

2020 Semcac Senior Nutrition Request for Funding from Goodhue County

Agency Description: Semcac is a 501 C 3 nonprofit organization designated to provide services in the eleven counties of region Ten. Semcac administers 25+ programs which “help people to achieve or maintain independence and self-reliance through their own and community resources”. Since 1973, Semcac has operated the Senior Nutrition Program for seniors.

Program Description: The Semcac Senior Nutrition Program offers a well-balanced, nutritious meal service for persons that are 60 years of age or older. Our mission is to promote the independence, dignity, good health, and nutritional well-being of older persons. The “congregate” service, often referred to as Sr Dining, is provided in all eleven counties of Region X in Southeastern MN, with 4 meal sites in Goodhue County...Kenyon, Pine Island, Red Wing, and Zumbrota. The dining sites are focal points in the communities and offer seniors the opportunity to gather for a low-cost meal. The meal provides 1/3 of the Daily Dietary Recommendations and offers several special diet modifications to those needing them. It also provides a wonderful opportunity to learn about vital resources that are available to the retired community. In 2018 we served 19,740 congregate meals to 475 unduplicated seniors in Goodhue County. Many of the seniors we serve are enrolled in a “Waivered” service thru DHS/Goodhue County. Currently our Program serves 11.1 % of our total meals in Goodhue County which consists of 10.5 % of the senior population of the region.

The Older American’s Act does not allow us to “charge” a fee for our service, but the diners are given the opportunity to donate what they can toward the cost of the meal. Currently our suggested donation is \$4.00 per meal, while our full meal cost is \$7.00 per meal. Client contributions are subsidized with the “other” funding that we receive. Currently about 59% of our revenue is Federal and State, 34% is client contributions, and 7% is local/other funds. EBT (SNAP- Supplemental Nutrition Assistance Program) cards are accepted. As a result of an outreach effort by program staff, the EBT collections increased from \$33 in 2011 to \$5,708 in 2018. The SNAP program has had an 84% increase in usage since we started the outreach program. Plans for 2020 include strengthening this outreach program to provide assistance to more seniors. The waived reimbursement rate (currently we are reimbursed at \$6.81/meal) does not look to be changing for 2020. It falls short of meeting our full meal cost. This requires us to secure additional “other” funding that will also “subsidize” these waived meals. Our goal is always to attempt to secure additional private and local funds so as not to have to close meal sites or cut this vital service to seniors.

Description of clients/beneficiaries: The Senior Nutrition Program is for the use of any person who is 60 years of age or older, regardless of race, color, gender, religion, disability, or national origin. The service targets the low-income, nutritionally at risk senior in jeopardy of nursing home or institutionalized

placement. From the client data we collect, our “typical” client is age 80 + years old (46%), female (62%), living alone (47%), and at or below 150% of poverty (61%).

Benefits/outcomes of the Program: Low-cost, nutritional support is a very important, yet basic need for the senior community. Nutritional neglect leads to bodily harm, which can lead to very costly medical bills. Nutritional support has always been a vital part of health care. In 2016 the average cost of one day in a Minnesota nursing home was approximately \$247. For those same dollars, Senior Nutrition can provide about 30 meals or about one month of meals that will allow a senior to remain healthy and living in their own home. The daily socialization and volunteer opportunities provide seniors relief from loneliness, depression and suicide, and delays premature institutionalization. This service offers an effective way to help keep health care costs manageable. In a self-declared survey of our seniors at the end of 2018, 86% indicated they eat a healthier diet as the result of receiving our meals; 74% say they eat less sodium; 67% say they have more money to spend on other necessities; and 81% indicate the service has enabled them to continue living in their own homes.

Request: For 2020, we are requesting a funding allocation of \$5,000 to help maintain the level of service to seniors in Goodhue County.

How will the funds be used?: We would use the supplemental dollars to help offset the rise in raw food and food preparation labor costs.

Projected 2020 Budget – attached.

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