

CITY OF DAVIS

2021 - 2022 COMMUNITY DEVELOPMENT BLOCK GRANT APPLICATION

PART ONE:

Organization Name: People Resources, Inc./DBA Meals on Wheels Yolo County

Name: Daysi Lawton

Title: Deputy Director

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PART TWO:

Proposed Project Location: Davis, CA **Total Proposal Request:** \$ 15,000 **Minimum Request:** \$ 10,000

CDBG Eligible Category: Public Service (See List A in Application Packet)

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

City Council Identified Critical Needs: (See List C in Application Packet)

- 1) Hunger Services
- 2) Senior Adults and Individuals with Disabilities
- 3) Mental Health Services

Beneficiary Information:

<u>120</u>	Total number of beneficiaries in proposed project
<u>75</u>	Number of beneficiaries in program to be served with CDBG funds
<u>100%</u>	Percentage of the CDBG beneficiaries with low/moderate income
<u>\$200</u>	Cost (\$) per CDBG beneficiary (CDBG Request/CDBG Beneficiaries) CITY OF DAVIS
<u>Meals</u>	Unit of service to determine cost per beneficiary (meal, grocery bag, kit, hour, day/night, week, etc) (Public Services Only)

PART THREE: Scope of Proposal

a. Need/Target Group (Describe the need for the activity and the group being served)

Meals on Wheels Yolo County and our volunteers serve approximately 75 low-income, frail homebound Davis seniors with hot, fresh and highly nutritious weekday lunches every year. Most of the seniors we serve live alone and struggle to stay independent and healthy. For many, this is the only hot meal they will have each weekday and the volunteer their only human contact. The daily safety check that each senior receives from volunteers provides them and their families with peace of mind that someone is checking in. Several times a year, these checks result in finding someone desperately in need of emergency medical or other assistance. Additionally, every quarter, our Home Delivered Meal Coordinator assesses each senior for health markers that indicate a potential impediment to health or the ability to live independently. Meals on Wheels Yolo County has received CDBG funding from Davis for over 11 years. The cost of providing for the raw food towards a senior's meal every weekday for a whole year is less than the cost of a single day spent in the hospital. CDBG funding towards the Home Delivered Meal Program has supported hundreds of seniors over the years, allowing them to age in place at home, where they prefer, for as long as feasibly possible. When the goals for this population are physical, mental and emotional stability, this project has been a resounding success.

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b. Project Description/Benefit (Activity Summary: Describe the activities of the proposed budget and benefit)

Meals on Wheels Yolo County has been serving meals to Davis low-income homebound seniors for over 40 years. Homebound seniors are one of the most underserved populations in Davis. Many Davis seniors find themselves unable to provide for themselves, where they have no family support and no funds to have food delivered. Each recipient of meals from our program receives monthly nutritional education, weekday safety checks, and quarterly screenings.

This program addresses three categories in the City of Davis Critical Needs List: Hunger Services, Senior Adults, and Mental Health Services. Homebound seniors are isolated and often lonely and depressed, and due to COVID-19 restrictions these factors have increased dramatically. They worry about having no one to check on their welfare or their wellbeing. Daily contact with trained volunteers provides both human contact and the peace of mind that someone is looking after them, as well as the delivery of a freshly made well-balanced meal. Seniors tell us that growing older leads to a very isolated life, and the meal and human contact with our friendly volunteers is the highlight of their day.

Compared to private entities and other organizations that provide services to a similar population, Meals on Wheels Yolo County is the only organization that is responsible for delivering free meals for every weekday directly to the front door of homebound, low-income Davis seniors. In addition, this is the only program that includes a safety/wellness check conducted by trained and screened volunteers.

The annual Davis CDBG grant helps meet the needs of extremely poor elderly Davis citizens. The closer the amount of the grant awarded is to the amount of the request, the more seniors we are able to serve. If we do not receive the grant, or we receive a reduced amount, the waiting list for meal delivery service grows longer.

c. Outreach (Describe the outreach your organization will provide for the CDBG-funded project, as well as provide a list of the languages currently included in your organizational outreach)

Outreach efforts to the Davis community are primarily through long-standing channels of community connection, along with the name recognition of our program. Because Meals on Wheels Yolo County has operated in this area for over 40 years, our organization has worked with many generations of families. Additional outreach is conducted through attending local and national conferences, agency meetings, community events, social media, and physical flyers. The Executive Director speaks at service clubs, senior groups and more. For the time being, the current outreach materials for Meals on Wheels are only in English. Even so, we serve Spanish-speaking recipients through bilingual staff members and volunteers. Administrative office staff also are Spanish-language bilingual, and we work together with seniors who speak other languages to reach additional populations.

To meet the needs of our clients, we collaborate with many local organizations. We source food from the Yolo Food Bank, the Center for Land-Based Learning and we connect with local service organizations like Rotary and Kiwanis to volunteer for meal delivery and kitchen help. We also have a mutual referral system with other entities such as the Davis Senior Center, Yolo County Health and Human Services, AARP, Davis police, Sutter Davis Hospital, Davis area hospices, churches.

d. Organizational Capacity (Summarize your organizational capacity for the proposed project)

Meals on Wheels Yolo County is a private, non-profit, community benefit organization, serving Davis seniors since 1975. There are 30 home delivery routes each weekday for homebound seniors in all four Yolo County cities as well as Esparto, and Knights Landing. The organization has 24 full- and part-time employees and about 400 trained and screened volunteers. Meals on Wheels Yolo County is the only local organization that delivers meals directly to homebound, low-income Davis seniors, in addition to a regular wellness check. Each meal is delivered according to strict safety standards and provides at least 1/3 of a senior's daily nutritional requirement. The organization is partially funded through the federal government and the Older Americans Act, the California Department of Aging, local governments, corporate donations, and participant contributions. Much of the remainder is comprised of fundraising.

e. Partnerships and Other Resources (List other agencies you collaborate with and indicate whether or not your proposed project is duplicative of other projects operated by local public or non-profit organizations)

We collaborate with the following organizations in Davis: AARP, RSVP (Retired Senior Volunteer Program), Yolo County Health and Human Services, Agency on Aging Area 4, Davis Order of the Odd Fellows, Center for Land-based Learning, Yolo Healthy Aging Alliance, Davis Sunrise Rotary, and Davis Kiwanis.

Other local programs are similar, but not duplicative of the services of Meals on Wheels Yolo County. For instance, the Yolo Food Bank or Davis Community Meals does not deliver to homebound seniors, and respite programs like Yolo Hospice do not provide meals.

To support the proposed project, we complete a large amount of fundraising. In addition to direct mail campaigns, Meals on Wheels Yolo County participates in the Big Day of Giving and regularly applies for grant funding from the Subaru Share the Love Campaign, the Biberstein Social Action Fund, 100+ Women Who Care Yolo County, and others.

We could not execute this program without the help of generous volunteers. It takes approximately 50 volunteers every week to maintain weekday food preparation and delivery in Davis. The level of community support is clearly demonstrated by this number of volunteers who so selflessly donate their time and resources.

f. Impacts of COVID-19 for your 1) clients 2) services 3) agency and how you are addressing it for each. (Describe how COVID-19 is impacting 1-3 above and what you are doing to continue services (or not) in the same way or differently)

Due to COVID-19 our contact with our clients decreased from five days per week to three days per week. Presently our clients receive three hot meals and two cold meals. By delivering five meals in a three-day period we are decreasing client exposure to COVID-19 virus, however, this has increased clients isolation. Our organization is addressing isolation difficulties by utilizing Yolo Yackers volunteer program. Volunteers call three of our homebound Yolo County clients weekly to chat for 15 minutes each, these volunteers are trained to listen to any clues if they are ill, depressed, or other issues, while been supported from office staff as needed.

The organization services change from Monday thru Friday delivery of hot meals, to Monday, Wednesday and Thursday hot meals. Monday and Thursday our volunteers deliver two meals, a hot meal for the day they are delivering, and cold or frozen meal for the day we are not delivering. These changes in our delivery helped decreased the potential exposure of COVID-19 between staff, volunteers and clients. Our kitchen staff presently has Fridays off to decrease exposure in the work area by 20 percent. Our organization is adhering to all state and federal guidelines regarding COVID-19 precautions.

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PERFORMANCE MEASUREMENTS AND SCHEDULE

ACTIVITY <small>(What the program does to fulfill its mission)</small>	INDICATOR <small>(The direct products of program activities)</small> SERVICE #s	OUTCOME <small>(Benefits that result from the program)</small>	COMPLETION DATE <small>(When the specific task is completed)</small>
Provide nutritious meals to low-income homebound Davis seniors who cannot leave their home to purchase food and/or who cannot afford nutritious food or have the ability to prepare meals.	Deliver meals to 75 low-to-moderate income, homebound Davis seniors (19,800/yr).	Improve access to healthy food for homebound Davis seniors who cannot obtain or prepare their own food. This program results in those seniors being able to remain in their own homes longer.	June 30, 2022
Provide monthly senior-specific nutritional education to low-income Davis seniors.	Distribute monthly nutritional information improving the senior's understanding of the importance of consuming the appropriate amounts/types of food and beverages. (12/year)	Seniors are better educated regarding nutritional health and able to apply that to wellbeing and wellness.	June 30, 2022
Provided daily weekday welfare/wellness checks to each homebound Davis senior (excluding holidays).	Trained volunteers provide a wellness check with each delivered meal (11,700/year [3 delivery days/week]).	Seniors who experience emergencies or need for additional outside support are assisted in receiving medical or other help. These checks are also a great comfort to the seniors.	June 30, 2022
All seniors are monitored for health and wellness status. Outside assistance and support are contacted and/or referred on an as-needed basis.	Home Delivery Coordinator provides quarterly assessments of each Davis senior's ongoing health and nutritional status, referring to outside support services as needed. (300/year)	Seniors are connected with the assistance and resources they need to remain in their home as long as is appropriate.	June 30, 2022

**CITY OF DAVIS
BUDGET SUMMARY FOR PROPOSED PROJECT**

Program year 2021-22 Budget Category	CDBG/HOME Portion			Other Funds for Project (Non-CDBG/HOME)					Totals
	Salaries & Wages	Fringe Benefits	Total Salary + Fringe	Other Federal Funds	State Funds	Local Funds	Private Funds (List Source)	Other (List Source)	
Salaries/Wages (Specify each position)									
Direct Service Personnel									
1			0.00						\$0.00
2			0.00						\$0.00
Administrative Personnel									
1			0.00						\$0.00
2			0.00						\$0.00
Consultant/Contract Services			0.00						\$0.00
TOTAL PERSONNEL BUDGET	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Supplies and Equipment for Service Delivery									
DIRECT SERVICE SUPPLIES AND EQUIPMENT BUDGET									
Office Rent									\$0.00
Utilities									\$0.00
Telephone									\$0.00
Office Supplies									\$0.00
Project Supplies (Specify)									\$0.00
Printing									\$0.00
Travel									\$0.00
Training									\$0.00
Internet									\$0.00
Postage									\$0.00
RAW FOOD	15,000.00			185,000.00					\$200,000.00
TOTAL DIRECT SERVICE BUDGET	\$15,000.00	\$0.00	\$0.00	\$185,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$200,000.00
ADMINISTRATIVE COST BUDGET									
Insurance									0.00
Utilities									0.00
Telephone									0.00
Other (Specify)									0.00
Other (Specify)									0.00
TOTAL DIRECT COST BUDGET	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
TOTAL PROJECT BUDGET	\$15,000.00	\$0.00	\$0.00	\$185,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$200,000.00

*Please revise this form and annotate budget items as needed

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