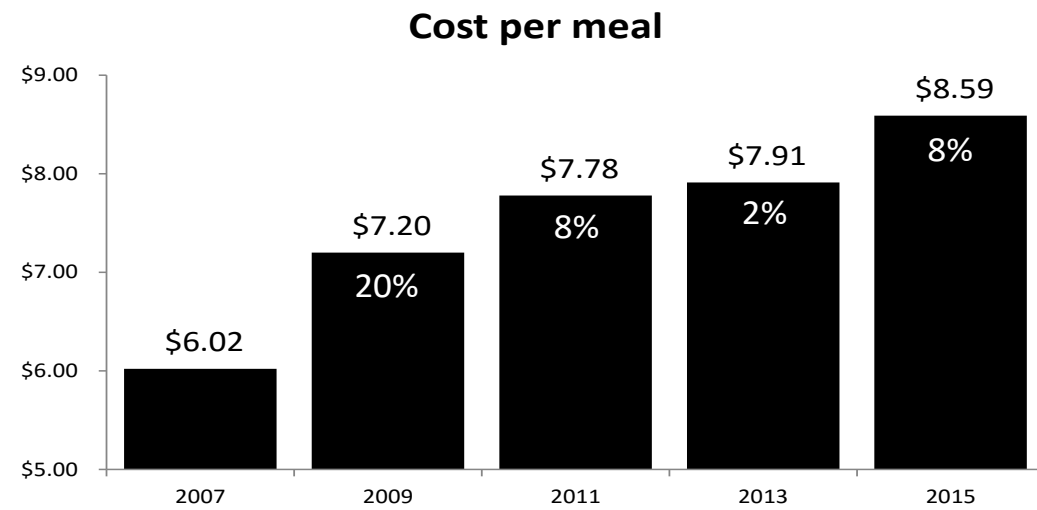


Feeding Grandma & Grandpa



The average cost of a senior meal continues to increase. While the state has provided additional funding in past sessions, it has not been enough to keep up with inflation. Plus, recent federal increases have been used to fill the allotment cuts required by the governor. In federal fiscal year 2015, a total of 1,099,084 meals (570,707 congregate and 528,377 home-delivered meals) were provided across the state.

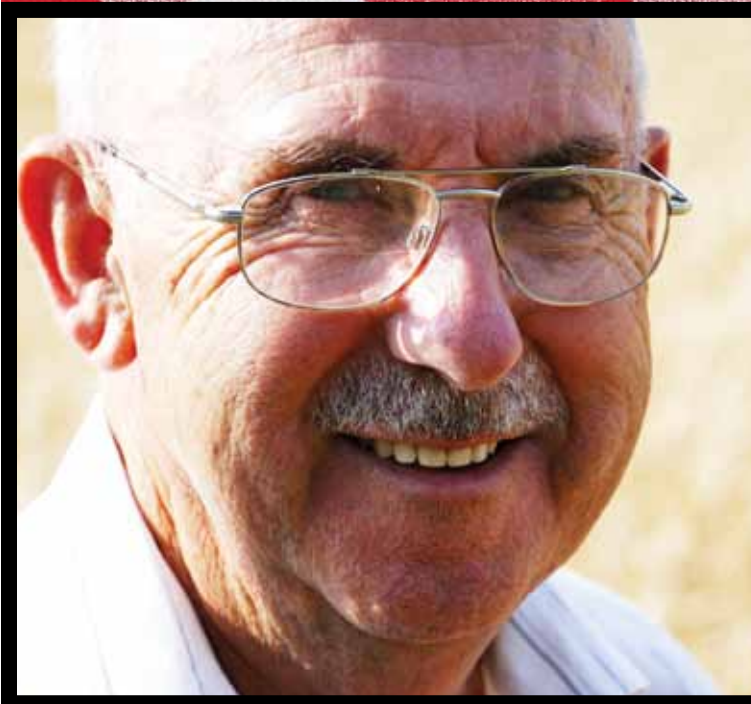
For the contract year ending 6/30/16, there are an estimated 73,200 unpaid meals X \$4.60 unit rate = \$336,720.

NDSSP is requesting \$673,440 in state funds be added to the 2017-2019 biennium budget.

Currently, agencies are only allocated federal and state funding for a portion of the meals they provide. NDSSP is asking to be treated the same as other Department of Human Services providers. We request that we be paid a basic unit rate for ALL of the Title III meals provided across the state - not just a portion of them. Meal providers need to be able to depend on stable, basic rate funding for food, supply, and staffing costs. With stable funding, there will be incentives to open new meal sites, extend days/hours of operation, and expand menu choices, thus meeting the needs of our growing, aging population. As our senior population continues to grow, we need to work collaboratively in a proactive way so essential services, such as senior meals, will not suffer as the state budget fluctuates. **These meals help seniors remain in their homes and out of costly nursing homes.**

Take action to save Medicaid dollars and support a basic unit rate for ALL Title III senior meals. Thank you!

Written by Colette Iseminger, MS, RD, LRD of the Grand Forks Senior Center for North Dakota Senior Service Providers, 620 4th Ave South, Grand Forks, ND 58201
c/o Erica Cermak, APT Solutions Erica@aptnd.com Cell: 701-319-6664



We Feed Seniors So They Can Remain Healthy and Independent

North Dakota Senior Service Providers (NDSSP) is a group of agencies that provides services to older adults across the entire state of North Dakota. Older Americans Act Title III Nutrition Programs are some of the services we provide. Funding for this program flows to the state from the federal Administration for Community Living and consists of two primary components:

- **Congregate Nutrition Services** - providing nutritious meals for seniors in a social, group setting
- **Home Delivered Nutrition Services** - providing meals for homebound seniors, also known as Home Delivered Meals and Meals on Wheels

This document provides the highlights and updated usage and cost information for Federal Fiscal Year 2015. Research citations for this "Feeding Grandma and Grandpa" document can be found in the "2015 Feeding Grandpa" document available at www.ndseniorservices.org.

Congregate & Home Delivered Meals Are Cost Effective

Many of the chronic health conditions that result in frailty and disability, loss of independence, and reduced quality of life in older adults are preventable through low-cost lifestyle interventions incorporating proper nutrition and physical activity. Clearly these meals save valuable health and long-term care dollars.



Source: Meals on Wheels Association of America, 2013.

Congregate & Home Delivered Meals Promote Good Health

Nutritional status is closely associated with an older person's ability to function and remain independent. Hospitalized older adults suffer from many adverse effects when malnourished. Nutritious meals, tailored to older adults, reduce the risk of chronic diseases and related disabilities, prevent nutritional deficiency, and improve health over the long term.

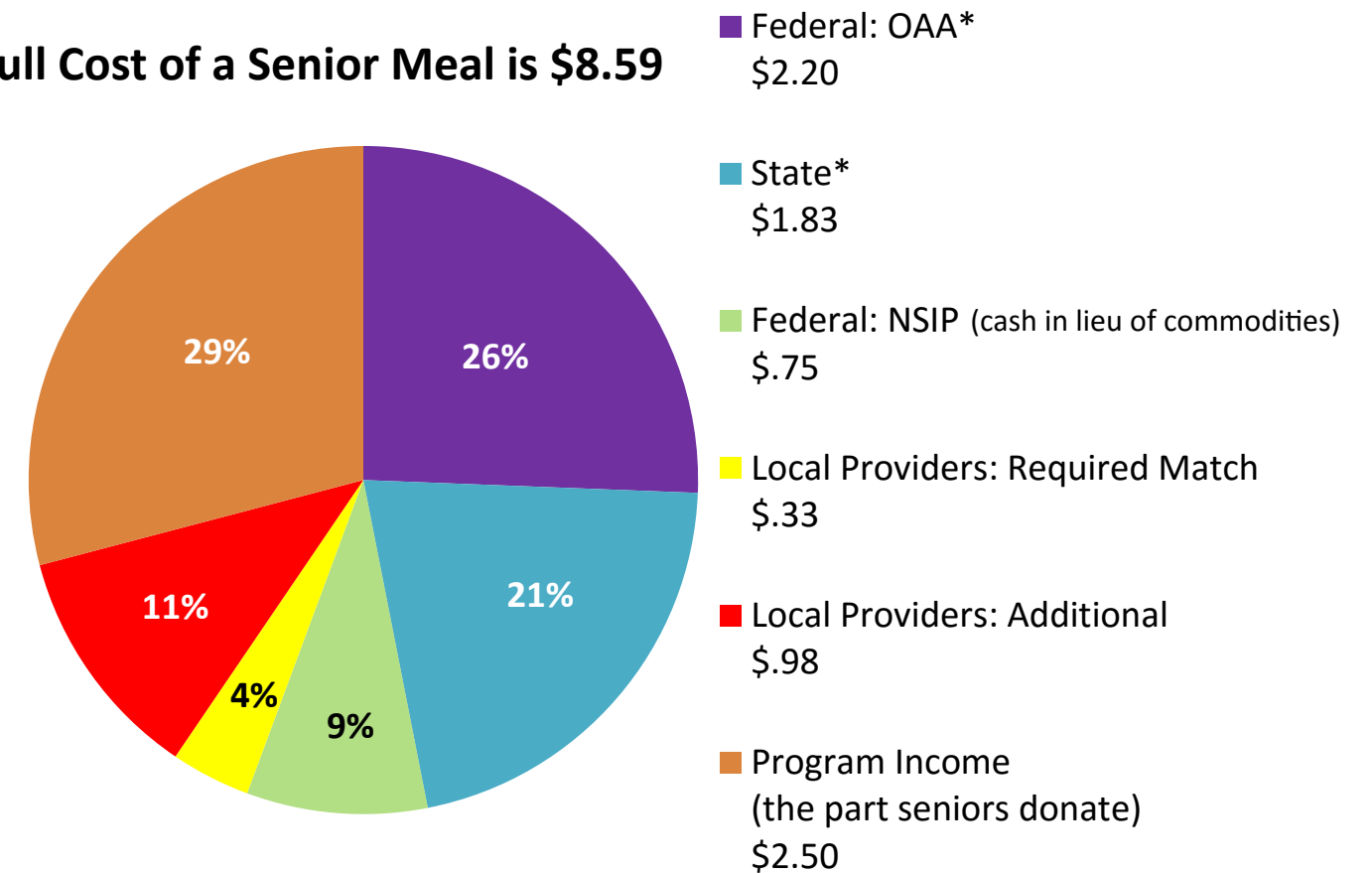
Congregate & Home Delivered Meals Save the State Medicaid Money

These older adults who participate in our nutrition programs have many of the characteristics that make them nursing home-eligible. In federal fiscal year 2015, 183 of the 5,114 home-delivered meal clients scored with 3+ ADL (Activities of Daily Living) limitations AND were Medicaid eligible. This is a conservative estimate of the nursing home-eligible clients receiving home delivered meals. According to the 2015 Genworth Financial cost of care survey, the average annual cost in a North Dakota nursing home is \$100,380. **This means the Medicaid cost to the state for nursing home care for these 183 people would have been over \$18 million in 2015 alone.**

Congregate and Home Delivered Meals Funding is Lagging Behind Ever-increasing Costs and the Long-term Aging of the Population

In 2015 the average full cost to provide a senior meal was \$8.59. Below is a chart identifying where the money came from in 2015 for these senior meals.

Full Cost of a Senior Meal is \$8.59



***IMPORTANT NOTE:** The Federal OAA and State monies are the funds that reimburse agencies the unit rate for the meal. **These two categories add to only \$4.03 a meal and not the unit rate of \$4.60 per meal because there was only enough funding for 88% of the meals to be reimbursed at the unit rate in 2015. If 100% of the meals were reimbursed at the unit rate, these two figures would add up to \$4.60.**