



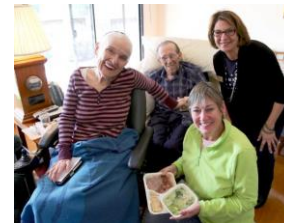
Gold Country

COMMUNITY SERVICES

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Executive Director

Mission:

- ▶ Established in 1976, Gold Country Community Services provides programs and services for older adults in Western Nevada County.
- ▶ Our programs include:
 - ▶ Meals on Wheels
 - ▶ Lunch Café
 - ▶ Senior Firewood
 - ▶ Pet Food Assistance
 - ▶ Case Management
 - ▶ Health and Wellness classes
 - ▶ Volunteer opportunities



Food insecurity: Elderly

- ▶ Food insecurity among seniors continues to increase across local communities in the USA
- ▶ Nevada County ranks 4th largest senior population in CA per capita
 - ▶ 2.1% increase in 2018
- ▶ 10,000 people a day are turning 65
 - ▶ Trend will continue through 2050
- ▶ **By 2033, seniors will outnumber children for the first time in the US**
- ▶ World, Federal and State agencies are working on aging issues



Meals on Wheels Program:

▶ Eligibility:

- ▶ Must be over 60 years old
- ▶ Must be frail (physically or mentally)
- ▶ Must be medically homebound
- ▶ Must not have support (paid or family)



▶ Clients :

- ▶ 1 meal delivered to their home by volunteers: **58,000 miles/year**
- ▶ Average age 75 years old
- ▶ 95% Fall risk
- ▶ 87% have at least 2 chronic disabling conditions
- ▶ 30% Veterans
- ▶ 75% low income
- ▶ 67% of clients have not celebrated their Bday in 5 years
- ▶ 65% of clients listed the agency as their emergency contact
- ▶ **All clients receive case management and referrals at home**

Lunch Café Program:

- ▶ In-kind kitchen and dining room at the Nevada City Apartments
- ▶ Donation-based hot meal provided Monday-Friday
- ▶ Classes and Activities:
 - Bingo Nutrition Education
 - Pinnacle Socialization
- ▶ Blood pressure checks
- ▶ HICAP assistance
- ▶ Community referrals



▶ Clients:

- ▶ Average age 70 years old
- ▶ 60% Fall risk
- ▶ 15% Veterans
- ▶ 90% low income
- ▶ **Only hot meal for the day for the majority of seniors**



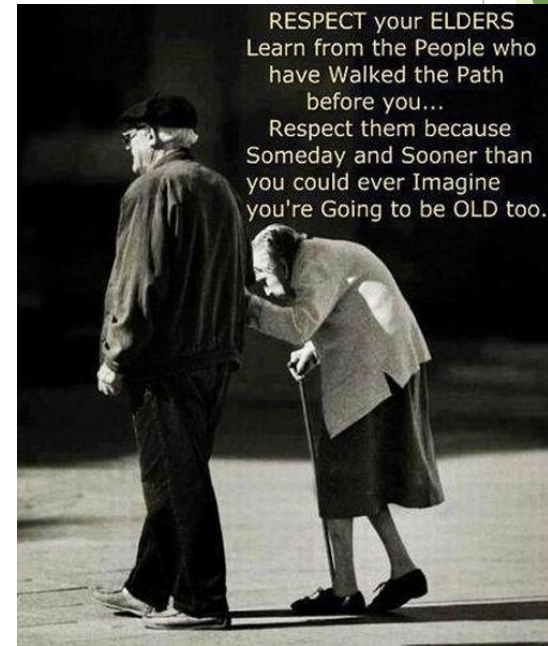
Why are the elderly an urgent need in Nevada County?

- ▶ Increase need for food resources among frail seniors
 - ▶ 45,600 meals provided in 2018
 - ▶ 26 apartments/mobile home parks
 - ▶ Waiting list top areas:
 - ▶ Grass Valley
 - ▶ Lake of the Pines
 - ▶ Penn Valley/Lake Wildwood
 - ▶ Rough & Ready
 - ▶ Nevada City
 - ▶ North San Juan
- ▶ Malnutrition in current Meals on Wheels clients
- ▶ No Senior Center to assist the elderly

How the Board of Supervisors can help?

- ▶ Prioritize Seniors in Nevada County to:
 - ▶ Increase food resources
 - ▶ Establish a Senior Center
 - ▶ Include homebound seniors in emergency plans
 - ▶ Enhance collaboration for services
 - ▶ Evaluate options for transportation
 - ▶ Support workforce development

✓ Support seniors who live in isolation, face hunger, feel cold in their home and desperately need our help!



Supporting the health and wellness of seniors makes a whole community thrive!

