**RAINBOW SENIOR CENTER**
Boerne, TX

**PROJECT TITLE:** CENTER OPERATIONS

**GRANT DESCRIPTION:** An operations grant in support of the Center’s Senior Nutrition, Meals on Wheels, Senior Activity programs and its Home-Health Closet program, all in Kendall County.

<table>
<thead>
<tr>
<th><strong>GRANT AMOUNT:</strong> $150,000</th>
<th><strong>APPROVED:</strong> December 8, 2014</th>
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<td><strong>PROJECT START DATE:</strong> October 1, 2014</td>
<td><strong>PROJECT END DATE:</strong> September 30, 2015</td>
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**CHARITABLE PURPOSE:** Health & Human Services\Elderly\Senior Centers

**GRANT TYPE:** General Operations

**GRANT OBJECTIVES:** Persons participating in Kronkosky Place nutrition, wellness, and social programs will maintain good nutritional health and will have social interactions that will contribute to maintaining a healthy lifestyle.

**SUMMARY OF REPORTED FINDINGS:**

During the reporting period for this grant the Rainbow Senior Center (RSC) experienced continued growth in both its programs and the number of clients served:

**Nutritional Programs**

*Change to new MySeniorCenter reporting system resulted in partial client count – only active clients March-September 2015 reflected in following:*

- **Congregate Meals**
  - 816 Unduplicated Clients
  - 32,061 Congregate Meals served at Kronkosky Place
  - 241 new congregate clients
  - 120 unduplicated individuals participated in the breakfast program which included an educational program in addition to the meal

- **Meals-on-Wheels**
  - 210 Unduplicated Clients
  - 52,080 Meals-on-Wheels delivered (13% increase)
  - 36 new home-delivered meals clients
  - 20 new unduplicated clients in outermost rural areas of the county
  - Increased out-of-area frozen food meal services by 17%
  - Increased number of drivers by 21

- **The most recent client satisfaction survey** average scores (based on scale of 1-5 with 5 being highest):
  - **Congregate Meal Participants**
    - Overall, are you happy with the menus each month – 4 average
    - How would you rate the RSC staff – 5 average
    - How would you rate RSC overall – 5 average
    - Do you feel that RSC has improved your overall health – 4 average
    - Sharing a meal with others, making new friends, and socialization were cited as the primary reasons for coming to the center
    - Lunch was listed as the primary participation activity followed by exercise, dominoes, and bingo

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**EVALUATION SUMMARY**

**SEPTEMBER 2016**

**RAINBOW SENIOR CENTER**
Boerne, TX
51% of participants were over age 80; 32% were ages 70-80; 14% were ages 60-70; 3% were under age 60
63% of participants were female
74% agreed that eating a meal at the Center helped lower their food costs

- Meal-on-Wheels Participants
  - Do you feel that your home-delivered meals have improved your overall health – 4 average
  - How would you rate the person(s) who delivers your meals – 5 average
  - Overall are you happy with the menus each month – 5 average
  - 37% were not familiar with the frozen meal option
  - 91% agreed that the meal service lowered food costs
  - 77% reported eating alone most of the time

47% of participants were over age 80; 38% were ages 70-80; 13% were ages 60-70; 2% were under age 60
69% of participants were female

Kronkosky Place Programs
- 1,304 clients (members)
- Transportation
  - 30 individual clients
  - 4,560 rides (primarily to and from the center for lunch each day)
  - Alamo Area Agency on Aging provided no funding for this program

- Community Garden
  - Yielded 943 lbs. of produce
  - Distributed produce to 225 clients (double previous year’s amount)

New and expanded activities in 2015 included:
- Health and Wellness Education
  - Twice monthly health screenings and related education class presented by WellMed
  - Vitamins and Supplements
  - Information on Colonoscopies
  - Sleep Well
  - Diabetes/Heart Failure/COPD
- Caregiver Support
  - Alzheimer’s Support Group
  - Bereavement Support Group
  - Aging in Place and Home Safety
- Financial Education
  - Estate Planning and Will Services
  - The Truth about Reverse Mortgages
  - Elder Fraud and Justice
  - Long Term Care Finances

Administrative Accomplishments and Opportunities
- Replaced previous data collection system with MySeniorCenter program
- Instituted depression screening
  - Administered WellMed screening instrument
  - All new members screened
  - Partnered with Catholic Charities to score instruments
  - Clients at risk offered free counseling services
  - Re-screening planned after six-months of membership