



Memorandum

TO: MAYOR LICCARDO

FROM: Councilmember Foley

SUBJECT: BUDGET DOCUMENT

DATE: May 27, 2021

Approved

Date: 5/27/2021

RECOMMENDATION

That the following recommendation be enacted.

Proposal

Program/Project Title: The Health Trust -Friends from Meals on Wheels

Amount of City Funding Required: \$130,000

This change is:

One-time Ongoing

Cost Estimate Number (if applicable):

Proposal Description, including the reason for the need and anticipated outcomes (Please describe how the proposal will affect services for San José residents, community groups, businesses, etc.):

Social isolation is a growing issue in our community, especially for seniors who live alone. The COVID-19 pandemic has further exasperated the crisis of social isolation, but even before the pandemic homebound seniors had little contact with other people. A Santa Clara County-wide Behavioral Risk Factor Survey found that about one in four adults age 55+ do not receive the social and emotional support that they need.

To address this, the Health Trust has created Friends from Meals on Wheels (FMOW). FMOW is designed to build relationships with clients and keep them active through a mailed monthly newsletter and weekly phone calls or visits from a “Friendly Visitor”. Clients can choose to also participate in EmpowerMe, an exercise program offered through FMOW.

The grant of \$130,000 will assist The Health Trust to increase socialization opportunities for homebound seniors. The Health Trust current offers FMOW services to Meals on Wheels clients who are 75 years of age or older, live alone, and/or are people of color. The Health Trust has 525 Meals on Wheels clients in San José, none of whom currently receive socialization services. All of these clients are low income and 43% live in zip codes where the poverty level is at or above 15%.

70% of seniors who have enrolled in the FMOW program increase their Duke Social Support Index Score (a measure of social isolation) after being a part of the program.

The FMOW program would serve residents in San José who are particularly at risk due to their income-level, age, and disability. There are real health risks related to social isolation that can often be overlooked. With this essential services grant The Health Trust will be able to provide critical socialization services to community members in dire need.

Funding Source

Essential Services Reserve: \$130,000

Other (Please specify program/project/fund):

Department or Organization Contact

Please list the contact information for the individual that certified cost estimates contained within your recommendation:

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