

ACCESS TO CARE

Meal Program to Assist in Reducing Hospital Readmissions

by Roseland Worrell, Executive Director, Suffolk Meals on Wheels, Inc.

Transitioning at-risk patients from the hospital to an empty home and empty refrigerator after critical treatment can land those patients right back in the hospital.

That's where Meals on Wheels can provide a solution to address health outcomes and quality of life for its clients while reducing risks, hospital readmissions and healthcare costs.

Twenty percent of Medicare patients are likely to be readmitted to the hospital within 30 days of transitioning home. Meals on Wheels provides its clients with a service that helps to prevent readmission by:

- improving and supporting patient health and recovery by delivering nutritious meals;
- providing human contact that reduces isolation, depression and anxiety; and
- assessing home environments and addressing threats and risks.

Suffolk Meals on Wheels Executive Director Roseland Worrell attended a healthcare conference with a focus on programs to further reduce patients' readmissions by utilizing meal delivery that addresses the patients' specific diet needs. She learned about Emergency Meals for Needs-Based Recipients, or *Emergency Meals*, and thought it could work for Western Tidewater.

Although not all readmissions are preventable, the *Emergency Meals* program is proving successful. Obici Healthcare Foundation is funding the pilot which functions in partnership with Sentara Obici Care Coordinators.

Emergency Meals are specialized and nutritious and

are delivered to patients at no cost.

Patients treated for chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), gastrointestinal disorders (GI) or pneumonia may lack the tools to eat an appropriate diet following discharge. *Emergency Meals* provides tailored meals

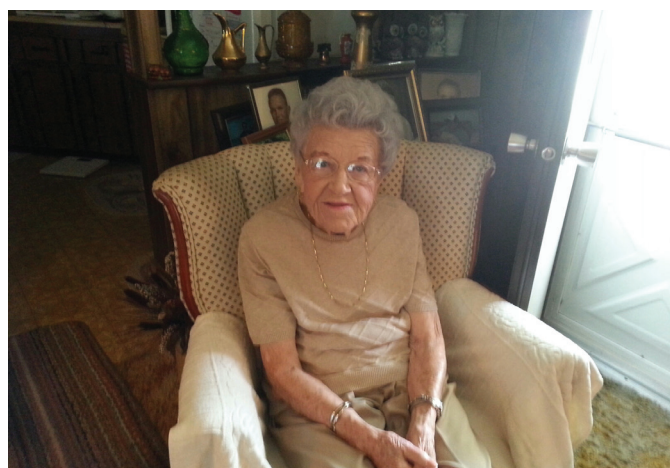
that allow patients to follow their recommended diets and increase their odds of successful recovery.

Sentara Home Health Care, patient relatives and physician prescriptions are avenues used to request the specialized meal delivery on behalf of the patients.

"Meals on Wheels *Emergency Meals* is a program we are pleased to offer our clients as a delicious tool that assists in the prevention of readmission following transitioning home from the hospital," stated Roseland Worrell.

To learn more about *Emergency Meals*, contact Roseland Worrell at 757-934-4911.

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98-year-old Helen Stephenson looks forward to her heart healthy 'Emergency Meal' delivery and visit from Meals on Wheels volunteers.

Tools to Sustain Your Organization

by Diane Nelms, Program Officer, Obici Healthcare Foundation

The Obici Healthcare Foundation enjoys its partnerships with those Western Tidewater nonprofit organizations who meet the Foundation mission and strategic priority areas. Together many impactful programs are created and managed by these nonprofit partners.

Nonprofit grantees are often invited by the Foundation to renew their programs for a total of three years of funding. That's why it is important to begin the essential financial fundraising planning for future sustainability early in the grant request.

Sustainability fundraising suggestions:

- Board giving
- Leveraging the Board to ask others
- Annual giving campaigns
- Fee-for-service
- On-line fundraising
- Governmental grants
- Auctions
- Golf tournaments
- Galas
- B-corps such as thrift shops, bakeries, laundromats and transportation services

Here's a closer look at the suggestions: Board giving is an expectation of nonprofit board service and should be communicated early to new members. Existing board members should raise funds on the organization's behalf.

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Annual giving campaigns, when initially commenced, are successful when multiple giving avenues are offered. But it is shown that at three-quarters through the campaign, donors should only be given one way to contribute instead of many options.

On-line fundraising continues to grow (7.1% in 2015) and is the giving vehicle of millennials.

Special event fundraisers such as auctions, golf tournaments and galas

raise funds and friends. They require heavy volunteer and staff time to execute but are popular with donors.

Nonprofits and fundraising are a team and there are multiple ways in which to raise funds. It is important to choose those activities that meet the specific needs of the nonprofit and its staff capacity.

We wish you much success and hope you find fundraising rewarding and enjoyable for your nonprofit.

Dr. Charles Bullaboy and Marvin Bridges enjoy the Meals on Wheels 2016 Charity Golf Tournament.



LOCAL NONPROFIT HEALTHY MEAL/HEALTHY FOOD SOURCES

Albemarle Commission Area

Agency on Aging

Meals on Wheels Gates County

Contact: 252-426-5753

Foodbank of Southeastern Virginia

Foods to Encourage

(third Friday of each month)

Suffolk Salvation Army, Bank Street

Contact: 757-627-6599

Isle of Wight Christian Outreach Program

Fresh Fruits and Produce for the Disadvantaged

Contact: 757-356-9267

Meals on Wheels Suffolk, Virginia

Home Delivery and Emergency Meals

Contact: 757-934-4911