

**CITY OF DAVIS**  
**2008-2009 COMMUNITY DEVELOPMENT BLOCK GRANT APPLICATION**

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

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

**Total Proposal Request:** \$ 8,000

(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:**

111 Total number of beneficiaries in program

25 Number of beneficiaries in program to be served with **CDBG** funds

100% Percentage of the **CDBG** beneficiaries with low/moderate income

\$2.50/meal or \$320/yr Cost (\$) per **CDBG** beneficiary (CDBG Request/CDBG Beneficiaries)

## PROJECT NARRATIVE

### a. Need

Today people are living longer than at any other time in history. Consequently, we are living with chronic conditions for much longer periods of time. According to the Institute of Aging and Health, “the average 75 year old has three chronic conditions and uses five prescription drugs”. Senior services will be crucial as Yolo County’s older population more than doubles by the year 2020. Yolo County had 20,748 people that were age 60 and over in 2000. According to the California Department on Aging projections, the population of those older than 65 is expected to increase by up to 100% and those older than 85 is expected to increase by up to 200% within the next 20 years. Yolo County Commissioners state that our County will need to develop a plan to deal with the growing population of seniors without the means to care for themselves, financially or otherwise. According to a recent article from the National Council on Aging, “In-home care and support services will become the wave of the future, as baby boomers choose to stay home and age in place”.

In addition to the increased number of senior citizens in our community, Elderly Nutrition Program (ENP) is witnessing an increase in the number of older seniors who are exhibiting patterns of poor nutritional intake, which can lead to increases in illnesses, recuperation periods, health and dental problems, dehydration and ultimately high levels of malnutrition. According to the Nutrition Screening Initiative in 1992, one in four elderly in a community are malnourished and many more are too poor to buy food or too frail to prepare it. According to the U.S. Senate Committee on Education and Labor, 85% of older Americans have chronic diseases that could be helped by nutritional interventions.

In the Home Delivered Meals (HDM) program, we regularly serve older, frail, ill seniors living alone with no family support or outside assistance to help with the purchase of food and meal preparation. Some seniors, who receive meals through our program, have been recently discharged from the hospital and are bedridden. Many are physically weak or malnourished. Some only eat 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 out their lives with dignity. In many cases, the HDM program is the sole support system that allows a senior to remain living independently in his/her own home. ENP addresses an urgent community need of low income people in Davis, and provides ongoing services to meet their basic human need - food. Without these meals, many homebound seniors could become isolated and fall into a pattern of living that causes malnutrition and further physical and mental deterioration, leading to premature hospitalization, nursing home care or death. Past CDBG funding has helped to feed Davis’s elder adults requesting meals, which in turn helps them to remain safe in their own homes and curb the daily threat of malnutrition and hunger that are impacted by low income.

With changes to Medicare Part D and increased medication costs, many seniors have had to pay for their expensive medications and have little left for bills, high heating/air conditioning costs or food. Seniors should not have to choose between the necessities of life.

### b. Benefit

Our program meets the national CDBG objectives of benefiting low and moderate income persons and responds to an urgent community need. The program meets a critical need by providing meals (a basic human need) to frail, very low and low income, elderly Davis residents; thereby, preventing their institutionalization, hunger and malnutrition.

ENP provides hunger prevention services. Low income, elder adults often have to choose whether to spend their fixed incomes on such essentials as medications, heating and air conditioning or food. Unfortunately, many forgo food and heat. ENP provides each homebound person, who

cannot provide for their nutritional needs, with a nutritionally balanced, hot, noon-time meal that is prepared fresh daily and served directly to them in their homes.

ENP supports and enhances independent living. With these personally delivered meals, many homebound seniors remain less isolated, less malnourished and families have a means for their loved one to be checked on daily. We are a safety net system, offering visitor support services that assist 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 \$1,142,805, ending on June 30, 2008, is as follows: Government Funding-27%, Meal Donations-13%, Private/Corporate Donations -10%, Catering Income-2%, Events-8% (see below), and In-Kind (donated space & personnel)-40%. We began in July, 2007, with budget losses of almost \$5,000 from Block Grants in Woodland and Davis, further losses in other governmental revenues, and \$44,000 in additional revenues required to balance the budget, as a result of the economic downturn, and more limited government resources. During the first 6 months of this year, the budget has been further impacted by lower participant donations (-10%), higher food and gasoline prices (+20 to 30%), and increased repair costs of capital equipment. ENP's 2008/2009 budget will be impacted by continuing higher gasoline, food, food supply (paper, plastic and foil), and personnel (minimum wage increases) costs. Not only will we have to cover one time only private donation losses, but federal government revenues are questionable, and the fate of Block Grant money continues to be in jeopardy. During FY 08-09, the possibility of ENP having to cutback meals agency-wide is a realistic concern.

ENP continues to apply for grants from foundations, businesses, and governmental agencies. We actively speak publicly at many venues to provide information about the program and raise community awareness of the plight of vulnerable elder adults, who are lonely, isolated and hungry in our county. This impacts positively ENP's ability to raise funds. We work cooperatively with Friends of Meals on Wheels who sponsor 3 fundraising events a year: the Miles for Meals Walkathon, the Holiday Home Tour, and the Epicurean Esprit - a food and wine tasting event. Proceeds from these events are used to purchase food, pay staff salaries and purchase equipment. This year we conducted a direct-mailing campaign to acquire additional individual donors to increase revenue. We will cultivate these individuals to establish them as long-term donors to ENP, and will continue the campaign during the next fiscal year. All ENP meals are delivered exclusively by dedicated volunteers from the Davis community and by local service clubs, such as Rotary and Kiwanis Clubs (154 volunteers in all—over 400 agency-wide). Additionally, senior centers in the county provide in-kind kitchen and dining areas for our congregate meals programs. Total expected volunteer and congregate site in-kind donations for this year total \$459,188.

ENP collaborates regularly with other organizations: the County (In-Home Supportive Services & Adult Protective Services); Home Health; Davis/Woodland/West Sacramento Senior Centers; Yolo Hospice; Citizens Who Care; Yolo Adult Day Health Center; and many more. These programs offer unique services that complement each other; together we provide a continuum of care that meets the varied needs of seniors. Specific Davis services are as follows: Davis Senior Center provides information and assistance to seniors. Citizens Who Care provides in-home weekday respite and out-of-home weekend respite for caregivers of frail seniors. ENP provides in-home, weekday meal delivery to homebound seniors. Adult Day Health Center provides out-of-home, weekday daycare for seniors with dementia. These services are uniquely different and vitally important to assist individuals to remain in their home. As indicated, our services are not duplicative of other projects.

Yolo County Food Bank is the sole food program with whom ENP has a direct relationship. We are able to purchase from them supplemental foodstuffs and supply items at a significantly

reduced rate. Our pre-approved menus and their low stock of individual items limit our ability to use the Food Bank to meet many of our needs. Our menus are planned by a dietitian three months in advance and must meet recommended daily allowances for vitamins and minerals. In addition, we serve 325 meals per day agency-wide, which requires enough stock to serve to all. We are able to use Food Bank items to provide for about 1% of our raw food expenses.

**d. Organizational Capacity**

We have operated under the auspices of People Resources, Inc., a private, independent, non-profit corporation, which has been in existence since 1975. Since then, ENP has served an increasing number of meals to seniors throughout Yolo County. ENP serves 80,000 hot, nutritious meals to over 1500 elder adults annually. Each weekday ENP provides over 300 noontime meals to senior citizens, age 60 and older. These services are primarily funded through the Older Americans Act (OAA), administered by Area 4 Agency on Aging (A4AA). State and federal funds received through A4AA for the HDM program support a scope of 36,620 meals annually. However, historically we have far exceeded the number of meals served relative to A4AA funds. In the 2007/2008 fiscal year, we anticipate serving more than 10,000 (or 128%) additional home delivered meals above the current A4AA funded scope.

Our accounting/administrative systems are audited annually by an outside, independent accounting firm and reported to A4AA and other funding sources as indicated by state and federal requirements.

Our program fills a unique niche for our participants because no other program in Davis serves hot meals to homebound seniors. As of January, 2007, we have met 55% of the annual goal of the Davis 2007/08 CDBG by serving 2,134 of 3,903 meals.

**SCOPE OF SERVICES**

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

The mission of the organization is to nourish and enrich the lives of individuals in Yolo County, with emphasis on those age 60 and older, by providing nutritious meals to active and homebound people; thereby promoting their health, well being and independence. ENP's services provide a hot, nutritionally balanced noontime meal to senior citizens throughout Yolo County each weekday, including legal holidays. We function through two programs: the Congregate Meals Program and the Home Delivered Meals Program. ENP serves meals in the communities of West Sacramento, Woodland, Davis, Winters, Knights Landing, and Esparto. A registered dietitian on staff plans the menus to meet at least 1/3 of the recommended adult dietary allowances, and provides nutrition education to all seniors who receive meals.

Meals are prepared fresh daily in a central kitchen in Woodland, and then delivered in quantity to congregate sites or packaged for the homebound. The Congregate Meals Program operates within senior and community centers throughout the county, providing mobile seniors who can travel to the site, an opportunity to leave their homes, enjoy a hot meal, socialize with friends, and attend activities offered at the centers.

Meals on Wheels serves hot, home delivered meals on a temporary or long-term basis to frail, homebound seniors, who cannot prepare meals for themselves and who do not have family or friends to provide assistance. Services to homebound seniors also include frozen meals for ten legal holidays per year, important daily social contact, a safety net, resource/referral services, and written nutritional information in flyers and on the back of monthly menus.

In FY 07/08, the total projected number of meals to be served to seniors, through the two programs, via the Davis Senior Center is 19,552, which includes 8,686 congregate meals and

10,866 home delivered meals. We currently serve an average of 42 home-delivered meals/day. Of the seniors served, 63% are over 80 years old and 53% live alone.

We are requesting \$8,000 in CDBG funds to provide 3,200 hot, nutritious, home delivered meals, to approximately 25 unduplicated very low or low/moderate income elderly “shut ins” in the City of Davis. Of the seniors served through CDBG funds 100% will meet the income requirements.

Though our average annual cost per meal is projected to be \$9.65 we are requesting funding to cover only a portion of the meal costs related to direct service to seniors. At a reimbursement rate of \$2.50, CDBG funds would pay for raw food (any edible food item) and food service supplies (paper, foil, plastic products for packaging) for a subset of Davis recipients. Because each senior utilizes the program for differing lengths of time of service, the total cost per beneficiary will fluctuate, depending on the specific length of service time for that particular individual. Therefore, based on the average program use of six months, the average projected cost per beneficiary is \$1,216 (\$9.65/meal x 6 months or 126 days) in any one fiscal year. ENP can provide almost two years worth of lunches to a senior for the same cost as one day in the hospital or a nursing home. Within the CDBG funded portion of the HDM Program, the average cost per beneficiary per day would be \$2.50 and per year is \$320 (\$2.50/meal x 6 months or 126 days). There are no other organizations providing hot, home delivered meals to seniors in Yolo County, so the cost per beneficiary cannot be compared.

Of the total HDM program clients we serve, 35% live in Davis, whereas our request of \$8000 is only 1 % of our total Home Delivered Meal program budget. Continued CDBG funding is needed to support the demand for meals from low income seniors and the costs to serve those meals.

**b. Target Group**

Our targeted population is 25 very low and moderately low income, homebound, frail seniors in the City of Davis.

**c. Outreach**

Program information is published in the following local newspapers throughout Yolo County: Davis Enterprise, Winters Express, Woodland Daily Democrat, West Sacramento Press and News Ledger. Our monthly menus are published in newsletters by the various senior centers where the nutrition program is available: Davis, Woodland and West Sacramento Senior Centers. Other program information, such as brochures, annual reports, program newsletters, and specific flyers, is distributed to local churches, hospitals, at health fairs and to social service agencies. Also, we sent out program brochures last year to area physicians and clinics. We have a website for information-[www.elderlynutrition.org](http://www.elderlynutrition.org), and we publish and distribute a newsletter to over 1500 individuals on our mailing list twice a year.

Most people are very familiar with the Meals on Wheels program as it has a national brand and has been in existence in Yolo County for over 30 years. There are very few “isolated seniors” that don’t have contact with anyone. Many have family, friends or neighbors, doctors or dentists or social workers that will refer seniors for our services. Some elder adults who are referred to us, refuse our services, because they believe that they don’t need help. Legally, we can do little under those circumstances but refer them to social services for safety issues, if appropriate. Our long-term goal is to serve all eligible seniors who are in need.

## PERFORMANCE SCHEDULE

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

List Activity

Completion Date

Home Delivered Meals will be served weekdays continually through June 30, 2008.  
Monthly totals will vary.

## PERFORMANCE MEASUREMENTS

<b>ACTIVITY</b> (What the program does to fulfill its mission)	<b>INDICATOR</b> (The direct products of program activities) Service #s	<b>OUTCOME</b> (Benefits that result from the program)
Provide nutritious HDM meals to homebound seniors in Davis	Deliver 3200 meals to 25 homebound seniors in Davis	Improved access to nutritional well balanced meals for low income seniors in Davis
Provide nutrition education to homebound seniors in Davis	Give written education material on healthy eating at least monthly	Increase knowledge of healthy eating & aging practices

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

*BUDGET SUMMARY FOR PROPOSED PROJECT\**

<b>Budget Category</b>	<b>Proposed Project “CDBG Portion”</b>	<b>Other Sources</b>	<b>Total</b>
A. Salaries and Wages			
B. Fringe Benefits			
C. Consultant/Contract Services			
<b><i>TOTAL PERSONNEL BUDGET</i></b>			
D. Office Rent			
E. Utilities			
F. Telephone			
G. Office Supplies			
H. Equipment			
I. Printing/Duplication			
J. Travel/Conferences			
K. <b>Raw Food (\$2.25/meal-any edible food item)</b>	<b>7,200</b>	<b>89,800</b>	<b>97,000</b>
<b>Food Service Supplies(.25c/meal)</b>	<b>800</b>	<b>13,095</b>	<b>13,895</b>
<b><i>TOTAL NON-PERSONNEL BUDGET</i></b>	<b>\$8,000</b>	<b>\$102,895</b>	<b>\$110,895</b>
<b>TOTAL PROJECT BUDGET</b>	<b>\$8,000</b>	<b>\$661,657</b>	<b>\$669,657</b>

**\* Please revise this form and annotate budget items as needed**

***NEW REQUIREMENTS:*** All applicants are requested to submit a copy of their organization's Operating Budget.