

CITY OF DAVIS
2009-2010 COMMUNITY DEVELOPMENT BLOCK GRANT APPLICATION

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

Street Address: 40 N. East Street, Suite C, Woodland, CA 95776

Mailing Address: same

E-mail Address: nmccabe@mgci.com

Phone Number: 530.662.7035

Fax Number: 530.662.7097

Contact: Nicki McCabe Address: Same Phone: Same

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

Total Proposal Request: \$ 10,000

(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 and Prevent Institutionalization
- 3) Hunger Prevention Services

PUBLIC SERVICE NON-PUBLIC SERVICE

Beneficiary Information:

111 Total number of beneficiaries in program

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

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

\$2.35/meal or approx. \$295/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. Persons reaching age 65 have an average life expectancy of an additional 18.1 years. According to the California Department on Aging projections, the population of those older than 65 is expected to increase by up to 100%, and of those older than 85, it is expected to increase by up to 200% within the next 20 years. In Yolo County, 20,748 people were age 60 and over in 2000. Senior services that assist people to age in place will be even more crucial as Yolo County's older population more than doubles by the year 2020.

At the same time, persons of all ages 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". The U.S. Senate Committee on Education and Labor reported that 85% of older Americans have chronic diseases that could be helped by nutritional interventions.

Nationally, an estimated 5 million seniors are hungry or malnourished, too poor to buy food or not able to prepare it. About 3.6 million older persons lived below the federal poverty level in 2002 with a poverty rate of 10.4%. Another 2.2 million or 6.4% of the elderly were classified as "near poor". When low income is compounded with poor health, even more seniors have difficulty obtaining an adequate amount of food.

Unfortunately, the dire national economic crisis and loss of retirement savings only exacerbate the challenges facing society of increasing numbers of elders with minimal incomes, living with chronic health conditions and having high nutritional needs. This crisis will have a profound impact on the type and availability of services designed to assist elders to safely age in place with dignity. Yolo County Commissioners state that our County will need to develop a plan to deal with the fast growing population of seniors - many having significant unmet needs.

Seniors who are homebound face additional challenges. Many are physically weak and frail. Often isolated and lacking regular social interaction, they suffer from depression and loneliness. They can fall into a pattern of living that causes further physical and mental deterioration. Others have been recently discharged from the hospital "quicker and sicker" and are bedridden. 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.

b. Benefit

ENP's Home Delivered Meals (HDM) program directly addresses hunger prevention and the critical nutritional needs of increasing numbers of seniors who want to remain living at home while they age. In many cases, the HDM program is the key support that enables an elder to remain living independently, by providing ongoing services to meet a basic human need - food. ENP regularly serves older, frail, ill seniors who live alone with no family support or outside assistance to help with the purchase of food and meal preparation and without the means to provide for themselves financially. Many seniors, who receive meals through our program, are physically weak or malnourished. Some only eat one meal a day - the one we deliver to them. 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.

Our program meets the national CDBG objective of benefiting low and moderate income persons. According to HUD guidelines, all seniors over 62 years of age are considered to be low income. In fact, sixty three percent of seniors to whom we deliver meals in Davis have an income below \$24,850. 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. Seniors should not have to choose between the necessities of life. 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. CDBG funding will help ENP to feed hungry seniors, curbing the daily threat of malnutrition and hunger that are impacted by low income, and positively impacting their ability to remain safely in their own homes. We ask only for a donation

from our recipients for their meals.

ENP further supports and enhances independent living of our recipients. Additional services provided to homebound, isolated seniors by ENP include provision of pre-prepared meals for ten legal holidays per year, nutrition assessment and education, important daily social contact, a safety network, and resource/referral services. Through our system of personally delivered meals by community volunteers, we provide daily well-being checks and emergency alert services. Also, the Home Delivered Meals program serves as the gatekeeper to ensuring that elder adults are referred to essential services in the community, including Adult Protective Services, in instances where a senior has suffered from abuse, neglect, self-neglect or financial exploitation, and to other vital in-home and support services.

c. Other Resources and Collaboration

Our current agency budget of \$1,289,673, ending on June 30, 2009, is as follows: Projected revenues include Federal/State Government Funding-21%, Local Government Funding- 3%; Meal Donations-13%, Private/Corporate/Foundation Donations -22%, Catering Income-2%, Events-4% (see below), and In-Kind (donated space & personnel)-35%. Last year at year end (June 30, 2008), expenditures totaled \$1,200,702, as follows: Program Services 84%; Management and General 13%; Fund Raising 3%. The average meal cost, which included all direct support services, was \$8.44, a 12% increase over the previous year. The average participant donation was \$1.66 from homebound seniors and \$1.44 from seniors who frequented the congregate meal sites at senior centers.

Food and food supply costs, gas prices, vendor delivery charges, kitchen equipment repairs, and general insurance are expected to continue to rise this year. Unfortunately, funding sources have not increased moneys to account for these rapidly rising operational costs. And some like the State of California have cut funding (10%). We project that our three fundraising events will raise at least \$20,000 less than last year, and a one time major donation of \$34,000 will not be replaced. Although we have instituted cost-cutting measures, such as delaying repairs and upgrades on equipment and vehicles, our budgeted expense total for fiscal year 08-09 of \$1,289,673 is a 7% increase over last year's expenditures. To cover these expenses, we must increase our fund-raising efforts.

The Elderly Nutrition Program has had difficulty keeping up with the demand for food from seniors when we must absorb major increases in operational costs, such as food, labor and gas. Unfortunately, at times we have had to limit our meals to a certain number of seniors each month as our funding waivers, in order to balance the budget. In the past 7 years ENP has had to place frail seniors on a waiting list for meals at least two times, for a period of months, because of lack of funding. This is the last thing our staff wants to do, because we know our meals can literally mean the difference between life and death for these folks – as one of our seniors wrote us, “Your program is a life saver.”

Grant writing to foundations, businesses, and governmental agencies; fund raising events; individual donor solicitation, acquisition and cultivation; and 3 direct mailing campaigns are major fundraising objectives. Public speaking to raise community awareness of the plight of vulnerable elder adults, who are lonely, isolated and hungry in our County, will continue to help us meet our program and financial goals. 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.

In addition, the Elderly Nutrition Program continues to depend on the time, talents and financial support of community members to provide critical meals and friendship to our elders throughout Yolo County. Over 450 dedicated volunteers from throughout Yolo County, including members of local service clubs, such as Rotary and Kiwanis Clubs, (148 total volunteers from Davis) contributed 15,826 hours in food preparation and distribution. Additionally, senior centers in the county provide in-kind kitchen and dining areas for our meals programs. Total expected volunteer and site in-kind donations for this year total \$459,188. Also, UC Davis and Sacramento State provide interns whom we train in nutritional services and who augment our limited staff.

ENP collaborates regularly with other community organizations through referral services: 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. No other service provider in Yolo County offers home delivered, hot nutritious meals to homebound elders.

Yolo County Food Bank and the Wayfarer's Center are food programs with whom ENP has direct relationships. This year we have been able to collaborate through the purchase of protein sources (meat, fish and poultry) in bulk from the Food Bank with some savings in cost. In addition, we continue to purchase 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 for all of our raw food 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 over 325 meals per day on average agency-wide, which requires enough stock to serve to all. The Wayfarer's Center receives donations of food and supplies from local vendors, such as Costco. As part of their agreement, we are allowed to access donations from the Center that meet our needs and requirements. In addition, when we receive donations benefiting seniors from growers and vendors that we cannot fully utilize, we distribute them to other agencies, such as the Wayfarer Center and senior centers in Yolo County.

d. Organizational Capacity

We have operated under the auspices of People Resources, Inc., a private, independent, non-profit, public benefit corporation, which has been in existence since 1975. Since then the organization has increased the number of meals served to seniors throughout Yolo County annually. Through both Congregate and Home Delivered Meals programs, ENP serves about 83,000 hot, nutritious meals to over 1600 elder adults age 60 and older yearly. Each weekday ENP provides over 325 noontime meals to senior citizens. These services are partially funded through the Older Americans Act (OAA), administered by Area 4 Agency on Aging (A4AA). 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. State and federal funds received through A4AA for the HDM program support a scope of 34,323 meals annually. However, historically we have far exceeded the number of meals served relative to A4AA funds. In the 2008/2009 fiscal year, we anticipate serving approximately 17,000 additional home delivered meals (or 150%) above the current A4AA funded scope.

As of December, 2008, we have met 60% of the annual meal goal of the Davis 2008/09 CDBG by serving 1,903 of 3,200 meals and have served 20 of 25 unduplicated recipients.

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. Our vision is that no senior will go hungry in Yolo County. 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 and 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. Home Delivered Meals a.k.a. Meals on Wheels serves hot, home delivered meals on a temporary or long-term basis to frail, homebound seniors. See Benefit section for additional services provided.

In FY 08/09, the total projected number of meals to be served to seniors, through the two programs, via the Davis Senior Center is 19,552, including 9,318 congregate meals and 11,924 home delivered meals. We currently serve an average of 45 home-delivered meals/day in Davis.

We are requesting \$10,000 in CDBG funds to provide 4,255 hot, nutritious, home delivered meals to approximately 34 unduplicated extremely low, low or moderate income elderly homebound individuals in the City of Davis in 2009-2010. Of the seniors served through CDBG funds 100% will meet the income requirements.

Though our average annual cost per meal is projected to be \$8.50 we are requesting funding to cover only a portion of the meal costs related to direct meal service to seniors. At a reimbursement rate of \$2.35, 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 of the entire meal per beneficiary is \$1,071 (\$8.50/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 \$2.35 and per year is \$295 (\$2.35/meal x 6 months or 126 days).

Of the total HDM program clients we serve, 23% live in Davis, whereas our request of \$10,000 is only 1.4% 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 34 very low, low and moderately low income, homebound, frail seniors in the City of Davis. Of the Davis seniors served last fiscal year through the Home Delivered Meals program, 60% were over 80 years old, 79% lived alone, and 68% had a high level of nutritional risk.

c. Outreach

Program information is published in local newspapers throughout Yolo County: Davis Enterprise, Winters Express, Woodland Daily Democrat, West Sacramento Press and News Ledger. Monthly menus are published in senior center newsletters. Brochures, annual reports, newsletters, and specific flyers are distributed to churches, hospitals, social service agencies, and at health and volunteer fairs. Through our direct mail campaign we have sent information about our senior recipients and program to 35,000 residents of Yolo County. We have a website for information, including our menus - www.elderlynutrition.org, and we publish and distribute a newsletter to over 1500 individuals on our mailing list at once a year. Also, we address community clubs and organizations about the program.

The Meals on Wheels program is a well-known national brand and has been in existence in Yolo County for over 36 years. There are very few seniors who haven't heard of MOW. Many have family, friends or neighbors, doctors, dentists or social workers who refer seniors for our services.

PERFORMANCE SCHEDULE

Work Plan (Identify activities and completion dates)

List Activity

Completion Date

Home Delivered Meals will be served weekdays continually through June 30, 2009.
Monthly totals will vary.

Nutrition assessments will be conducted quarterly through June 30, 2009.

Information and referral services will be provided quarterly.

Nutrition education will be provided at least monthly.

Disaster preparedness and falls prevention education will be provided annually.

Well-being checks will be made daily when meals are delivered.

Emergency notification services to families and the authorities will be provided as needed.

PERFORMANCE MEASUREMENTS

ACTIVITY (What the program does to fulfill its mission)	INDICATOR (The direct products of program activities) Service #s	OUTCOME (Benefits that result from the program)
Provide nutritious HDM meals to homebound seniors in Davis	Deliver 4255 meals to 34 homebound seniors in Davis	Improved access to nutritional, well balanced meals for low income at risk 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**

Budget Category	Proposed Project “CDBG Portion”	Other Sources	Total
A. Salaries and Wages			
B. Fringe Benefits			
C. Consultant/Contract Services			
<i>TOTAL PERSONNEL BUDGET</i>			
D. Office Rent			
E. Utilities			
F. Telephone			
G. Office Supplies			
H. Equipment			
I. Printing/Duplication			
J. Travel/Conferences			
K. Raw Food (\$2.13/meal-any edible food item)	9,064	108,479	117,543
Food Service Supplies(.22c/meal)	936	12,306	13,242
<i>TOTAL NON-PERSONNEL BUDGET (HDM)</i>	\$10,000	\$120,785	\$130,785
TOTAL PROJECT BUDGET	\$10,000	\$717,013	\$727,013

*** 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.