

**KENAI PENINSULA BOROUGH**  
Community & Fiscal Projects

---

**MEMORANDIUM**

**TO:** Charlie Pierce, Mayor  
**FROM:** Brenda Ahlberg, Community & Fiscal Projects Manager  
**DATE:** April 17, 2018  
**SUBJECT:** **FY18-3Q Senior Center Grant Reports**

---

The following senior grant reports have been submitted for FY18-3Q:

- Anchor Point Senior Citizens
- Cooper Landing Senior Citizens
- Forget-Me-Not Center
- Homer Senior Center (R2018-004 budget revision approved for flooring project)
- Kenai Senior Citizens
- Nikiski Senior Citizens
- Ninilchik Senior Center
- Seldovia Senior Center
- Seward Seniors Citizens
- Soldotna Senior Citizens
- Sterling Area Senior Citizens

Final reports completed:

- Homer Friendship Center



# KENAI PENINSULA BOROUGH

144 North Binkley Street • Soldotna, Alaska 99669-7599  
PHONE: (907) 714-2153 • FAX: (907) 714-2377  
EMAIL: bahlberg@kpb.us

FROM: Anchor Point Senior Citizens, Inc.  
KPB ACCOUNT: 100.62110.ANCSR.43011

Award Amount: \$44,869  
Ending: 30 June 2018

## Financial / Progress Report

|  |  |
|--|--|
| <b>Submit Report To:</b>               | <b>Project Name: FY18 Senior Grant Program</b> |
| Brenda Ahlberg                         | <b>Date:</b> April 6 <sup>th</sup> , 2018      |
| Community & Fiscal Projects Manager    | <b>Report No.:</b> 3                           |
| Kenai Peninsula Borough                | <b>Quarter From:</b> Jan 1, 2018 to            |
| 144 N. Binkley St., Soldotna, AK 99669 | <b>To:</b> March 31, 2018                      |

**FINANCIAL REPORT:** FINAL REPORT DUE ON OR BEFORE **10 JULY 2018**

| Cost Category          | Authorized Budget   | Expenditures from Last Report | Expenditures This Period | Total Expenditures to Date | Balance of Funds    |
|------------------------|---------------------|-------------------------------|--------------------------|----------------------------|---------------------|
| Personnel              | 23,369              | 18,047.05                     | 5,321.95                 | 23,369.00                  | \$ -                |
| Contractual            | 5500                | 1,865.12                      | 1,822.12                 | 3,687.24                   | \$ 1,812.76         |
| Utilities              | 16000               | 4,621.24                      | 4,787.35                 | 9,408.59                   | \$ 6,591.41         |
|                        |                     |                               |                          | -                          |                     |
|                        |                     |                               |                          | -                          | \$ -                |
| <b>TOTALS</b>          | <b>\$ 44,869.00</b> | <b>24,533.41</b>              | <b>\$ 11,931.42</b>      | <b>\$ 36,464.83</b>        | <b>\$ 8,404.17</b>  |
| <b>Payment Request</b> |                     |                               |                          |                            | <b>\$ 11,931.42</b> |

**PROGRESS REPORT:** Reference attachment D to ensure eligible cost compliance. Describe activities that have occurred during this reporting period. Describe any challenges you may have experienced, any foreseen problems, and/or any special requests. Attach additional pages.

The Anchor Point Senior Center has Bingo with concessions every Friday night. We host a community dinner every Thursday night and a once a month all-you-can eat breakfast. No charge lunches are provided on a needed basis on weekdays. We had a vendor fair on Feb 10<sup>th</sup>. Holiday Food Drive delivered baskets to more than thirty homes. Haircuts in the center were available on assigned Wednesdays. Monday and Wednesday mornings are exercise class and vary on being inside or outside dependent on the weather. APSCI offers public assistance avenues and legal guidelines. Our facility is a USDA agent for Seniors Farmer Market Nutrition Program. For entertainment there are games and puzzles, Wii, card making, daily newspapers, and a pool table on premise for anyone to come in during operating hours to enjoy. A Mah Jongg group meets every Tuesday. One or two times a month the End of the Road Quilting Group get together and open their club the public. APSCI also provide the needy of our community with a charitable giving center, Helping Hands, open two days a week for clothes and household goods.

**Grantee Certification:** I certify that the above information is true and correct, and that expenditures have been made for the purpose of, and in accordance with, applicable grant agreement terms and conditions.

Signature: Roberta Ness Date: 4-06-2018  
 Printed Name and Title: Roberta Ness, President BOD



# KENAI PENINSULA BOROUGH

144 North Binkley Street • Soldotna, Alaska 99669-7599

PHONE: (907) 714-2153 • FAX: (907) 714-2377

EMAIL: bahlberg@kpb.us

FROM: Cooper Landing Senior Citizens Corp., Inc.  
KPB ACCOUNT: 100.62115.CLSN.43011

Award Amount: \$18,665  
Ending: 30 June 2018

## Financial / Progress Report

Submit Report To: **Project Name: FY18 Senior Grant Program**  
 Brenda Ahlberg **Date: April 2, 2018**  
 Community & Fiscal Projects Manager **Report No.: Three (3)**  
 Kenai Peninsula Borough **Quarter From: January 1, 2018**  
 144 N. Binkley St., Soldotna, AK 99669 **To: March 31, 2018**

**FINANCIAL REPORT:** FINAL REPORT DUE ON OR BEFORE **10 JULY 2018**

| Cost Category      | Authorized Budget   | Expenditures from Last Report | Expenditures This Period | Total Expenditures to Date | Balance of Funds   |
|--------------------|---------------------|-------------------------------|--------------------------|----------------------------|--------------------|
| Contractual        | 9,165               | 7,474.50                      | 4,968.50                 | 12,443.00                  | \$ (3,278.00)      |
| Transportation     | 3,000               | -                             |                          | -                          | \$ 3,000.00        |
| Insurance          | 3,500               |                               | 165.00                   | 165.00                     | \$ 3,335.00        |
| Utilities          | 1810                | 932.28                        | 316.71                   | 1,248.99                   | \$ 561.01          |
| Supplies/Equipment | 1190                | 322.54                        | 272.47                   | 595.01                     | \$ 594.99          |
|                    |                     |                               |                          | -                          | \$ -               |
| <b>TOTALS</b>      | <b>\$ 18,665.00</b> | <b>8,729.32</b>               | <b>\$ 5,722.68</b>       | <b>\$ 14,452.00</b>        | <b>\$ 4,213.00</b> |

Payment Request \$ 5,722.68

**PROGRESS REPORT:** Reference attachment D to ensure eligible cost compliance. Describe activities that have occurred during this reporting period. Describe any challenges you may have experienced, any foreseen problems, and/or any special requests. Attach additional pages.

Administrative costs increased in January, Mona Painter retired and there was a training period for the new Administrative Assistant, Jamie Gonzales, which required paying two people instead of one. CLSCCI is using the buses on weekly trips to Kenai and Soldotna for doctor and dental appointments, and grocery shopping. The buses are making trips to other senior centers on the Kenai Peninsula for lunch and social activities. Bus trips to visit fellow senior residents recovering in hospitals and long-term care homes have been beneficial for both the visiting seniors and the recovering patients. Seniors have enjoyed day trips to Seward, trips to the movie theatre, and other forms of entertainment.

Grantee Certification: I certify that the above information is true and correct, and that expenditures have been made for the purpose of, and in accordance with, applicable grant agreement terms and conditions.

Signature: Alison Rein Date: 4-16-18

Printed Name and Title: Alison Rein, Secretary



# KENAI PENINSULA BOROUGH

144 North Binkley Street • Soldotna, Alaska 99669-7599

PHONE: (907) 714-2153 • FAX: (907) 714-2377

EMAIL: bahlberg@kpb.us

FROM: dba Forget-Me-Not Center  
KPB ACCOUNT: 100.62195.FNTCO.43011

Award Amount: \$33,045.00  
Ending: 30 June 2018

## Financial / Progress Report

Submit Report To: **Project Name: FY18 Senior Grant - Adult Daycare Prgm**  
 Brenda Ahlberg **Date: 04/11/18**  
 Community & Fiscal Projects Manager **Report No.: 3**  
 Kenai Peninsula Borough **Quarter From: 01/01/18**  
 144 N. Binkley St., Soldotna, AK 99669 **To: 03/31/18**

**FINANCIAL REPORT: FINAL REPORT DUE ON OR BEFORE 10 JULY 2018**

| Cost Category  | Authorized Budget   | Expenditures from Last Report | Expenditures This Period | Total Expenditures to Date | Balance of Funds   |
|----------------|---------------------|-------------------------------|--------------------------|----------------------------|--------------------|
| Personnel      | \$ 22,000.00        | 10,174.67                     | 6,989.33                 | 17,164.00                  | \$ 4,836.00        |
| Transportation | \$ 1,500.00         | 933.31                        | 560.69                   | 1,494.00                   | \$ 6.00            |
| Senior Events  | \$ 3,000.00         | 481.24                        | 1,411.78                 | 1,903.02                   | \$ 1,096.98        |
| Supplies       | \$ 6,545.00         | 1,797.99                      | 3,186.34                 | 4,984.33                   | \$ 1,550.67        |
| <b>TOTALS</b>  | <b>\$ 33,045.00</b> | <b>13,387.21</b>              | <b>\$ 12,158.14</b>      | <b>\$ 25,555.35</b>        | <b>\$ 7,489.65</b> |

**PROGRESS REPORT:** Reference attachment D to ensure eligible cost compliance. Describe activities that have occurred during this reporting period. Describe any challenges you may have experienced, any foreseen problems, and/or any special requests. Attach additional pages.

### Forget-Me-Not Adult Day Center Third Quarter Narrative, FY18

During the third quarter of FY18 Forget-Me-Not (FMN) Adult Day Center focused on providing an energetic and engaging program for the Kenai Peninsula's seniors. In January FMN activities were centered on the five senses. Ice sculptures were made indoors by using colored snow packed into balloons, and then frozen. Once frozen, the elders peeled the balloons away and the sculptures were displayed in the back yard for the remainder of the winter. Another sensory activity for the month of January included "touchy feely" bags with different textured items inside. The elders would feel the items and then guess what it is that they felt. Staff would keep track of each participant's guess and the one with the most correct guesses won. Music activities (for the sense of hearing) were planned around Name That Tune, Musical Concentration, Musical Hangman, and Musical Experience, to name a few. The elders also used their sense of smell in many activities. For example, cotton balls with scents were placed in bowls and the elders guessed what the scent was.

During February FMN had themed weeks and activities. We started with Chinese New Year and decorated the center with Chinese lanterns; learned about China through Chinese New Year trivia; heard Chinese proverbs; and painted Chinese letters. Each elder learned what Chinese New Year he or she had been born in and what Chinese New Year 2018 is (the year of the dog).

For Valentine's week, the elders created many Valentine art projects, learned about Saint Valentine, made some Valentine treats, and participated in "Love is in the Air" trivia.

During the third week of February, FMN held its own 2018 Winter Olympics. The participants held their own

*Support done on file*

curling game, had a balloon hockey game, created the Olympic rings as a door décor, and made their own edible medals. The flags of all the nations participating in the 2018 Winter Olympics were hung from the dining room ceiling and the elders discussed the varied flag patterns almost every day. The elders also learned about Pyoengchang, South Korea and the white tiger mascot Soohorang.

For St. Patrick's day, the elders helped decorate the center with shamrocks, baked pistachio pudding cookies, arranged yellow mums in tiny black cauldrons, and created many other Irish themed arts and crafts.

During Easter week the elders tie-dyed eggs, made yarn eggs, and created "egg shell sprouts" – decorated egg shells with soil and seeds inside. The elders participated in many other Easter themed arts and crafts, in addition to stories and trivia during Easter week. The Kenai Senior Choir visited FMN during Easter week, sang some beautiful songs, and read Bible verses out loud. It was during this visit that one of the elders reported to the program manager that she was no longer able to go to church and that she missed it very much. Because of the elder identifying her need for spirituality, FMN now has a new volunteer who provides "Spiritual Wellness" the first and third Wednesday of each month.

During the third quarter FMN discharged three elders. Two were too ill to attend and the other one passed away in January. Due to our strong partnership with area care coordinators and senior centers and their referral systems, FMN was able to enroll one new elder in the third quarter, with two more pending enrollment.


FMN's philosophy remains that of welcoming new and returning volunteers to the FMN Program. We are fortunate to have the following people volunteer regularly:

- Pat Robinson and her Canine Companions, Hope and Joy, visit FMN weekly. The elders enjoy the companionship of the dogs as Pat reads a story out loud. Each elder is able to participate in the emotional and physical benefits that come from being around and touching the dogs.
- The Apostolic Assembly of Jesus Christ (AAJC) singers come every other week to sing hymns, standards, and patriotic songs that are a part of the elders' backgrounds. The elders are able to play musical instruments alongside the AAJC singers and look forward to their visits.
- The Kenai Senior Center's Bell Ringers visit every other month. They use movement and musical rhythm activities to provide exercise and cognitive stimulation. This collaboration between the FMN participants and the Kenai Senior Center volunteers benefits both groups.
- Shelly Merrill visits once monthly to provide hand massages and fingernail care for the FMN participants. Shelly has a special connection to FMN as her father was once a participant.
- Steve Hillyer visits the first and third Wednesday of each month to provide the Spiritual Wellness group.

The Elders' Council Meetings have been a continuing source of information. The elders have been able to shape the activities they participate in, as well as provide feedback on activities they would like to see more of and ideas for the upcoming year, e.g. outings they would like to go on, activity ideas, and groups they would like to host.

FMN has been collaborating with FCS on inviting individuals and groups to attend day activities, encouraging interagency interaction as well as introducing future participants to the FMN program.

**Grantee Certification:** I certify that the above information is true and correct, and that expenditures have been made for the purpose of, and in accordance with, applicable grant agreement terms and conditions.

Signature:  Date: 4/11/18  
Printed Name and Title: Operations Director



**KENAI PENINSULA BOROUGH**  
 144 North Binkley Street • Soldotna, Alaska 99669-7599  
 PHONE: (907) 714-2153 • FAX: (907) 714-2377  
 EMAIL: bahlberg@kpb.us

**FROM: Homer Senior Citizens, Inc.**  
**KPB ACCOUNT: 100.62120.HOMSR.43011**

**Award Amount: \$132,668**  
**Ending: 30 June 2018**

## Financial / Progress Report

|  |  |
|--|--|
| <b>Submit Report To:</b>               | <b>Project Name: FY17 Senior Grant Program</b> |
| Brenda Ahlberg                         | <b>Date:</b> April 16, 2018                    |
| Community & Fiscal Projects Manager    | <b>Report No.:</b> 3                           |
| Kenai Peninsula Borough                | <b>Quarter From:</b> January 1, 2018           |
| 144 N. Binkley St., Soldotna, AK 99669 | <b>To:</b> March 31, 2018                      |

**FINANCIAL REPORT:** FINAL REPORT DUE ON OR BEFORE 10 JULY 2018

| Cost Category    | Authorized Budget    | Expenditures from Last Report | Expenditures This Period | Total Expenditures to Date | Balance of Funds    |
|------------------|----------------------|-------------------------------|--------------------------|----------------------------|---------------------|
| Personnel        | 30,831               | 11,438.00                     | 4,814.99                 | 16,252.99                  | \$ 14,578.01        |
| Supplies         | 91,837               | 54,734.00                     | 20,551.50                | 75,285.50                  | \$ 16,551.50        |
| Flooring Request | 10,000               |                               | 10,000.00                | 10,000.00                  | \$ -                |
| <b>TOTALS</b>    | <b>\$ 132,668.00</b> | <b>66,172.00</b>              | <b>\$ 35,366.49</b>      | <b>\$ 101,538.49</b>       | <b>\$ 31,129.51</b> |

|                        |                     |
|------------------------|---------------------|
| <b>Payment Request</b> | <b>\$ 35,366.49</b> |
|------------------------|---------------------|

**PROGRESS REPORT:** Reference attachment D to ensure eligible cost compliance. Describe activities that have occurred during this reporting period. Describe any challenges you may have experienced, any foreseen problems, and/or any special requests. Attach additional pages.

Meals were served to the senior population, adult day services, and Meals on Wheels program. We serve quality meals that are home cooked and do not use package materials.

The new Food Service Manager is preparing quality food and is getting positive feedback from the seniors. They like the flavor of his food and the variety that is being served. We are going one time per week to the Kenai Peninsula Food Bank for meat, produce and dry goods.

We have reallocated \$10,000 of this quarter's budget towards our new dining room flooring project per the approved resolution. The residents and clients enjoy the flooring. It brings a fresh, updated look to the dining room, which offers a casual dining atmosphere.

**Grantee Certification:** I certify that the above information is true and correct, and that expenditures have been made for the purpose of, and in accordance with, applicable grant agreement terms and conditions.

Signature: Keren Kelly Date: 4/17/18  
 Printed Name and Title: Keren Kelly Executive Director



## KENAI PENINSULA BOROUGH

144 North Binkley Street • Soldotna, Alaska 99669-7599  
 PHONE: (907) 714-2153 • FAX: (907) 714-2377  
 EMAIL: bahlberg@kpb.us

**FROM: City of Kenai dba Kenai Senior Services**  
**KPB ACCOUNT: 100.62130.KENSR.43011**

**Award Amount: \$126,207**  
**Ending: June 30, 2018**

### Financial / Progress Report

|  |  |
|--|--|
| <b>Submit Report To:</b>               | <b>Project Name: FY18 Senior Grant Program</b> |
| Brenda Ahlberg                         | <b>Date: 4/4/2018</b>                          |
| Community & Fiscal Projects Manager    | <b>Report No.: 3</b>                           |
| Kenai Peninsula Borough                | <b>Quarter From: 01-01-2018</b>                |
| 144 N. Binkley St., Soldotna, AK 99669 | <b>To: 03-31-2018</b>                          |

**FINANCIAL REPORT: FINAL REPORT DUE ON OR BEFORE 10 JULY 2018**

| Cost Category  | Authorized Budget    | Expenditures from Last Report | Expenditures This Period | Total Expenditures to Date | Balance of Funds |
|----------------|----------------------|-------------------------------|--------------------------|----------------------------|------------------|
| Personnel      | 72,032               | 72,032.00                     | -                        | 72,032.00                  | \$ -             |
| Transportation | 0                    | -                             | -                        | -                          | \$ -             |
| Contractual    | 22,004               | 22,004.00                     | -                        | 22,004.00                  | \$ -             |
| Supplies       | 32,171               | 32,171.00                     | -                        | 32,171.00                  | \$ -             |
|                |                      |                               |                          |                            | \$ -             |
| <b>TOTALS</b>  | <b>\$ 126,207.00</b> | <b>126,207.00</b>             | <b>\$ -</b>              | <b>\$ 126,207.00</b>       | <b>\$ -</b>      |

|                 |      |
|-----------------|------|
| Payment Request | \$ - |
|-----------------|------|

**PROGRESS REPORT:** Reference attachment D to ensure eligible cost compliance. Describe activities that have occurred during this reporting period. Describe any challenges you may have experienced, any foreseen problems, and/or any special requests. Attach additional pages.

See Attached.

**Grantee Certification:** I certify that the above information is true and correct, and that expenditures have been made for the purpose of, and in accordance with, applicable grant agreement terms and conditions.

Signature: Paul Ostrander

Date: 4/12/18

Printed Name and Title: Paul Ostrander, City Manager

**City of Kenai-Kenai Senior Services**  
**3<sup>rd</sup> Quarter Progress Report to the Kenai Peninsula Borough**  
**Ending March 31, 2018**

This quarter was full of activity, fundraising, grants and staff training!

The Director attended six City Department Head meetings, two City Council meetings, two Council on Aging meets, three Kenai Senior Connection, Inc. meetings, and three Senior Center Staff meetings. She also attended the CARTS Plan Development Meeting and was able to give a representation of the Senior Center's transportation program to the consultants involved with this process. During the 3<sup>rd</sup> Quarter, the Director submitted the Proposal for the State of Alaska NTS/Title III Grant for FY19-FY21 and the KPB Borough FY19 Grant Application. The Director prepared the FY19 Department Budget for the City of Kenai and developed a new narrative and department goals for FY19. She and the Administrative Assistant both successfully completed their probationary hiring period for the City of Kenai. The Director, Administrative Assistant and Activity/Volunteer Coordinator all assisted in planning the "March for Meals" fundraiser.

The Administrative Assistant was able to assist over 30 seniors with application assistance for Senior Benefits, Heating Assistance, PFD and Medicaid. Under the supervision of the Assistant, the Center was rented out two times. A Celebration of Life was also held for one local senior with staff participation. (The Center is able to use these rentals as part of our revenue source. The Assistant is actively working on promoting our facility as a viable rental in the community. She has created rental packets and tailored separate ones for the engaged couple.)

The Activity/Volunteer Coordinator was re-certified through the National Association of Activity Professionals. This job remains vital to our Center as activity participation is increasing each month. Our exercise programs are geared for seniors with various issues such as arthritis, memory loss, muscle loss, decreased mobility, etc. Each participant must have a doctor's release to join in any of the exercise classes. We have found their providers are thrilled and encourage them to do so. During this last quarter, 78 seniors engaged in 731 units of some form of Nutrition Information or Exercise at the Senior Center. Out of those numbers, 11 seniors were over the age of 85.

The Activity/Volunteer Coordinator also organized a Volunteer Appreciation Dinner on February 1. Kenai Mayor Brian Gabriel and the staff personally thanked each of the 125 volunteers for their service to our program. Former Director Rachael Craig was also recognized as she is now a volunteer.

A new senior volunteer was added through the Mature Alaskans Seeking Skills Training (MASST). This is a State sponsored jobs training program for older Alaskans. Through the years, the Senior Center has enjoyed a very successful partnership with the MASST program. This new volunteer assists on the reception desk during the week.



The Senior Center provided space as a workshop site sponsor in partnership with the State of Alaska, DHSS/Health Promotion/Disease Promotion grant. "Tai Chi, Train the Trainer Workshop" was held on March 24 – 25, training Peninsula-wide instructors in the six forms of Tai Chi that are evidence-based to decrease falls and improve the condition of those who live with arthritis. Two of our volunteer instructors became certified in Tai Chi for Arthritis and Tai Chi for Falls Prevention.

Our staff had wonderful training opportunities last quarter! All of our staff completed three online training sessions with Target Safety, an online public safety training management system. Classes were completed in the following areas: Driving Safety; Back Injury Prevention; Diet & Nutrition; Anger, Violence, and Conflict in the Workplace; Office Ergonomics; Health & Wellness; Workplace Stress; Bloodborne Pathogens Safety; Alcohol-Free Workplace; Slips, Trips, and Falls Prevention; Ethics in the Workplace; Diet & Nutrition; Understanding Employee Leave; Disaster Preparedness; First Aid; and, Sexual Harassment Awareness. All 12 of the staff also were recertified in Heartsaver FIRST AID/CPR/AED.

Our Lead Cook and Kitchen Assistant passed the ServeSafe Food Protection Manager Certification. This training is accredited by the American National Standards Institute-Conference for Food Protection. To date, three of our staff now hold this certification.

One of our drivers attended the Passenger Assistance Safety and Sensitivity (PASS). This is a three-day "Train the Trainer" certification specifically geared for transporting the older or disabled individual. Now that she is certified through PASS, she will be able to train all of our staff on the safe handling of wheelchair clients and proper loading and unloading techniques.

Our 9<sup>th</sup> Annual March for Meals Fundraiser was held on March 23, 2018. This event is sponsored by Kenai Senior Connection, Inc., and helps to raise awareness and funds for our meals programs. This year's event was Fiesta themed, complete with nacho appetizers and enchiladas. Over 150 of our community came out to participate in the Pie Auction, Balloon Raffle, Silent Auction, Country Store, Split-the-Pot and the many surprises Auctioneers Duane Bannock and Chelsea Chess had in store. One of our own home delivered meals clients sent in \$20 with her meals driver. She wanted him to purchase an apple pie for her at the auction. After hearing about her request and knowing how much pies usually sell for, former Borough Mayor Mike Navarre purchased her a apple pie for \$500. The generosity of our community and the respect and support shown for our older population is such a positive reinforcement to our mission.

During the months of January, February and March, we served 3,780 congregate meals and 4,149 home delivered meals. Our vans provided 64 senior individuals with 1,409 rides. We gave information and assistance to 390 seniors from around the area.

To accurately gauge what seniors really think about your program, nothing gets better results than an anonymous survey. Our yearly survey was distributed in February/March. This year, we distributed 150 surveys at the Senior Center and 42 surveys to home delivered clients. We had a return rate of 45% and 33% respectively.

The questions asked and answers received are as follows:

**Senior Center Survey:** 49 returned

| <b><u>I go to the Senior Center because:</u></b>                   | <b><u>Most of the Time/Sometimes</u></b> |
|--|--|
| 1. I see friends and make new friends.                             | 80%                                      |
| 2. It helps me take care of and improve my health.                 | 84%                                      |
| 3. It helps me feel happier and more satisfied with my life.       | 84%                                      |
| 4. It give me something to look forward to.                        | 86%                                      |
| 5. It helps me stay independent.                                   | 80%                                      |
| 6. It helps me learn new things.                                   | 88%                                      |
| 7. It is a good source of information about services and benefits. | 80%                                      |
| 8. I like the meals.   | 86%                                      |
| 9. The meals are good for my health.                               | 80%                                      |
| 10. I like the physical activities.                                | 63%                                      |

| <b><u>I use the Senior Center Transportation:</u></b>          | <b><u>Most of the Time/Sometimes</u></b> |
|--|--|
| 1. I am picked up in a timely manner.                          | 90%                                      |
| 2. The driver is patient and friendly.                         | 95%                                      |
| 3. When needed, the driver does help me in and out of the van. | 100%                                     |
| 4. The van is clean.   | 99%                                      |
| 5. I enjoy the outings/activities provided.                    | 85%                                      |

Comments made:

1. I've made some new friends who have made my life richer. I'm happy to not have to cook at home much of the time and eat alone. I look forward to playing music with others.
2. I think the Center is an asset to our community.
3. The Senior Center provides such a wide range of activities. One can't possibly be bored. As a volunteer I feel needed and able to continue to use my skills to help others.
4. I am in charge of the gift case window and arrange flowers for the dining room tables. This makes me feel needed.
5. I bring my dogs and provide Dog Therapy so folks can enjoy them.
6. The Center provides friendship for me and meeting new people. We need more space.
7. The Center keeps me active and more social. I feel useful.

8. The Center keeps me vertical – on the move which challenges my physical health and growth. The education facilitates mental challenge. Love it all! This keeps me accountable and I now plan my week or month around the activities.
9. We enjoy visiting with the people. The food is always good. We like to volunteer when we can. The staff is so helpful and encourages us. The Center helps us to get out of our apartment. We try and make new people feel welcome here. We could use more room for activities.
10. It gives me a place to go – a fun clean place buzzing with activity.
11. I love the regular 10:00 a.m. MWF exercise.
12. Many senior have grown families and grandchildren. The Center lets seniors enjoy fellowship with others in this new stage of life-those they can relate to.
13. The Senior Center provides a gathering place for our “extended family” independent senior life style, social contacts, physical and mental activity, a loving staff.
14. The exercise classes get us out of the house and see other friends. It has helped us get healthier.
15. Coming to the Senior Center keeps me social with the added benefit of meeting new people and keeping active. I get up in the morning because I have committed to the exercise group and I need to be there – otherwise, especially in the winter, I would sleep the day away.
16. My car died so I rely on the senior van. I think they do a great job, wonderful staff!

**Home Delivered Meals Survey** 19 returned

1. How often do you receive home delivered meals? **15 – 4 or more times per week**
2. How long have you been receiving home delivered meals? **7 more than 2 years**
3. Please check all that you agree with:

Senior meals and meals driver.....

**18/19** provide healthy foods.

**18/19** have a good appearance/look appetizing.

**18/19** taste good.

**18/19** are properly cooked.

**13/19** provide foods that I like.

**15/19** are delivered at a convenient time.

**18/19** provide a variety of different foods.

**17/19** provide enough food.

**18/19** improve the quality of my life.

**18/19** make me feel more a part of the community.

We then talk about the purpose of the home delivered program. The Meal Deliverer is to ensure the safe and prompt delivery of meals to eligible clients and observe changes in the client's condition.

Do you think that your delivery driver is responsive to your needs?

**18/19** yes

Comments made:

1. They are excellent meals. Cannot say enough for the good. I have been introduced to new foods that I truly enjoy.
2. Our meals driver is a delightfully bright spot in my day.
3. Can we get some sugar free snacks?
4. Maybe more soups? I thank you very much for helping me. Also I would not be able to purchase these foods on my income. I miss the Senior Center, but the drivers keep me close to the Center with their actions of kindness and compassion.
5. Great job, thank you!
6. The menu contains too many fried foods. I know the meals served are to the government standard, but some variety would be nice and less salt.
7. Spaghetti needs more sauce. Dry sloppy joes need flavoring. The delivery people are wonderful. Never condescending. Makes me feel cared for.
8. More gluten free meals. My meals driver is one of the most loving, caring deliver driver I know. She is a joy to the heart!
9. I would appreciate more salad and skip dessert.
10. I have no complaints, good food! Happy with our service.
11. My driver has introduced me to other friends (in my building) who got me interested in puzzles. Now she is a good friend.
12. He is helpful to me.



## KENAI PENINSULA BOROUGH

144 North Binkley Street • Soldotna, Alaska 99669-7599

PHONE: (907) 714-2153 • FAX: (907) 714-2377

EMAIL: bahlberg@kpb.us

FROM: Ninilchik Senior Citizens, Inc.  
KPB ACCOUNT: 100.62140.NINSR.43011

Award Amount: \$26,491  
Ending: 30 June 2018

### Financial / Progress Report

Submit Report To: Brenda Ahlberg  
Community & Fiscal Projects Manager  
Kenai Peninsula Borough  
144 N. Binkley St., Soldotna, AK 99669

Project Name: FY18 Senior Grant Program  
Date: April 6, 2018  
Report No.: 3<sup>rd</sup> Quarter: Narrative Only  
Quarter From: January 1, 2018  
To: March 31, 2018

**FINANCIAL REPORT:** FINAL REPORT DUE ON OR BEFORE **10 JULY 2018**

**PROGRESS REPORT:** Describe activities that have occurred during this reporting period. Describe any challenges you may have experienced, any foreseen problems, and/or any special requests. Attach additional pages.

The third quarter of FY18 brought with it a 5% increase in the number of congregate meals served when compared to the previous quarter. As the end of March came around we noticed some of our "snow birds" returning and our meal count beginning to increase even more. Home meal delivery has been strong this quarter, with January showing numbers 20% higher than what we had been previously seeing in any of our other months. That number went back down in February and March as we had one of our home delivery clients' move out of the area.

Transportation needs continue to remain strong. Adding a second day to our transportation schedule has been beneficial for many seniors. We offer transportation to town two days, Tuesdays and Thursdays. We have seen an increase in the amount of people we are able to serve with this service – particularly in the Kasilof area. Previously our riders have been from the Ninilchik area so seeing people come on board from Kasilof has been a pleasant surprise.

Overall Q3 for FY18 has been good. We are all looking forward to the snow melting and the warmer weather coming. We are currently organizing a walking club for our members here at the center in hopes of being able to enjoy the outside.

**Grantee Certification:** I certify that the above information is true and correct, and that expenditures have been made for the purpose of, and in accordance with, applicable grant agreement terms and conditions.

Signature: Julie Otto Date: 4/13/18

Printed Name and Title: Julie Otto, Executive Director



**KENAI PENINSULA BOROUGH**  
 144 North Binkley Street • Soldotna, Alaska 99669-7599  
 PHONE: (907) 714-2153 • FAX: (907) 714-2377  
 EMAIL: bahlberg@kpb.us

FROM: Nikiski Senior Center  
 KPB ACCOUNT: 280.63190

Award Amount: \$52,981  
 Ending: 30 June 2018

## Financial / Progress Report

|  |  |
|--|--|
| <b>Submit Report To:</b>               | <b>Project Name:</b> FY18 Senior Grant Program |
| Brenda Ahlberg                         | Date: 03/31/18                                 |
| Community & Fiscal Projects Manager    | Report No.: 3                                  |
| Kenai Peninsula Borough                | Quarter From: 01/01/18                         |
| 144 N. Binkley St., Soldotna, AK 99669 | To: 03/31/18                                   |

**FINANCIAL REPORT:** FINAL REPORT DUE ON OR BEFORE 10 JULY 2018

| Cost Category | Authorized Budget   | Expenditures from Last Report | Expenditures This Period | Total Expenditures to Date | Balance of Funds    |
|---------------|---------------------|-------------------------------|--------------------------|----------------------------|---------------------|
| Personnel     | 26,491.00           | -                             | 13,245.00                | 26,491.00                  | \$ -                |
| Contract      | 26,490.00           |                               | 13,245.00                | 13,245.00                  | \$ 13,245.00        |
|               |                     |                               |                          |                            | \$ -                |
| <b>TOTALS</b> | <b>\$ 52,981.00</b> | <b>-</b>                      | <b>\$ 26,490.00</b>      | <b>\$ 39,736.00</b>        | <b>\$ 13,245.00</b> |

**PROGRESS REPORT:** Reference attachment D to ensure eligible cost compliance. Describe activities that have occurred during this reporting period. Describe any challenges you may have experienced, any foreseen problems, and/or any special requests. Attach additional pages.

Grant for first two quarters was used payroll and other program costs related to daily food service for seniors.

We have completed repairs to flooring in kitchen area. Water caused major issues with floor tile and floor joints supporting the 2<sup>nd</sup> floor and it needed replacement. Also completed was LED lighting for the multi-purpose room, and lighting sensors in eleven positions downstairs for the safety of seniors using the building.

**Grantee Certification:** I certify that the above information is true and correct, and that expenditures have been made for the purpose of, and in accordance with, applicable grant agreement terms and conditions.

Signature: Date: 04/07/18

Printed Name and Title: Pat Clark, President



# KENAI PENINSULA BOROUGH

144 North Binkley Street • Soldotna, Alaska 99669-7599  
PHONE: (907) 714-2153 • FAX: (907) 714-2377  
EMAIL: bahlberg@borough kenai.ak us

FROM: City of Seldovia dba Seldovia Senior Center  
KPB ACCOUNT: 100.62160.SELSR.43011

Award Amount: \$10,770  
Ending: 30 June 2018

## Financial / Progress Report

Submit Report To: **Project Name: FY18 Senior Grant Program**  
Brenda Ahlberg **Date: MARCH 31, 2018**  
Community & Fiscal Projects Manager **Report No.: 3**  
Kenai Peninsula Borough **Quarter From: 01/31/2018**  
144 N. Binkley St., Soldotna, AK 99669 **To: 03/31/2018**

**FINANCIAL REPORT: FINAL REPORT DUE ON OR BEFORE APRIL 10, 2018**

| Cost Category | Authorized Budget   | Expenditures from Last Report | Expenditures This Period | Total Expenditures to Date | Balance of Funds     |
|---------------|---------------------|-------------------------------|--------------------------|----------------------------|----------------------|
| Supplies      | \$ 10,770.00        | 7,372.83                      | 8,750.78                 | 16,123.61                  | \$ (5,353.61)        |
| Equipment     |                     | -                             | -                        | -                          | \$ -                 |
|               |                     | -                             | -                        | -                          | \$ -                 |
| <b>TOTALS</b> | <b>\$ 10,770.00</b> | <b>7,372.83</b>               | <b>\$ 8,750.78</b>       | <b>\$ 16,123.61</b>        | <b>\$ (5,353.61)</b> |

|                 |             |
|-----------------|-------------|
| Payment Request | \$ 3,397.47 |
|-----------------|-------------|

**PROGRESS REPORT:** Reference attachment D to ensure eligible cost compliance. Describe activities that have occurred during this reporting period. Describe any challenges you may have experienced, any foreseen problems, and/or any special requests. Attach additional pages.

Expenses have been large this quarter due to freight, payroll and supplies. Alaska Marine Highway System has the ferry out of the water until May. Air freight has been expensive. We trained a new cook in this quarter so the payroll was more than usual. We purchased 2 months of supplies due to no ferry and our head cook being gone for a month. She purchased the supplies for the replacement cook.

Grantee Certification: I certify that the above information is true and correct, and that expenditures have been made for the purpose of, and in accordance with, applicable grant agreement terms and conditions.

Signature: *Jackie Taylor* Date: March 31, 2018

Printed Name and Title: Jackie Taylor Finance Officer



**KENAI PENINSULA BOROUGH**  
 144 North Binkley Street • Soldotna, Alaska 99669-7599  
 PHONE: (907) 714-2153 • FAX: (907) 714-2377  
 EMAIL: bahlberg@kpb.us

**FROM: Seward Senior Citizens, Inc.**  
**KPB ACCOUNT: 100.62150.SEWSR.43011**

**Award Amount: \$47,238**  
**Ending: 30 June 2018**

**Financial / Progress Report**

**Submit Report To:** Brenda Ahlberg  
 Community & Fiscal Projects Manager  
 Kenai Peninsula Borough  
 144 N. Binkley St., Soldotna, AK 99669

**Project Name: FY18 Senior Grant Program**  
**Date:** 4/10/2018  
**Report No.:** Q3  
**Quarter From:** 01/01/2018  
**To:** 03/31/2018

**FINANCIAL REPORT: FINAL REPORT DUE ON OR BEFORE 10 JULY 2018**

| Cost Category | Authorized Budget   | Expenditures from Last Report | Expenditures This Period | Total Expenditures to Date | Balance of Funds    |
|---------------|---------------------|-------------------------------|--------------------------|----------------------------|---------------------|
| Personnel     | \$ 47,238.00        | 11,809.50                     | 11,809.50                | 23,619.00                  | \$ 23,619.00        |
|               |                     | -                             | -                        | -                          | \$ -                |
|               |                     | -                             | -                        | -                          | \$ -                |
| <b>TOTALS</b> | <b>\$ 47,238.00</b> | <b>11,809.50</b>              | <b>\$ 11,809.50</b>      | <b>\$ 23,619.00</b>        | <b>\$ 23,619.00</b> |

**Payment Request** \$ 11,809.50

**PROGRESS REPORT:** Reference attachment D to ensure eligible cost compliance. Describe activities that have occurred during this reporting period. Describe any challenges you may have experienced, any foreseen problems, and/or any special requests. Attach additional pages.

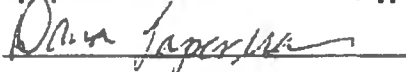
The Seward Senior Center served 1300 congregate meals; 291 meals on wheels; and provided 425 rides to 19 low income seniors. Health Promotion programs supported Tai Chi for Arthritis and Falls Prevention for 26 seniors and served 22 seniors in the SAIL class (Staying Active and Independent for Life), which are all evidence based health promotion programs.

Monthly footcare serve 12 seniors; monthly blood pressure check ups extended 10 5 seniors; the CSFP food box program served 28 low income seniors.

Currently I am training a new Administrative assistance, so very busy in the office tasks. We continue to provide monthly staff training keeping them abreast of current senior issues and news that they could benefit from in their activities of daily living.

We encourage members of the assembly to provide a COLA in 2018/2019 for all senior center's across the peninsula. We provide senior services that are unduplicated and proven to delay long term care, emergency services and improves the life of all seniors to access our services. The Kenai Peninsula Borough financial support is instrumental in sustaining a seniors life in Alaska. You really do help us help Alaskan seniors. We would appreciate the discussion at the budget meeting. Thank you!

**Grantee Certification:** I certify that the above information is true and correct, and that expenditures have been made for the purpose of, and in accordance with, applicable grant agreement terms and conditions.

Signature: 

Date: April 10th, 2018

Printed Name and Title: Dana Paperman, Executive Director





**KENAI PENINSULA BOROUGH**  
 144 North Binkley Street • Soldotna, Alaska 99669-7599  
 PHONE: (907) 714-2153 • FAX: (907) 714-2377  
 EMAIL: bahlberg@kpb.us

FROM: Soldotna Area Senior Citizens, Inc.  
 KPB ACCOUNT: 100.62170.SOLSR.43011

Award Amount: \$90,886  
 Ending: 30 June 2018

**Financial / Progress Report**

Submit Report To: **Project Name: FY18 Senior Grant Program**  
 Brenda Ahlberg **Date: 4/6/18**  
 Community & Fiscal Projects Manager **Report No.: 3**  
 Kenai Peninsula Borough **Quarter From: 1/1/18**  
 144 N. Binkley St., Soldotna, AK 99669 **To: 3/31/18** *FINAL RPT.*

**FINANCIAL REPORT: FINAL REPORT DUE ON OR BEFORE 10 JULY 2018**

| Cost Category  | Authorized Budget   | Expenditures from Last Report | Expenditures This Period | Total Expenditures to Date | Balance of Funds |
|----------------|---------------------|-------------------------------|--------------------------|----------------------------|------------------|
| Personnel      | \$ 73,836.00        | 55,690.51                     | 18,145.49                | 73,836.00                  | \$ -             |
| Utilities      | \$ 14,950.00        | 11,458.25                     | 3,491.75                 | 14,950.00                  | \$ -             |
| Communications | \$ 2,100.00         | 2,100.00                      | -                        | 2,100.00                   | \$ -             |
| <b>TOTALS</b>  | <b>\$ 90,886.00</b> | <b>69,248.76</b>              | <b>\$ 21,637.24</b>      | <b>\$ 90,886.00</b>        | <b>\$ -</b>      |

Payment Request *\$ 12,562.30* \$ 21,637.24

**PROGRESS REPORT:** Reference attachment D to ensure eligible cost compliance. Describe activities that have occurred during this reporting period. Describe any challenges you may have experienced, any foreseen problems, and/or any special requests. Attach additional pages.

Provided congregate meals and home delivered meals daily; senior transportation; information and referral services; outreach to isolated, poverty level disabled homebound seniors; wellness checks including 1 person found lying on floor (called EMS). Held; monthly game days, no-host dinners, weekly senior shopping trips to Safeway, FM, Walgreen's; birthday parties for most senior clients; exercise programs including Tai Chi and Sit and be Fit. Held free Caregiver Appreciation Luncheon for all area family caregivers; 2 days of free tax preparation for seniors; 6-week free course diabetes classes. Hosted Volunteer Banquet free to all 2017 volunteers. Held Valentine's Day, St Patrick's, Easter dinners with Easter Bonnet Parade: 55 Alice Driving Course. Completed annual CPA financial review, no discrepancies noted cost \$5400; annual Workman's Comp audit completed. Host site for all-day ACOA teleconference. Arranged monthly caregiver training & meetings at Homer, Anchor Pt, Soldotna, Kenai, Sterling, Seward. Bi-annual mechanical boiler inspections completed: annual AHFC housing inspection completed: Replaced faucet rinse assembly in kitchen: annual software upgrade \$1100, sewage system cleanout: New Workman's Comp policy paid \$13,247. Senior housing senior market study survey started \$9500 for new complex: Final phase Engineering study completed on heating unit and emergency generator weather cover structure \$635, now out for bids. Congregate meals served continues to rise as well as information and referral assistance requests and housing applications. Feeding 2 homeless poverty individuals daily plus others with no income. Many requests for SS and Medicaid assistance as well as medical financial support. This closes grant funding. *GP*

Grantee Certification: I certify that the above information is true and correct, and that expenditures have been made for the purpose of, and in accordance with, applicable grant agreement terms and conditions.

Signature: *George Parks* Date: 4/6/18

Printed Name and Title: George W. Parks President



**KENAI PENINSULA BOROUGH**  
 144 North Binkley Street • Soldotna, Alaska 99669-7599  
 PHONE: (907) 714-2153 • FAX: (907) 714-2377  
 EMAIL: bahlberg@kpb.us

**FROM:** Sterling Area Senior Citizens  
**KPB ACCOUNT:** 100.82180.STESR.43011

**Award Amount:** \$60,376  
**Ending:** 30 June 2018

## Financial / Progress Report

|  |  |
|--|--|
| <b>Submit Report To:</b>               | <b>Project Name:</b> FY18 Senior Grant Program |
| Brenda Ahlberg                         | <b>Date:</b> 4/12/2018                         |
| Community & Fiscal Projects Manager    | <b>Report No.:</b> 3                           |
| Kenai Peninsula Borough                | <b>Quarter From:</b> 1/1/2018                  |
| 144 N. Binkley St., Soldotna, AK 99669 | <b>To:</b> 3/31/18                             |

**FINANCIAL REPORT:** FINAL REPORT DUE ON OR BEFORE 10 JULY 2018

| Cost Category | Authorized Budget   | Expenditures from Report 1 | Expenditures from Report 2 | Expenditures This Period | Total Expenditures to Date | Balance of Funds    |
|---------------|---------------------|----------------------------|----------------------------|--------------------------|----------------------------|---------------------|
| Personnel     | \$ 43,000.00        | \$ 12,143.71               | 13,636.75                  | 8,749.98                 | 34,530.44                  | \$ 8,469.56         |
| Contractual   | \$ 15,000.00        | \$ 7,707.79                | 1,534.68                   | 5,649.09                 | 14,891.56                  | \$ 108.44           |
| Supplies      | \$ 2,376.00         | \$ -                       | -                          | -                        | -                          | \$ 2,376.00         |
| <b>TOTALS</b> | <b>\$ 60,376.00</b> | <b>\$ 19,851.50</b>        | <b>15,171.43</b>           | <b>\$ 14,399.07</b>      | <b>\$ 49,422.00</b>        | <b>\$ 10,954.00</b> |

|                 |              |
|-----------------|--------------|
| Payment Request | \$ 14,399.07 |
|-----------------|--------------|

**PROGRESS REPORT:** Reference attachment D to ensure eligible cost compliance. Describe activities that have occurred during this reporting period. Describe any challenges you may have experienced, any foreseen problems, and/or any special requests. Attach additional pages.

We have added an exercise class on Monday called POUND. This is a very exuberant class that has from 4 – 7 attending. We now have Jam sessions each Tuesday at 4p. Folks are enjoying singing and playing their instruments together. Zumba exercise class continues to meet on Tuesday and Thursdays with about 4 - 8 participants. Chair exercise classes continue to meet faithfully on Monday, Wednesday, and Fridays. Our Crafty Quilters are still meeting every Thursday and also offers classes on home-made crafts. We have two bible study meetings at the center. One study is on Wednesday and the other Bible study on Tuesday afternoon. Card night is starting up again next week. We continue to do our monthly breakfast fundraiser on the last Saturday of each month.

We proudly continue to serve our seniors by way of our meals on wheels delivery. This program is kept alive through our volunteer drivers. We love our volunteers. They are the best!

Our building is used by many other organizations like Church every Sunday, T.O.P.S classes on Mondays, Spanish classes every Monday, Wood Carvers utilize the building every 1<sup>st</sup> and 3<sup>rd</sup> Saturday, and special events throughout the months!

**Grantee Certification:** I certify that the above information is true and correct, and that expenditures have been made for the purpose of, and in accordance with, applicable grant agreement terms and conditions.

Signature: Dale C. Lundell Date: 4/12/2018

Printed Name and Title: Dale Lundell – President Of Board of Directors