

**REDBUD HEALTH CARE DISTRICT
REQUEST FOR ASSISTANCE
JULY 2026-DEC 2026**

- 1. SUBJECT OF REQUEST:** Middletown Senior Center Nutrition Support
- 2. REQUESTING ORGANIZATION:** Middletown Senior Citizens, Inc.
- 3. ADDRESS:** 21256 Washington St. P.O. Box 1037
Middletown, CA 95461
- 4. INDIVIDUAL ACCOUNTABLE FOR FUNDS:** Lori Tourville, Executive Director
- 5. AMOUNT REQUESTED:** \$100,000

6. BACKGROUND AND BASIC INFORMATION REGARDING ORGANIZATION:

The Middletown Senior Citizens, Inc., is a private non-profit 501(c) (3) created to provide nutrition, social and health support to the seniors of the Middletown area. We provide home-delivered meals to the Middletown, Hidden Valley Lake and Cobb areas.

We do offer our driver's mileage reimbursement for the routes because of the high price of gas and wear and tear on the vehicle. The cost of the route is funded through contributions. We receive donations from local organizations, such as Rotary, Lions club, and the luncheon club, to help support this delivery cost. We have been offering a \$20-\$25 (depending on the route) gas stipend to our drivers; 6 drivers take this stipend. We are reimbursed through N.C.O.

We help our seniors sign up for S.N.A.P (supplemental nutrition assistance program) to help them meet their nutritional needs also they can pay for their lunches with it. We ourselves utilize the food bank for our own kitchen buying among other things fresh produce. We also take advantage of the free food to hand out to the seniors. We work with our local market Hardesters and Grocery Outlet we pick up day old groceries to hand out to our seniors and send to our homebound ones. We participate in the Calpine and NCO community garden that supplies, the water, drip system, and organic dirt. We currently have one garden box with 2 seniors tending it. Our local nursery is continuing to donate all the plants and seeds. So far we have utilized many varieties of lettuce, snap peas, zucchini, tomatoes, green onions and herbs. We provide information and assistance in many ways, such as Referrals to local food programs and medical equipment, help with utilities and suicide prevention such as the creative living program. More seniors are using the center for assistance in non-food related services. In talking with other senior centers, we find we are not alone. More and more seniors need assistance with senior programs such as Covid-19, Flu, and shingles Vaccination appointments, Medicare, Medi-Gap and supplemental programs, housing (and homeless) issues, legal and advocacy concerns, transportation, Veteran's assistance, and

support groups. Life is getting more complicated and seniors have a difficult time maneuvering through the maze to get answers. We are also hosting social services for our seniors in need of medical and Snap Assistance. While it is gratifying that seniors come to us for assistance, it does strain our small budget in this area. The personnel and other related costs for this component of our center is borne primarily by fundraising and contributions. We serviced 71 new seniors over the last year and have 1725 registered seniors. 619 of our registered seniors are at or below the poverty level.

The grant we receive from Redbud Heath Care District is critical for the survival of the Middletown Senior Center. Along with the surging population using the Center, our Food Cost, supplies, operation and personnel costs have risen dramatically over the past years. As with all other Senior Centers, we are experiencing the effects of increased prices and the corresponding increase in transportation, food costs, etc. We live in a wildfire region where our local power company shuts off power during the high wind season beginning in July for up to 5 days at a time, this makes having emergency shelf stable food even more crucial during the pandemic. Our # of new seniors participating in Meals on wheels, our emergency food pantry service is growing every day. This includes daily grocery pick up for supplies, like adult under garments, bread, eggs, milk also some entertainment items like books, puzzles, DVD's from our lending library. Our mow went from 300 a week to over 400 meals. Food costs are rising and our need for more has risen also by 41%. The trays alone have gone up from .42 cents a meal to .64 Cents. We are picking up day old food (Bread, Eggs, and Milk etc.) and need to pay mileage. We are seeing and hearing from seniors we have never heard from before. We service three area's Hidden Valley lake Population 5,579, Cobb Mt. Population 1,778 and Middletown with a population of 1,323. We are a rural area and we are the only resource for the seniors in our area. We have to fund raise every year at least \$45,000-\$50,000 to make ends meet.

We served 37,784 meals in 2025-2026 fiscal year. Our funding from the Area Agency on Aging caps at 16,283 meals. That's 21,501. Unfunded.

Under separate cover, an accounting of our grant from last year shows an expenditure of funds from Redbud Health Care District for the cook, assistant cooks and food vendors.

7. JUSTIFICATION

7.1 Intended Use of Funds in Detail

The funds will be expended to purchase food and provide salaries for our cook and assistant cook. For 12 months

Cook's salary (\$20.00/hr. x 5.5 hours'/day x 260 days/year:	\$28,600
Assistant Cook's salary (\$17.00/hr. x 5 hours'/day x 260):	\$ 22,100
Assistant Cook's salary (\$16.50/hr. x 5 hours'/day x 260):	\$ 21,450
Assistant Cook's salary (\$16.50/hr. x 5 hours/day x 260)	\$21,450
(Est. salaries calculated July 2026-June 2027) =	\$ 93,600
Food (U.S. Foods, Hardesters Market, Clover, Trays etc.)	\$ 146,430

Total	\$ 240,030
-------	------------

7.2 How Intended Use of Funds Will Further Delivery of Health Care Services Within Redbud Health Care District

Healthy seniors need less health care and use physician and emergency room services less often than seniors who do not maintain a healthy lifestyle. Nutrition is a critical part of a healthy life. Seniors who come to the Center for meals also take part in our other activities. In addition to our nutrition program which now serves Approx. 2,750 meals per month to congregate and home delivered clients, we also provide health-related services. Medical equipment such as canes, walkers, wheel chairs etc. Legal related service referrals, Monthly food program info, and a monthly newsletter with health and nutrition information. We also have our exercise programs social events, beginning computer classes. Tia chi, card groups, Creative Living group, crafting and knitting.

While the senior center has always provided information and assistance to seniors, this aspect of our duties has increased over the past few years. These services now represent a major portion of our work day.

7.3 Detailed Basis for Funds Requested

Our anticipated budget for 2026 is \$450,000

It should be noted that this budget does not include unexpected costs such as equipment replacement, repairs to the building or kitchen upgrades.

The 2026 budget is based on the following funds:

Area Agency on Aging:	\$165,386
Redbud Health Care District	\$ 100,000
County outreach Grant	\$8,148
Contributions for meals from seniors (est.)	\$65,000
Private/corporate donations (est.)	\$64,000
County of Lake	\$4,356
Total	\$ 406,890

The budget deficit is bridged through fundraising by the staff of the center.