

Senior Corps Work Plan SAMPLE

Work Plan Name: Food Distribution – Sample 9 (RSVP)	Work Plan ID: INE05096
Issue Area: Health/Nutrition	Total # Stations: 4
Service Category: Food Distribution/Collection	Total # Volunteers: 85
<p>Community Need:</p> <p>As the average life span increases there is a growing need to help seniors maintain their independence as long as possible. Homebound seniors face special challenges in maintaining adequate nutritional health, which is essential to maintaining general well-being and independence.</p> <p>Approximately 6,000 people in Knox County (15.9% of the population) are over the age of 65 (U.S. Census, 2006). According to the Area 13 Agency on Aging Nutrition Screening Initiative, the elderly in Knox County have the highest incidence of poor nutritional health. One in five low-income elderly individuals relies on community nutrition programs to supplement their nutritional needs.</p> <p>According to Stats Indiana, in 2005 Knox County ranked fifth highest in the state, with an overall poverty rate of 17.6 percent (http://www.stats.indiana.edu/profiles/pr18083.html). Knox County was also identified by the USDA as one of the top five Indiana counties with the highest rate of low-income seniors per capita. As a result, Knox County was selected to participate in the Commodity Supplemental Food Program for Seniors. Without assistance from RSVP volunteers, these food program sites would not be able to serve many of those in need.</p>	
<p>Service Activity:</p> <p>85 RSVP volunteers will serve at these nutrition stations: Meals on Wheels (home deliveries and congregate sites), S.H.A.R.E., Angel Ministries, Commodity Supplemental Food Program for Seniors, and a weekly free hot lunch program.</p> <ul style="list-style-type: none"> • Volunteers will assist with preparing, packing, and delivering food at two food pantries each week (Monday through Friday) for the entire year. • Volunteers will assist at congregate meal sites by greeting the recipients, helping staff prepare and serve meals and clean up. • Volunteers will serve in various capacities at the S.H.A.R.E. and Angel Ministries programs, which purchase and distribute fresh produce and frozen meat to clients at a discounted rate. • Volunteers will help maintain a client list of 450 low income seniors who receive a monthly 45-pound food box of non perishable items from Gleaners Food Bank through the Commodity program. 	

<p>Anticipated Input: 85 RSVP volunteers will donate 200 hours monthly promoting nutritional programs for the Knox County elderly, for a total 17,000 volunteer hours. RSVP will provide orientation and volunteer supplemental insurance and recognition. Each individual nutrition site will provide training, job descriptions, space for storage, and supervision.</p>
<p>Anticipated Accomplishments/Outputs: Homebound seniors will receive hot meals (delivered or at congregate sites), emergency food boxes, monthly commodity boxes or monthly discounted fresh produce.</p> <p>Indicator: Number of seniors participating in discounted food programs, number of commodity participants.</p> <p>Target: 600 seniors will participate in one or more of the Knox County nutrition programs; 450 of the 600 will be enrolled in the monthly commodity program.</p> <p>How Measured? Meals On Wheels log, commodity reports, and food pantry logs maintained by the sites</p>
<p>Anticipated Intermediate Impact/Outcome: Homebound seniors will indicate on the client survey that participation in one or more nutrition programs has improved their nutritional intake.</p> <p>Indicator: Percentage of enrolled seniors who indicate on the survey that participating in one or more nutrition programs has helped them maintain a more healthy diet.</p> <p>Target: 80% of enrolled seniors will state that participation in one or more nutrition programs has helped them maintain a more healthy diet.</p> <p>How Measured? <i>Client Survey</i>, administered to seniors by site supervisors or program staff 3 months after beginning meal delivery service</p>
<p>Anticipated End Impact/Outcome: Clients (homebound and low income seniors) participating in one or more nutrition programs will indicate that the food program helped them better maintain overall health.</p> <p>Indicator: Percent of clients who indicate on the survey that participating in one or more nutrition programs has helped them better maintain overall health</p> <p>Target: 75% of seniors who participate in nutrition programs will indicate on the survey that participating in one or more nutrition programs has helped them better maintain overall health.</p> <p>How Measured? <i>Client Survey</i>, administered to seniors by site supervisors or program staff 3 months after beginning meal delivery service</p>