

Fergus Falls  
**Senior Citizens**  
Program, inc.



# 2017 Annual Report

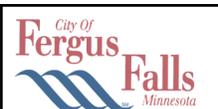
*Mission: to enrich the lives and promote the independent lifestyles of the senior citizens in the Fergus Falls area.*



# Program Highlights

## Board of Directors

The following served on the board for 2017/18: left to right-front row: David Bald (President), Sharon Stevens (Secretary), Darlene Berge (Treasurer), Adeline Kappahn; 2nd row: Marlys Bald, Marietta Bullis, Carolyn Johnson, Terry Ibbeson, Shirley Meyer; 3rd row: Carolyn Johnson, Jim Sha, Bob Englehart; 4th row: Richard Lahti, Dennis Bogen, Ed Zahler, Ron Nirva. Tom Rufer served as our City Council representative.



## Partnerships

The City of Fergus Falls continued funding the program. This is the 13th year we worked with Lutheran Social Service as the local volunteer station for the Senior Companion Program. We cooperated with the PAD Prairie Initiative of the University of MN to bring awareness of peripheral artery disease (PAD) to older adults in Fergus Falls and received a brand new Nu-Step from them valued at \$6,101. Nutrition Services, Inc. served a noon meal Monday through Friday. Dave Messenger continued leading Zumba Gold®. Productive Alternatives, Inc. provided custodial services daily. Thrifty White Drug (LRH clinic) partnered with us on vaccinations and Lake Region Healthcare Pharmacists helped with medication management. We partnered with the Alzheimer's Association of MN on Alzheimer's Disease seminars and Lakeland Mental Health to provide memory checks.

## Nutrition Program

The nutrition program was provided by Nutrition Services, Inc. (NSI) through a grant provided by Older American Act funding, administered by the MN Department of Aging through the Land of the Dancing Sky Area Agency on Aging. Staff were: Ruth Thompson (head cook), Marlys Myaer (cook's assistant and high rise delivery), Diane Nelson (substitute cook), Jeanna Heath (Battle Lake delivery).



Ruth Thompson, Jeanna Heath, Marlys Myaer



A Legacy Gift of \$103,000 was received from the Dolores Saurer estate.

## Fundraisers

We received a Legacy Gift of \$103,000 in 2017 from the Dolores Saurer estate. A recognition program was held in her honor during our October Open House. Formal fundraisers consisted of a bake sale, a spaghetti feed, two card party tournaments, Dad's Belgian waffle feed and Sun Mart receipts. Concerts in the Park was rained out this year. Memberships, memorials, exercise and activity fund donations raised additional funds, along with the sale of quilts, greeting cards, and crafts.

## Programs

Circuit training continued in 2017 as well as Line Dancing, Zumba Gold® and individual exercising. Chair exercises were started and led by Kim Shea. The Line Dancers and Zumba Gold® class performed on Lincoln Ave. at Shop, Move 'N Groove. We became a Silver and Fit provider and earned an average of \$483 per month for 10 months. We hosted a 21-Day Fitness Challenge and formed an Exercise Committee for our fastest growing program. Members began opening the Senior Center on Sundays from 12:30-4:00 p.m. The offices are not open that day. Other programs that offer opportunities for socialization and enrichment continued.



Dave Messenger and members of his Zumba Gold® class brought their lively workout set to Latin music to Shop, Move 'N Groove

## Civic Engagement/Outreach

2017 was the 13th year we served as the local volunteer site for the Senior Companion Program. Their mission is in-line with ours: to help people remain independent in their own homes. A paver was purchased by the Program at Veteran's Park. We adopted Lynette Ringquist's third grade class at Cleveland School for the 19th year of intergenerational programming. We cooperated with the University of MN in the PAD Prairie Initiative to help inform older adults in the Fergus Falls area about peripheral artery disease (PAD). Jean Lemmon wrote weekly articles in the Daily Journal for the Senior Center and Ginny Paulson talked monthly about the program on KBRF 12.50 AM radio. Dennis Bogen and Marlys Bald spoke at several community meetings. We participated in the Senior Expo and Senior Day at the Fair. Members Sandy and Sonny Tjaden planted and cared for the planter on Lincoln Avenue in front of the Senior Center.



Anne Halvorson, Bob Johnson, Phyllis Novak (retired), not pictured  
Jolaine Hustad (deceased)



Kathy Sporre



Kim Shea

## City of Fergus Falls Staff

Kathy Sporre, program supervisor, has served the Senior Center for 27 years. She worked with the various committees appointed by the board chair providing continuity between planning and execution of board initiatives. She also performs bookkeeping for the organization. Kim Shea, program receptionist, has been with the Senior Center for 24 years. Kim is trained as an older adult physical fitness trainer, and started a chair exercise class for those with more limitations. Kathy and Kim continued their education by attending a variety of webinars. They both hold certifications as Certified Senior Advisors<sup>®</sup>.

## Building

The air-conditioner for the lower level was fixed and a low-ambient kit was added. NSI also installed a low ambient kit in the kitchen A/C. New carpet tiles matching those in the south entry were installed in the north entry. The layout of the lower level was reconfigured. Thanks to the Legacy Grant received from Dolores Saurer, we were able to invest more as well as purchase additional amenities for our building: a new popcorn machine, new chairs with arms, a blood pressure machine, a 64" TV, an elliptical machine, a climber, and an arm and recumbent bike that is wheelchair accessible. We are proud of the building we call our Senior Center and the work many have put into it over the years.



The layout of the lower level was reconfigured to make room for more equipment and make it more user-friendly for the circuit training class.

## Statistical Summary

|                     |               |
|---------------------|---------------|
| Members             | <u>431</u>    |
| General Events      | 11,000        |
| Independent Living  | 7,631         |
| Classes & Seminars  | 2,322         |
| Nutrition Program   | <u>31,485</u> |
| TOTAL SERVICE UNITS | <u>52,438</u> |