

Senior Corps Work Plan SAMPLE

Work Plan Name: Congregate Meals – Sample 1 (RSVP)	Work Plan ID: STE03005
Issue Area: Health/Nutrition	Total # Stations: 3
Service Category: Congregate Meals	Total # Volunteers: 110
<p>Community Need: Approximately 6,000 people living in Nelson County, or 34 percent, are 60 years of age and above. According to the 2000 Census, approximately 1,400 of these senior citizens, or 23 percent, live below the poverty level. According to Nelson County records, approximately one in five low-income elderly individuals rely on three community nutrition sites to supplement their nutritional needs. These sites help ensure that this elderly population has an adequate intake of nutritious foods (older women, for example, are at risk for not eating enough of micronutrients and protein to meet the Recommended Dietary Allowance). By addressing basic nutritional needs, the program aims to help Nelson County’s elderly citizens maintain their health. The nutrition sites have asked for RSVP volunteers to assist; without volunteer help, these three sites would not be able to serve many of those in need.</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: 110 RSVP volunteers will serve a total of 2,200 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 1,650 meals will be served each week at the three nutrition sites (combined), or 85,800 meals over twelve months.</p> <p>How Measured? <i>Nutrition Site Meal Service Log</i></p>	
<p>Anticipated Intermediate Impact/Outcome: Seniors will participate in the meal program.</p> <p>Indicator: Number of seniors participating in the meal program regularly (at least three times per week for six consecutive weeks)</p> <p>Target: At least 700 seniors will participate in the meal program over the program year.</p> <p>How Measured? <i>Meal Program Enrollment and Participation Log</i></p>	

Anticipated End Impact/Outcome: Seniors who participate in the meal program will maintain or acquire a healthy, varied diet.

Indicator: Percent of seniors who participate in the meal program at least three times a week for six weeks who reach or maintain a “healthy” score (at least 50 out of 60 points) on the Client Nutritional Risk Assessment.

Target: Sixty-five percent of seniors who participate in the meal program at least three times a week for six weeks will reach or maintain a “healthy” score (at least 50 out of 60 points) on the Client Nutritional Risk Assessment.

How Measured? *Client Nutritional Risk Assessment*, administered to program participants at the beginning of the program and again six months later.