

PART I - FACE SHEET

APPLICATION FOR FEDERAL ASSISTANCE		1. TYPE OF SUBMISSION: Application <input checked="" type="checkbox"/> Non-Construction														
Modified Standard Form 424 (Rev.02/07 to confirm to the Corporation's eGrants System)																
2a. DATE SUBMITTED TO CORPORATION FOR NATIONAL AND COMMUNITY SERVICE (CNCS): 05/15/12	3. DATE RECEIVED BY STATE:	STATE APPLICATION IDENTIFIER:														
2b. APPLICATION ID: 12SR140498	4. DATE RECEIVED BY FEDERAL AGENCY: 05/15/12	FEDERAL IDENTIFIER:														
5. APPLICATION INFORMATION																
LEGAL NAME: Volunteers of America, Dakotas DUNS NUMBER: 179901921	NAME AND CONTACT INFORMATION FOR PROJECT DIRECTOR OR OTHER PERSON TO BE CONTACTED ON MATTERS INVOLVING THIS APPLICATION (give area codes): NAME: Kathleen Perry TELEPHONE NUMBER: (605) 753-6808 FAX NUMBER: (605) 444-2515 INTERNET E-MAIL ADDRESS: k.perry@voa-dakotas.org															
ADDRESS (give street address, city, state, zip code and county): 1309 W. 51st Street PO Box 89306 Sioux Falls SD 57109 - 9306 County:																
6. EMPLOYER IDENTIFICATION NUMBER (EIN): 237353508	7. TYPE OF APPLICANT: 7a. Non-Profit 7b. Community-Based Organization Statewide Association															
8. TYPE OF APPLICATION (Check appropriate box). <input checked="" type="checkbox"/> NEW <input type="checkbox"/> NEW/PREVIOUS GRANTEE <input type="checkbox"/> CONTINUATION <input type="checkbox"/> AMENDMENT If Amendment, enter appropriate letter(s) in box(es): <input type="text"/> <input type="text"/> A. AUGMENTATION B. BUDGET REVISION C. NO COST EXTENSION D. OTHER (specify below):	9. NAME OF FEDERAL AGENCY: Corporation for National and Community Service															
10a. CATALOG OF FEDERAL DOMESTIC ASSISTANCE NUMBER:94.002 10b. TITLE: Retired and Senior Volunteer Program	11.a. DESCRIPTIVE TITLE OF APPLICANT'S PROJECT: RSVP Heartland Region 11.b. CNCS PROGRAM INITIATIVE (IF ANY):															
12. AREAS AFFECTED BY PROJECT (List Cities, Counties, States, etc): South Dakota counties of Beadle, Hand, Hyde, Jerauld, Kingsbury, Lake, Miner, Moody, and Sanborn																
13. PROPOSED PROJECT: START DATE: 09/30/12 END DATE: 09/29/15	14. CONGRESSIONAL DISTRICT OF: a.Applicant <u>SD 001</u> b.Program <u>SD 001</u>															
15. ESTIMATED FUNDING: Year #: 1	16. IS APPLICATION SUBJECT TO REVIEW BY STATE EXECUTIVE ORDER 12372 PROCESS? <input type="checkbox"/> YES. THIS PREAPPLICATION/APPLICATION WAS MADE AVAILABLE TO THE STATE EXECUTIVE ORDER 12372 PROCESS FOR REVIEW ON: DATE: <input checked="" type="checkbox"/> NO. PROGRAM IS NOT COVERED BY E.O. 12372															
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">a. FEDERAL</td> <td style="text-align: right;">\$ 113,750.00</td> </tr> <tr> <td>b. APPLICANT</td> <td style="text-align: right;">\$ 28,850.00</td> </tr> <tr> <td>c. STATE</td> <td style="text-align: right;">\$ 0.00</td> </tr> <tr> <td>d. LOCAL</td> <td style="text-align: right;">\$ 5,000.00</td> </tr> <tr> <td>e. OTHER</td> <td style="text-align: right;">\$ 23,850.00</td> </tr> <tr> <td>f. PROGRAM INCOME</td> <td style="text-align: right;">\$ 0.00</td> </tr> <tr> <td>g. TOTAL</td> <td style="text-align: right;">\$ 142,600.00</td> </tr> </table>	a. FEDERAL	\$ 113,750.00	b. APPLICANT	\$ 28,850.00	c. STATE	\$ 0.00	d. LOCAL	\$ 5,000.00	e. OTHER	\$ 23,850.00	f. PROGRAM INCOME	\$ 0.00	g. TOTAL	\$ 142,600.00	17. IS THE APPLICANT DELINQUENT ON ANY FEDERAL DEBT? <input type="checkbox"/> YES if "Yes," attach an explanation. <input checked="" type="checkbox"/> NO	
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f. PROGRAM INCOME	\$ 0.00															
g. TOTAL	\$ 142,600.00															
18. TO THE BEST OF MY KNOWLEDGE AND BELIEF, ALL DATA IN THIS APPLICATION/PREAPPLICATION ARE TRUE AND CORRECT, THE DOCUMENT HAS BEEN DULY AUTHORIZED BY THE GOVERNING BODY OF THE APPLICANT AND THE APPLICANT WILL COMPLY WITH THE ATTACHED ASSURANCES IF THE ASSISTANCE IS AWARDED.																
a. TYPED NAME OF AUTHORIZED REPRESENTATIVE: Stephanie Graeb	b. TITLE: Director of Eastern Regional Services	c. TELEPHONE NUMBER: (605) 373-0370														
d. SIGNATURE OF AUTHORIZED REPRESENTATIVE:		e. DATE SIGNED: 05/15/12														

Narratives

Executive Summary

NAME OF LEGAL APPLICANT: Volunteers of America, Dakotas

A BRIEF DESCRIPTION OF THE LEGAL APPLICANT'S ORGANIZATION AND ITS MISSION:

Nonprofit spiritually based organization whose mission is to reach out to empower people of all ages to become healthier, self-sufficient, productive members of their communities.

THE NUMBER OF RSVP VOLUNTEERS PROPOSED: 325

THE DOLLAR AMOUNT REQUESTED: \$113,750

THE SERVICE CATEGORIES THE PROJECT WILL ADDRESS: Independent Living, Food Security, Mentoring for Educational Success, and Other: Services to Veterans and their Families.

THE COMMUNITY NEEDS THE PROJECT WILL ADDRESS: Seniors and others at-risk living in rural areas without access to basic services; seniors with poor health or nutrition forced into senior housing; children performing below grade level; insufficient support for veterans & families.

RESEARCH-BASED METHODS PROJECT WILL USE TO ADDRESS NEED: Independent Living: by the Nat'l Center for Health Statistics 2003, CDC, Dep't of HHS (www.cdc.gov/nchs). Food Security: research from the US Dept. of Agriculture (www.usda.gov), the Administration on Aging (www.aoa.gov), the FDA (www.fda.gov), and Meals on Wheels Assoc. of America (www.mowaa.org).

Mentoring: 40 Developmental Assets of the Search Institute (www.search-institute.org, 2000-11).

Veterans & Families include those for independent living, with additional information from the SD Dept. of Veterans Affairs (http://mva.sd.gov/veterans_affairs).

PROJECT'S ANTICIPATED OUTCOMES: Seniors will eat better and have more socialization and activity, so will have better health outcomes and be able to live independently longer. Rural residents, especially seniors, those with disabilities, and those in poverty, will have better access to services and a better quality of life. Children will meet developmental markers for their age (pre-school), will perform at grade level (school-age) and will show better socialization. Veterans and their families will have access to services they need and better quality of life.

Narratives

Strengthening Communities

DESCRIPTION OF THE COMMUNITY SERVED: The 9 counties in the region are rural, with an economy heavily dependent on agriculture. The Santee Sioux Tribal HQ and Flandreau Reservation are within the region (Moody Co.), and the Crow Creek Reservation is partially within the region, (Hyde County). The population of the 9 counties is 51,900, with 35% age 55 or older. The population density is 7.3 persons per sq. mile. The region is 94% Caucasian, but a few counties have significant minority populations. Beadle County has Karen refugees from Myanmar (4.9%) and Hispanic (9.8%). Moody County has 14% Native American and Hyde County has 8.5% Native American. 11% of the population in the 9 counties lives below the federal poverty level. The largest towns are Huron (12,600) and Madison (6,500) (quickfacts.census.gov or factfinder2.census.gov--2010 census.)

INVOLVEMENT OF THE TARGET COMMUNITIES IN PLANNING AND IMPLEMENTATION; WELL-DEFINED ROLES FOR COMMUNITY PARTNERS: Numerous community agencies and leaders have pledged support for the RSVP Project and Volunteers of America, Dakotas (VOAD). Over a year ago, Heartland Region United Way VOAD to sponsor RSVP, and has now pledged financial support and helped to bring together numerous key contacts. The former sponsor of the project, Huron Senior Center, has offered free office space and is assuring that the project's volunteer and station records are kept intact. The Beadle County Commission has set aside annual funding of \$4,000 for the project, and the city of Huron has pledged its support. VOAD held a series of meetings with key community leaders and agencies. Some who have promised participation are the Area Nutrition Program and home-delivered meals; Huron Chamber of Commerce; Heartland Region Medical Center; NESD Head Start; So. Dakota State University Extension; and ICAP Nutrition in Madison, DeSmet, Howard, and Flandreau. Advice of community members has been incorporated in this proposal. Several individuals have been asked to serve on the community Advisory Council (see list).

INTEGRATING SR. SERVICE W. OTHER SENIOR SERVICES, MOBILIZING COMMUNITY RESOURCES INC. VOLUNTEERS, & BRINGING DIVERSE PEOPLE TOGETHER: The RSVP Project

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will be housed in the Huron Sr. Center, which is also the site of the Nutrition and Home-Delivered Meals Programs, as well as senior housing. VOAD is the sponsor of Foster Grandparents in the 9 counties of this region and is a United Way member agency, known as a service provider for seniors in Beadle County. Sr. Corps Program Director K. Perry has been meeting with service providers in the area on a regular basis for 3 years. The FGP staff have made great progress in establishing connections in Hand County, and now have five Foster Grandparents there. The RSVP Coordinator in Brookings has many contacts in the neighboring counties of Kingsbury and Moody.

ENHANCED CAPACITY OF COMMUNITY ORGANIZATIONS AND INSTITUTIONS; BUILDING CAPACITY FOR INDIVIDUALS, NONPROFITS, AND COMMUNITIES TO SOLVE PROBLEMS: VOAD has an excellent track record in building partnerships and leveraging community action, and RSVP is central to that. The volunteer stations and community view the project as a valuable service to all segments of the community, so the RSVP Project is the leader in observing the national days of service and community improvements. Often, social service and government agencies look to the RSVP Project to initiate new programs, staff important community initiatives, and play a leadership role. Agencies report they have been more effective and comprehensive in their services with the help of the RSVP volunteers. The value of senior volunteers in meeting critical needs is not a difficult concept to sell in rural communities with a population base which is rapidly aging.

Recruitment and Development

RECRUITING, DEVELOPING, TRAINING, SUPERVISING, AND RECOGNIZING VOLUNTEERS: VOAD has over 90 years of experience in providing services and mobilizing volunteers. It has sponsored an RSVP Project (no federal funds) on the Rosebud Sioux Reservation since 2006, and expanded its RSVP sponsorship in 2009 to thirteen counties and 800 volunteers. Recruitment involves a variety of strategies--speaking to community groups; media campaigns; booths at community fairs; networking with agencies serving seniors; promotion through Sr. Corps Week; and more. For volunteer development and training, project staff do an initial orientation and periodic follow-up training as

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needed. The volunteer stations are trained by RSVP staff to conduct on-the-job training. The recognition of volunteers is a year-round effort including both events and smaller ways to say "thank you." The volunteer recognition luncheon or dinner is supported by local businesses which give in-kind support. The volunteers are recognized for their years of service and receive Presidential Volunteer Service Awards. Birthday cards and other ongoing recognition are done throughout the year.

QUALITY ASSIGNMENTS/EXPERIENCE FOR VOLUNTEERS; RANGE OF VOLUNTEER ROLES: The applicant agency has gradually moved to more impact work assignments for its RSVP volunteers, and will do even more in the Heartland Region. It's important to today's volunteers--and to the baby boomers who will be the bulk of RSVP volunteers in the future--to give them experiences where they can see the results of their work. The work plans and list of proposed volunteer stations were designed to include assignments with a lot of variety and opportunities for advancement to more responsible roles. Plans have begun for senior leadership training in partnership with the United Way.

SERVE WITH DIVERSE PEOPLE, INC. YOUTH & ADULTS; NEW AMERICANS; PEOPLE WITH DISABILITIES OR LOW INCOMES; RURAL RESIDENTS; OLDER AMERICANS; VETERANS; FAITH-BASED ORGANIZATIONS; PEOPLE OF COLOR; AND NATIVE AMERICANS: RSVP volunteers will work with all ages, from pre-school through the elderly, and the work plans are specifically designed to include vulnerable people of all ages. Those with disabilities will benefit from the independent living services which the volunteers will provide. The Karen refugees and Latinos in Beadle County speak little or no English, so their children need one-on-one assistance from volunteers to learn English and to succeed in pre-school or school. The food services (congregate meals for seniors; meal delivery for the homebound; backpack program for children; food box program for those with low incomes) are examples of ways volunteers will work with those in poverty. In rural communities with few social services, faith-based organizations are often the primary service organizations, and RSVP will work closely with them. Native Americans on or near the Flandreau and Crow Creek Reservations will be a major part of both services and volunteering in Moody and Hyde counties.

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RECRUITMENT OF VETERANS/MILITARY FAMILIES: One work plan is specifically for veterans and their families. Wherever possible, the project will use the model of veterans providing services to other veterans, with peer-to-peer support. The VOAD expertise in veterans' services will be utilized to make contact and form partnerships with veterans' organizations in order to recruit veteran volunteers.

VOLUNTEER POOL REFLECTIVE OF THE DEMOGRAPHICS OF THE COMMUNITIES SERVED: The applicant is committed to diversity in service recipients and in volunteers. Six years of RSVP sponsorship on the Rosebud Sioux Reservation in has given VOAD experience working with reservations and tribal councils. RSVP materials have been translated into the Lakota language. The Karen refugees and Latinos are also significant minorities in Beadle County, and Heartland Region United Way and M&M Day Care have pledged assistance in recruiting with those populations.

Program Management

PLANS FOR DEVELOPING AND MANAGING VOLUNTEER PLACEMENT SITES: VOAD has RSVP MOU's with 160 sites in eastern South Dakota, so it is experienced in recruiting and working with local agencies. Participation on community coordinating groups helps to make RSVP known and recruit new stations. A station packet and handbook, orientation of station staff, and periodic station visits are key to establishing and maintaining good relationships with stations. RSVP staff offer frequent support and assistance. Stations are consulted in work plan design, to assure that the measurement is feasible and convenient for station staff.

WELL-DEFINED ROLES FOR STAFF: The Project Director in the Huron office is responsible for decisions and procedures at the local level to assure that all project goals are met. The Director supervises a full-time Program Specialist (Coordinator) who helps support volunteers and stations and a PT Admin Asst maintains the database and files and enters volunteer hours. The Sr. Corps Program Director, Kathleen Perry, has 8 years experience in directing Sr. Corps programs and will supervise the Project Director. She does the majority of the fund raising, and writes the federal grants and federal reports. Stephanie Graeb, Director of Eastern Regional Services, supervises Kathleen and is the liaison

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with upper management of the applicant organization.

EFFECTIVE MANAGEMENT OF INFORMATION AND DATA TO DEMONSTRATE RESULTS: The project uses the Volunteer Reporter database, specifically designed for RSVP. It tracks volunteer hours, volunteer information, and station and Advisory Council information. The Sr. Corps Director is experienced with Reporter, and the agency IT Department has set up the sharing of data through its server. Performance measurement data is tracked through spreadsheets as suggested by Project STAR.

SYSTEMS FOR SELF-ASSESSMENT, EVALUATION, AND CONTINUOUS IMPROVEMENT: Program data, marketing, community outreach, and recruitment of volunteers and stations are tracked monthly by the Sr. Corps Director, who then files reports with the agency. Some data are aggregated and reported on quarterly. 40% of RSVP volunteer files are randomly chosen for internal file reviews each year, and changes made when deficiencies are found. The Advisory Council in each region does an annual comprehensive program evaluation, and findings are used to make changes and improve the project. The Council on Accreditation (COA) standards for assessment and evaluation are rigorous.

Organizational Capability

OVERVIEW OF AGENCY AND ITS PROVEN TRACK RECORD: Volunteers of America, Dakotas has provided services for over 90 years, with programming for children & youth, substance abuse, employment, disability, homeless, and mental health. In 2008, the agency achieved accreditation from the Council on Accreditation (COA) In FY11, over 500 staff and 2,000 volunteers provided services to over 46,000 individuals. VOAD provides services to veterans in collaboration with the Sioux Falls Veterans Administration and the Catholic Diocese.

CAPABILITY FOR PROGRAMMATIC/FISCAL OVERSIGHT AND OPERATIONAL SUPPORT: All levels of VOAD management review the Sr. Corps Program's data, challenges, and accomplishments. Sr. Corps Program Director, K. Perry and Director of Eastern Regional Services S. Graeb provide programmatic oversight and support for staff in the regional offices. The CFO is a CPA and has extensive experience in managing federal grants. The grantee is audited annually. State and federal

Narratives

agencies have found the fiscal system compliant with Generally Accepted Acctg Procedures (GAAP) and the agency follows FASB accounting procedures in reporting data for federal grants. Operational support is provided by Human Relations, the Marketing Department, Grant Writers, and IT Support.

COMMITMENT TO SECURE RESOURCES FOR IMPLEMENTATION AND SUSTAINABILITY: Several resources for the Heartland Region have already been obtained, including the United Way, county, and So. Dakota Univ. Extension services. The community meetings planning for this proposal included discussions of how the community would help to support the project. VOAD is committed to building on the community support and developing long-term relationships with local funders. Currently, there's a proposal pending for a national foundation grant which, if funded, would help to support a special RSVP initiative in Moody County and the Flandreau Reservation. Having an experienced grant writer in the position of Sr. Corps Director (K. Perry) frees up the staff in the Huron office to manage the local program and provide support to the volunteers.

PAST EXPERIENCE MANAGING FEDERAL GRANT FUNDS. TRACK RECORD IN THE ISSUES TO BE ADDRESSED, SENIOR SERVICE, AND VOLUNTEER MANAGEMENT: VOAD has sponsored the statewide AmeriCorps*VISTA program since 2006 and the Southern SD RSVP Project since 2006. Since 2009 it has sponsored the RSVP and Foster Grandparent Programs in eastern South Dakota, and currently is funded for 800 RSVP volunteers in thirteen counties and 76 FGP VSY's in eleven counties.

PROVEN RECORD OF INNOVATIVE APPROACHES TO SOLVING PROBLEMS: The Sr. Corps structure is one example of an innovative approach in a sparsely-populated state. The offices in Aberdeen, Watertown, and Brookings (and the proposed office in Huron) assure that staff cover a manageable geographic area and are as close as possible to the counties served. All staff split their time between RSVP and FGP, offering efficiency in community contacts and staton and volunteer recruitment. This structure allows VOAD to staff two Sr. Corps projects with 2 less FTE's than the previous sponsors. As national priorities change, it's essential that RSVP has this kind of creative problem solving.

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Other

n/a

PNS Amendment (if applicable)

not applicable

Work Plan/Performance Measures

Total Number of Unduplicated Volunteers: 325

Service Category: Mentoring for Educational Success

Total # Stations: 10

Total # Volunteers: 82

Total # Clients: 200

Part 1: Need

Community Need

Huron in Beadle County is the largest town in the 9-county region, with 12,500 residents. Its high school graduation rate is 85%, but its Hispanic students have a graduation rate of 46%, the economically disadvantaged graduated at a rate of 79%, students with disabilities have a rate of 64%, and students with limited English proficiency have a rate of 62%. In grades 3-5 in 2010, the following groups did not meet Acceptable Yearly Progress: All students in Math; Asian students (mainly Karen refugees from Myanmar) in Math and Reading; Hispanic students in Reading; and Economically-disadvantaged students in Math and Reading (State Dept. of Education website--No Child Left Behind Report Card). On the National Assessment of Educational Progress (NAEP), 28% of Huron's Asian students were Below Basic in Reading in Grade 6; and 90% in Grade 11. 24% of Huron's students with Limited English Proficiency were Below Basic in Reading in Grade 6, and 50% in Grade 11. Migrant students tested Below Basic in Reading at a rate of 10% in Grade 6, and 44% in Grade 11. The other school districts in the region are so small that their special groups break-outs were too small to measure. However, the state rate of Below Basic in Reading on the NAEP are as follows: 11% of all students in Grade 6; 13% of students with Limited English Proficiency (LEP) in Grade 6, falling to 38% by Grade 11; 24% of migrant students in Grade 6, falling to 44% in Grade 11; Students with Disabilities 27% in Grade 11; and Native Americans 11% in Grade 11 (<http://doe.sd.gov/reportcard/index.aspx>). The state of South Dakota ranks 43rd among states in the amount of spending per pupil, and the low resources hit small districts especially hard because they have no economy of scale (Children's Defense Fund January 2012--www.childrensdefense.org). There is evidence that poor outcomes for South Dakota children begin before elementary school. The state doesn't require licensing of family child care homes until there are at least 12 children being cared for, though the median in the nation is 5 children, (NACCRRRA's Ranking of States 2010 Update--www.naccrra.org/publications/naccrra_publications). A

Work Plan/Performance Measures

national research study by Big Brothers/Big Sisters in 2004 found that mentored children got better grades, stayed in school, and displayed better socialization.

Part 2: Action Plan

Service Activities

Volunteers will work in early childhood settings, schools, and other child-serving agencies to work one-on-one with children of all ages. They will provide an encouraging adult presence, tutor school-age children, and free up teacher time so the teacher can spend more time with the children.

Anticipated Input

82 volunteers will work a minimum of three hours a week for 36 weeks, or 8,800 hours per year. RSVP staff will provide an initial orientation and additional ongoing training of 10 hours per year in topics such as child development, how to help children read, etc. The project will provide transportation for volunteers to and from their stations. The station staff will provide on-the-job training and the materials (books, worksheets, markers, etc.) which the volunteers will need.

Anticipated Accomplishments/Outputs	Period of Accomplishment:	Performance Measure:
Summary Children will have ongoing contacts and interactions with senior volunteers for at least six months in the year.	09/13	

Anticipated Intermediate Impact/Outcome	Period of Accomplishment:	Performance Measure:
Summary Children who are mentored will achieve at least two of the goals set for them by the teacher/supervising adult (e.g. better socialization, increased language development, more interest in learning, fewer absences, higher scores in Reading or Math, etc.)	09/13	

Anticipated End Impact/Outcome	Period of Accomplishment:	Performance Measure:
Summary Children mentored will achieve at least two of the following Developmental Assets from the Search Insitute: positive identity, improved social competencies or school achievement, other adult relationships, positive school climate.	09/14	

Service Category: Food Security

Work Plan/Performance Measures

Food Security

Total # Stations: 13

Total # Volunteers: 166

Total # Clients: 430

Part 1: Need

Community Need

The South Dakota rate of food insecurity from 2008-10 was 12.3% of the population, with 5.4% with extremely low food security. By 2011, the food insecurity rate had jumped to 15.2% (Food Research and Action Center--frac.org). In the 9 counties of the Heartland Region, the percentage of children who qualify for free and reduced price lunches (a common indicator of low income and food shortages) in 2010-11 was as follows: Lake Preston 30%, Hyde County 31%, Hand County 33%, Miner County 42%, Kingsbury County 42%, Wessington Springs 44%, Beadle County 49%, Flandreau Public Schools 50%, Iroquois 50%, Sanborn County 58%, and Flandreau Indian School 70% (SD Kids Count Factbook 2011--www.usd.edu/sdkidscount/). The Supplemental Nutrition Assistance Program (SNAP) helped to feed 2,349 people in Huron each month in 2011, and the number of those using SNAP is increasing each year throughout the region (SD Kids Count Factbook 2011). Seven of the nine counties (Hyde, Hand, Jerauld, Sanborn, Miner, and Kingsbury) in the region are defined as "food deserts" by the So Dakota State Univ Rural Life Census Data Center in their 2008 findings. Food deserts are 10 miles or more from a supermarket, and food desert residents pay higher prices for food and travel farther to gain access to certain foods (pubstorage.sdstate.edu). SDSU researchers concluded that the elderly, poor, disabled, rural, single parent households and their children are more vulnerable to reduced food access. As a result, they may substitute foods that lack essential nutrients. Those in "food deserts" eat less protein, fruit, and vegetables, and are less likely to eat balanced meals. 32% of seniors surveyed in rural South Dakota said they have no supermarket in their community, and 40% have no mini-mart. When asked about the availability of congregate meals and meal delivery, 86% and 84% respectively said that these food services were important in allowing them to remain living in their own homes. (SD AARP random survey of South Dakota residents age 50+ March 2012--www.aarp.org/states/sd). Adequate nutrition is one of the greatest needs of the elderly because it is a factor in forestalling both mental and physical deterioration (Title III Older Americans Act). Well-nourished seniors have

Work Plan/Performance Measures

healthier, longer lives; experience fewer health problems; and have lower health care costs. Feelings of connectedness to other people are essential for the emotional and physical well-being of seniors (studies conducted by the South Dakota Department of Social Services). Due to the high rate of food insecurity and food deserts in rural areas, there's a great need for services such as food pantries/food distribution, backpack programs for schoolchildren, congregate meals, and meal delivery.

Part 2: Action Plan

Service Activities

RSVP volunteers will engage in several activities to alleviate food insecurity among vulnerable populations--seniors, those with disabilities, those who are homebound, children, and those living in poverty. Their work will support congregate meals, meal delivery services, the backpack program providing meals for schoolchildren on week-ends, food box delivery, and food pantries.

Anticipated Input

166 volunteers will average 10 hours a month for one year, or 19,900 hours. RSVP staff will provide an initial orientation, and station staff will provide on-the-job training. The RSVP Project will provide transportation to and from the stations for volunteers. It will also pay mileage for volunteers who drive as part of their volunteer assignment. Materials needed on the job will be provided by the station.

Anticipated Accomplishments/Outputs	Period of Accomplishment: 09/13	Performance Measure: <input checked="" type="checkbox"/>
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Summary

Seniors, children, and other vulnerable people will receive balanced, nutritious meals or food to make balanced meals.

Indicator:
beneficiaries

Target 430 #

How Measured: Sign-in sheet

Description:

Volunteer stations have sign-in sheets and other logs of meals and food provided.

Anticipated Intermediate Impact/Outcome	Period of Accomplishment: 09/13	Performance Measure: <input checked="" type="checkbox"/>
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Summary

The vulnerable people served will eat more food and eat more nutritious food.

Work Plan/Performance Measures

Indicator:

Beneficiaries reporting they ate the food and/or meals provided.

Target 80%

How Measured: Survey

Description:

Surveys will be given to recipients over a 4-week period, then collected by the volunteers and turned in to the RSVP office.

Anticipated End Impact/Outcome	Period of Accomplishment: 09/13	Performance Measure: X
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Summary

Those receiving food will maintain a good diet or will improve their diet.

Indicator:

Beneficiaries who report that they maintained or improved their balanced diet after participating in the food program.

Target 65%

How Measured: Survey

Description:

Surveys will be handed out and collected over a 4-week period, then turned in to the RSVP office.

Service Category: Independent Living	Total # Stations: 812	Total # Volunteers: 210	Total # Clients: 400
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Part 1: Need

Community Need

In the 9 counties in the region, there are 6,505 households with individuals who are 65 years or older, for a total of 11,100 elderly who are living at home (factfinder2.census.gov, 2010 data). In rural areas in South Dakota, there are 71.7 nursing home/assisted living beds per 1,000 population, compared to 45.7 beds per 1000 in urban areas, showing a bias toward residential care in the rural areas because it's more difficult for seniors to live on their own (SD Dept of Health 2007: <http://doh.sd.gov/statistics/MedicalFacilities/default.aspx>). However, seniors who enter nursing home care as the last stage of their life have a life expectancy of 22 months. (Insurance industry study 2003) and one day in residential care costs the same as one nutritious meal per day for a year (SD Dept of Health, Office of Data, Statistics & Vital Records). The SD Dept of Adult Services & Aging reported 421 individuals in the Heartland Region received in-home services in the year ended June 2011, and that there was more

Work Plan/Performance Measures

demand for those services than they could meet. A March 2012 random survey by AARP South Dakota reinforces the belief that there are too few services for independent living. The survey of those age 55 and older living in rural areas found that 73% said it was extremely or very important to them to remain living in their community, but only 17% said their community was an excellent place for seniors to live. They listed the services they felt they needed to continue living independently, and some, congregate meals (86%), meal delivery (84%), senior or community Centers (86%), transportation (87%), respite for caregivers (81%), lawn care/snow removal (84%), help in completing government forms (79%), and help understanding their medical bills (76%). 53% of respondents (n=1,853) said they have no drug store in their town, and 63% have no stores where they can buy clothes or household items, further underscoring the need for transportation. When asked what transportation they use to do grocery shopping, go to doctor appointments, or to run errands, 24% said they ride with friends, 30% said they walk, 3% said they use public transportation, and 2% said they use special transportation services (AARP Survey of South Dakota Residents 50+, March 2012, www.aarp.org/states/sd/). While seniors in rural areas are reporting these lacks of services, the low income individuals of all ages are experiencing many of the same things. Rural areas and small towns have higher concentrations of elderly and low income citizens than other areas (Transportation for America). The people whose income is in the lowest 20% spend 42% of their income on transportation (Trans. for America policy brief rural, www.t4america.org). 11% of residents of all ages in the region live below the federal poverty level (factfinder2, census.gov--2010 data).

Part 2: Action Plan

Service Activities

RSVP volunteers will provide a variety of services for seniors, those with disabilities, and people of all ages in poverty to assist them in continuing to live in their homes and to receive necessary services in their communities.

Anticipated Input

210 volunteers will average 8 hours a month for one year, or 12, 600 hours. RSVP staff will provide

Work Plan/Performance Measures

orientation and the project will pay for transportation for the volunteers to and from their stations, plus mileage reimbursement for those who provide transportation services to clients. The volunteer stations will provide on-the-job training and ongoing supervision.

Anticipated Accomplishments/Outputs	Period of Accomplishment: 09/14	Performance Measure:
<p>Summary Vulnerable people (seniors, the homebound, low income) will receive visits, transportation, calls, or other assistance to be more active and involved with others.</p>		

Anticipated Intermediate Impact/Outcome	Period of Accomplishment: 09/14	Performance Measure:
<p>Summary Clients will report receiving support from the volunteers that helps them to remain living independently (e.g., help getting to appointments or shopping; telephone reassurance calls; assistance completing government forms; opportunity to get low-price items at thrift stores; socialization and activities outside the house at senior centers or other community events; etc.).</p>		

Anticipated End Impact/Outcome	Period of Accomplishment: 09/14	Performance Measure:
<p>Summary Vulnerable people will continue living independently and will report a better quality of life.</p>		

<p>Service Category: Independent Living</p>		
<p>Total # Stations: 6</p>	<p>Total # Volunteers: 35</p>	<p>Total # Clients: 48</p>

Part 1: Need

Community Need

13.6% of South Dakotans, or 72,138 persons, are veterans, putting the state the 9th in the nation in the percentage of veterans. South Dakota has 2,191 Iraqi war casualties per 100,000 population, and no other state has a rate that high (quickfacts.census.gov, 2006-2010). The Office of Rural Health was established in the Veterans' Administration in 2006, acknowledging the special health needs of vets in rural area. In the 9 counties of the Heartland Region, there is no chapter of Disabled American Veterans (DAV), and the closest DAV and VA hospitals/clinics are 60-140 miles away (www.statemaster.com). The number of veterans living below poverty in the state is 5,920 (American Community Survey 2009), and about 300 veterans' families are at risk of homelessness at any given

Work Plan/Performance Measures

time. For 17% of veterans who are at risk, stabilizing them in their existing homes will prevent homelessness (Homeless Management Information System, 2010).

Part 2: Action Plan

Service Activities

Veterans and their families will be given a variety of services to allow them to continue living independently, such as peer-to-peer support, transportation to needed services, telephone reassurance calls, etc.

Anticipated Input

35 volunteers will give an average of 10 hours per month per year, or 4,200 hours. RSVP staff will provide orientation, and stations (veterans' services agencies) will give additional training. RSVP will provide transportation support to and from volunteer assignments, plus mileage for those who drive clients to appointments or other services.

Anticipated Accomplishments/Outputs	Period of Accomplishment: 09/14	Performance Measure:
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Summary
 Veterans or their families will receive services such as transportation, peer-to-peer support, telephone reassurance calls, assistance with government forms, and the opportunity to become active as volunteers in their community, etc.

Anticipated Intermediate Impact/Outcome	Period of Accomplishment: 09/14	Performance Measure:
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Summary
 Veterans and their families will have better access to services they need and be more active.

Anticipated End Impact/Outcome	Period of Accomplishment: 09/14	Performance Measure:
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Summary
 Veterans and their families will continue living independently and will have a better quality of life.

Required Documents

<u>Document Name</u>	<u>Status</u>
Articles of Incorporation	Already on File at CNCS
Board of Directors	Sent
CPA Certification	Sent
Certification of non-profit status	Already on File at CNCS
Organizational Chart	Sent
Project Director's Job Description	Sent
Community Advisory Group names and addresses	Sent
Negotiated Indirect Cost Agreement	Not Applicable
Statement of whether applicant is subject to A133 audit	Sent
Statement of date of last A133 audit	Sent
Roster of Volunteer Stations	Sent
Aggregate Dollar Amounts of funding	Sent
List of the names of any Funding Organizations/Sources	Sent