



CITIZENS' ADVISORY COMMITTEE ON MEASURE Z EXPENDITURES

The Advisory Committee meets on each Thursday in March to review applications and its recommendations will go before the Humboldt County Board of Supervisors in April.

APPLICATION FOR FUNDING

Agency Name: Healy Senior Center of Southern Humboldt

Mailing Address: PO Box 1849, Redway, CA 95560

Contact Person: Nick Vogel Title: Executive Director

Telephone: (707) 923-2399, ext. 104 E-mail address: Healyseniorcenter@gmail.com

The estimated amount of Measure Z funding available for FY 2024-2025 is \$4.1 million.

1. AMOUNT OF MEASURE Z FUNDING REQUESTED FOR FY 2024-2025: \$ \$24,957.90

Summary of Expenses:

<u>Item</u>	<u>Amount</u>	<u>% of total</u>
Salaries (wages)	<u>14,127.36</u>	<u>56.6%</u>
Benefits	<u>2,500.54</u>	<u>10.0%</u>
Overhead and Occupancy (Administrative, Rent, Utilities, Phones, etc.)	<u>1,775.00</u>	<u>7.1%</u>
Equipment/Supplies/Services	<u>4,590.00</u>	<u>18.4%</u>
Transportation/Travel	<u>1,965.00</u>	<u>7.9%</u>
Fixed Assets	<u>24,957.90</u>	<u>100%</u>

2. ENTITY TYPE -- Please check appropriate box.

- Humboldt County Department
- Contract Service Provider to Humboldt County
- Local Government Entity
- Private Service Provider
- Non-Profit Service Provider
- Other, Describe: _____

3. Is this application a renewal or related to a project that has been funded by *Measure Z* in the past?
(check one) Yes No

If you checked "yes" please include the following:

1: a report detailing results from the most recent year the project was funded, and:

2: a completed Staffing Report detailing when the funded positions were filled during the most recent year you received funding for this project.

**See the Required Attachments section on Page 3 of this application for more details*

4. Describe how the scope of your proposal fits the intent of *Measure Z*. Specifically, how will it maintain and improve public safety and essential services, as described on the previous page?

The Healy Senior Center respectfully requests \$24,958 in Measure Z funding to augment and strengthen our rural Meals on Wheels Program in Southern Humboldt County.

Our Meals on Wheels Program is a critical component of the social safety net in Southern Humboldt. We pay three visits per week to homebound and disabled older adults in Southern Humboldt. Our Meals on Wheels drivers are mandated reporters of elder abuse and serve as important stewards of seniors' safety in the community.

Because of our Meals on Wheels Program, our staff are often the first people to discover a medical emergency with one our elderly clients. Our program coordinates with the Humboldt County Sheriffs Garberville Outstation to request welfare checks when we cannot make contact with an elder, or if there are signs that an elder is not eating.

Meals on Wheels is an effective, upstream modality that has provided positive results for over 80 years. After it was successfully launched in the United Kingdom during World War 11, Meals on Wheels was started in the United States by a social worker in Pennsylvania, at the request of the Philadelphia Health and Welfare Council.

According to Meals on Wheels of America and the National Council on Aging:

- 29% of seniors live with a disability.
- 24% of seniors live alone.
- Half of all seniors who live alone in the United States do not have enough income for basic needs.
- Older adults are at a very high risk of malnutrition and approximately 10 million seniors in the United States are currently experiencing hunger.
- 77% of Meals on Wheels participants say the meal deliveries improve their health.
- 85% of Meals on Wheels participants say the meal deliveries help them feel more secure.
- A staggering 92% of Meals on Wheels seniors say the meal deliveries help them live independently.

The last statistic above is key. Seniors' health and well-being are often measured by their ability to live independently. There is a direct correlation between keeping older adults healthy, strong, and living independent lives in their homes, and a reduction in the community's cost of providing essential services to older adults like paramedics, admissions to the emergency room, and welfare checks performed by the Sheriff's Office. Simply put, seniors living their final years in their homes is a net positive boost to the local community and its available emergency resources.

Because of its efficacy, the model for Meals on Wheels has changed very little over time. The combined approach of delivering nutritionally balanced food and checking on the health and welfare of fragile citizens produces wonderful results that increase the safety of older adults, while easing the strain on local healthcare and other essential services.

In 2018, researchers for *Health Affairs* studied Meals on Wheels programs and their effects on seniors in the Boston area. Dr. Seth Berkowitz and his team analyzed healthcare claims and costs for older adults and found a remarkable decrease in the cost of medical interventions needed for older adults who receive Meals on Wheels deliveries, versus older adults who do not receive Meals on Wheels service. Seniors who receive Meals on Wheels deliveries were found to have fewer emergency room visits, hospital admissions, use of emergency medical transportation, inpatient visits, outpatient visits, and pharmacy use. Meals on Wheels was found to not only save public funds that are used for Medicaid and Medicare, but also significantly eased the burden on local emergency resources like police, fire, EMTs, emergency rooms, and the availability of inpatient hospital beds.

5. Please provide a brief description of the proposal for which you are seeking funding.

Our Meals on Wheels Program operates three days a week and over those three days, we deliver a total of five meals to homebound and disabled seniors. Our program focuses on the towns in which the U.S. Census shows clusters of seniors residing. Our Program currently serves the towns of Benbow, Garberville, Redway, Phillipsville, Miranda, and Myers Flat. Measure Z funding will allow us to increase the number of seniors we deliver to, and we would also be able to add Weott to our service area.

6. How have you developed a plan for sustainability, including diversification of funding sources, for your proposal to carry on without reliance on future *Measure Z* funds? Please provide detail of your plan for sustainability here.

Yes. While we are blessed with a number of diverse funding sources, most of our funding sources award us with grant funding in amounts less than \$10,000. However, our costs have increased across-the-board every year for the past five years. Because of the cost increases in food, supplies, and energy, our sustainability plan details strategies to engage our current grant funders to implore them to increase their giving amounts.

We also have room for sustainable growth in other areas. In our 45-year history, the Healy Senior Center has never established a planned giving program. We are fortunate to operate in an area with community-minded citizens who understand the importance of keeping local safety net programs operating at full strength. But many of our residents are aging, and it's important that we reach out to our aging supporters and inquire about their interest in leaving behind a legacy gift for the Healy. We believe that planned giving has significant growth potential for our organization.

7. If this request is for the continuation or expansion of an existing program/service, what is the current source of funding for that program/service?

Our request is aimed at strengthening an existing program that has operated in Southern Humboldt County for the past 24 years. We have receive small pieces of funding that we cobble together to operate our Meals on

Wheels Program, but we are in serious need of expanding our funding base in order to continue serving homebound adults into the future. The current funders of our rural Meals on Wheels Program are:

- Humboldt Area Foundation
- Humboldt Health Foundation
- National Council on Aging
- SoHum Health / Jerold Phelps Community Hospital
- Pacific Gas & Electric
- Meals on Wheels of America
- Meals on Wheels of California
- Area 1 Agency on Aging
- McLean Foundation
- The Patricia D. and William B. Smullin Foundation

8. If you are awarded *Measure Z* funds, how do you plan to leverage these funds to secure additional grants, contributions or community support?

Being awarded Measure Z funding will afford us an opportunity to demonstrate the Healy Senior Center's ability to meet the needs of more seniors in Southern Humboldt than ever before. We are already immensely proud that a small organization like ours is able to produce almost 10,000 meals a year for Southern Humboldt seniors. We are looking forward to serving even more seniors, with the help of Measure Z funding.

The data and positive outcomes obtained through this expansion can be leveraged with other funding sources that are seeking to serve rural and isolated communities. Our current funders will be encouraged by their funding being leveraged to serve more seniors that will, in turn, reduce costs to the healthcare system by helping them remain living strong, healthy, and independent lives in their homes.

9. Will this proposal require new or expanded activity on the part of another entity to be fully functional and effective? If so, name that entity and describe what that participation would look like.

Our Meals on Wheels Program does not rely on another entity for its outcomes.

10. Are there recurring expenses associated with this application, such as personnel cost?
(check one) Yes No

The recurring expenses associated with our Meals on Wheels Program are personnel and utility costs:

- Executive Director salary, without benefits: \$6,847
- Meals on Wheels Coordinator salary, without benefits: \$3,328
- Kitchen Manager salary, without benefits: \$3,952
- Utilities (electric, propane, garbage, water, sewer, phone, internet): \$1,775

If you checked yes, detail those expenses here. Please note, the Citizens' Advisory Committee in May, 2023, adopted a stance that it would not recommend funding for new, ongoing county positions:

REQUIRED ATTACHMENTS

Include the following with your application, making sure to **limit your responses to one page, per section.** Responses longer than the maximum may not be read by committee members or considered as part of your application

Prior Year Results: If your request is a continuation of a program funded with Measure Z in prior fiscal years, please provide the results of implementation. (one page maximum)

Program Budget: Please utilize the template provided on the following pages. This will need to be updated if your agency is approved for funding.

Staffing Report: Please utilize the template provided on the following pages to report on the months that funded positions were filled during the most recent year you received Measure Z funding.

I declare under penalty of perjury under the laws of the State of California that the above statements and all attachments are true and correct

DATE 2/23/2024 SIGNATURE 

SUBMIT YOUR COMPLETE APPLICATION TO:

Humboldt County Citizens' Advisory Committee on Measure Z Expenditures
c/o County Administrative Office
825 Fifth Street, Suite 112
Eureka, CA 95501-1153

Exhibit E - Proposed Budget

Agency Name: Healy Senior Center	Address: PO Box 1849, Redway, CA 95560
Coordinator/Contact: Nick Vogel, Executive Director	Phone: (707) 923-2399, ext. 101

Descriptions	Requested Budget	Current Quarter Costs	Total of Prior Quarter Costs	Remaining Balance
A. Personnel Costs				
Title: Executive Director				
Salary 4 hours X \$32.92 per hour X 52 weeks	6,847.36			6,847.36
Benefits 17.7% for workers comp insurance and payroll taxes	1,211.98			1,211.98
Responsible for, and oversees the Meals on Wheels Program. Directs the senior center's safety and welfare checks on older Duties Description: adults.				
Title: Meals on Wheels Coordinator				
Salary 4 hours X \$16.00 per hour X 52 weeks	3,328.00			3,328.00
Benefits 17.7% for workers comp insurance and payroll taxes	589.06			589.06
Administers the Meals on Wheels Program; coordinates all safety and welfare checks on homebound and/or disabled older Duties Description: adults.				
Title: Kitchen Manager				
Salary 4 hours X \$19.00 per hour X 52 weeks	3,952.00			3,952.00
Benefits 17.7% for workers comp insurance and payroll taxes	699.50			699.50
Preparation of nutritionally-balanced hot and flash-frozen meals Duties Description: for homebound and/or disabled older adults.				
<i>Salaries Subtotal</i>	14,127.36	0.00	0.00	14,127.36
<i>Benefits Subtotal</i>	2,500.54	0.00	0.00	2,500.54
Total Personnel:	16,627.90	0.00	0.00	16,627.90
B. Overhead and Occupancy Costs (Rent, Utilities, Phones, Administrative etc.)				
Title: Utilities				
Electric, gas, propane, Internet, garbage, water, sewer, and Description: phone	1,775.00			
Title:				
Description:				
Total Overhead and Occupancy Costs:	1,775.00	0	0	1775
C. Equipment/Supplies/Services (Equipment, Supplies and Services should be separate)				
Title: Equipment				
Description:	0.00			
Title:				
Description:				
<i>Equipment Subtotal:</i>	<i>0.00</i>	<i>0</i>	<i>0</i>	<i>0</i>
Title: Office Supplies				

Exhibit E - Proposed Budget

Agency Name: Healy Senior Center	Address: PO Box 1849, Redway, CA 95560
Coordinator/Contact: Nick Vogel, Executive Director	Phone: (707) 923-2399, ext. 101

Descriptions	Requested Budget	Current Quarter Costs	Total of Prior Quarter Costs	Remaining Balance
Description: Paper, toner, pens, clipboards	225.00			
Title: Meals on Wheels meal trays, plastic sealer, totes, ice chests Description:				
<i>Supplies Subtotal:</i>	225.00	0	0	225
Title: Printing Services Bi-monthly newsletter to help spread word that Meals on Wheels spots are Description: available.	1,715.00			
Title: Janitorial Services Service provided by Redwood Cleaning Services, LLC. This Description: service is critical to keeping our kitchen and equipment sanitized	2,650.00			
<i>Services/Other Subtotal:</i>	4,365.00	0	0	4365
Total Equipment/Supplies/Services:	4,590.00	0	0	4590
D. Transportation/Travel (Local and Out-of-County should be separate)				
Title: Travel: Meals on Wheels deliveries Description: 65.5 cents per mile X 3,000 miles	1,965.00			
Title: Out of County Travel Description: Describe out of county travel and connection to your project				
Total Transportation/Travel Costs:	1,965.00	0	0	1965
E. Fixed Assets (According to your agency's definition of a fixed asset)				
Title:				
Description:				
Title:				
Description:				
Total Fixed Asset Costs:	0	0	0	0

Totals	24,957.90	0.00	0.00	24,957.90
Requested Budget		Current Quarter Costs	Prior Quarter Costs	Remaining Balance