

Phone

e-mail

Address

Name

- \$1001 will help feed 190 elderly
- \$300 will help provide 57 meals for the elderly
- \$100 will help provide a noon meal for 19 individuals
- \$36 to help pay for 1 meal ticket for a senior in need. (13 meals)

*I Want To Help  
Laramie County Senior Services!*

## *Laramie County Senior Services*

Laramie County Senior Services originated out of a need to assist the elderly in our community and focus on caring for the whole person. As a program of the Cheyenne Housing Authority, we have been serving these needs of Cheyenne's elderly since 1972 and expanded county wide in 1994. This was accomplished by obtaining and administering Nutrition and Supportive Service Programs as outlined under the Older Americans Act.

The Cheyenne Housing Authority is governed by a five-member policy making board of citizens appointed by the Mayor and ratified by the Cheyenne City council. It is their responsibility to administer all senior programs undertaken by Laramie County Senior Services.



**Mission Statement:** The primary mission of Laramie County Senior Services is to create an environment that encourages inner fulfillment, physical enhancement and social belonging while providing a well-balanced meal for the senior population of Laramie County.

Within Laramie County Senior Services we have 3 different grants that cover different aspects of the program.

1. Nutrition Program- Annually, thousands of elderly become seriously ill because of improper nutrition. Our goal is to provide well-balanced meals for the elderly of Cheyenne and Laramie County.
  - \$409,237.00 program
  - Anticipated Income - 2% fundraising; 35% Federal Reimbursement; 15% State Reimbursement; 7% Canister Donations; 5 % Meal Ticket Sales; 20% City and County and 17% Legislative Funding
  - Real Income as of the end of the 1st quarter - Federal down 6% because of reduced meal counts; Canister donations down 2%; Meal Ticket Sales down 2%; State match down 1%. Total loss = \$11,255.00. If this trend continues we will be in the hole \$45,020.03 by the end of the fiscal year.
  - Expenses - Salaries (13 Paid Staff and 5 Experience Works Employees); Employee benefits (FICA, Worker's Comp, Retirement, etc.); Raw Food, Consumable Kitchen Supplies, Legal retainer; Audit; Administration Fee; Office expenses; Utilities; Equipment maintenance and repair; Nutrition vehicle supplies.
  - Average cost per meal October 1—February 28th = \$5.27; Average Donation per meal for same period = \$1.06
  - We serve approximately 190 meals per day. This number is down because we are no longer able to count carry-out and frozen meals for federal reimbursement. We have started to charge a required fee for these meals.
  - 4 locations in Cheyenne, 1 in Burns
  - Serve meals 7 days a week. Breakfast offered at the AC Monday – Friday.
  - Suggested Donation of \$2.50 per meal will be raised to \$3.00 on April 1, 2007. Meal tickets will go to \$36.00 (buy 12 meals get one free)
  
2. Senior Services - Along with nutrition services Laramie County Senior Services also provides special services for the elderly such as...
  - Monthly newsletter with health and nutrition information. 600 on the mailing.
  - Information and Referral Services
  - Socialization Activities
  - Advocacy
  - Field Trips
  - Entertainment
  - Education/Seminars
  - Wellness Center
  - Free Aerobics
  - Hypertension Clinics
  - Health Fair Screening
  
3. Family Caregiver – Providing respite for the caregiver.
  - Respite Assistance
  - Loan Closet
  - Housekeeping
  - Minor Upgrades