

ANNUAL REPORT

June 27, 2024



COUNCIL ON AGING ST. TAMMANY

ABOUT US

The St. Tammany Council on Aging is a private, nonprofit corporation serving St. Tammany Parish residents age 60 and older. Most services are offered at no cost but donations are accepted and greatly appreciated. The agency does not discriminate on the basis of race, color, national origin, sex, religion, age, disability, genetic information, veteran status, sexual orientation, gender identity, or any other status protected by law in either employment or service provision. COAST serves as the Area Agency on Aging for St. Tammany Parish. COAST is a registered trade name of the St. Tammany Council on Aging, Inc.



OUR MISSION

COAST strives to provide St. Tammany Parish seniors with services designed to maintain and enhance their quality of life, wellbeing, independence, and involvement in the community.

BOARD OF DIRECTORS



The COAST Board of Directors holds regular monthly meetings on the fourth Thursday of every month. Meetings are generally held at the COAST Covington Activity Center at 19404 N. 10th St., Covington, LA 70433.

Board members are elected for one three (3) year term, with terms staggered and 1/3 of the terms being elected each year. Each director may serve no more than two (2) consecutive terms. All officer terms shall be for one (1) year. Each officer may serve no more than two (2) consecutive terms in the same office. Board members are assigned to six (6) standing committees: Executive, Board Development, Personnel, Finance, Title III Services, and Resource Development.

President - Joyce Donohue ● Vice President - Martin Lapari

Secretary - Conie Abernathy ● Treasurer - Kelly Walgamotte

Gus Flair ● Jamie Gabourel ● Sean Gannon ● Al Hamauei

Kimberly Henry ● Jackie Landry ● Amanda Mason

Janice Roussel ● Marcus Wallace ● Scott Wallace ● Carol Whelan

LEADERSHIP STAFF



- Executive Director – Julie Agan (retired April 2024)
- Client Services Director – Claudia Warner
- Finance Director – Syeda Naeem
- Human Resources Director – David Ray
- Operations Director – George Nicoll
- Transportation Director – Chris Hodge





COAST ACTIVITY CENTERS



Bush Activity Center

81605 Hwy 41
(985) 886 - 8971



Covington Activity Center

19404 N 10th St
(985) 892 - 8530

Folsom Activity Center

13296 LA 40
(985) 796 - 9803

Lacombe Activity Center

27397 Hwy 190
(985) 218 - 9340

Madisonville Activity Center

403 St Francis St
(985) 323 - 6055

Mandeville Activity Center

3090 E Causeway Approach
(985) 624 - 4629

Pearl River Activity Center

39443 Hwy 41 Spur
(985) 863 - 2540

Slidell Activity Center

610 Cousin St
(985) 641 - 1852



WHAT'S NEW AT COAST



In October, we hosted our annual Resource Festival, drawing hundreds of guests for music, prizes, lunch, and information on a wide range of topics. The next Resource Festival is set for October 3rd at the Castine Center in Mandeville.

Throughout the year, COAST staff has collaborated with Voelkel McWilliams Construction and MSH Architects on construction of the new Lacombe Activity Center and STAR Transit Headquarters. We anticipate the project's completion in the fall and are excited about the upcoming move!

In April, our long-time Executive Director Julie Again retired after nearly a decade of dedicated leadership. Throughout her tenure, Julie made significant strides in advancing COAST's mission by expanding both the range of services provided and the accessibility of those services. Her efforts led to the opening of additional Activity Center locations, allowing COAST clients to access services at any of our eight centers across the parish.

We recently hosted two Health Fairs: one in Madisonville and one in Slidell. Each event provided a fun-filled morning of education, screenings, and activities tailored specifically for older adults. The fairs featured cooking demonstrations and education on the benefits of anti-inflammatory foods. Guests also participated in raffles for door prizes such as Instant Pots, Magic Bullet blenders, and other exciting items.

DIRECT SERVICES

Congregate Meals – Provision to an eligible client or other eligible participant at a nutrition site, senior center or some other congregate setting, a meal which: Complies with the Dietary Guidelines for Americans (published by the Secretaries of the Department of Health and Human Services and the United States Department of Agriculture).

Health Promotion and Disease Prevention (HPDP) – Evidence Based Measurable programs/activities related to the prevention and mitigation of the effects of chronic disease, alcohol and substance abuse reduction, smoking cessation, weight loss and control, stress management, falls prevention, physical activity and improved nutrition.

Home Delivered Meals – Provision to an eligible participant at the client's place of residence, a meal which: Complies with the Dietary Guidelines for Americans (published by the Secretaries of the Department of Health and Human Services and the United States Department of Agriculture).

Homemaker – Provides basic assistance with household chores and cleaning to clients who are homebound and unable to provide these services for themselves. This service is provided to elderly individuals with no other means of support.

Home Repair – Building ramps or adding railings to pre-existing porches for handicapped individuals to assist in accessibility to and from the individual's home, door locks, electrical fixtures, and appliance. Each hour spent in actual modification repairs shall count as a unit.

Information and Assistance (I & A) – A service for older individuals that assesses the problems and capacities of the individuals and links the individuals to current opportunities and services available to the individuals within their communities, including information relating to assistive technology.

DIRECT SERVICES

CONTINUED

Outreach – Interventions initiated by an agency for the purpose of identifying potential clients (or their caregivers) and encouraging their use of existing services and benefits.

NFCSP – Information and Assistance – A service for older individuals or their caregivers that assesses the problems and capacities of the individuals and links the individuals to current opportunities and services available to the individuals within their communities, including information relating to assistive technology.

NFCSP Material Aid – Issuing assistive devices and other goods, e.g., walkers, wheelchairs, fans, commodities, and personal hygiene items.

NFCSP Case Management – Assistance to access and/or care coordination for older adults and their caregivers who are experiencing diminishing functioning capacities. Includes assessing needs, developing care plans, authorizing services, and follow-up.

Transportation – As part of the St. Tammany Parish STAR transit system, COAST provides free transportation services to the senior community Monday – Friday (except holidays) from 7:00a.m. – 5:00p.m. Each vehicle is handicapped accessible and lift equipped. The transportation service is a "curb to curb", "demand response" service to individuals 60 and above.

Utility Assistance – Determining an older individual's need for utility assistance and provide financial assistance to the individual.

Visiting/Companionship Service – Visiting in the home of older individuals providing comfort, encouragement, listening, fellowship, etc.

Material Aid – Issuing assistive devices and other goods, e.g., walkers, wheelchairs, fans, commodities, and personal hygiene items.

SUBCONTRACTED SERVICES

Chore - Providing assistance to clients having difficulty with one or more of the following instrumental activities of daily living: heavy housework, yard work, or sidewalk maintenance. This service has been provided for COAST by GreenSeasons, LLC.

Legal Assistance - Provided through a contract with Southeast Louisiana Legal Services, individuals 60 and above are provided with legal consultation and assistance on matters non-criminal in nature. Additionally, legal education is provided on a regular basis at the Activity Centers throughout the Parish.

Medical Alert - This service provides an Emergency Response System to homebound individuals who live alone and may be in danger of falling and being unable to get to the phone. Availability of this service is based on need. A small monthly charge may apply in some cases. Acadian On Call provides the equipment, installation, and monitoring of this service for COAST.

NFCSP In-Home Respite - Personal care services provided in the home of the qualifying individual in order to provide a brief period of rest for the client. (Maximum 120 hours annually, unless a waiver is submitted and approved by July 1 of each fiscal year). This service has been provided for COAST by Right at Home and Visiting Angels.

NFCSP Public Education and Support Groups - A group of clients who meet together for fellowship and to share their experiences, strengths, hopes and difficulties with each other so that they may solve common problems and help fellow caregivers. This service is facilitated by Care Partner Mentoring, LLC.

Nutrition Counseling and Education - Providing one-on-one counseling to individuals who may be at high nutritional risk. This service has been provided for COAST by Judith Roberts, LLC.

Personal Care - Providing personal assistance, stand-by assistance, supervision or cues for the clients with the inability to perform one or more of the following activities of daily living: eating, dressing, bathing, toileting, transferring in and out of bed/chair, or walking. This service has been provided for COAST by Right at Home and Visiting Angels.

Wellness - Activities designed to support and/or improve the clients' mental and/or physical wellbeing. This service has been provided by YMCA-West St. Tammany, NAMI St. Tammany, Nourish the Good Life with Alexa Poole and Michelle Williamson-Personal Trainer.

PROGRAM SERVICES IMPACT

FY 2023-2024

Service Provided	# of Clients Served As of 4/30/24	Total Units* Provided As of 4/30/24
Chore	44	908
Congregate Meals	787	40,710
Home Delivered Meals	594	86,555
Homemaker	195	3,977
Home Repair	33	89
Information and Assistance	1,713	1,728
Legal Assistance	N/A	433
Material Aid	290	388
Medical Alert	106	923
NFCSP Information and Assistance	106	107
NFCSP In-Home Respite	27	2,489
NFCSP Material Aid	115	383
NFCSP Public Education	N/A	86
NFCSP Support Group	2	18
Nutrition Counseling	29	33
Nutrition Education	N/A	22
Outreach	20	20
Personal Care	28	1,750
Transportation	491	18,119
Utility Assistance	14	21
Wellness	212	1,925
Health Promotion and Disease Prevention	260	7,090
Visiting/Companionship	33	1,454
Case Management	58	61

*A unit of service can be an hour of service to one individual, or an hour of service to a group of individuals, depending on the service. It can also reflect a unit of materials received.

Financial Report



FY 23-24

Actual revenue and expenditures,
July 1, 2023 - April 30, 2024

TOTAL REVENUE *	\$ 5,612,769
EXPENSES **	
SALARIES	\$ 2,117,212
FRINGE BENEFITS	567,465
TRAVEL/MILEAGE	46,819
OPERATING SERVICES	1,457,200
OPERATING SUPPLIES	267,854
OTHER EXPENSES	121,585
NON-GOEA SERVICES	89,169
TOTAL EXPENSE	\$ 4,667,304
REVENUE LESS EXPENDITURES	\$ 945,465
*Includes payments received through American Recovery Plan and STPH grants.	
** Does not include expenses for construction of new Lacombe Activity Center and transportation headquarters. Expenses were paid from a dedicated fund rather than from FY 23-24 revenues	





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COAST Administration Office
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