Empowering Seniors
TO LIVE HEALTHY, INDEPENDENT LIVES
www.seniorresourcesinc.org
55 YEARS
OF EMPOWERING SENIORS TO REMAIN HEALTHY AND INDEPENDENT

Senior Resources is a non-profit organization that coordinates services, provides resources and encourages the personal choices that allow Richland County’s senior citizens to remain independent. In FY2022, our programs and services reached thousands of elderly and disabled Midlands residents, as well as their family members and caregivers. By providing in-home and community-based services, as well as volunteer and social opportunities, we helped these elderly and disabled citizens maintain their healthy, independent lifestyles and avoid or delay the need for institutionalized care.

2022
STAYING THE COURSE AS THE CURRENTS CHANGE

There is nothing quite like the excitement...and sometimes fear...from the twists and turns, the climbs and falls while strapped into a roller coaster. And in some ways, that is exactly what 2022 felt like at Senior Resources.

It is thrilling to report that we continue to serve more seniors and home-delivered meals than before the pandemic. We have seen our community-based meal programs slowly climb back in numbers as people have become more comfortable gathering in groups. And active growth in partnerships, volunteers, and fundraising continues to maximize our impact in the community as we zoom along.

We cheered when early results from our pilot Senior Home Nutrition Program proved that seniors who received 8 weeks of meals and wellness visits from our team are THREE TIMES LESS LIKELY to be readmitted to the hospital than those who declined to participate.

Yet there have been, and continue to be, twists and turns along the way. Our AmeriCorps Seniors programs, particularly the Foster Grandparents Program, could not serve in total capacity as school districts continued restricted access by volunteers due to the pandemic. Workforce challenges and the increased costs of food, supplies, and fuel coupled with a difficult financial market, meant that some months our knuckles were gripped tightly to the budget calculator.

In this report, you will see that it was a roller coaster of a year when things were up and down but always stayed on track. Thank you to every person who joined together to make 2022 a success. Our mission to keep seniors healthy and independent is never an easy ride, but for me and for all of those listed on these pages, the thrill of helping others to live more fulfilling lives makes it all worthwhile.

Sincerely,

Andrew Boozer, Executive Director
OUR PROGRAMS
THREE AREAS OF CARE

Meals On Wheels
As the only provider of Meals On Wheels in Richland County, we deliver hot, nutritious meals to homebound clients each day. The beneficiaries of our Meals On Wheels service are the disabled and elderly who cannot maintain an adequate, healthy diet, either because of cost or lack of transportation. Our balanced meals provide one-third of their daily nutritional requirements.

Senior Care Pantry
This program provides non-perishable foods, household goods and personal hygiene items to seniors on the waiting list for services. Our pantry is supported through food drives and community donations.

Senior Home Nutrition
The Senior Home Nutrition program provides seniors returning to their homes after a recent hospitalization with eight weeks of balanced meals. Participants in this program receive seven frozen meals each week along with a wellness check from a Senior Resources team member.

Senior Lunch Bunch
This program was launched to accommodate the increased need for nutrition assistance among seniors. Seniors in our community can enjoy a nutritious, hot meal and friendship once a week at a local restaurant.

Home Care
This program provides home and personal care services in-home on a temporary or long-term basis. Clients may receive wheelchairs, walkers, shower seats and other assistive devices, subject to availability. The program also links clients to resources in the community that provide housing, food, discount prescription drugs and other services.

Senior Wheels Transportation Service
Transportation is provided to doctor appointments and other medical-related trips, including the pharmacy. This service is currently available only to existing clients in our Meals On Wheels, Home Care or Wellness Center programs.

Pet Pals
We recognize that pets provide important companionship to many homebound seniors. Meals On Wheels clients who have pets can receive monthly pet food delivery through our Pet Pals program to help them care for their pets at no cost.

Wellness Centers
Each day our four wellness centers offer seniors a hot lunch, crafts, physical fitness activities and the companionship of friends. Transportation may be available to the wellness centers for seniors who need it.

Foster Grandparents*
Foster Grandparents mentor and tutor at-risk students, primarily in elementary schools. This intergenerational program leads to improved behavior and academic performance, and provides the participants with an opportunity to remain active and engaged in their community.

Senior Companions*
Senior Companions assist homebound seniors with light housekeeping and meal preparation and provide respite to regular caregivers. Senior Companions also provide a human connection that helps prevent loneliness and isolation.

* Foster Grandparents and Senior Companions are programs of AmeriCorps Senior, which provide volunteer opportunities for seniors ages 55 and older. Eligible volunteers receive a stipend for their service.

The Senior Network
The Senior Network is a virtual webinar series that connects seniors to resources to remain healthy and independent.
Meals On Wheels

- **98,973** hot meals and **47,817** frozen meals delivered
- **947** homebound seniors and disabled adults served
- **15,491** hours given and **100,340** miles driven by volunteers (equivalent of **$194,180** in service)

Home Care and Social Work

- **2,391** referrals provided by social workers to connect seniors to community resources including mental and physical health services, home repair, rent assistance and legal services
- **6,036** hours of home care service, including light housekeeping, personal care, companionship and caregiver respite

Foster Grandparents

- **59** Foster Grandparents
- **38,394** hours of mentoring, and tutoring
- **110** at-risk students served at **4** locations

Senior Companions

- **37** Senior Companions
- **28,446** hours of social interaction, housekeeping, meal preparation, medication monitoring, and appointment escorts
- **77** clients served

Group Dining and Wellness

- **238** attendees at four centers, one restaurant, and one community center
- **10,098** meals served
- **509** physical fitness sessions
- **93,168** miles of transportation for **99** riders

REPORTING PERIOD: JULY 1, 2021–JUNE 30, 2022
**REVENUES**

BY FUNDING SOURCE

Central Midlands ................. $1,061,467
Federal .......................... $510,361
Richland County ................. $548,046
Donations/ Fundraising ........... $329,117
Local Grants/Other ............... $282,744
United Way ...................... $11,416
Investments ..................... $70,602
Participant Payments ............. $5,623
Total ................................ $2,819,376

**EXPENSES**

BY PROGRAM

Meals on Wheels .................. $1,133,974
Foster Grandparent .............. $293,890
Home Care ....................... $234,777
Center Meals Program .......... $248,750
Senior Companion ............... $216,843
Transportation ................... $191,919
Development/Fundraising ....... $237,990
Senior Wheels ................... $71,315
Other ............................. $47,003
Total: ............................ $2,676,461

* Revenues and Expenses are reported based upon IRS Form 990 Return of Organization Exempt From Income Tax.

**HOME NUTRITION PROGRAM**

YEAR ONE PROGRESS REPORT

"Early returns show that the program is working, with participants nearly three times less likely to be readmitted to the hospital."

The two-year pilot program aims to reduce readmissions and senior malnutrition by providing nutritional meals and home visits to older adults discharged from medical facilities. Year One of the pilot presented successes and challenges as we rolled the program out into the community. While the sample of participants is smaller than anticipated, early outcomes have been meaningful. These early outcomes, overall program design, and the positive impact on the lives of seniors show promise as we close the first year. Early returns show that the program is working, with participants nearly three times less likely to be readmitted to the hospital.

**OUTCOMES PROGRESS**

- Prevent readmission to the hospital during the 8-week service period.

  GOAL: 90% of those served are able to avoid hospital readmission due to the nutrition received and weekly visits from volunteers/staff.

  Year One Actual: 90%

- Avoid delays for clients needing longterm nutrition services.

  GOAL: 100% of high-risk clients receiving a full nutritional assessment by the eighth week.

  Year One Actual: 100%
FUNDRAISING & OUTREACH EVENTS

**Biscuits & Bluegrass Sponsors:** BlueCross BlueShield of South Carolina, Lourie Life & Health, B106.7, Recruiting Solutions, First Citizens Bank, Tony & Bev Denny, Wellcare, Doctors Care, Beckett Financial Group, LawyerLisa, White & Story, LLC, Rebecca and Grant Gillespie, ExtraMile, Frenzy, Rambo’s Fat Cat Biscuits, Inkfish, Food Lion, All About Seniors, Hunter-Gatherer Brewery

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- Dominion Energy Charitable Foundation
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- The Leon Levine Foundation
- Estate of Doris Naful Liles
- Meals on Wheels America
- Prisma Health
- United Healthcare Services, Inc.

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- Fund of Central Carolina Community Foundation

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- Shandon United Methodist Women
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- Valuant
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