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## Department Updates

November 13, 2015

- A contract has been signed to acquire software that will be utilized by the AAAs, IDA, and other partners through funding from the Iowa Department of Transportation to enhance LifeLong Links. Training has begun for implementation.
- Through LifeLong Links funding by the Iowa Department of Transportation, a telephone system connecting all AAAs LifeLong Links is being researched.
- A statewide Respite Conference for Caregivers and Professionals was held at Des Moines Area Community College with over 75 attendees. Funding was made available through a grant received by the Department and with partners including AARP, Aging Resources of Central Iowa and others.
- The Department will present the FY2017 budget to the Governor on Monday, November 23.
- Meetings have been held to develop a report and recommendations as required by SF505 for Dementia-Capable Workforce.
- The Area Agencies on Aging hosted the centenarian events in each of their areas. They hosted phenomenal events!
- The Administration for Community Living/Aging hosted a regional meeting in Chicago where Kim Murphy provided an overview of the data review and reporting being designed by the Department and AAAs; the area plan LEAN event outcomes; and beginning to strengthen our data-driven outcome planning and oversight. We have been asked by at least 5 states to provide additional information, conference calls, or webinars.
- IDA intends to discontinue the online training for dependent adult abuse mandatory reporters. We have offered the training as a courtesy; however, a change in software systems has resulted in a cost of approximately \$39.87 per trained individual or approximately \$40,000 per year which far exceeds any available funding. There are 45 pages of other vendors offering this training; we believe the access to training will be minimally impacted.

- Iowa Law requires an annual report on the status of local offices for the Office of Substitute Decision Maker (OSDM). A report was provided that there is neither available funding nor operational local offices. We will be providing an overview and discussion on OSDM at our next Commission meeting.
- While no funding was made available during FY2016 for Food Insecurity, we are attaching a summary of the FY2015 project as an FYI.
- Governor’s Conference on Aging and Disabilities update:

**NETWORK  
ENGAGE  
PERSUADE  
EXHIBIT**

**DISRUPTIVE INNOVATIONS**  
2016 Governor's Conference on Aging & Disabilities  
May 23-26 · Iowa Events Center · Des Moines, Iowa POWERED BY NASUAD

To celebrate older adults and adults with disabilities and shine a spotlight on the many opportunities that accompany an ever-changing aging and disability community, the Iowa Department on Aging and the Iowa Developmental Disabilities Council are proud to present the 2016 Governor's Conference on Aging & Disabilities at the Iowa Events Center in Des Moines.

The conference will attract more than 1,000 professionals, policymakers, students and subject-matter experts who are ready to start re-imagining the aging and disability network – and as an exhibitor in our Vendor/Technology Hall, you'll have a premier opportunity to reach them all!

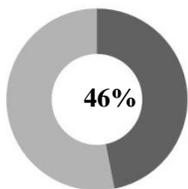
**For more information, call Kim Fletcher at (202) 898-2578 or visit [www.iowaGCOAD.org](http://www.iowaGCOAD.org) and click on the "Exhibitors & Sponsors" tab.**

- We received 117 submissions for workshops, not including our partners at the Administration for Community Living (ACL) and Centers from Medicare and Medicaid Services (CMS). We have approximately 45 open slots.
- We will be partnering with Iowa Public Health, Delta Dental, and the University of Iowa on an Oral Health pre-conference intensive which will also have submissions in the regular conference.
- We will be partnering with the Iowa Bar Association on an Elder Law pre-conference intensive which will also have submissions in the regular conference.
- Registration is scheduled to open in December.
- We appear to be on schedule and moving forward. Any suggestions for vendors or sponsors would be greatly appreciated.

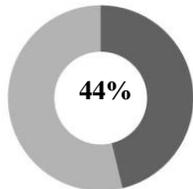
**33,153** meals to **4,034** older Iowans who are food insecure, **exceeding** projected participant targets.

## Participant Characteristics

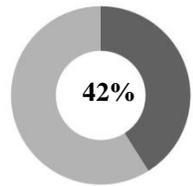
*Age:* 60 years of age or older    *Annual Income:* \$15,730 or less (individual)/\$21,235 or less (couple)



You couldn't afford to eat well balanced meals? 46% YES



The food you bought didn't last and you did not have money to get more? 44% YES



You cut the size of meals due to not having enough money to buy food? 42% YES

## Outcomes



**97%** Participants responded "Yes" to "I feel this program assisted me in remaining healthy and more independent."



**39%** of project participants were new to the Area Agency on Aging Congregate Nutrition Program



Increased awareness of food assistance and other home and community based support programs among project participants and collaborations with Senior Farmers Market Nutrition Program, Iowa Food Bank and local food pantries, and Hy-Vee Food Stores

Nutrition plays an integral role in keeping older Iowans healthy and independent in their local communities by preventing malnutrition, reducing the risk of chronic diseases and related disabilities, supporting better mental and physical functioning, and managing common chronic diseases. Concern about meeting the needs of food insecure older Iowans in a climate of declining Federal funding to support nutrition program has been growing.

## Project Funding

The Iowa Legislature identified resources to address food insecurity for older Iowans. HF 2473 Section 9 appropriated \$250,000 from the general fund to the Iowa Department on Aging (IDA) for the provision of congregate and home delivered meals in the fiscal year beginning July 1, 2014 and ending June 30, 2015. Each Area Agency on Aging (AAA) designated under section 231.32 received a formulaic allocation of the state appropriation to provide congregate and home-delivered meals to food-insecure older adults.

## Project Plan

Representatives from IDA and the six AAAs met on June 25, 2014 to analyze nutrition program data and trends and identify systemic barriers in the nutrition program. This analysis resulted in a plan to implement innovative and flexible congregate and home delivered meal delivery systems designed to fit the lifestyle and needs of a new generation of older Iowans. Three approaches were implemented.

1. **Distribution of Meal Vouchers.** Four of the six AAAs worked with Hy-Vee grocery stores to provide meal vouchers for meals based on the USDA Choose MyPlate guidelines. The meal vouchers provided flexibility in meal options, day of the week including weekends and time of day. One AAA also provided congregate meal vouchers to encourage use of the congregate meal sites. The distribution of vouchers involved many community partnerships, including food banks and the Senior Farmers Market Nutrition Program, to reach low-income food insecure older adults.
2. **Expansion to Weekend and Evening Meals.** Two AAAs used current meal providers to deliver additional meals. One AAA provided evening and weekend meals to current meal participants determined to be at high nutrition risk.
3. **Frozen Meal Distribution.** One AAA distributed frozen meals to qualified individuals living in areas considered to be food deserts, not currently served with Older Americans Act (OAA) meals.

## Participation Identification

Project participants were identified using a registration process and income criteria based on the Senior Farmers Market Nutrition Program. Project participants were 60 years of age or older and had an annual income of \$15,730 or less for an individual or \$21,235 or less for a couple. Participants self-declared their income on the application.

## Project Outcomes

**Reach.** Through this project the AAAs provided 33,153 meals to 4,034 older Iowans who are food insecure, exceeding projected meal and participant targets.

**Redressing Food Insecurity.** To determine impact of the project, the AAAs utilized an assessment that included nutrition risk questions and six validated questions about food insecurity<sup>1</sup>. Twenty percent of project participants completed the six food insecurity questions. Based on the compiled responses, the project reached older Iowans who were food insecure.

Q: In the last 30 days...	% Yes
Were you Hungry because you could not afford enough food?	28%
You skipped meals because there was not enough money to buy food?	33%
You couldn't afford to eat well balanced meals?	46%
You cut the size of meals due to not having enough money to buy food?	42%
Ate less than you felt you should because there wasn't enough money to buy food?	40%
The food you bought didn't last and you did not have money to get more?	44%

The responses varied by the individuals targeted by the AAAs. For example, sixty percent of NEI3A project participants indicated at the initial assessment that the food they bought did not last and didn't have enough money to get more. Milestones reported thirty-three percent of project participants responded "Yes" to the question at initial assessment.

**Additional Findings.** Additional assessment and satisfaction questions demonstrated that project participants overwhelmingly felt that the meals were beneficial and assisted them in remaining healthy and more independent.

Additional questions	Results
Were you aware of the Congregate Nutrition Program	39% Responded No
I feel this program assisted me in remaining healthy and more independent	97% Responded Yes
Overall, I feel that this program was beneficial	98% Responded Yes

**Reaching New Consumers and Increasing Awareness.** The project resulted in new collaborations between the AAAs and other organizations working with food insecure older adults. These collaborations resulted in reaching new consumers and participants learning about additional programs to address their needs.

Aging Resources promoted the project through the local food pantries. This promotion reached a new group of non-English speaking older adults who were food insecure. Of this new group, they found that 43% were not using the OAA nutrition program services.

Heritage developed a partnership with Iowa Food Bank Association to distribute information about the meal program along with information about the Food Assistance Program (SNAP). Sixty-five percent of the older adults who received this information were not receiving SNAP benefits. The Food Bank reported an increase in requests for information about SNAP. Heritage reported that only seven percent of those receiving project-funded meals also were currently receiving services from Heritage. Those individuals were not nutrition program services.

Milestones' approach to distribute 583 vouchers for the congregate meal program to Senior Farmers Market Nutrition Program participants introduced these individuals to the OAA nutrition program and has the potential to positively impact future participation in the program.

NEI3A collaborated with the Northeast Iowa Food Bank to provide food boxes with additional protein in the Elderly Food Boxes. Meals were also provided through collaboration with HyVee. Meal participants

appreciated the menu choices and convenience. The AAA spent additional funding than project as 701 vouchers were redeemed for meals during the last four days of the project.

Connections provided multiple frozen meals to clients in rural areas that did not have senior centers and areas that are considered food deserts. This program revealed just how critical the need is for home delivered meals in remote rural areas in Iowa.

Future plans include more collaboration with the Iowa Food Bank to provide information about SNAP/Food Assistance at meal sites. The agencies also noted that project participants were unaware of resources to assist with transportation, assistance with grocery shopping, and case management. The agencies plan to continue to provide information and assistance about these services.

## Final Funding Report

Of the \$250,000, a balance of \$14,716.46 remained. Three of the AAAs spent more than their allocation, requiring them to use other funding. They contributed a total of \$4,849.95 from other funding sources. Another AAA received a match of \$4,000. The remaining balance was the result of significant meal voucher redemption in some areas of the state and non-redemption in other areas toward the end of the project period which did not allow time for funding redistribution.

AAA	Work Plan Targets	Project Actuals	Grant Budget	All Funds Expended	Grant Fund Balance
Elderbridge	715 clients 7250 meals	1108 clients 8006 meals	\$55,755 +\$4,000 match	54,338.31	\$5,416.69
NEI3A	357 clients 7140 meals	1224 clients 4937 meals	\$50,503	\$52,446	0
Aging Resources	371 clients 7799 meals	619 clients 8674 meals	\$48,788	\$50,106	0
Heritage	389 clients 3892 meals	267 clients 2,562meals	\$27,209	\$17,909.23	\$9,299.77
Milestones	491 clients 4911 meals	738 clients 4184 meals	\$34,333	\$35,444.95	0
Connections	30 clients 4545 meals	78 clients 4790 meals	\$33,412	\$35,207	0
Total	2353 clients 35,537meals	4034 clients 33,153 meals	\$250,000	\$195,451.49	\$14,716.46

<sup>i</sup> Refer to <http://jn.nutrition.org/content/141/7/1362.full> for information regarding the validity of the questions.