



**ELDERLY NUTRITION PROGRAM
IN YOLO COUNTY**

**ANNUAL
REPORT**

2008

*Celebrating
33 Years of Feeding
Yolo County's Elders*

*There is no higher calling than
human service.
To work for the common good
is the greatest creed.*

Albert Schweitzer

Our Mission

*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.*

Message from the Executive Director and Chair of the Board of Directors

December, 2008

Dear Friends,

We will remember fiscal year 2007-2008 as a year of celebration, growth, and challenge. We served almost 83,000 meals to Yolo County seniors – 4,000 more than the previous year. Fund raising revenues from private donations set an agency high, representing nearly 26% of overall revenues.

In the fall of 2007, we implemented an ambitious fund raising campaign with the commitment to provide meals to all seniors who needed them. Because of the groundswell of support from our neighbors, friends, service clubs, local businesses, and foundations, we celebrated not having to delay or deny critical service to any needy homebound senior requesting nutritious meals! And we increased the number of elders we served by 6%, despite the dire economic challenges, skyrocketing costs of food, fuel, and equipment, and declining government revenues facing us.

We couldn't have accomplished any of this without the outstanding support of our volunteers and contributors. Our continued success is directly related to the generous giving of time and financial support by those in our community. We extend our heartfelt thanks to our community, board of directors, volunteers and staff for pulling out all the stops this year. You have helped us ensure that our seniors will not go hungry – that they can live their lives with dignity in their own homes for as long as possible. And most of all, we thank our elderly friends for their gifts of wisdom and warmth, and for brightening our lives.

With our warmest regards and hopes for a future of continuing achievement,

Nicki McCabe
Executive Director

Jolaine Beers
Chair, Board of Directors

PROGRAMS AND SERVICES

For more than 33 years, ENP has distinguished itself as a provider of sound, nutrition services to both active and homebound seniors, age 60 and over, and their spouses. Program eligibility requires Yolo County residency.

During fiscal year 07-08, we served almost 350 meals a day to elder adults through two primary programs: Congregate Meals and Home Delivered Meals.

A registered dietitian on staff plans the menus, emphasizing low-sodium, low-carbohydrate, and low-fat meals, and provides nutrition education to all seniors who receive meals. Each meal represents 1/3 of the daily dietary requirements for adults.

Meals are prepared in our central kitchen in Woodland, delivered to senior centers in bulk and served throughout Yolo County. Communities served:

Davis	Winters
Esparto	West Sacramento
Knight's Landing	Yolo
Madison	

There is no fee for service as per federal guidelines. We ask for a suggested donation from program participants for their meal.

CONGREGATE MEALS PROGRAM

This program operates within senior and community centers throughout the county. It offers seniors, who can travel to the congregate site, an opportunity to leave their homes, enjoy a hot meal in a welcoming setting, socialize with friends, and attend activities offered at the centers.

In fiscal year 07-08, ENP served 30,993 meals to 1183 seniors at senior centers.

Congregate Meal Sites

- Davis Senior Center, 646 A Street, Davis
- Knights Landing Community Center, 9320 Mill Street, Knights Landing
- West Sacramento Senior Center (Riverbend Senior Manor), 664 Cummins Way, West Sacramento
- Winters Community Center, 201 Railroad Avenue, Winters
- Woodland Senior Center, 2001 East Street, Woodland

HOME DELIVERED MEALS PROGRAM

ENP provides hot meals to frail, homebound seniors, who cannot prepare meals for themselves and do not have family or friends who are available to provide assistance. This daily meal, delivered to their doorsteps, is often their only nutritious meal of the day. Home delivered meals provide the opportunity for seniors to remain in their familiar surroundings for a longer time, and at less cost to society and families by helping to prevent premature nursing home placements.

Last year we served 51,956 meals to 481 homebound elders.

Other direct services include:

- nutrition education and assessment
- pre-prepared meals for ten legal holidays per year,
- important daily social contact,
- a safety network,
- information and resource/referral services.

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.

Last year ENP provided 238 referrals and 220 resource directories to homebound seniors.

VOLUNTEER SERVICES

Volunteers are an essential component of our services. They are ENP’s lifeline to our seniors. The Elderly Nutrition Program relies on over 460 dedicated, community members to assist at the site kitchens and dining rooms, and deliver meals to the homebound via 21 delivery routes in seven communities. The organization recruits, trains, and supervises these volunteers, who also offer friendship to isolated seniors, the majority of whom live alone.

The home delivery volunteer was the only person who visited them during the day, as reported by 28% of our recipients.

Volunteers and Hours Donated by Site

Sites	Congregate		Home Delivered Meals	
	# Volunteers	# Hours	# Volunteers	# Hours
Davis	37	5023	111	1124
Knight's Landing	8	513	*	
West Sacramento	9	2284	74	1242
Winters	19	939	21	1224
Woodland Senior Center	25	1625	28	418
Woodland Main Kitchen			130	1434
<i>Total</i>	<i>98</i>	<i>10384</i>	<i>364</i>	<i>5442</i>

*ENP staff delivered meals to homebound seniors in Esparto, Madison, Yolo, and Knight's Landing. *During fiscal year 07-08, volunteers in Yolo county donated 15,826 hours by assisting with meal preparation and distribution for seniors.*

FISCAL YEAR 2007 – 2008 ACCOMPLISHMENTS

Number of HDM* participants	481
Number of Congregate meal site participants	1,183
Number of total meal participants	1,664
Number of HDM meals served	51,956
Number of home-delivered pre-prepared meals on legal holidays	1,600
Number of Congregate meals served	30,993
Number of total meals served to elders	82,949
Number of meals served to volunteers, staff and guests	1,556
Number of HDM coordinator home visits to participants	749
Number of nutritional assessments made	1055
Number of referrals for services made	238
Number of nutrition education units provided to congregate participants	1500
Number of nutrition education units provided to HDM participants	2400
Number of catered meals served to children at the WCC** Child Care Center	5,305
Number of total meals prepared by ENP	91,096
Number of miles driven (excluding miles driven using volunteers' cars)	53,890
Average cost of meal including direct support services	\$8.44

* Home delivered meals

** Woodland Community College



"I am so grateful and thankful that we who are shut ins are blessed with our meals each day and the lovely people that bring them."

PROFILES OF SENIORS SERVED

Mrs. L., age 81 and a Davis resident, has received meals during three different periods this year, while she was temporarily recovering from hospitalizations associated with having a hip replacement and then cancer treatment. Currently, she is at home again, with no family nearby, and is undergoing chemotherapy. Mrs. L. has no appetite to prepare meals for herself. She has lost weight and requires nutritional meals to sustain her strength during this critical time.

The majority of our home delivered meals clients are female, between the ages of 80-89, live alone and have a high nutritional risk and very low income. Our typical congregate meals participant is female, lives alone and is between the ages of 70-79. While only 6% of congregate meals participants are functionally impaired, 96% of HDM clients have at least one functional impairment.

Age of Meals Participants

Age	Congregate	HDM
60-69	27 %	12 %
70-79	31 %	22 %
80-89	29 %	45 %
90-99	5 %	18 %
100 and above	.08 %	.4 %
Other	8 %	3%

Demographics of Meals Participants

	Congregate	HDM
Very Low Income*	20%	21 %
Low Income **	-	60 %
Minority	17 %	20 %
Female	73 %	64 %
Male	27 %	36 %
Lives Alone	42 %	65 %
High Nutritional Risk	19 %	69 %
Functionally Impaired	6%	96 %

* Below \$10,400 (Federal Poverty Guideline)

** Below \$24,000 (Housing and Urban Development Income Guideline)

Mr. P., 65 years old, is a war veteran and lives in a Woodland hotel. He is legally blind, has a wound on his foot that causes him chronic pain, and he suffers from severe depression. Mr. P. has no one on whom to depend. His environment is not conducive to meal preparation and he is on a very low fixed income, so cannot afford food. When Mr. P.'s situation came to our attention, he was suffering from malnourishment.

FUNDING SOURCES

Area 4 Agency on Aging allocates funds provided by:

- ❖ The Federal Older Americans Act
- ❖ The California Department of Aging
- ❖ The United States Department of Agriculture

Other government funds:

- ❖ Community Services Block Grant – Yolo County
- ❖ Community Development Block Grants – Davis and Woodland
- ❖ City of West Sacramento

Other funding sources:

- ❖ Businesses
- ❖ Churches
- ❖ Client Contributions
- ❖ Friends of Meals on Wheels
- ❖ Foundations
- ❖ Individuals
- ❖ Service groups

“I would like to thank you for the food you have given so freely. Also the fine delivery people. I have never met a finer group of men and women. They are the highlight of a, otherwise, lonely day.”



HISTORY

The Meals on Wheels concept originated in Great Britain during World War II, when volunteers provided food for people who lost their homes during the bombing. In 1947, the modern program as we know it began there with meals delivered to frail elderly. It found its way to Philadelphia in 1954, and, since then, it has spread to all the states and most counties in the United States.

In 1972, Meals on Wheels arrived in Woodland, when St. John's United Church of Christ noted a need for nourishing meals among homebound seniors in the community. Volunteer church members began to deliver meals prepared by St. John's Retirement Village to seven elder residents in Woodland. The program grew rapidly over the next few years, but when donations no longer covered expenses (a meal cost \$3.50 at the time), this service was discontinued by the church out of necessity.

The Economic Opportunity Commission of Yolo County, Inc, a non-profit corporation, whose mission was to provide services to low income people, filled the void by continuing meal service to the elderly in Woodland in 1975. The name and mission have changed over the past 33 years to People Resources, Inc. and Elderly Nutrition Program (ENP) in Yolo County, Inc. During that time, the ENP/Meals on Wheels program has grown to include 5 congregate meals sites and 21 home delivery routes throughout the county. But no matter how we are known, we remain at our core an independent, public benefit organization and grassroots endeavor at heart - dependent on community support, understanding, and partnering to fulfill our mission of providing critical nourishment and social interaction to our elders, regardless of income.

2007 – 2008 BOARD OF DIRECTORS

The Board of Directors holds fiduciary and policy governance responsibilities for the organization.

Gil Robles - *Woodland*
Chair

George Hinkle - *Davis*

Jolaine Beers – *West Sacramento*
Vice Chair

Kate Loewen - *Woodland*

Twyla Thompson - *Woodland*
Treasurer

Audrey Morris - *Woodland*

Kim Andrup - *Davis*

Ann Miguel-Joule - *Woodland*

Bill Scott of Woodland served on the Board of Directors from December 1978 until his passing in October 2007. He will not be forgotten.

Nicki McCabe
Executive Director

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