# The Houston Meals for the Elderly Project

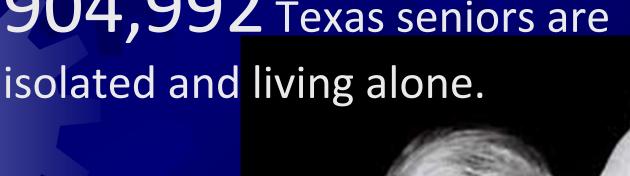
Presented by Jeff Crain

# Harris County Area Agency on Aging



# DID YOU KNOW?

904,992 Texas seniors are





# 813,165

Texas seniors are threatened by hunger each day.

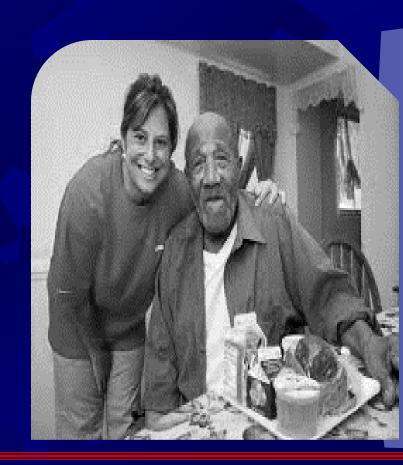


# Harris County Area Agency on Aging

**Provides nearly** 

## 1.5 million

congregate and home delivered meals each year.



# The Houston Meals for the Elderly Project

Objective One – Program Description

Objective Two – Who is Served?

Objective Three – Who Volunteers?

Objective Four - Who Supports?

## Program Description

Hot meals delivered on Thanksgiving to home-bound seniors, through volunteers, local organizations, and businesses.









### Who Is Served?

- Persons 60 years of age or older and/or their spouse without a hot meal on Thanksgiving;
- Any physically/mentally challenged person living with an eligible person 60 years of age or older and,
- A child/grandchild who resides with an eligible person.

# Where Do Referrals Come From?

- Home Delivered Meal providers
- Congregate Meal providers
- United Way of Greater Houston (211)
- **Catholic Charities**
- Non-Profit agencies
- Faith-based organizations
- Low Income Housing



### Who Volunteers?

Volunteers come from a wide range partner agencies, businesses and inspired citizens.

### **Families**





# **More**Families





## Organizations



### Fraternities and Sororities





### Businesses

CenterPoint. Energy

**TXU** energy















Sysco

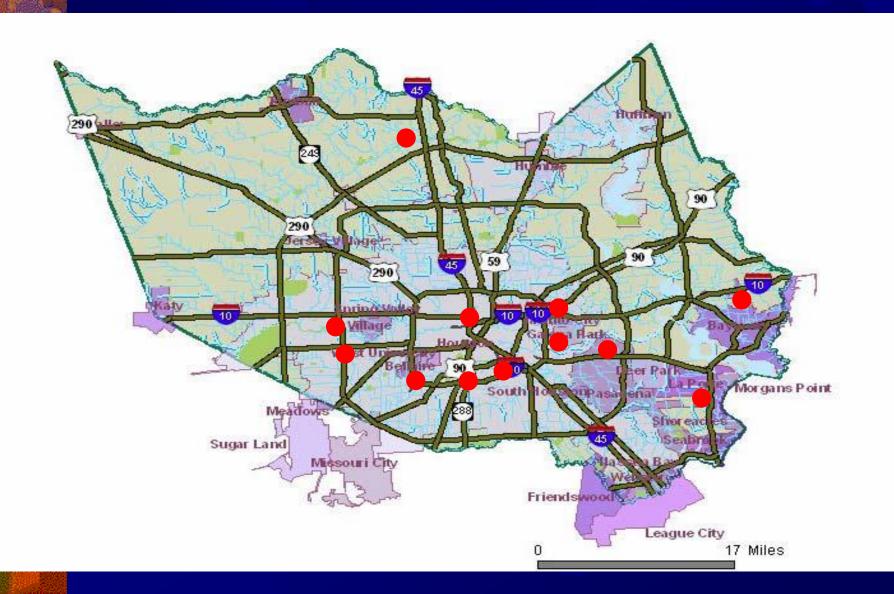








# 12 Distribution Points



#### **Distribution Points**

**Baytown Meals on Wheels City of Houston City of Jacinto City** City of La Porte **City of South Houston Evelyn Rubenstein Jewish Community Center Interfaith Ministries of Greater Houston Rainbow Village Apartments AHEPA National Housing The Salvation Army** YWCA of Houston 1 YWCA of Houston 2

### Role of the Volunteer



#### **Prevent Social Isolation**

The Older's Americans Act Nutrition Program promotes socialization for vulnerable older adults who may be isolated due to physical or mental conditions, living alone, lack of transportation, or other issues.

The day-to-day contact in group settings or in-person contact that occurs when meals are delivered is designed to decrease isolation. Isolation has been linked to higher mortality for older men and women (Steptoe, Shankar, Demakakos, & Wardle, 2013).

#### Role of the Volunteer

#### **Report Unmet Needs:**

- No electricity
- No running water
- Unsafe or unsanitary conditions
- Undiagnosed or untreated medical condition
- need for other social services

#### Role of the Volunteer

Provide information about other HCAAA

services....

#### Healthy Homes Fall Prevention Program

Fall Prevention for Adults 65 or older

#### Services Offered:

- Education
- Home Inspection
- Home Modification (Grab bars, Ramp, Rails, Raised Toilet etc..)



To request a Healthy Homes Fall Prevention In Home Training Section & Home Inspection Contact: Zaida Janet Expense Human Services Program Manager (832)393-1896 Zaida Ekpenses houstontx gov

#### Qualifying Factors:

- · Homeowner
- . 66 or older
- · Agree to an in-home inspection







# 29th Annual Houston Meals for the Elderly (Ho.M.E.) Project

Thursday, November 23, 2017



Harris County Area Agency on Aging

#### Happy Holidays!

Greetings,

The Harris County Area Agency on Aging (HCAAA), its service providers, the Area Planning and Advisory Council (APAC), and volunteers would like to extend warm wishes to you for a Happy Thanksgiving! We hope you enjoy the meal delivered today.

ATTENTION: MEDICARE BENEFICIARIES DO NOT FORGET OPEN ENROLLMENT IS FROM OCTOBER 15, 2017 THROUGH DECEMBER 7, 2017.

Be sure to ask about your eligibility for the Medicare Low Income Subsidy (LIS) and the Medicare Savings Program (MSP).

If you were impacted by Hurricane Harvey, please contact the HCAAA for information and services.

To find out about additional services for older adults and persons with disabilities, call the Harris County Area Agency on Aging Information, Referral and Assistance (IR&A) line at:

832-393-4301

Warm Wishes,

Paula Johnson

Bureau Chief

## Who Supports?

- Area Planning and Advisory Council
- Corporate Sponsors
- Inspired Citizens
- Non-Profit agencies
- Faith-based organizations

## Fundraising

- Led by APAC members
  - Direct solicitation
  - Mail solicitation
  - Individual giving
  - Grants
  - Events

Cost - \$20,000 each year!

## La gniappe

Lan'yap/

Noun North American

noun: lagniappe; plural noun: lagniappes

something given as a bonus or extra gift.

### **Additional Benefits**

- Raises community awareness about the needs of older adults.
- Encourages and strengthens coordination between public and private non-profit organizations, businesses and individuals.
- Provides volunteer opportunities.
- Disseminates information to a population of older adults who may not be aware of HCAAA services.
- Supports activities of Area Planning and Advisory Council and it's members.

## Questions







# For More Information About the HoME Project

Contact
Harris County Area Agency on Aging
at
832-393-4301