

**CITY OF DAVIS**  
**2003-2004 COMMUNITY DEVELOPMENT BLOCK GRANT APPLICATION**

**Organization Name:** People Resources, Inc./Elderly Nutrition Program

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(Be sure to list the best contact to get information to the organization as quickly as possible.)

**Total Proposal Request:** \$15,000

(check one)  On-going Support  New Project

**CDBG Eligible Category:** Public Service  
(See List A)

**National Objective Compliance/Low and Mod Benefit:** Limited Clientele  
(See List B)

**City Council Identified Critical Needs:** (See List C)

- 1) Basic Human Needs
- 2) Programs to Support Independent Living
- 3) Hunger Prevention Services

PUBLIC SERVICE

NON-PUBLIC SERVICE

**Beneficiary Information:**

123 Total number of beneficiaries in program

84 Total number of beneficiaries in program served with CDBG funds

100% Percentage of the CDBG beneficiaries with low/moderate income  
\$ 1.80 Cost per CDBG beneficiary (CDBG Request/CDBG Beneficiaries)

## PROJECT NARRATIVE

### a. Need

Today people are living longer than at any other time in history. At the same time persons of all ages are living with chronic conditions for much longer periods of time. Nationally an estimated 5 million seniors are hungry or malnourished, too poor to buy food or too frail to prepare it. The elderly population in California is expected to reach 12.5 million by 2040, an increase of 232% from 1990. The first wave of Baby Boomers will turn 60 during the period between 2000 and 2010, resulting in a 32% increase and will increase another 38% by 2020. We are continually seeing older, frail, ill, seniors living alone with no family support or outside assistance to help with the purchase of food and meal preparation. Many of the seniors who receive our meals are recently discharged from the hospital and are completely bedridden. Many that we serve, eat only one meal a day-the one we deliver to them. These older people are most at-risk and need our protection, support and care to stay as healthy as possible, while they live their lives with dignity. In many cases, our program is the sole support system that allows a senior to live independently in their home. Our program addresses an urgent community need to low income people, while providing ongoing services to meet a basic human need-food. Without these meals, many homebound seniors could become isolated and fall into a pattern of living which could cause malnutrition and further physical and mental deterioration, leading to premature hospitalization, nursing home care or death. Past CDBG funding has helped to feed the growing number of Davis seniors requesting meals, which in turn helps them to remain safe in their own homes and curb the daily threat of malnutrition and hunger which is compounded by low income.

### b. Benefit

Our program responds to the National CDBG objectives of benefiting low and moderate income persons and it meets an urgent community need. The program responds to a critical need by providing meals (a basic human need) to low income, elderly, Davis residents thereby preventing institutionalization, hunger and malnutrition. We are a program that supports and enhances independent living by providing each homebound with a nutritionally balanced meal, that is prepared fresh daily and served directly to their homes. We are also a program that provides hunger prevention services. The elderly are a proud, quiet suffering people. They must choose, with their limited incomes, whether it is important to have money to purchase their medicines, pay their heating and air conditioning bill or buy food. Many forgo the food and heat. We at least can help them with less worries about food. With these personally delivered meals, many homebound seniors remain less isolated, less malnourished and families have a means for their loves one to be checked on daily. We are a safety net system that assists them to stay in their familiar surroundings for a longer period of time and at less cost to society.

### c. Other Resources and Collaboration

Our current agency budget of \$919,665 ending at June 30, 2003, should be as follows: Government Funding-35%, Meal Donations-20%, Private/Corporate Donations-6% Catering Income-4%, Events (See below)-7% and In-Kind (donated space & personnel)-28%. We started with an \$18,754 budget deficit in July, 2002 and then were notified by Head Start (who we had a catering contract with us for 8 years) that they were going to cancel the contract for this school year, with no notice. The original agreement was for them to contract with us for 6 months this school year so they could transition into their newly built central kitchen. In September, 2002, we were then left with a \$49,000 budget deficit. We have successfully written grants to foundations, added a new fundraising event (Home Tour) and did lots of Public Speaking to share our plight and raise money. We also had to cut kitchen staffing to reflect the loss of Head Start. Our 2003/2004 budget will be even dire. Not only will we still have to cover the Head Start revenue loss again (\$49,000), we are slated to lose \$10,000 from the State Budget Cuts and \$15,000 from the Federal Budget shifts. That means cutting \$74,000 in expenses or

raising that much in new dollars. This loss equals the cutback of 12,333 meals agencywide.

We work cooperatively with Friends of Meals on Wheels who sponsor 3 fundraiser events a year-The Miles for Meals Walkathon, The Holiday Home Tour & The Epicurean Esprit, a food & wine tasting event. Proceeds from these events are used to purchase food and related equipment.

All meals are delivered exclusively by volunteers through devoted individuals from the Davis community & by local service clubs (70 volunteers in all--400 agencywide). We collaborate daily with other organizations, the County (In Home Supportive Services), Home Health, Davis Senior Center, Yolo Hospice, Citizens Who Care, & Yolo Adult Day Health Center. These programs complement each other because we all provide a continuum of care, with unique and different services, that meet the varied needs of seniors. Specific Davis services are as follows: Davis Senior Center provides over-the-phone Information and Assistance to seniors. Citizens Who Care provides in-home weekday respite and out-of-home weekend respite for caregivers of frail seniors. We provide in-home weekday meal delivery to homebound seniors. Adult Day Health Center provides out-of-home weekday daycare for seniors with Alzheimer's Disease or dementia. Our services are not duplicative of other projects. On Feb. 19, 2003, providers met to discuss programmatic issues and trends, and to review client lists. Out of 123 people served in Davis, we provided services to 2 seniors in common with Adult Day Health Center and 4 seniors in common with Citizens Who Care, in the last calendar year. All but 1 were receiving services simultaneously. This therefore, validates the "continuum of care" theory- that a senior may require the need for some of our services at the same time or at a different stages in their lives. But these services are uniquely different and vitally important, in order to assist that individual to remain in their home.

#### **d. Organizational Capacity**

We have operated under the auspices of People Resources, Inc., a private non-profit California corporation, which has been in existence since 1975. Since then, we have served an increasing number of meals to seniors throughout Yolo County. These services are primarily funded through the Older Americans Act (OAA) administered through Area 4 Agency on Aging (A4AA). The state and federal funds received through A4AA for the Home Delivered Meal program support a scope of 34,456 meals annually. However, we have historically far exceeded the number of meals served relative to A4AA funds. In the 2002/2003 fiscal year, we anticipate serving nearly 21,500 additional HDM meals above the current A4AA funded scope.

Our accounting/administrative systems are audited annually by an outside, independent accounting firm & reported to A4AA and other funding sources as required. This is a state and federal requirement that must be complied with, in order to receive ongoing funding.

Our program fills a unique niche for our participants because no other program in Davis serves hot meals to homebound seniors.

### **SCOPE OF SERVICE**

#### **a. Project Description (Activity Summary: Describe the activities of the proposed budget)**

Elderly Nutrition provides a hot, nutritious noontime meal to senior citizens, age 60 and older each weekday, through two primary programs-Congregate Program and Home Delivered Meals "Meals on Wheels" Program. Meals are served throughout Yolo County in the communities of Woodland, Winters, Davis, West Sacramento, Knights Landing, and Esparto.

Meals are planned by a Registered Dietitian to meet at least 1/3 of the recommended adult dietary allowances. Meals are prepared fresh daily in a central kitchen in Woodland, and are then delivered in quantity to congregate sites or packaged for the homebound.

The Congregate Program operates within senior centers and community centers throughout the County. We provide a hot meal to seniors that are more active and can get to the site to eat. In addition to the meal, seniors get a chance to get out of their homes and socialize with friends and attend functions/activities at the centers.

The Home Delivered Meal Program provides an opportunity for “shut ins” or homebound seniors to receive a hot, home delivered meal on a temporary or long term basis, for those seniors who cannot prepare meals for themselves and do not have family or friends to provide assistance. Services also include frozen meals for ten legal holidays per year. In addition to meal delivery, we provide important daily social contact, a safety net system for families and resource/referral services as needed.

In FY 02/03, the total projected number of meals to be served to seniors, through the 2 programs, via the Davis Senior Center is 21,972. This includes 8,604 congregate meals and 13,368 home delivered meals.

\$15,000 in CDBG funds is being requested to provide 8,334 hot, nutritious, home delivered meals, to 84 unduplicated very low or low/moderate income elderly “shut ins” in the City of Davis. 100% of the seniors served through CDBG funds meet the income requirements and only those expenditures will be billed for.

Though our average cost per meal is currently \$6.26, we are requesting funding to cover a portion of the meal production costs related to direct service (none are homeless) to seniors. At a reimbursement rate of \$1.80, CDBG funds will pay for raw food and food service supplies. There are no other organizations providing home delivered meals to seniors in Yolo County, so the cost per beneficiary cannot be compared.

Because each senior utilizes the program for differing lengths of time, the total cost per beneficiary will fluctuate, depending on the specific length of time for that particular individual. Therefore, based on the average program use of five months, the average cost per beneficiary is \$657 in any one fiscal year. Within the CDBG funded portion of the HDM Program, the average cost per beneficiary per day is \$1.80 and per year is \$189.

Of the total program clients we serve, 24% live in Davis, whereas our request of \$15,000 is only 3% of our total Home Delivered Meal Program budget. 2 ½ years ago, we added two more delivery routes in Davis to try and eliminate a waiting list, which we never had for Davis before. With those additions, we were able to serve 30 more people a day. This increase reflects a trend that will only worsen as time goes on. Continued CDBG funding is needed to support the demand for meals from low income seniors and the costs to serve those meals.

As funding for Senior Nutrition Program nationally continues to remain the same or decrease year after year, while the number of seniors in this County is expected to double by the year 2020, it is necessary for us to continue planning and providing services for those seniors without the means to care for themselves, financially and otherwise. Presently 60% of the seniors that we serve in Davis, do not have adequate means to care for themselves financially. And with the increasing cost of medications and gas and power, seniors are having to make some tough choices. This number will surely increase as the number of seniors increase in the future.

#### **b. Target Group**

Our targeted population is 84 very low and moderately low income, isolated seniors in the City of Davis.

#### **c. Outreach**

A monthly menu and program information is published in the following local newspapers throughout Yolo County and in newsletters from the various senior centers where the nutrition program is available: Davis Enterprise, Winters Express, Woodland Daily Democrat, West Sacramento Press and News Ledger, and the Davis, Woodland and West Sacramento Senior Center Newsletters.

Other program information is distributed to local churches, hospitals and social service agencies.

We are presently a member of the Yolo County Coalition for Resources for Spanish Speaking Seniors, which

Elderly Nutrition Program/People Resources, Inc.

will help us in our outreach efforts with the Hispanic Community. Plans/Services have included health fairs, information and assistance resources, brochures and newspaper articles.

### **TIMELINE**

**Work Plan** (Identify activities and completion dates)

List Activity

Completion Date

Home Delivered Meals served weekdays continually through June 30, 2004  
(Monthly totals will vary)

**CITY OF DAVIS  
COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM**

**BUDGET SUMMARY FOR PROPOSED PROJECT\***

<b>Budget Category</b>	<b>Proposed Project</b>	<b>Other Sources</b>	<b>Total</b>
A. Salaries and Wages (includes In-Kind)		\$228,457	\$228,457
B. Fringe Benefits		23,755	23,755
C. Consultant/Contract Services			
<b>TOTAL PERSONNEL BUDGET</b>		\$252,212	\$252,212
D. Office Rent (includes In-Kind)		44,965	44,965
E. Utilities		9,516	9,516
F. Telephone		1,660	1,660
G. Office Supplies		4,680	4,680
H. Equipment		17,197	17,197
I. Printing/Duplication		3,794	3,794
Miscellaneous**		15,852	15,852
J. Travel/Conferences		1,499	1,499
Raw Food (\$1.60/meal)	13,320	89,412	102,732
K. Other (Specify)			
Food Service Supplies (.20c/meal)	1,680	10,844	12,524
<b>TOTAL NON-PERSONNEL BUDGET</b>	15,000	199,419	229,419
<b>TOTAL PROJECT BUDGET</b>	\$15,000	\$451,631	\$466,631

- Please revise this form and annotate budget items as needed

\*\*Membership, Insurance, Tax & Licenses, Audit, Advertising. This budget based on 2002/2003 Home Delivered Meals Program Budget. The 2003/2004 Budgets are not available until June 2003 as funding sources have yet to notify us.