

# Waupaca County Elderly Nutrition Program

---

NOVEMBER 2018



## Wisconsin Aging Manual Nutrition Program Operations Requirements



# Nutrition Program Operations Manual



## 8.4.1 Senior Dining (Congregate) Meals Level of Service

OAA Sec. 331. PART C. NUTRITION SERVICE. SUBPART 1:

CONGREGATE NUTRITION SERVICES PROGRAM AUTHORIZED:

*"The Assistant Secretary shall carry out a program for making grants to States under State plans approved under section 307 for the establishment and operation of nutrition projects that*

- (1) *5 or more days a week (except in a rural area where such frequency is not feasible (as defined by the Assistant Secretary by regulation) and a lesser frequency is approved by the State agency), provide at least one hot or other appropriate meal per day and any additional meals which the recipient of a grant or contract under this subpart may elect to provide;*
- (2) *shall be provided in congregate settings, including adult day care facilities and multigenerational meal sites; and*
- (3) *provide nutrition education, nutrition counseling, and other nutrition services, as appropriate, based on the needs of meal participants."*

- Each nutrition program will serve meals five (5) or more days per week in at least one dining center. In areas where such frequency is not feasible, a lesser frequency must be approved by the AAA and BADR through a waiver request..
- Meal frequency will be reviewed annually to determine any need for change.



## Important:

- Each nutrition program will serve meals five (5) or more days per week in at least one dining center. In areas where such frequency is not feasible, a lesser frequency must be approved by the AAA (Area Agency on Aging; GWAAR) and BADR (Bureau of Aging & Disability Resources) through a waiver request.
- Meal frequency will be reviewed annually to determine any need for change.

- Reference: Aging Programs Policies, Procedures, and Technical Assistance – Chapter 8, Nutrition Program Operation Manual, Sect. 8.4.1, Greater Wisconsin Agency on Aging Resources (GWAAR)



# Nutrition Program Operations Manual

## **8.4.27.1 Location of Dining Centers**

Dining centers must be located in a facility where eligible individuals will feel free to attend. The dining center must be free of architectural barriers which limit the participation of older persons and be compliant with accessibility standards set forth by the American Disabilities Act (ADA). Every effort must be made by the nutrition staff to dispel perceived and/or implied barriers to participation in addition to ensuring no architectural or other physical access barriers exist. (See Section X – Dining Centers in Housing Facilities and Dining Centers in Communities of Faith).

## **8.4.27.6 Dining Center Facility and Equipment**

The facility will comply with all applicable state and local health, fire, safety and sanitation regulations. When determining the appropriateness of a dining center, nutrition programs will consider:

- available parking
- ease of entry and adequate emergency exits
- availability of hearing loops
- size and scope of restrooms, stairs, elevators, and/or ramps
- availability of fire extinguishers and other fire suppression systems
- Tableware, utensils, equipment, walls, floors and ceilings will comply with applicable regulations as stated in the Wisconsin Food Code.



## Current Congregate Dining Options: Nutrition Program Operations Manual

---

- Traditional Congregate Site – Catered
- Traditional Congregate Site – On-Site Kitchen
- Restaurant Model
- Voucher Program – Redeemable vouchers at local restaurants or cafés



# EXAMPLE OF RESTAURANT MODEL & VOUCHER PROGRAM

---

See Attachment



## Statewide Nutrition Site Count County & Tribe

---

- 480 Total Congregate Nutrition Sites Statewide
- 57% of total Congregate Dining Sites open 5 days/week – Statewide
  - 273 sites – 5 days/week
  - 64 sites – 4 days/week
  - 50 sites – 3 days/week
  - 44 sites – 2 days/week
  - 38 sites – 1 day week
  - 11 Sites – Less than 1 day/week



# Statewide Nutrition Site Count Cont. County & Tribe

20 Counties & Tribes Operate all Congregate Sites 5 days/week

9 Counties & Tribes Operate no Congregate Site 5 days/week



## Waupaca County Neighbor Comparison

County	1day/wk	2 days/wk	3 days/wk	4 days/wk	5 days/wk	Total Sites
Calumet	1	2	2		1	<b>6</b>
Outagamie			1		4	<b>5</b>
Portage		2	1		4	<b>7</b>
Shawano					6	<b>6</b>
Waupaca					7	<b>7</b>
Waushara		1		2	5	<b>8</b>
Wood		1			4	<b>5</b>

# Waupaca County Nutrition Congregate Program Data 2016 – 2017 – 2018 (Jan-Sept)



## Waupaca County Nutrition Program Congregate Meals Summary

2016	2017	2018 (Jan-Sept)
21,566 Congregate Meals Served 510 Unique People Served 82% of Meals Served to Target Pop.	20,629 Congregate Meals Served 545 Unique People Served 76.5% of Meals Served to Target Pop.	16,197 Congregate Meals Served 476 Unique People Served 73.6% of Meals Served to Target Pop.

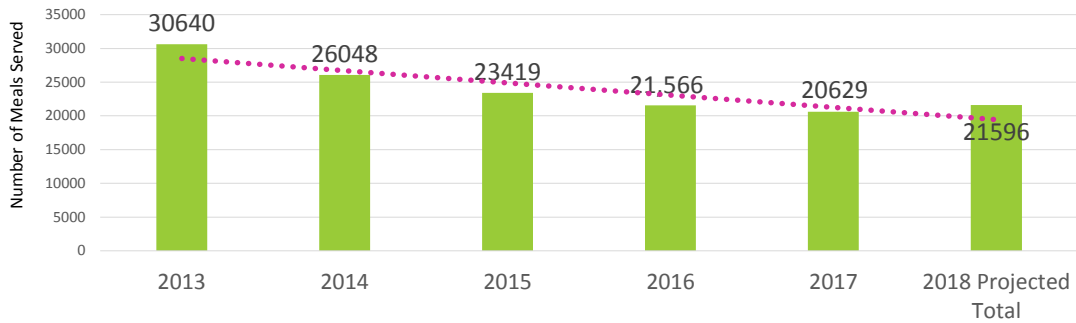
**\$34,516.71** spent on donation-based meals for Staff, Volunteer & Underage 60 yrs – 2018 ytd

## Home Delivered Meals

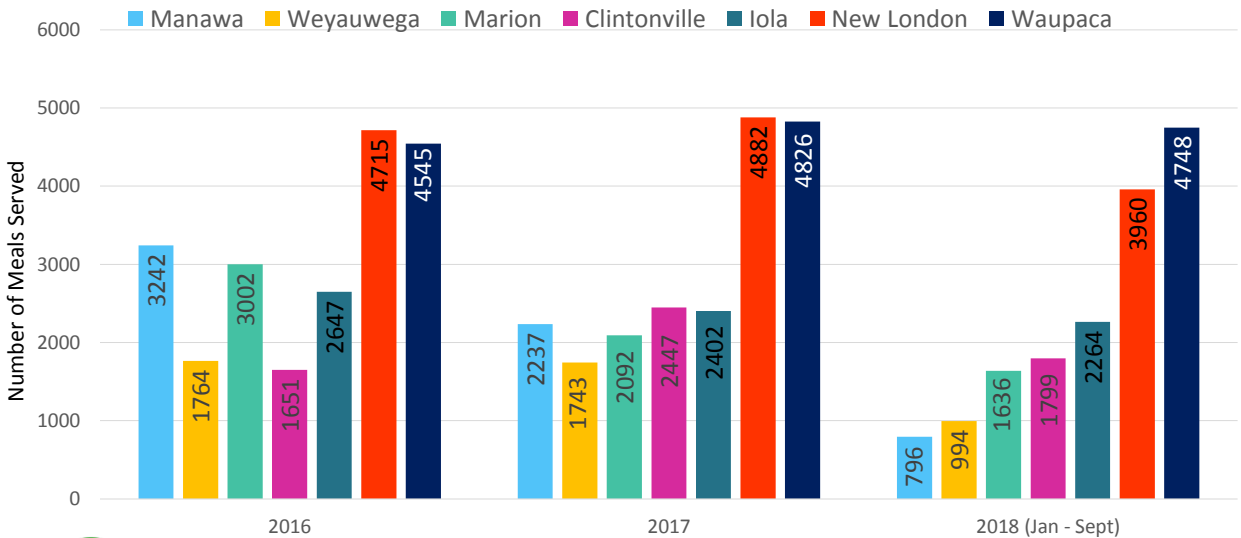
2016	2017	2018 (Jan - Sept)
40,094 Home Delivered Meals Served 428 Unique People Served	46,589 Home Delivered Meals Served 545 Unique People Served	37,794 Home Delivered Meals Served 361 Unique People Served

# Congregate Meals decrease by 9,000 in 5 years

Total Congregate Meals Served Countywide by Year



■ Total Meals Served Countywide by Year ●●● Linear (Total Meals Served Countywide by Year)

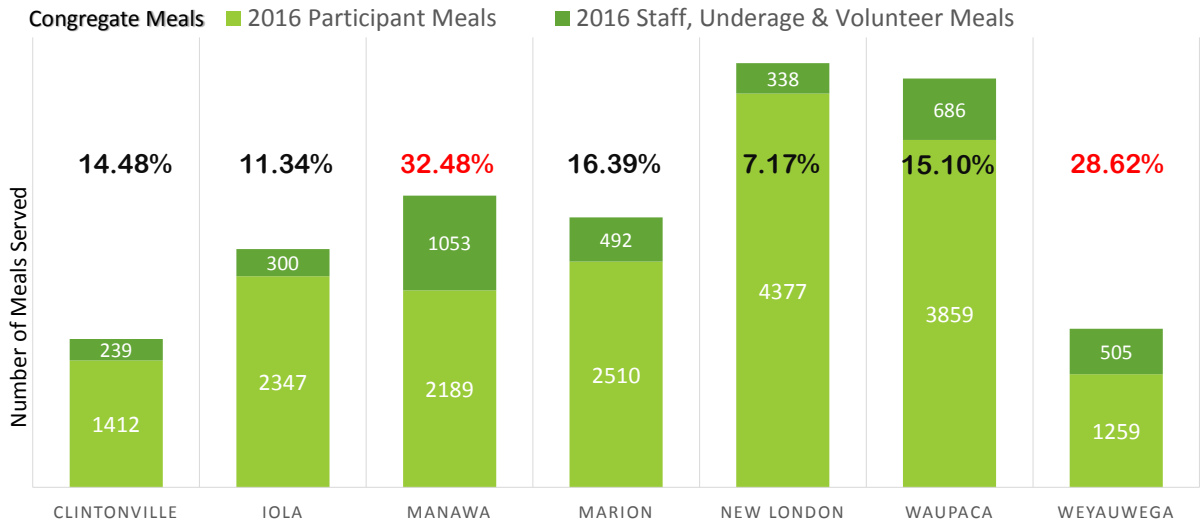


Total Congregate Meals Served by Site for Years Displayed



# Meal Category Distinction

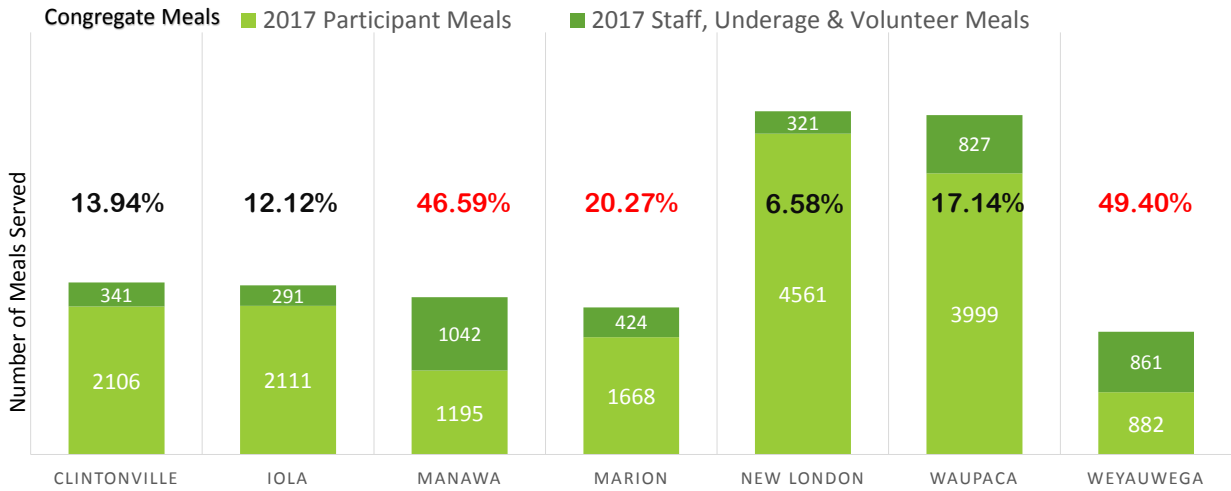
Meal Type	Target Population Meal	Staff, Volunteer, Underage 60 Meal
60+ yrs; Non-staff, Non-Volunteer	X	
≤59 yrs; Publically Funded Participant	X	
Waupaca County Volunteer; 60+ ≥ 52 meals/year	X	
Waupaca County Volunteer; 60+ ≤ 51 meals/year		X
Waupaca County Volunteer; 59 or younger		X
Waupaca County Nutrition Site Manager (Regardless of age)		X
Waupaca County Contracted Senior Aide Staff		X



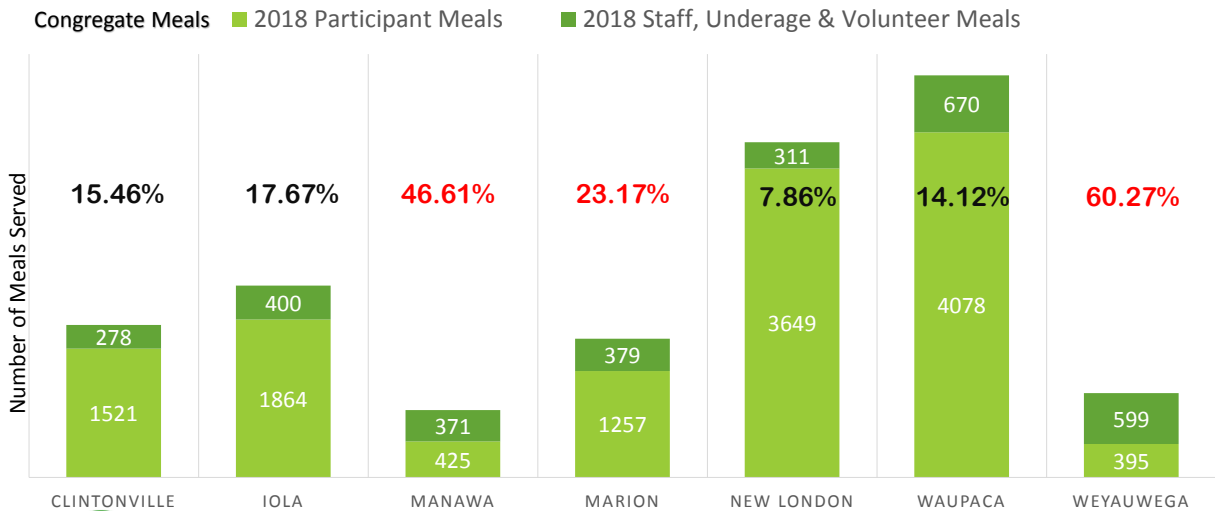
Percentage Displayed Above Bar Represents Percentage of Staff, Underage & Volunteer Meals Being Served at Each Nutrition Site





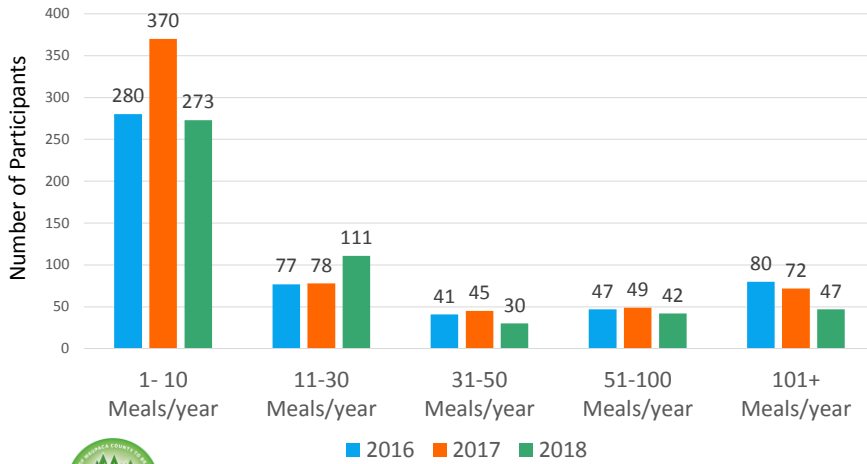


Percentage Displayed Above Bar Represents Percentage of Staff, Underage & Volunteer Meals Being Served at Each Nutrition Site



Percentage Displayed Above Bar Represents Percentage of Staff, Underage & Volunteer Meals Being Served at Each Nutrition Site

Number of Congregate Participants by Meal Frequency – Countywide by Year

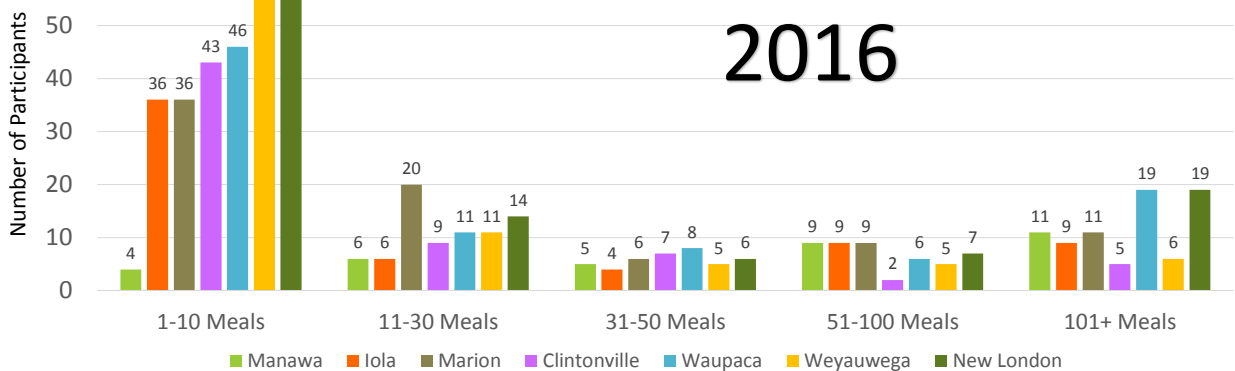


**82%** of Congregate Diners Eat Less Than Once a Week in 2018



**\*\*Total Participant Number Includes Duplicates if Participant Ate at More Than One Site\*\***

Number of Congregate Participants Served in 2016 by Dining Frequency Per Year

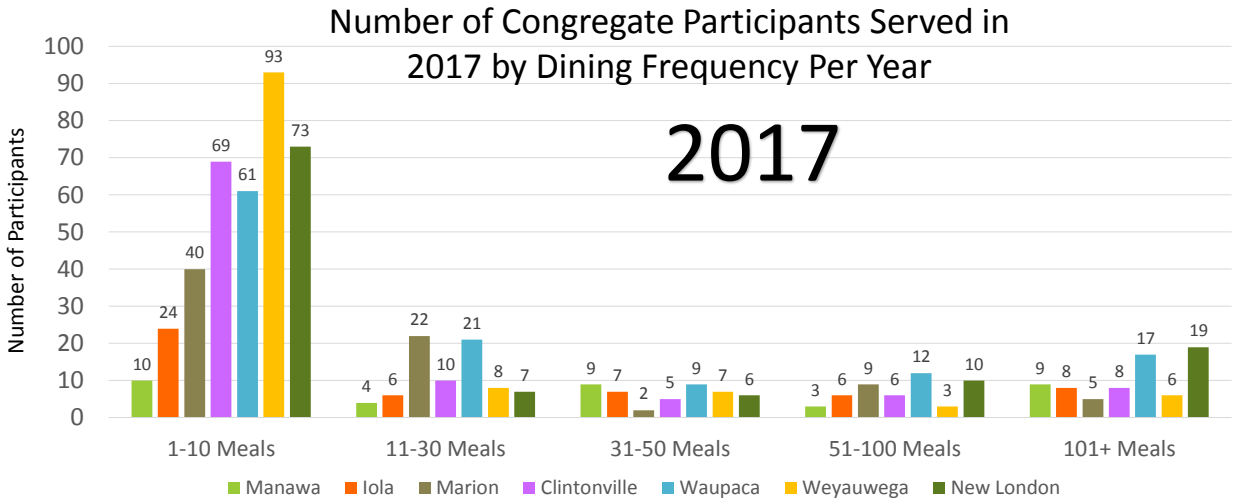


**2016**



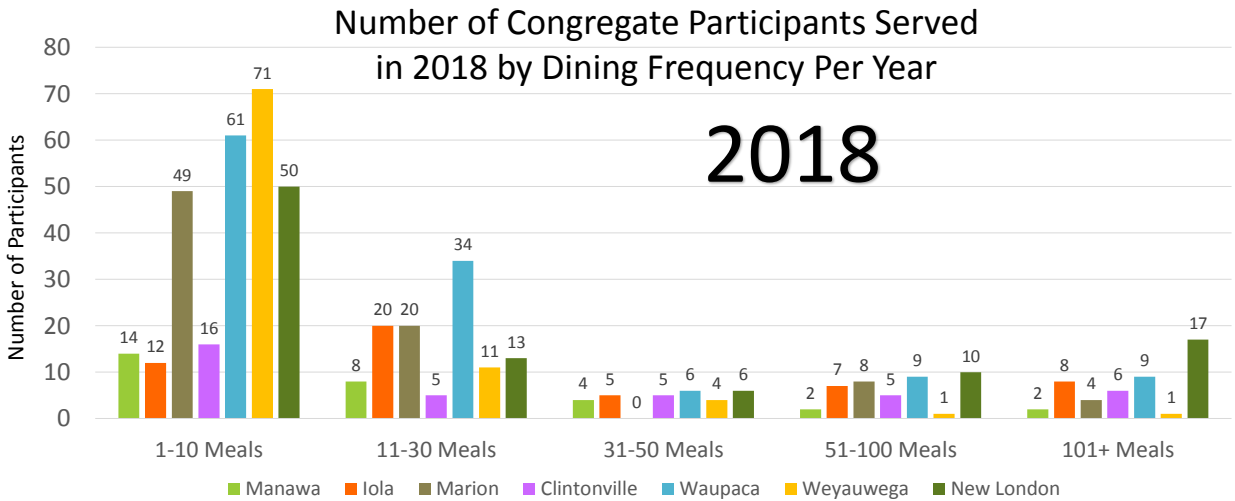
**76% Congregate Diners ate less than 1 time per week in 2016**

**\*\*Total Participant Number Includes Duplicates if Participant Ate at More Than One Site\*\***  
**\*\*Congregate Diners of all ages included in counts\*\***



**80% Congregate Diners ate less than 1 time per week in 2017**

**\*\*Total Participant Number Includes Duplicates if Participant Ate at More Than One Site\*\***  
**\*\*Congregate Diners of all ages included in counts\*\***



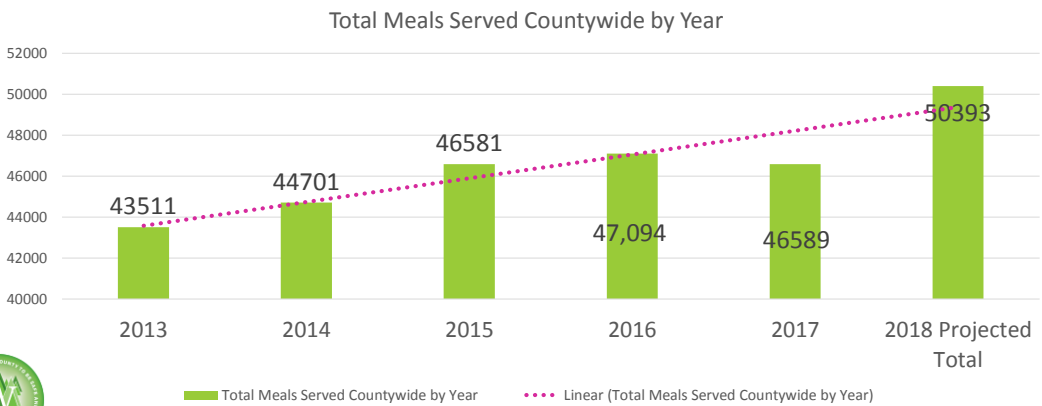
**82% Congregate Diners ate less than 1 time per week in 2018**

**\*\*Total Participant Number Includes Duplicates if Participant Ate at More Than One Site\*\***  
**\*\*Congregate Diners of all ages included in counts\*\***

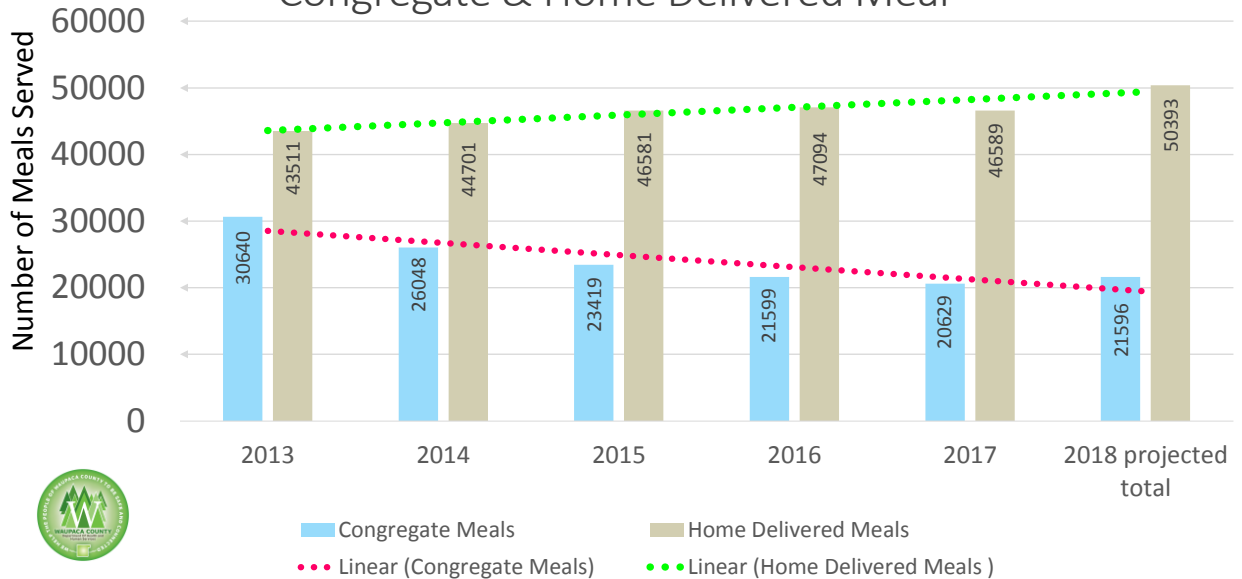
# Waupaca County Nutrition Home Delivered Meal Program Data 2016 – 2017 – 2018 (Jan-Sept)



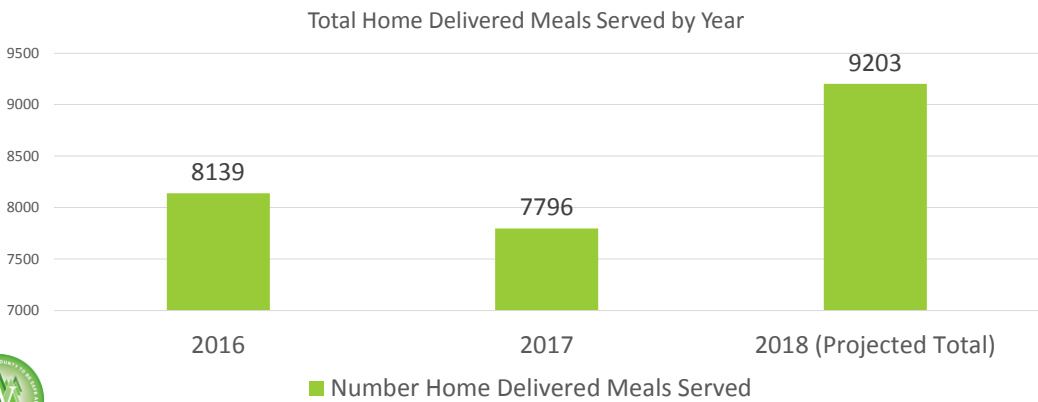
Home Delivered Meals increase by almost **7,500** in 5 years



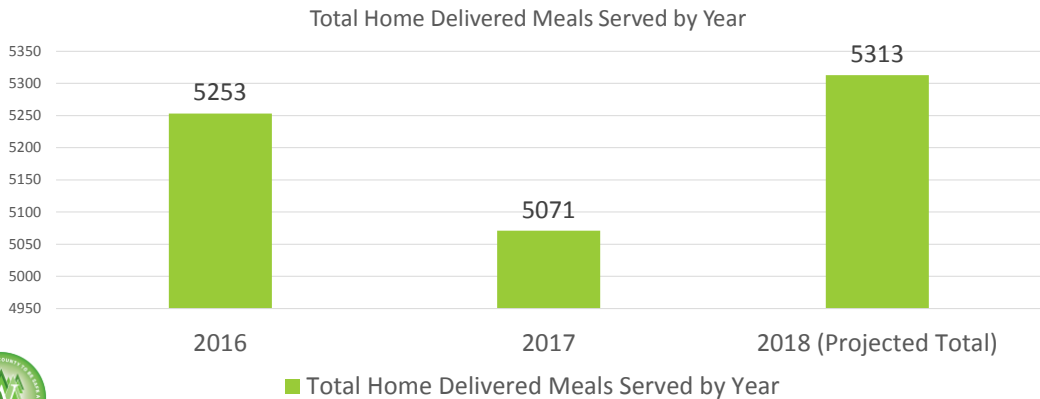
### 5 Year Trend Comparison: Congregate & Home Delivered Meal



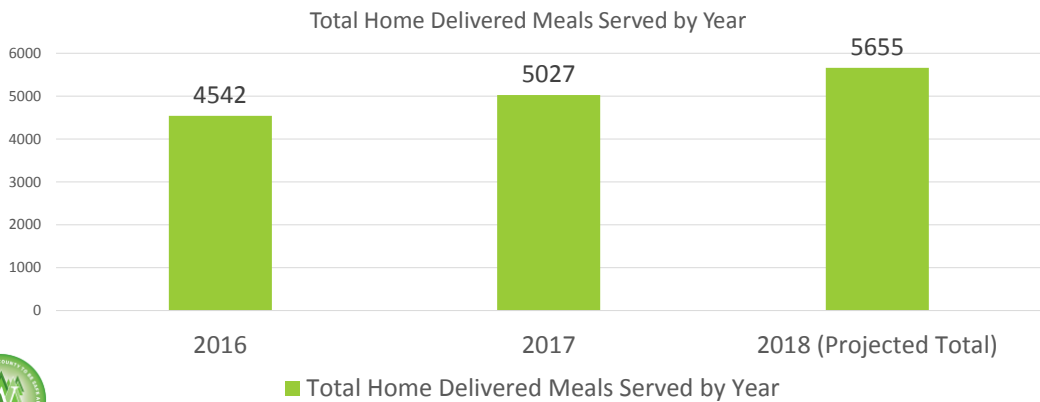
### Clintonville Home Delivered Meals 2016 – 2018 (Projected Total)



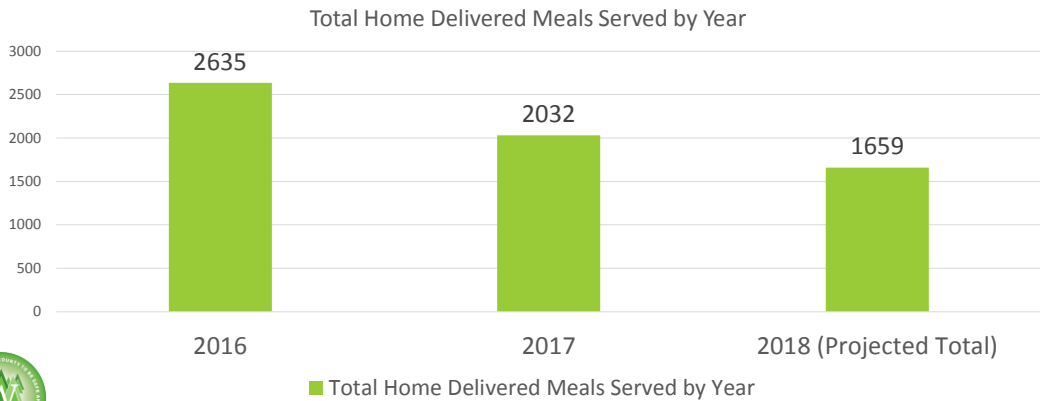
## Iola Home Delivered Meals 2016 – 2018 (Projected Total)



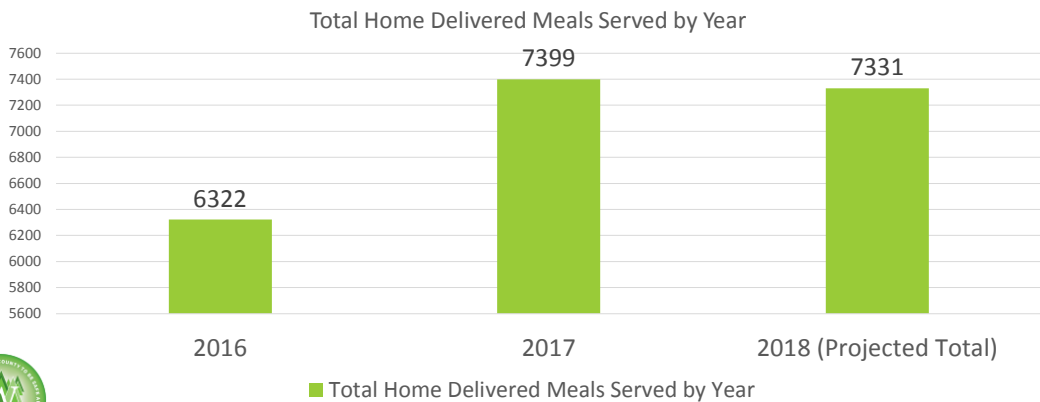
## Manawa Home Delivered Meals 2016 – 2018 (Projected Total)



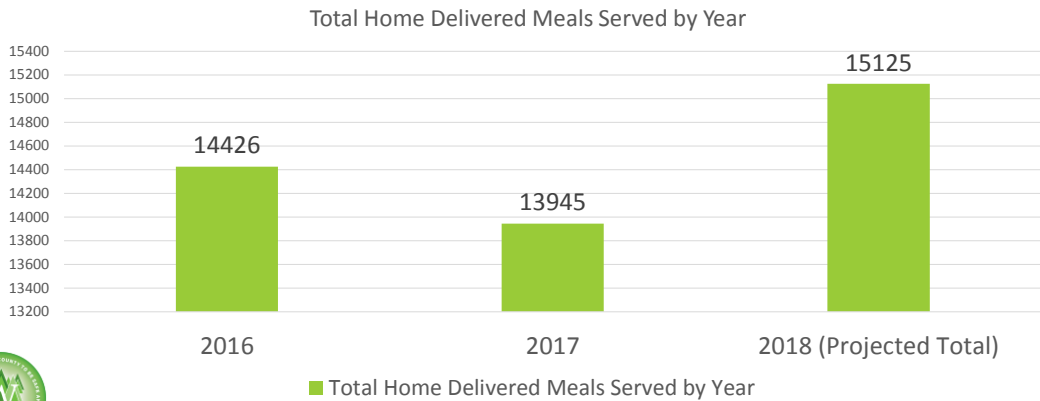
## Marion Home Delivered Meals 2016 – 2018 (Projected Total)



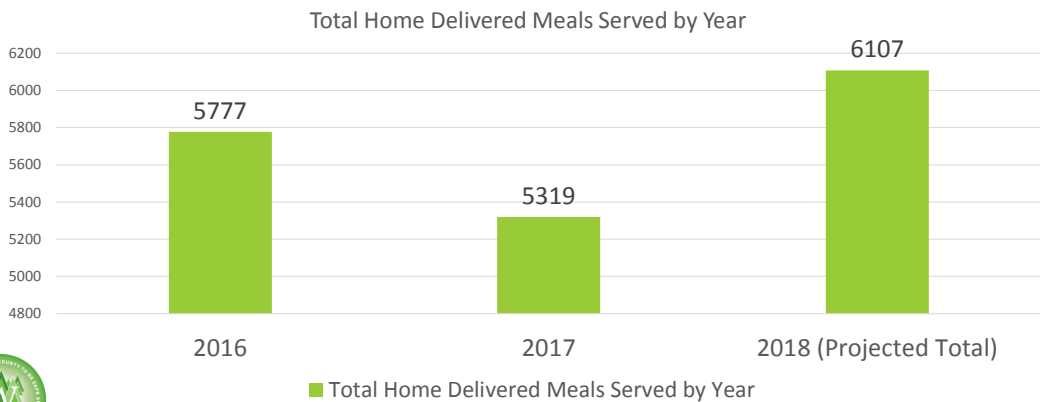
## New London Home Delivered Meals 2016 – 2018 (Projected Total)



## Waupaca Home Delivered Meals 2016 – 2018 (Projected Total)



## Weyauwega/Fremont Home Delivered Meals 2016 – 2018 (Projected Total)





## Who We're Serving Now: 2018

- Primarily individuals who are homebound
- 82% of Congregate Diners eating less than one meal per week
- 89 individuals are eating at least one time per week countywide
- Increased need for Home Delivered Meal service; Decreased need for Congregate Meal service
- 2 Congregate Dining Sites almost or are serving more staff/volunteers than target population



The Waupaca County Nutrition Program is serving just **5%** of the eligible individuals living in Waupaca County.

Served  
**811**  
people

Out of **13,980**



Imagine if everyone needed us.

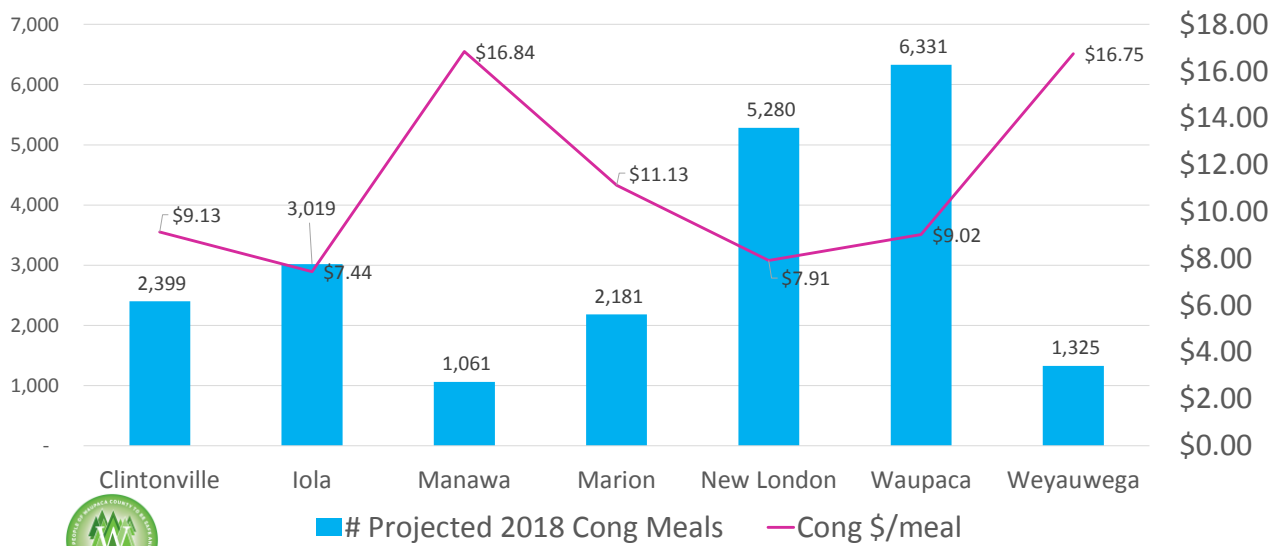
Sources: 2018 Nutrition Program Participant Data

US Census Bureau: 2016 American Community Survey; 65+ Population in Waupaca County

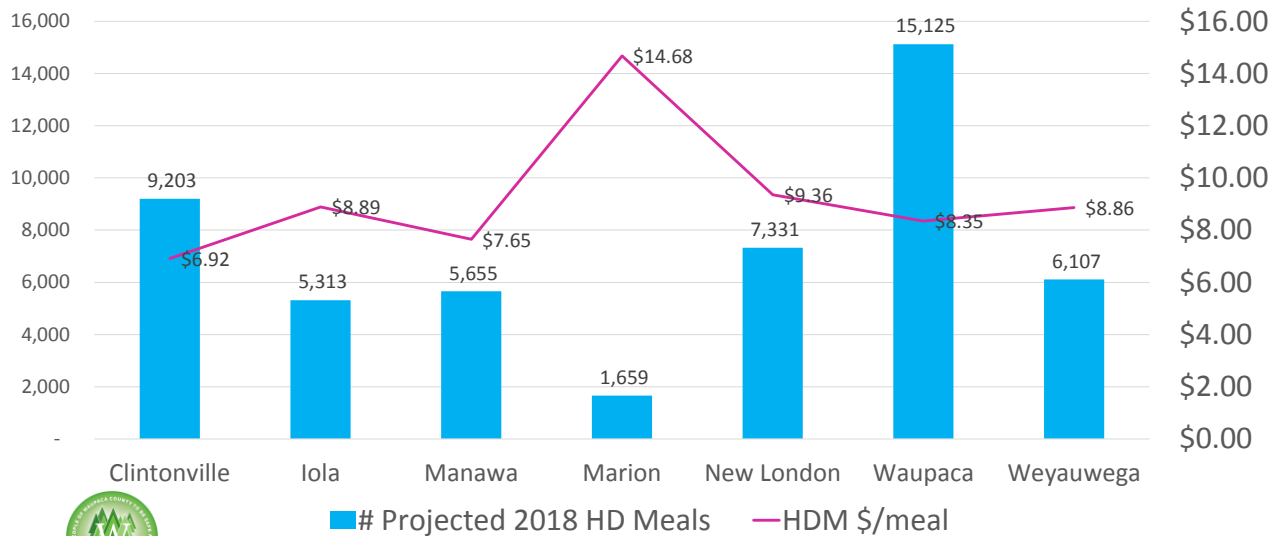
# Nutrition Program Financial Data & Projections



Congregate Meal Totals & Per Site Meal Cost



## Home Delivered Meal Totals &amp; Per Site Meal Cost



## Catering Costs - 2018

Site/Caterer	Per Meal Cost
Marion (Steve & Mary's)	\$4.65
Clintonville (Steve & Mary's)	\$4.92
New London (Steve & Mary's)	\$5.41
Manawa (Iola Living Assistance)	\$5.00
Iola (Iola Living Assistance)	\$5.00
*Weyauwega (Schueller's)	\$6.95
*Waupaca (Schueller's)	\$6.95

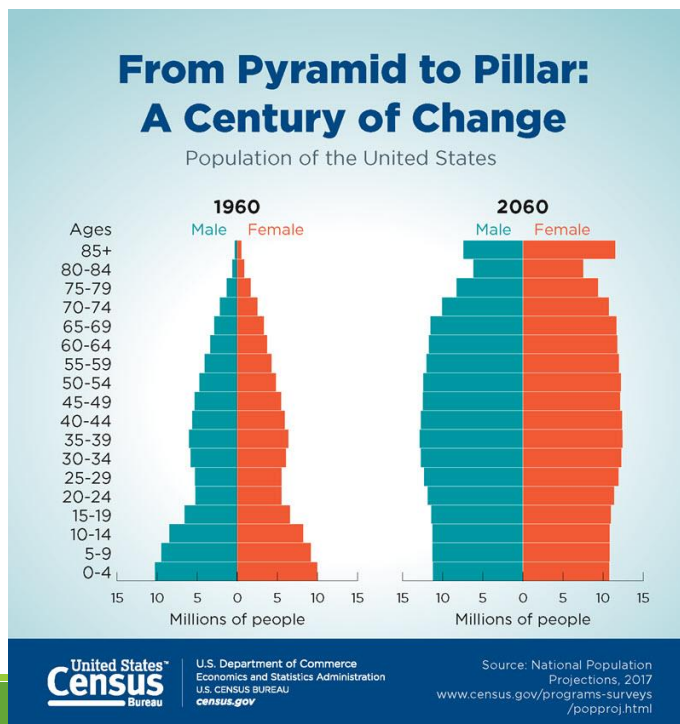
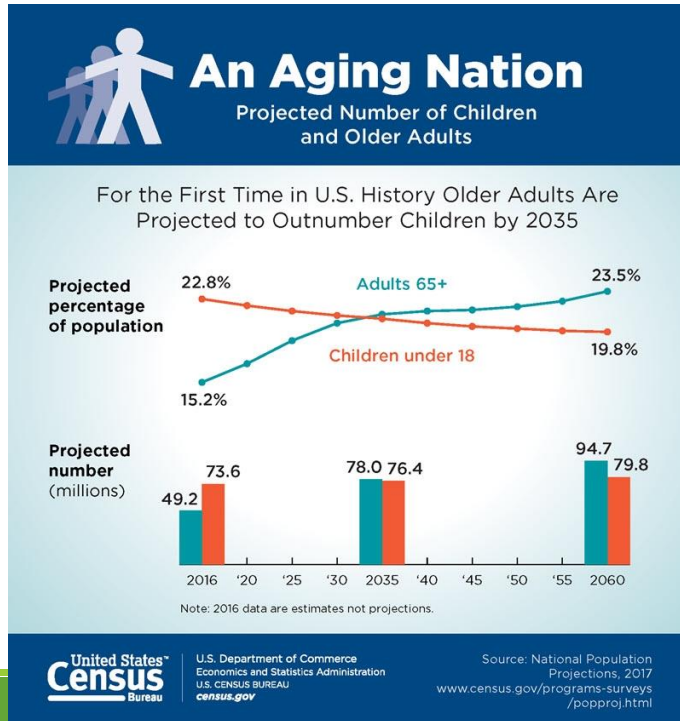


## Per Site Rental & Utility Costs – Monthly 2018

Site	Rental/Utility Costs Annually
Marion – City of Marion	\$219.00/month
Clintonville – City of Clintonville	\$295.88/month
New London – City of New London	\$219.00/month
Manawa – Town of Little Wolf	\$278.00/month
Iola – Iola Living Assistance	\$1,500/month (Site Rental and Nutrition Site Manager)
Weyauwega – City of Weyauwega	\$350.00/month
Waupaca – Trinity Lutheran Church	\$311.06/month
<b>TOTAL</b>	<b>\$22,703.28(approx.)/year</b>

## State and Local Aging Population Projections



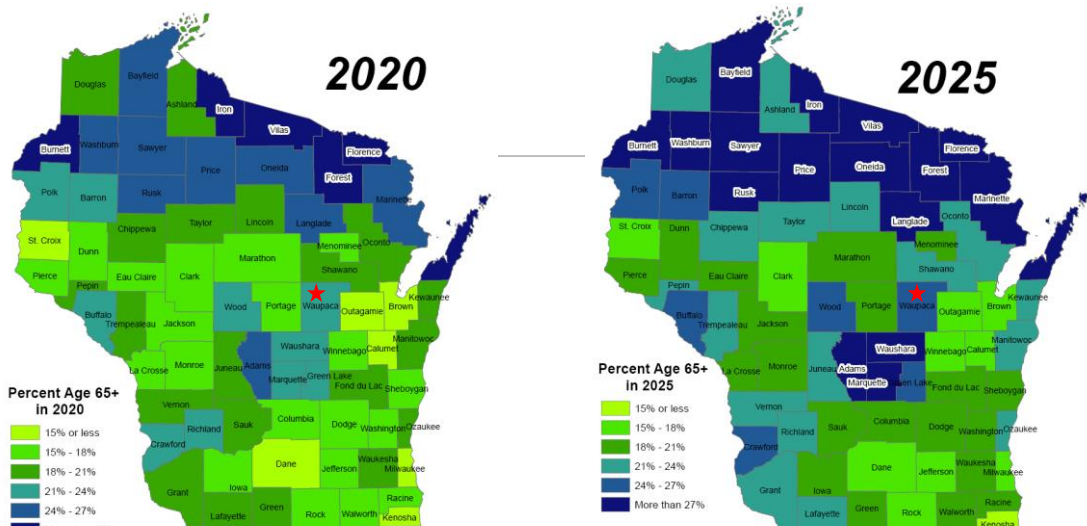


# Wisconsin Statewide Statistics

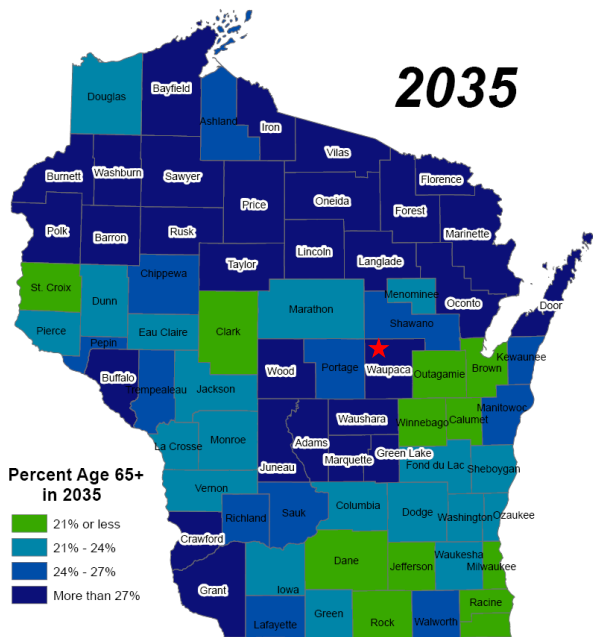
- 16% of total population 65+ years of age
- 67.2% of 65+ individuals living with family
- 32.3% of 65+ individuals have at least on disability
- 16.9% of 65+ still working



U.S. Census Bureau, 2016 American Community Survey, 1-year Public Use Microdata Sample, <<https://www.census.gov/programs-surveys/acs/data/pums.html>>.

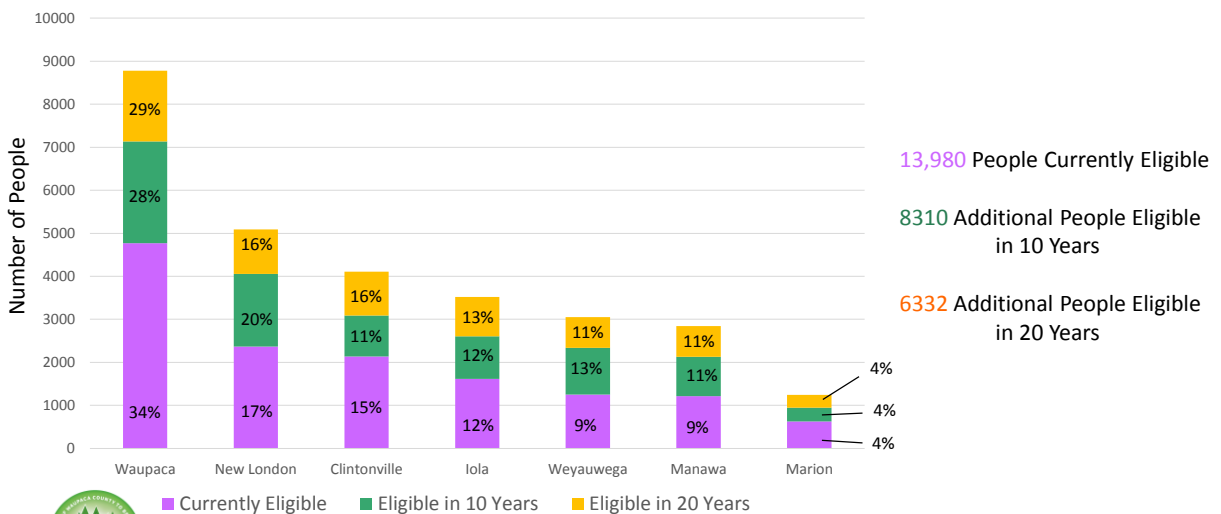


In the year 2020, Waupaca County's Aging population (65+) is projected to be 18%-21% of the population. In 2025, that jumps to 21%-24%.



By 2035, it is projected that more than 27% of Waupaca County's population will be 65+ years of age.

Percentage of Eligible Population by Nutrition Site Location



13,980 People Currently Eligible  
 8310 Additional People Eligible in 10 Years  
 6332 Additional People Eligible in 20 Years



34% of Currently Eligible Waupaca County residents would dine at Waupaca Nutrition Site as nearest location.

## Future Possibilities

- DHHS Vision & Values
- Color Outside the Box
  - Caterers
- On-Site Sustainable Kitchen
  - Site Locations
- Community Partnerships



## DHHS Vision

---

“We help the people of Waupaca County  
to be safe and connected.”





## Color Outside the Box

---

Just because it doesn't exist...  
doesn't mean we can't do it.



### Current Explorations

- Cost effective measures with caterers to keep per meal cost low
- Requested nutrition site rental be donated to save approx. \$22,000/year
- Consolidate Nutrition Sites
- Develop natural support connections for individuals who are homebound for meeting basic needs and socialization



## Current Explorations Cont.

- Sustainable Kitchen to supply meals countywide
- Manawa Nutrition Site Location: Manawa School District & Sacred Heart Catholic Church
- Community Partnerships: Nursing students performing participant assessments, high school students delivering meals



## References

---

- Waupaca County Nutrition Program: SAMS Database 2013-2018
- US Census Bureau: <https://www.census.gov/> ; 2016 American Community Survey
- AARP: <https://www.aarp.org/>
- GWAAR: Pam VanKampen – RDN, CD, Nutrition Specialist
- Wisconsin DHS: PowerPoint: Wisconsin's "Elder Boom" Projections for the Growing 65+ Population, 2005-2035, 10/2009

