 55987
Inside the Hiawatha Valley Mental Health Center Building



In 2022, Semcac Clinic



Saved taxpayers **\$733,970**.

Prevented **100** unintended pregnancies.

Prevented **30** abortions.

Prevented **50** unplanned births.

Prevented **20** miscarriages from unintended pregnancies.

— Guttmacher Institute

Semcac Clinic provides comprehensive sexual/reproductive health information.

semcac.org/semcac-clinic





In fiscal year 2022, Semcac Clinic

- Provided 540 patients with 1,372 services.
- Administered 759 STI/STD tests.
- 91 Pap smear screenings for cervical cancer.
- 469 female patients received a contraceptive method of their choice.
- 610 people received STI & HIV prevention counseling.
- Provided safe, accessible hormone therapy to transgender patients, age 18+ years.
- 115 people received comprehensive sexual / reproductive health education at events & schools.
- In 2022, Semcac Clinic saved taxpayers \$733,970. Prevented 100 unintended pregnancies. Prevented 50 unplanned births. Prevented 20 miscarriages from unintended pregnancies. Prevented 30 abortions. – *Guttmacher Institute*



“ Staff is always friendly and helpful every time I’ve been in the clinic. You are all amazing! ”

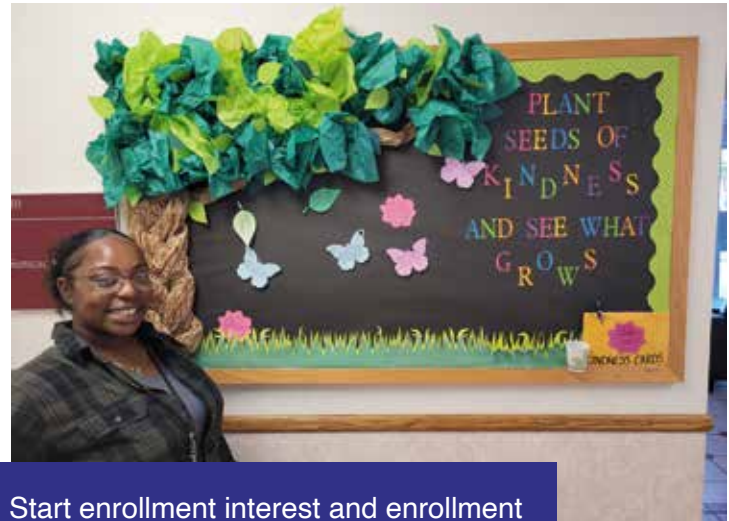
- 2022 Semcac Clinic patient

“ Semcac Clinic should have an additional location or even bigger office because it is so great! ”

- 2022 Semcac Clinic client

HEAD START

Semcac Head Start and Early Head Start Programs are committed to building bright futures by enriching young children ages 0-5 years old and empowering families by providing comprehensive services. Semcac Head Start employs professional staff with quality education credentials. Semcac operates Head Start learning centers in 6 counties (for ages 4-5 years) and offers home-based education, through Early Head Start (for ages birth – 3 years).



Semcac's Head Start enrollment interest and enrollment forms are now available to complete and submit online at www.semcac.org/head-start/





- Provided Head Start (classroom-based) education to 233 children. (4-5 year olds)
- Early Head Start (home-based) services to 84 families. (Birth – 3 years)
- Provided support to 272 parents and families who exhibited improved parenting skills.
- Provided 317 home visits to enrolled families.
- 100% of families received requested service assistance (clothing, shelter, information, food, etc), parenting support & education.
- Semcac Head Start program in 2022 had 21 staff with a child development certification, 18 staff with a family development certification, 4 staff with CLASS certifications.
- 34 Head Start children received dental treatments based on dental exams provided to them.



“Head Start has really helped hone my daughter’s social and academic skills since the beginning of the school year.”
- 2022 Head Start parent



“Head Start has helped me to be able to focus on my life/work balance as well as my family while my child gets educated.”
- 2022 Head Start parent



SENIOR SERVICES



Semcac Senior Services promote personal wellbeing, health, nutrition and independence. Staff provide support to older persons to allow them to live in their own homes, with dignity. Semcac provides nutritious meals and caregiver advocacy services to empower seniors by addressing individual needs, enabling them to live safely and independently in their community.



SENIOR NUTRITION – Senior Dining (congregate setting) & Home-Delivered meals (Meals on Wheels)

- Prepared 311,331 balanced, nutritious, Registered-Dietitian approved meals for seniors!
 - o 151,279 meals were delivered to 1,436 seniors in their homes.
 - o 153,042 meals were prepared and served in a congregate setting to 2,149 seniors.
- Launched a new program initiative: Providing frozen, Registered Dietitian-approved, prepared meals.





SENIOR & CAREGIVER ADVOCACY

- Assisted 191 seniors with case management and support.
- 43 seniors received health insurance options counseling.

Semcac Caregiver Advocates support and empower seniors and caregivers by addressing their individual needs, enabling them to live safely and independently in their own homes and communities. Caregiver Advocates assist anyone age 60+ years, adults of any age with disabilities, and adults eligible for Medicare. This program is offered by Semcac in Dodge, Steele, Fillmore and Houston Counties.

MN Senior LinkAge Line: 1.800.333.2433

SNAP
Supplemental Nutrition Assistance
CONTACT SEMCAC SENIOR SERVICES TO APPLY

Semcac Senior Services (60+ yrs.)
Contact us to learn more

Supplemental Nutrition Assistance Program helps stretch your household budget for nutritious food.

(507) 864 - 8231
semcac.org/senior-programs

MN Department of Human Services funded program

“It’s hard to make a nice meal for just one person. Now I look forward to a nice meal instead of just a sandwich or cereal.”

- Home-delivered meal client, 2022

“Thank you to all responsible for providing food. I am a 90 year old widow, living alone and had COVID with a long recovery.”

- Senior Nutrition recipient, 2022

Services provided by Semcac Caregiver Advocates include: Information & referrals for housing, respite care, financial and legal issues, insurance issues, health, safety, long-term care consultations, MNsure assistance, application/eligibility determinations for county benefits, Medicaid, Medicare D, prescription drug discount programs, Energy Assistance Program, SNAP/EBT benefits, home-delivered meals, phone discounts/government issued cellular phones, confidential home visits, training for caregivers and more.

OUTREACH & EMERGENCY ASSISTANCE

Semcac operates 4 food shelves in the cities of Rushford, Caledonia, Kasson and Preston. The Outreach & Emergency Services department consists of 7 county contact offices, located in the counties Semcac is designated to serve, including Steele, Dodge, Freeborn, Fillmore, Mower, Houston and Winona.

What we do

- 1) **EMPOWER** individuals to become financially stable.
- 2) **PREVENT** homelessness.
- 3) **PROVIDE** nutritious food/address food insecurity.
- 4) **ASSIST** during crisis & emergency situations.
- 5) **ASSIST** with accessing community resources.

“ Thank you so much for signing my (elderly) mom up for this food. She is doing much better now and I really believe it is because of the good food from here. ”

- 2022 Houston County Food Shelf Client



FOOD SHELVES

OPEN Tuesday & Thursday. Call for hours and more info:

Caledonia 507.725.3677

Rushford 507.864.8224

Preston 507.765.7261

Kasson 507.634.4350

Food Shelf Income Guidelines: Increased to 300% of poverty level. Tax refunds & stimulus payments are NOT counted toward income.

- Addressed food insecurity by assisting 2,324 individuals with 5,811 food shelf visits.
- 612 Nutrition Assistance Program for Seniors (NAPS) boxes were distributed.





HOMELESS PREVENTION

- 297 people received assistance to avoid eviction. 14 people avoided foreclosure.
- 114 people received temporary shelter assistance via motel vouchers.
- 98 people maintained safe, affordable housing for 90 days.
- 68 people received deposit payments for permanent housing placements.
- Assisted 146 low-income people with landlord/tenant rights education.

PROVIDE RESOURCES, CRISIS ASSISTANCE & ADVOCACY

- 597 people received clothing.
- 14,304 people received information and referrals for assistance in the community.
- School supplies were given to 456 families.
- 572 individuals were assisted with financial coaching and household budgets.

CAR REPAIR PROGRAM

- 72 households received Car Repair Program Assistance, in 3 counties.

“ Thank you ever so much for helping me with a car expense. The help to pay the bill was the difference of my being able to keep the car or not. I am so grateful.”

- 2022 Car Repair Program, Winona

“ We thank you for your care and kindness in helping us out. Our community has been blessed with you doing what you do! Again, thank you.”

- Crisis Assistance Client, 2022



ENERGY & HOUSING

ENERGY ASSISTANCE PROGRAM

Helping to pay utility bills for income-eligible households.

- Assisted 6,966 people with utility payments (Low Income Household Energy Assistance Program)
- 1,760 people received utility arrears payments.

HOUSING REHAB & DEVELOPMENT PROGRAMS

- Provided 14 households with accessibility rehabs, for individuals with disabilities or mobility needs, such as grab bar installations, chair ramps, etc.
- 24 households experienced improved health and safety due to improvements in their home.
- Provided Residential Homeowner Rehab loans to homeowners who are low-to-moderate income level in the cities of Rushford and Albert Lea. These options are still available to homeowners in those cities.
- Continued collaborative partnerships with CEDA, local government and HRA authorities to administer the Small Cities Development Program – with current projects in the City of LaCrescent, City of Hokah.



“Thank you so much for all of the assistance from you! ...everyone is hurting from utility bills. I'm truly blessed and my heart is full!”

- 2022 Energy Assistance Program client



WEATHERIZATION

Making homes energy-efficient, safe and healthy.

Semcac's Professional Weatherization Team has Energy Auditors & QCI, Building Performance Institute Certified Professionals, Certified Housing Quality Standards (HQS) Inspectors

- Made energy-efficiency home improvements for 362 individuals.
- 362 people experienced improved health and safety in their home.

HELP (Home Energy Licensed Professionals)

This program offers Weatherization updates for energy-efficiency, for anyone. We perform new construction blower door tests, blower door tests, attic and foundation insulation, ventilation, home and business energy audits and more.

- 6 insulation installations completed in 2022.

“ Thank you to all involved in a precious gift to us- our new furnace and air conditioner. Thank you for your gracious gift to help us live in our home. ”
- Weatherization client, 2022



DONATIONS



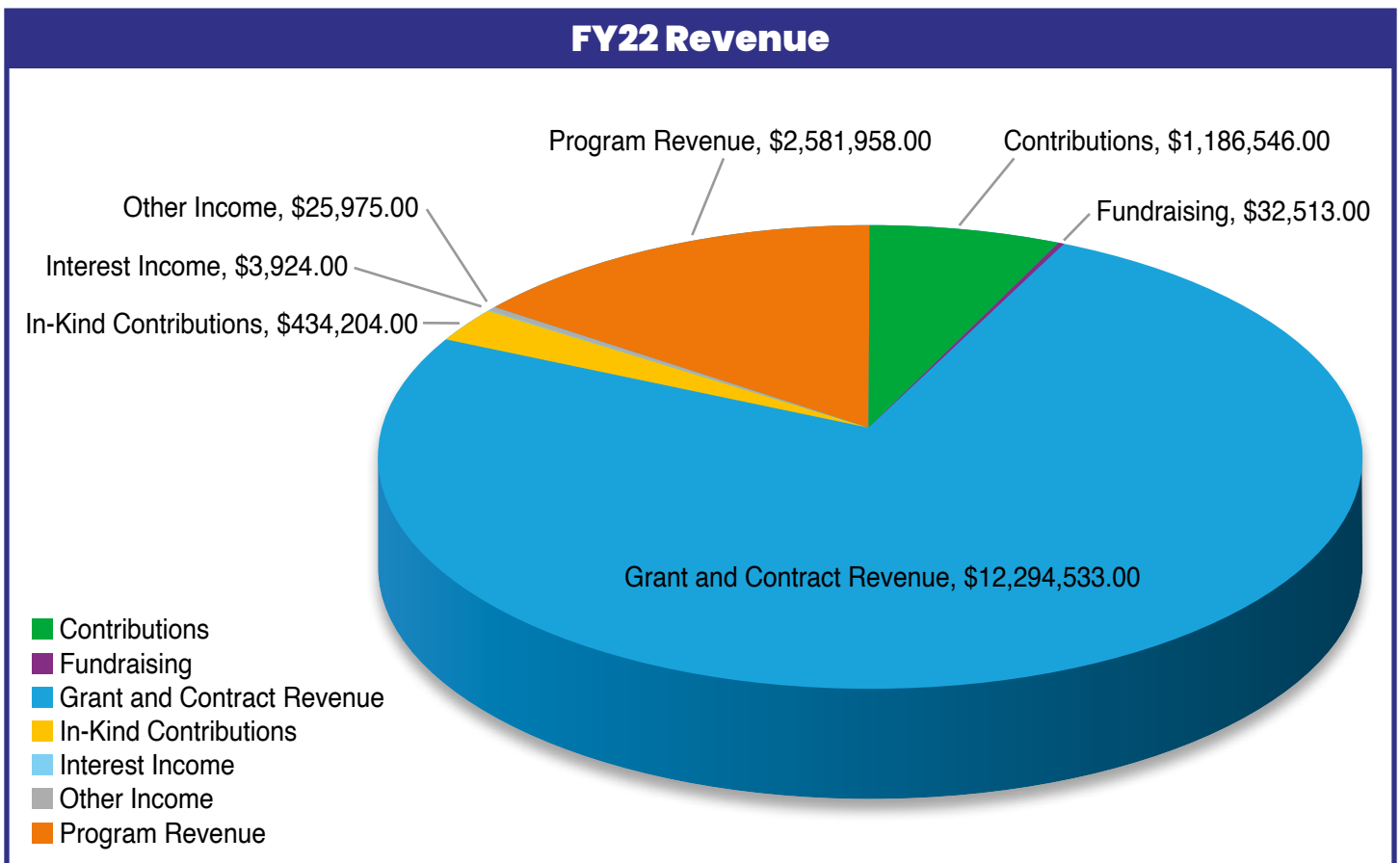
Thank you to our Board of Directors and Head Start Policy Council who donate their time, voluntarily, to Semcac each year.

Semcac is very grateful to our donors and supporters. In 2022, Semcac received the following gifts:

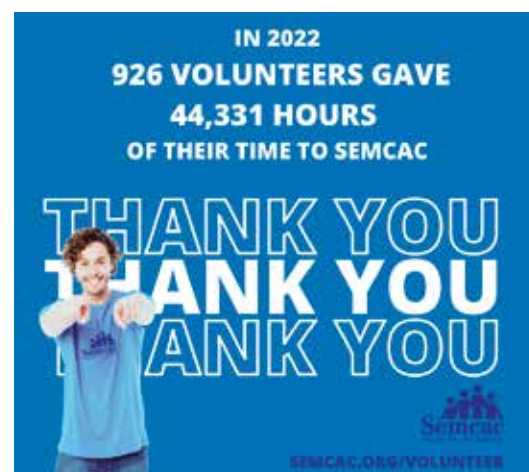
- \$402,908 in monetary donations- from over 576 donors.
- Semcac's four food shelves received 145,619 lbs. of donated food.
- 44,951 volunteer hours were donated by 926 volunteers.
- A list of donors is posted annually on the website at: [Semcac.org/about-us/fiscal-documents-info](https://semcac.org/about-us/fiscal-documents-info)

Donate at [Semcac.org/donate](https://semcac.org/donate) using PayPal or GiveMN online.

Semcac Meets the Standards of the Charities Review Council showing transparency and best-practices in the nonprofit network.



Grantors of Federal, State, private & corporate foundations; donors; community nonprofit groups and more - provide funding for Semcac programming.



2022 Statement of Financial Position

	2022	2021
Assets		
Cash and cash equivalents	\$ 1,899,041	\$ 1,995,830
Accounts receivable	422,950	307,220
Contributions and grants receivable	1,978,976	1,530,425
Co-op patronage receivable, net	78,224	77,045
Notes receivable	81,561	88,199
Prepaid expenses	202,459	186,874
Inventory	29,226	29,129
Other assets	87,546	24,053
Property and equipment, net	3,697,233	3,672,508
Total assets	\$ 8,477,216	\$ 7,911,283
Liabilities and Net Assets		
Liabilities		
Accounts payable	\$ 348,046	\$ 348,634
Accrued expenses and other liabilities	633,898	665,240
Refundable advances	743,483	735,223
Deferred revenue	12,952	30,822
Capital lease	28,424	33,786
Note payable	601,801	623,356
Cash held as fiscal agent	50,293	53,847
Total liabilities	2,418,897	2,490,908
Net assets		
Without donor restrictions	4,070,100	3,917,897
With donor restrictions	1,988,219	1,502,478
Total net assets	6,058,319	5,420,375
Total liabilities and net assets	\$ 8,477,216	\$ 7,911,283

FINANCIALS

2022 Statement of Activities

	Without Donor Restrictions	With Donor Restrictions	Total
Revenue, Support, and Gains			
Grant and contract revenue	\$ 12,294,533	\$ -	\$ 12,294,533
Contributions	473,781	712,765	1,186,546
In-kind contributions	434,204	-	434,204
Program revenue	2,581,958	-	2,581,958
Fundraising	32,513	-	32,513
Interest income	3,924	-	3,924
Other income	25,975	-	25,975
Net assets released from restrictions	227,024	(227,024)	-
Total revenue, support, and gains	16,073,912	485,741	16,559,653
Expenses			
Program services			
Child education services	3,603,748	-	3,603,748
Older Americans	3,192,004	-	3,192,004
Energy assistance	590,993	-	590,993
Community services	933,598	-	933,598
Weatherization	2,438,273	-	2,438,273
Housing/housing assistance	720,526	-	720,526
Health	439,250	-	439,250
Food assistance	463,779	-	463,779
Transportation	2,167,428	-	2,167,428
Supporting services			
Management and general	1,340,167	-	1,340,167
Fundraising	31,943	-	31,943
Total expenses	15,921,709	-	15,921,709
Change in net assets	152,203	485,741	637,944
Net Assets			
Beginning of year	3,917,897	1,502,478	5,420,375
End of year	\$ 4,070,100	\$ 1,988,219	\$ 6,058,319



PROGRAMS BY COUNTY

DODGE COUNTY

Contact office in Dodge Cty: 105 S. Mantorville Ave, Kasson | 507-634-4350

Car Repair Program, Careavan, 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

Contact office in Fillmore Cty: 515 Washington St. NW, PO Box 5, Preston | 507-765-2761

Bluff Country HRA, Careavan, 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

Contact office in Freeborn Cty: 204 W. Clark Street, Albert Lea | 507-373-1329

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

HOUSTON COUNTY

Contact office in Houston Cty: 138 E. Main St. Caledonia | 507-725-3677

Bluff Country HRA, Careavan, 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

Contact office in Mower Cty: 111 N. Main, Suite 201, Austin | 507-433-5889

Careavan, 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

Contact office in Steele Cty: 545 Dunnel Drive, Owatonna | 507-451-7134

Car Repair Program, Careavan, Energy Assistance, Head Start, Homeless Prevention & Assistance, Housing Rehab & Development, Housing Rehab Loans, Meals on Wheels, Outreach Services- county office, Senior & Caregiver Advocacy, Senior Dining, Volunteer Driver Program, Weatherization

WINONA COUNTY

Contact office in Winona Cty: 420 E. Sarnia St, Suite 1600, Winona (HVMHC building) | 507-452-8396

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

OTHER COUNTIES

Semcac has limited services in the counties of **Goodhue, Olmsted, Rice, Wabasha & Waseca**. Limited services are provided via Senior Nutrition, Transportation, Weatherization and/or Car Repair Program.

AGENCY CONTACT INFORMATION

Semcac Mailing Address: 204 S Elm Street, PO Box 549
Rushford, MN 55971-0549
T: 507.864.7741 | semcac@semcac.org

Doug Grout, Executive Director, doug.grout@semcac.org

Annette Theobald, Associate Executive Director,
annette.theobald@semcac.org

Jeff Rogness, Human Resources Director,
jeff.rogness@semcac.org

Adam Larson, Fiscal Director, adam.larson@semcac.org

Craig Hanson, IT Director, craig.hanson@semcac.org



PO Box 549
204 S. Elm Street
Rushford, MN 55971-0549

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Semcac is an equal opportunity employer.

Text Semcac to 22828

