



# Seldovia Gazette

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Seldovia, AK

25 °F / -4 °C

Light Snow  
at 7:53 PM



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Friday, Jan. 30, 2009

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### City of Seldovia Senior Meals Program - Quarterly Rpt. for period ending 12/31/09

*by Sandy Murray*



The meal program continues to be very successful. We are feeding between 20 and 30 clients on a regular basis and occasionally over 30. Through our outreach we have 4 new clients coming on a regular basis this quarter. All of our outreach is done by clients talking to qualifying seniors about the program and encouraging them to join us. This is an on-going process, seems to be working well.

Camille, our cook, and Missy, her assistant, are both very organized and cook very tasteful and healthy meals. Those of you who eat regularly already know this! We are very

with no regard to their age, those who are disabled with no regard to their age, a caregiver of a disabled client and volunteers. Income does not factor into the qualifications at all. In other words, it does not matter how much you make.

Seniors who are homebound, ill, disabled or unable to prepare meals themselves are eligible to receive a home-delivered meal. Those who do not meet the criteria for a home delivery will no longer receive meals. We invite you to join us and eat a congregational meal at the multipurpose room. The social gathering is an important part of the meal. These guidelines are set by the granting agencies.

fortunate to have these two ladies. When Camille was ill recently Missy stepped in and did an admirable job as substitute and was helped by a client volunteer. They are both awesome!

Our volunteers are doing an excellent job helping out when necessary. We have recently stated a sheet where these times can be documented as well as donations. Recently we had a donation of a butcher block cart. It will serve as the sign-in sheet area where the donation can will be placed. Senior Voice and other pamphlets can be pleased here as well so they are readily available for clients to take home. This will free up an additional table that can be used for dining. One of our clients is a pilot and donates his plane and time to pick up our food orders in Homer, saving us \$.30 a pound on freight. This is an enormous savings to the program.

Over the holidays and recently because the local restaurant has been closed we have had more guests meals than usual. At Thanksgiving and at Christmas the program sponsored a community meal open to everyone. Both times this occurred on a regularly scheduled meal day. A turkey was donated for each meal by an unknown donor. Hopefully because of this no one went without a holiday meal.

An important part of the program and perhaps its biggest plus is the social aspect that is happening here because of it. Those who come for the meals frequently say that they are really enjoying the conversation and visits with others. This is great anytime but specially now in the long, cold, dark days of winter.

#### FUNDING

The City of Seldovia Meal Program for seniors is funded with a Title III grant from the Department of Health and Human Services through the State of Alaska and money from the Kenai Peninsula Borough. However, an important part of the funding comes from seniors themselves through their donations. Senior programs throughout the state are funded in a similar way.

#### QUALIFICATIONS

The meal program provides hot noon meals on Monday, Wednesday and Friday to seniors who are 60 years old. Qualifying visitors are always welcome. Others who qualify for meals are the spouses of qualifying clients

#### CONTRIBUTIONS FOR MEALS

These are very important to the program and the money donated goes back into the food and supply budget. The suggested donation per meal is \$4. The meal is yours to enjoy whether you pay or not. This is just a suggested amount and we encourage you to give more or less as your budget allows. There is a donation can at the meal site and no one keeps a record of who donates or how much. It is an honor system.

#### GUESTS

If you would like to bring a guest who does not meet the requirements, the cost per meal is \$8.00. Please pay this directly to a senior meal staff person when you sign-in.

#### RESERVATIONS, CANCELLATIONS, ETC.

**We need and would appreciate your help in this area.** It is very difficult to decide how much we need to prepare for each meal when we do not know how many people plan to eat any particular day. If you are a regular client, please be sure to check the box for a reservation for the net meal. If you are not a regular client but want to come for a meal on a particular day, please let us know ahead of time. **CALL 234-7893.** If no one answers, you can leave a message for us. We usually take out the meat for the next scheduled meal the day of the previous meal. Depending on what the menu is, we can usually stretch the food to feed a few extra but not several extras. On the flip side neither do we want to have a lot of leftover food. Cancellations are not as important but if you have time and think about it we would like you to take a few minutes to give us a call and let us know. Thank you for helping us better serve you!

Meals provided by the program contain one-third of the required daily nutrition allowance. We encourage you to supplement them with a nutritious breakfast and evening meal. The total number of meals served from when we began in mid-July through September 30th was 500. From October 1 through the end of December we served 831 meals for a total of 1331 meals.

Thank you for your participation in the meal program. We appreciate you! Encourage others who qualify to come and join us for the noon meals and good conversation. If you have any questions or suggestions, please let the staff know or just drop either of these into the donation can. Both are always welcome.



This picture was taken on 1/30/09 - Camile, Cook,  
and  
Aubry as her Assistant. Missy was missing as she  
was stuck in Homer due to weather conditions.

Nice crowd today enjoying the meal and the  
converstaion 1/30/09



These bottom pictures were taken when the Senior meals first stated back in early July, 2008

