

CITY OF DAVIS
2022-2023 COMMUNITY DEVELOPMENT BLOCK GRANT APPLICATION

PART ONE:

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

Name: Joy Cohan Title: Executive Director Phone: 530-383-1814

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PART TWO:

Proposed Project Location: Services delivered from "hub" at Davis Senior Center, 646 A Street, Davis, CA 95616

If the project is a capital project, an economic development activity or a target area project, include a copy of the map showing the project areas boundaries, the census tracts/block groups (ct/bg) and the low/mod percentage in each ct/bg.)

Total Proposal Request: \$ 16,400 Minimum Request: \$ 12,000

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:

85 Total number of **unduplicated** beneficiaries in proposed project
85 Number of **unduplicated** beneficiaries in program to be served with **CDBG** funds
100% Percentage of the **CDBG** beneficiaries with low/moderate income
\$193 Cost (\$) per **CDBG** beneficiary (CDBG Request/# of units of service/CDBG Beneficiaries)
meals Unit of service to determine cost per beneficiary (meal, grocery bag, kit, hour, day/night, week, etc) (Public Services Only)

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PART THREE: Scope of Proposal

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

Of the approximately 8,000+ Davis residents over the age of 60, approximately 1,600 currently meet the criteria of low, very low, or extremely low-income. Additionally, many amongst this group are homebound, lack consistent in-home

caregiving, and are unable to access food and predicably prepare their own meals. Providing them with enough food -- especially nutritious, prepared hot meals -- ensures their short-term wellbeing and guards against longer-term poor health outcomes. Furthermore, home delivery provides 5x/week human contact, serving as a critical wellbeing check-in. Both the food insecurity and conditions of isolation for this population have been exacerbated by the COVID-19 pandemic over the past two years.

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

Raw food for hot and frozen meal preparation will be funded with the requested CDBG funds, as part of the 3x/weekly doorstep delivery of five mid-day meals, combined with safety/socialization checks by trained and screened volunteers. Additionally, each meal recipient receives monthly nutritional education information and quarterly monitoring visits (currently conducted by phone, due to the COVID-19 pandemic). This service and support are critically important to the health and wellness of low-income, homebound senior citizens in Davis, too many of whom lack family support and find themselves unable to purchase healthy food and/or accomplish activities of daily living related to meal preparation. Meals on Wheels Yolo County (MOW Yolo) has been providing this service in the City for nearly 50 years, thanks to the investments of governmental and private grantors and thousands of generous donors and volunteers.

Initial prep of the 85 meals for Davis seniors occurs at the MOW Yolo Central Kitchen in Woodland, as part of the 360+ meals provided countywide 5x/week. Meals for Davis then are transported to the Davis Senior Center to be kept at appropriate temperatures while they are assembled for individual delivery by both staff and volunteers. A cadre of volunteers assisted by staff then delivers meals on six different routes throughout the City. Finally, route drivers report back to the senior center with equipment for clean-up and to relay any pertinent information regarding seniors on their routes.

As COVID-19 safety protocols may allow, it is MOW Yolo's intent to return to a congregant meals service model in Davis (and other areas of the county) in addition to home deliveries. This would allow for additional seniors to be served, and increase the socialization benefits of the program.

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)

Current program outreach in Davis occurs via established social services referral networks, seniors' groups, social media, and word of mouth. MOW Yolo's mutual referral system includes the Davis Senior Center, Yolo County Health and Human Services, AARP, the Davis Police Department, Sutter Davis Hospital, and Davis area faith-based organizations.

Attempts are made to create and maintain a high public profile in the community, through engagement with civic activities and service clubs. Leadership is committed to increasing outreach in Davis and countywide in the coming year, in particular with senior groups, healthcare providers and via other nonprofit organizations, such as Yolo Food Bank, STEAC, and Davis Community Meals and Housing. Particular emphasis will be placed upon multi-lingual outreach, increasing visibility in Spanish and Mandarin in Davis.

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

MOW Yolo is a private, non-profit, community benefit organization, serving Davis seniors and all of Yolo County since 1975. Guided by an eight-person Board of Directors, the organization has 24 full-time and part-time employees and as many as 400 trained and screened volunteers (~50 devoted to meal prep and delivery specific to Davis). Each meal is delivered according to strict safety standards and provides at least one-third of a senior's daily nutritional requirements under the

direction of an on-staff Registered Dietician and executed by our Food Services Manager and her team. The organization is funded by the generosity of private philanthropists and corporate grantors, the federal government under the Older Americans Act, the California Department of Aging, local governments, and voluntary participant contributions.

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)

MOW Yolo is the only local organization delivering prepared meals directly to homebound, low-income Davis seniors, in addition to providing regular wellness checks. Accomplishing this work requires the development and nurturing of diverse partnerships specific to senior and disabled adults, food security, mental health, and volunteer and financial support community-wide. Specific examples include:

Yolo County Health and Human Services, Agency on Aging Area 4, Yolo Healthy Aging Alliance, Yolo Food Bank, Center for Land-Based Learning, Davis Odd Fellows, Davis Sunrise Rotary, Davis Kiwanis, Congregation Bet Haverim/Biberstein Social Action Fund, 100+ Women Who Care Yolo County, and thousands of generous private donors.

Additional partnerships and collaborations are envisioned as key to increasing MOW Yolo's impact in the year ahead, as it's recognized that the current service level in Davis only scratches the surface of the true depths of the need for food security and wellness checks for seniors in the City.

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)

1) Isolation has intensified for the seniors whom we serve as result of the COVID-19 disaster, and pandemic disruption in general (changes in income, ability to travel and engage to access nutritious food, availability of family members and neighbors to assist) has exacerbated food security for this population. MOW Yolo's unwavering commitment to providing five healthy meals a week via 3x/week daily deliveries by trained volunteers and staff improves these seniors' quality of life at a time of unparalleled stress.

2) MOW Yolo's sole focus currently is home delivery services and increasing those services, as congregant meal settings are not safe to operate during the pandemic. Furthermore, the program has adapted to a 3x/week delivery model inclusive of both fresh/hot and frozen meals, in order to limit COVID-19 exposure for seniors and MOW Yolo staff and volunteers alike.

3) The approach and daily routines of MOW Yolo staff and volunteers continue to be influenced by the COVID-19 threat. Strengthened COVID-19 safety protocols have been introduced for all, including the use of only surgical or KN95/N95 masks, required booster vaccines for all employees (or mandatory weekly testing in the case of exemptions), and weekly testing strongly encouraged for all engaged in our work, with 100% compliance thus far amongst employees.

PERFORMANCE MEASUREMENTS AND SCHEDULE

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)	COMPLETION DATE (When the specific task is completed)
Doorstep delivery of nutritious meals to low-income, homebound Davis seniors experiencing difficulty leaving their homes to purchase food, may lack the ability to prepare meals, and/or cannot afford nutritious food.	Deliver meals to at least 85 low-to-moderate income, homebound Davis seniors (22,100 meals/year).	More Davis seniors are able to remain in the safety and comfort of their own homes, leading to better health and longevity outcomes and improved quality of life.	June 30, 2023
Provision of 3x/week welfare/wellness checks for each participating homebound Davis senior.	Contact made with at least 85 Davis seniors 156 days/each annually by trained volunteers and/or staff members.	Seniors experiencing emergencies or in need of additional outside support are connected with appropriate medical or social services assistance. Additionally, the social interaction combats the negative impacts of isolation	June 30, 2023
Senior-specific nutrition information delivered along with meals 1x/month.	Each of at least 85 Davis seniors receives information 12x/year regarding recommended types and quantities of foods and beverages for optimal health and wellness outcomes for their demographic.	Creates greater awareness of the principles of healthy eating amongst seniors and equips and encourages recipients to gain and retain control over their own positive health and wellness outcomes.	June 30, 2023
Quarterly monitoring of participants' overall health and wellness status and provision of referrals.	In-person (currently via phone due to COVID-19) quarterly assessments of at least 85 Davis participants' ongoing health and nutritional status, referring to outside support services as needed (total of 340 assessments per year).	Health and safety outcomes over the long-term are elevated, as deficits and needs can be identified before they become urgent or cause irreversible issues for the participants.	June 30, 2023

CITY OF DAVIS
BUDGET SUMMARY FOR PROPOSED PROJECT

Program year 2022-23 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									
Davis Site Manager							12,051.00		\$12,051.00
Food Services Manager							16,635.00		\$16,635.00
All other food services							51,461.00		\$51,461.00
Administrative Personnel									
Home Delivery Coordination			0.00	12,838.00					\$12,838.00
All other administration			0.00				69,440.00		\$69,440.00
Consultant/Contract Services			0.00				10,223.00		\$10,223.00
TOTAL PERSONNEL BUDGET	\$0.00	\$0.00	\$0.00	\$12,838.00	\$0.00	\$0.00	\$159,810.00	\$0.00	\$172,648.00
Supplies and Equipment for Service Delivery									
DIRECT SERVICE SUPPLIES AND EQUIPMENT BUDGET									
Office Rent							12,220.00		\$12,220.00
Utilities							5,875.00		\$5,875.00
Telephone									\$0.00
Office Supplies							1,880.00		\$1,880.00
Project Supplies (Specify) Kitchen supplies				7,990.00					\$7,990.00
Printing							7,403.00		\$7,403.00
Travel							1,998.00		\$1,998.00
Training									\$0.00
Internet									\$0.00
Postage							4,583.00		\$4,583.00
Other (Specify) Raw Food	16,400.00			42,350.00					\$58,750.00
TOTAL DIRECT SERVICE BUDGET	\$16,400.00	\$0.00	\$0.00	\$50,340.00	\$0.00	\$0.00	\$33,959.00	\$0.00	\$100,699.00
ADMINISTRATIVE COST BUDGET									
Insurance							11,735.00		11,735.00
Utilities							8,582.00		8,582.00
Telephone							1,410.00		1,410.00
Other (Specify) Health Dept. Permit							400.00		400.00
Other (Specify) Volunteer management							1,175.00		1,175.00
TOTAL DIRECT COST BUDGET	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$23,302.00	\$0.00	\$23,302.00
TOTAL PROJECT BUDGET	\$16,400.00	\$0.00	\$0.00	\$63,178.00	\$0.00	\$0.00	\$217,071.00	\$0.00	\$296,649.00

* Please revise this form and annotate budget items as needed

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