

# Senior Citizens Services, Inc. Via Health, Fitness and Enrichment Center

## 2016-2017 Annual Report to the Community

As we enter our 45th year of serving the Mobile community, the Board of Directors and staff of the Via Center are eager to share the many ways we have been able to serve the older adults of our community.

**45th Anniversary Celebration...** Via held it's 45th Anniversary Celebration Luncheon in February. Our keynote speaker was Mrs. Joy Grodnick, who discussed the importance of intergeneration service. More than 200 members, business and community leaders and elected officials joined us for the important day. Board Chair Ola Anise of Azalea City Credit Union was the recipient of The Arlene F. Mitchell Award for exceptional support of and commitment to our Center.

**Veteran's Programs and Services...** Via loves our Veterans! We secured grant funds to provide membership scholarships to our Veterans. Through a newly formed partnership with US Department of Veterans Affairs Gulf Coast Veterans Health Care System, we hope to expand the GrandFriends program. We are designing a system to work with VA social workers to recruit Veterans into the program. And, we are excited about our new partner, the Korean War Veteran's Association of Gulf Coast Chapter. Via hosts the groups monthly luncheons.

**Center for Generational Studies (CGS)...** The CGS was founded in 2011 through a partnership between the University of South Alabama Programs in Gerontology and the Via Center. Via is utilized as a living laboratory to research and create solutions for similar issues (diseases, social problems) among youth, older adults and families. Focus areas include: increasing community based services; professional and volunteer training; multi-generational approaches in research and program delivery; and research to keep people and families healthy across generations. In 2016, we received our first multi-year research grant through the National Institutes of Health and the Gulf Coast Health Policy Center to research policies to make our community more liveable for seniors.

**Expanding Services...** Even with funding challenges, Via continues to add new programs and services: new nationally certified fitness classes through Silver & Fit; our newly expanded Pickleball program with both beginning and advanced levels; Humana's series on benefits access; and Wellness Wednesdays educational seminars. In addition, our Dauphin Street Café is under new management. We welcome Roux Bayou Café and Catering, now serving breakfast and lunch Monday - Friday.

As we head into our 46th year of operation, we know we will continue to be successful with support from all our members and partners who share our vision to promote a healthy, active, independent lifestyle among our older adults.

The Annual Report is published every two years by Senior Citizens Services, Inc. (SCS) dba as the Via Health, Fitness and Enrichment Center located at 1717 Dauphin Street, Mobile, Alabama 36604/251.478.3311. SCS is a 501(c)3 non-profit organization. Any donations resulting from this publication support the Via Center (SCS) and its programs and services. For information, contact Barbara Estes at 251.470.5229 or [bestes@viamobile.org](mailto:bestes@viamobile.org).  
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HEALTH • FITNESS • ENRICHMENT

★ Celebrating 45 Years ★



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1971-2016

*Serving Mobile's Senior Citizens*

### LEADERSHIP

#### Board of Directors

##### Officers

Mr. Ola Anise  
*President*

Mr. Ben Meisler  
*Vice-President*

Mrs. Cathy Wagner  
*Treasurer*

Mrs. Jani Handwerger  
*Secretary*

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Mrs. Mary Beth Harris  
Mr. F. Grey Redditt, Jr.  
Mrs. Beth Thomas  
Mrs. Ellen Alves  
Mr. Charlie Brown  
Mr. Al Cariglino  
Ms. Melissa Zogbhy

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Dr. Michael Maitre, Jr.  
Mr. Selwyn H. Turner, III

##### Honorary Board

Mrs. Arlene Mitchell  
Mr. Herbert Meisler

**Senior Citizens Services**

## From the Center Director



This past year has been a very busy one for everyone affiliated with the Via Health, Fitness and Enrichment Center. The Via Center is a life-blood to thousands of older adults (22,000 each year to be exact) in our community. You probably know that we operate the Via Center - a 40,000 square-foot facility with a gymnasium, fitness center, auditorium, library, computer lab, billiards room, café, art and ceramic rooms, classroom space and administrative offices.

We offer more than 80 health, fitness and enrichment programs. But, you may not realize that Via is a true *community based center*. Our Community Needs Outreach Division provides home-to-center transportation, an emergency food pantry, affordable meals in our café, a Wellness clinic, our annual Healthy Living Expo, the GrandFriends adult daycare program, a facility rental program, programs for the five senior public housing communities, information and referral, and Veteran's programs.

With these programs and services, we generate on-going capital needs. In the next two years, we will need support to raise additional funding for: 1) GrandFriends Adult Daycare upgrades; 2) handicapped accessible tables/chairs; 3) patio upgrades; 4) replacement air conditioning units (4 currently non-functioning; 5) parking lot repair, patching; 6) roofing; 7) cafeteria equipment; 8) fitness room equipment; and 9) a handicapped accessible van to transport our seniors.

To say "thank you" to our board members, volunteers, funders, members and staff never seems adequate, but please know that we are very grateful for all of your support. I know that as we move forward *together*, we can become even *stronger*.

Best wishes for a happy 2018!

**Deanna Murphy, Center Director, Executive Director (Interim)**

## Thank You Via Center Volunteers

*Each year, Via utilizes the time of our amazing member volunteers. In 2016-2017, our volunteers saved the Via Center \$101,390 in staff costs.*

Judy Gammage	Lynda Burkett
Ben Hawkins	Lynne Bridges
Betty Havard	Mary Jo Hrabe
Bill Woolley	Norma Morris
Bob Blanchette	Perrin Davis
Carolyn Durant	Ronnie Doggett
Chuck Hrabe	Russ Culler
Debbie Guy	Sandra Hathaway
Donna Powers	Sharlotte Bond
Dorothy Mollise	Sharon Sokol
Gloria Meins	Sheila Tribbitt
Jim Spangler	Sissy McCoy
Joan Inge	Sonia Gavin
Joyce Delaney	Suzanne Bailey

## Via Center Staff

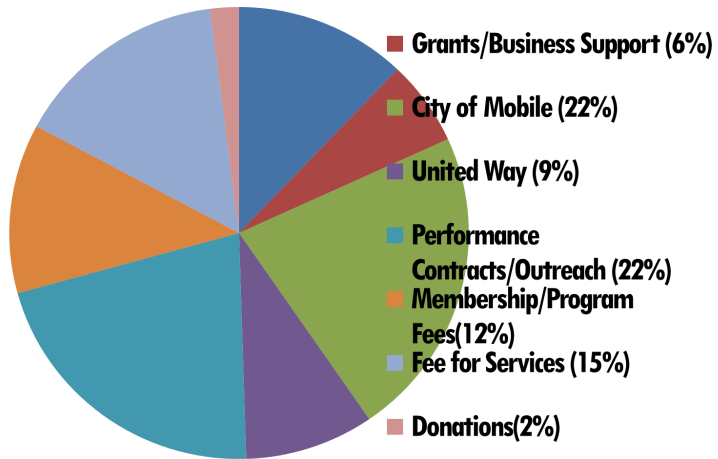
Deanna Murphy, Center Director  
(Interim Executive Director)  
Sherry Riley, Director of Finance/Operations/Maintenance  
Barbara Estes, Director of Resource Development  
Lynn Provost, Program Coordinator, Community Resources  
Sarah Horn, Community Resource & Membership Assistant  
Linda "LJ" Bush, GrandFriends Coordinator  
Lula Ifill, GrandFriends Certified Nursing Assistant  
Tomika French, GrandFriends Attendant  
Nicole Thornton, GrandFriends Attendant  
Justin Skinner, Fitness Attendant/Rentals  
Elena Boykin, Fitness Instructor  
Irene Callaway, Fitness Instructor  
Gerry Lowe, Fitness Instructor  
Lynne Weeks, Art Instructor  
Crystal Ellerby, Housekeeping  
Evening Welcome Desk Assistant  
Shay Phillips, Housekeeping, Event Support  
Bobby White, Transportation Services  
Peter Inge, Transportation Services  
Scott Norris, Maintenance

# Via Funding and Expenditures

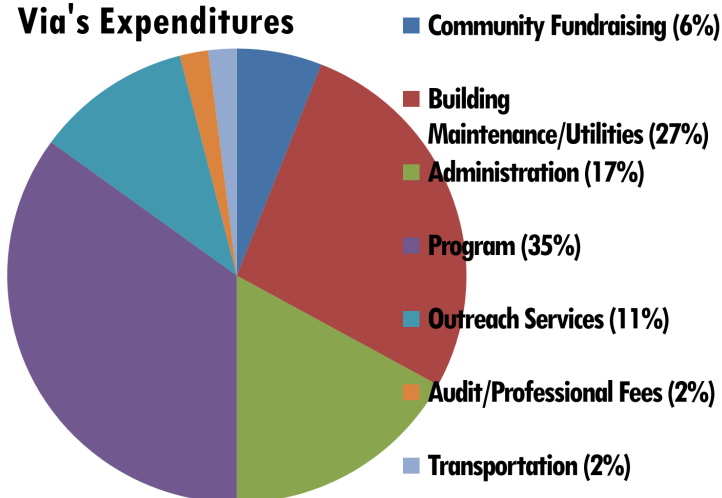
Via receives only a small portion (22%) of its funding from the City of Mobile. The majority of our funding comes through competitive grants, performance contracts, special event income and donations from area businesses and individuals.

Our cost per member to provide services is \$823, but our average membership fee is \$123 per year. We can continue to work to keep membership/program fees low with support from our members and the community.

## Via's Funding Sources



## Via's Expenditures



# Financial Report

<b>ASSETS</b>	
Cash	\$24,632
Unconditional promises to give	\$2,120
Receivables	\$0
Prepaid expenses	\$22,478
Investment in CFSA	\$234,569
Property and equipment	\$2,846,706
<b>TOTAL ASSETS</b>	<b>\$3,179,709</b>
<b>LIABILITIES</b>	
Accounts Payable	\$19,239
Accrued wages/vacation pay	\$4,280
Line of credit	\$21,539
Notes payable	\$1,047,966
Net assets - unrestricted	\$0
Net assets - restricted	\$1,965,085
<b>TOTAL LIABILITIES/NET ASSETS</b>	<b>\$3,179,709</b>

## Thank You Community Partners!

*Community Partners are businesses and organizations that support our valuable work through making an investment in the Via Center, in return for member engagement opportunities and marketing benefits.*

Mobile Memorial Gardens  
 Blue Cross/Blue Shield of Alabama  
 Beltone  
 Healthy Weight 4 Me  
 Humana  
 Palm Gardens Rehabilitation  
 Senior Blue Book  
 Somerby of Mobile  
 United Healthcare - Iras Wagner  
 VIVA Medicare Café



## Via by the Numbers

- ◆ More than 1,284 seniors participated in preventative health screenings and educational classes
- ◆ Our Wellness program seminars, services and consulting provided assistance to more than 360 seniors at the Via Center and the public housing communities
- ◆ More than 300 flu vaccines were administered
- ◆ More than 13,976 meals were served in the Via Center cafeteria
- ◆ Our fitness center was utilized 11,629 times
- ◆ Our fitness programs were utilized 15,495 times
- ◆ Our recreation programs served 7,043 seniors
- ◆ 300 students and their families participated in intergenerational programs, including arts and crafts, musical programs, Mardi Gras parade and Grandparents Day
- ◆ More than 15,340 hours of care were provided for our GrandFriends Adult Daycare program, assisting families with loved ones who have early Alzheimer's disease, dementia and other physical challenges
- ◆ 320 seniors living in public housing participated in our Adult Health Education and Recreation Program
- ◆ More than 300 professional, civic and community groups utilized our facility for their programs and functions through our cost-effective, professionally staffed facility rental program
- ◆ More than 4,300 volunteer hours were worked in order to reduce staff cost expenditures
- ◆ More than 2,220 one-way transportation trips were provided to seniors unable to drive or comfortably access public transportation.

## Donor Recognition

*The following donors have supported Via Center special events, programs and services. Thank you for your support.*

AARP - State of Alabama	Addus Healthcare
Advantage Medical Supply	Aging in Alabama
AIDs Alabama South	AIDB
Alabama Power Company	American Red Cross
AP Johnson	Area Agency on the Aging
Arlene F. Mitchell	Art and Debbie Ford
Ascension Funeral Home	Atria Senior Living
Avon	Azalea City Credit Union
Azalea Gardens of Mobile	Barbara Estes
BathFitter	Bay Nursing
Beltone	Bruce & Cathy Wagner
C Spire	Catherine Drake
Cathy Rayford	Center for Healthy Comm
Century Bank	Clearbrook
Clinton and Eugenia Inge	Coastal Clinical Research
Community Services for Vision Rehab	
Crowne Healthcare Mobile	

Daniel and Lynn Sheridan	Deanna Murphy
Dorothy Smith	United Healthcare
Dr. Michael Maitre	EcoView
Ed and Nancy Sledge	Edward Holman
Edward Morris	Ellen Schulman
Elmcroft	Fausak Tires
Feeding Gulf Coast	Forest Lawn
Franklin Primary	Glenda Parker
Gordan Oaks	Hand Arendall
Healthy Weight 4 Me	Herbert A. Meisler
Homecare Companions	Humana
Janeileen C. Langman	Joan Christmas
Joan Inge	WKRK
Kay Glenday	Kim Enikeieff
Linda Burkett	Lynn Provost
Lynwood Healthcare	Lyon, Fry, Cadden
Margaret Luce	Mary Kaye
Mary Slaton	Bry Shields
Melanie Sumerlin	Mercy Life of AL
Michael Stringer	Ming Tan
Miracle-Ear	Moore Law
FirmMrs. Edna Litton	Nicholas Holmes
Noel Curry	Norma Hayes
Randy & Jean Fausak	Retriever Soap
Rosemary Clemons	Sam's Club
Sandra Bryant Designs	Selwynn Turner III
Senior Companions	Seniors Blue Book
Somerby of Mobile	Sonny Gavin
St. James Major Church	Tar Dickerson
Team Adaptive	The Brenntiy
United Healthcare	
VIVA Medicare Café'	
Dauphin Way Senior Living	
Grey & Elizabeth Redditt, Jr.	
Healthy Living Gardens	
Lisa Mitchell Charitable Foundation	
Max & Audrey Goldberg	
Maynard Cooper & Gale	
Palm Gardens Health and Rehabilitation	
Port City Family Chiropractic	
Russell & Kathleen Hayes	
Smith, Dukes & Buckalew, LLP	
The Family of Carey Hamilton	
The University of South Alabama	
Gary & Theresa Davidson	
Harold & Dorothy Dorton	
Ronnie & Jani Handwerger	
Michelle Krulewicz-Dees	
Mobile Housing Board	
Mobile Memorial Gardens	
Jim Spangler	
<b>Performance Contract Partners:</b>	
City of Mobile/City of Mobile CDBG	
Mobile County	
SARPC - Area Agency on the Aging	
United Way of Southwest Alabama	
Mobile Housing Board	