

**Friends Foundation for the Aging**  
**New Grant Proposal Form**

Limit 4 pages

Date: 3/15/2024

Organization: CARIE

TIN & Formal organization name: 23-2075900 Center for Advocacy for the Rights and Interests of the Elderly

Contact name, phone, email: Whitney Lingle, 267-546-3434, lingle@carie.org

Amount requested: \$30,000

Project title: CARIE LINE Nutrition Assistance

Summary Description (maximum 25 words): We are going to update our CARIE LINE program to proactively address nutrition and train all staff on nutrition to enhance our impact.

Please answer the following questions clearly and concisely.

1. What is the problem you have identified?

We have identified that a significant portion of the people we serve who come to CARIE for unrelated reasons are also experiencing some type of food insecurity or malnutrition. Our staff always go above and beyond to connect people with what they need, but we want to make space in our staff time to cover learning about nutrition and food access to better address those issues with those we serve. Our programs include Medicare fraud prevention with the Senior Medicare Patrol, PAVE that serves victims of crime, the long-term care ombudsman who serve people in long-term care settings, and CARIE LINE which provides information and referral paired with light case management to help people address issues ranging from transportation to health insurance. All CARIE programs can scan for nutrition risk, and CARIE LINE will offer solutions and information for food access issues.

Philadelphia is one of the nation's oldest large cities as well as its poorest with the highest deep poverty rate among the nation's ten largest cities. Approximately 276,000 residents of Philadelphia (19%) are age 60 years and older. Among the older adult population, 36% are age 75 and older and 8% are 85 and older. According to the Philadelphia Corporation for Aging, ten percent of Philadelphia's older population experience deep poverty with incomes less than 50 percent of the Federal Poverty Level (FPL) while 22 percent have incomes of less than 100% of the FPL. While Philadelphia has a greater concentration of poverty than its suburban counties, "poverty is unexpectedly present [and increasing] in Philadelphia's suburban counties". "The economically patchy areas of Delaware and

Montgomery Counties . . . . provide one of the most jarring examples of this counterintuitive trend”.

Poverty is a critical contributing factor for food insecurity, a term that refers to difficulty or inability to access adequate food in terms of both quality and sufficient quantity to meet a person’s nutritional need. Feeding America has identified older adults as “the fastest-growing food-insecure population in the United States”. Tens of thousands of older adults living in Philadelphia and its suburbs lack the food and nutrition they need for health and well-being. In addition to lack of access to adequate amounts of food older adults disproportionately experience “hidden hunger,” a term used to describe the situation in which a person’s diet may provide adequate energy (i.e., caloric) intake but which is nonetheless nutritionally deficient. In Philadelphia, ranked 10th on Feeding America’s list of the nation’s hungriest counties, more than 1 in 10 older persons has skipped a meal due to lack of money and approximately 12 percent of Philadelphians 60 years and over experience hunger.

While rates of food insecurity in suburban Bucks, Chester, Delaware and Montgomery counties do not rival Philadelphia’s, they mask dramatic community-level disparities. Older adults living in the suburbs who are food insecure face additional challenges including communities that are more fragmented due to scarce or nonexistent public transportation, assistance organizations’ lack of awareness of each other, and greater difficulty in reaching those who would benefit from food access resources.

The Center for Advocacy for the Rights and Interests of Elders (CARIE) seeks funding from the Friends Foundation for the Aging to continue our work with older adults to ensure that all older persons in Philadelphia and southeast Pennsylvania can access the food they need to be able to enjoy the greatest quality of life possible.

## 2. What is the solution you propose to address the problem?

Because food insecurity among the older adults we serve is so common, we want to update our programs to ensure staff is prepared to proactively inquire about and address issues of food insecurity and malnutrition. The most common scenario we anticipate is that those who call our CARIE LINE program for assistance. Staff will be trained to ask about nutrition risk and screen if necessary with a series of questions including whether they have had weight changes (without trying) or missed meals.

## 3. What actions will you take?

Staff will participate in training including webinars, articles, and in-house presentations. We also plan to partner with food access organizations in the area both to get information for our referrals and staff training but to work with them to make sure they are well prepared to serve older adults. Partners include Philabundance, SHARE, and the Food Trust.

A food issues meeting will be held 4 times at our offices and include these collaborators. Program information and communication will be updated to offer help with nutrition issues so people know they can reach out to us.

4. Describe the population to be served.

The population to be served is our core group of older adults (those 60+) who reach out for services. CARIE serves a diverse population that reflects the area we serve including over 40% Black, 6% Latinx, 38% white, and over 80% low-income. Because those we serve are aging in place (primarily in Philadelphia and Pennsylvania, but also nationally for CARIE LINE) many are experiencing some degree of food insecurity whether they live alone, live with family, or in a long-term care facility. Priority will be given to solutions directly aimed at older adults, but in the case of those living with family members we will also make available nutrition assistance that is more general in scope.

5. Are there partners/collaborators for implementation or funding-who? Has the solution been tried by other organizations?

We are collaborating with the aforementioned nutrition assistance organizations including SHARE, Philabundance and the Food Trust, and our other funders include private donors and Philadelphia Corporation for Aging (PCA). CARIE's framework is unique but this program update is based on years of experience addressing food insecurity by the executive director who previously worked primarily with those experiencing hunger. Many organizations provide nutrition information but CARIE is uniquely qualified to connect with those we serve because we are a trusted resource and advocate.

6. How will you know your actions are having an impact? How will you measure outputs and outcomes?

We will collect data from those who receive some form of nutrition assistance with verbal surveys and a nutrition screen pre and post service. When the consumer is unwilling to take time for the full screening we will still attempt to ask if their food access has improved as a result of our services. Information will be recorded in our database.

Include a simple program budget in the same pdf with expected income and expenses (eg. staff, program supplies, travel, etc.)

<b>Program Budget</b>			
<b>Item</b>	<b>Expense</b>	<b>Friends Foundation for the Aging</b>	<b>Other sources</b>
Salaries	\$126,787.00	\$21,500.00	\$102,287.00
Benefits	\$28,647.00	\$2,500.00	\$26,147.00
Occupancy	\$11,219.00	0	\$11,219.00
Communications	\$2,779.00	\$1,000.00	\$1,779.00
Operations	\$11,200.00	\$2,500.00	\$8,700.00
Professional	\$18,040.00	0	\$18,040.00
Nutrition Training (meetings, trainings, etc.)	\$2,500.00	\$2,500.00	0
<b>Total</b>	<b>\$202,403.00</b>	<b>\$30,000.00</b>	<b>\$172,403.00</b>

Attach a copy of your IRS determination letter. We may also look at your website, your Guidestar (Candid) profile and your IRS Pub 78 non-profit status or plan a site visit. Please make sure these are up-to-date.