

Khaki Foundation Grant Application

Part 2: Purpose of Project/ Project Proposal

Please include the following:

1. A brief outline the purpose of the project on hand.

Eastside Friends of Seniors is proposing that the Khaki Foundation sponsor five elderly low-income widows being served through our Senior Outreach Program for one year. It costs Eastside Friends of Seniors \$1,100 to recruit, train, match, maintain and track a volunteer for each one of these women, who are among our highest-need clients. Our request therefore is for \$5,500. We are requesting the Khaki Foundation sponsor the following five widows for 2013-14. As we mentioned in our February letter, F is no longer a client so we have included H.

H....., age 80

H..... and her husband A..... were our clients for several years. A.....'s Alzheimer's disease became steadily worse, and H.... was his sole caretaker. A..... had a sharp downturn, and died in the last year. Even without her husband, H continues to live on Squak Mountain in the home A..... built for her in the early 1950s. H.... is 80 years old, but is in relatively good health, using a cane to help her walk due to arthritis. Her greatest problem is isolation. She no longer drives. Her rural home is far from even neighbors, much less any community services. H.... has been matched with a volunteer who provides her with transportation, and help with maintaining her property.



He....., age 82

He..... is disabled with osteoarthritis which slows her movement with her walker. She states that her depression "has gone away" since being matched with a volunteer who helps her with housekeeping and provides transportation for shopping and errands.

A....., age 73

A..... is blind. She and her assigned volunteer have received special training, provided in cooperation with Community Services for the Blind, so they can work effectively as a team. She needs help with sorting and reading her mail. Her volunteer takes her grocery shopping, reading labels and helping her navigate through the store, in addition to helping her with household paperwork.

Y....., age 89

Y..... and her husband became clients of ours in 2004. Three years later, Y.....'s husband died, leaving her alone. She has never had a driver's license so she gets regular rides with her volunteer for shopping and for medical appointments. She is otherwise in good health for her age.

L....., age 75

L..... is blind in one eye and has failing vision in the other, causing her to be prone to falls. She copes with congestive heart failure and lung disease. She lives in a low-income housing project in Issaquah. Her dedicated volunteer, DeeAnn, is a retired nurse who provides transportation for shopping and assists with housework. When L..... needs additional transportation for medical appointments, she contacts the office for one of our on-call volunteer drivers.

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2. The goals of this project along with a projected timeline.

The goal of this project is to provide these five clients with volunteer services: including transportation to medical appointments and grocery shopping, chore services, friendly visits, social services and if necessary transition support services. These vital services allow them to continue living independently for one year.

3. A description of the community needs of the population being served. Include in this description the anticipated impact of this project in response to these needs.

Eastside Friends of Seniors serves elderly adults living in the greater Issaquah, Sammamish, Snoqualmie Valley and Bellevue communities. All of our clients are over 60 years old, with a median age of 82. Many live alone, while the remainder lives with a spouse or other family member(s). All of our clients have some sort of disability that limits mobility or impairs their ability to perform basic activities. The United Way of King County estimates that the county's senior population will increase in the next decade to 16% of total population; by 2025, it is estimated that the 60+ population will make up approximately 25% of the county's total population. These senior members of our population need and desire basic things – a decent home, life with dignity, companionship, and a sense of purpose – the building blocks of a meaningful life. Given their age and disabilities, however, many struggle to find ways to keep their homes clean and safe, shop for groceries and other essentials, or travel to a doctor's appointment. Too often these forgotten individuals lose their independence and are prematurely placed in institutional care settings. It is imperative that, as a provider of essential services to seniors in need, we speak up for this population and rally for the resources to meet their basic living requirements.

Eastside Friends of Seniors Senior Outreach Program met these community needs within the last year by training and maintaining a corps of 184 volunteers who provide transportation to medical appointments and for shopping, chore services, social support, and more to over 300 elderly clients. We also coordinated 67 one-time volunteers – people who volunteered for a day in a group – typically through their congregation, employer, or civic group.

The five widows for whom we are requesting support are among the clients with the highest need that Eastside Friends of Seniors serves. Despite their health challenges and ages, they still have the ability and desire to remain living independently, in their own homes. The Khaki Foundation makes a real, vital impact in the lives of these women.

The extensive benefits of volunteer-based services to the elderly are documented in numerous studies. In previous grants we've provided information about those studies.

4. A plan of how the success and effectiveness of the project will be evaluated throughout the project.

a. What are the most innovative aspects of the project?

Beyond the intake, all of our services are provided by volunteers. Because we have such a large pool of volunteers we are able to match the right volunteer to the client. If that relationship does not work out, we have the benefit of matching them with someone who is a better fit. Our volunteers do this because they know the benefits of volunteering for the senior and for themselves.

We make one-on-one long-term matches between the volunteer and the client. Volunteers really bond with the senior they support; they can become like family and typically the match lasts for as long as the senior is able to stay independent in their home. Also, the client and volunteer communicate directly to schedule services and because of this, our services are potentially available around-the-clock.

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We work with a wide variety of faith communities to reach out to the elderly of our community and also to recruit volunteers. We find that congregations consistently produce dedicated, long-term volunteers, unmatched by any other source.

In addition, the national model for Eastside Friends of Seniors, which we follow, is an interfaith effort. Many congregations will say, “we help our own”, and will provide services by their members, for their members. By recruiting from different religions, we create the opportunity for understanding not just spanning the generations, but across religions (and no religion), and then also sometimes as a result, across ethnic and racial lines.

b. What will ensure the long term sustainable success of the project and how?

Our work is sustainable through the continued support of the local community. For the first time this year we have changed our fundraising strategy, away from an annual auction, to a year-round program to introduce and then further engage supporters in our cause and our mission, culminating in a benefit event. We received funding from the Satterburg Foundation for training so that the board and staff understand their responsibilities in this new approach. Since government funding makes up only about 10% of our annual budgeted revenues, having a robust program to involve individual donors is critical to our success. Other support has also been garnered through a variety of corporate and family foundations.

c. What are the key project milestones and timelines?

We are asking for on-going support for a portion of our client base, so there are no specific milestones or timelines for the services provided.

d. What are the key success metrics and how will they be measured?

The general key success metrics for client services and volunteer recruitment are contained in the attached logframes.

e. What reporting will you provide during the execution to monitor progress and how frequently?

We will be happy to provide the Khaki Foundation reports on request about each client and how she is doing, as well as provide quarterly logframe progress reports.

f. What accountabilities have been defined for the project?

The board is responsible for establishing goals and standards by which staff and volunteer work is monitored and evaluated, through the logframe process. Our volunteers must provide timesheets and inform the agency when they cannot provide services due to vacation or illness. If the absence is planned, such as for a vacation, we work with the volunteer and the client to plan ahead for the absence – for example, shopping for an additional week of groceries, or getting a relative from out of town to assist. If the absence is unavoidable, such as due to volunteer illness, we strive to find a different volunteer to substitute.

Our clients are responsible for reporting any volunteer deficiencies to the agency. A procedure is in place for staff to investigate and act on any client complaints.

5. Explain how your project meets the Khaki Foundation’s guidelines and criteria.

Your priorities focus on the well-being of and the educational needs of the most marginalized and vulnerable people (e.g., orphans, widows, people affected by life threatening illness/disasters, refugees, et al.) so that they have a productive life ahead of them helping them realize their God given potential. Eastside Friends of Seniors focuses all of its efforts on the most marginalized and vulnerable people – isolated, low-income widows who struggle with a disability that makes living independently a difficult – if not impossible – proposition.

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Eastside Friends of Seniors is built upon the principle that all of us – no matter our religion – are called upon to serve the sick, the poor, and the vulnerable so that they can maintain dignity and independence. By helping others, we are doing God's work here on Earth.