



SENIOR SERVICES ANNUAL REPORT

2019



The Senior Activity Center of Sheboygan



The Senior Activity Center of Sheboygan (SACS) is supported by the City of Sheboygan and the Friends of the Senior Activity Center of Sheboygan, a 501(c)(3) non-profit organization. These two entities provide the organizational structure, as well as the financial supports for staffing, maintenance, and programming. Each entity is essential for the success of the organization.

Senior Activity Center of Sheboygan Commission

Barb Felde - *Aldersperson*
Jeanne Bogardus - *Chair*
Samy Yang - *Vice Chair*
Sue Garski
Laura Gumm
Robert Helminiak
Rich Miesfeld
Canace Pitts
Evelyn Prevenas

Friends of SACS Board of Directors

Scott Johnston - *President*
Alison Petri - *Vice President*
Connie Koenig - *Treasurer*
Jane Brill - *Secretary*
Laura Gumm
Lisa Hurley
Wendy Jacobs
Andrew Jakus
Cesar Lemus
Marilyn Montemayor
Derek Muench

OUR MISSION

Providing dynamic social opportunities which promote wellness, learning, and recreation for active seniors.

OUR VALUES

- * **RESPECTFUL** – We believe in the inherent value of all people.
- * **WELCOMING** – We support an environment that is inclusive and inviting.
- * **PURPOSEFUL** – We provide experiences which inspire members and guests to use their talents to the best of their ability.
- * **RELATIONAL** – We encourage opportunities to maintain and develop new friendships.
- * **ACCESSIBLE** – We foster an environment that is inclusive and accessible to people of all abilities.

The Staff



Vicky Schneider
Director of Senior
Services
~ City Staff ~

Senior Services is a newly established department within the City of Sheboygan. While it may be the smallest department within the City of Sheboygan's structure, it serves one of the largest, and growing, populations of adults over the age of 55 in and around the community. The Senior Services Department strives to dismantle stereotypes about aging, while providing a safe and encouraging environment which welcomes people of all ages.

2019 was a year of transition at the Senior Activity Center of Sheboygan. Wendy Schmitz, the Senior Activity Center Supervisor, retired after 13 years of dedicated service to the community. Wendy provided a strong foundation of programming and volunteerism within the center. The current leadership team continues to build on that foundation, by establishing dynamic programming that will be relevant and engaging long into the future.

Of course, this work cannot be accomplished without support from others. This report celebrates the essential relationships with members, volunteers, program leaders, staff, and community partners. It is my hope that you are inspired and encouraged by this report. It is my privilege to share it with you.

Sincerely,

A handwritten signature in cursive script that reads "Vicky".

Vicky A. Schneider
Director of Senior Services



Wendy Schmitz
Supervisor
Retired 2019
~ City Staff ~



Melissa Wolf
Operations
Coordinator
~ City Staff ~



Rachel Conery
Program
Coordinator
~ Friends Staff ~



Vicky Lynn Meyer
SACS Cafe
Manager
~ Friends Staff ~



Steve Gosse
Custodian
~ City Staff ~

The Volunteers

Volunteers provided thousands of hours leading educational, recreational, artistic, and fitness programs that enhance the lives of seniors in our community. Volunteers also delivered our free monthly newsletter to a variety of locations throughout Sheboygan County. The Reception Desk is 100 percent volunteer based.

Jackie Barbeau
Susan Baumgart
Liz Burchinal
Pat Chokel
Ari Clarke-Millard
Jon Doll
Bonnie Feld
Ron Feld
Sue Garski
Cathy Gierke
Chuck Goetz
Diane Hackbarth

Tom Hebel
Jodell Henning
Mary Koczan
Ann Kraft
Jane Lang
Marge Mattern
Marilyn Montemayor
Ron Mueller
Marlis Nonhof
Mary Nowacki
Georgia Otto
Jay Parsons
Dan Pawasarat

Mary Ann Perl
Candace Pitts
Betty Rather
Jan Rather
Evelyn Regan
Chris Riley
Felicia Rosland-Reindl
Carol Saeger
Joann Salas
Mary Ann Schellinger
Pete TenPas
Bob Van Der Slice
Connie Vandre

A great many more volunteers gave of their time to assist with special events and day to day projects throughout the center. The Center could not function without them and are thankful for their support.

Thank you to the many individuals who give of their time to help the SACS staff continue to encourage older adults to be active and engaged in their community.



Betty Rather, Wendy Schmitz, Jan Rather, and Vicky Schneider showcasing completed fidget blankets made at SACS and donated to local dementia care facilities.



Bonnie Feld demonstrating the finer points of wool spinning on a wheel.



Jackie Barbeau, Carole Lawrence, Marilyn Montemayor, and Terrie Snow talking rhubarb and ricotta cheese at a cooking class.

The Statistics

Friendship Program ~ Over 700 Strong

Visits in 2019 ~ Over 24,000 Strong

Average Daily Visits ~ Over 100 Strong

Annual Program Hours ~ Over 5,000 hours

Average Fitness Class Attendance ~ Over 25 per class

Average Weekly Program Attendance ~ Over 15 per program

AARP Volunteer Tax Prep ~ 6 community volunteers prepared over 450 returns

At the end of 2019, a new software system was purchased by the Friends of SACS to provide accurate membership and participation data in 2020.



Livable Sheboygan work plan submitted and accepted by the AARP Livable Communities Initiative.



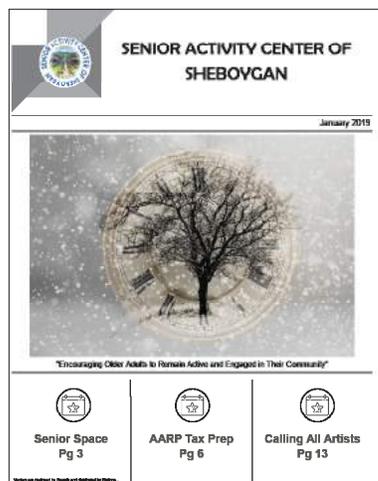
LIVABLE
SHEBOYGAN
a community for all

Organization Memberships & Partnerships

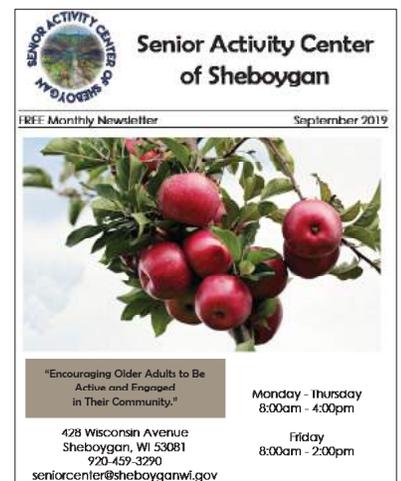


Branding

- Redesigned Monthly Newsletter
- New and Improved Website
- New Social Media Emphasis



January 2019 Newsletter



September 2019 Newsletter

New Programs

City Department Store Talks

Monthly program invites community members to engage with City of Sheboygan leadership.



Darrell Hofland
City Administrator
~ July 2019 ~



Garrett Erickson
Director of Mead Public
Library
~ August 2019 ~



Tim Bull
City Forester
~ September 2019 ~



Derek Muench
Director of Transit and
Parking
~ October 2019 ~



Eric Montellano
Fire Chief
~ November 2019 ~



David Biebel
Director of Public Works
~ December 2019 ~

Each month attendance at the City Department Store Talks grows. This is an opportunity for residents to engage in thoughtful and respectful dialog with city leaders.

New Programs



Bocce Ball

As the weather started to warm up, SACS participants ventured outside for a weekly game of bocce ball.



Healthy Feet Foot Care Clinic

In October, Lisa Taylor, RN added SACS to her roster of locations for her Healthy Feet Foot Care Clinic. Clients receive toenail trimming, toenail thinning, corn and callous reduction, and a chance to talk about foot concerns they may have - all for a lower cost than going to the podiatrist.



Older Americans Month

In May, SACS celebrated the artistic talents of its members with displays at Glas Coffee Shop, Mead Public Library, and Oostburg Library.

Fitness Programs

Rachel's Fitness Classes

In January 2019, the Friends of SACS hired Rachel Conery as the new Program Coordinator. Each week, Rachel teaches several fitness classes with specific focus areas and various levels of difficulty. Rachel's classes continue to grow, in part from the benefits that participants report and Rachel's fun-loving, can-do attitude. Rachel is certified to lead two evidence-based programs: Walk with Ease, which met for 10 weeks to focus on improving arthritic symptoms; Stepping On, which met for eight weeks focusing on falls prevention.



Always full of fun surprises, Rachel showed up for class dressed as a T-Rex!



Body Basics learned about exercises with a weighted ball.



Allegro went on the road to Jackson Elementary for Senior Health & Fitness Day.



Body Basics switched gears one day and learned all about how to do the hula!



On nice days, fitness classes move outside to enjoy the sunshine while getting their workout in.



Walk with Ease and Stepping On participants proudly display their graduation certificates.



Line Dancing had a fun treat when City Administrator Darrell Hofland stopped by to say thank you after their public "Happy Birthday Wishes" on our Facebook page.

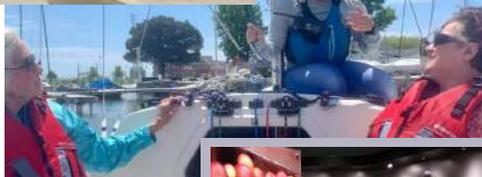
Travel

Day Trips

Reorganized Day Trip program saw continued growth thanks to affordable outings to different points of interest around the state!



Learning to sail the seas with SEAS.



During our Fiber and Sewing Road Trip we enjoyed a tour of Nancy's Notions' warehouse and chatting about fiber at Susan's Fiber Shop - where shoelaces are a delicacy for little lambs!



Studying up on the science of dairy farming at Farm Wisconsin Discovery Center.



Becoming one with the animals at the Milwaukee County Zoo.



Here we go again! Enjoying Mamma Mia! at the Palace Theater.



Aiming for a hole-in-one at Harbor Pointe Mini Golf.

Ellis Historic Neighborhood Block Party

Each year, SACS hosts the Ellis Historic Neighborhood Block Party. As a thank you for bringing a donated item for the annual partner charity, attendees received dinner, enjoyed games and live music, and had the opportunity to interact with members of our emergency services. The addition of a dunk tank manned by center staff and members of the United States Coast Guard proved to be a big hit with the younger generation.



Strategic Planning

In September, SACS hosted a 3-year Strategic Planning session facilitated by Mustard Seed Advisors.

This was a first-time collaboration with the Friends of the Senior Activity Center of Sheboygan, City Administration, Elected Officials, and members of the Senior Activity Center of Sheboygan Commission. Discussions included the recently completed ADA building assessment, the financial audit of the Friends, programming, building needs, aging stereotypes and the effect they have on SACS, and center growth.



The Best-est Asbestos Party Ever

The Friends of SACS hosted the Cut The Rug fundraiser in September to help SACS “cut the rug”, remove the carpet in the Great Room, and replace it with laminate flooring. New flooring provides safer footing for fitness classes and an opportunity for new programming, such as pickleball. The 30 day fundraiser brought in **\$10,000!** Delays in the project happened when our old friend asbestos appeared under the old flooring.

Not to be deterred, staff and volunteers re-themed our celebration as The Best-est Asbestos Party Ever, complete with a special performance by SACS staff members, Melissa and Rachel!



Abatement in process!



Classic Racket provided great tunes to dance the night away!



SACS staff preparing for their rendition of the “Safety Dance”.

Annual Holiday Brunch

The 2019 Friends Only Holiday Brunch had us looking to warmer weather with our Holidays in Hawaii theme. Over 275 Friends came to celebrate dressed in their Hawaii'an best. City Administration, Elected Officials and volunteers took time out to join the fun. The Raging Grannies entertained us with carols including mele kalikimaka. In the spirit of a new SACS party tradition, Melissa and Rachel reenacted the 12 Days of Christmas, complete with costumes.



"A Parrot in a Pear Tree, Kakaw!"



Huge thanks to many of our community partners for providing and serving brunch.



Community Partnerships

Thank you to all of SACS' community partners who help to provide engaging programming, volunteer your time, and contribute financial support to the SACS.

We could not do what we do without you.



- Aging & Disability Resource Center (ADRC)**
- Alliant Energy**
- Aurora Health Care**
- Boys and Girls Club of Sheboygan**
- Ellis Historic Neighborhood Association**
- John Michael Kohler Art Center (JMKAC)**
- Masters Gallery**
- Meadow View Health Services**
- Morningside Health Services**
- Novo Counseling**
- Pine Haven Christian Communities**
- Platinum Communities**
- Sharon S. Richardson Community Hospice**
- Sheboygan Area School District**
- Sheboygan County Historical Society**
- Sheboygan Health Services**
- Sheboygan Lutheran High School**
- Sheboygan Progressive Health Services**
- Sheboygan Senior Community**
- Sheboygan Service Club**
- Steimle-Birschbach**
- Thrivent Financial - Sheboygan County Team**
- United Way of Sheboygan County**
- Wisconsin Advantage Insurance Agency**
- Wisconsin Advisors**

