

**REDBUD HEALTH CARE DISTRICT
REQUEST FOR ASSISTANCE
JULY 2023- DECEMBER 2023**

- 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:** \$40,000

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 \$10-\$20 (depending on the route) gas stipend to our drivers; 6 drivers take this stipend.

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 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 Vaccination appointments, Medicare, Medi-Gap and supplemental programs, housing (and homeless) issues, legal and advocacy concerns, transportation, Veteran's assistance, and support groups.

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. Line Dancing, card groups.

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 2023 is \$392,190

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

The 2023 budget is based on the following funds:

Area Agency on Aging:	\$111,576
Redbud Health Care District	\$ 80,000
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	\$ 333,080

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