

2019

ANNUAL REPORT

Senior Hunger Programs



MEMBER OF
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Senior Hunger Programs - 2019 Annual Report

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“It’s sad that in this world people need to come and get food, that they can’t afford to buy it. I’m so thankful that there is help. People who come in talk about how much they appreciate it. When they leave and take their food, they’ll come thank me and give me a hug. I tell them, you don’t have to thank me, this comes from Three Square.”

- Sheila Rande, volunteers at her senior food pantry



Senior Hunger Programs - Priority Areas Timeline and Framework

Priority Areas Timeline

	April - June 2020	July - Sept. 2020	Oct. - Dec. 2020	Jan. - Mar. 2021	April - June 2021	July - Sept. 2021	Oct. - Dec. 2021
Congregate/Community Meals	[Active]						
Healthcare Partnerships		[Active]					
Transportation			[Active]				
Mobile Pantries/Near Home Deliveries				[Active]			
Home Delivered Groceries					[Active]		
Rural Areas						[Active]	

Framework



Transportation

- Senior Hunger Programs offers bus passes to Golden Groceries partners as well as through Three Square Call Center. Over 1,700 bus passes have been distributed to seniors in need of reliable transportation.
- Senior Hunger Programs will start a partnership with Lyft to provide free rides for seniors to Golden Groceries pantries in starting in 2020.



Senior Hunger Programs - Partners and Levels of Service

Home Deliveries

Program	Clients (Non-duplicative)	Meals
Golden Groceries	2,551	208,489
UMC Project	944	15,346

Pantries*

Program	Clients (Duplicative)	Meals
Golden Groceries	60,345	1,104,507

*Includes Special Projects

Meal Program

Program	Clients (Duplicative)	Meals
Nevada Hand	9,093	9,093
VFW	3,775	5,218
New Beginnings Ministries	419	419

Healthcare Partnerships

- Since homebound seniors primarily leave their homes only when they go to the doctor or hospital, Senior Hunger Programs partners with healthcare partners such as UMC and P3 Health Partners.
- Through supplemental ADSD funding, UMC is able to screen seniors prior to discharge if they need additional food assistance. The Just One Project delivers groceries to seniors while they heal then Three Square connects them to additional long-term services.
 - UMC has screened 1,339 seniors for the program and has referred 486 seniors to Three Square for food assistance.
 - The program demonstrated a need for services in rural areas such as Pahrump. Today, we have two partners located in Pahrump serving Golden Groceries through a pantry and a home delivery program.
 - Over 50% of seniors in the program are receiving state funded food assistance for the first time meaning that these seniors were previously unconnected to the services that they needed. This illustrates the importance of food insecurity screenings in a non-traditional setting to connect those who are unconnected.
- Through P3 Health Partners, Three Square has established a “screen & intervene” program. P3 will screen their patients for food insecurity then refer them to the nearest Golden Groceries pantry location. Three Square Call Center will follow up with each patient to provide enrollment assistance for additional long-term services. This program launched in February 2020.



Senior Hunger Programs - Golden Groceries

Golden Groceries launched in July 2019. Through this innovative program, seniors can visit pantries with dedicated times and days for them to have a pleasant, dignified experience. The program also delivers groceries to homebound seniors. Golden Groceries provides nutritious food while ensuring seniors select exactly what food they want.



Because your golden years
should be delicious.

Is Golden Groceries Making a Difference?

The Senior Hunger Programs team conducted a follow up survey to evaluate the success of Golden Groceries. A total of 386 Golden Groceries pantry clients were surveyed.

Since the beginning of the Golden Groceries program:

- 76.5% of seniors reported that due to the food items they receive from this program, they now have money left over to buy other items, such as additional food, medicine, and toilet paper
- 73.4% of seniors reported an increase in access to fresh fruits and vegetables
- 78.2% of seniors reported an increase in access to lean proteins
- 75.1% of seniors reported an increase in access to whole grains
- 78% of seniors reported receiving a variety of food items that help maintain a healthy diet

Golden Groceries pantry clients also described how receiving better variety, more food items, and making their own food choices has improved their lives:

- “This is the best thing that has happened to me in the last 6 years.”
- “Because my income is borderline for getting assistance, after shopping for food I'm usually out of money by the tenth of the month. That has changed since receiving food items from the pantry. I also work for & receive pay from the program. This has made such a difference in my situation. Thank you.”
- “Mobility issues limit my ability to shop, I often don't make the effort to shop wisely so I don't purchase healthier options. Just convenient options, this program provides healthier nutritious meals.”
- “It's like getting an increase of \$100.00/month in social security benefits.”
- “I saved \$33.00 on my food bill to be used on my meds and transportation.”
- “If it wasn't for the food pantry, I would have to skip meals and be hungry a lot. The food pantry has been the answer to my prayers.”
- “It helps in not having food items wasted by being able to choose those I actually will use.”
- “I can now make healthier meals more often instead of high fat foods full of sugar or sodium etc.”



“I'm old, blind and crippled, but I'm not giving up. I'm still working on a presidential campaign from my bed. I would say this: be charitable and kind and giving, because you never know when you'll be on the other end of it.”

Kerin Rodgers, visually impaired Golden Groceries client

Senior Hunger Programs - Research in our Community

In 2019, Three Square partnered with UNLV to conduct research on seniors in our community with three specific goals: 1) better understand the spending trade-offs to maintain food security; 2) better understand the weekly food budget shortfall; and 3) estimate the impacts of key factors associated to food insecurity illustrated in “missing meals” given a marginal change in each factor.

Researchers called 18,000 seniors for the purpose of this study of which 1,000 seniors were interviewed. Phase one of this study examined 339 interviews of high risk seniors who reside in a census tract with at least a 15% food insecurity rate (determined by Feeding America) and all reported an income of less than \$60,000 annually.

Highlights of the Phase 1 Study on High Risk Seniors :

- 45% were food insecure despite any services they are already receiving
- Mean age of 73
- Race/Ethnicity: 75% White, 14% Black/African American, 3% Hispanic, and 8% Other
- Mean income was between \$20k-\$30k
- 63% had a disability

Goal One Highlights:

- Spending trade-offs: Medical care/medicine (54%), utilities (53%), transportation (47%) and housing (37%).
- These findings present multiple opportunities for interventions in our community such as increased resource navigation to enroll seniors into long-term programs, and programs that positively impact seniors’ social determinants of health like healthcare and transportation access.

Goal Two Highlights:

- Weekly budget shortfall (\$62) was nearly 4 times greater than the average household (\$16) as reported in Map the Meal Gap.
- These findings illustrate that seniors need more assistance through supplemental food programs, public programs, or other assistance (opportunities highlighted in Goal Three) to ensure financial independence with long-term support solutions.

Goal Three Highlights:

- Having consistent access to reliable transportation has an associated benefit of between 5,900-9,496 meals per person per year (the equivalent of \$18,703-\$30,102.32*).
- An increased financial literacy score by 1 point has an associated benefit of between 3,169-4,012 meals per person per year (the equivalent of \$10,045.73-\$12,718.04*).
- These findings illustrate the need to include transportation options and financial literacy education into all existing and future programming opportunities to sustainably increase food security.

Phase Two of this study includes interviews from an additional 661 seniors for a total sample size of 1,000. These interviews have been completed, are being analyzed, and a final report will be available in June 2020.

*This calculation is based on a value of \$3.17 from Feeding America’s most recent meal cost figures and can be found here: <https://map.feedingamerica.org/county/2017/overall/nevada/county/clark>; last accessed: 2019-12-29

Senior Hunger Programs - Nutrition Education

- Three Square taught 21 Seniors Eating Well courses to 331 low-income seniors at senior apartments, libraries, and senior centers.
- Seniors Eating Well is an evidence-based nine-week nutrition education curriculum for seniors that includes cooking demonstrations, meal planning, social relationships, fitness, diet, and chronic disease prevention. At each class, participants received an incentive, such as measuring spoons, spatula, insulated grocery bag, measuring cups, and apron.

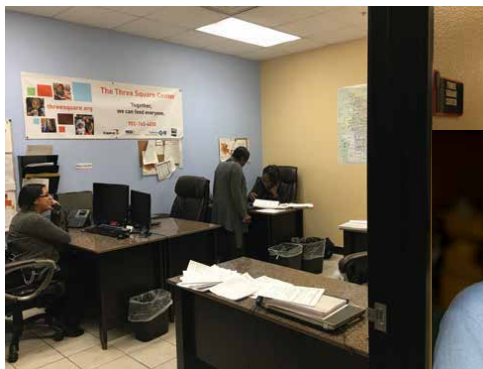
“The food is fresh, and you have a variety of fruits and vegetables. I haven’t had to go out and buy these things for a while now because I get this every month. Food is very expensive, but with Three Square I save a lot of money to pay for medicines and other personal items I might need”.

- Bonita Jefferson, volunteer and Golden Groceries client



Three Square Center

- Through Golden Groceries marketing, seniors are encouraged to call the Three Square Call Center to serve as a safety net for all long-term services such as SNAP, energy assistance, and a variety of other resources.
- Senior Hunger Programs collaborated with Nevada Senior Services, which is an Aging and Disability Resource Center. When seniors call Three Square Call Center, they are offered access to additional resources such as respite care, homemaking services, or home modification programs that our call center does not offer. Seniors are getting wrap around services by calling one phone number for simplicity.



Senior Hunger Programs - Advocacy Efforts

In 2019, Three Square Food Bank enjoyed many successes in advocacy and public policy efforts. The Nevada State Legislature was in session from February 4, 2019 – June 4, 2019 sine die. During the session, we were able to pass both of our legislative policy priorities while garnering support for two additional bills related to food/agriculture – with both of our bills passing unanimously in the Nevada Assembly and Nevada Senate.

Three Square Food Bank Policy Priorities Impacting Seniors

- Senate Bill 178 (SB178) – This bill has two components:
 - Established the Governor's Council on Food Security (GCFS) as a continuous body advising the Governor. The GCFS began on February 12, 2014 by Executive Order with the Department of Health and Human Services. The purpose of the council was made to address and implement goals related to food insecurity in the State of Nevada. Due to SB178, we were able to make this council permanent.
 - Created the Food for People, Not Landfills program was established under the GCFS to unite Nevada around a common goal on meals distributed through food recovery. This program is in place to establish a five-year state goal to increase available food resources to distribute to those in need.
- Senate Bill 443 (SB443) – Increase the reimbursement rate for senior congregate meals
 - Like most states, Nevada is facing an increase in food insecurity amongst the older population within the next decade. In order to increase the participation in senior congregate meals, the food bank felt it was necessary to raise the reimbursement (through legislative action) of these meals from \$2.20 per meal to \$3.20 per meal to create parity with children's nutrition programs.
 - SB443 also added funding for new congregate meal sites.
 - Three Square applied and received funds for a new congregate meal site at New Beginnings Ministries.

Policy Three Square Food Bank Supported

- Assembly Bill 326 (AB326) – Provides tax credits for certain business entities that invest in fresh food and are located in under-served communities such as food deserts.
 - Three Square Food Bank participated in a working group headed by the bill sponsor, Assemblyman William McCurdy II and provided testimony in support of the bill.
 - Three Square is pursuing a new market tax credit proposal for current operations at the South and North Campuses of Three Square.
- Three Square completed a federal New Market Tax Credit transaction with proceeds of \$2.6M to benefit the new Walnut campus and Senior Hunger Programs.

It's not enough to say thank you. If you could come out and see the emotion . . . how people get so overwhelmed with gratitude. They definitely need this help. Just knowing we're providing this service is very heartwarming and humbling. "

- Rosie Coleman, Pantry Manager at Nevada HAND



Senior Hunger Programs Team Awards

The Senior Hunger Programs team won the Nevada Public Health Association's 2019 Public Health Program of the Year. Lisa Segler won the Nevada Public Health Association's 2019 Public Health Leadership Award.



Back Row: Rebecca Beerentrauch, Alyx Peterson, Erin Arreola, Michael Loree
Front Row: Jodi Tyson, Lisa Segler, Brianna Davis, Selam Ayele, Aja Amador

New Building

The new building will be open for business in Summer 2020. The new building has capacity for Senior Hunger Programs to serve over 10,000 seniors monthly through all programming.



