

I. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL SUMMARY SHEET

*One page only. This page will be shared electronically with Grant Panel Members & Fund Advisors.
Note: If Philanthropy Network's Common Grant Application is used, CCCF's Summary Sheet MUST accompany application.
To obtain an electronic version of this application, visit www.chescocf.org*

Date April 23 2023

Contact Information

Organization Name: **Main Line Meals on Wheels Inc.**
Address: **P.O. Box 801 Devon PA 19333**
Phone: **610 688 8170**
Website: **<https://www.mainlinemealsonwheels.org/>**
Year Incorporated: **1972**
FEIN: **23-1907603**

ED/CEO Name: **Erika Bhatia**
ED/CEO E-mail: **ebhatia@mainlinemealsonwheels.org**
Board Chair Name: **Elisabeth Sajed**
Board Chair Approval (check here):
Primary Contact Name: **Erika Bhatia**
Primary Contact E-mail: **ebhatia@mainlinemealsonwheels.org**

Organization Information:

Field/s of Interest:

Arts, Culture & Humanities Environment/Animal Welfare Education
 Health Human Services Religion

Mission: Our mission is to deliver nutritious meals to the aged, convalescents, homebound and handicapped persons who are unable to shop or cook for themselves, regardless of race, color, creed or ability to pay

Geographic Area Served (If not all of Chester County, specify primary Chester County regions served):

Tredyffrin, Easttown, Willistown, Malvern and parts of East Whiteland, East Goshen and Willistown Townships (and outside of Chester County: Radnor, Lower Merion Township and the Borough of Narberth).

Describe Population Served & Annual Number of People Served: Population served: aged, convalescents, homebound and handicapped persons who are unable to shop or cook for themselves (over half are over 80 years old). 270 unique people served, annually.

Annual Budget \$ <u>361,728</u>	1.5 (7 part-time) # of FTE Paid Staff
<u>94</u> % of budget for program expenses	<u>14</u> # of Board Volunteers
<u>6</u> % of budget for administrative expenses	<u>175</u> # of Active Non-Board Volunteers
<u>0</u> % of budget for fundraising expenses	<u>12,000 (annually)</u> # of Volunteer Hours

100 % total

Top 3-5 funding sources: 50% of clients pay for services, the remainder through Foundations / Grants

Is this grant proposal for: Capacity Building or General Operating ?

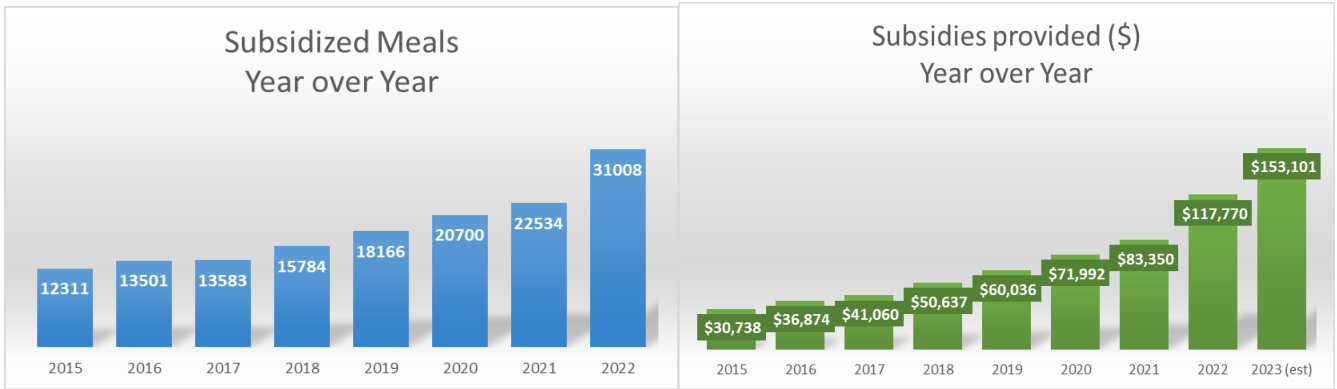
If Capacity Building Proposal, the focus is:

Mission, Vision & Strategy Governance & Leadership Partnerships & Collaborations
 Fundraising, Development & Marketing Technology Other: _____

Grant Amount Requested from the Community Foundation: \$ 5000

Proposal Summary:

Since 1972 Main Line Meals on Wheels has been delivering nutritious meals to homebound individuals. Our mission is to deliver nutritious meals to the aged, convalescents, homebound and handicapped persons who are unable to shop or cook for themselves, regardless of race, color, creed or ability to pay. Main Line Meals on Wheels does not receive any federal funding and is completely privately funded through patrons paying for meals, and through donations and grants. In 2022, nearly \$120,000 was spent on subsidies, which was a 40% growth over 2021, and a 63% growth over 2020. We are seeking \$5000 to help fund our Patron Subsidy program which provides meals to those who are unable to pay.



II. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL NARRATIVE

Provide clear, concise information. 3 pages maximum.

Since 1972 Main Line Meals on Wheels has been delivering nutritious meals to homebound individuals. This critical community service has enabled these individuals to maintain their independent living status, rather than relying on costly assisted living programs or hospital stays. Meal deliveries also provide a much-needed mental and physical health benefit because they include both social interaction for isolated individuals as well as a safety check on their physical well-being.

Our mission is to deliver nutritious meals to the aged, convalescents, homebound and handicapped persons who are unable to shop or cook for themselves, regardless of race, color, creed or ability to pay.

On our first day of operation, meals were delivered to twenty-four patrons. Now we deliver to one hundred and fifty patrons from two locations at any given time, for over 250 unique patrons in any given year. The Bryn Mawr Hospital site serves the Montgomery County area, and the Surrey Services for Seniors site in Devon serves the Chester and Delaware County area. Each delivery consists of a hot meal, soup, dessert and a cold meal, all packed and delivered by volunteers. Some 3.3 million meals later, Main Line Meals on Wheels continues our work to meet those same and increasing needs of our patrons.

Main Line Meals on Wheels does not receive any federal funding and is completely privately funded through patrons paying for meals, and through donations and grants. We have a **Patron Subsidy Program** to support our patrons and keeping with our mission, we subsidize all patrons who are unable to pay the full amount for meals.

The poverty rate in our delivery area, for seniors over 65, is 21.2%. We are seeing this firsthand – 50% of our patrons are now being subsidized. In 2022, nearly \$120,000 was spent on subsidies, which was a 40% growth over 2021, and a 63% growth over 2020. In 2022, we were able to provide subsidies to ALL those patrons requesting / requiring / qualifying for subsidy. Prior to providing subsidies, one of our board members performs a high-level review of their financials to ensure need.

A typical subsidized patron lives in subsidized housing, has Social Security as their only source of income and has significant medical issues (cancer, blindness, amputee, dialysis etc.). There is NO waiting list in our Meals on Wheels program, and we always deliver freshly made (not frozen) meals. Approximately \$2,000 is required to subsidize one senior for a year.

We project our subsidies to grow to at least \$150,000 in 2023 and without additional funding, we will have to tap into our endowment for a second year. To keep our costs at a minimum, our Meal Packing and Delivering is run strictly by volunteers who work with the kitchen staff at both locations to pack the meals (hot meal, soup and lunch bag) into coolers and then deliver the meals to our patrons, Monday through Friday, 52 weeks a year, including holidays. From our pool of 175 volunteers, we engage 24 volunteers on a daily basis, which translates into nearly 12,000 volunteer hours and almost 50,000 miles driven per year. We are proud to report that Charity Navigator publishes our program to expense ratio as 95%.

The reputation for wealth on Philadelphia's Main Line hides the prevalent issues of poverty and food insecurity. And it is within wealthy communities that poverty is often overlooked. According to Hunger Free

America's "Greater Philadelphia Hunger Report 2018", the number of people struggling against hunger in the broader Philadelphia metropolitan area was 11.3% in 2015-2017 and 11.6% in 2012-2014. During this time, they estimate that 76,206 adults 60 or older lived in food insecure homes in the Philadelphia Metropolitan area. These rates track very closely with local poverty rates. The problem of food insecurity is only increasing. Hunger Free America found that the number of seniors experiencing food insecurity increased by 30% from 2012-2014 to 2015-2017.

According to Meals on Wheels America, Pennsylvania's seniors struggle with both hunger and isolation. Of the 3 million seniors in Pennsylvania, 26% of them live alone, with about 9% living in poverty and 30% living with a disability. These factors increase the vulnerability of our growing senior population. Inadequate nutrition and limited social contact has direct health consequences that impact both the individual and the healthcare system and economy. By delivering healthy meals to homebound seniors, Main Line Meals on Wheels is providing both physical and emotional support with meals, safety checks, and social interaction. In addition, when seniors are able to stay in their own homes it helps them avoid costlier healthcare facilities. We charge \$8.50 for one day of meals while Meals on Wheels America estimates the cost of one day in a nursing home to be \$316, and one day in a hospital to be \$2,397.

Main Line Meals on Wheels strives to be "more than a meal" for its patrons. A study piloted by Meals on Wheels America, the AARP Foundation and Brown University compared the impact of shipped frozen meals versus hand delivered fresh meals on a random group of seniors from Meals on Wheels waiting lists. The differences between the two groups was striking. Those who received daily-delivered fresh meals experienced the greatest improvements in health and quality of life, reported improvements in feelings of isolation, loneliness, safety and health, and were more likely to report decreases in worry about being able to remain in their home.

Experiences with our Patrons

We were recently reminded of how critical a role our organization can play in the care of the seniors in our community:

The daughter of one of our patrons is so grateful for our daily deliveries and attributes her stepmother being alive to MoW. Our volunteers noticed during the delivery, that the patron's speech was impaired and her facial expressions weren't normal – they called an ambulance and got her to the hospital immediately. It was later reported that the individual was having a stroke at the time of the meal delivery.

Two of our volunteers came to a patron's house and saw that yesterday's meals were still outside her door as well as several newspapers in her driveway. Since they couldn't reach the patron, they contacted local police who came to the residence and were able to enter. They found the patron on the floor. Fortunately, she was conscious, but she had likely been there for over 24 hours. After a brief stay in the hospital, the patron was able to return home.

One board member recounts his experience after returning from delivering meals:

The office coordinator shared that the volunteers on another route were unable to find a house on their route and came back with a meal. The patron was upset that her meal was not delivered. We agreed to try to find the patron's home and deliver her meal. As we got closer, we called the patron and she guided us to her house, which was certainly tricky to find. It was very cold but the patron was standing on her porch waiting for us. When we got there she said "thank god you found me. If you didn't deliver my meal I would not have eaten today". She was almost in tears.

Another patron went on subsidy after receiving meals for many years:

She called the office to cancel deliveries and said she would pay what she could towards the balance due. When the office coordinator inquired as to the cancellation reason, KW said that she only has her Social Security income and is behind on paying her property taxes. Her income was fixed, but her expenses kept rising. She was so scared that they would take her house, but didn't want to have her MoW balance increase any further as she worked towards paying her taxes. She did not have any alternative food plans to compensate for cancelling MoW

One of our newest subsidized patrons:

DM is 80. Her only income is \$1369/month from SS. Her rent is \$1200/month. Until recently, she split all the expenses with her partner who has now passed away. She has depleted all their savings.

These stories provide a glimpse into the day-to-day needs of our homebound patrons. Without the Patron Subsidy Program, these individuals would not receive the daily nutrition and sustenance they need to maintain healthy lives. They would also miss an important social connection and comfort of a daily safety check.

III. ATTACHMENTS

E-mail or mail this support information

1. Copy of 501 (c) (3) federal tax-exempt letter
 2. List of Board of Directors, with their affiliations
 3. Most recent annual report & financial statement, audited if available
 4. Itemized organizational operating budget with actual results for prior fiscal year & current fiscal year to date
 5. If capacity building initiative, itemized budget (including external consultant's proposal, if applicable)
 6. Current strategic plan. If your nonprofit does not have a current strategic plan, explain why.
- Use this form @ www.chescof.org to apply online for grants from all Community Foundation Funds.
 - **Email proposals to grants@chescof.org**
 - Proposals are considered "complete" when CCCF has **confirmed** receipt of the **Grant Proposal Summary Sheet, Narrative & Attachments**.
 - Proposals are shared electronically and online with Fund Advisors, Donors & Grant Panels.
 - Per IRS Regulations, applicants must be charitable, tax exempt organizations with 501(c)(3) certification & cannot be individuals.

Please contact Grants Administrator Kevin Baffa at
(610) 696-8211 grants@chescof.org with questions.



*Connecting people who care with causes that matter,
so their legacies make a difference.*