

CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL SUMMARY SHEET

Date September 13, 2023

Contact Information

Organization Name: Kennett Area Senior Center
Address: 427 S. Walnut St., Kennett Square, PA 19348
Phone: 610-444-4819
Website: www.kennettSeniorcenter.org
Year Incorporated: 1972
FEIN: 23-1943595 Primary Contact E-mail:

ED/CEO Name: Stephanie K. D'Amico, MSW
ED/CEO E-mail: sdamico@kennettSeniorcenter.org
Board Chair Name: Frederick Wissemann
Board Chair Approval (check here):
Primary Contact Name: Stephanie D'Amico
sdamico@kennettSeniorcenter.org

Organization Information:

Field/s of Interest:

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

Mission:

Kennett Area Senior Center helps adults 50 and better live healthy, active and independent lifestyles.

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

KASC serves 4 boroughs in Southern Chester County: Kennett Square, Avondale, Oxford and West Grove. The KASC also serves 12 townships in Southern Chester County, including: Birmingham, Chadds Ford, East Marlborough, Kennett Township, London Britain, London Grove, New Garden, New London, Newlin, Penn, Pennsbury and Pocopson.

Describe Population Served & Annual Number of People Served:

The target population includes seniors aged 50 to 98 years old who are nutritionally at risk, at risk for chronic illness, disability, homelessness; often live alone or in rural areas and are on low fixed incomes.

Annual Budget \$ 384,053

<u>3.5</u> # of Full-Time Equivalent Paid Staff	<u>12</u> # of Board Volunteers
<u>81</u> % of budget for program expenses	<u>250</u> # of Active Non-Board Volunteers
<u>12</u> % of budget for administrative expenses	<u>7,381</u> # of Volunteer Hours
<u>7</u> % of budget for fundraising expenses	
<u>100</u> % total	

Top 3-5 funding sources:

Chester County Dept. of Aging Services; Individual Donations; Marshall Reynolds Foundation

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: Appliance

Grant Amount Requested from the Community Foundation: \$ 6,200

Proposal Summary: KASC was suddenly and unexpectedly presented with a change in its contract with the county that was providing delivered meals to its seniors. The contract change requires that KASC provide meals prepared in-house. The current kitchen does not have one appliance needed to do this effectively, a new freezer. A new freezer will enable KASC to not only prepare the meals in-house, but significantly impact the quality of the food, which will directly cause an increase in attendance.

II. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL NARRATIVE

Provide clear, concise information. 3 pages maximum.

1. Nonprofit's history, goals, key achievements & distinctiveness

History: Founded in 1972, the Kennett Area Senior Center is a private community-based, not-for-profit organization that serves adults over 50 who live in more than 16 municipalities in southern Chester County, and beyond. Dr. Leonard Kanofsky and members of the Rotary Club of Kennett Square created the senior center out of concern for older local residents.

Goals:

1. Improve and strengthen KASC's facilities, organizational infrastructure, volunteer leadership and programming to better meet the needs of people 50% and their families in the greater Kennett area.
2. Expand programming to better meet the needs of a diverse population, including current participants, younger seniors, and their families.
3. Enhance the Culture of Philanthropy at the Center at all levels and increase the Center's fundraising capacity by recruiting and training more fundraising volunteers, improving the effectiveness of current fundraising initiatives, and developing new donors.
4. Expand the size and effectiveness of the Board and standing committees to provide improved oversight, support, strategic insights for growth and governance, and cultivation of new members.
5. Rejuvenate, expand, and upgrade the Center's facilities.
6. Expand the Center's communications resources and strategies to improve community visibility and understanding of what the Center does.

Key achievements: Seizing an opportunity during the Covid closure, KASC secured significant funding and completed major renovations and upgrades to its facilities without impacting the seniors, whose health would have been negatively impacted if construction dust and noise had occurred during hours of operations. When KASC resumed operations after the closure of over a year, seniors returned quickly and attendance has increased rapidly.

Distinctiveness: The Kennett Area Senior Center is the only full-service organization in the Kennett area providing a myriad of services to low income older adults, including:
Nutrition programs including hot congregate meals each weekday at lunch, supplemental nutrition information and food in collaboration with the Chester County Food Bank including food boxes for home-bound older adults, special meal-focused events around Sunday dinners, birthdays, and special occasion lunches and dinners, and nutrition information taught by licensed nutritionists through workshops on such topics as diabetes and heart diets, medication and weight management.

Wellness programs include programs for physical health via expert-led classes, volunteer-driven activities, and collaborations with the YMCA for exercise and Kendal-Crosslands retirement community for aquatic exercise with a physical therapist. Mental health programs offered address loss of memory, concentration, depression, anxiety, and anger. These programs include professionally-led workshops on mindfulness and mental health issues, support groups on the topics of bereavement, grief, and Alzheimer's, and memory-stimulating and resiliency programs. Services

include one-to-one consultation by trained staff for information and assistance, expert help to improve financial stability including AARP tax preparation and Medicare, prescription drug and supplemental insurance consultation.

Lifelong Learning and Personal Empowerment through weekly structured classes and groups based on the interests of members. Topics include digital photography, arts & crafts, sewing, needlework, a Living History Storytelling Program, technology assistance, book clubs, and AARP Safe Driver Course.

2. Funding request

- **Description of key initiatives**

The Chester County Dept. of Aging Services (CCDAS), unable to secure a new contract for the food delivered for Kennett Area Senior Center's (KASC) daily congregate meals program, has changed the terms of its contract with KASC and will, instead, reimburse KASC for directly providing food to its clients. This is both an extreme challenge and an opportunity. Although KASC recently expanded and renovated its kitchen, management did not expect to have the increased burden of preparing food from scratch. As a result, KASC must address the following needs and issues, which explain the need for \$4,000 for a new freezer.

- **Specific needs & issues to be addressed**

1. The funding to be provided is extremely limited; the budget has not increased in over twenty-five years!
2. Lack of sufficient freezer space
3. Insufficient manpower
4. Insufficient revenue from CCDAS to cover a full twelve month's of meals
5. A rapidly growing client population as a result of re-opening after Covid closure.

KASC will address issue numbers 1,3, 4, and 5 by seeking additional funding via new funding sources to expand staffing levels, and seeking additional volunteers.

The opportunity presented is a huge improvement in the quality of the food served. Although the food that CCDAS provided via a third-party vendor was nutritious, it was prepared for a large region of senior centers in Lancaster, York, and Chester Counties at 5:00 in the morning and was delivered just before noon. Food, especially chicken, was dried out and the vegetables were mushy, having been kept at proper temperature for six hours! Needless to say, the food was tasteless and unappealing. Nevertheless, it was still KASC's most popular program because the seniors did not have to cook and clean up! Also, the congregate meal program allowed them to sit together in comradery. This socialization is an important element to cognitive health ([Verghese et al., 2003](#)). For some, it was their only meal of the day. The potential to serve many more seniors is in providing nutritious, *and* delicious meals. This has been proven at other senior centers in the state who handled their own meal preparation (PA Assoc. of Senior Centers). KASC will still have to provide dietician-approved meals, but they will be tastier and more palatable. The congregate meal program is KASC's gateway program that draws seniors in to learn about and engage in other programs, e.g., exercise, workshops on subjects of importance to seniors, help with Medicare, Medicaid, LIHEAP, rent rebates, and much more. *KASC expects to see an enduring surge in daily attendance as a result of preparing the meals in-house.*

- **Why it is important to fund this now**

This application seeks funding to add an additional freezer in the kitchen to handle the large quantities of food that will be purchased in order to drive down the cost of food as much as possible to accommodate the small budget that CCDAS and other, new funders will provide.

The contract terms that have been changed will be initiated in September 2023, therefore, the sooner a freezer is purchased, the sooner that KASC can save from bulk purchasing.

- **How impact & results will be demonstrated**

The success of this project will be easily measured by the increase in the number of clients who attend for the nutritious meals. Space in the kitchen has been identified and the installation of a proper electrical outlet will be completed before delivery of the freezer. KASC has a relationship with a local electrical contractor for installation. The freezer will be purchased immediately upon receipt of the grant funds. Delivery is expected within six weeks, but installation and use will be immediate.

- *For capacity building grant proposals:*

- *How will this capacity building initiative impact your nonprofit?*
- *How will this impact be measured?*
- *Include a description of the expected activities; timeline & costs to implement the initiative. If external consulting services are required, include the anticipated costs & expertise of the consultants to be hired. Include external consultant proposals if applicable.*

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.