

Q&A Spring 2024

Snipes Farm – how do you calculate cost per bag? Can you describe exactly what ACTIONS you are taking in bullet 3?

How do you calculate cost per bag?

Our produce is PCO/USDA certified organic. We price veggies comparable to supermarket organic prices. Supermarket food prices have increased 25% over pre-pandemic prices.

A sample bag of organic produce in July might contain:

One large head Lettuce	\$ 4
One big bunch Chard	4
One large Squash	2
One big Cucumber	3
Two or three Tomatoes	5
<u>One bunch Radishes (7)</u>	<u>3</u>
Total	\$21
<u>Wash/pack/deliver</u>	<u>5</u>
Produce bag cost	\$26

Price per veggie, size, number and variety of organic produce varies depending on the harvest, weather and date in the season.

Describe exactly what ACTIONS you are taking in bullet 3:

Action steps:

- Ordered organic seed (higher pricing scale) from the best domestic organic suppliers, planned our fields, completed soil testing and staffed farmers to fulfill the food agreement.
- Began seedlings in our propagation house and utilized greenhouses to take advantage of an earlier seasonal start (and longer subsequent season)
- Utilized no-till regenerative farming methods.
- Crops tended by experienced farm technicians, inspecting, weeding, watering through the growing season.
- Harvested, washed, counted, sorted and bagged produce.
- Coordinated deliveries with Trenton Housing Authority (THA) assigned contact. Loaded refrigerated van to ensure deliveries of fresh, healthy produce to vulnerable seniors. This population is low income, disabled, living in subsidized housing at the THA. These are the most at risk seniors with few, if any, other consistent sources of produce to support nutrition. Trenton consists of two New Jersey designated food deserts.

- We are the only organization delivering fresh, healthy produce to seniors living in these Trenton housing facilities.

SFEC actively works with a variety of funders to sustain this project. We have successfully provided fresh food and completed agreements to benefit THA residents for the past three years.

Barclay Friends – where will you store/use the Tovertofel during renovations? Would it make sense to wait for completion?

Involves extensive wiring, best to do during renovations.

Kennett- not clear what grant will pay for, what work will be done in coming year.

We are indeed asking to continue the Health & Wellness Program, but with the Montessori overlay. This means that Hilary Boucher, our new Montessori Director, will continue to make choices for the program that blend with her understanding of the Montessori principles.

I asked Hilary to comment on how the Montessori Lifestyle and the Health & Wellness programs meshed. I attach some of her reflections on the choices she made last year.

We had mentioned in our original grant request for this program:

"We believe that for this new program to be fully realized we need a specialist to complete the integration of the program into the life on the Friends Home campus. This grant would be used to support a Health & Wellness Coordinator/trainer who will work with residents, but also will train staff in the special techniques and concepts of wellness. A further use of funds, as they become available, will be to bring in outside facilitators to round out our own in-house offerings."

When we followed your guidance to overlay the Montessori Lifestyle, the emphasis on use of funds changed away from primarily paying for the Coordinator/trainer, and moved to the selection of Montessori-relevant activities. Also, the Program's structure became the responsibility of Hilary. This ensures that the two will be thoughtfully blended.

So, I guess I am saying that the need still exists to support and attend to the seven dimensions of wellness: emotional, intellectual, physical, vocational, social, spiritual, and environmental. As we said in our original grant proposal, "All individuals are a whole and complete person made up of all seven dimensions. Since life, health, and wellness are constantly changing, we need to work toward achieving balance by giving attention to all seven dimensions."

We believe that we are doing that and will be able to continue to do that with the help of FFA and others, with an awareness that the choices we make of activities to present to our residents are following the precepts of Maria Montessori, and are enabling meaningful activity and encouraging mindfulness.

Hickman- how does this arts program interface with Montessori lifestyle? No response

Will The Hickman contribute to the costs?

Are current program staff not experienced in the arts? Where did this idea originate?

Is virtual training effective? Can local arts groups be engaged?

Kindersmile 2023 actual budget missing

For our Smiles for Seniors grant, funds were allocated as actual credit to patients' accounts, at a maximum of \$1,500 per patient. Patients with no insurance receive the maximum amount, and as we provide care, the amount is deducted. Some patients, with partial coverage, were only credited the amounts needed to cover procedures not covered by their partial coverage plans.

Patients were able to receive over \$39,000 and a huge amount of dental care for the funds allocated.

Dental fees for procedures cover clinical supplies, laboratory fees, providers salaries, staff salaries including dental assistants and front desk patient coordinators, and more.

Harvest Family – very little info. Given – did not ask for more

JRA- what do you calculate as the cost per bag of food?

JRA-Carie overlap but don't mention E/o

Thank you for your previous email about the Sarah Ralston Foundation grant. It was so thoughtful of you to pass that along to me. We have applied to the Foundation in the past, but haven't yet been successful. We're hopeful for the future, though.

Yes, we do work with CARIE. We regularly refer clients to them.

We calculate the cost of the traditional JRA box of food that we give to clients each month. We add together the cost of food and household items (usually toilet paper or hand soap) in each box by adding together the cost of each item and then add the cost of the actual cardboard box. It's typically around \$25 wholesale and doesn't include shipping or overhead costs. Please let me know if you have any other questions.

Friends House – how large are the ArtSpaces rooms?

Wood shop, 23.8' by 23'

Art Studio is an L shaped room currently that is 35.6' x 25' x 21.6'

CMAP- what other resources are available to support this program?

We received \$10,000 in funding from the Leonard-Litz Foundation in November. Thru July.

By the way the, the Forever Young group is beginning to take off; the members that joined have begun to meet frequently and seem to do fun things like sample cooking lessons, as well as other activities.

I Hope this information is helpful and lends credence to our application!