

LETTER OF INTENT TO APPLY FOR CONTRACT

Under Title III of the Older Americans Act
Fiscal Year July 1, 2025 through June 30, 2026

Summary Sheet

Applicant Agency: Belgrade Senior Center Project Director: Lisa Beedy
Mailing Address: 92 E Cameron Ave Street Address: Same
City, State, Zip: Belgrade, MT 59714 City, State, Zip: Same
E-Mail: lbeedy@belgrademt.gov E-Mail: belgradeseniorcenter@gmail.com

Type of Organization:

☒ City ☐ County ☐ Private Non-Profit ☐ Other (specify): _____

Geographic area to be served: _____

List services to be provided:	Estimated # of unduplicated <i>persons</i> to be served during project period for each service type:	Estimated # of unduplicated <i>units</i> of service during project period for each listed service type:
<u>Home Delivered</u>	<u>100</u>	<u>500</u>
<u>Congregate Meals</u>	<u>200</u>	<u>500</u>
<u>Fitness/Health Program</u>	<u>150</u>	<u>300</u>
_____	_____	_____

Applicant agrees that the project described in this Letter of Intent will be operational July 1, 2025 through June 30, 2026 and certifies that to the best of my knowledge and belief, the information in this application is true and correct and the attached conditions will be complied with if the contract is awarded.

Charity VanKirk

Type or print person authorized to sign

Executive Director of Finance

Title

Greg Tryon

Type or print person authorized to sign

Assistant City Manager

Title

Charity VanKirk

Signature

3/19/2025

Date

T Gregory Tryon

Signature

3/19/2025

Date

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Project Description Sheet

(Please fill out a ***Project Description Sheet*** for each service provided.
Attach additional pages if necessary to complete the following questions.)

1. Service or Project name: **Home Delivered Meals**

2. Provide a description of how your program will spend the Title III funding.

Belgrade Senior Center will use these funds for our Meals on Wheels program. Last fiscal year, we provided 13,741 Home Delivered meals. The city of Belgrade continues to see rapid growth

Noon Delivery: We prepare and deliver hot, nutritious meals to homebound individuals over the age of 60 who are no longer able to prepare meals on their own or are unable to leave their homes due to health issues or concerns. Meals are delivered by dedicated volunteer drivers Monday thru Friday at no expense to the senior center. Volunteers provide their own vehicles and gas to make Meals on Wheels successful. We have 3 separate routes that serve our home delivered meals Monday - Friday.

Weekend Meals & Special Diets: Frozen meals are delivered on Fridays for those who want weekend meals. Special dietary needs are met on a case-by-case basis.

Bulk Meal: Frozen meals are delivered to people 60 and over who live outside the Belgrade city limits if they are unable to pick meals up at the Center.

3. Statement of how your project will coordinate services with other community programs. (Include a description of referral systems.)

The following list reflects resources and sources of referrals for the Belgrade Senior Center demonstrating the collaborative and reciprocal working relationships established in the local community. Many of these agencies work with older adults and refer clients to us for health and wellness, educational programs or home delivered meals. In turn we rely on these organizations as resources to refer our seniors to when their expertise is required.

AARP Tax Aide & Driver Safety	Veterans Administration
Gallatin Garden Club	Galavan
Belgrade Chamber of Commerce	Gallatin Valley Food Bank
First Security Bank	Adult Protective Services
Local School Districts	City of Belgrade
Bozeman Deaconess Hospital	Area Case Management Organizations
Love, Inc.	Gallatin Mental Health Center
Local Home Health Providers	
Urgent Care of Belgrade	
Belgrade Community Library	
MT Gerontology Society	
Montana Nonprofit Association	
Bozeman Health	
Gallatin County Nursing Home	
Habitat for Humanity	
Area IV Agency on Aging	
HRDC	
Rocky Mountain Hospice	

4. Statement of how your project will fulfill the mission of the Older Americans Act. (Include a description of criteria for selection of clients, outreach and targeting activities and how the project fulfills the objectives of the Older Americans Act.)

The mission of the Meals on Wheels program under the Older Americans Act is to provide nutritious meals to homebound individuals over the age of 60. Clients eligible for this program include all senior citizens aged 60 and over who are unable to prepare meals for themselves. We target individuals 60 and over living on limited incomes, living alone with limited family support and coping with multiple health issues. Eligibility: The Meals on Wheels program is open to homebound individuals living throughout the greater Belgrade area. Individuals may call the senior center, fill out the necessary paperwork and have meals delivered to them as needed while they recuperate from surgery or recover from an extended illness. Bulk frozen meal service is available to homebound individuals who live outside the delivery area. Frozen meals can also be picked up at the center.

Goals/objectives of the Meals-On-Wheels program:

To provide nutritious meals to older adults who are homebound because of health issues and lack of transportation.

To have someone check on homebound seniors each day to be sure they are doing O.K

To provide a small amount of socialization each day

To make these homebound seniors aware of other community services that may benefit them

To keep vulnerable older adults out of the assisted living and nursing homes as long as possible

To reduce the incidence of malnutrition in older adults

To provide healthy, diabetic meals for all who need them

To especially target the vulnerable elderly; those on low-income, with little family support, living alone, and with multiple health concerns

To provide meals to individuals in more rural areas who have no access to transportation or resources

To keep the suggested donation as affordable as possible

5. If extra funding was available, what would you do to increase services and how would you plan to spend the money?

We would still like to see Home Delievered meals sent out 7 days a week. We have not been able to make this happen due to increased food and supply costs.

The Older Americans Act requirements state that aging providers are supposed to “target resources from all appropriate sources to meet the needs of older persons with the greatest economic or social need, with particular attention to low income, low income minority, those residing in rural areas, and elders who are disabled and frail. Providers are also required to ensure access to service based on certain economic, demographic and geographic factors.”

6. Please provide letters of support from other local community-based and/or institutional programs, agencies or organizations involved with older adults.
7. List wage range of all employees funded in full or in part by this contract: \$ 22.00 to \$ 30.00.
8. Is this project covered by liability insurance? Yes How much? 1.5 Million
8. How many years has this project received Title III funds: 13
10. Please provide a **detailed** estimated budget for this Title III service for the fiscal year 2025-2026 as follows (list appropriate estimated resources):

PLEASE FILL IN THE FORM BELOW, YOU MAY SUBMIT ADDITIONAL SUPPORTING DOCUMENTATION IF NECESSARY.
(Your expenses should equal your resources)

Expenses:

Personnel and fringe:	<u>59500</u>
Supplies:	<u>7000</u>
Raw food/meals:	<u>27000</u>
Commodities:	<u>2000</u>
Communications:	<u>1000</u>
Utilities:	<u>4000</u>
Repairs/maintenance:	<u>1000</u>
Travel/training:	<u> </u>
Building space:	<u> </u>
Insurance:	<u> </u>
Equipment:	<u>500</u>
Contracted services:	<u>300</u>
Audit:	<u> </u>
Other:	<u> </u>
TOTAL:	\$ <u>102300</u>

Resources:

Area IV Funds:	<u>35000</u>
Project income:	<u>20000</u>
Other Resources:	<u>25000</u>
Cash in Lieu:	<u>2200</u>
Commodities:	<u>2500</u>
Match:	<u>5000</u>
Other:	<u>12600</u>
Other:	<u> </u>
TOTAL:	\$ <u>102300</u>

Application deadline - The electronic application and 2 copies must be received by Rocky before 4 p.m. Friday, March 28, 2025. Applications received after this deadline date will not be considered for funding.

The contractor presentations will be on Zoom again this year.

The date of the Area IV Board Meeting is May 15, 2025 at 9:00am.

Lisa Beedy
Belgrade Senior Center
Belgrade, MT 59714

This letter is written with the intent of support for the Belgrade Senior Center. It is a personal journey that I repeat herein.

In early 2019, my wife was diagnosed with a form of Parkinson's that is always fatal. Things went well until about July of 2023, when the neurological effects started to be expressed. Of necessity, I was a full time caretaker for some period of time.

At about the same time, I started to make use of the center's Meals on Wheels program. This I looked at selfishly as a way to have two meals a week that I did not have to prepare. During this time I came to know the volunteers that delivered the meals. I found them to be genuinely caring people. Each Tuesday and Thursday I would look forward to greeting these volunteers. I feel we became friends and continue to converse when we meet each other.

In August of 2024, my wife passed away. My grief counselors said that I should make an effort to do more social things. As a result, I started attending the lunch meals at the center. At each session, I would join a table and was able to meet new people. I regard the center as a friendly refuge from the mostly indifferent people of the city. On every occasion, I met people that were interesting and sharing, as well as genuinely interested in my well being.

The center is a beacon for elderly people. The people making use of the facility are also making the center their gathering place for friendly companionship and a good experience during the weeks that sometimes get to be long.

I do not know for sure, but perhaps many of the retirees that make use of the center, have had a similar personal experience. I am sure that many regard the center in much the same way.

My sincere hope is that the center will continue to provide the welcoming environment and the full range of activities that I hope to share in the future.

Very best regards,

A handwritten signature in cursive script that reads "Bill Beckman".

W.P. Beckman

March 11, 2025

Jim Marks, Program Director
Area IV Agency on Aging
PO Box 1717
Helena, MT 59624

Dear Jim,

I am writing to share my support in continued funding support for the Belgrade Senior Center Home Delivered Meals and Congregate Meal Programs. Nutrition plays a key role in keeping seniors independent and at home for as long as possible. Aging in place is the most ideal way to age. It is comfortable and maintains independence.

It is great when programs are available to help individuals remain at home, when one piece of independence is compromised. If a senior is experiencing changes: less mobile, forming arthritis or is losing his or her vision, appropriate nutrition may be inadequate. Whether it is short-term or long-term changes, having the option of receiving a daily, hot nutritious meal makes a significant difference. It can help someone maintain their current health level or help someone recover from a short-term illness. What a difference it makes to know someone will be at your home, daily. It is such a comfort, far more than just a meal.

Another fantastic option is the Congregate Meal Program. For some, this means attending five days a week; for others it is specific days. No matter how many attendance days, it is optimal to have social engagements on your calendar. Good nutrition and socialization ward off chronic disease, loneliness, and depression; presenting a better quality of life.

The Belgrade Senior Center's Nutrition Program provides both services. They are vital to the community it serves. Seniors who receive meals or come to enjoy a meal are deeply grateful for what it provides. And providing these services with only three employees is commendable. The Belgrade Senior Center provides essential programs and services that keep individuals active and socializing with others, including the variety of fitness classes offered. Fitness is an essential component of keeping people strong and active as they get older.

I strongly support continued funding for the Belgrade Senior Center Nutrition Program and their Fitness Program.

Sincerely,

Shannon Bondy, Executive Director
Bozeman Senior Center
807 North Tracy Avenue

My name is Ann Lower. I am a member of the Belgrade Senior Center.

I lead an exercise class twice a week and we have between 18-23 people show up. We focus on cardio, major muscle groups, and balance for one hour.

I also deliver meals on wheels once a week. This is a very important program. As I have seen first hand. So many of our citizens depend on the delicious meal, David and kitchen staff produce. There was an incident that happened on my route that I would like to share.

Michael has had a stroke and lives in a ground floor apartment in Belgrade. As I entered the building I heard a faint voice saying "help me please." It was coming from Michael's apartment. I entered his room and found him tipped over with his chair. He had been trying to get out of bed. With his bad side he couldn't push himself back up. With my help we got him back up in his chair. I asked him how long he had been lying there and he said about a half an hour.

I also pick up groceries for people who are house bound. This program is only one that is vital to keeping doors open. I am also involved in a book club at the senior center. Lisa Beedy does an excellent job recruiting more involvement in the Belgrade Senior Center.

Regards,



Ann Lower