

## 2006 – 2007 CDBG/HOME APPLICANT QUESTIONS AND RESPONSES

Name of Organization: **People Resources, Inc. - Elderly Nutrition Program**  
Project Title: **Home Delivered Meals**

### **1. Describe in detail how your CDBG RFP differs from other CDBG RFP's.**

We are the only agency in Yolo County, let alone Davis, that delivers hot meals to the doorsteps of homebound seniors. The only other senior service programs applying for funds are YADH and Citizens Who Care. Yolo Adult Day Health does not serve homebound seniors. Their seniors must be ambulatory. Citizens Who Care serves homebound families but does not cook for them. They offer visiting services. The other food programs either only give groceries (uncooked food) or they serve prepared meals in congregate settings usually tied to a shelter setting. No one else can accommodate homebound individuals.

### **2. Describe in detail how your CDBG RFP supplements other CDBG RFP's.**

As described in my application senior service programs compliment each other by offering different services that may be needed at differing times in a senior's life. The only time we would supplement each other is if we referred someone to their program or they referred to ours. 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. In past years, the senior services programs have met to cross reference client lists and to discuss programmatic issues and trends. Although we see each other regularly, we did not meet this year, because over the many years there have been very few in common on our list and our services are so different. This though, validates the "continuum of care" theory- that a senior may require the need for some of our services at the same time or at 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.

We have supplemented the Food Bank (which in turn could supplement the other food programs) in that when the Food Bank has wanted to make joint purchases such as cheese or meat, we have been able to enhance minimum quantities and lower prices, since we have a need for such high amounts of food, as we serve 325 meals per day agencywide. Although we have not made any of these joint purchases this fiscal year. It is unknown whether we will next year. As stated in our application, we only purchased \$135 worth of food from the Food Bank since July, 2005.

### **3. Describe in detail your efforts to coordinate with other CDBG agencies similar resources.**

We collaborate daily with other organizations: the County (In Home Supportive Services), Yolo County Adult Protective Services, Home Health, Davis/Woodland/West Sacramento Senior Center, Yolo Hospice, Citizens Who Care, Yolo Adult Day Health Center, and many more. 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. Most of the CDBG agencies are shelter/housing homeless programs that then offer food incorporated with the housing. We do not work with homeless individuals as all our seniors must have a place to live in order to deliver a meal to them.

Many of us know each other though, because we compete for similar funding sources and/or are a part of Yolo County Commissions and Coalitions. Elderly Nutrition and Yolo Adult Day Health are part of the Yolo County Commission on Aging and TRIAD Task Force helping to solve

county wide gaps in service for seniors. I am chairperson for Leave A Legacy Yolo County, which is made up of 18 non-profits, spanning all services, to spread the word about charitable giving. Some of the CDBG applicants are members of this group.

Individually, when any non-profit has been given a donation that can't be fully utilized, we will call another to share. We recently got a very large donation of fresh blueberries from UCD. We could not use all of them before they would spoil, so we called Food Bank to receive a large donation as well. Once we received a large donation of toiletries which included Clearasil products. We gathered the product and forwarded it on to the teen shelter. This is how resources are shared.

**4. One indicator you list is providing written education materials on nutritional eating. Is this information also provided verbally or in alternate format for those who cannot read or read English?**

We currently print nutritional education materials on the back of each monthly menu and many times send out pre-printed brochures or write ups from other sources. Our Dietitian is required to perform group nutrition education presentations at the Congregate Sites quarterly. This is impossible to do for the homebound. Many of our materials are translated in Spanish and sometimes Russian but only if we can find someone that can write the translation or if it we can order something pre-printed in other languages. 99% of the time, there is a family member involved with the senior and anything written is translated verbally for the senior by that family member.

**5. What types of "raw food" does your agency purchase and from where do you purchase your food?**

The term "raw food" is used by our federal funders as a means to define any edible food item served to seniors as opposed to the supplies used to package the food. This means meat, starches, vegetables, bread, milk, butter, fruit, desserts, seasonings, sauces, and components for preparing recipes. Our food is ordered weekly by our Food Service Manager through large vendors such as Sysco, Earthgrains, Produce Express and Yolo Ice and Creamery and delivered to our central kitchen in bulk packaged, canned, fresh or frozen. Occasionally we get food donated from local farmers like melons, tomatoes and blueberries. We also get a small portion of supplemental items from the Food Bank as our grant request indicated.