

SERVING SENIORS

Grant Report for Community Congregational Development Corporation (CCDC) 2020-2021

On behalf of Serving Seniors, thank you to CCDC for your two generous grants totaling \$70,000 for our Senior Nutrition Program. Grant funding supported life-sustaining nutrition and helped to improve the health of low-income seniors living in the South Bay region.



What Your Support Made Possible

For the last 50 years, our Nutrition Program has been the beating heart of our wraparound model, providing congregate and home-delivered meals to seniors across San Diego County.

When COVID-19 shuttered our congregate sites last March, we worked around the clock to transition our existing nutrition clients to home-delivered meals and meet the needs of thousands more seniors requesting services for the first time. Overnight, we began offering to-go meals at the Gary & Mary West Senior Wellness Center and began transitioning all our congregate meal clients to home-delivered meals. Soon we had more than tripled our Home-Delivered Meal Program and launched a new shelf-stable meal option, with boxes primarily prepared by volunteers and delivered directly to seniors' homes.

Last year, our Senior Nutrition team provided 317,325 meals to 830 low-income seniors in the South Bay region— the most in our 50-year history. This represents a 223% increase in the number of meals served to South Bay clients over the previous fiscal year.



Fresh oranges and sandwiches being added to our St. Charles meal bags.

Your funding enabled Serving Seniors to respond quickly to the food insecurity crisis. Our team at St. Charles quickly pivoted and became a meal delivery hub, transporting hundreds of meals each day to seniors' homes. We also added more than 400 low-income South Bay seniors to our routes to make sure their pantry was full of shelf-stable meals, and they wouldn't go hungry. Our drivers were often the only human interaction our South Bay seniors had for over 14 months and being able to check in on them made a world of difference. Many seniors were able to access social services, nurse case management, and other resources because of these meal deliveries.

Grant Outcomes

At a cost of \$2.86 per meal, generous funding from the CCDC delivered more than 24,000 meals for food insecure seniors and helped us to respond to the unprecedented demand for nutrition services. Of the total meals served, 187,195 meals were shelf-stable meals and 130,130 were freshly prepared home-delivered meals.

In FY21, our South Bay Senior Nutrition program achieved the following impact:

- 60% of clients reported they worried less about having enough food to eat;
- 93% of clients reported they were able to manage their chronic health conditions;
- 70% reported they felt they had access to health and community resources;
- 44% of clients reported their physical health improved once they began receiving meals and 60% reported they made fewer doctor visits.

Who Your Grant Supported

Your grant assisted 830 impoverished seniors (aged 60 and above). Our Chief Operating Officer completed a comprehensive statistical analysis of clients served over the grant period, which showed:

- Program clients had a median income of \$1,093 per month
- 80.31% were below the Federal Poverty Level
- 51% were male, 48% were female, 1% identified other
- 70% of the seniors were minorities

Client Success Story

Loretta, age 88, has lived on her own since her husband passed away seven years ago. She keeps busy with her church community, sells Avon, and has dressed up as Mrs. Claus at the Imperial Beach Pier for the past 17 years. She loves children but never had any of her own. "That's why God made me Mrs. Santa Claus. Kids say "Hi, Mrs. Claus all year long."

During the pandemic, Loretta became worried about venturing out and managing on her own. She was grateful that one thing she never worried about was being hungry. "The meals really help me. I don't have to cook, I don't have to go shopping, and that's a huge relief for me being a widow and living alone."

Loretta is looking forward to being Mrs. Claus next year and giving back to the community she loves. She credits Serving Seniors for sustaining her and is beyond grateful to the staff at St. Charles for checking in on her during the long months. "In my prayer every day I thank Serving Seniors for all the volunteers, for all the people that provide our meals and to whoever donates. The meals have been a real blessing to everyone that receives them."

Thank you for your generosity and commitment to our seniors. If you have any questions about this report, please do not hesitate to contact Aimee Halfpenny, Director of Institutional Giving, at 619-487-0746 or aimee.halfpenny@servingseiors.org.