



EVALUATION SUMMARY
SEPTEMBER 2016

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.	
GRANT AMOUNT: \$150,000	APPROVED: December 8, 2014
PROJECT START DATE: October 1, 2014	PROJECT END DATE: September 30, 2015
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:	
<p>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:</p> <p>Nutritional Programs</p> <p>*Change to new MySeniorCenter reporting system resulted in partial client count – only active clients March-September 2015 reflected in following:</p> <ul style="list-style-type: none"> ➤ Congregate Meals <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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): <ul style="list-style-type: none"> • Congregate Meal Participants <ul style="list-style-type: none"> ▪ 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 	

- 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