



## Report on the 2019 Home Delivered Meals Client Survey

**\* Results based on 88 returned surveys (75% return rate) \***

Supporting Our Seniors – Benzie Senior Resources effectively addresses the challenges of aging by providing exceptional services, resources and trusted care for Benzie County’s most vulnerable seniors.

### **Home Delivered Meals Client Profile**

- 80% of the clients are 70 years old or older
- 65% are women
- 47% live alone
- 50% are living in or near poverty
- 52% take 5+ medications
- 56% have 3+ *Activities of Daily Living* impairments
- 60% report that their meal helps provide ½ or more of total food for the day
- 35% are Veterans

### **How Clients Rate the Meals Delivered**

- 98% rated the meat as **cooked good to excellent**
- 92% scored the vegetables **cooked good to excellent**
- 99% evaluated the taste as **good to excellent**
- 97% graded the food as **looks good to excellent**
- 98% rated the variety of food from day to day as **good to excellent**
- 100% measured the temperature **good to excellent (hot food hot/cold food cold)**

### **In Their Own Words...**

- *“I am a stroke victim with permanent vision loss and not able to drive ever again. The meals program allows me to remain in my own home. I am so grateful for BSR and the fine staff and volunteers.”*
- *“You got good cooks. All the drivers are nice and the meals are tasty.”*
- *“Until I received meals on wheels, I was not eating enough because I could not prepare my own meals anymore.”*
- *“We love meals on wheels. The variety is hard to beat!”*
- *“If it wasn’t for the meals I receive, I would starve. I can’t see.”*
- *“My husband and I get at least one good meal a day, thanks to your service.”*
- *“Enjoy quick chats with volunteers. Happy I don’t have to try and cook.”*

## **The Numbers Tell the Story...**

48%

Report that without home delivered meals, they would not get enough to eat.

12%

Had to skip meals in order to pay for other living expenses.

44%

Reported that without home delivered meals, they wouldn't have the means to eat a hot, freshly prepared meal.

44%

Of those who live alone, say that the volunteer driver is the only person they will see that day.

100%

Enjoy the interaction with the volunteer drivers. They say that it gives them someone to talk to, and that the visit provides a sense of safety – knowing that someone is looking in on them

97%

Report they like the meals they receive.

100%

Would recommend home delivered meals to a family or friend.

### **How the Home Delivered Meals Program Helps**

- 91% reported that the program allows them to remain in their homes
- 95% reported that the program improved their health
- 95% reported that they eat healthier foods
- 92% reported that the program has helped them to achieve or maintain a healthy weight
- 96% reported that they feel better overall

## **About Our Home Delivered Meals Program**

- 56,251 meals delivered
- 6,456 volunteer hours provided to deliver meals
- 5 meal delivery routes
- 66,220 miles driven
- 68 dedicated volunteers
- Menus reviewed and approved by a Registered Dietician
- Meals meet nutritional standards for older adults

### ***It's More Than Just A Meal!***

Homebound seniors often suffer from isolation, depression and loneliness. Our attentive, caring and compassionate volunteers deliver the meals with love. They provide that much needed personal contact – a warm smile, friendship and the assurance that others care. This daily safety check provides peace of mind for both seniors and their families.

Benzie Senior Resources provides seniors with the necessary nutritional support they need to protect them against food insecurity and isolation. Home delivered meals are key to helping seniors live independent and fulfilling lives.