

# Houston County

## FISCAL YEAR 2022 RESULTS



[Semcac.org](https://Semcac.org)

### About Semcac

Semcac is a nonprofit, 501c3 Community Action Agency designated to serve southeastern Minnesota. Established in 1966, Semcac serves the counties of Dodge, Fillmore, Freeborn, Houston, Mower, Steele & Winona. Limited services are also provided in Olmsted, Goodhue, Rice & Wabasha counties. Semcac provides services to assist low-income &/or at-risk populations & addresses community needs.

### Annual Full Agency Results



SERVED

**21,512**

INDIVIDUALS  
(UNDUPLICATED)



FROM

**10,951**

HOUSEHOLDS

&



PROVIDED

**49,684**

BUS RIDES

### Volunteerism

44,951 hours donated by 926 volunteers to Semcac.

### --MISSION--

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

### LOCATIONS IN HOUSTON COUNTY

- 1 Houston Cty Contact Office & Houston County Food Shelf  
138 E. Main St, Caledonia
- 2 Senior Dining sites:
  - Elsie's, 226 E. Main, Caledonia
  - Community Building, Eitzen
  - Community Center, LaCrescent
  - American Legion, Spring Grove
- 3 Semcac Head Start (classroom)  
511 W. Main St., Caledonia
- 4 Semcac Head Start (classroom)  
504 S. Oak St, LaCrescent

## Semcac's Program Impact in Houston County, 2023

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Senior Nutrition results in seniors who are empowered to maintain their health and nutritional wellbeing and allows at-risk seniors to remain in their own home.

- 7,778 hot, nutritious meals were served in a congregate setting at Senior Dining to seniors age 60 + & spouses, in Houston County. A Registered Dietitian approves meals.
- 24,756 nutritious meals were delivered by Meals on Wheels volunteers to Houston County seniors in Caledonia, Eitzen, Hokah, Houston, La Crescent and Spring Grove.

Senior and Caregiver Advocacy results in seniors maintaining safe and independent living.

- 31 seniors and/or caregivers in Houston County received individual assistance to identify needs, access resources, make informed decisions and reduce feelings of isolation.

Energy Assistance results in keeping people warm by heating homes during the winter season, thus extending the limited, low household income.

- 403 households in Houston County received assistance with their utility payments during the winter season. And, 163 households received additional crisis assistance.

Weatherization results in greener communities, lower energy bills for low-income people and creates new jobs.

- 18 households in Houston County had their homes weatherized and learned more about energy conservation. 8 households received home conservation services funded through the local utility companies' Conservation Improvement Programs, in Houston County.
- 12 households received energy related repairs, such as furnace replacement.

Housing Rehab Loans result in improved living condition for low-income people and the preservation of quality affordable housing.

- In Houston County, homeowners can receive assistance via Semcac Housing staff utilizing the Minnesota Housing Owner Rehab Loan Program and the MN Housing Fix-Up Fund Loan Program. | Additionally, Semcac applied for Small Cities Development Program funding for homeowners in the City of Hokah. (In partnership w/ CEDA, who will help with commercial & rental rehabs.)

Head Start & Early Head Start result in empowered families and young children who are ready for kindergarten. Head Start families receive comprehensive services from Semcac.

- 30 individuals (16 children and their families) were educated at the Head Start Center, in Houston County during the program year.
- 10 children (age birth – 3 years) and/or pregnant women received Early Head Start services, at their home, in Houston County.

Outreach and Emergency Services supports people through a crisis and allows them to utilize their limited income until they reach stability.

- 241 households (601 people) accessed food for their families and extended their limited incomes by visiting the Houston County Food Shelf located in Caledonia. These households visited more than once; we provided food shelf assistance 1,564 times.
- 82 individuals received crisis financial assistance for transportation, a medical issue, utility payment assistance or another immediate basic need.
- 241 families (601 individuals), in Houston County, were provided with holiday/Christmas presents who could not afford gifts during the holiday season, the majority of the gifts are for children and seniors. 18 households received donated items from the Salvation ARMY & Caledonia Charities giving partnerships.
- 32 individuals were assisted with payments such as rent or mortgage, provided with motel vouchers, or assisted to prevent homelessness in Houston County.
- Outreach & Emergency Services staff provided information & referrals to other/outside organizations for 582 individuals from 224 families in Houston County. Staff also provided information & referrals within the agency to 700 households in Houston County.

Family Planning – Semcac Clinic services result in an increased number of cancer screenings for women, prevention & treatment of STI's, a reduced number of unplanned pregnancies, an increase in education about sexual health.

- 13 patients permanently residing in Houston County were provided services at Semcac Clinic in Winona. In 2022, Semcac Clinic provided 609 patients with contraceptives and 759 STI/STD screenings. Also, Clinic staff presented comprehensive, reproductive and sexual health education information at events in the community, reaching 115 people.

Semcac Transportation results in people getting to their medical and dental appointments, senior dining and other locations to meet essential needs; assisting people with no other means of transportation.

- 11,030 rides were provided on Rolling Hills Transit buses in Houston County.
- 713 rides were provided to 61 seniors through the Volunteer Driver Program in Houston County.

## 2023 Annual Report Video

<https://video214.com/play/HyjJ0JyBuPXA7Uop5kZbJw/s/dark>

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## Contact Us & Stay Informed

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Text *Semcac* to 22828 to receive our bi-monthly e-newsletter - *Semcac Sentinel*  
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