**Annual Meeting**

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**January 11, 2023**

**Annual meeting will be Jan 11th at 6 pm**

**A Caring Place**

**Board of Directors:**

Present:

Roxanne Cheney, MSN, CNAA Chair

Rev. Greg Tumey, Treasurer

Don Rapske, Secretary, VWC

Stacy Federico, Food Ministry

Pat Burke, Intake Specialist

Ann Mendenhall, Read On! Program

Rachel Eldridge, Movement Therapy-Meditation Classes

Liaison with Blue Grass Council of the Blind

Domitila Munoz: Diversity Coordinator

Bob Cook: Public Relations-IT

**Advisory Council**

**Associate Directors**

Rose Cheney Newsletter Editor: Present

Runnamokred@yahoo.com

**Associate Member**

Youth Movement Against Alzheimer’s

**Other**

Cheryl Clay Diversity Assistant

Rev. Ray Mendenhall (Chaplain) : Present

Dawn Webb (Social Media Manager)

**Guests**

Rev Laura Altman

Zadie Ryan

Sue Dosier

Karen Patros

**Opening Prayer and Areas of Concern: Don Rapske**

**Cheryl Clay**

**Tim Spaulding**

**Dennis Eley**

**A Quorum was present, so we are able to vote.**

**Mission Statement**: Recognizing that loneliness is an epidemic with adverse effects on physical and mental health, A Caring Place, a faith-based volunteer organization, takes an

intergenerational approach to building friendships with people over 60 years old or disabled and live in the Bluegrass region.

**Vision Statement**: We imagine a world where everyone feels loved,

**A Caring Place values:**

**Compassion** to others and ourselves.

**Friendships and relationships** which meet our need to belong.

**Hospitality** which opens the door to trusting relationships

**Respect** and dignity for all people, as their God given right.

I**nclusion**and **equity** in our culture so that all can feel a sense of fulfillment.

**Election of new officers and Directors**

Directors: 3 year terms

Don Rapske

Rev Greg Tumey

Rachel Eldridge

Officers:

Secretary-Don Rapske

Treasurer-Rev Greg Tumey

**Annual Financial Report and Budget** (see attached)

**Motion**: Patti Burke motioned to approve the financial report and the 2023 budget. Greg Tumey seconded. All present agreed. The motion was carried.

**Changes in volunteer leaders** in 2022 have been significant, and the Board has had to make frequent adjustments to maintain stability and progress towards goals. This has necessitated the merging of several committees such as Communications, Sustainability-Development, Education and Recruitment: all major and important committees as all related to last year’s goals. Despite this upheaval, the organization has maintained its balance and goal directed progress. Our progress, despite major staff changes, can be attributed to strong Board leadership and creative problem solving.

The changes are enumerated below:

1. Both Laura Dake and Jennifer Epperly have had to resign due to their unforeseen workload increases in their primary places of employment. Laura was instrumental in developing our bases for sustainability and exploring other revenue streams. Jennifer initiated our first Saturday Community Education presentations. Both leaders are missed. They have been replaced by two members from our Advisory Council, both Associate Directors: Ann Mendenhall and Patricia Burke who come with excellent track records of active participation in the Board’s mission.

2. Rev Ray Mendenhall remains on the Advisory Council as our chaplain but is no longer an Associate Director as his primary advocation as an ordained minister has demanded an increased workload.

3. Dawn Webb is no longer an Associate Director as her Church workload has dramatically increased with the increased outreach demands of the Church but will continue to support us through her maintenance of our social media page. At her request, she will remain on our Advisory Council.

4. Domitila Munoz has had to defer her responsibilities as the Diversity Coordinator for many months to finish her own schooling, but since November has been able to return and promises to assist with a revitalized Equity program.

5. Rose Cheney, our Newsletter Editor, has been approved by the Board as an Associate Director. Subscribers to our newsletter have increased from 145 to 175 in 2022 under her tutelage. We recently made changes in our newsletter to make it easier to maintain a monthly distribution.

6. Our YMAA Directors this year have all changed and are: Joseph Mitchell, President, Deep Patel VWC and educational coordinator, and Kotomi Yokokura Telephone Comfort Care Program Director

7. Bill HIles, Director-Treasurer passed away in May 2022 due to a chronic long-term condition. We continue to miss him and all he contributed to A Caring Place as a charter member of our organization. Don Rapske assumed the responsibilities of Treasurer until our annual elections in January 2023

8. Rev Sandy Stone, our consultant for group development passed away in Feb 2022, her dynamic and inspired leadership cannot be replaced. Pastor Laura Altman, the new priest for St Martha’s and Word of Hope has elected to not participate in A Caring Place but remains on the Leadership Council of St Martha’s and Word of Hope and receives our minutes and annual reports. Roxanne (Chair) Was on the Leadership Council of the Church and the liaison between the Board and the Church. Since she has resigned her membership in the Church, we need to establish official liaison lines between the Board and the Leadership Council. Established communication systems are being developed between Laura and Don Rapske (Officer on the Leadership Team and the Board).

9. Cheryl Clay, due to a serious chronic condition, has had to suspend her activities on the Advisory Council, and resigned her role as Volunteer Coordinator for new recruits. She hopes to be an active participant in the Advisory Council, as she assists in improving our diversity and inclusion program.

10. Bob Cook was appointed as a new Director and has had to quickly assume responsibilities due to the above changes. His skills and knowledge have helped to make this a smoother transition. He has volunteered for many tasks that have positively impacted our goals. We are very thankful for his presence on our Sustainability-Public Relations Task Force, the development of a Public Relations Flyer, and a spreadsheet which identifies all our past donors.

**Volunteer Hours** (Karen Patros) for 2021 (January through October): 4962.4, 2022 donated 4360 (Nov-Dec Not counted). This is a decrease in volunteer time which was donated. An analysis of our data per month, indicated this decrease was due to the decreased hours YMAA had donated in the past. YMAA, as previously noted, has had problems recruiting, which was due to several reasons per the YMAA officer leadership, including the decreased need to remain sheltered due to COVID, and the re-opening of many fraternities-sororities which are now competing for student time. ACP and YMAA consider this a serious situation, and ACP will try to recruit more volunteers from other groups which may be available during recruitment fairs we are invited to at the University. The YMAA students who are currently donating time are all very dedicated and enjoy providing care to those who are elderly and socially isolated. The YMAA officers have been outstanding in all the dedicated hours they have provided to not only direct care, but administrative care such as providing on going education for YMAA and ACP. We are fortunate to have these eager and willing students participate with us in delivering our Mission.

Total per Program includes all 12 months to date.



**Program Goals**:

1. **Virtual Welcome Center** (Don Rapske). As COVID has been decreasing, many outside activities have increased, and attendance at the VWC has dropped off. Additionally, YMAA has had difficulties in recruiting, and has recruited no one to the VWC this year. In 2021 we had an average attendance of 15-20 people meet twice a week for Zoom socialization and small group discussions. In 2022, we averaged 8.

However, the number of members taking a leadership role has increased from 4 to 8, and we have broadened the diversity of our program to include one session devoted to preparation for death and dying (the Death Café), and one session devoted to community education presentations. Deep Patel YMAA and Michael Ayersman ACP are the coordinators for this program. Through a partnership with the Alzheimer’s Association of Central Kentucky, we now have a presenter every quarter who trains and shares information on Alzheimer’s and the other Dementia’s, and a variety of other presenters ranging from the Kentucky State Behavioral Health to the local community elder abuse team, and PACE Navigators of the Blue Grass, et al.

**Goal**:

a. Re-opening. Will retain Zoom interface, but add one day on a recurrent basis

for in person gatherings. When we reopen would like to make it activity oriented, i.e.

watching a movie together, playing Bingo, crafts, or arts, etc. This was last year’s goal, but

not met, due to prevalence of COVID and safety concerns. Will be a continuing goal for

this year, with the hope we can open one day a month starting in March. Pastor Laura

affirmed this was a function of her Church, and provided a warm welcome.

b. Strengthen the intergenerational approach by seeking out other college students to

play a role in our organization (Patti Burke will initiate discussion with the Community

College Psychology Department)

**Long Term Boal** (2-3 yrs)

a. Continue to work with our participants to encourage them to join the VWC. Purchase

2 more laptops by April for use by our participants. Training can be done at the LSC, as

they do offer these classes and provide transport.

b. Develop an annual calendar for our education presentations on first Saturday every

month.

c. Partner with the Lexington Senior Center to see if they could link this group to their

program.

1. **Telephone Comfort Care Program**: (Patti Burke, Stacy Federico) Patricia Burke now Directs this program with assistance from Stacy and Roxanne. This remains our largest program, increasing from 52 phone participants last year, to 67 this year. A volunteer is assigned to one person to call 2-3 times a week. We currently have 77 participants in our program as compared to 65 last year at this time. This program is volunteer intensive. We have developed a friendship program to partner participants with each other.

We have developed an initial orientation for all new volunteers but need a volunteer coordinator to assure all are watching or reading, and assure all questions are answered.

**Goals**: a. Recruit a person to register new volunteers and welcome them to A Caring

Place.

b. Upload all orientation you tubes and reading material to the web.

c. Continue volunteer & participant classes: Death Café -monthly, Meditation-

weekly, Movement-weekly and Age related & Loneliness- monthly (first Saturday)

d. Continue support for those experiencing crises through prayers and cards, and

utilization of our Chaplain.

3. **Movement Therapy**: (Rachel Eldridge) Weekly classes led by Rachel Eldridge. Rachel

additionally has a second class of no-low vision participants via the Blue Grass Blind Council.

Rachel has integrated our participants from the Blind Council into our regular and recurring

Tai Chi-Stretching classes. These classes when practiced on a regular basis by the

participants significantly decrease loneliness induced stress and are a preventative.

intervention for all types of stressors.

**Goals**:

a. Develop You Tube shorts and Facebook Reels: subscribers will be included in attendance

b. Identify Zoom link on all publicity whether via flyers or online, so people can more readily

access our group. (Pastor Laura stated to monitor this carefully, as hackers are still

interrupting Zoom sessions and creating havoc)

c. All You Tube shorts or Reels will have a statement that provides day, time, and zoom link

to in person classes.

d. Rachel to obtain certification as an instructor

**Long Term Goal**

a. Increase attendance from 5 to 10

**Meditation Classes**: (Rachel Eldridge) Weekly free classes. 15 minutes. These classes when

practiced on a Regular basis by our participants significantly decreases loneliness induced

stress, and are a preventative intervention for all types of stressors.

**Goal**: a. Initiate podcasts

**Long Term Goal**:

a. Work with the Lexington Senior Center to see whether these classes can be

included in their programs.

1. **Read On! Program** (Ann Mendenhall): A Participant reads for 15 minutes to a 3rd grader once or twice a week on Zoom. This program is in 6-week increments, three times a year. We are currently partnered with Christ the King Elementary School, and Rosa Parks.

Sue Dozier affirmed the benefits for her of relating to children in this activity.

**Goal**: Recruit sufficient volunteers to initiate a program with the Tates Creek Community

Center

1. **Food Ministry Program**: (Stacy) We currently have budgeted for 20 participants who are in A Caring Place and below the Federal Poverty Guidelines with no other food resources. Stacy Federico recruits and coordinates drivers needed for this program. This ministry continues to be our largest need for funds, costing $29,000 in 2022. We appreciate the recurring provision of funds by Jan Carter that makes purchase of groceries possible.

**Goal:** Initiate ‘contacts’ when delivering meals

**Long Term Goal**: Explore other options for our food program (next 3-5 years). Stacy will initiate a task force to explore this further.

**Motion**: Greg Tumey motioned we accept all of our Program Directors short and long term goals. Bob Cook seconded. All present agreed. The motion was passed.

**Community Outreach Goals**:

1**. Increase networking and partnerships in the community**. (Roxanne)

**a.** Maintain Present partnerships.

* Word of Hope-St Martha’s Church, soon to be Grace United Lutheran Episcopal Church

Primary Sponsor

* Youth Movement Against Alzheimer’s (YMAA)
* Lexington Senior Center
* Kentucky Non-Profit Network
* Blue Grass Blind Council
* Lions Club of Lexington
* Faith ELCA Church of Lexington
* Elder Abuse of Lexington
* Alzheimer’s Association of Central Kentucky
* Blue Grass Aging Consortium
* Sequel Caterers LLC
* Henry Clay High School

b. Develop at least 1 partnerships with a community Church and enlist their willingness to become Associate Members on our Advisory Council.

**2. Improve and sustain our Marketing & Recruitment efforts**

**a. Develop a community presence through name recognition activities and marketing of our services and volunteer needs.**

Tabling Events: (Increase from 5 to 6) Presentations: (Add at least one presentation)

* Ice Cream Social for Word of Hope-St Martha’s Ice Cream Social,
* Christ the King RC Church Alzheimer’s Presentation,
* Silver Lexington (Blue Grass Blind Council) at Lexington Senior Center,
* University of Kentucky School of Information and Communication, and
* Elder Abuse at the Lexington Senior Center

**b. Maintain and grow our digital engagement with the community.**

* Increase visitors on our FB Page from 439 visitors to 500 visitors, and engagers from 152 to 200
* Increase newsletter subscription from 145 to 175, and an
* Develop an interactive Web Site via education podcasts and You Tubes for Orientation and On-going learning.

**c. Join at least one more organization in the community aligned with our mission**

* Blue Grass Aging Consortium
* Dementia Friendly Task Force
* Lions Club of Lexington

2. **Improving Diversity**: (Domitia Munoz, Greg Tumey, Cheryl Clay)

a. Maintain ethnic representation on our leadership and our participants reflective of residents in our community. Currently, our participants are 13% African Americans, 1 Latino, And 1 Indigenous American. Our Board and Advisory Council have 2 LGBT, 1 Jamaican American, 1 Latino, 4 senior citizens, and 1 disabled. Sixty six percent are women. The YMAA officers are 1 Indian American, 1 Japanese-American, and 1 White American.

b. Define and educate leadership on equity programs to model. At least 2 Board members or members of the Advisory Council will attend 1 workshops on Diversity-Inclusion in CY 23, and share with Leadership.

**Long Term Goal**:

c. Conduct one equity audit

d. Explore pathways to diverse groups in our community to increase our Latino population. Our hopes are to establish a Latino based Virtual Welcome Center, which will help newly immigrated to improve their identification with the wider American culture.

(i.e. neighboring church groups)

3. **Enhance Sustainability: (Don Rapske)**

a. Increase our non-Grant revenue source to 35% of our income

b. Increase our monthly income from the Round Up App to $250 (currently,

$165)

c. Identify one other method for receiving revenue.

d. Obtain two Grant Awards in 2023

4. **Enhance our knowledge of leadership (Self-Master), and improve our skills in relevant areas**

to better serve our participants

a. Become certified as a Dementia Friendly Organization in the city of

Lexington

b. Strengthen our organization development via a leadership study in the

field of group processes

c. Maintain our First Saturday Education Presentations to the Community

d. Encourage an awareness and normalcy of death via the Death Café

**5. Continue to grow our relationship program by continuously assessing and addressing the needs of our participants.**

a. Increase our engagement with our participants during the Christmas-New Year Holidays to provide more support. Actions suggested are:

* develop a task force by June comprised of the ordained leadership on our team and any interested others to develop a hybrid Blue Christmas Service for our participants and volunteers who belong to A Caring Place on Dec 16 in the afternoon.
* Market this event to the community and invite others.
* Continue to send Holiday cards to all our participants,
* Finally, we will take a more active role on Dec 25th to contact our participants and volunteers and wish them a Merry Christmas.

b. Initiate regular letters to all our participants to let them know we care, and they

belong to A Caring Place (Karen Patros).

**Motion:**  Don Rapske motioned to accept all of our Community Outreach Goals. Ray Mendenhall seconded. All present agreed. The motion was carried.

**Summary:**

Our financial picture looks healthy for the near future; however, we need to seriously address our food ministry costs.

Our focus on our mission through goal setting is a major strength of our non-profit, and helps us to continuously move forward.

**Closing Prayer**: We have been blessed by God to continue our ministry to those who need us, the Spirit continues to move within our group. We pray for more discernment and knowledge to call more people to our ministry. Volunteers, and participants continue to be one, as we all are seeking others and God in our lives. We are ‘guests’ in God’s ministry on earth.

Please, oh Creator of All, continue to show us your grace and mercy so that we might help others.

Amen.