



Community Services Program

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MEMORANDUM

DATE: March 2, 2020
TO: Sweet Home City Council
FROM: Jennifer Moore, Community Services Program (CSP) Director
RE: *Meals on Wheels (MOW) Service to Sweet Home Residents*

MOW serves specifically formulated meals to aging homebound adults, adults with disabilities who often live alone, and those with limited resources or ability to care for themselves in two ways. 1) through a dining room atmosphere at the meal site for those able to travel, and 2) through volunteers delivering hot meals directly to the client's front door.

Thank you for donation of \$1,200 last year in support of *MOW*. As a committed community partner, you know that this support provides hot, nutritious meals delivered to clients in your community. We want to show you what your support means to the health of Sweet Home's residents.

MOW specifically targets older adults in poor health, with low income, and with limited or no support structure: 45% of dining room clients and 63% of home-delivered meal clients have six or more medical conditions. Food insecure seniors are 50% more likely to be diabetic, 60% more likely to have congestive heart disease, and 75% more likely to suffer from depression. High nutrition risk, a social determinant of health, often results in increased medical expenses due to frequent hospitalizations and nursing home stays and is a major cause of Medicare related hospital readmissions.

During the previous fiscal year, between July 2018 and June 2019, *MOW* served 32,743 meals to 198 Sweet Home residents from the Sweet Home meal site, shown below, in addition to serving another 1,852 in the area. Lunch is served at noon on open serving days, with frozen meals available for weekdays that the site is closed. All meals are provided free of charge to clients, with an approximate value of \$327,730.

City	Facility	Serving Days	Communities served from Site	Total meals served from Site
Sweet Home	Sweet Home Community Center	Monday Tuesday Friday	Cascadia, Foster, Sweet Home	34,595

Will you renew your support again this year? Local funding from City and County municipalities is critical to leveraging additional funding from other funding sources. We are asking Oregon Cascades West Council of Governments (OCWCOG) members to help us raise a program average of 5% of the cost of meals for their respective communities, to help better plan services and contracts in the future to continue helping your citizens.

During the current fiscal year, between July 2019 and December 2019, *MOW* has served just over 25,750 meals in your community which suggests an additional 36% increase in service.

Approximately 17.3% of Sweet Home residents are 65 years or older and live alone. And 80% of our meals are delivered to clients like Francis, shown right, who are homebound. In a recent survey, conducted annually, an average of 93% of all clients report the meals help them maintain or improve their general health, and remain in the home of their own choosing.

Please consider continuing to support this vital service for your residents.



Every \$10 donation purchases one nutritious meal designed to provide adequate caloric intake, quality proteins, and vitamins for a vulnerable shut-in senior, and delivers the following along with it:

- Social connections between diners over meals in the meal site
- A home visit which doubles as a well-check; when a volunteer delivers a hot meal to homebound clients, they're also visually checking the physical safety of the client and their home.
- A friendly visit for vulnerable residents in your community: aging adults, and adults with disabilities who often live alone, and have limited resources or ability to care for themselves.

The recommended donation is a meaningful percentage of the total cost of services provided.

Thank you for thoughtfully considering your support of *Meals on Wheels* and the Sweet Home residents we serve.