

South Coast Seniors Needs Your Help.

Last year's budget was \$225,000.00. 65% or about \$147,000.00 comes from donations from our community. We received about \$73,000.00 from grants this fiscal year, Area Agency on Aging, MTA, Social Services, Sonoma County, and the United Way. We also received a Wal-Mart Impact Grant to purchase a new stove, and some Meals on Wheels Supplies. We also partnered with Action Network on a Sonoma County Mental Health Grant. We will be starting a depression support group and conducting Community meetings to educate people on depression in our senior population. Unfortunately, we are not able to spend these grants for operating costs, only on what the grant makers have designated. We have not been told yet all of the cuts we will be receiving for the next fiscal year yet. We have been told that our MTA grant will be cut 18%, which is around \$5,000. The economy situation has hit us hard. **If we are not able to generate more grants or donations, I am very concerned about the future of our senior center.** The senior center is a vital part of our community. We deliver about 600 Meals on Wheels a month, and we

serve approximately 650 lunches a month, at our sites in Point Arena and Gualala. We have about 300 outreach calls a month, many are home visits. We currently are giving a workshop at the senior center, sponsored by Mendocino County Public Health on Healthier Living with a Chronic Disease. It is a program developed by Stanford University. We have bingo every Wednesday, a Food Bank once a month, commodities on Wednesdays, Spaghetti Dinner once a month, a Community Breakfast monthly, and we co-sponsor several exercise classes. We also have a computer lab, and are hopefully going to start another computer class soon. These are just some of the activities that go on at South Coast Seniors. I feel like I am always asking the community for money, but when \$147,000.00 of our operating cost come from donations, there's no other choice. South Coast Seniors has one fulltime employee, 3 employees that work about 32 hours a week, one employee 24 hrs, a week, and one employee that work 7 hrs. a week. We have about 40 volunteers, plus volunteers who work at our Sunday Breakfast and Spaghetti Dinner. Without our wonderful volunteers, our employees could not serve the number of clients that are served by South Coast Seniors. Our

meals cost \$10.53 each for us to prepare. This includes the cost of food, employees to prepare the food, and portion of rent, utilities, and waste disposal for our nutrition program. *It does not include expenses that are attributed to other programs.* Our current suggested donation for seniors to eat at our center, or home delivered meals is \$4.00. This will be increased to \$5.00 on May 1st. If a senior is unable to pay they still receive a meal. This is a suggested donation only. We have definitely noticed increased numbers of clients who have not been able to pay this past year. Non seniors pay \$4.00 for the salad bar and \$4.00 for the entrée. We are not actually losing money on non seniors, because our staff would still be here cooking for our seniors, so we do not have to include the salary of staff when determining the non senior cost.

We are always looking for grants to help, but writing grants and the paperwork that goes along with receiving grants is very time consuming. I know this is a very difficult time for most financially. If you could even make a small donation, it would help. If everyone in our community gave \$5.00 a month we would be doing great

and probably be able to add services. If you aren't able to donate, do you know how to find grant opportunities, and write grants? Are you and a group of your friends willing to put on a fundraiser for us? Are you a great cook or a great organizer, and would like to put on a dinner for South Coast Seniors? The service groups and churches in our community have been great, putting on the Spaghetti Dinners, and funding them, so that all of the profit goes to our Nutrition program. If you can help in any way, or you can think of something else you would like to do to help, call Judy @ 882-2137

scsenrs@mcn.org Our website is

www.southcoastseniors.org Please visit the website to read our newsletter, or see what else we do. If you would like to write a check our address is South Coast Seniors P.O. Box 437 Point Arena, Ca. 95468