

Alamo Resource Conservation & Development Area Inc.
Letter of Inquiry for
ARCD/MLBA Senior Assistance Program

Contact Information:

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IRS 501(c)(3) Nonprofit
EIN 74-2670845



Mission Statement:

The **Alamo Resource Conservation & Development Area Inc. (ARCD)** *mission* is to provide a focal point for local leadership to develop and implement strategies that deliver coordinated resource conservation and economic development assistance so that communities thrive. The goals of our mission are to: 1) provide agricultural and environmental education to improve water, land and environmental resource management, 2) protect surface and groundwater quality and quantity, 3) enhance local community development through improved programs for the elderly, children and youth as we also improve rural fire and safety protection.

History of Organization:

Alamo Resource Conservation & Development Area Inc. (ARCD) incorporated in Texas in January of 1993 and received IRS 501(c)(3) nonprofit status in September of 1993. ARCD's service area includes Atascosa, Bandera, Bexar, Comal, Frio, Guadalupe, Kendall, Kerr, Medina and Wilson counties. ARCD gages the needs of our area through the assistance of local leadership and volunteers of all ages and demographic backgrounds. Since its inception in 1993, Alamo RCD has fulfilled over 450 successful projects with an annual 7-fold impact on every dollar donated toward its mission. Alamo RCD's multi-layered programs encompass diversified activities that support soil and water conservation, natural resource conservation and management, community development, rural fire and emergency protection, Senior and youth programs and health and human services.

ARCD is a member of the State, Regional and National Association of Resource Conservation & Development Councils which provide opportunities for management, program and

development training. ARCD programs have been awarded the *Circle of Diamonds Award* in 2008, 2009 and in 2011 from our national association. Most importantly, ARCD's mission focuses on the utilization of local leadership, use of multiple innovative collaborations and locally established volunteerism, making ARCD one of the most impactful environmental & economic grass roots efforts today.

Amount of Request:

Over a 12 month period, our **ARCD/MLBA Senior Assistance Program** will require approximately **\$106,510** in funding. We have plans for funding this program through foundation requests, donations, fundraisers, annual mailouts, web and social network solicitations and in-kind donations.

Project Description:

a. Problem to be addressed:

Our **ARCD/MLBA Senior Assistance Program** *helps to improve the quality of life for the elderly by helping them remain healthy and continue to be productive members of the communities in which they live.* Our program addresses the needs of Senior citizens in the areas of nutrition, health, fitness and wellness as we also address the detrimental effects of social isolation. The population of Bandera County is 20,537 of which 22.6% are over 65 and 16.3% are living in poverty. In the Medina Lake/Lakehills CDP there are approximately 5,150 residents, 16.3% elderly and 23.2% who live in poverty (2010 Census). Residents utilize federal assistance programs marginally (from a retirement/SSI income of \$27,898 to a public assistance income of only \$2, 158 annually) (factfinder2.census.gov). Lakehills CDP is approximately 20 miles from services in Bandera and San Antonio and is a **much underserved** community due to the effects on the local economy from the depletion of Medina Lake and the closing of associated enterprises. Due to the economic situation promulgated by the drought, the local economic downturn, the rural isolation of this community and the increase in the Senior population, the need of Senior assistance in the areas of nutrition, socialization, and wellness in the Lakehills CDP in Bandera County has increased, while funding has decreased, making the **ARCD/MLBA Senior Assistance Program** very valuable to the community. Alamo RCD has been working directly with the volunteers of the **Medina Lake Betterment Association Inc. (MLBA)** since 2003. The MLBA owns the Lakehills Civic Center and facilitates our joint program. Together, we concentrate on increasing our assistance to local Senior citizens through improved social, nutritional, and health services within the community.

b. Timeline of proposed activities:

This is an ongoing program with multiple and enhanced activities to be held between October 1, 2014 to September 30, 2015. A Senior Program Coordinator will be hired on a part time basis in the Fall of 2014 to augment the efforts of our volunteers. Nutrition/Meals service will increase

from three to five meals a week in collaboration with the Silver Sage Meals on Wheels program with nutrition enhancements provided through our kitchen volunteers. A mini food pantry (in collaboration with the SA Food Bank) will be added along with exercise classes such as yoga, dance and physical fitness (offered weekly), health and wellness activities of health screenings, nutritional workshops and demonstrations (held monthly) and a health fair in June (in collaboration with the Wesley Nurse). Socialization activities such as experiences in art, music, crafts, entertainment and games will be provided on a weekly schedule along with an annual Thanksgiving Dinner, Christmas Party and other community social events for seniors. Increased outreach will be facilitated through an ongoing schedule of consistent web, social network, community presentations, mailings and other outreach venues.

Goals and Objectives for Project:

The **ARCD/MLBA Senior Assistance Program** has two primary goals: 1) to improve the health, wellness and socialization of the Senior population within the Lakehills CDP area in Bandera County, by providing improved, frequent and consistent activities that will result in a 15% increase in services above the current base, 2) to improve the overall participation within our Senior Assistance Program by 25% (base = 600 monthly) by upgrading our outreach through increased use of social media, web services, community presentations, mailings, news publications and other outreach methods. The evaluation of our success will be measured by recordkeeping and review of quarterly enrollment and participation in all aspects of this program, review of satisfaction surveys administered regularly, individual participant testimonials/ interviews, reports from the Wesley Nurse program and maintaining records of outreach activities. An impact report will be provided to the Alamo RCD and MLBA Board of Directors, administrators and joint program committee for review on a quarterly, six month or annual basis to facilitate program improvement.



Thank you so very much for your consideration of this program as we work toward minimizing the needs of our local Senior citizens. We are looking forward to hearing from you to see if we can together make their lives happier and healthier.

Respectfully submitted by
Alma Aguirre
ARCD Executive Director