



Participatory Budgeting (PB) Cycle 7 Proposal Decision

Background

PB was put on hold as of March 2020. The Cycle 7 PB vote did not occur as planned given the high reliance on in-person outreach efforts for community engagement.

As of January 2021, the PB Steering Committee is considering how to proceed with Cycle 7 voting. They will be reviewing the Cycle 7 proposals at the March Steering Committee meeting and deciding on the next steps, including which proposals to include in the Cycle 7 vote given the decrease in allocated program funds. A request was made to reach out to all budget delegates to ask if they would like to update their proposal, have it considered in Cycle 8, or withdraw it. The PBSC will use this information to inform their decision-making.

Instructions

Please complete the form indicating your preference in moving forward with your proposal and submit it by February 8, 2021.

Please email Felicia.Flores@cityofvallejo.net with any questions.

Proposal Name: _____

Budget Delegates

Implementing Partner

Our team would like to:

- Update our proposal and submit it by March 5th for consideration in Cycle 7
- Have our proposal be considered for Cycle 8
- Withdraw our proposal

Comments

1. Title

Meals on Wheels of Solano County – Senior Nutrition Program

2. Total Budget:

\$55,950

3. Delegate Name:

Jeffrey Hall

4. Email:

[REDACTED]

5. Type of Project:

Service

6. Detailed Project Description:

Meals on Wheels of Solano County provides 5 meals per week to home bound seniors age 60+ in Vallejo as well as week-day lunches at the Florence Douglas Center. Meals are developed by a Registered Dietician and meet one third of the daily nutritional needs for seniors. Additional programs provide Elder Abuse screening, referrals and case management through a partnership with Ombudsmen Services of Contra Costa and Solano and Fall Prevention screening and home modifications for home bound seniors. Pets Assisting the Well Being of Seniors (PAWS) is a MOWSC program that provides supplemental dog/cat food, litter, and flea medicine to program participants to assist in caring for their furry companions.

This project will also provide the availability of emergency boxes for homebound seniors. Emergency boxes contain 3 shelf stable meals in the event of power outages, fires (smoke) etc. when they may not have the means to heat regular meals. The emergency boxes will also

provide nutritious food when meals cannot be delivered due to lack of access or a health concerns for our volunteers.

Approximately 80% of program participants receive home delivered meals as they are no longer able to drive or cook for themselves. The remaining 20% enjoy dining at the Florence Douglas Center where there is socialization and activities for active seniors.

Seniors are referred to the program by social services providers, medical providers and friends and family and through self-referral.

Meals on Wheels of Solano County provides recruitment, and screening for this project. In addition, they purchase, prepare, and distribute the food. The request is for raw food costs only.

7. Why is This Project Needed?

Increased life expectancy and the consequential rise in the number of older adults brings with it an ever-growing need for help to maintain independence and optimal functioning. According to 2018 census data, 22% of Solano County's population are seniors age 60 and older, with 44% living at or below federal poverty levels. As a result, seniors may be forced to go without or make difficult choices among basic needs such as nutritious food, prescription medications, or adequate heating and cooling. Quality of life can be compromised by poor health, isolation, and the loss of autonomy, validating the need for nutrition-related home and community-based programs such as Meals on Wheels. Nutrition interventions are important to the senior population as a key to leading a healthy, functional life and mitigating chronic health conditions and out of home placements, partnered with a holistic approach towards optimal social, emotional, and physical health to promote the ability to age with security and dignity.

Federal funding levels do not meet the needs of senior nutrition programs, falling short of program costs and failing to keep pace with the increased number of seniors in Solano County. While there is no current wait list for services, this project helps fill the gap between Federal funding and actual costs, allowing MOWSC to accommodate the continuous demand for services and increase in numbers as they occur. Vallejo has approximately 27,774 seniors age 60 and older, representing 22.61 percent of Vallejo's population. 97.1 percent of MOWSC's home bound clients are at or below the federal poverty level; many living in isolation. The MOW program provides trained volunteers that check on seniors at each delivery, providing an "eyes-on" service that serves as a safety check. They monitor and report cause for concern to

the program's administrative office to make emergency contacts and referrals, and links to additional community resources.

The emergency boxes are important natural disasters and power outages are not an uncommon occurrence in our area. This also provides meals for seniors when its not safe for volunteers to deliver regular meals due to health concerns.

8. How Will This Project Address or Solve This Need and/or Problem?

Our target population is seniors who are 60 years of age or older who are frail or considered at-risk. Many of our clients rely on our program to provide their one healthy, substantial meal of the day. By providing a nutritious daily meal we can aid in the reduction of senior malnutrition, food insecurity and promote senior independence and socialization. We encourage social interaction at congregate dining sites and home delivery volunteers provide what is sometimes the only human contact home-bound seniors receive each day.

Our 2019 survey of program participants reflects 3 key performance indicators that contribute to senior's abilities to age in place:

- 70% report improved health and well-being
- 75% report increased socialization
- 76% report increased access to nutrition food

We provide, at a minimum, 5 meals a week for homebound seniors and active seniors at our seven congregate dining sites in Solano County, also providing Saturday and Sunday meals to some of our most frail and isolated home delivery clients. Our programs are two-pronged in that they not only provide a nutritious daily meal, but we ensure that homebound seniors receive regular contact. This contact can also allow us to ensure our client's safety and well-being by thwarting potential emergency situations thus allowing many of our clients to maintain their independence and dignity while continuing to live in their own homes much longer than would otherwise be possible. Both home-bound and congregate dining clients must meet eligibility requirements under the Older Americans Act, the Nutrition Services Incentive Program, and the California Department of Aging.

MOWSC currently utilizes an integrated software solution called ServTracker to track service delivery to home bound clients, and to provide real-time reporting on change of condition or causes for concern, allowing a quick response time for emergency contacts, law enforcement wellness checks, and emergency services. This program is both Health Insurance Portability and

Accountability Act (HIPAA) and Electronic Data Interchange (EDI) compliant to ensure protection of client information and is being utilized on 10 of our 24 home delivered routes with planned expansion.

The emergency boxes bridge the gap when meal delivery is not possible, safe or the senior doesn't have the ability to heat regular meals.

9. Describe in Detail How Residents, Visitors, Groups, Communities, Geographic Areas, or The City of Vallejo Will Benefit from This Project:

The residents that are in the program get a direct benefit as they will receive two hundred and sixty meals per year. Homebound seniors are also physically checked on three days a week, providing a safety check for falls and other risks. With the emergency boxes there are more options for feeding seniors during emergencies. Family members and the entire community will also benefit from having a healthier and less vulnerable senior population in Vallejo.

10. Describe the Potential Challenges and/or Obstacles for This Project:

The program has been in existence since 1977 and has a solid track record. As such we do not anticipate any potential challenges to implementing the project.

11. Name of Implementing Partner:

Meals on Wheels of Solano County

12. Where Will the Project be Implemented?

The City of Vallejo at Meals on Wheels and at peoples' homes

13. Itemized Budget:

The amount requested will provide five meals a week for 60 seniors for one year $15,600 \times \$3.25 = \$50,700$.

375 emergency boxes $375 \times \$14.00 = \$5,250$

This request is for raw food expenses only. The drivers are volunteers.