

Fort Bend Senior Citizens, Inc.

1330 Band Rd. * P.O. Box 1488 * Rosenberg, TX 77471 * 281-633-2162*800-643-9654

Our Mission

Fort Bend Senior Citizens, Inc. is committed to helping seniors in their quest to improve quality of life and maintain their independence.

Service Areas

Serving senior citizens age 60 and over living in Fort Bend and Waller Counties, we provide services at eight site locations. These locations are open Monday – Friday 9:00 a.m. – 1:30 p.m.

Fresno	281-431-0776
Kendleton/Beasley	979-531-8315
Stafford/Sugar Land/Missouri City	281-499-2616
Needville	979-793-6000
Richmond/Rosenberg/Orchard	281-633-2162
Simonton/Fulshear	281-533-9400
Brookshire	281-375-5110
Katy	281-391-4414

Volunteer Opportunities

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|--|--------------------------|
| * Arts and Crafts | * Health Screening |
| * Meal Delivery | * Bingo Items |
| * Exercise Classes | * Telephone Assurance |
| * Dancing | * Fund Raising/Donations |
| * Entertainment | * Public Speaking |
| * Educational Speakers | * Clerical Assistance |
| * Assist Seniors with their correspondence | |

Funding Provided by Organizations

- | | |
|--------------------------|--------------------------------|
| * United Way | * Texas Dept of Human Services |
| * Fort Bend County | Community Development |
| * Houston/Galveston Area | * Corporate Donations |
| Council on Aging | * Senior Citizen Contributions |
| * FEMA | * Civic Group Donations |
| * The George Foundation | * Private Donations |

Services Provided to Seniors

Congregate Meals

A program authorized under Title III–C–1 of the Older Americans Act which provides at least one hot or other appropriate meal per day in a grouped setting for five or more days a week. The congregate nutrition program also includes nutrition education and other appropriate services for older people. These meals provide at least 1/3 of the Recommended Daily Allowance of all nutrients required by adults.

Home Delivered Meals

A program authorized under Title III-C-2 of the Older Americans Act which provides at least one home delivered hot or other appropriate meal per day for five or more days a week to older persons who are home bound or from whom congregate meal facilities are not accessible. These meals meet at least 1/3 of the Recommended Daily Allowance of all nutrients required by adults.

Emergency Shelf Stable Meals

An emergency meal to be utilized when the Agency is unable to deliver a hot meal due to emergency weather conditions. This meal has a shelf life of one year and is distributed twice yearly to all home bound and congregate center clients.

Recreation

Programs are provided daily for Senior Citizens who attend the congregate meal program. Recreations available include field trips, arts, crafts, bingo, exercise, dancing, and social holiday events, etc.

Transportation

Provided for Senior Citizens to each site location nearest to them where a congregate meal program is available. Transportation is also available for field trips, shopping trips, medical and social service trips when American Red Cross is not available.

Respite Care

This service is provided to the family of an acutely ill person. A provider is assigned to provide supervision of the elderly to give the overwhelmed caregiver respite (a break from care).

Homemaker (In-Home Services)

Home health aid, visiting and telephone reassurance and chore maintenance, which enables older persons to remain in their homes for as long as possible. They offer an alternative to premature institutionalism. Currently, one of three priority areas designated by the Older Americans Act.

Health Screening

Programs are provided at the congregate sites which include hearing, vision, depression and other health screening on an annual basis to seniors. Also included are nutrition education programs.

Information and Referral

Information is maintained on services available to older individuals. Referrals are made and the information provided to older individuals in need of services and opportunities.

Case Management

A client-service approach to which a single entity is responsible for conducting an initial assessment of clients needs, arranging for necessary services and providing appropriate follow-up.

History of Fort Bend Senior Citizens, Inc.

The Fort Bend County Commissioners Court organized Fort Bend Senior Citizens, Inc. (FBSC) in 1974, which began by serving over 20,000 hot meals to 85 seniors from one site location. The organization was designed to serve the seniors of Fort Bend County under the Older American's Act of 1965. In 1976 the program became a non-profit organization with a volunteer Board of Directors and in 1981 joined the United Way of Texas Gulf Coast.

In 1990, the Houston-Galveston Area Council/Area Agency on Aging (HGAC/AAA) asked Fort Bend Senior Citizens, Inc. to take over the management of the senior citizens' program in Waller county. The organization has evolved over the course of time and is now providing services to over 600 seniors per day from eight site locations (1 site in Waller and 7 in Fort Bend County).

FBSC is the only organization that provides Meals on Wheels to the elderly and frail in Fort Bend County. FBSC provides services to all persons over 60 years of age without regard to income. However, 85% of the clients live at or below the poverty level and the remaining 15% have incomes lower than 200% of the poverty level. Furthermore, FBSC provides a continuum

of care to assist the elderly in improving and maintaining their dignity, independence and quality of life. These comprehensive services and programs enable area senior citizens to remain in their homes and continue to be a part of the community as long as possible.

Service Area

According to the Census Bureau: ACS 2001 Profile, Fort Bend County had a population over 354,000 with 7% of the population 65 years of age or older. Ten percent were prevented from working and below poverty level. Currently, FBSC provides services to 1.2% of the population over the age of 65. If FBSC is to continue to serve its senior citizens or attempt to expand to meet the need of all seniors in Fort Bend County, additional funding efforts are crucial.

Focus on Services

In 2002, FBSC provided over 38,280 congregate meals, over 49,800 meals on wheels, over 10,500 home health care hours to homebound seniors and over 33,000 one way trips for seniors to senior centers and social service appointments. In addition to the over 88,000 meals served, frozen weekend meals were distributed.

In 2002 the agency also delivered two shelf stable meals to each senior participant to use during inclement weather when delivery was impossible. Meals were purchased and delivered for clients who find themselves in temporary emergency situations such as a recent discharge from the hospital. On occasion, frozen meals were provided for week-end meals. FBSC also delivers meals or provides congregate meals for seniors when food is not available due to temporary change in food money available. Although individual circumstances differ, these are typical cases of the elderly needing services and at risk of nursing home placement if they do not receive these services.

FBSC serves over 1600 elderly Fort Bend residents each year. The average Meals on Wheels participant is 78 years old, lives alone and reports needing assistance with at least two independent activities of daily living. The participants for the home delivered meal program must be unable to safely

prepare their own meals. These are the elderly for whom assistance is crucial. The service is provided to spouse caregivers in homes where the caregiver does not receive other respite assistance, often in the homes of married couples where both seniors have health problems. Over 87% of FBSC clients served by Meals on Wheels, have households under \$15,000.

Personnel

FBSC is governed by a Board of Directors made up of dedicated community volunteers. Agency operations are the responsibility of the Executive Director. FBSC is firmly committed to selecting and employing the most competent and qualified person for staff positions. Training is provided annually which includes defensive driving, CPR, food service safety, client assistance and characteristics and needs of the elderly.

Financial Support

A major portion of Fort Bend Senior Citizens, Inc.'s funds come from the United Way of Texas Gulf Coast, the Houston-Galveston Area Council/Area Agency on Aging, Texas Department of Human Services, Federal Emergency Management Assistance and Fort Bend County.

The agency's annual budget for year 2003 is approximately \$1.2 million. The revenue is planned to equal expenditures with approximately \$270,000 from United Way, \$500,000 from HGAC, \$20,000 from Texas Dept. of Human Services, \$50,000 from Community Development Grants and additional money from Fort Bend County, FEMA, private contributions and fund raising.

The Board of Directors and staff are committed to continuing fund-raising efforts to meet the increasing demand for services to the elderly in Fort Bend and Waller Counties. FBSC operates on a calendar year. Financial management is conducted in house and is computerized. An audit performed for 2001 by Fitts Roberts and Co. showed the agency meeting all Federal and funding source requirements including the single audit act.