



*Nutrition
&
Services
For Seniors*



2019

ANNUAL REPORT

WHO WE ARE

Nutrition and Services for Seniors is a non-profit agency dedicated to providing innovative, effective programs that assist older adults in leading quality lives while maintaining dignity and independence.



In 1983, a group of civic-minded residents, concerned for the well being of seniors in our community, set upon a path to expand services to local seniors. By providing congregate meals, home delivered meals, transportation, nutrition education and information and referrals we give seniors the opportunity to remain independent in their own homes. We believe that Senior Dining Sites and Nutrition Programs such as ours can be much more than the first step in providing long term care for the seniors in Jefferson and Hardin counties. In addition to providing meals, a network of volunteers and staff monitor the well being of our recipients during a daily visit. That visit provides comfort and company to the seniors and peace of mind to their family and caregivers.

CEO'S MESSAGE:

It is a true privilege to take the helm of such a staple in Southeast Texas.

In 2019, we delivered over 400,000 meals to our homebound clients, not only providing them with a nutritious meal, but also a friendly face. However, we are so much more than “just a meal”. We provide additional services such as our grocery bag program, a pet food program and personal safety devices. Our congregate dining sites served almost 70,000 hot meals and our transportation department provided nearly 65,000 rides which grants our clients access to life-sustaining services. In 2018, our Home Repair Program was born. To date, we have repaired over 30 Harvey damaged homes, making them safe and more accessible for our clients.

It is with the support of our dedicated staff, a host of volunteers and countless community supporters that we are able to continue providing all of these vital services. We owe our success to each one of you – Thank you! You are the reason we can truly deliver the difference and make our community stronger! Our seniors and disabled adults can know that they are “at home but not alone!”

Sincerely,



Janci Kimball

JANCI KIMBALL
President and CEO

Description of Services:

Meals on Wheels provides more than 1,300 meals Monday - Friday to home bound seniors and disabled adults residing in Jefferson and Hardin counties.

Congregate Dining centers are located throughout Hardin and Jefferson counties and are available to clients who would like to come and enjoy food and fellowship with friends. This program offers a healthy meal and social interaction that improves health and reduces the risk of disability.

Transportation provides a vital link to healthcare, social interaction and employment.

CareNet is an emergency response system that the client can easily activate in the event of a fall, sudden illness or emergency.

AniMeals offers clients access to free pet food to alleviate the physical and financial burden they face in providing adequate meals for their pets. Pet food is delivered twice a month by their Meals on Wheels delivery driver.

‘Grow to Share’ Donation Garden offers our home bound clients access to organically grown fruits and vegetables.

Home Repair opportunities are available to our home bound clients who have unmet home repair needs following Hurricane Harvey.

Other services include grocery bags and shelf stable meals, Ensure at discounted rates and nutrition education.

2,876
Annual Meal
Clients

471,965
Meals
Served
Annually



65,225
One-way passenger trips
provided to our transit
reliant community.

BAKED POTATO FUNDRAISERS

Baked potatoes with BBQ chip beef, butter, cheese and sour cream are sold for \$8.00 each in the Spring and again in the Fall to raise funds for our Meals on Wheels program. Through a combination of sponsorships and potato sales, this event has become one of our most successful and popular fundraisers.

2019 FUNDS RAISED: \$33,033

DELIVER THE DIFFERENCE

Our annual luncheon raises awareness and funds that support our Meals on Wheels program. The 2019 event honored Leonard Joubert, Sr., Ida McFaddin Pyle and Cynthia & Michael Wolf for all the ways they make a difference in our community.

2019 FUNDS RAISED: \$81,064

REAL FOOD FEAST

Our annual Real Food Feast raises funds to support our 'Grow to Share' donation garden, which provides fresh fruits and vegetables to our homebound clients in addition to their daily meals. This event not only raises funds, but educates our community about our garden and enhances our volunteer efforts.

2019 FUNDS RAISED: \$2,639

DIRECT MAIL CAMPAIGNS

Direct mail campaigns are held every February, April, June, July, August, September, November and December to help raise funds to support Meals on Wheels and our Emergency Food Package program.

2019 FUNDS RAISED: \$92,515

More Than A Meal

Among our Southeast Texas elderly population is Ms. Alfred who currently resides in a Harvey damaged home located in Beaumont, Texas.

Ms. Alfred is homebound and confined to a wheelchair, therefore she relies on our Meals on Wheels program as her main source of daily nourishment.

Being bound to a wheelchair makes daily life very challenging for Ms. Alfred, but, with our help, she is determined to maintain her independence.

Ms. Alfred's wheelchair ramp is the only access she has into and out of her home and after floodwaters from Harvey saturated the ramp, it was left severely rotted and unstable. Now, Ms. Alfred was no longer able to safely enter or exit her home, leaving her and her loved ones in great fear for the future of her independence. Now, Ms. Alfred and her family were concerned about how emergency responders would be able to help her in the event of an emergency, how she would get her meals and how she would even be able to have visitors.

The fear of social isolation, starvation and loneliness is very real for our elderly and disabled homebound community and Ms. Alfred is no exception. After receiving a notice about our new *Home Repair Program* from her trusted Meals on Wheels driver, Ms. Alfred was one of our first clients to apply for the program. Once the qualification process was complete, we began working to restore Ms. Alfred's ramp enabling her to safely enter and exit her home with ease. These repairs have brought a new confidence to Ms. Alfred! Her social interaction with family and friends has improved tremendously as they are now able to safely visit her; her health has improved as she is no longer experiencing stress of the unknown; and Ms. Alfred along with her loved ones are no longer living in fear that Emergency Responders won't be able to help her when she's in need of medical assistance.

This program truly touched the life of Ms. Alfred in ways exceeding nutrition. We have been able to not only ensure Ms. Alfred is able to continue safely getting her meals, but that she is truly able to remain living independently *at home, but not alone.*

ANNUAL CALENDAR OF EVENTS

October - December

- Baked Potato Fundraiser
- Real Food Feast
- Direct Mail Fundraiser
- Be A Santa to a Senior

January - March

- Direct Mail Fundraiser
- Baked Potato Fundraiser

April - June

- Direct Mail Fundraiser
- Volunteer Appreciation
- Deliver the Difference Luncheon



MEAL CLIENT STATISTICS 2019

Total Unduplicated Served	2,876
Gender	
Male	1,057
Female	1,819
Race	
African-American	1,360
Caucasian	1,323
Hispanic	33
Asian	10
Indian	2
Multi-Racial	49
Unknown/Unreported	103
Other	
Low Income	803
Lives Alone	1,417

PROGRAM INFORMATION

Service	FY2018	FY2019
<i>Meals</i>		
Congregate	70,247	69,933
Delivered	385,923	402,032
Transportation	58,590	65,225

Nutrition & Services for Seniors

Profit & Loss Budget vs. Actual

October 2018 through September 2019

	Oct '17 - Sept 18	Budget	Favorable (Unfavorable) Vari- ance	% of Budget
Income	5,121,605	4,669,000	452,605	109.69%
Expense	5,272,449	4,910,500	(361,949)	107.37%
Net Income	(150,843)	(241,500)	90,657	62.46%

Nutrition & Services for Seniors

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FY2019 ANNUAL REPORT

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