




KENAI PENINSULA BOROUGH GRANTS MANAGEMENT

M E M O R A N D U M

TO: Mike Navarre, Mayor
FROM: Brenda Ahlberg, Community & Fiscal Projects Manager 
DATE: 20 July 2015
SUBJECT: FY15-4Q Senior Grant Narrative Reports

The following senior grant reports have been submitted for FY15 fourth quarter:

- Anchor Point Senior Citizens
- Cooper Landing Senior Citizens
- Forget-Me-Not Center
- Homer Senior Center
- Kenai Senior Citizens (courtesy narrative)
- Nikiski Senior Citizens
- Seward Seniors Citizens
- Sterling Area Senior Citizens (no report received at this time)

The following centers closed FY15 grant obligations earlier in the year, and no additional reporting is required:

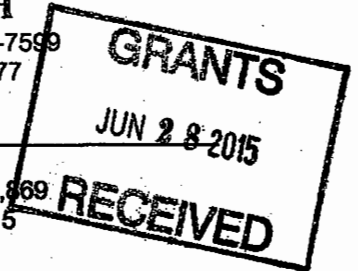
- Homer Friendship Center
- Kenai Senior Citizens
- Ninilchik Senior Citizens
- Seldovia Senior Center
- Soldotna Senior Citizens

A desk audit was conducted at the Sterling Senior Center.



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

Award Amount: \$44,869
 Ending: 30 June 2015

Financial / Progress Report

Submit Report To: **Project Name: FY15 Senior Grant Program**
 Brenda Ahlberg **Date: June 26, 2015**
 Community & Fiscal Projects Manager **Report No.: 4**
 Kenai Peninsula Borough **Quarter From: April 1, 2015**
 144 N. Binkley St., Soldotna, AK 99669 **To: June 30, 2015**

FINANCIAL REPORT: FINAL REPORT DUE ON OR BEFORE 15 JULY 2015

Cost Category	Authorized Budget	Expenditures from Last Report	Expenditures This Period	Total Expenditures to Date	Balance of Funds
Personnel	23,369.00	17,528.18	5,840.82	23,369.00	\$ -
Utilities	16,000.00	14,120.24	1,879.76	16,000.00	\$ -
Contractual	5,500.00	3,519.95	1,980.05	5,500.00	\$ -
		-	-	-	\$ -
		-	-	-	\$ -
		-	-	-	\$ -
TOTALS	\$ 44,869.00	35,168.37	\$ 9,700.83	\$ 44,869.00	\$ -

Payment Request \$ 9,700.63

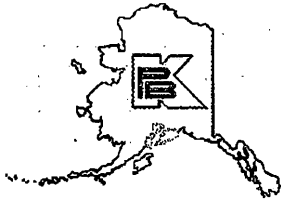
PROGRESS REPORT: Describe activities that have occurred during this reporting period. Describe any *small* challenges you may have experienced, any foreseen problems, and/or any special requests. Attach additional pages.

The Anchor Point Senior Center has Bingo with concessions every Friday night. We have dinner every Thursday night and a once a month all you can eat breakfast. We had a Veterans Eat Free Breakfast May 24th. We have a morning exercise class twice a week and a Monday evening Zumba class. We have a caregiver meeting the 3rd Tuesday of each month and a beautician coming in every week for haircuts. In June we had a Garage Sale. We have games and puzzles, Wii, cards and pool table for anyone who would like to play Monday through Friday and a once a month Quilter group get together that is open to the public. Independent Living comes in the 2nd Thursday of the month to help with Medicare, Senior Services and Social Security questions.

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: June 26, 2015

Printed Name and Title: Roberta Ness, President Board of Directors



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

GRANTS
 JUN 15 2015
RECEIVED

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

Award Amount: \$18,665
Ending: 30 June 2015

Financial / Progress Report PO55999

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

Project Name: FY15 Senior Grant Program
Date: June 1, 2015
Report No.: Four (4)
Quarter From: April 1, 2015
To: May 31, 2015 *FINAL*

FINANCIAL REPORT: FINAL REPORT DUE ON OR BEFORE 15 JULY 2015

Cost Category	Authorized Budget	Expenditures from Last Report	Expenditures This Period	Total Expenditures to Date	Balance of Funds
	\$ 18,665.00				
Personnel		11,052.00	2,753.00	13,805.00	\$ (13,805.00)
Transportation		2,532.44	383.60	2,916.04	\$ (2,916.04)
Insurance		165.00	-	165.00	\$ (165.00)
Utilities		1,218.06	211.36	1,429.42	\$ (1,429.42)
Supplies/Equipment		351.93	-	351.93	\$ (351.93)
		-	-	-	\$ -
TOTALS	\$ 18,665.00	15,319.43	\$ 3,347.96	\$ 18,667.39	\$ (2.99)

Payment Request *FINAL \$3,345.57* \$ 3,347.96

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.

This report marks the end of another year which was largely successful for the seniors of Cooper Landing area (inclusive of Moose Pass and Hope), thanks to the funds available from the Senior Grant for FY15. This fourth quarterly report for FY2015 which closes out the available funds reflects the ongoing support for our senior services. As usual, personnel costs are associated with administrative services including bookkeeping and clerical needs. Transportation costs are related to fuel and repairs on our two buses required to meet the needs of the seniors such as keeping medical appointments, shopping and various volunteer functions in the community. Utility costs serve to run the physical operation of the office and the bus garage housing our two vans. Supply costs were associated with the production of our quarterly newsletter – Senior Links.

Photos by Mona Painter included in the mailed narrative depict several activities this quarter as noted in the margins: quarterly meeting with Mitch Michaud featuring climate change on the Peninsula; proposed Dean Birmley memorial entryway and remembrance; trip to High Mark Distillery; transfer site cleaning; and outdoor activities related to keeping Snug Harbor Senior Haven housing operational.

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: *Ronald Sloan* Date: June 14, 2015
 Printed Name and Title: RONALD SLOAN PRESIDENT

Eagles View May 2015



Nana & visiting Sexy Sr.



Newly erected signage!



Visiting senior digging post holes for sign, Eagles View

5/12/15 CLSCCI General Meeting - M. Michaud, speaker



Remembering Dean Birmley
stalwart CLSCCI volunteer -




Monday Edition
Monday, March 2, 2015

Dean Birmley

Pastor Jim Peterson will officiate at the services for Dean Birmley on Thursday, March 5 at noon in the St. John Huermann Catholic Church on Snug Harbor Road in Cooper Landing. The burial will take place after the services. A potluck reception will be held after the burial in Helen Owen Commons, Eagles View senior independent living apartments off Snug Harbor Road at 19966 Campus Drive.

Dean was on his way to 100 years of age when he died February 25. He was a Sexy Senior Dumpster Cleaner and renowned for his amazing ability to recite Robert Service poems from memory. Dean lived in Eagles View for several years. Come and join Dean's sister, Ethel and her husband Red Holt with memories of Dean.



remembering good times w/Dean
Eagles View Commons

Senior excursion 6-1-15 to High Mark Distillery
and campfire comraderie at the Hutch after High Mark tour



6-1-15 Sexy Sr. Dumpster Cleaners
at work at transfer sites & cleaning buses!





KENAI PENINSULA BOROUGH
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GRANTS
JUL 10 2015
RECEIVED

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

Award Amount: \$33,045
Ending: 30 June 2015

Financial / Progress Report

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

Project Name: FY15 Senior Grant - Adult Daycare Prgm
Date: 06/30/15
Report No.: 4
Quarter From: 04/01/15
To: 06/30/15

FINANCIAL REPORT: FINAL REPORT DUE ON OR BEFORE 15 JULY 2015

Cost Category	Authorized Budget	Expenditures from Last Report	Expenditures This Period	Total Expenditures to Date	Balance of Funds
Personnel	\$ 22,000.00	\$ 18,170.99	\$ 3,829.01	\$ 22,000.00	\$ -
Training	\$ 1,500.00	\$ 1,500.00	\$ -	\$ 1,500.00	\$ -
Supplies	\$ 9,545.00	\$ 8,554.66	\$ 990.34	\$ 9,545.00	\$ -
TOTALS	\$ 33,045.00	\$ 28,225.65	\$ 4,819.35	\$ 33,045.00	\$ -

Payment Request	\$ 4,819.35
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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.

During the 4th quarter Forget-Me-Not (FMN) Adult Day Program continues the focus on providing the Active Living Approach to all aspects of the programming at the FMN center. The Elders are expressing enjoyment at attending FMN with engaging in exciting and stimulating activities by, looking forward to interacting with their friendships that have formed, experiencing the high energy in a home like atmosphere and looking forward to attending FMN. This quarter brought sorrow with the decline in health of several Elders, which has decreased their attendance at FMN or concluded with being discharged due to the decline in health or not needing Adult Day services at this time. FMN has experienced enjoyment with providing Adult Day services to 2 new Elders.

Forget-Me-Not has the opportunity to contract with Mary Sharp of the Edcon Group and Cathy Stingley of Thoughtful Therapies. They continue to provide support to the FMN programming, staff and administration through monthly calls or visits to the center and sharing new ideas. FMN has utilized the strategies and theories that these ladies have provided to the staff and are utilizing in the activities and engagement with the Elders. The Elders are expressing enjoyment and look forward to participating in stimulating activities.

Cathy brings extra talents; she has participated with the FMN band by playing her fiddle for the Elders.

Monthly the Forget-Me-Not Adult Day program is reaching out to the senior population by publishing a community resource flier, hosting events and providing activities at the center and out in the community, to help the Elders stay involved and to provide information out in the community regarding the FMN Adult Day programming. FMN has focused on reaching out to the large Assisted Living Facilities by providing stimulating activities and FMN Adult Day services information to residents. This outreach has proven to be effective with the result of several residents now attending FMN, and expressed interest by several residents to potentially attend. FMN participates in community outings monthly; FMN regularly partners with the Kenai Senior Center (KSC). The KSC bus picks up the Elders and staff at FMN and participates in lunch and Bingo at the KSC once a month. The Activity Coordinator and Program Manager also plan on at least one other outing in the community.

In April, Forget-Me-Not provided outreach to the following Assisted Living Facilities (ALF), Harbor Lights and Riverside. FMN presented Music Animal Bingo; this brought a twist to Bingo with the title of the animal songs in the squares and being played like normal Bingo. Responses from the residents were very positive with being fully engaged and expressing enjoyment in the activity. The Administration and Staff of the ALF's expressed desire for FMN's return. FMN also hosted the monthly local Interagency Meeting which is comprised of other non-profit organizations; a light lunch was provided along with a presentation of the Adult Day programming, few of the members stayed afterwards and watched the Elders' participate in activities, the members commented positively of the Adult Day Programming.

May's outreach efforts were presented to Charis Place and Riverside (ALF's). FMN presented Music Twister. Each Twister circle had a song genre; examples being Honky Tonk, Golden Oldies, Grub, Silly Songs, Transportation, etc. The residents expressed enjoyment along with being fully engaged of the concept of the activity. The Elders participated in the Mother's Day lunch at the KSC. FMN had made corsages for the women to wear at the luncheon and the KSC had made pins for them also. FMN has partnered with the Kenai Peninsula Family Caregiver Support Program and hosted the first support meeting. This was a very successful meeting with a large number in attendance; plans are to provide another meeting in the near future.

The month of June was a very busy month, with outreach efforts at Riverside and Charis Place ALF's. FMN Program Manager, Activity Coordinator, one (1) staff along with one (1) Elder presented the activity of Sing or Dare. The residents thoroughly enjoyed this activity with more residents joining in as the activity progressed. The Elder interacted with the residents and all expressed enjoyment for the activity. Several of the residents expressed a desire to attend FMN. The outreach efforts continue to include presenting programming information to Personal Care Assistance (PCA) and Consumer Directed Personal Care Assistance (CDPCA). FMN was able to schedule presentations to Genacta and ResCare Homecare. FMN participated in the Frontier Community Service's World Series. FMN opted out of participating in the Father's Day lunch at the KSC to attend. The KSC bus transported the Elders and staff to this event and the Elders enjoyed watching the participants play along with cheering for one of their fellow Elders. After the World Series, the KSC bus took a detour to Dairy Queen and a scenic ride back to the center. FMN is a member of the National Adult Day Services Association and they provide information webinars. The Program Manager participated in the webinar on Lewy Dementia. Information that is gathered from these webinars are given to the staff through monthly meetings. Also this month we received training from the Kenai Fire Marshal, who presented safety practices during natural disasters and all other emergencies. During this month, FMN has been piloting a transportation program for Elders that attend FMN who are unable to attend due to

lacking natural supports, funding, and proximity to the center. An assessment is made and if they meet the criteria they are able to participate in the transportation which is being provide two (2) days a week. Two (2) Elders are utilizing the transportation program.

During the next fiscal year Forget-Me-Not will continue their ongoing goal of being more involved in the community by participating in activities with other elders outside of the center, focusing on outreach, and providing information of the FMN Adult Day programming.

Forget-Me-Not goals for this upcoming quarter will be: 1) Focus on elders who do not have the natural supports in place by educating and assisting them in obtaining services and funding sources that are available to them; 2) Continue to enhance and refine lesson planning activities with a focus on the Active Living Approach and Person Centered Planning with incorporating strategies and theories that Mary Sharp and Cathy Stingley have provided; 3) Implement more support to the family members and caregivers by providing a quarterly meeting that will include individuals in the community; 4) Plan nightly activities for the Elders to participate in once a month which will include invitations out in the community, for the purpose of socialization with their peers and respite for the caregiver.

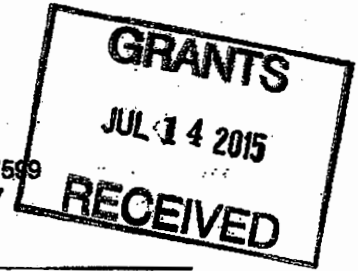
Grantee Certification: I certify that the above information is true and correct, and that expenditures have been made for the purpose of, and in accordance with, applicable grant agreement terms and conditions.

Signature: Amanda Faulkner Date: 7.10.15

Printed Name and Title: Amanda Faulkner, Executive Director



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



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

Award Amount: \$132,668
Ending: 30 June 2015

Financial / Progress Report

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

Project Name: FY15 Senior Grant Program
Date: 13 APRIL 2015
Report No.: 3
Quarter From: 3
To: BRENDA AHLBERG

FINANCIAL REPORT: FINAL REPORT DUE ON OR BEFORE 15 JULY 2015

Cost Category	Authorized Budget	Expenditures from Last Report	Expenditures This Period	Total Expenditures to Date	Balance of Funds
Personnel	99,501.00	58,762.68	25,259.86	84,022.54	\$ 15,478.46
Transportation		-	-	-	\$ -
Contractual/Utilities		-	-	-	\$ -
Supplies	33,167.00	15,796.26	4,181.66	19,977.92	\$ 13,189.08
Equipment		-	-	-	\$ -
TOTALS	\$ 132,668.00	74,558.94	\$ 29,441.52	\$ 104,000.46	\$ 28,667.54

Payment Request \$ 29,441.52

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.

Provided for wages and for food for the Food Service Department. Meals were served to the senior population, adult day services and the meals on wheels program.

Daily, we face the challenge of serving quality meals with antiquated kitchen equipment and dining room floor that was poorly constructed. The underlayment of the flooring is press board and flooding has caused damage.

Between 1-1-2015 and 3-31-2015 we provided nutritious meals to 269 seniors, a total of 3139 meals. This is the first step in preventive medicine. Our menus follow the DASH diet, devised to reduce High Blood Pressure. (see attached DASH—Daily Nutrient Goals)

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 Kelley Date: APRIL 13, 2015

Printed Name and Title: Keren Kelley, Executive Director

Daily Nutrient Goals Used in the DASH Studies (for a 2,000-Calorie Eating Plan)

Total fat	27% of calories
Saturated fat	6% of calories
Protein	18% of calories
Carbohydrate	55% of calories
Cholesterol	150 mg
Sodium	2,300 mg*
Potassium	4,700 mg
Calcium	1,250 mg
Magnesium	500 mg
Fiber	30 g

HOMER SENIOR CITIZENS, INC

<u>CHECK NUMBER</u>	<u>DATE</u>	<u>VENDOR</u>	<u>AMOUNT</u>
NTS ELEC01137	2/3/2015	Food Service of America	3,542.69
NTS ELEC01135	1/30/2015	SYSCO	838.97
			4,181.66
NTS	1/15/2015	PAYROLL	8,988.96
NTS	1/31/2015	PAYROLL	8,125.44
NTS	2/15/2015	PAYROLL	8,145.46
NTS	02/30/2015	PAYROLL	
NTS	3/15/2015	PAYROLL	
NTS	3/31/2015	PAYROLL	25,259.86
	SUB TOTAL		<u>29,441.52</u>
	AMOUNT FOR REIMBURSEMENT		<u>29,441.52</u>



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GRANTS
 JUL 08 2015
RECEIVED

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

Award Amount: \$132,668
Ending: 30 June 2015

Financial / Progress Report

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

Project Name: FY15 Senior Grant Program
Date: July 8, 2015
Report No.: 4
Quarter From: 4
To: BRENDA AHLBERG

FINANCIAL REPORT: FINAL REPORT DUE ON OR BEFORE 15 JULY 2015

Cost Category	Authorized Budget	Expenditures from Last Report	Expenditures This Period	Total Expenditures to Date	Balance of Funds
Personnel	99,501.00	84,022.54	15,478.46	99,501.00	\$ -
Transportation		-	-	-	\$ -
Contractual/Utilities		-	-	-	\$ -
Supplies	33,167.00	19,977.92	13,189.08	33,167.00	\$ -
Equipment		-	-	-	\$ -
		-	-	-	\$ -
TOTALS	\$ 132,668.00	104,000.46	\$ 28,667.54	\$ 132,668.00	\$ -

Payment Request \$ 28,667.54

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.

Provided for wages and for food for the Food Service Department. Meals were served to the senior population, adult day services and the meals on wheels program.

Daily, we face the challenge of serving quality meals with antiquated kitchen equipment and dining room floor that was poorly constructed. The underlayment of the flooring is press board and flooding has caused damage.

Between 4-1-2015 and 6-30-2015 we provided nutritious meals to 335 seniors, a total of 6007 meals. This is the first step in preventive medicine. Our menus follow the DASH diet, devised to reduce High Blood Pressure. (see attached DASH—Daily Nutrient Goals)

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: Keran Kelley Date: July 8, 2015

Printed Name and Title: Keran Kelley, Executive Director

HOMER SENIOR CITIZENS, INC

	<u>CHECK NUMBER</u>	<u>DATE</u>	<u>VENDOR</u>	<u>AMOUNT</u>		
NTS	ELEC01287	6/30/2015	Food Service of America	3,524.12		
NTS	ELEC01279	6/23/2015	Food Service of America	8,698.47		
NTS	ELEC01259	6/4/2015	Food Service of America	4,373.07		
			less amount over Grant Amount	(3,406.58)		
					13,189.08	13189.08
NTS		4/15/2015	PAYROLL	9,229.52		
NTS		4/30/2015	PAYROLL	6,248.94		
					15,478.46	15478.46
		SUB TOTAL		<u>28,667.54</u>		
		AMOUNT FOR REIMBURSEMENT		<u>28,667.54</u>		



KENAI PENINSULA BOROUGH

Financial / Progress Report

FROM: City of Kenai
KPB ACCOUNT: 100.62130.KENSR.43011

Contract Amount: \$126,207
Ending: 06/30/2015

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

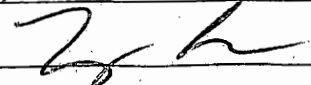
Project Name: KPB Senior Grant Program
Date: 07/10/2015
Report No.: #4
Quarter From: 04/01/2015
To: 06/30/2015

FINANCIAL REPORT: Attach the expenditure statement by fund, indicating the grant revenue and approved budget expenditures year-to-date for this report.

Cost Category	Authorized Budget	Expenditures from Last Report	Expenditures This Period	Total Expenditures to Date	Balance of Funds
Personnel	73,633.00	73,633.00	.00	73,633.00	.00
Travel	938.93	938.93	.00	938.93	.00
Facility/Other	26,055.07	26,055.07	.00	26,055.07	.00
Supplies	25,580.00	25,580.00	.00	25,580.00	.00
TOTALS	126,207.00	115,267.74	.00	126,207.00	.00
Funds Requested for Reimbursement					.00

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

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:** 7/13/15

Printed Name/Title: Terry Eubank, Finance Director

City of Kenai-Kenai Senior Services
Progress Report to Kenai Peninsula Borough
4th Quarter Progress Report ending June 30, 2015

This quarter, the Director attended a City of Kenai budget work session, two City Council meetings, six department head meetings, two senior resident housing meetings, two senior center staff meetings; one meeting included a training on "Grief and Loss," facilitated by Hospice, the other was to plan and coordinate for the 4th of July fundraiser picnic. She completed writing and submitting the NTS (nutrition, transportation and services) grant, Borough grant, United Way grant, and the ConocoPhillips Summer Program grant. The Director attended the Allocations United Way Meeting where she presented information on the Kenai Senior Services and the programs they offered. She has been coordinating discussion with Forget Me Not Adult Day Service to attempt to coordinate some type of transportation for their clients. Currently, we provide transportation so their clients can visit the senior center at least once a month for lunch. We also provide transportation on occasion to Charis Place Assisted Living in Kenai, so clients can come to lunch and play pinochle.

During this quarter she assisted a client and family with the hospital to seek care for the client after a stroke. When the stroke occurred, not all the client's family members were available, so she was able to provide paperwork reflecting POA and contact information so the family could be informed on their mother's condition.

This quarter, we said good bye to our outreach worker, who retired and moved to Colorado. Director hired a new outreach worker. During June and July, the new outreach worker is met seniors at lunch, visited home meal clients, and residents in two assisted living homes.

The Director is currently planning and coordinating with the Activity/Volunteer Coordinator to provide a two day state wide training facilitated by The National Council of Activity Professionals. The first day of training will be dementia training and hands on training for senior age appropriate activities, the second day will include training on Eden Alternative, and activities for seniors. We are very fortunate to provide this training opportunity and provide it on the Kenai Peninsula. This is the second time in 30 years, this type of training for professionals has occurred in Alaska that focuses strictly on senior activities. The training will provide continuing education credits for participants having the desire to work toward a certification as an Activity Director in the senior activity field, and hopefully creates interest in establishing a state association.

This past quarter, the facility was rented three times for weddings. We provided space for a senior to celebrate his 80 birthday and we provided space for a senior's "Celebration of Life." Both seniors are (were) very active at the senior center.

Our volunteers are the backbone of the senior center. They provided 2,250 volunteer service hours to our senior center. We could not provide the programs we do, without our dedicated volunteers.

There were five special events this quarter. We celebrated both Mother's and Father's Days with a luncheon and stories of our moms and dads. A tasty luncheon was prepared and served to the seniors. Mother's Day was attended by 95 seniors and Father's Day 80 seniors participated. Many stories funny, sad and inspirational were shared about moms and dads and

seniors brought pictures to share. Both days were wonderful days to reminisce. Peninsula Community Health Services visited the center in May. They provided a booth with information on services they provide and gave a short talk at lunch about what they offered and after opened it up for questions and answers. 32 seniors present. The weekend before Memorial Day a special ceremony was held honoring our past veterans. 42 seniors attended and lunch was served afterward. Again, pictures of family members who had been in the services were exhibited and honored. Then the end of May we participated in the National Senior Health and Fitness Day. 40 seniors came and participated in our event. We held an open house and demonstrated various exercise programs both physical and mental programs where seniors could come and participate. There were various breakfast snacks, fruit smoothies, vegetable "green" drinks, and Missy's famous veggie soup were served. We provided "samples" of line dancing, strength training, video exercise, tai chi, stamp crafting, beading, Nordic walking dog therapy, square dancing, bluegrass music, and guitar class. Many who were in attendance were already members, but they were able to "sample" classes that they usually did not attend and visit with a different group of peers. Health and fitness are staples in our activity schedule. Nationally, this "day" was the largest attended annual event ever across the nation that was held locally in every state. We are already planning for next year! The last special event held this quarter was the annual Kenai Peninsula area wide picnic. This year it was held at our senior center. Seven Kenai Peninsula communities participated in this event! Each helped provide a part of the BBQ, Conoco Phillips donated a tent, and Hobo Jim entertained! A great time was had by all. There were 210 seniors from across the Peninsula that participated this year.

Two days a week, a retired registered nurse volunteered in doing blood pressure checks. Over the quarter, 135 seniors had blood pressure checks. Nine seniors had summary cards that were completed for their physicians, two seniors were encouraged to see their doctor, and after many discussions with seniors, the nurse writes a monthly article for our Centerline Newsletter. Seniors are very happy to have this opportunity.

We have many different activities that provide a different stimulation and affect the body and mind various ways. Empowerment activities provide an opportunity for self-respect, personal responsibility and offers a choice. Many types of activities we provide empower our seniors; from choice of going on outings, to choosing to dance, or play an instrument, to exercising. Some activities are considered maintenance. These activities promote physical, cognitive, social and emotional health and the other type of activities are supportive. These activities provide stimulation for those who cannot benefit from empowerment or maintenance activities. As the activity coordinator plans activities she strives for a balance of a well-rounded program to meet needs and not just the desire of what a senior would like.

This quarter we provided nine mystery drives with 23 seniors that participated and of the 3 were new participants. These drives were two to three hours each going and visiting various locations on the Peninsula with the final stop for ice-cream before coming home. The driver picks the location and does not divulge the itinerary until the day of the trip. Some of the trips have been to Norman Lowe's Gallery, learning to shoot a bow, traveling to Russian River and Skilak Lake Road. These are just a few of the trips. The driver picks and chooses his route. He is very knowledgeable of the area and shares information, a little history, a little geology, and maybe a chat with someone on the road. The other 2 trips were day trips; one was to Seward where 12 seniors had lunch at the Seward Senior Center and the other trip was to

Cooper Landing to have lunch with the seniors there, to see their housing complex and listen to a senior meeting. Eight seniors participated in going to Cooper Landing.

This quarter we have started three new activities. Nordic walking, square dancing and guitar lessons. Nordic walking had 12 participate 35 times, and 18 participates learned square dancing moves and participated 7 times. With the good weather, the Nordic walkers have gone outside and walk around Kenai.

Our music activities added the guitar lessons. 20 participated 13 times. They also come to blue grass and play with the other musicians for practice. Over the quarter, 256 seniors attended blue grass, of those 29 were "new-bees" and they participated 11 times. There were 36 participants with one new participant, who played in our Bell group. They practiced and entertained 17 times. When they entertain they visit Heritage Place and Forget Me Not Adult Day Service. The Singspiration group meets once a month and there were 24 attendees. A senior and his wife leads the group in praise singing. Our line dancers practice twice a week and entertain as well. This quarter there were 27 attendees and 25 opportunities to dance. They practice at the recreation center in Kenai and entertain at Heritage Place.

Each week, a certified dog therapist visits the senior center. She is a senior and brings her two shelties. They sit in the "fireplace" room and this quarter visited with 44 seniors. The dogs are kind and gentle and have been trained to sit and allow the seniors to pet them. They bring joy to the lives of the seniors. Many seniors do not have pets anymore and animals provide support, companionship and love to the seniors.

In times past, seniors would come for lunch and stay for activities afterward. We are discovering that seniors are picking and choosing their activities. They are being empowered to make choices. A time of day that we have invited seniors in, is early in the morning for coffee and reading the newspaper. We have many men that come to the senior center after walking and or exercising, to have male companionship, talk about current events or what to plant in their garden. This past quarter, 154 seniors participated in morning coffee, and of those 23 were new participants. They came 51 times this quarter to have coffee and visit with each other.

Seniors come to the senior center for education and information. We provided 83 seniors with 12 opportunities to seek information concerning social security, Medicare and learn and ask questions about various senior issues this quarter.

Exercise and physical wellbeing continues to be a highlight for many seniors seeking various forms of exercise. Our weight resistance class, "Strong Bodies," saw 100 seniors with 6 of those being new comers who exercised 38 times this quarter. 35 seniors, 4 of those being new participants exercised to an early morning video 38 times this quarter. Then, 58 (of those 6 were new participants) participated in Tai Chi 27 times. This quarter, 47 with one new person participated 26 times in early morning water walking. The group travels early in the morning to the Nikiski Pool twice a week to water walk.

As well as physical wellbeing, we provide cognitive exercises through various card games, writers group, Spanish, and dominoes. Each one challenges the brain in a different way. They all provide cognitive health. Pinochle continues to grow. Over the quarter, there were 99 seniors of those, 15, were newcomers that participated 24 times playing pinochle. When they are not at the Kenai Senior Center they travel once a week to have lunch and play pinochle at the Nikiski Senior Center. Bridge has always been a strong group. Again this quarter, we saw 58

seniors participate 13 times with 3 newcomers. Both games are games of strategy. Bridge players are always ready to teach someone, once you learn, I understand you are hooked! There is a group of 58 seniors this quarter that played dominoes 13 times, 19 seniors played Tripoli 13 times, and 9 seniors participated in "Hand n Foot" 10 times. These card games promote social interaction, skill, slows deterioration of cognition, fine motor skills, and enhances a senior's quality of life.

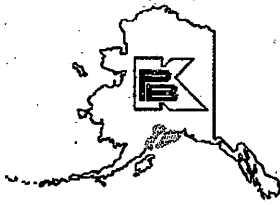
Last but not least, is our Writer's class and Spanish Class. The writer's group is a very creative class with 29 seniors that attended class 13 times. Each person in this class writes outside of class, shares his or her writing in class and is critiqued. Some members have agreed for their stories to be placed in the "Centerline newsletter. The Spanish class met in April, May and June with 27 members, of those 3 being new and attended class 16 times. They are taking a vacation for July and August.

We have various seniors using the computer room to check up on their Facebook pages, email and check bank balances, and seniors bring their own projects into the craft room to use the sewing machines.

All of the activities provided at the senior center provide an opportunity for self-growth, choice and self-respect.

Not only is our activity program growing but so is the meal program. This past quarter we served:

Congregate Meals:	3,646
<u>Home Meals:</u>	<u>6,312</u>
Total Meals:	9,958



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GRANTS
JUL 17 2015
RECEIVED

FROM: Nikiski Senior Center
KPB ACCOUNT: 280.63190

Award Amount: \$52,981
Ending: 30 June 2015

Financial / Progress Report

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

Project Name: FY15 Senior Grant Program
Date: 7/15/15
Report No.:
Quarter From: 4/1/15
To: 6/30/15

FINANCIAL REPORT: FINAL REPORT DUE ON OR BEFORE 15 JULY 2015

Cost Category	Authorized Budget	Expenditures from Last Report	Expenditures This Period	Total Expenditures to Date	Balance of Funds
Personnel	52,981				\$ 52,981.00
Transportation					\$ -
Contractual					\$ -
Supplies					\$ -
Equipment					\$ -
					\$ -
TOTALS	\$ 52,981.00	-	\$ -	\$ -	\$ 52,981.00

Payment Request \$ -

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.

We have had a couple changes in personnel over the last quarter. At this time we are looking for a new Assistant Executive Director and Activities Coordinator.

This quarter we also had Board training and Management training for the staff from Forakre.

I have attached a breakdown of how we are spending our Borough money by month.

Our Medicaid Meals on wheels have dropped down to 15 meals per day. We are looking at ways to increase delivered meals in our area.

We are in the beginning stages of building a garage for the Island Lake center. The Board of Directors has voted and put the Island Lake center up for sale.

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: Submitted electronically

Date: 07/17/15

Printed Name and Title: _____

