

Senior Corps Work Plan SAMPLE

Work Plan Name: Congregate Meals – Sample 2 (RSVP)	Work Plan ID: MOE03078
Issue Area: Health/Nutrition	Total # Stations: 3
Service Category: Congregate Meals	Total # Volunteers: 100
<p>Community Need: Approximately 4,200 people living in Daly County, or 30 percent, are 65 years of age and above. According to the 2000 Census, approximately 2,200 of these senior citizens, or 52 percent, live alone. Seniors living alone are at greater risk of depression and feelings of isolation than those living with family members (Senior and Elder Care Resource Center, 2004). A 2004 study conducted by the Senior and Elder Care Resource Center indicated that congregate meal programs helped reduce the isolation often experienced by older people because they provided a comfortable place for people to socialize regularly.</p> <p>Daly County records indicate that approximately one in five seniors visit three community nutrition sites regularly. The nutritional sites aim to help Daly County seniors maintain general health and well-being by providing healthy hot meals and a safe place for seniors to socialize. The nutrition sites have asked RSVP volunteers to assist with the program. Without volunteer help, these nutritional sites could not maintain all three locations.</p>	
<p>Service Activity: Each week for the entire year, RSVP volunteers will assist low-income elderly persons who come to congregate meal sites by greeting them, helping staff to prepare and serve meals, and assisting clean up. RSVP volunteers will also provide some administrative support.</p>	
<p>Anticipated Input: 100 RSVP volunteers will serve a total of 2,000 hours per month in the nutrition program. Nutrition sites will provide RSVP volunteers with meals, training, and supervision. RSVP will provide volunteers with insurance and recognition.</p>	
<p>Anticipated Accomplishments/Outputs: Seniors will receive meals at the nutrition sites.</p> <p>Indicator: Number of meals served annually at nutrition sites</p> <p>Target: At least 1,500 meals will be served each week at the three nutrition sites (combined), or 78,000 meals over twelve months.</p> <p>How Measured? <i>Nutrition Site Meal Service Log</i></p>	

Anticipated Intermediate Impact/Outcome: Seniors will participate in the meal program.

Indicator: Number of seniors participating in the meal program regularly (at least three times per week for six consecutive weeks)

Target: At least 600 seniors will participate in the meal program over the program year.

How Measured? *Meal Program Enrollment and Participation Log*

Anticipated End Impact/Outcome: Participating seniors will experience a sense of social connectedness.

Indicator: Percent of seniors who give positive responses (“yes” or “agree”) to at least 4 survey questions focusing on social connectedness

Target: Sixty-five percent of seniors will give positive responses to at least 4 of 7 *Meal Program Intake & Assessment Form* questions focusing on social connectedness.

How Measured? *Meal Program Intake & Assessment Form*, administered to program participants at the beginning of the program and again six weeks later.