

# City of Burlington / 2016 CDBG Application Form

Project Name: \_\_Lower floor remodel

Project Location / Address: \_\_14 Heineberg Road, Burlington, Vt 05408

Applicant Organization / Agency: Chittenden County Senior Citizens Alliance, Inc.

Mailing Address: 14 Heineberg Road, Burlington, Vt 05408

Physical Address: 14 Heineberg Road, Burlington, Vt 05408

Contact: Pam Slattery\_\_\_\_ Title: Executive Director\_\_ Phone #: 802-863-3982

Web Address: heinebergseniorcenter.org Fax #: \_\_n/a E-mail:pam@heinebergseniorcenter.org

EIN #: \_\_\_\_\_03-0224108\_\_\_\_\_ DUNS #: \_\_\_\_\_

**CDBG Funding Request: \$ 45,000\_**

**Check ONE:**       **1 year**       **2 years**  
(Equal Access, Health,      (Housing, Homeless, Hunger)  
Development Projects)

**1. Type of Organization**

Local Government       Non-Profit Organization (please provide copy of your  
IRS 501(c)(3) tax exemption letter)  
 For-Profit Organization       Institution of Higher Education  
 Faith-Based Organization

**2. Conflict of Interest: X** Please complete and sign attached form.

**3. List of Board of Directors: X** Please attach.

***Certification***

To the best of my knowledge and belief, data in this proposal are true and correct.

I have been duly authorized to apply for this funding on behalf of this agency.

I understand that this grant funding is conditioned upon compliance with federal CDBG regulations.

I further certify that no contracts have been awarded, funds committed or construction begun on the proposed program, and that none will be prior to issuance of a Release of Funds by the Program Administrator. In addition, this project is ready to proceed as of July 1, 2016.

\_\_\_\_ **Pam Slattery** \_\_\_\_\_ **Pam Slattery**  
Signature of Authorized Official      Name of Authorized Official

Title      Executive Director      Date

(Refer to NOFA for required information for each question.)

## **I. Demonstrated Need**

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- 1. What is the need/opportunity being addressed by this program/project and how does that contribute to CDBG's national objectives?**

The mission of the Heineberg Senior & Community Center is to promote healthy aging by providing an opportunity for socialization and productive use of leisure time; to create an environment where individual differences and needs are recognized; to develop quality programs and services which will contribute to the meeting of those needs; and to serve as a bridge to other services for those 50 years and older.

## **II. Program/Project Design**

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- 1. Describe the program/project activities. [UWCC]**

If you have ever eaten alone, seven days per week, all year long, you will have a sense of how important our Congregate Meal site is to older adults in our community, thus linking our program with the UWCC Target Outcome which we are applying under. Heineberg participants that report a low income are more likely to score in the high nutritional risk category. More than 99% of participants fall below the income threshold, reporting an income less than \$16,000 a year. Many folks depend on our meal site programs at the Center. The Heineberg Senior and Community Center compliments a full spectrum of services and activities, providing opportunities for participants to exercise both the mind and the body. The Center integrates nutrition education, well-balanced meals, and makes available fresh produce and food products free to seniors as part of our congregate meal site program. The need to have access for an affordable meal, a place to socialize while enjoying lunch, supper or a special holiday meal is ever present in our older adult community. "I depend on the Heineberg Senior Center for my main meal of the day because I cannot cook anymore," a quote from Eileen age 96. " I like to have people to talk to. The Center makes me feel happy, I don't know what I would do without this place", a quote from Lada age 95, who comes to the Center for a daily meal, and takes advantage of our food donation program. "I have been coming here for 18 years and have enjoyed every moment! I've made great friends, had wonderful meals and learned a lot", quote from Theresa age 87 "I've been coming since I was 70 and don't know what I would have done without such a wonderful and helpful place." The Heineberg Senior & Community Center is open to everyone 55+. The center provides area seniors a place to go for a delicious hot and nutritious lunch Monday - Friday provided by our partners CVAA. Having a Congregate mealsite in our area enables older adults who eat alone seven days a week all year long a place to enjoy a nice meal and have the ability to socialize and meet new people.

We have several issues here at the center that is in need of being repaired, improved or updated. Due to break-ins our security door has been pried open and no longer secure. The lift is not usable for one person coming with wheelchair, walker or cane. It would be wonderful to have automatic doors. The lighting and floors make it unsafe for older adults with special needs.

**2. Why is the program/project designed the way it is? Explain why the program activities are the right strategies to use to achieve the intended outcomes. [UWCC]**

The program is designed the way it is because of the importance of good nutrition in the older adult population. This is critical to prevent the development and progression of chronic disease. Healthy eating and physical activity are key to reduce the burden of heart disease, Osteoporosis, diabetes, and malnutrition. Our programs are designed using evidence based activities, such as Tai Chi for Arthritis. With the aging of the U.S. population in general, and Chittenden County feeling the surge of the over 60 population, increased attention is being given to how we are delivering good health and wellness programs for older adults. Since adequate nutrition is critical to the health and quality of life, it is an important component to our programming at the Heineberg Senior and Community Center. The Administration on Aging, through its Elderly Nutrition program provides support to nutrition services to older people. In Chittenden County, this support is filtered through the Champlain Valley Agency on Aging. Our Center is a partner with CVAA to provide nutrition education and meals. CVAA follows the standards of the Older American Act (OAO), as do we. The standards for the average daily level of nutrients for older adults are revised every five years to reflect current research on nutrition, health and wellness.

**3. How will this program/project contribute to the City's anti-poverty strategy?**

More than 55% of participants fall below the income threshold, reporting an income less than \$16,000 a year. Many folks depend on our meal site programs at the center. The Heineberg Senior & Community Center compliments a full spectrum of services and activities, providing opportunities for participants to exercise both the mind and body. The center integrates nutrition education, well balanced meals, and makes available fresh produced and food products free to seniors as part of our congregate meal site program. The need to have access for an affordable meal, a place to socialize while enjoying lunch, supper or a special holiday meal is ever present to our older adult community.

**4. How do you use community and/or participant input in planning the program design and activities? [UWCC]**

The Heineberg Senior Center assesses participant's satisfaction in many different ways. This year a Strategic Planning Committee was formed and surveys were done with all area business owners, local government officials, community members and our participants. We were amazed at the results and have started doing more outreach into our community. We have a nutritional survey provided by CVAA that is given out every October. Each activity has its own survey that is given to participants 4 times a year to assess, not only the activity, but the volunteer instructing each program. Twice a year an activity survey is handed out asking all participants what they want to see for programs, long and short, and any other activities

they would like to have available to them. We hold an Informational Meeting monthly to formally ask for program suggestions and feedback. Through our program surveys the need for new programs and opportunities for the baby-boomer generation has caused us to reinvent ourselves. Programs have been designed for this specific population, such as the Multigenerational Yoga, Jazzercise program and ballroom dancing. Our month cultural events have drawn all ages from all of Chittenden County.

### **III. Proposed Outcomes**

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#### **1. What are the intended outcomes for this project/program? How are people meant to be better off as a result of participating? [UWCC]**

Our meal site participants tend to be at a high or moderate risk for malnutrition. Loneliness and isolation are the number one cause of malnutrition among older adults in the United States as people do not eat well or eat at all when they are alone. This is also reflected in the data that we see at the Heineberg Senior Center. Low income has a direct effect on malnutrition as well. The data at Heineberg clearly reflects the fact that a majority of participants are low (34%) or extremely low income (65%) Poor nutrition increases the risk for stroke, exacerbates pre-existing ill health conditions, limits the efficiency of many prescription drugs, and may affect brain chemistry increasing the incidence of depression and isolation. An estimated 1/3 to 1/2 of all health conditions among older adults are due to poor nutritional intake. It's critical for older people to get wholesome and sufficient nutrition, and the Heineberg addresses this need in a congregate setting and is affordable for seniors. Elaine and Gene, a couple in their eighties, who attend the noon meal on a daily basis, stated: "We eat our main meal here because it is a healthy meal, it's affordable and we can be with other people". We are seeing more folks from the Heineberg Senior Housing and Thayer Housing attend our noon meal, as people are aging in place at the Housings, 16% of those surveyed say they find meal shopping and preparation difficult and need the meal program at the Center. A high percentage of elders are repeat visitors to all of our congregate meal site programs, with an increase in our food donation program. This program was a direct result of data, and anecdotal evidence of the difficulty of affording food products. We see these repeat visits week after week. All SNAP benefits were reduced in November, 2013 and our programs have helped to minimize the effects of this decrease. As an example, we have continued with our monthly Special catered lunches. Not knowing the ability of seniors getting out in the evening, we decided to move them to lunch time. We have a catered meal and entertainment that they wouldn't be able to have otherwise. This program started with the idea of 30 - 40 folks attending. We are now serving 130+ every month, and taking a waiting list because of space limitations. Using many opportunities to spread knowledge about good nutrition and wellbeing will impact the quality of life that we see in our older adult neighbors. What we do at the Heineberg Senior Center is simple, but it is the doing of it that matters: seniors benefit from this program by sharing a meal together in a social setting.. We access our program by using the CVAA nutrition survey. This 2 page survey is given yearly in October during a two (2) week period. We feel this is a good representation of our participants. Results are analyzed by Amy Carmola of UWCC. Seniors self-report. The survey includes information on demographics, possible benefits of participated in a congregate meal and a checklist of nutritional risk factors

**2. List your goals/objectives, activities to implement and expected outcomes (# of units, # of individuals, etc.)**

Our center is 75 years old this year. We are very excited that we have sustained time and have changed and evolved to meet the needs of our older adults. Over the past four years we have made immense strides updating our center through grants and fund raisers. Thanks to CDBG we have a new kitchen and utilize it through nutritional lunches, educational classes and cooking classes. The rest of the downstairs needs a complete overhaul. Our lifts need upgrading to automatic doors. Without this one improvement older adults with walkers, canes and wheelchairs will not be able to come by themselves. This is one of our most important goals, giving people a safe way to come into the center. We serve over 4000 lunches a year to 375 current participants with a total participant count of 475. According to our surveys, changing the way the center looks, new floor, lighting, etc., will welcome people 50+ older adults and keep them here. We are sure that with updating our center the outcome will be growth.

#### ***IV. Impact / Evaluation***

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**1. How do you assess whether/how program participants are better off? Describe how you assess project/program outcomes; your description should include: what type of data, the method/tool for collecting the data, from whom you collect data, and when it is collected. [UWCC]**

We assess our program by using the CVAA nutrition survey. This 2 page survey is given yearly in October during a two week period. We feel this is a good representation of our participants. Results are analyzed FY17 Agency Funding Performance Measures form and are prepared by Amy Carmola of UWCC. Seniors self-report. The surveys include information on demographics, possible benefits of those who participated in a congregate meal and a checklist of nutritional risk factors.

For our many other programs/classes surveys are given twice a year and attendance is kept by class managers. These numbers are combined with our congregate lunch program give us the number of participants that enjoy HSC.

**2. How successful has the project/program been during the most recent reporting year for your CDBG project? Report the number of beneficiaries you intended to serve with which activities (as noted in your last Attachment A) and your final outcomes (as noted on your Attachment C) from June 2015 (or June 2014). For non-CDBG participants – just report on your achievements from the previous year.**

Our Participants are successful and progress continues to be made. This past year we have 575 participants. Out of those 375 (one time only count) have enjoyed nutritional meals, special meals and over 8000 pounds of free food. We have served over 5000 nutritious meals. Because our organization is

small, we have the ability to make changes immediately following any data from any of our program evaluations. We have a proven track record of successful nutrition, health and wellness programs that enable our participants to grow, mind, body and soul.

**3. How does this data reflect beneficial outcomes of this project/program? Has this impacted your program planning at all? [UWCC]**

The average age at our center is 77 years, with 40% in the 80+ year category. Females comprise 68% of this population and 63% live alone. 99% report low or very low income. As a result of the survey we know that 28% of participants have made changes in lifelong eating habits because of health problems. With the change in our survey questions, it showed that very few fruits and vegetables are eaten. 3% eat fewer than 2 complete meals a day. Those with very low income are more likely to say they eat more fruits and vegetables because of the programs at the center. However those with lower income are more likely to score in the high range of nutritional risk. 36% report not having enough money to buy the food they need and/or are physically unable to shop or cook for themselves. This population would be in a much direr situation if the Heineberg Senior Center wasn't meeting their needs.

## ***V. Experience / Organizational Capacity***

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**1. What is your agency's mission, and how do the proposed activities fit with your mission?**

The mission of the Heineberg Senior & Community Center is to promote healthy aging by providing an opportunity for socialization and productive use of leisure time; to create an environment where individual differences and needs are recognized; to develop quality programs and services which will contribute to the meeting of those needs; and to serve as a bridge to other services for those 50 years and older.

Heineberg Senior & Community Center (HSCC) is recognized in the community as a valuable resource for seniors and their families and has come to depend on the Center for vital services. The HSCC has a long track record of service and is a resource on aging and often times the first place the seniors, families and other community members turn to when information about aging issues is needed.

As a well-respected 501(c) (3) organization in the Burlington community, the HSCC has been a leader in elder initiatives in Vermont. With a dedicated Board of Directors, experienced administrative staff, and extensive history of successful partnerships, the HSCC plays a significant role in the way older adults in Burlington age. Many dedicated volunteers provide programming,

maintenance and staff the Center. We are a proud member of the United Way of CC, and receive operating funds through that grant program. The City of Burlington, after careful study by a committee formed at the request of City Council, is now granting the HSCC funds on a year to year basis for programs which impact our senior residents of Burlington. AARP has recognized the center as most active and has granted us funds for several years so that we are able to continue working with our older refugees. Most important the participants work all year to fundraise, so that they may continue the opportunities that they acknowledge is life fulfilling.

**2. Please describe any indications of program quality, such as staff qualifications and/or training, adherence to best practices or standards, feedback from other programs or organizations you partner with, etc.**

With the assistance of AARP, CVAA and UWCC, the following five elements have been adopted at every level of HSCC including policy making, administrative, and practice. Further these elements are reflected in the attitudes, structures, policies and services of our center. .

1. Valuing diversity
2. Having the capacity for cultural self-assessment
3. Being conscious of the dynamics inherent when cultures interact
4. Having institutionalized culture knowledge
5. Having developed adaptations to service delivery reflecting an understanding of cultural diversity

**3. What steps has your organization/board taken in the past year to become more culturally competent?**

The Executive Director and Board of Directors have been working with AARP for the past 5 years expanding our activities to insure we are culturally helping all of those who need our services. We have had many educational opportunities for our New Americans in hope that we may help them with our customs and our seniors educated in theirs. Using our local State Representatives we have educated many of our refugees and traveled to the State House with many of them.

We also work with CVAA and United Way to insure that we are competent culturally and the HSCC welcomes equal opportunity and equal treatment to all persons in all employment/volunteer matters without regard to race, color, religion, gender, national origin, age, military status, sexual orientation, pregnancy, ancestry, ability, or any other protected category.

We provide services to all persons without any regard to race, color, gender, sexual orientation, gender identity, religion, age, ability, veteran status, national origin, pregnancy, ancestry, or any other category protected by law.

4. Have you received Federal or State grant funds in the past three years?  Yes  No
5. Were the activities funded by these sources successfully completed?  Yes  No  N/A  
If No, please explain:

**VI. Proposed Low & Moderate Income Beneficiaries / Commitment to Diversity**

1. Will the program target a specific (solely) group of people? If so, check ONE below:

- Abused Children  Elderly (62 years +)  People with AIDS  
 Battered Spouses  Homeless Persons  Illiterate Adults  
 People with Severe Disabilities

2. For your proposed project, please estimate how the Burlington residents will break out into the following income categories during the total grant period. Use the Income Table at <https://www.burlingtonvt.gov/CEDO/2015-HUD-Income-Limits>

Service / Activity	Unduplicated Total # of Burlington HH / Persons to be Served	# Extremely Low-Income	# Low-Income	# Moderate-Income	# Above Moderate-Income
Health, Wellness and Nutrition Program	575	65%	34%	1%	

3. a. Who is the project/program designed to benefit? Describe the project/program’s target population, citing (if relevant) specific age, gender, income, community/location or other characteristic of the people this program is intended to serve. [UWCC]

Our meal site participants tend to be at a high or moderate risk for malnutrition. Loneliness and isolation are the number one cause of malnutrition among older adults in the United States as people do not eat well or eat at all when they are alone. This is also reflected in the data that we see at the Heineberg Senior Center. Low income has a direct effect on malnutrition as well. The data at Heineberg clearly reflects the fact that a majority of participants are low or extremely low income (59%) Poor nutrition increases the risk for stroke, exacerbates pre-existing ill health conditions, limits the efficiency of many prescription drugs, and may affect brain chemistry increasing the incidence of depression and isolation. An estimated 1/3 to 1/2 of all health conditions among older adults are due to poor nutritional intake. It's critical for older people to get wholesome and sufficient nutrition, and the Heineberg addresses this need in a congregate setting and is affordable for seniors. Elaine and Gene, a couple in their eighties, who attend the noon meal on a daily basis, stated: "We eat our main meal here because it is a healthy meal, it's affordable and we can be with other people". We are seeing more folks from the Heineberg Senior Housing and Thayer Housing attend our noon meal, as people are aging in place at the Housings, 16% of those surveyed say they find meal shopping and preparation difficult and need the meal program at the Center. A high percentage of elders are repeat visitors to all of our congregate meal site programs, with an increase in our food donation program. This program was a direct result of data, and anecdotal evidence of the difficulty of affording food products. We see these repeat visits week after week. All SNAP benefits were reduced in November, 2013 and our programs have helped to minimize the effects of this decrease. As an example, we have continued with our monthly Special catered lunches. Not knowing the ability of seniors getting out in the evening, we

decided to move them to lunch time. We have a catered meal and entertainment that they wouldn't be able to have otherwise. This program started with the idea of 30 - 40 folks attending. We are now serving 130+ every month, and taking a waiting list because of space limitations. Using many opportunities to spread knowledge about good nutrition and wellbeing will impact the quality of life that we see in our older adult neighbors. What we do at the Heineberg Senior Center is simple, but it is the doing of it that matters: seniors benefit from this program by sharing a meal together in a social setting.

**b. How do you select and reach your target population?**

Our participants self-select to attend programs at the Center. They are all older adults, our target population. We survey participants in our nutrition program yearly as well as surveys twice yearly for our other programs. Our center is very active in other adult programs such as Burlington Parks and Recreation, which sends older adults to our center by advertisement in their brochure. We also have an article monthly in the North Avenue News, a Newsletter that is distributed in all area businesses and is e-mailed to current participants as well as Front Page Forum and Facebook. We also have our website which is, on average, visited over 287 times per month.

**5. Describe the steps you take to make the project/program accessible, inclusive and culturally appropriate for the target population. [UWCC]**

We have been involved with AARP for the past 5 years to increase our cultural competency. AARP chose the HSCC for this work with immigrants and refugees because of our capacity for programming the group of Center volunteers excited about this educational and cultural opportunity. This program involve, educational opportunities and work with other organizations in the community that work with older adults. AARP has assigned one staff member to work with us, and we value their experience and mission of inclusive engagement.

***VII. Budget / Financial Feasibility***

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**1. Budget Narrative: Provide a clear description of what you will do with CDBG’s investment in the program. How will you spend the money? Give specific details. [UWCC]**

The Heineberg Senior and Community Center continues to strive to be financially sustainable, while serving more elders in our community. We are in our seventh year of being an independent organization, after being affiliated with another Burlington organization for over ten years. Being a small organization in senior services brings its' own challenges to meet the financial obligations to programs, occupancy, and administration. During the past seven years, we have become a UWCC Agency, something we are very proud of. The City of Burlington continues to provide funding, and our Board of Directors work as the Development Committee. Last year our Annual Appeal generated over \$11,000 in revenue to fund our new floor upstairs. It took us three (3) years to raise the needed \$30,000 for updating upstairs. With the help of \$11,000 from the City of Burlington we have met our goal and just finished the construction.

We are asking CDBG to invest in the HSCC by helping us update and fix current problems with the downstairs facility where most of our congregate meals, special meals, and educational opportunities are held.

One of our current issues is our lift. Any participant or future participant with special needs such as wheelchairs, scooters, walkers and canes are unable to open the doors by themselves. There currently is a door bell that when pressed one of the volunteers must run upstairs to assist bringing them down. We are planning to update the lift with automatic doors on all three (3) floors which will make us more user friendly. We will be updating and adding lighting to our entry ways, halls and main area enabling our older adults to see better and be safer. We will be adding a less slippery flooring for safety as well. Due to two break-ins this past year our outside metal safety door has been compromised. A crowbar was used to enter the building and the center ransacked. At the present time we have only been able to add bolts to hold the door closed. Replacement of this door would also be a very important addition. Fresh paint and tables will complete our transformation.

We are keeping our revenue and expenses flat lined.. We continue to plan more events and activities to enhance our nutrition program, bringing in older adults from our community. These changes and improvements should make our center safe again and more welcoming.

**2. If you plan to pay for staff with CDBG funding, describe what they do in relation to the specific service(s) / activity(ies) in your Project/Program Design.**

Specific Service / Activity	Position/Title	Work Related to CDBG-Funded Activity	# of Hours per Week spent on this Specific Service / Activity	% of Hours per Week spent on this Specific Service / Activity to be paid with CDBG

**3. Program/Project Budget**

Line Item	CDBG Funds	Other	Total
Lift Automatic doors	\$10,500.	\$	\$ 10,500
Flooring	\$15,000.00	\$	\$ 15,000.00
Lighting & Ceiling Repair	\$ 7,000.00	\$	\$ 7,000.00
Tables/Chairs, etc.	\$4,500.00	\$	\$ 4,500.00
Outside burglar safety door (replacement)	\$ 1,800.00		\$ 1,800.00

**4. Funding Sources**

	Project		Agency	
	Current	Projected	Current	Projected
CDBG	\$ 0.00	\$ 45,000	\$ 0.00	\$ 0.00
State (specify)				
Federal (specify)				
United Way	0.00	0.00	18,140.00	\$18,000.00
Private (specify) Fundraising, individual donations, annual appeal, space rental	0.00	0.00	15,000.00	15,000.00
Program Income				
Other (specify) City of Burlington			37,500.00	37,500.00
<b>Total</b>	\$ 0.00	\$ 45,000	\$ 70,640.	\$ 70,640

**5. Of the total project cost, what percentage will be financed with CDBG?**

$$\frac{\$ \underline{45,000}}{\text{CDBG Funding}} \div \frac{\$ \underline{45,000}}{\text{Total Program/Project Costs}} = \underline{100} \% \text{ Percentage}$$

**6. Of the total project cost, what would be the total cost per person?**

$$\frac{\$ 45,000}{\text{Total Program/Project Cost}} \div \frac{575}{\text{\# Proposed Beneficiaries}} = \frac{\$ 78.26}{\text{Cost Per Person}}$$

**7. Why should CDBG resources, as opposed to other sources of funding, be used for this project?**

The Heineberg Senior & Community Center effectively address the needs of elders living on limited resources by creating programs that support the need to keep elders healthy, independent and actively engaged in our community. CDBG monies are targeted toward assisting low income seniors to stretch their limited resources, providing essential services and food. The grant money fills a gap in our community, at a reasonable cost to Burlington. Our services are not duplicated anywhere else.

**8. Describe your use of community resources, including volunteers. Include any resources not listed in your budget. Will CDBG be used to leverage other resources?**

No, CDBG will not be used as leverage to our other resources. This project is for the wellbeing of our current and future participants.

The Heineberg Senior Center has partnered with several businesses in the area. Champlain Valley Agency on Aging provides for our congregate meal as well as assisting with educational Nutrition programs. One of my goal is to be able to feed a nutritional lunch and have older adults maintain their health by learning how to "cook on a budget", menu planning, and The Heineberg Senior and Community Center works with many organizations in our community, Hannafords being one, to bring successful nutrition education and meal opportunities to our older adults. Hannafords also provides us with hundreds of pounds of fresh food products at no cost to the senior citizens that visit our Center. Other organizations that help us to deliver essential services are SSTA, they provide some of the transportation. United Way of Chittenden County and the Volunteer Center provide valuable volunteers that help us in the delivery of our meal programs. UVM Medical Center partners with us to offer nutrition education and other health services such as blood pressure clinics, health screenings, foot clinics and educational and exercise programs. The VNA offers flu shot clinics for our participants as well as the general public. We are a site for UVM and Champlain College interns, and these students play an important role in our health, nutrition and wellness programs. AARP is an important partner, with them we are exploring cultural competency and programs. Part of this program is work with the Vermont Refugee Resettlement Project of Vermont. The Heineberg Senior Center is partially funded by the City of Burlington, and we have been the received grant monies from the City to make simple meals with less than 5 ingredients. In these classes we are helping limited income seniors stay healthy, live independently and utilize the free food they get here every week. This program will continue in 2016. We work very closely with SASH, at Heineberg & Thayer Senior Housings. HANDS as provided us with additional funding to enhance our coffee hours and lunch programs. Celebrating seniors works with us to plan special meals for our older adults and also assisted us with funding our security systems. TLC, Vt Association of the Blind, VNA, Homeinstead, Armistead, Vermont Center for Independent Living continue to assist us in educating our seniors how to live independently. We are excited to have been partnering with Spiral International that brings students from China and other Asian countries to spend time and learn from them and educate them in our customs. The Burlington School District has been a strong partner with us, sending students over to entertain us. In turn, our older adults have become mentors to many students who don't have grandparents. We have over 40 volunteers that help with our nutritional programs, serve lunch, have monthly dinners, teach various exercise classes, help us utilize our center, bringing in record numbers of community members 55+. Our goal is to feed older adults mind, body and souls. As we are dependent on many organizations and volunteers, we strive to be good community neighbors, especially to the Heineberg Senior Housing and Thayer Housing, which is owned and managed by Cathedral Square Corp. We see many residents of those housing complexes participate in our nutrition programs. We also do community

service for the Cancer Center at UVM Medical Center and host the Stroke Clinic here every Friday afternoon.

**9. If your organization has experienced any significant changes in funding levels during the past year, please explain.**

There have been on significant changes during the past year.

**10. What cost-cutting measures has your organization implemented?**

We have always prided ourselves on keeping a frugal budget, that and the hard work of many fund raising efforts, we ended fiscal year 2015 in the black. We have managed to cut our utilities by putting in new air conditioning that cut cooling cost in the summer. We also added new windows with waffle shades to cut cost in the colder months.

## ***VIII. Collaboration/Efficiency***

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**1. Share specific examples of how your agency collaborates with other programs or agencies to address the needs of the people you serve. Do not just list organizations with whom you collaborate. [UWCC]**

The Heineberg Senior Center has partnered with several businesses in the area. Champlain Valley Agency on Aging provides for our congregate meal as well as assisting with educational Nutrition programs. One of my goal is to be able to feed a nutritional lunch and have older adults maintain their health by learning how to "cook on a budget", menu planning, and The Heineberg Senior and Community Center works with many organizations in our community, Hannafords being one, to bring successful nutrition education and meal opportunities to our older adults. Hannafords also provides us with hundreds of pounds of fresh food products at no cost to the senior citizens that visit our Center. Other organizations that help us to deliver essential services are SSTA, they provide some of the transportation. United Way of Chittenden County and the Volunteer Center provide valuable volunteers that help us in the delivery of our meal programs. UVM Medical Center partners with us to offer nutrition education and other health services such as blood pressure

clinics, health screenings, foot clinics and educational and exercise programs. The VNA offers flu shot clinics for our participants as well as the general public. We are a site for UVM and Champlain College interns, and these students play an important role in our health, nutrition and wellness programs. AARP is an important partner, with them we are exploring cultural competency and programs. Part of this program is work with the Vermont Refugee Resettlement Project of Vermont. The Heineberg Senior Center is partially funded by the City of Burlington, and we have been the received grant monies from the City to make simple meals with less than 5 ingredients. In these classes we are helping limited income seniors stay healthy, live independently and utilize the free food they get here every week. This program will continue in 2016. We work very closely with SASH, at Heineberg & Thayer Senior Housings. HANDS as provided us with additional funding to enhance our coffee hours and lunch programs. Celebrating seniors works with us to plan special meals for our older adults and also assisted us with funding our security systems. TLC, Vt Association of the Blind, VNA, Homeinstead, Armistead, Vermont Center for Independent Living continue to assist us in educating our seniors how to live independently. We are excited to have been partnering with Spiral International that brings students from China and other Asian countries to spend time and learn from them and educate them in our customs. The Burlington School District has been a strong partner with us, sending students over to entertain us. In turn, our older adults have become mentors to many students who don't have grandparents. We have over 40 volunteers that help with our nutritional programs, serve lunch, have monthly dinners, teach various exercise classes, help us utilize our center, bringing in record numbers of community members 55+. Our goal is to feed older adults mind, body and souls. As we are dependent on many organizations and volunteers, we strive to be good community neighbors, especially to the Heineberg Senior Housing and Thayer Housing, which is owned and managed by Cathedral Square Corp. We see many residents of those housing complexes participate in our nutrition programs. We also do community service for the Cancer Center at UVM Medical Center and host the Stroke Clinic here every Friday afternoon.

**2. Describe your agency's efforts at becoming more efficient in achieving your outcomes or managing your project/program.**

The Heineberg Senior & Community Center over the years has perfected its ability to achieve and keep track of our program outcomes. Through various surveys and attendance data we have been able to not only offer programs that are very well attended, but keep track and change those that may not be. Through our surveys before, during and after each program or project we have been able to feel that the Center is their own. It is very important to our participants to feel part of the process, only then can you achieve success.

**3. What other agencies provide similar services or programs? [UWCC]**

There are no other agencies that provide services or programs like Heineberg Senior and Community Center.

## ***IX. Sustainability***

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**1. How will this project have a long-term benefit to the City of Burlington? If this project ends, will that benefit continue?**

The Heineberg Senior and Community Center has been in existence meeting the needs of seniors and community for 75 years. We have been providing nutritional, educational, health, social and recreational programs to older Vermonters for forty three years, keeping senior residents independent, engaged and out of costly nursing homes as long as possible. As important, however, is the fact that senior centers provide an important link to seniors, a growing and vibrant resource to our community. With diverse programs to exercise the mind and body, the Center actively engages seniors in creating enriched lifestyles that not only benefit the individual in later years, but also positively impact the city. Many programs at the Center are taken out into the community, as with the Heineberg Highsteppers and others. These groups entertain others, as well as give examples for healthy living and successful aging. With the retirement of the Baby Boomers, the numbers and diversity of the senior population will swell, challenging the City of Burlington to capitalize on this tremendous human and social capital. The AARP report on creating a livable community for older adults recognized the Heineberg as being a critical link to our city. It is not in the best interests of the City of Burlington for this project to end.

Under the Strategy: Provide Access to Services to Stabilize Living Situations; Enhance Health, Safety and Quality of Life; help us help Burlington's seniors access nutritious food, health and wellness programs, and remain a vital population to Burlington.

**2. If CDBG funding ends, will the project be able to continue?**

Yes, the project will continue, making the changes necessary to offer good programming to our older adult community.