



THE SENIOR CONNECTION 2023 Final Report

Nutrition

Grant Amount: \$20,000

Grant Program in Review

The Senior Connection is the only senior-specific organization, and we are an exceptionally unique and critical service provider. Of all essential programs we provide, Nutrition is one of the most critical. We served 26,641 meals - a nearly 26% increase from the year before. Home-delivered meals made up 15,758 of those meals, and group lunch at the center (congregate) made up 10,293. As Blaine County's senior population continues to grow at a faster rate than Idaho and the United States*, we anticipate this trend to continue. Your investment in our Nutrition program was critical to ensuring we could serve 100% of seniors who sought out support from our Nutrition program.

Objectives & Outcomes

2023 Nutrition Goals:

a. Maintain dietician-approved nutritional value for each meal served with 100% nutritional

value - tracked daily. We brought on an incredible Chef/Nutrition Director, Chef Sky, and he has been dishing up new, nutritious, and delicious meals that our seniors love. These yummy meals have been approved monthly by our regional Office On Aging Dietician.

b. Attract and recruit new members monthly with a goal of 5 new members a month - tracked monthly. When COVID struck Blaine County, we were forced to shift our operations overnight. We closed the doors to our Center and our home-delivered meal program grew by 420%. When we re-opened in March of 2022, we noticed our group lunch at the center was slow to reach pre-pandemic numbers. Our second goal, to attract new members monthly, was based on the importance of socialization on the health and well-being of our seniors. We are thrilled to share that on average, we attracted 10 new members a month in 2023.

c. Conduct a satisfaction survey with a 90% majority satisfaction rating - tracked annually.

We strive to continuously improve our programs and services to ensure we are providing the highest quality of service to our seniors. Each year we conduct a program satisfaction survey to gain perspective and insights from our members and clients on how we can improve. Our 2023 satisfaction survey yielded a 90% satisfaction result.

Available to view on Eye on Sun Valley: Cooking with Marie – Chef Sky's Beef Yakisoba Noodles



Meals on Wheels Volunteers John and Carol gear up to load their truck and hit the road delivering lots of hope and delicious food!



Maria, Senior Connection Sous Chef, prepares hundreds of meals daily to be served to Blaine County Seniors. Our meals include a main entrée, vegetable, soup, salad, fresh fruit, and a dessert.

Budget

\$20,000 was requested to cover cost of Food and packaging for 3 months for Meals on Wheels, Congregate and curbside pick-up. The grant money was used up in 2 months as there was an increase in food costs and an increase in participation. In 2023-24, MOW provided approximately 100 meals per day, Congregate and curbside provided approximately 60 meals per day. 5000 more meals were provided this year to the Wood River Valley.

Expenses	Amount requested from WRWF	Actual Expenditures
Cost of Food & Packaging for Three Months for Meals on Wheels, Congregate and Curbside Pickup	\$20,000	\$20,000
TOTAL	\$20,000	\$20,000