



---

---

## National Senior Service Corps Hunger and Nutrition Related Activities

---

---

### ALABAMA

2001

#### **Baldwin County RSVP**

RSVP volunteers in Baldwin County work through the Christian Service Center's Meals on Wheels Program serving the homebound elderly, stocking a food pantry, and collecting donations to help pay expenses for those with financial need. Last year, 40 RSVP volunteers serving the Center provided 1,583 hours of service to 1,090 clients, making a vital contribution to the success of the organization's mission.

“This RSVP is truly a great program.... I'm not sure who enjoys the hugs and visits the most. The volunteers have provided many struggling students love, support, concern and assistance. I hope this program will continue and grow each year.”  
— *Shaun Barnett, First Grade Teacher, Rogers School, Florence*

### ALASKA

1998

#### **Alaska Community Services RSVP**

The North Star Council on Aging Senior Center serves 4,000 eligible low-income seniors who need assistance with daily living activities. With recent funding cuts, the Center was forced to limit essential services to their clients. To help this situation, 6 RSVP volunteers assigned to the Center helped with congregate meals, home-delivered meals, maintenance and repair, and social events. As a result of the volunteers' efforts, congregate and home-delivered meals increased their services by 15 percent, social activities were scheduled on a weekly basis, and light maintenance and repair tasks at the Center were completed promptly. Within one year, the 6 volunteers contributed over 6,200 hours of service. Estimating \$6.00 per each volunteer hour, the RSVP program provided more than \$37,000 in services that might otherwise have been eliminated.

### ARIZONA

1998

#### **RSVP of Southeastern Arizona**

The rural town of Tombstone, consisting of approximately 1,200 residents, does not have a grocery store or a medical clinic. As a result, the homebound elderly find it difficult to maintain their health and to receive proper nutrition. Twelve RSVP volunteers, working at the Tombstone Senior Nutrition Site, prepare and deliver meals to 30 homebound elderly daily. In addition, they feed a daily average of 50 persons at the Nutrition Site. They served approximately 460 hours per month. Individuals of both beneficiary groups comment that they feel healthier by eating these nutritionally-balanced meals. Also at the Site, the RSVP

volunteers encourage the participants to become volunteers and they arrange for school children to entertain.

## **ARKANSAS**

**1998**

### **RSVP Northeast Arkansas**

Craighead County's Departments of Health and Human Services identified more than 200 households in the area who are low-income and nutritionally distressed. Although the Northeast Arkansas Food Bank has groceries available, the county lacked a cost-effective system to ensure everyone needing food had access. In 1997, RSVP was asked to organize a volunteer system to sort, package and deliver food packages to 200 households at least twice each month. United Way support covered volunteer mileage reimbursement for personal vehicle use. RSVP developed and implemented its volunteer food bank delivery team, and reached all 200 households through bimonthly service. Volunteers delivered more than 4,800 food packages, and RSVP's success guarantees that the initiative continues in 1998.

## **CALIFORNIA**

**1999**

### **RSVP of San Francisco**

In July of 1999 RSVP of San Francisco hosted an Intergenerational Day event at the San Francisco Food Bank. More than 45 RSVP volunteers and college students served side-by-side to sort, process and pack food for distribution to low-income San Franciscans. The college students are part of a nonprofit program called "Inroads" which places minority college students in corporate internships. The RSVP volunteers have ongoing assignments at the Food Bank, where they pack more than six tons of food each month for those in need.

## **COLORADO**

**2001**

### **Delta, Montrose, Gunnison, and San Miguel Counties FGP**

In 1996, a husband and wife team perceived a need for a food distribution center in Montrose County and contacted the Montrose County Department of Social Services. When the need was confirmed, they set out to establish Sharing Ministries to provide food to needy families regardless of race or creed. The first center opened in 1999 with ninety-seven families participating each month. Currently over 2000 families receive food each month from four distribution centers serving residents of Montrose and Delta Counties and the towns of Naturita and Norwood. 30 RSVP volunteers assist in collecting, sorting and distributing food, and administration of this program, serving over 2000 people.

**1999**

### **DMG & SM Counties RSVP**

According to the 1990 Census, Delta County has the highest per capita of persons 55 and older (14.75percent) in the state of Colorado. The needs of the "rural elderly" are particularly pressing as approximately 14 percent of the elderly are low income individuals who desire to live independently in their homes for as long as possible. Providing adequate nutrition to these frail elderly is a key factor in their ability to remain in their homes. Forty-five Retired & Senior volunteers delivered 20,148 meals in the period of one year to 117 clients of Columbine Senior Nutrition Program for the Elderly throughout Delta County.

**1999**

### **Weld County Retired & Senior Volunteer Program**

According to the 1990 census, 14.4 percent (8,727) of Greeley residents are over the age of 60. A survey conducted in 1995 of 35 Weld County agencies by the Area Agency on Aging and the University of Northern Colorado reveals that transportation and medical problems are among the top 4 major problems of older adults. Providing seniors who have such problems with services will enable them to remain independent in their own homes is a pressing community need. Retired & Senior volunteers provide grocery shopping services at no cost to those unable to do their own shopping because of health or transportation problems. During the past year, an average of 79 orders for grocery and personal items were filled each week utilizing 15 volunteers for 3 hours each per week.

### **DISTRICT OF COLUMBIA**

**1999**

#### **FGP of Washington DC**

The Hospital for Sick Children, a 130 bed pediatric transitional care facility for children who have been discharged from acute care hospitals, provides comprehensive development, cardiopulmonary and nutritional therapy prior to the children returning home. On average, 50 to 80 children a day need assistance with feeding and nutrition. Meeting emotional needs is also an important part of the total healing process. Fourteen (14) Foster Grandparents served 11,240 hours at this hospital in 1997. The hospital provides 4 hours of feeding training and other training as needed, as well as supervision. On a daily basis the Foster Grandparents feed or supervise the feeding of 50 children one meal a day. As the Foster Grandparents average 200 days of service per year, this results in 10,000 feedings. In order for the child to participate in the whole healing and rehabilitative process, meeting the need of nutritional health is foremost.

### **FLORIDA**

**1999**

#### **RSVP of Martin County**

In Martin County, more than 1,800 children are recipients of state and federal welfare support, and more than 2,000 families receive food stamps each month. During the holiday season, many in need of help turn to social service agencies for additional

assistance, which strains the ability of agencies to deliver services. In response to the county's overwhelming need for an organized holiday assistance and distribution program, RSVP helped to create the "White Doves" project. Members of the community from both private and public sectors join forces to centralize donations, identify recipients, and set up distribution systems and sites. RSVP's partners include its sponsor agency, United Way of Martin County, the Marine Corps Reserve, and Boy Scouts. During the 1997 winter holiday season, 1,368 families, representing 78 percent of Martin County families living at or under poverty, received toys, gifts and three to four days of food. Forty-six RSVP volunteers were directly responsible for collecting more than 33,000 cans of food and 6,000 toys. Sixteen youth volunteers from the juvenile justice system worked as team members with the RSVP volunteers to package food and items. The intergenerational teams also raised \$11,930 in funding to support food purchases. RSVP volunteers were also instrumental behind the scenes, where they set up and managed warehouses and coordinated logistical support. Thirty-six local social service agencies found their "seasonal caseloads" significantly reduced and were able to focus on the pressing and ongoing needs of clients.

## **GEORGIA**

**1999**

### **Middle Georgia RSVP**

A recent survey conducted by the Houston County Council on Aging identified 135 elderly individuals who are unable to prepare nutritious meals in their own homes. Most of those identified have various physical impairments or medical disabilities, and many lack appropriate social interaction. Houston County seniors are especially challenged by these issues, as many live below the poverty line and reside in isolated areas with no access to public transportation or coordinated health services. Twenty RSVP volunteers help meet the needs of 135 elderly by providing nutritional meals five days a week to each residents served.

## **ILLINOIS**

**2001**

### **RSVP of Joliet Area**

St. John's Food Pantry was established five years ago with the mission to provide "take home" food to individuals, families, and households experiencing crises. The pantry is open three days a week and serves anywhere from 300-500 people per month. Typically more than half of those served are children ages 18 and under. Clients are referred through various faith-based and secular communities. 10 RSVP volunteers serve at St. John's performing a variety of services, such as: packing groceries, hands-on service to clients, grocery shopping, and assisting with clerical work in

"The personal attention [RSVP volunteer] Dr. Cannon gives these students is very important. At the end of the year, his students' test scores were meeting the standards. I believe the one-on-one attention they got was part of the reason they improved."

the office. The benefits of the pantry service are many, including the new friendships that are continually formed among clients and volunteers.

**2001**

### **RSVP of Champaign-Urbana**

50 RSVP volunteers provide food to 228 low-income seniors through the “Food for Seniors” program. Twice a month two tons of food is purchased from the Eastern Illinois Food Bank with bread and other perishable items provided by a local grocery. RSVP volunteers bag the groceries in the church fellowship hall. Other RSVP drivers pull up, load their cars and pickups, and go on their assigned delivery routes, while still other volunteers clean up. Food for Seniors is totally volunteer supported and operated. No RSVP funds or other public money are requested. The RSVP volunteer delivery drivers put in thousands of miles annually in all kinds of weather. However, they never request mileage reimbursement. The Lutheran church provides space, the Masons are a consistent source of funds, and many other individuals and groups provide unsolicited donations to Food for Seniors. The volunteers themselves are an average of 76 years old, but that doesn't keep them from providing reliable service to other seniors in need.

For 17 years, Food for Seniors has been a model of community volunteer sustainability. The success of the program is recognized well beyond the Champaign-Urbana area. It received the Illinois Hometown Governors Award and was the Daily Point of Light

## **MARYLAND**

**1999**

### **RSVP of Allegany County**

State Program Director Jerry Yates reported in November 1997 that once a month in nine sites throughout Allegany County, the Allegany County RSVP-SHIP (Self Help in Partnership) delivers and distributes 5,000 pounds of non-perishable food and 1,500 pounds of fresh produce. They have impacted 375 families (x3.5 people) in the country by providing \$30 -50 worth of food for just \$5 per family. This program has been in existence for several years, but continues to grow by 5-10 families per month. Families are truly grateful and the program fosters more and more volunteerism. With the 60 seniors that operate the sites, the program will continue for many years to come.

## **IOWA**

**2001**

### **RSVP of Linn County, Cedar Rapids**

RSVP volunteers have very strong involvement in the food bank/home meal delivery benefiting urban and rural homebound individuals, the homeless, low income families and children. From July 1981 through June 30, 2001, RSVP volunteers contributed 1,778,985 hours of volunteer service, supporting more than 125-non profit organizations (including faith-based agencies). Their volunteer services helped meet the needs in communities throughout all of Linn County.

## **MINNESOTA**

**2001**

### **RSVP of Todd/Wadena/Otter Tail/Wilkin**

Community Food Shelves provides services on which many families in the area rely simply to meet daily requirements of nourishment. RSVP volunteers serve ten Community Food Shelf sites in the project's service area. Within an 11-month period, RSVP volunteers helped provide food to 4,510 families consisting of 8,584 adults and 6,708 children. Of the families served, more than 485 were families who had not used a Food Shelf before. The RSVP volunteers donated 3,313 hours of service and distributed 320,034 pounds of food.

## **MISSOURI**

**2001**

### **RSVP of Ray-Lafayette-Carroll Counties**

Meal delivery in these very rural counties and communities is a critical resource to frail older adults and those with disabilities, who have difficulty preparing hot and nutritious meals daily. A total of 30 RSVP volunteers serve nearly 45 persons every week, preparing and delivering more than 4,400 meals annually. If the meals were delivered by a commercial transportation service, it is estimated that the cost to the community would be more than \$10,000 each year.

## **MISSISSIPPI**

**1999**

### **Lafayette County RSVP**

For the past 15 years, RSVP volunteers have operated the Meals on Wheels program in the rural community of Oxford. During 1997, 75 RSVP volunteers delivered over 7,500 hot meals to the homebound elderly. In many instances, these volunteers are their clients' only visitors. The volunteers assumed many other responsibilities including providing transportation and running errands. Without the services of these RSVP volunteers, many of the clients believe they would be in nursing homes.

## **MONTANA**

**1999**

### **Kalispell RSVP**

The Kalispell RSVP and the local food bank teamed up to provide more seniors with surplus commodities. Many eligible seniors will not go to the food bank because of pride. However, with local AOA screening for income eligibility and RSVP helping distribute food to homes, the first day of operation had 166 seniors taking advantage of the program.

## NEVADA

1999

### **Catholic Charities of Nevada RSVP**

The Senior Companion Program of Southern Nevada has identified a critical need to educate Nevada's seniors in nutritional health. Sixty Senior Companion volunteers received extensive training from a registered Dietitian from the Division for Aging Services. Following this training, the 60 Senior Companions educated and trained over 200 seniors clients on nutritional health issues. Senior Companion Program staff members anticipate improvement in management of diet and health among the 200 senior clients who participated in the program.

## NORTH DAKOTA

2001

### **Mandan Golden Age Club RSVP, Bismarck**

Each day through the local "Meals-on-Wheels" program, 118 volunteers deliver a nutritious meal to 344 shut-ins in the Bismarck, Mandan, Almont, Flasher, Glen Ullin, New Salem, and Wing area. Along with other family and community support, these meals help avoid or delay institutionalization.

## OHIO

1999

### **Perry County RSVP**

The Perry County Emergency Assistance Program was developed at the request of numerous social service agencies, who noted a need for a local food pantry. Six RSVP volunteers manage and coordinate the food pantry (the largest in the county) on a day-to-day basis. Volunteer solicit canned goods and day old perishable foods from local grocers and merchants, sort and store goods donated from the community, and help to coordinate distribution. As a result, 1,881 individuals received food products in 1997 equal to 16,929 meals. Most significantly, the county's human service network acknowledges that the food pantry would not remain in operation without the service of the RSVP volunteers.

## SOUTH DAKOTA

1999

### **Minnehaha County RSVP**

"Shopping for Friends" is a collaborative effort between five not-for-profit agencies and a local grocery store, to provide a grocery shopping/delivery service to homebound individuals within the Sioux Falls city limits. Twice a week, two RSVP volunteers from a pool of 15 answer phones and prepare the grocery orders. In the afternoon, eight Threshold alternative school students deliver the groceries to 35 to 40 Adult Services and Aging clients. Four non-driving RSVP volunteers are provided transportation by Project CAR (Call-a-Ride). Phone lines, space, and billing services are provided by Andy's Grocery Store.

**UTAH**

**1999**

**Cache County RSVP**

Since 1973, the Cache County Senior Citizens Center has been providing congregate meals for senior citizens and all delivered meals to homebound senior citizens of Cache County. With the growth of the aging population, it was determined that a larger kitchen and service area at the Center was needed. A team of volunteers including RSVP volunteers were recruited for the “Kitchen Project,” which included research and work on facility design, staffing costs, nutritional requirements and meal planning, raw foods vs. prepared food cost comparison, land requirements, building permit requirements, community support, and fund-raising. Over the past several years more than 80 RSVP volunteers, along with other community volunteers, raised more than \$600,000 needed to build the new kitchen facility. The chairman, an RSVP Volunteer, alone donated over 900 recorded hours to the project. In addition to research and fund raising, the volunteers also contributed “hands-on” work in the building and ground preparation. Relationships were developed between local food businesses and the Community Food Pantry who offered to provide ongoing food donations to the “Kitchen.” The new state of the art kitchen facility opened for business in July of 1997.

**WYOMING**

**2001**

**Cheyenne Housing Authority RSVP**

The Cheyenne Community Solar Greenhouse is a public education center on horticulture in the high plains area. RSVP volunteers were trained to provide information to the public on how to grow plants from seedlings, maintain outside gardens, green houses, and vegetable gardens, and harvest produce. During 2001, 23 RSVP volunteers spent an average of 302 hours per month planting, maintaining crops, harvesting, and educating. During this time, 30,000 individuals visited the gardens for education and relaxation. Of the produce harvested during the growing season, 1,367 pounds were donated to the local Meals-on-Wheels Program to help nourish home-bound elderly with healthy fresh produce, saving the seniors an estimated \$2,050 in food costs. Seedlings planted by RSVP volunteers saved the Cheyenne Botanic Gardens an estimated \$10,000 in initial plant costs.

The time and effort the [Central Wyoming] RSVP volunteers contribute to the Natrona County Health Fair effort stands head and shoulders above all the other groups involved in staging the fair. We literally could not do it without them.”  
— Christopher Jones, Director,  
Western Health Screening  
Services