

City of Burlington / CDBG 2011 Application Form

Eligibility _____ National Objective _____ NRSA _____
(Office Use)

Project # _____
(Office Use)

Project Name: Heineberg Senior Center

Project Location/Address: 14 Heineberg Road

Organization: Chittenden County Senior Citizens Alliance, Inc

Mailing Address: same

Contact: Gail Moreau

Title: Executive Director Phone #: 802-863-3982

Web Address: heinebergseniorcenter.org Fax #:

E-mail:

gail@heinebergseniorcenter.org

I. CDBG Funding Request:

\$ 9,000

II. Project Summary: Briefly describe the project or program to be funded with CDBG. (Please use a one or two sentence description – there is room in Section IV for more detail.)

The Heineberg Senior and Community Center is operating a very old, inefficient “in the window” air conditioning. We are requesting CDBG dollars to help us replace install a new air conditioning unit.

III. Description of Organization: Describe the capacity of your organization to successfully carry out the program activities. What is your mission, and how do the proposed activities fit with your mission?

The Heineberg Senior and Community Center (HSCC) has been operating at the same location since 1971. It is recognized in the community as a valuable resource for senior citizens, and elders have 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 is 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 Heineberg Senior and Community Center has been a leader in elder initiatives in Vermont for four decades. With a dedicated Board of Directors, experienced administrative and program staff, and extensive history of successful partnerships, the HSCC plays a significant role in the way that older adults in Burlington age. Operational expenses remain quite reasonable. Many dedicated volunteers provide programming, maintenance and staff the Center.

The mission of the senior center is to provide a friendly, supportive gathering place for older adults. We celebrate a variety of opportunities to achieve a higher quality of life. All of our programs reflect the mission of the Center.

IV. Project Description:

- a. Describe the specific activities to be carried out by your project with CDBG dollars and the accomplishments you plan to achieve. Please distinguish the total number to be served from the number of Burlington clients to be served. Be specific about the tasks / work that CDBG will pay for. Use the table below, adding rows if necessary. You may add narrative below the table if needed for further description.

Specific Service / Activity:	CDBG will pay for:	Unduplicated Total # of Households / Persons to be Served in this Service / Activity:	Unduplicated Total # of Burlington Households / Persons to be Served:	Outcome(s) to be Achieved:
Cooling System	Cooling System			Everyone has access to a well maintained, efficient cooling system to create a welcoming atmosphere at the Heineberg Senior Center.
		250	230	

- b. If you plan to pay for staff with CDBG funding, describe what they do in relation to the specific service(s) / activity(ies) described above. All staff that appear in the salary / benefits line items in your budget (Section XV) must be described below. Add rows if necessary.

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

V. Beneficiary Information

- a. For each service / activity you identified in Section IV, please project how the Burlington residents will break out into the following income categories. Use the Income Table at http://www.cedoburlington.org/cdbg/income_limits.htm.

Service / Activity:	Unduplicated Total # of Burlington Households / Persons to be Served:	# Extremely Low-Income	# Low-Income	# Moderate-Income	# Above Moderate-Income
Cooling System					
	230	36%	36%	17%	17%

- b. Please provide a single unduplicated total beneficiary count below:

Unduplicated Total # of Burlington Households / Persons to be Served:230	# Extremely Low-Income	# Low-Income	# Moderate-Income	# Above Moderate-Income
	36%	36%	17%	17%

- c. How will/do you document beneficiary income levels? We document income with a yearly survey.

VI. Problem Statement

a. What particular problem or need will this project address?

The Center must be maintained as a safe and sound place for all to gather. We consider this project to be a major priority to improve our service ability to all those who enter our building. Many of our participants have disabilities or physical shortcomings. All older adults have internal thermometers that do not work as well as when they were younger. Our current cooling system consists of in the window units that are outdated and inefficient. The three through-wall air conditioners are in poor condition and do not adequately address the needs of the Center during the hot spells of summer. This is crucial to replace these units, as we have to provide a cool shelter for seniors who might not have air conditioning in their own homes. We open the Center at any hour during oppressive heat spells for older adults in need.

b. How was this need identified?

Complaints made by members and visitors and the daily observations of staff and volunteers have led to the determination of the need specified in this request.

c. Why is this a funding priority for Burlington?

Burlington's population is aging. It has been grossly estimated that one third of Burlington's population resides in North Burlington. It is obvious that the Heineberg Center is now, and will be, serving many of Burlington's aging citizens. The City expects the Center to provide a clean, accessible and fully functional place for seniors to meet and engage. Facilities like the Heineberg Center provide and enhance quality of life and foster participation in community affairs. Without them this quality and these opportunities for participation would most surely be diminished.

The Heineberg Center provides its programs in a warm, friendly and caring environment. We help seniors obtain information and services such as Medicare Part D pharmacy coverage; CEDO, library and other city services; SSTA and CCTA services to name a few. We provide inexpensive meals along with much needed donated food weekly. These resources allow many seniors living on a fixed income to have more than they might have otherwise. We provide a place for seniors to gather and to be engaged as a community physically, mentally, spiritually and culturally. **It is rightly concluded and documented that isolation frequently leads to deterioration of our well-being.** It is also well known that many accidents occur when seniors are alone or have limited mobility. The Heineberg Center has set as its priority helping seniors to remain healthy and actively engaged in life. It seems that this should also be a priority for the City of Burlington as well.

VII. Program Goals: How will this project reduce the number of people living in poverty? Will it help people move out of poverty? Prevent people from entering poverty? Address basic needs of people living in poverty?

Improvement of the Center's physical conditions will keep a sound place where enrichment services for fixed income seniors can continue for future generations. The Heineberg Center provides programs that help stretch fixed incomes. In particular, those without family continue to obtain vital supports they need. Inevitably our programs prevent some from falling into greater poverty. About 36% of senior center participants have incomes less than \$15,000, while 72% report living on \$24,000 or less. Low cost and free health, nutrition and wellness programs offered at the Center help to keep seniors viable and living well. In the end, these outcomes decrease health care costs for individuals, families and the community.

We serve a noon time fully balanced meal for the small donation of \$3 helps seniors with everyday nutritional needs. If a senior finds the donation amount too high, the meal is provided at no cost. Our food donation program from a local grocery store allows food products to be taken at no cost to the senior. This program has seen an enormous growth in the past year. Another program that has seen a growth in numbers is the Friday Night Suppers. We have heard from many participants that this activity based around a meal helps to eliminate some of the week end loneliness and nutritional needs. Stretching the budgets of older adults helps to reduce the number of people living in poverty, addressing the basic need community of good nutrition.

- a. **Are you targeting any specific disadvantaged population/group of people? If so, who are they? (i.e., people with disabilities, minorities, women with children living in poverty, people with limited English proficiency, at-risk youth, etc.)**
Our target population is elders.

VIII. Equal Opportunity/Accessibility:

- a. **How do you make sure your programs are accessible to all, inclusive and culturally appropriate?**

The Heineberg Senior Center is handicapped accessible and has been for the past twenty plus years, complying with federal standards.

Our programs reflect the many cultures that are represented by the population that we serve. For example, we have hosted programs that celebrate the languages, religions and cultures that we see here at the Center. We have been selected and funded by AARP to increase our cultural competency, and bring our programs to new American older adults in our community. We are very excited about this joint venture with AARP, and have a committee of ten folks from the Center working on programs to attain our goals. We are working with the Vermont Resettlement Project.

We use the federal standards for equal opportunity in hiring and in board recruitment

- b. **Describe the diversity status of (i) your staff for this program and (ii) your Board. How does that compare with the diversity status of the clients of the program / project you're requesting funding for?**

We have one part-time staff person who is white.

Our board consists of all older adults, who represent the diversity status of the participants at the Center. Being an elder in our community is not an easy one, transportation is a challenge, living on a fixed income is very difficult, dealing with health issues, and losing loved ones and friends on a regular basis comprise the life of older adults. Our society does not value elders, this makes this population its' own diverse group.

- c. **Describe the diversity / cultural competency trainings that your staff and Board have participated in during the last year.**

We are very excited to be involved in a two year project with AARP to increase our cultural competency. AARP chose the Heineberg Senior Center for this work with immigrants and refugees because of our capacity for programming and the group of Center volunteers excited about this educational and cultural opportunity. This will involve programs, educational opportunities and work with other organizations in the community that work with older adults. We are very excited about our collaboration with Vermont Refugee Resettlement Project.

IX. Impact and Evaluation:

- a. **How do you define success? How do you measure it? How many of your beneficiaries achieve it?**

The pragmatic nature of the mechanical, electrical and physical changes that the Center is making will result in the improvement of utilities and space, increased safety and accessibility and greater levels of satisfaction as expressed by Center members and guests.

b. If this is an existing project:

1. What were your projected accomplishments for your most recent completed funding period or fiscal year?

This is a new project.

2. What were your actual accomplishments for that period? If you did not meet projections, please explain (i) why and (ii) how you will overcome that issue in the future.

Over the past several years, using monies from CDBG, we have installed a new elevator, automatic door openers, and we completed the installation of our new handicapped bathroom in the upstairs room. Because of the grants received from CEDO, we have been able to make many needed improvements to the Heineberg Center. Without this help, our building would not be in the position it is now in. We serve many older adults in Burlington that depend on our building to function properly.

X. Community Participation & Partners

a. How are the community and/or program participants involved in decision-making and in identifying the program need, design and/or evaluation?

The Heineberg Senior Center involves the participants in a variety of ways. The Board of Directors comes from the senior participants at the Center. This board oversees all programs, fundraising, and building operations. The building is owned by the 501©3 organization.

The Executive Director surveys all programs to be sure that they are still fulfilling the needs of the participants, and keeps abreast of new data to create new programs for prospective senior participants.

b. Who do you mainly work with (i.e., what partners) to get the outcomes you want for your clients?

We collaborate with many organizations to provide unduplicated services to elders in our community. We work with AARP, Champlain Valley Agency on Aging, VNA, Hunger Free Vermont, Fletcher Allen Health Center, SSTA for transportation, Burlington Parks and Recreation, Burlington School District, Cathedral Square Housing Corporation, Refugee Resettlement Project of Vermont, Department of Disabilities, Aging, and Independent Living, Long-Term Care Coalition, COVE, CEDO, and the Champlain Senior Center. We also partner with private organizations and businesses, such as Jazzercise of Burlington, the Elks Lodge, and Hannafords. Without collaboration with many organizations, we would not be able to offer the variety of programs that we do.

XI. Sustainability

a. How will this project have a long-term benefit to the City of Burlington?

The Heineberg Senior and Community Center has been providing nutritional, educational, health, social and recreational programs to older Vermonters for forty years, keeping senior residents independent 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 for our community. With diverse programs to exercise the mind as well as the body, the Center actively engages seniors in creating enriched lifestyles that, not only benefit the individual in their later years, but also positively impact the city. The longer the vitality and functionality of the Center remains in good health, the greater will be Burlington's return on investment. The City's demographics indicate the growth of the retired population. In view of this fact, it is clear that

Burlington's need for effective service centers will be paramount to its livability. The Heineberg Center is a cost effective way to provide programs to elders. It operates a lot of programs with limited resources. The City benefits in a least two ways. First, the Center adds to the improved health and well-being of older citizens, and second it serves as a community asset for the neighbors and organizations that use the facility for other purposes. It is clear that the Heineberg Center must remain a vital community center for Burlington as acknowledged by the AARP Livable Community Project's report.

b. If the project ends, will that benefit continue?

It would be extremely difficult for the City of Burlington to take up the programming slack if the project at the HSCC ends. It is imperative that we keep the building safe, secure, and properly functioning for the older adults in our community that depend on the Center.

c. If CDBG funding ends, will the project be sustainable (i.e., able to continue)?

The project is sustainable by the continued financial support from the community and the fundraising and grant writing efforts by the staff, seniors, and the board of directors. However, it will always remain critical for the City of Burlington to share the responsibility for its senior population and the programs and services needed by them. As a well-respected and experienced organization, the Heineberg Senior and Community Center has demonstrated its commitment and is a worthy steward of community resources that benefit our aging residents.

XII. Consistency

a. What Consolidated Plan objective does this project support?

Under the City strategy of: "Suitable Living Environment Goal", we help Burlington residents enjoy livable, attractive neighborhoods, are assured of safety and quality of life in their neighborhoods and in their homes and have the necessary community supports to thrive.

b. What other City plans, if any, does this project support or complement?

Under the Strategy: Provide Access to Services to Stabilize Living Situations: Enhance Health, Safety and Quality Of Life: Help 2,000 residents access nutritious food each over the next five years.

XIII. Readiness to Proceed

a. Is the project ready to begin July 1, 2012 and be completed by June 30, 2013? Yes

b. If not, what are the expected start and completion dates?

c. Are there any other conditions (i.e., obtaining permits, the availability of other funding, etc.) that may affect your ability to begin or complete this project? No

XIV. Financial Narrative

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

The Heineberg Senior and Community Center effectively addresses 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 towards assisting low income seniors stretch their limited resources, providing essential services and food. This grant money fills a gap in our community, and also helps us to leverage more funding for building needs when we fundraise.

- b. Describe your use of community resources. For example, will your project be matched or leveraged with other funding sources or resources (such as volunteers) that don't appear in the budget summary below?

Our organization is highly dependent on the use of volunteers for the successful operation of the senior center programming, building management and fundraising activities. We have received funds for building upgrades in the past years from CDBG grants and hope for continued consideration from them this year. We are a United Way of Chittenden County agency.

- c. Has your organization had any significant changes in funding levels over the last year? If so, please describe. No.

- d. What percent of Agency funds are used for administration vs. program costs?
15% of our funds cover administrative costs.

XV. Budget

a. Summary

	Project		Agency	
	Current	Projected	Current	Projected
CDBG	\$ 0	\$ 9,000	\$ 2193	\$ 6,000
State			0	0
Federal			0	0
United Way			20,000	25,000
Private		8,000	17,670	18,000
Program Income			23,700	24,700
Other			37,500	37,500
Total	\$ 0	\$ 17,000	\$ 101,063	\$ 111,200

* Must match your CDBG request amount on Page 1.

** Must match in all three boxes on Pages 7 and 8.

b. Proposed Project Budget Sources

CDBG	\$ 9,000 *
Other Federal – please specify funder and program (i.e., HUD – Emergency Shelter Grant, etc.)	
	\$
	\$
	\$
	\$
State – please specify funder and program (i.e., Department of Health – AIDS Prevention, etc.)	
	\$
	\$
	\$
	\$
United Way of Chittenden County	\$
Private – please specify (i.e., individual donations, foundations, faith-based organizations, etc.)	
Fundraising from Heineberg Senior Center	\$ 8,000
	\$
	\$
Other – please specify (i.e., fee-for-service, etc.)	
	\$
	\$
TOTAL	\$ 17,000 **

c. Proposed Budget Uses: Please be sure that all funding uses (including staff) that appear in Section IV also appear here.

<u>Line Item</u>	<u>CDBG</u>	<u>Other</u>	<u>Total</u>
Dayton ductlesscoiling system, three evaporator heads, two outdoor condensing units, slimduct as needed, electrical work done by licensed electrician, carpentry work to remove existing wall units and board up spaces left from removal	\$ 9,000	\$ 8,000	\$ 17,000
	\$	\$	\$
	\$	\$	\$
	\$	\$	\$
	\$	\$	\$
TOTAL	\$ 9,000 *	\$ 8,000	\$ 17,000 **

* Must match your CDBG request amount on Page 1.

** Must match in all three boxes on Pages 7 and 8.