

2016 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. There are limited services in the counties of Olmsted, Goodhue, Rice, Wabasha & Waseca. Semcac operates and administers 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. The 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 Semcac is designated to serve.

A Note from the Executive Director



Semcac continues to stand with the people of southeast Minnesota as we work together to offer assistance. We don't look at the programs we administrate as safety nets but rather as ladders that help people climb their way to self-reliance. As you read through this year's annual report you will notice, the positive impact that we have had on individuals, families and communities, right away.

The agency's Board of Directors, staff and volunteers are dedicated to their work, champions of those we serve and outstanding stewards of the resources that are faithfully given each year. For over 50 years, Semcac has been there helping to make the region a stronger and better place.

Eleanor Roosevelt once said, "It is today that we create the world of the future." We will continue to look towards the future as we create a place where resources are available to make a positive change. A place where all who come here can feel they are at home.

Text Semcac to 22828 to receive updates & the bi-monthly Semcac Sentinel e-newsletter.



Wayne D. Stenberg

Wayne D. Stenberg



Transportation

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

Rolling Hills Transit provides CURB to CURB, fare-based transportation to all of the general public. All buses are wheelchair accessible. Anyone can ride! Rides are dispatched in Dodge, Houston, Fillmore, Olmsted and rural Winona counties. **24 hour advance reservation required by calling the dispatch center Monday – Friday, 8:00am – 4:30pm.**

Rolling Hills Transit has consistent, low fares. Rides cost only \$1.50 local, one way, in town rides (where buses are located), and \$1.75 rides round trip routes to Semcac Senior Dining sites. Out of town rides are \$3.00 one way, within 8 miles (or community to community). Out of town rides are \$5.00 one way, traveling beyond 8 miles from Dover, Eyota, St. Charles, Byron OR \$6.00 one way, traveling beyond 8 miles from any other area. There are also regularly scheduled routes to Rochester. And, Rolling Hills Transit also offers rides for preschoolers.

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

2016 Annual Stats

- **57,392** rides were provided by our Rolling Hills Transit public transportation buses.
- In Winona, Rolling Hills Transit hosted the state's **29th Annual Minnesota Bus Rodeo**, July 8-9, 2016. It was a great success!
- **19,085** rides were given to **966** people via the Volunteer Driver Program.
- **121** volunteer drivers gave **27,830** hours of their time.

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

Transportation Director: Erlene Welshons | erlene.welshons@semcac.org | 507.864.8238

www.semcac.org/transportation



I am truly grateful for his extra effort, as well as his attentiveness to detail, and his trustworthiness. He has helped provide an outstanding service, and has responded to our needs in a very prompt, convenient and timely manner. Thank you.

2016 client, praising RHT staff member

I never thought I would be in this situation, Semcac is professional and they go out of their way for us.

Rolling Hills Transit client

I would like to say thanks from the bottom of my heart for the extremely wonderful service that you have provided for me during the past few years. Each and every driver is extremely considerate and caring! Thank you again for your wonderful and outstanding service.

2016 VDP Rider, Fillmore County



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Semcac Clinic

Semcac 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 identity, sexual orientation, and state of residency. Fees for service are based on annual household income and the number supported by that income; insurance is also welcome. Semcac Clinic is located in Winona, Minnesota and provides services for Women's Health, Men's Health, Transgender Health and Comprehensive Community Education.

Coming soon...

- Rapid HIV testing.

2016 Annual Stats

- Began offering hormone therapy to transgender patients in 2016.
- Clinic Education & Outreach Specialist presented reproductive health education at over **57** events, reaching **1,943** people!
- **1,178** unduplicated patients visited the Clinic for medical exams, counseling, contraceptives, sexually transmitted infection testing/treatment or hormone therapy.
- Clinic staff provided **2,685** health services to these patients.
- Clinicians screened **174** women for cervical cancer.
- Clinicians performed **708** tests for chlamydia, and **707** patients were screened for gonorrhea.
- **178** patients were screened for HIV.



Getting Results

According to the Guttmacher Institute, the following are a result of Semcac Clinic services provided in 2016:

- **220** unintended pregnancies and **110** unplanned births were prevented.
- **80** abortions were prevented and **40** miscarriages from unintended pregnancies.
- Due to the services provided, Semcac Clinic saved taxpayers **\$1,856,890**.

Semcac Clinic | 76 W. 3rd Street | PO Box 61 | Winona, MN 55987 | clinic@semcac.org | **507.452.4307**

Friend and Follow Semcac Clinic





Semçac Clinic Accepts Health Insurance

DID YOU KNOW?

Semçac Clinic

We accept many types of insurance & can bill them for your visit, with your permission.

Everyone is very friendly & helpful, I had a great experience here!

2016 Patient

The clinic is doing a fantastic job. I feel comfortable here & know that I am receiving the care that I need.

2016 Patient

Have really had a good experience while being provided care here, I will be coming back while in this area.

2016 Patient



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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. Comprehensive services and community opportunities support healthy families. Semcac operates **9 Head Start learning centers in 6 counties** and offers home-based educators. Home-based educators support families expecting a child and households with children ages Birth – 3 years.

Head Start classrooms are located in the counties of Dodge, Fillmore, Houston, Mower, Steele and Winona. **1.866.808.0260** for more information. Head Start enrollment applications are available to download on the Semcac website. Semcac Head Start has a 4 Star Parent Aware rating.

2016 Annual Stats

- **306** children and infants, birth to age 5 years, received quality learning and care.
- **63** children received special education and related support.
- **139** children from low income families transitioned from Head Start to kindergarten.
- **306** children and infants have improved health and development as a result of adequate nutrition.
- **167** parents learned and exhibited improved parenting skills.
- **100%** of families received requested services such as housing assistance, clothing, shelter and food.
- **100%** of children made strong progress toward “Full Proficiency” across all domains of learning.
- **100%** of families received parenting education.
- **328** children and infants obtained age appropriate immunization, medical and dental care.
- Semcac’s Head Start program has **32** Child Development Certified staff.
- **2,069** volunteer hours were donated to the Semcac Head Start program in 2016.

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



It feels like family!
Head Start parent, 2016

We love the teachers! An amazing experience!
Head Start parent, 2016

My child was excited to go to school every day.
Head Start parent, 2016



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Senior Services

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

Senior Nutrition The senior nutrition programs offer meals that are healthy, nutritious and balanced. Meals on Wheels is for seniors confined to their home, the meals are delivered by volunteers. Senior Dining is congregate dining for anyone age **60+** years and their spouses. Nobody is denied a meal because they are unable to contribute to a suggested donation. Senior Dining is offered in the counties of Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha and Winona. Meals on Wheels is offered in the counties of Dodge, Fillmore, Freeborn, Houston, Mower, Olmsted, Steele and Winona.

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.

2016 Annual Stats (Calendar Year)

- Operated **45** Senior Dining sites in **11** counties.
- Offered Meals on Wheels delivery service in **41** rural communities in **8** counties.
- **585** volunteers delivered hot, nutritious meals for the Meals on Wheels program.
- Senior Nutrition volunteers donated **41,738** hours of their time.
- **213,583** hot, nutritious noontime meals were served in a congregate setting to **5,048** seniors at Senior Dining sites.
- **77,684** nutritious meals were delivered to **671** seniors via Meals on Wheels.
- Staff provided senior and caregiver support to **210** individuals.
- **343** seniors or caregivers obtained healthcare services for themselves or a family member.
- **18** seniors obtained safe and affordable housing.
- Staff began helping eligible seniors obtain free cell phones via a federal program. **20** cell phones were distributed this year.

Senior Services Director: Debbie Betthausen | debbie.betthausen@semcac.org | 507-864-7741 x 229





Photo- Star Tribune, Anthony Souffle



Photo- Star Tribune, Anthony Souffle



The meals are so good and I feel so much better since I get them. My thanks to all involved in this program.

2016 Byron Meals on Wheels participant

Just a note to say thank you for the great meals. They are all good, but that chicken today was the very best chicken I ever tasted. That wild rice soup was outstanding. I could go on and on, but I just wanted you to know. Keep up the good work and many thanks to all.

2016 Senior Dining participant

Appreciate the good meals and for the "blizzard box" in case of bad weather.

Ellendale Meals on Wheels participant



www.semccac.org



Outreach & Emergency Services

Outreach & Energy Assistance programs are designed to empower families and individuals to become financially stable; prevent homelessness; provide nutritious food; offer assistance during crisis situations; offer assistance accessing community resources.

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

2016 Annual Stats

Food Shelves

- **1,388** households were assisted by the **4** food shelves.
- **8,387** visits were made to the food shelves. Also, staff distributed **9,324** Food Boxes.
- Semcac food shelves distributed **419,875 lbs.** of food in fiscal year **2016**.

Homeless Prevention

- **153** households received assistance to prevent homelessness.
- **16** homeless households (**48** people) found emergency, temporary shelter at the Freeborn County Homeless Shelter.
- Staff assisted **139** households with obtaining or maintaining safe, affordable housing.

Resources & Financial Stability

- **24,956** households were given information and/or referrals from staff.
- **172** households received crisis intervention assistance.
- **325** households received financial education or budget counseling from staff.
- **414** people received donated articles such as blankets and clothing.
- **639** families received holiday gifts for children or seniors.

New in 2016

- Successfully started a new service program. The Car Repair Program is offered in Dodge, Steele and Waseca counties, in partnership with the Minnesota Prairie Alliance.

Outreach & Emergency Services Director: Wendy Todd | wendy.todd@semcac.org | 507.864.7741 x 208

Everybody was great, services were awesome!

2016 Client, Mower County

Thanks again for the important work you do day in and day out!

2016 Community Partner

Thank you for helping me fix my car, I greatly appreciate it!

2016 Client, Winona County



Semcac's Freeborn County Homeless Shelter

Providing temporary housing & resources to help occupants become self-reliant and obtain permanent stability. There are **3** shelter units, located in Albert Lea, MN, and occupants can stay for up to **90** days. The occupants are required to attend a financial literacy workshop to learn about budgeting, savings & spending, credit repair, debt reduction and identity theft.

2016 Stats

- **16** homeless households (**48 people**) found emergency, temporary shelter at the Freeborn County Homeless Shelter.
- Each household was assisted with creating a household budget, securing permanent housing, transitioning into the community, accessing resources for food, transportation, clothing, childcare and searching for employment.



Shelter: 507.373.1329 | Monday - Friday, 8:30a - 4:30p

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Energy

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.

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 The HELP team provides comprehensive energy audits with the highest quality professional equipment.

2016 Annual Energy Stats

- **5,673** households, including **14,158** individuals, received energy assistance.
- **3,331** were households with senior citizens (age **55+**)
- **2,641** were households with individuals with a disability
- **1,404** were households with children age **5** and under
- **1,539** households received crisis energy assistance.
- **110** households received weatherization services.
- **59** households received energy conservation services via the Weatherization program.
- **160** households received emergency repair or replacement of a furnace.
- **66** households received lead inspections, **5** households received energy audits, **5** households received insulation installations, **3** new construction blower door tests were conducted, and **1** solar installation were all completed via the HELP program.



Energy Coordinator: Susan Thompson | susan.thompson@semcac.org | 507.864.7741 x 249

Weatherization Coordinator: Melissa Feine | melissa.feine@semcac.org | 507.864.7741 x 204

Thank you very much for your help with the heating system emergency. Both my wife and I are very grateful for your assistance & kindness.

2016 Energy Assistance Consumer

I want to thank you all for the assistance. In years past, we had to keep our house very cold in order to afford our heating bill. Due to excessive moisture in bathroom, I was having to bleach the walls and ceiling every month.

2016 Weatherization Client

Thank you so much for the air conditioner, it will be used well as I have chronic asthma which is always worse in the summer!

2016 Weatherization Client

I want to thank you for all the help you gave me to make my home ready for winter. All the guys you got to do the work were just great. Being a widow & on limited income, I really appreciate your help more than you know!

2016 Weatherization Client



Housing

Semcac Community Development offers housing programs for the redevelopment of homes and also for affordable financing to rehabilitate homes. Semcac Housing staff continue to provide the administration for the Bluff Country HRA in Fillmore and Houston counties.

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

Current Projects Staff is collaborating with CEDA (Community & Economic Development) to apply for the DEED Small Cities Development Program for the City of Houston. Also, staff is applying for SCDP funding for the City of LaCrescent. Housing staff are administering the Small Cities Development Program in the City of Albert Lea and the City of LeRoy.

2016 Annual Housing Stats

- **214** houses rehabilitated through MIN Housing Fix Up Fund or Rehab Loan Program.
- **9** homes rehabilitated through Small Cities Development Program grants.
- **3** Emergency Home Repair loans administered.

Housing Coordinator: Cindy Vitse |
cindy.vitse@semcac.org | 507.864.7741 x 207

Housing Coordinator: Vonda Budde |
vonda.budde@semcac.org | 507.864.7741 x 241

I would like to thank Semcac for everything in getting my roof done, the washer and dryer moved from the basement, new shower & toilet. Extra thanks to Cindy Vitse, anytime I called she helped me with questions.
2016 Housing Client, Winona



Before



After

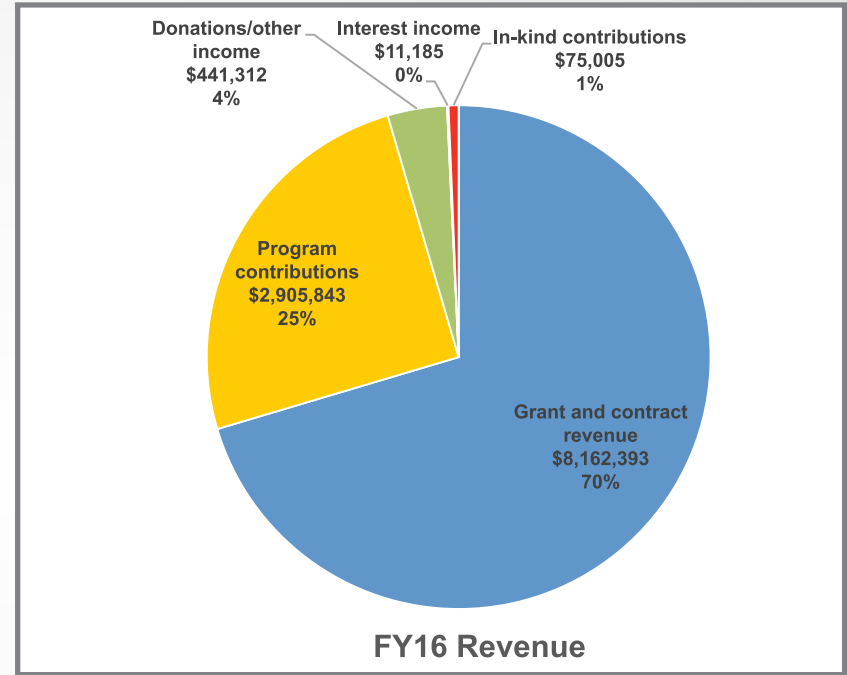
Donations

THANK YOU to all donors! Semcac is truly grateful for the generosity of all donors and thankful for the supporters of the Semcac mission. In calendar year 2016, Semcac received **\$254,533.91.52** in monetary donations from **689** 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. Over **94%** of Semcac funds have been used to directly benefit the community, Semcac operates using very minimal administrative costs in order to give back to the community as much as possible.

To view a list of the financial donors in 2016, visit the About Us; Financial Documents and Fiscal Information page at: <http://www.semcac.org/wp-content/uploads/Monetary-Donor-List-2016.pdf>

In Kind Donations Semcac receives numerous in kind donations of goods, services and food which make a huge impact with helping clients. (In kind donors are not listed with the monetary donors, on the above mentioned website URL.) Semcac is extremely thankful for all of these generous donations, as well. Food shelf donations totaled **127,074** lbs. in fiscal year **2016**.



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2016 Statement of Financial Position

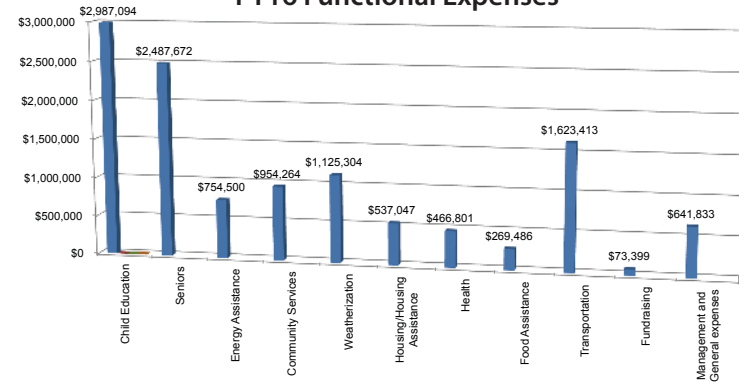
<i>Assets</i>	2016	<i>Liabilities and Net Assets</i>	2016
Current assets:		Current liabilities:	
Cash	\$ 921,385	Note payable, current portion	\$ 89,041
Contributions & Grants receivable	742,009	Accounts payable	227,019
Accounts receivable	491,985	Accrued expenses and other liabilities	440,260
Current Co-op patronage receivable, net	77,053	Deferred Revenue	435,530
Notes receivable, net	122,913	Cash held for fiscal agent	60,629
Prepaid expenses	174,797		
Pharmaceutical supply inventory	20,241		
MURL Foreclosed homes	40,000		
Property & Equipment, Net	1,232,019		
Housing development in progress	12,500		
		Total liabilities	1,252,479
Total current assets	3,834,902	Total liabilities	
		Net assets:	
		Unrestricted	1,393,953
		Temporarily restricted	1,188,470
		Total net assets	2,582,423
		TOTAL LIABILITIES AND NET ASSETS	\$ 3,834,902



2016 Statement of Activities

	Unrestricted	Temporarily Restricted	2016 Total
Revenue:			
Grant and contract revenue	\$ 8,073,751	\$ 88,642	\$ 8,162,393
Contributions	71,608	224,133	295,741
Program Revenue	2,876,414	19,317	2,895,731
Fundraising	5,853	4,259	10,112
Interest income	11,185	0	11,185
Other income	145,571		145,571
In-kind contributions	75,005	0	75,005
Net assets released from restriction through satisfaction of program restrictions	530,873	(530,873)	0
Total revenue	11,790,260	(194,522)	11,595,738
Expenses & Losses:			
Direct services	2,616,904	0	2,616,904
Personnel	5,603,617	0	5,603,617
Fringe	1,379,497	0	1,379,497
Contract labor/consultants	565,149	0	565,149
Travel/transportation	129,154	0	129,154
Space costs and utilities	437,274	0	437,274
Consumable supplies	223,036	0	223,036
Minor equipment and lease of equipment	36,109	0	36,109
Depreciation	189,708	0	189,708
Other costs	665,360	0	665,360
In-kind expenses	75,005	0	75,005
Total expenses	11,920,813	0	11,920,813
Change in net assets	(130,553)	(194,522)	(325,075)
Net assets at beginning of year	1,524,506	1,382,992	2,907,498
Net assets at end of year	\$ 1,393,953	\$ 1,188,470	\$ 2,582,423

FY16 Functional Expenses



Functional Expenses by Program

	2016
Child Education	\$2,987,094
Seniors	\$2,487,672
Energy Assistance	\$754,500
Community Services	\$954,264
Weatherization	\$1,125,304
Housing/Housing Assistance	\$537,047
Health	\$466,801
Food Assistance	\$269,486
Transportation	\$1,623,413
Total Program Activities	\$11,205,581
Fundraising	\$73,399
Management and General expenses	\$641,833
Total expenses	\$11,920,813



CONTACT US & FIND PROGRAMS IN YOUR COUNTY

DODGE COUNTY | 507-634-4350

Car Repair Program, 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

Car Repair Program, Dollars & Sense Class, 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 | 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 Goodhue, Olmsted, Rice, Wabasha & Waseca.

MAIN ADMINISTRATION OFFICE

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

507-864-7741

semcac@semcac.org

Administration

Wayne Stenberg, Executive Director
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Pat Georgens, Human Resources Director
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Gary Musselman, MIS Director
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