



2022 ANNUAL REPORT

ST. JOHNS COUNTY COUNCIL ON AGING



COA IS
HERE
FOR
YOU

PROGRAMS
& SERVICES FOR
OLDER ADULTS
& CAREGIVERS

Discover all we have to offer!

St. Johns County Council on Aging
180 Marine Street
St. Augustine, FL 32084

904-209-3700

WWW.COASJC.ORG





DIRECTOR'S LETTER

In the wake of the uncertainty presented by two years of a pandemic, it has been helpful for us to seek the wisdom of our elders. Their resilience in facing the many challenges of life continues to inspire us. Time and again, they tell us that the most important thing in life is to keep on going, keep cherishing what is good, and keep looking forward to tomorrow.

In that spirit, we at Council on Aging have pressed on in service to the elders and caregivers who inspire us. In 2021, we rebuilt a full activity schedule at all six of our senior centers and lifelong learning centers, provided Integrative Memory Enhancement Programs in all corners of our county,

kept our Adult Day Health Care Center safe and operating at full capacity, and continued providing vital, life-sustaining nutrition services, independent living services, and transportation services to all those we serve.

At COA, we believe there are many more opportunities to provide more dignity, more independence, more social inclusion, and better well-being for the older residents and caregivers of our community. We hope you will join us in empowering them to live their best lives at every age!

Becky Yanni

BECKY YANNI

COA EXECUTIVE LEADERSHIP

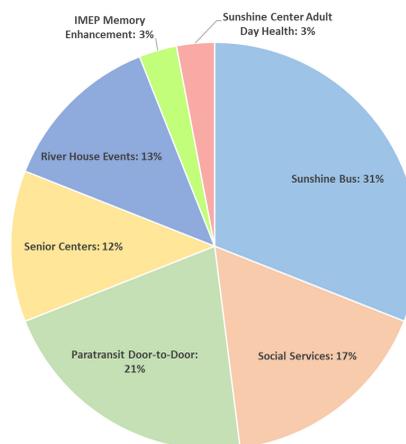
Becky Yanni, Executive Director
 Sharon Gesek, Program Director
 Matt McCord, Transportation Director
 Patty Solano, Finance Director
 Tom Torretta, Development Director

COA BOARD OF DIRECTORS:

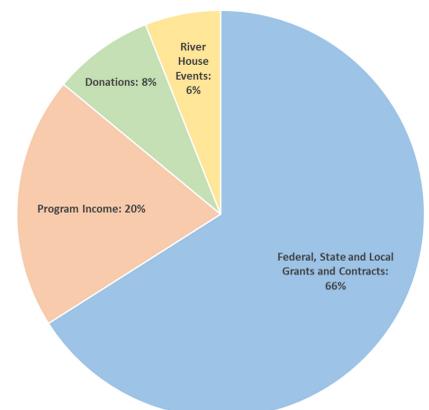
JOSEPH BOLES, JR.
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 LEN TUCKER
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RESOURCE STEWARDSHIP

2021 EXPENDITURES



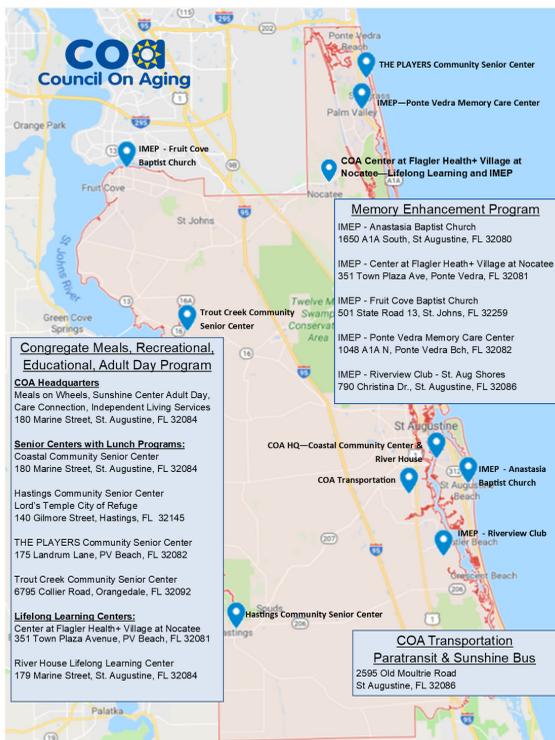
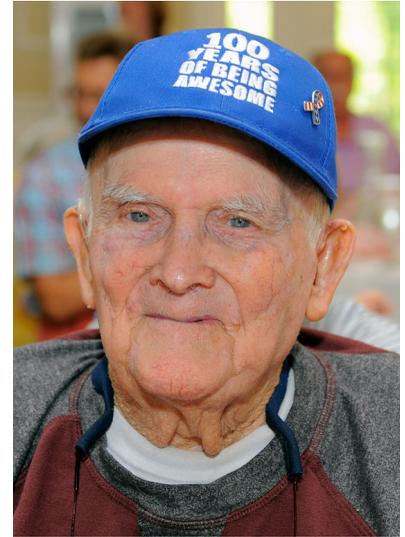
2021 REVENUE



OUR MISSION

St. Johns County Council on Aging (COA) has been dedicated to serving St. Johns County's older adults, their families, and caregivers since 1973.

During that first year, COA served a daily congregate meal at the original Flagler Hospital to 60 participants and delivered Meals on Wheels to just five homebound elders. Today, we deliver over 75,000 meals per year and operate six senior centers, including two lifelong learning centers. This just barely scratches the surface of the services we provide.



COA offers a comprehensive array of services that help older adults maintain their independence and dignity, remain in their homes where they are most comfortable for as long as possible, and enjoy quality of life at every age. Our programs and services are available to anyone in St. Johns County. They can be paid for privately, or if you are over 60 and qualify, they may be subsidized. As a 501(c)(3) nonprofit organization, we are able to accomplish our expansive mission through the generous financial support of donors and the caring commitment of local volunteers. Along with our partners in the community, we are dedicated to being there for older adults and caregivers and supporting them in living their best lives at every age.

In these pages you will see the many ways in which COA serves our community along with our dedicated donors, volunteers, and partners. Together, we serve by:

- Creating Community
- Sustaining Nutrition
- Fostering Independence
- Providing Mobility
- Strengthening Memory
- Supporting Dementia
- Caring for Caregivers
- Serving Together





CREATING COMMUNITY

Council On Aging welcomes adults in St. Johns County to participate in a wide variety of programs at COA's six **senior centers** and **lifelong learning centers**. Programs are specifically designed for self-managing adults who enjoy socializing, staying active, and living a healthy lifestyle.

River House - Lifelong Learning for Ages 18+

179 Marine St., St. Augustine, FL 32084 (904) 209-3655

COA Center at Flagler Health+ Village at Nocatee Lifelong Learning for Ages 18+

351 Town Plaza Ave., Ste. 205, Ponte Vedra, FL 32081 (904) 819-3234

THE PLAYERS Community Senior Center - Ages 60+

175 Landrum Ln., Ponte Vedra Beach, FL 32082 (904) 280-3233

Coastal Community Center - Ages 60+

180 Marine St., St. Augustine, FL 32084 (904) 209-3700

Hastings Community Senior Center - Ages 60+

140 Gilmore St., Hastings, FL 32145 (904) 729-9161

Trout Creek Community Senior Center - Ages 60+

6795 Collier Rd., St. Augustine, FL 32092 (904) 522-1611



SUSTAINING NUTRITION

Every day, COA and a group of caring volunteers work diligently to provide nutritious meals to older adults in the St. Johns County community through our **Meals on Wheels** and **Congregate Meals** programs. The meals are freshly prepared daily, well-balanced, approved by a registered dietician, and hand-delivered. In addition to daily meals, Meals on Wheels volunteers share friendly visits, newspapers, and nutrition education.

COA provides access to subsidized meals and private-pay options, accommodating both long-term and short-term meal arrangements. COA also provides monthly pet food deliveries to Meals on Wheels recipients who own pets.

In the past year, COA's small kitchen staff and dedicated volunteers prepared 75,534 meals.

The meals were served at COA senior centers and delivered to homebound elders by 200 volunteers.



FOSTERING INDEPENDENCE

COA's **Independent Living Services** provide access to fee-based and subsidized programs that facilitate at-home, independent living for older adults (60+). Subsidized services are accessible through a variety of federal, state, county, and community-based contracts and programs, contingent upon availability and eligibility.



COA's **Care Connection** program helps independent, older adults meet and manage the more challenging demands of everyday life. 100% donor-funded and volunteer-powered, the program fills the gaps in providing services for which there are no government funding sources. These services help seniors safely remain happy, healthy, and independent in their own homes where they are most comfortable. They include minor home repairs, basic lawn services, wheelchair ramp construction, providing assistive devices, food for pets, and help applying for outside assistance programs.



COA's **Prescription Assistance** program helps eligible seniors apply and qualify for free or reduced medication costs through pharmaceutical company Patient Assistance Programs. If you are eligible, COA will help you navigate the application process. In 2021, we saved 286 St. Johns County seniors over \$3.34 million!

PROVIDING MOBILITY

COA's **Paratransit Service** provides door-to-door transportation for ambulatory, wheelchair, and door-through-door stretcher, non-emergency medical, and other related transportation services. Subsidized funding sponsorships are available for the general public, the elderly, individuals who are disadvantaged, and those with chronic or temporary disabilities.



For 20 years, COA's **Sunshine Bus Company** has been the St. Johns County contracted provider of public transportation to and from a wide range of origins and destinations necessary for everyday living. The combined system of public bus and paratransit service has continued to expand as demand and funding have become available.

COA's **Coastal Transportation** provides private charter bus service for small groups, clubs, and shuttle services. Travel in comfort and safety to any destination in Florida while supporting COA's charitable work.





STRENGTHENING MEMORY



IMEP™ is COA's groundbreaking **Integrative Memory Enhancement Program**, an original, research-based program that integrates mind, body, and brain connections to boost cognitive reserve and minimize the progression of memory loss and dementia. Presented by trained facilitators in a light-hearted atmosphere, each class includes mental agility activities that highlight flexible thinking, problem solving, and reasoning, among other brain topics. Small group classes provide humor, peer interaction, and authentic dialogue, allowing participants to feel connected and accepted while building self-esteem.

IMEP has been serving participants in St. Johns County for over ten years. The unique program is also being successfully licensed and implemented at other agencies and senior facilities throughout the southeast.



SUPPORTING DEMENTIA



The **Sunshine Center**, licensed by AHCA #9081, is COA's adult day health care center. Designed as a therapeutic activity center for adults with special needs, the Sunshine Center offers nursing care and specialized activities to adults requiring guidance and personal assistance. The center also provides crucial respite time for caregivers. Participants enjoy supportive services, social interaction, and cognitively stimulating activities in a safe and secured environment, including:



- Person-centered care and activities for individuals dealing with Alzheimer's Disease, dementia, or other brain disorders
- Cognitive and sensory stimulation
- Socialization and activities
- Music, art, and pet therapy
- Trained nursing staff
- Caregiver respite
- Daily lunch served

CARING FOR CAREGIVERS

As a caregiver in St. Johns County, you are not alone! COA's **Community Care-Giving** program provides valuable tools that promote and empower a positive and successful caregiving experience.

Whether new to caregiving, new to the area, or just in need of some assistance, support, or information, COA is here to help. Our Community Care-Giving program can provide you and your family with a free needs evaluation, education, virtual support groups, community assistance information, and more. We offer:

- Invaluable services to those on the caregiving journey
- Educational programs with strategies for dealing with new challenges in your caregiving



COA provides a wide array of opportunities to meaningfully serve, from delivering meals and welcome visits, to helping with home repairs and lawn care, or building ramps so that homebound individuals may once again enjoy the freedom to interact independently with the world. Volunteers also contribute their varied areas of professional expertise and skills in support of Council on Aging.

The opportunities to change lives for the better are as endless as the needs of our community's elders for assistance and kindness. No matter what your skills or talents, COA offers a way to serve and help others.

To learn more and to discuss the volunteer opportunity that is right for you, please contact COA's Amy Robinson at 904-209-3700 or arobinson@coasjc.org.



Community Care Giving

- Free, one-on-one needs assessment
- Local support group meetings with caregivers from your community
- Self-care activities to help reduce stress
- Information on community assistance programs
- Phone call support

SERVING TOGETHER

COA offers more than just services for seniors and caregivers. **We also offer the chance to make an important difference in the world.** Our over 600 dedicated volunteers put their skills and talents into action to help older adults and caregivers every day.





It is a privilege and an honor to serve our community's elders.

JOIN US!

It takes the entire community to be there for our elders.

As a 501(c)(3) nonprofit organization, COA relies upon the financial support of members of the community to ensure that elders in St. Johns County are empowered to live their best lives at every age.

Thankfully, along with their many other stellar attributes, St. Johns County residents, businesses, and organizations have a heart for our community's seniors and caregivers.



Founded in 2020 during the height of the COVID-19 crisis, COA's **Elder Guard** is comprised of community members who are committed to supporting the important work COA does every day. Elder Guard members are financial supporters who provide the resources necessary for COA to deliver the essential services and programs seniors need. Their generous support also allows COA to create programs that provide older adults with opportunities to continue to grow, discover new interests, make new connections, and enjoy their "golden years" to the very fullest.

"We cannot accomplish our mission without our trusted partners in the community," COA executive director Becky Yanni explains. **"Our Elder Guard members continue to create a brighter future for seniors and caregivers in St. Johns County,"**

Please join other community members and businesses as an Elder Guard member today, and help COA meet the needs of St. Johns County seniors for generations to come!

For more information, please visit www.coajsc.org/donate or contact COA's Tom Torretta at ttorretta@coajsc.org or 904-209-3700.

