

THANK YOU TO OUR CONFERENCE 2025 SPONSORS







VODKA



















































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Welcome to the Heritage Cafe: Bringing More Seniors to the Table

A Title III Nutrition Program of Humboldt Senior Resource Center and ACL Innovation Grant Project





Population 133,994 4,052 Square Miles



A Little About Us

- Humboldt Senior
 Resource Center
 (HSRC) 50 years of
 supporting healthy
 aging in 2024.
- PACE, MSSP, ADH,
 Behavioral health,
 Community Supports
 and our Nutrition and
 Activities Program.
 - Heritage Café
 - Heritage Café Mobile
 - Meals on Wheels Redwood Coast

Why we wanted to make a change

Pre pandemic

Decrease in attendance at congregate sites An increase of the younger Boomer

Pandemic Further Showed

Increased Needs and vulnerabilities
Costs of transportation and food as barriers
Isolation was a silent killer
A need to rethink long term emergency
response and planning.

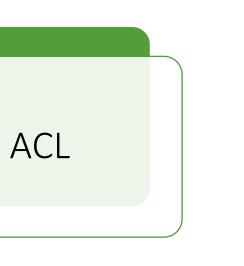


Innovation Opportunity



Encore Café Replication

Nutrition and Aging Resource Center











Needs Assessments

Our First Steps



Asset Mapping



Community Resource List





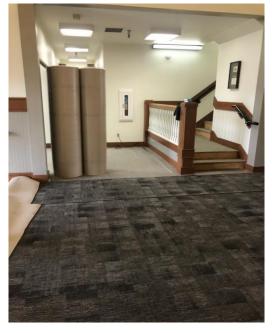


Program Development and Utilization

Staffing

- Hired additional dedicated staff
- Strengthened our Central Kitchen to allow for additional meal production
- Adjusted to producing 700 additional meals
- Addition of Salad Bars
- Increase in congregate dinning





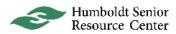




Program Development and Utilization

Remodel/updates

- Updated our central and largest dining room décor
- Updated coffee bar and salad bars.
- Updated uniform to look less institutional



Nutrition & Activities Program

Dear [Recipient	4			
I hope this lette the Humboldt S organization, I I grown up in Ric	DUMSGIOT SENIOR NUIRLIION PROGRAY _AARKIND CORPTITIONOR DATS: Dune 12th, 2023	Environmental Services 707-822-8184	Police 707-822-2428	Recreation 707-822-7091
support its senii Unfortunately, c	NAMES CITY Of Arcata	Finance 707-822-5951	Engineering 707-825-2128	Transportation 707-822-3775
Rio Dell and Sc federal nutrition that I seek your	ACCARSS: 736 F Sirect Arcata, CA 95521			
living in Rio Del	The Board of Directors of the Runbeldt Schlor Resource Center acknowledges with thanks your 2023/2024 contribution of:			March 15, 2022
Our proposal in distribution ever approximately a	Diving hall, kitchen, graft, teer and conference rooms (9,500 square feet at 859/aq. ft monthly).			
Central Kitchen options, are offe	The value of this contribution is <u>\$96,900 annually</u>	Programs		
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arrive prior to the	Tolypue	Heritage Café at the Arcata Community Center, Parkway, in Arcata. HSRC has operated a Senior We have a signed Memorandum of Understanding.		
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Thank you for c	Please wich copies, return the original up:	n & Activities progran s will be a wonderful e	enhancement of	the nutrition
the Rio Dell and community's old	HSRC Nutrition Frogram 1910 California Street	ial interaction are crit Humboldt County.	ical to the healtl	h of the seniors
Warm regards,	Eureks, CA 30501 Retain the copy for your records			
Tasha Romo Director of Nutr				
Humboldt Senic				
This project was suppo Human Services, Wast				

and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL po 1910 California Street • Eureka, CA 95501 • 707-443-9747 • Fax 707-443-3498 • w

Program development and Utilization

Develop Partnerships

- Created and utilized MOUs
- Utilized partnership asks for the community
- Collected letters of support



Choice menu-traditional



Drink Options



Table service



Uniform changes



Updated space

Heritage Café Café Style Dining

Heritage Café Mobile

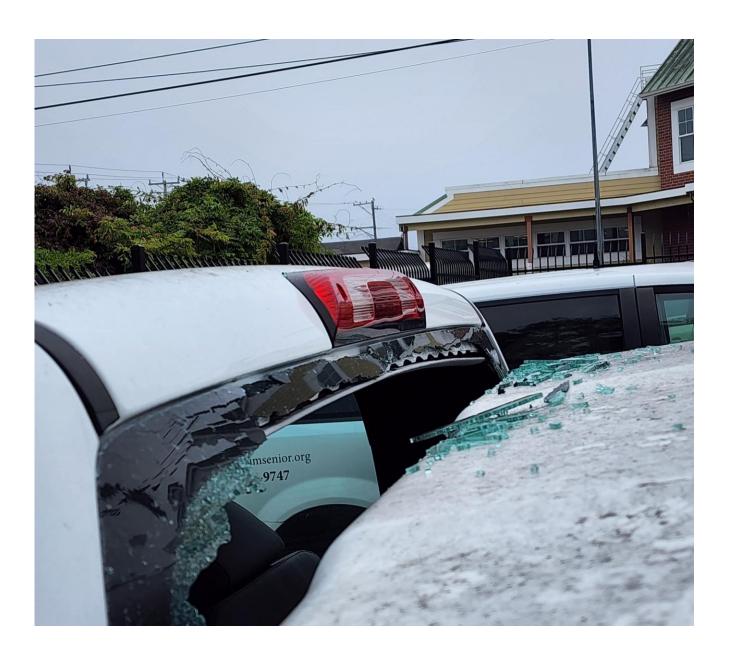
- Meeting people where they are
- Refrigerated vehicle for longer hold times
- 5 meals (flash frozen) each week
- Social worker to provide access and support to services
- Connection opportunities to prevent isolation
- Rural communities/Food desert/no senior dining available in this area





Successes

- The program was over utilized which is both a success and challenge
- We surpassed our projected number of unduplicated participants
- Increased participant donations
- Developed valuable partnerships in our community- expanding our community reach
- Successfully opened 3 mobile pop-up sites
- Implemented café style dining
- Gathered valuable data

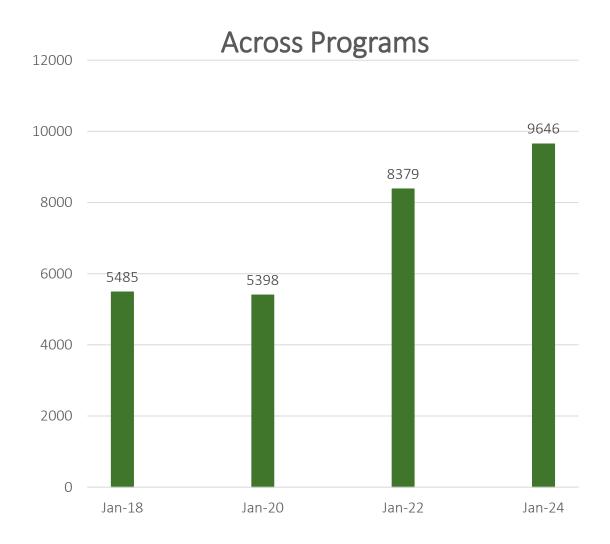


Challenges

- Staffing
- Vehicles
- High utilization = high costs
- Uncertainty of funding

Meals over the Years





Next Steps



Heritage (Virtual) Social Club



More locations



Continue regular data collection



Review and reevaluate

Sustainability:

- Catering
- Funding Development Team
- Diversifying Funding Streams
- Fee For Service Programs

Questions...

Want to Learn more?

Contact us...

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More information available at:

Humboldt Senior Resource Center

https://www.humsenior.org/

The Nutrition and Aging Resource Center

https://acl.gov/senior-nutrition

Learn, Eat and Age Well Podcast https://rss.com/podcasts/learneatagewell/1573354/



MEALS ON WHEELS CALIFORNIA

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