

PART I - FACE SHEET

APPLICATION FOR FEDERAL ASSISTANCE

Modified Standard Form 424 (Rev.02/07 to confirm to the Corporation's eGrants System)

1. TYPE OF SUBMISSION:

Application Non-Construction

2a. DATE SUBMITTED TO CORPORATION FOR NATIONAL AND COMMUNITY SERVICE (CNCS): 03/09/23	3. DATE RECEIVED BY STATE:	STATE APPLICATION IDENTIFIER:
2b. APPLICATION ID: 23SR254424	4. DATE RECEIVED BY FEDERAL AGENCY: 03/09/23	FEDERAL IDENTIFIER: 23SRGTX012

5. APPLICATION INFORMATION

LEGAL NAME: HIDALGO, COUNTY OF UEI NUMBER: VJCDQFM7W7B4 ADDRESS (give street address, city, state, zip code and county): 2524 N Closner Blvd Edinburg TX 78541 - 6502 County: Hidalgo	NAME AND CONTACT INFORMATION FOR PROJECT DIRECTOR OR OTHER PERSON TO BE CONTACTED ON MATTERS INVOLVING THIS APPLICATION (give area codes): NAME: Sylvia Sepulveda TELEPHONE NUMBER: (956) 383-6240 3932 FAX NUMBER: (956) 380-4324 INTERNET E-MAIL ADDRESS: sylvia.sepulveda@co.hidalgo.tx.us
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6. EMPLOYER IDENTIFICATION NUMBER (EIN): 742234352	7. TYPE OF APPLICANT: 7a. Local Government - County 7b. Local Government, Municipal
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8. TYPE OF APPLICATION (Check appropriate box). <input type="checkbox"/> NEW <input checked="" type="checkbox"/> NEW/PREVIOUS GRANTEE <input type="checkbox"/> CONTINUATION <input type="checkbox"/> AMENDMENT If Amendment, enter appropriate letter(s) in box(es): <input type="text"/> <input type="text"/> A. AUGMENTATION B. BUDGET REVISION C. NO COST EXTENSION D. OTHER (specify below):	9. NAME OF FEDERAL AGENCY: <p style="text-align: center;">Corporation for National and Community Service</p>
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10a. CATALOG OF FEDERAL DOMESTIC ASSISTANCE NUMBER: 94.002 10b. TITLE: Retired and Senior Volunteer Program	11.a. DESCRIPTIVE TITLE OF APPLICANT'S PROJECT: AmeriCorps RSVP Hidalgo-Willacy-Cameron Counties 11.b. CNCS PROGRAM INITIATIVE (IF ANY):
12. AREAS AFFECTED BY PROJECT (List Cities, Counties, States, etc): State of Texas: Hidalgo, Cameron, and Willacy Counties	

13. PROPOSED PROJECT: START DATE: 07/01/23 END DATE: 03/31/24	14. CONGRESSIONAL DISTRICT OF: a.Applicant <input type="text" value="TX 15"/> b.Program <input type="text" value="TX 15"/>
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15. ESTIMATED FUNDING: Year #: <input type="text" value="1"/> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr><td style="width: 20%;">a. FEDERAL</td><td style="text-align: right;">\$ 63,189.00</td></tr> <tr><td>b. APPLICANT</td><td style="text-align: right;">\$ 77,736.00</td></tr> <tr><td>c. STATE</td><td style="text-align: right;">\$ 35,352.00</td></tr> <tr><td>d. LOCAL</td><td style="text-align: right;">\$ 0.00</td></tr> <tr><td>e. OTHER</td><td style="text-align: right;">\$ 42,384.00</td></tr> <tr><td>f. PROGRAM INCOME</td><td style="text-align: right;">\$ 0.00</td></tr> <tr><td>g. TOTAL</td><td style="text-align: right;">\$ 140,925.00</td></tr> </table>	a. FEDERAL	\$ 63,189.00	b. APPLICANT	\$ 77,736.00	c. STATE	\$ 35,352.00	d. LOCAL	\$ 0.00	e. OTHER	\$ 42,384.00	f. PROGRAM INCOME	\$ 0.00	g. TOTAL	\$ 140,925.00	16. IS APPLICATION SUBJECT TO REVIEW BY STATE EXECUTIVE ORDER 12372 PROCESS? <input type="checkbox"/> YES. THIS PREAPPLICATION/APPLICATION WAS MADE AVAILABLE TO THE STATE EXECUTIVE ORDER 12372 PROCESS FOR REVIEW ON: DATE: <input checked="" type="checkbox"/> NO. PROGRAM IS NOT COVERED BY E.O. 12372
a. FEDERAL	\$ 63,189.00														
b. APPLICANT	\$ 77,736.00														
c. STATE	\$ 35,352.00														
d. LOCAL	\$ 0.00														
e. OTHER	\$ 42,384.00														
f. PROGRAM INCOME	\$ 0.00														
g. TOTAL	\$ 140,925.00														
	17. IS THE APPLICANT DELINQUENT ON ANY FEDERAL DEBT? <input type="checkbox"/> YES if "Yes," attach an explanation. <input checked="" type="checkbox"/> NO														

18. TO THE BEST OF MY KNOWLEDGE AND BELIEF, ALL DATA IN THIS APPLICATION/PREAAPPLICATION ARE TRUE AND CORRECT, THE DOCUMENT HAS BEEN DULY AUTHORIZED BY THE GOVERNING BODY OF THE APPLICANT AND THE APPLICANT WILL COMPLY WITH THE ATTACHED ASSURANCES IF THE ASSISTANCE IS AWARDED.

a. TYPED NAME OF AUTHORIZED REPRESENTATIVE: Jaime R. Longoria	b. TITLE:	c. TELEPHONE NUMBER: (956) 383-6240
d. SIGNATURE OF AUTHORIZED REPRESENTATIVE:		e. DATE SIGNED: 04/06/23

Narratives

Executive Summary

The County of Hidalgo proposes to have 485 volunteers who will provide nutrition and food support to the families and children, the elderly, the disabled, and the veterans in Hidalgo, Cameron, and Willacy counties. The primary focus area of this project is Healthy Futures. At the end of the three-year grant, AmeriCorps Seniors will be responsible for providing increased food securities to over 1200 individuals. The AmeriCorps federal investment of \$63,189 will be supplemented by \$77,736 of non-federal resources.

Strengthening Communities

The AmeriCorps Seniors Retired Senior Volunteer Program in the Lower Rio Grande Valley (RGV-RSVP) is sponsored by the County of Hidalgo Community Service Agency in Edinburg, Texas. The Rio Grande Valley is located in the southernmost tip of Texas and is comprised of Hidalgo, Cameron, and Willacy counties. Each county is unique geographically and demographically and lies along the northern banks of the Rio Grande River which separates Mexico from the United States. Cameron County covers 1,276 square miles with a population of 425,457. The city of Brownsville is the largest city in the Rio Grande Valley and is the Cameron County Seat. Willacy County is north of Cameron County and is 784 square miles wide. The smallest of the three counties in area with a population of 21,588 and its county seat is the city of Raymondville. Willacy County is predominately rural with small towns and cities scattered in between agricultural, mining and ranching operations. Hidalgo County is the largest of the three counties, as it comprises the western half of the region at just over 1,583 square miles. The majority of the manufacturing and business operations in the Rio Grande Valley are located in the southern half of this county. The southern area also holds twenty-one of the county's municipalities. The northern end is rural and primarily used for agriculture. According the Community Commons data website, the population in Hidalgo County is 880,356 making it the eighth-most populous and fastest-growing counties in the United States. An estimated 410,103 individuals, 30,000 families and individuals over the age of 65 live below poverty levels across Cameron, Hidalgo and Willacy Counties. According to the article, "Feeding America", in the United States, 1 in 8 people struggle with hunger. Forty-two million people face hunger in the United States including nearly thirteen million children and more than five million seniors. According to the Lower Rio Grande Valley Development Council, 46% of people in the tri-county area do not know where the next meal is coming from. Hunger continues to plague our community, which leads us to our primary focus area, Healthy Futures. The Food Bank of the Rio Grand Valley has become the largest

Narratives

regional, non-religious, charity in South Texas, serving over 76,079 individuals weekly on average with an additional 275 partnering agencies assisting in distributing food in pantries across Hidalgo, Cameron and Willacy counties with 161 unduplicated RSVP volunteers providing service. The Food Bank RGV is the 7th largest food bank in the State of Texas (based on distribution) and 49th in the USA out of the 200 network food banks. The Food Bank of the Rio Grande Valley, Inc. was incorporated in 1986 and has grown to be the largest charity in South Texas based on clients served. Up to 174,600 people in the Valley experience food insecurity. Their vision is to end hunger and support a healthy quality of life in the Rio Grande Valley. It's missions is to passionately commit to improving lives through food assistance, nutrition education, and access to community services. The Rio Grande Valley Food Bank reports approximately 74 million pounds of food was distributed in 2022. In 2022, the RSVP volunteers contributed over 36,533 hours of service in food pantries across the tri-county area. These statistics report a great need among families, seniors, the disabled, and veterans. These individuals find themselves lacking nutritious meals because they often do not have family members to assist them or the means to support themselves. They have income limitations that restrict their ability to afford the highly nutritious food items and they have physical limitations that prevent them from getting out to the store on a regular basis. Many seniors and veterans have special dietary needs to combat a multitude of diseases, but tend to find themselves in situations that pose challenges for maintaining a healthy diet. In 2022, 82 unduplicated RSVP volunteers accumulated over 8,062 hours to helping adult center supervisors feed individuals with home delivered and congregate meals five days a week. As many as 2,456 seniors and veterans from five adult centers receive congregate meals daily. Volunteers help package meals for seniors and veterans annually. Amigos Del Valle, Inc. provides congregate meals to adult centers in the Rio Grande Valley. They provide training to RSVP volunteers on the safe handling of food. Approximately, thirty percent of seniors and veterans have physical limitations that interfere with the appropriate use of utensils, opening their juice, milk and water containers. The impact the RSVP volunteers make on these seniors, the disabled and veterans is evident because it increases social ties and the support created amongst seniors and volunteers as evident by their daily attendance. Without RSVP volunteers it would be close to impossible to meet the demand for food distribution in Cameron, Hidalgo and Willacy counties. Individuals receiving nutritious food assistance through the food pantries increased food security which helps them remain healthy, decrease obesity and deter diabetes. Meals on Wheels in most cases is the only visit a homebound elderly may have which brings hope and security to these lonely residents. The number of individuals (outputs) receiving food from food pantries will be

Narratives

provided to the RSVP staff by the Volunteer Station Managers at each food pantry. The number of individuals (outcomes) that reported increased food security for themselves and their children will be calculated on the data surveys collected by the Volunteer Station Supervisors and provided to the RSVP staff. The number of homebound elderly and the disabled along with veterans who are able to live independently by receiving home delivered meals will be tracked through surveys via telephone. Home delivered meals assures these individuals receive at least one hot, nutritious meal daily. The Satellite Meals on Wheels and Congregate Data Collection Forms provided by the adult day care centers indicate the number of meals provided to seniors, the disabled and the veterans. Also, the number of homebound elderly, the disabled, and veterans who report having increased social ties and/or perceived social support in senior community centers will be reported as outcomes. This data is used by the RSVP Project Director and staff to appropriately place volunteers and is also used for data reporting and progress monitoring. The RSVP Volunteer Group Time Sheet indicates dates and hours volunteers accumulated, which provides the program with hours volunteered verses number of individuals assisted for volunteer placing adequacy. The RSVP Volunteer Data Collection Survey Forms are provided to project personnel at food pantries to report data on the number families, adults, and veterans who met food securities. The aforementioned statistics demonstrates the overwhelming need to help the elderly, the disabled, and veterans.

Description of Diversity, Equity, Inclusion and Accessibility

In the County of Hidalgo, the Hispanic and Latino group are the majority. The 2022 data from the Community Action report indicates the total population in Hidalgo County is 865,677 of which 90% are Hispanic and Latino, 8.19% Caucasian, 0.5% African American and 1.0% Asian. Hidalgo County's Advisory Council is comprised of individuals who represent the communities we serve, and the Advisory Council is consulted regarding the project's activities. The council members participate in supporting the low-income population. Their daily involvement consists of supporting migrant families, support with legal aid, housing, training, and education. One of the members is an officer with the Knights of Columbus and they support the communities by providing medical equipment to the disabled and veterans. Every effort is made to engage all ethnic groups in events conducted by the agency regardless of race, ethnicity, age, gender and socio economic status. To our project, DEIA means to improve the quality of life and to promote self-sufficiency by providing effective, efficient, and comprehensive services to all groups of people through concerted efforts to reach historically

Narratives

marginalized communities.

Available resources are equitably distributed to all eligible individuals through an application process which is available to every member of the community. The agency addresses all ethnicity groups who attend informational events hosted by the agency in Senior Day Cares, residential communities, and community precincts. Local news channels broadcast regularly inviting the public to seek assistance for support with utilities, rent, taxes, mortgage payments, and veteran resources. The Community Service Agency has established a case management program that is intended to educate, and give guidance to individuals working to transition out of poverty and to obtain their goals in a field of jobs that are in demand. In an effort to accomplish their goals the agency provides assistance with tuition, books, certification fees, uniforms, gas card, minor auto assistance, light assistance, and referrals to other agencies. Through these efforts, the agency is able to reach diverse groups of individuals in all communities. The AmeriCorps Senior staff engages in numerous recruitment events that are geared to all members of the community. The Filipino Missionary Families of Christ and the Filipino Chamber of Commerce have held informational sessions with AmeriCorps staff on volunteerism. They provide tutoring sessions in designated areas of the communities where children reside to help the students who are struggling with language barriers. Mount Olive Ministries is a non-profit organization where people of color gather. They support community members in need of shelter, food, and clothing. AmeriCorps Senior volunteers help support their initiatives. Senior Summit Cultural Events are held throughout the year for individuals over the age of 55 where hundreds of organizations gather to engage with diverse groups of senior to offer available benefits. In addition, the agency has remote sites and deploys mobile units though out varying communities in an effort to reach all community members.

The agency's Bravo Zulu Program provides support to veterans. Operation Bravo Zulu is designed to provide temporary financial assistance in the form of electricity assistance to honorably discharged veterans. The program offers up to \$600 in utility assistance for current bills, arrears and security deposits. In addition, veterans applying for this program will be given the option to participate in a comprehensive needs' assessment by a licensed social worker. Based on the assessment, referrals will be made to appropriate agencies that can successfully address those needs.

The agency is committed to continue to recruit diverse members of the community through an equity lens by continuing to make a presence and promote AmeriCorps Seniors in cultural events across the region. The Hidalgo County Community Service Agency (HCCSA) is being charged with addressing poverty. HCCSA sponsors the AmeriCorps Senior Programs in the region. Information was gathered

Narratives

throughout the community via forums, surveys, interviews and focus groups to identify underserved groups. The identified groups who were shown to be underserved were the homeless, LGBTQ, military veterans, migrants and those leaving the penal system. This provided an avenue for the AmeriCorps Seniors program staff to search community members within these identified groups. Through community sponsored events, AmeriCorps Seniors staff work to engage these individuals in service to their communities. The HCCSA will also increase its presence at events where these identified groups gather to inform them about available resources in the community, and to encourage them to engage in community service. The Rio Grande Valley is committed to engage underserved groups through community events that provide awareness. The South Texas Equality Project (STEP) held its first annual Pride in the Park event for all to attend. Other organizations Aqui Estamos, Equal-Open and Free, PFLAG, RGV Trans Support, and the Student Equality Alliance are a coalition of different non-profits and community groups that work with the LGBTQ community. Mt. Olive Ministries, the African American community, has a Memorandum of Understanding with the RSVP program. This is a non-profit organization within the community of color and is now an active RSVP volunteer station since the inception of DEIA. This community site will continue to collaborate with the AmeriCorps Seniors staff to recruit, retain, and to train volunteers to provide service. Their volunteers provide cooked food and clothing to the community at large. The Filipino and the Pakistan communities have non-profit organizations that are in the process of becoming RSVP volunteer stations. The AmeriCorps Senior staff is working diligently to recruit new volunteers for their community organizations. The County of Hidalgo and the County of Hidalgo Community Service Agency will continue to recruit all diverse and underserved individuals in the community to ensure everyone has equal access and inclusion in receiving and providing available services and resources. All individuals will be provided the opportunity to be included in volunteerism across the geographic service area. Our goals are geared towards ensuring all underserved individuals are included and receive equal access to participate in volunteerism in non-profit sites to offer community support by becoming part of AmeriCorps Seniors Volunteer Cohort in our region.

Recruitment and Development

The Rio Grande Valley RSVP project funds 485 volunteers to provide service to our geographic service area in Hidalgo, Willacy and Cameron County. They are respected member of our communities who continue to give of themselves to improve the lives of the less fortunate. The RSVP staff continues to recruit individuals of diverse backgrounds, economic status, race, color, national origin, ethnicity, religion, sexual orientation, veterans, various language proficiencies, disabilities or marital status. Our

Narratives

diverse group of volunteers work diligently to ensure community needs are met across three counties. The volunteer range in age from 55 to 90 years with 25% Caucasian, 70% Hispanic/Latino, 5% are from other ethnic groups and 52 are veterans and families. Generosity thrives in the Rio Grande Valley, Texas and it is one of the reasons for volunteerism. Volunteers will be offered options for flexible shifts, possibilities for both short and long term time commitments, and opportunities for family and couple volunteering. Research will be conducted to locate and attract the baby boomer population in the valley to volunteer. Baby boomers, those born between 1946 and 1964, comprise 77.5 million people which is the largest generation in United States history. As the baby boomer generation begins to retire, it will make up a large resource base that could provide ample volunteers for many years to come. So, we must be creative in the way we communicate the benefits of volunteerism to attract a significant pool of volunteers. This can be done by using data from studies that validate the health benefits of volunteering. The RGV-RSVP does not offer monetary restitution but all volunteers will be provided an experience that cannot be measured in numbers which is a good sense of worthiness and fulfillment. The RGV-RSVP project provides an awareness of the program by presenting at community events, senior events, housing authority offices, geriatric offices, the newspaper, tv-news, flyers, brochures and recruitment items with the new AmeriCorps Seniors logo. These activities are on-going and have proven to be effective. The RGV-RSVP has a director and two full-time recruiters who actively recruit, train, and retain new volunteers in Hidalgo, Willacy and Cameron County. The new recruits are placed in volunteer stations of their choice aligned with their interest and abilities. All volunteers are provided a mutual written assignment description prior to being placed in a volunteer station that has an active Memorandum of Understanding. Each volunteer is provided with RSVP literature which includes a volunteer application, program rules and regulations, a list of prohibited activities, a list of volunteer stations, and RSVP gear to perform their service. Volunteers and stations may refer new volunteers within their communities. A total of 26 RSVP volunteer stations provide service across the tri-county areas which include food pantries, VA clinics, children's hospitals, general hospitals, community service agencies, American Red Cross, community centers, senior centers, information-referral and literacy centers. Volunteer station supervisors monitor volunteers placed at their location. The station supervisors are selected for their dedication and commitment to addressing the needs of their community, and are capable individuals. We assure them that our volunteers placed under their care are not restricted to the tasks originally assigned. Based on the supervisors' confidence in the volunteer, they are asked to supervise the procedures at the volunteer station to empower them even more. The volunteers with the most

Narratives

experience that have shown the most dedication are provided the opportunity to lead. In the station supervisor's absence, we encourage the lead volunteer to step up and lead. Sometimes a volunteer requests a challenge or change of pace and we maximize efforts to find the best opportunity that satisfies them. For the most part, volunteers are placed according to their skills and experience. The RSVP Project Director and recruiters provide information on programs that offer new opportunities to the prospective members during the recruitment phases. The RSVP recruiters provide information about the RSVP project, volunteerism, special projects, disaster task force and volunteer sites and numerous senior sites. It has improved the recruitment efforts and have recruited numerous volunteers on a daily basis. Building a larger corps of volunteers is tied to a more personal recruitment process. As previously mentioned, we strive to recruit volunteers of diverse backgrounds. The RSVP staff present and provide RSVP materials to churches, RV Parks, retirement homes, social clubs like Rotary Clubs, local employers, medical offices, schools and associations such as the Retired Teachers' Association in all tri-county area. These outreach visits and presentations give prospective volunteers the opportunity to ask questions to become informed about RSVP and other non-profit organizations within the community. All for Good.org, Volunteer Match.org, the University of Texas at Rio Grande Valley's Engagement Zone, and the Hidalgo County are websites used by the RSVP staff for recruitment. The Hidalgo County RSVP web-site promote the RSVP program goals and objectives. An RSVP application will be included so interested volunteers have immediate access to the volunteer application, the list of current volunteer stations and the volunteer insurance information. Recruitment is a joint effort by RSVP staff, the RSVP Advisory Council, and current RSVP volunteers. Open lines of communication are an essential part of our day. The RSVP staff, volunteer station supervisors, and volunteers use several modes of communication which include, but are not limited to; telephone calls, teleconference, routine site visits, emails and texting. Our volunteers are provided with contact information via business cards, RSVP flyers, personal cell phone numbers and business/personal emails. The RSVP staff and volunteers communicate regularly and have a sense of a family culture established. Recognition events are a very important aspect of the RSVP project. In order to maintain a large number of volunteers, we have increased recognition and recruitment efforts. Recognition snack baggies of minimal cost are provided to the volunteers on a monthly basis. Very often volunteers are invited for coffee at local restaurants for open discussions and to provide social support to them. The RSVP staff visit all volunteer sites regularly to support the volunteer station supervisors and the volunteers. RSVP volunteers are recognized during AmeriCorps Seniors Week and for Senior Citizens Month with small recognition bags of snacks, t-shirts, or a polo. They

Narratives

are provided with a Certificate of Appreciation and a small recognition award. Recognizing the senior volunteers is an important part of retention efforts. Volunteers are encouraged to participate in Special Project events throughout the year. During Senior Citizens Week, we encourage volunteers to visit children who are patients at the Driscoll Children's Hospitals and the Ronald McDonald House. Volunteers are provided mentors who teach them how to crochet caps, scarves, and blankets for the children. Volunteers learn how to decorate cakes, sew, cook, and grow plants from other volunteers who are experts in their fields. In addition to these activities, we honor volunteers by name and in some cases, photos are publicized in our RSVP brochures which are printed semi-annually and dedicated to the recognition of volunteers for their outstanding work which positively impacts our communities. The RSVP project sends public service announcements of volunteer opportunities to the three county area volunteer stations. Volunteers receive training in accordance with their assigned duties and responsibilities at individual volunteer stations. During the trainings, volunteers are provided with snacks. The RSVP Office has a conference room for training and program development equipped with technology and materials which is used by the RSVP staff, volunteer station supervisors, the RSVP Advisory Council, presenters and the volunteers. The Rio Grande Food bank provides training to volunteers on safe handling of food, civil rights, policies and procedures to name a few. The RSVP volunteers are empowered with knowledge about the RSVP program and the impact of volunteerism in the community. We are maximizing our efforts to train all RSVP stakeholders including volunteers in all focus areas. In addition, RGV-RSVP of Hidalgo County strives to recruit and place additional volunteers who can make an impact in all focus areas: Healthy Futures, Disaster Services and Community Priorities.

Program Management

The County of Hidalgo Community Service Agency's Executive Director provides oversight to the Rio Grande Valley Retired Senior Volunteer Program. The RSVP Director oversees and directs all the program management for the project. The RSVP Director has set systemic structures in place to ensure program implementation complies with the National Performance Measure and are aligned to the RSVP project and community needs. The director has established strong working relationships with the AmeriCorps Seniors Advisory Council, CHCSA Advisory Board, CSA administrators, community agencies, organizations, and city leaders by maintaining positive working relationships based on clear communication and mutual support. To achieve effective program management adherence to program rules and regulation as required, the RSVP Operations Handbook serves as a resource guide to ensure program implementation. The RSVP director conducts staff meetings using

Narratives

program agendas and sign-in documents to plan weekly program initiatives, to perform internal program audits, to plan monthly activities for the project, review the accuracy of staff timesheets and mileage logs, and to review the project budget. The RSVP Advisory Council meets quarterly with the project staff to discuss programmatic and fiscal reports and to elicit suggestions and recommendations on improving the RSVP project. The director provides a program orientation for new and existing volunteers, and volunteer station managers. The Rio Grande Valley-RSVP volunteer stations are non-profit organizations and each of them have a current Memorandum of Understanding. The MOU include duties and responsibilities for the sponsor and the volunteer station managers, and is renegotiated every three years. Individual volunteer station folders include volunteer station supervisor's phone numbers, addresses, emails, MOUs, a list of prohibited activities, non-discrimination documents, ADA compliant documents, 501C3 documents, a list of all volunteer names with phone numbers and addresses, signed and dated volunteer applications, and job descriptions. The job descriptions are created and reviewed by the station supervisors, and the RSVP staff. They are presented, reviewed, accepted, and signed by the RSVP volunteers. The volunteer application requires all demographic information from the volunteer. The application requires age verification of the volunteer using a government issued ID verified by the station manager, and program staff. All information in the volunteer and station folders are under lock and key in the RSVP Office. All inactive volunteer folders and station folders are archived in storage for future access. The volunteer station managers track the volunteer service hours and submit monthly time sheets collected by the RSVP staff each month. The RSVP staff enters all volunteer service hour in the volunteer software using the volunteer service hour time sheets collected from the volunteer station managers. The volunteer data reports are used to review volunteer service time and for data reporting. These established procedures have been instrumental in keeping our national performance measures on target. We have received favorable feedback progress reports in the current years. The RGV-RSVP Volunteer Feedback Form (VSFF) was created to support the volunteer stations during staff visits. The items listed on the VSFF for monthly reviews include: scheduled safety trainings, 501C3, list of volunteer service activities, review of volunteer applications, MOU updates, ADA compliance, client surveys, prohibited activities reviews, and instruments used for data collection. The RSVP Portfolio Manager is the first point of contact when addressing program findings, concerns and/or compliance issues. The goal of the sponsoring agency, and the RSVP Director are to identify new community partners that require volunteer support and service activities aligned to our priority focus areas of the RGV-RSVP project. All Federal Financial Reports and program progress reports are submitted by the

Narratives

sponsor's Division's Manager Accountant. In previous years all federal, state, and sponsor match funds have been expended by the end of the program year. The sponsoring agency's Executive Director, and the RSVP staff work diligently and efficiently to ensure the RSVP project is successful.

Organizational Capability

A system of checks and balances and the governing bodies which include the County of Hidalgo Civil Service Commission Rules, the Hidalgo County Fiscal Division, County of Hidalgo Community Service Agency, the CHCSA's Advisory Board and the AmeriCorps Seniors Advisory Council will provide guidance, sound programmatic and fiscal oversight to the RSVP staff. All stakeholders will access the AmeriCorps Seniors website, the Litmos training portal, the RSVP AmeriCorps Handbook, the AmeriCorps Seniors Final Federal Regulations and the Portfolio Manager as resources for guidance. All staff listed in the grant will undergo a criminal history background check and complete the annual criminal history background checks training provided by AmeriCorps Seniors. All training certificates are kept in the employee's personnel file in the RSVP Office. The AmeriCorps Guide for Quality Assurance and Compliance Monitoring Site Visits document will be consistently reviewed as a guide to ensure day to day operations of the RSVP project are fully enforced. The sponsoring agency's Fiscal Department's written policies and procedures will be used to provide the RSVP staff with guidance on all program financials. The Hidalgo County Human Resources Department assists with personnel management, hiring practices and also assist with the creation of job description that are comparable to county staff positions. The County of Hidalgo Community Service Agency operates a SAGE Fund System that produces all pertinent and required federal, state and local financial reports, accounts payable-receivables, and employee's payroll. The AmeriCorps Accountant will provide the RSVP staff with 3% of the time spend on working and providing fiscal support which include submission of the federal financial and state reports, works collaboratively with the RSVP Director, and the AmeriCorps staff to ensure program compliance, financial accountability, and efficient-effective use of available resources. Contributions will be tracked using an In-Kind Contribution Tabulation Sheet which will be provided to the Fiscal Department detailing the type of contribution and the cost per unit. This document will be signed and dated by the issuing representative, which is then signed and dated by the Executive Director and forwarded to the Fiscal Department for accounting and record keeping. All project staff will adhere to all policies, regulations and accounting principles. Sylvia Sepulveda, the RSVP Director, holds a Master's Degree in Mid-Management and brings forty years of programmatic and fiscal experience, leadership, administering federal, state and local grants, and has been with the RSVP project since March 2017. A written waiver was submitted

Narratives

and approved by AmeriCorps Seniors staff requesting approval for the RSVP director to work with RSVP 70% of the time in order to provide administrative support to the RGV-FGP and SCP Program 15% of the grant period time for each.

Budget Narrative Line Item Descriptions

A. Project personnel salaries and fringe benefits will come from the CNCS share at \$30,238 and from the Grantee Share at \$56,735 totaling \$86,973 for a 9 month period beginning July 1, 2023 and ending March 2024.

The Director's salary is \$51,000 and will be paid from the RSVP fund at (70%), the SCP (15%) and the FGP (15%) for 9 months. The Recruiter's salary will be \$25,138 for each, and they will provide support to the RSVP program 100% of the time. The Accountant is a shared position with RSVP, SCP, and FGP with a salary of \$997 which is (3%) paid from the RSVP budget. The Accountant will provide support to the RSVP project 3% of the time. This calculation is based on the number of volunteer needs, and the number of staff members for each of the programs.

The Director will provide programmatic support to all RSVP, SCP, and FGP staff members and volunteers. The Director will ensure the RSVP grant is implemented with fidelity and transparency, and will work collaboratively with all project stakeholders to promote the project across the geographic service areas. The Director will work under the supervision of the Agency's Executive Director.

The Accountant will work jointly with the agency's Fiscal Division Manager, the RSVP Director, and the Executive Director to implement the budget appropriately. The Accountant will develop monthly and quarterly projections for the projects expenses. Expenditure and revenues reports will be reconciled accurately with minimal errors and provided to Director as needed. The Accountant will complete and file all Federal and State Financial Reports in a timely manner without errors. The Divisions Manager will review all documents submitted by the Accountant to ensure accuracy.

Xiomara Veliz and Samantha Hernandez are the RSVP Recruiter-Managers. They assist with the coordinating of project activities, monitoring RSVP volunteer stations, volunteer trainings, volunteer recruitment, volunteer retention and recognition of volunteers. The recruiters regularly visit volunteer stations to monitor and support the RSVP volunteers. The recruiters maintain records for all

Narratives

volunteers which include the RSVP volunteer application, volunteer job descriptions, prohibited activities documents, and all volunteer station information. They collect data documents, volunteer applications, and surveys from volunteers, stations and clients served. The recruiters utilize the volunteer reporter software to record volunteer hours, demographics and other data. They communicate with partnering agencies and work collaboratively with volunteer station managers. Volunteer stations are developed and managed through personal contact with the RSVP Director, Recruiters, non-profit organizations personnel, and the volunteer station supervisors. The Memorandum of Understanding is reviewed and updated when necessary by the staff and the volunteer station managers. Data documents have been created by the project staff in an effort to track project outputs and outcomes, demographics, and other performance indicators in order to verify and validate data used to meet reporting requirements and national performance measures. All new volunteer stations will have a current MOU signed and dated before the placement of volunteers. Each station will have an identified station supervisor who will be trained by the RSVP staff. The RSVP staff will visit with station supervisors to ensure the safety of all volunteers is a priority, to monitor volunteer job descriptions, and to review volunteer service hour reports.

B. Fringe benefits in the amount of \$30,872 are itemized in the budget narrative, Section B. The cost to the CNCS share is \$20,961 and the Grantee Share is \$9,911. The total cost for fringe benefits are for a 9 month period. The calculations of all fringe benefits are comparable with the county's and state fringe benefits costs, and are paid according to each employee's salary. FICA is paid out a 7.65%, Health Insurance for each employee is \$736 monthly, Retirement is 7%, Life Insurance is \$3.63 a month, Workers Compensation is .0021%, and Unemployment Insurance is .0005%.

C. Project Staff Travel

Local travel will be paid out only to RSVP staff traveling between Hidalgo, Willacy and Cameron counties to provide support to the volunteers, the volunteer station managers, to recruit volunteers, to attend community events, to train volunteers, etc. The RSVP staff use personal vehicles to travel and are paid \$0.655 per mile which is the state and county rate. Based on travel history the Director will incur approximately 343 miles and each recruiter will incur approximately 446 miles in 9 months. Local staff travel encompasses all the southern region border covering three counties. In addition, they will travel to train, meet volunteers, visit volunteer stations, and recruit at different sites throughout the region. Volunteer stations are visited regularly by staff to monitor the progress. Long

Narratives

distance travel is used to attend state and national AmeriCorps Seniors training to enrich the program's overall operations. The cost of long distance travel per diem is based on the state's per diem and mileage rate.

D. Long Distance Travel

The Director will incur costs for long distance travel in the amount of \$3,027 to include the State and National Conference training for professional growth, and to collaborate with other directors. The costs for the conferences will be aligned with the Hidalgo County Travel Policy and comparable to the state rates. The costs incurred will include meals, lodging, transportation, and the conference registration fee of \$150. The cost of long distance travel per diem is based on the state and county per diem and mileage rate at .655.

E. Supplies

All essential office and janitorial supplies will be for program use and are necessary to implement the program's daily operations. Every effort will be made to purchase items that are allowable and reasonable based on the program's rules and regulations. Essential office supplies are necessary for program implementation and to be used on a daily basis by the staff. Ink cartridges are required for staff office printers for program use.

I. Other Volunteer Support Costs

Telephone and Internet Service for program use will cost \$10 a month for 9 months. The annual subscription for the volunteer software is \$300 annually. This software is used to track volunteer hours, number of volunteers, the number of volunteer stations and other demographic data used for program reporting and planning. The Accounting software fee is \$750. This software is used by the Fiscal department to manage the project funds and for reporting purpose. The project incurs an annual audit flat fee of \$750 annually. The annual audit is a requirement of the project, and the cost incurred is \$850. The Director's Texas Senior Corps Association Membership is \$50 and the National Senior Corps Association Membership is \$125. The membership allows the director to interact and train alongside other directors and AmeriCorps staff across the country. The office copier is leased and has a cost of \$30 a month which is based on the number of staff and copies incurred by the program. The Criminal History Background Checks are a program requirement. The state and NSOPW checks cost the program \$28 (Truescreen) and the federal fingerprinting (Fieldprint) costs are \$30 per person.

Narratives

The RSVP staff is compliant with all criminal history checks. The total cost for CHCs for one individual is \$58. The RSVP office incurs network and hardware maintenance cost for the office copier. The cost to the program is \$10 a month for 9 months at a total cost of \$90.

Section II. Volunteer Expenses

A. Other Volunteer Costs

Meals and snacks are provided to volunteers, and volunteer station managers during trainings and meetings. The snack may consist of coffee, water or juice, a cookie, candies or chips. Snacks are also provided to volunteers while attending Recruitment Events throughout the grant year. Uniforms are t-shirts or polos provided to volunteers to wear during service hours. Volunteers pride themselves when they wear their AmeriCorps branded uniform. Uniforms are a favorite for volunteers and all branded uniform gear is used by volunteers to promote and provide an awareness of AmeriCorps Seniors during service hours. Supplemental accident and auto liability insurance is provided to volunteers while providing service. Supplemental accident, liability, and excess auto liability insurance is a requirement for RSVP volunteers. The average cost of the insurance for 125 volunteer is approximately \$4.10 per volunteer at an annual cost of \$513. Recognition funds are used to purchase items to recognize volunteers on a monthly basis. They are provided AmeriCorps branded snack bags with candies, cookies, and chips. This is provided to all volunteers throughout the geographic service areas while volunteers and volunteer station managers visit with recruiters. In addition, volunteers are awarded an award, or a certificate for their participation in the AmeriCorps Seniors RSVP project. All this is done in an effort to motivate and encourage volunteers in service. The RSVP staff orders AmeriCorps Seniors branded recruitment items. AmeriCorps Seniors branded promotional items are of minimal cost with the project's contact information printed on them. The cost to print the AmeriCorps logo on recruitment items is approximately \$385, and the freight cost for shipping the items is approximately \$319 annually. The recruitment items are provided to community attendees during recruitment events and are purchased in bulk to maximize the budget funds. All recruitment items have the project's contact information printed on them with the AmeriCorps logo. All other community events will be attended by the RSVP staff for recruitment purposes at no cost. Our South Texas region has a large number of Winter Texans who come to the valley to live during winter seasons in their states. The Winter Texan Expo is a recruitment event where the RSVP staff participate for recruitment purposes. Personal Protective Equipment is provided to volunteers during service hours. Volunteer stations require volunteers to wear protective equipment to ensure the safety and well being

Narratives

of all staff and volunteers. Items such as face coverings, gloves, and sanitizers are provided to volunteers.

The AmeriCorps Seniors Advisory Council is comprised of 6 members representing all three counties served. The men and women serving on the Advisory Council diversely represent the demographics of the geographic service area. The council members review financial reports, provide programmatic guidance, attend the advisory council meetings when scheduled and assist with RSVP projects and fundraising. The RSVP staff archives advisory council meetings agendas, presentation documents, sign-in sheets, list of current members and meeting minutes. The RSVP director is an active Texas Senior Corps Association RSVP Vice President, and a member of the National Senior Corps Associations. The Texas Senior Corps is the leading senior volunteer service partnership for solving community problems, strengthening communities, and building the capacity of non-profit organizations in Texas. TSCA hi-lights special events across the state in collaboration with RSVP projects. The RSVP staff will attend AmeriCorps Seniors, Texas Senior Corps and other RSVP program sponsored training to continue to grow professionally and learn about RSVP firsthand from their staff. All the aforementioned resources have made the project the success it is today. The RGV-RSVP project staff is committed to implementing the RSVP grant with fidelity and full transparency to ensure the accomplishments of the program objectives are met.

Other

Cost-Effectiveness and Budget Adequacy

323 out of 485 volunteers will be engaged in the Primary Focus Area Healthy Futures service activities of the Rio Grande Valley RSVP project. With the \$63,189 federal funding provided from CNCS, the state and sponsor match, the geographic service area's RSVP volunteers will improve the lives of community members by providing hours of service in food pantries, hospitals, VA clinics, museums and children's hospitals. Dedicated RSVP staff members will implement the RSVP project with fidelity and full transparency to meet the projects goals. The County of Hidalgo Community Service Agency will provide the grantee match of \$42,388 secured cash funds and the state will provide \$35,352 proposed funds for a combined total of \$77,736 of non-federal funds. The combined total budget for this RGV-RSVP project is \$140,925. The RSVP staff will be committed and dedicated to the overall management of the RSVP project. All RSVP staff will undergo the required state and federal fingerprinting and be cleared through the National Sex Offender's website using Truescreen and FieldPrint. All measures will be taken to ensure cost-effective practices and budget adequacy is in

Narratives

compliance with all costs requirements established by AmeriCorps Seniors and the County of Hidalgo Community Service Agency's Fiscal Department policies and procedures. In the RSVP budget narrative all allowable and reasonable costs will be separated by source and differentiated by purpose whether the costs are to cover costs of volunteer expenses or volunteers support expenses to benefit the project's operational effectiveness, and to meet the program's output and outcome targets.

Evaluation tools for the RGV RSVP program:

The RGV Retired Senior Volunteer Program staff uses the Logic Model to evaluate output and outcome measures for the project. The Logic Model is a detailed visual representation of our program and its theory of change. It depicts how the program works with relations to inputs, activities, and outcomes for the program objectives and performance measures. This model provides a visual trajectory for the project and generates a clear understanding of how the project works. This evaluation tool has been used to train staff and stakeholders to present the overall needs, growth, and improvement of the RSVP project.

The RSVP community needs research and the specific work plans include the output and outcome data of each performance measure. Data documents were created to evaluate the project's needs and are currently being utilized to collect and disaggregate data for progress reporting, program monitoring, and improvements.

All data collection files are archived in the RSVP Office on a monthly basis. The data document collections for congregate meals (C1), and home delivered meals (C2) are used to monitor the number of individuals receiving food on a daily basis. The C1 and C2 surveys are used to collect data on the impact this service has made on the elderly, the disabled, and the veterans. The access to care data document is used to count the number of individuals receiving services in the Access to Care and Aging in Place objectives. The survey is also collected on a monthly basis to report the impact of the volunteer service. The Obesity and Food (food pantries) data collection document is used to measure outputs and outcomes on a monthly basis. This document identifies the number of individuals receiving food securities. The Obesity and Food survey measures the impact the volunteer services are having on the individuals receiving food. All surveys are anonymous. You can find all the data collection forms and surveys within the workplans.

The Volunteer Station Feedback Form created by the project is used to measure performance at the individual volunteer stations. Each VSFF form is completed by the RSVP recruiters when conducting station visits. It identifies needs and addresses immediate concerns the volunteers, and the station

Narratives

managers may have. This provides an avenue for collaboration and support between the RSVP project staff, the volunteers, and the station managers. The VSFF form is also used as a supplemental document when recruiters submit the mileage log for reimbursement.

The RSVP project will continue to use high quality system models such as the Logic Model every grant period to measure positive project growth.

PNS Amendment (if applicable)

NA

Performance Measures

Primary Focus Area: Healthy Futures
 % of Unduplicated Volunteers in Work Plans that result in Outcomes: 71%
 % of Unduplicated in the Primary Focus Area: 67%

Performance Measure: 1.1 Nutrition/Food Support			
Community Need to be Addressed:			
<p>Hidalgo County records indicate approximately 410,103 individuals live under the poverty level. An average of 30,000 families in the three geographic service areas rely on the Rio Grande Valley Food Bank and its food pantries to supplement their dietary needs on a weekly basis. According to "Feeding America" in the United States, 1 in 8 people struggle with hunger. The Food bank of the RGV reports it is the largest regional charity in South Texas, serving 74,000 people weekly on average. With a record of 275 partner agencies assisting in distributing food in pantries across Hidalgo, Cameron and Willacy counties. 72 million pound of food are distributed through the year. The RGV Food Bank distributed nearly 1 million pounds of food, water and cleaning supplies to 40,000 flooding survivors in the month of June and July. (www.foodbankrgv.com) The RGV RSVP projects has 186 unduplicated volunteers in 9 food pantries across the valley. RSVP volunteers assisted in providing food and nutritional information to individuals. The local food pantries would not be able to meet the demand for food distribution in the valley. Individuals receiving food assistance through the food pantries have increased food securities which helps them remain healthy, decrease obesity and deter diabetes. The RGV Food Bank distributed over 2,461,935 meals. In 2022 the RSVP volunteers reported approximately 36,533 hours of volunteer service time to distributing food to seniors, the disabled, adults and children, and veterans and families from within twelve food pantries in the valley consistently every week. The RSVP volunteers have been instrumental in providing food securities to individuals in the valley.</p>			
Focus Area:	Healthy Futures	Objective:	Obesity and Food
			Number of Volunteer Stations: 9
Anticipated Unduplicated	186		
Anticipated Volunteer	186		
Service Activity:	Nutrition/Food Support		
Service Activity Description:	RSVP volunteers provide food to individuals on a weekly basis in the 9 food pantries across the valley all year long. They delivers, sort and stock food weekly for distribution to children, adults, seniors, homeless and veterans. They log their volunteer hours on a timesheet and forward it to the RSVP Office.		
Anticipated Target:	1200	How Measured:	Tracking System
Instrument Description:	The RSVP Volunteer Station Food Pantry Data Collection Form is provided to the RSVP recruiters by the food pantry station supervisors		
Anticipated Target:	975	How Measured:	Tracking System
Instrument Description:	The RSVP Client Survey is used by the RSVP staff to survey individuals receiving food on a monthly basis.		

Performance Measure: 3.1 Disaster Recovery			
Community Need to be Addressed:			
<p>The American Red Cross in Harlingen and McAllen, Texas along with the RSVP volunteers have been instrumental in serving the residents of the Rio Grande Valley with recent floods. More than 86,000 individuals and approximately 1015 individuals benefited from services provided from the</p>			

Performance Measure: 3.1 Disaster Recovery			
<p>American Red Cross and the support of the RSVP volunteers. Each year, the American Red Cross and volunteers assist valley residents during disasters by assessing damages, providing shelter, working on vouchers for food, room and board, groceries and clothing. Training is provided to the RSVP volunteers on CPR, first aid, safety, feeding and working with individuals to assist with recovery. In 2022, 20 RSVP volunteers provided approximately 3,863 service hours and participate in mock activities to prepare for disaster recovery with the American Red Cross.</p>			
Focus Area:	Disaster Services	Objective:	Disaster Assistance Provided
			Number of Volunteer Stations: 1
Anticipated Unduplicated	20		
Anticipated Volunteer	20		
Service Activity:	Disaster Recovery		
Service Activity Description:	<p>The RSVP volunteers participate in disaster recovery training and are prepared to support individuals who require assistance during a natural disaster. They provide clothing and food to victims of disasters, help locate shelter for victims of flooding, they train alongside local volunteer agencies for disaster preparedness, they help with telethons so residents can donate to victims of disaster, and they attend trainings with local volunteer agencies all year to ensure community members recover.</p>		
Anticipated	D1A: Number of individuals served		
Target: 1015	How Measured: Tracking System		
Instrument Description:	The American Red Cross provides the number of individuals receiving disaster recovery assistance to the RSVP staff for data reporting.		
Anticipated	D5: Number of individuals reporting increased disaster readiness		
Target: 725	How Measured: Tracking System		
Instrument Description:	The American Red Cross provides the RSVP staff with a number of individuals who reported increased disaster recovery support and or readiness.		

Performance Measure: 5.1 Nutrition/Food Support	
Community Need to be Addressed:	
<p>Hidalgo County reports over 35,000 individuals over the age of 65 live below the federal poverty levels. The Rio Grande Food Bank reports 72 million pounds of food was distributed in 283 food pantries. The RGV Food Bank reported 26,915 volunteer hours were clocked by volunteers assisting in food pantries across the valley. 105 RSVP volunteers accumulated 8,062 hours supporting seniors and veterans in seven community centers in the valley. They help senior center supervisors feed individuals with home delivered and congregate meals 5 days a week. Over 500 seniors and veterans receive congregate meals daily at approximately 200,000 meals a year. Volunteers help packages congregate meals and also serve meals to seniors in the centers. These statistics create a great need among seniors, the disabled, and veterans for adequate daily nutrition intake. Seniors and veterans have special dietary needs to combat a multitude of diseases, but tend to find themselves in situations that pose challenges</p>	

Performance Measure: 5.1 Nutrition/Food Support

for maintaining a healthy diet. The valley seniors and veterans find themselves lacking nutritious meals because they often do not have family members to assist them or the means to support themselves. They also have income limitations that restrict their ability to afford the highly nutritious food items and may have physical limitations which prevents them from reaching the store on a regular basis to purchase provisions such as fruits, vegetables, grains, dairy and protein. RSVP volunteers afford this critical basic need to seniors and veterans across the valley in senior centers. Amigos del Valley Inc., a federally funded meal program for the elderly, provide congregate meals to seniors in adult centers manned by RSVP volunteers. They also provide training to the volunteers on the handling of food and safe meal preparation tips.

Focus Area: Healthy Futures Objective: Aging in Place Number of Volunteer Stations: 7

Anticipated Unduplicated 105

Anticipated Volunteer 105

Service Activity: Nutrition/Food Support

Service Activity Description: Volunteers in the Senior Community Centers provide elderly and veterans with congregate and home delivered meals. They help package meals to deliver to the elderly and they also help prepare congregate meals for the elderly and veterans who attend the senior centers on a daily basis Monday thru Friday. They encourage the elderly to exercise and participate in activities to keep them living independently, and to increase social activity.

Anticipated H4A: Number of individuals served

Target: 571 How Measured: Tracking System

Instrument Description: The senior center managers provide the RSVP staff a data collection document on the individuals served daily.

Anticipated H14: Number of caregivers who reported having increased social ties/perceived social support

Target: 450 How Measured: Tracking System

Instrument Description: The RSVP Data Collection Form is used to track the number of seniors who report having increased social ties and perceived social support. This RSVP Recruiter Managers work closely with station managers to complete the data collection documents for data/progress reporting.

Performance Measure: 6.1 N/A

Community Need to be Addressed:

142 RSVP volunteers are providing services at the Weslaco Bi- Cultural Museum, Brownsville Driscoll Children's Hospital, McAllen Driscoll Children's Hospital, and the Mission Hospital provide service to children and families. The volunteers have been serving the local hospital for over 30 years. They make a difference by providing a nurturing and caring presence.

The Information and Referral Centers serve as a one stop shop for community members who require assistance with available community resources.

The RSVP Special Projects volunteer group attend training on disaster relief, recovery and health issues plaguing our communities during the All

Performance Measure: 6.1 N/A			
Hazards Conference of South Texas. Volunteers help promote and assist volunteers for National Days of Service Activities within the communities.			
Focus Area:	Other Community Priorities	Objective:	Other
			Number of Volunteer Stations: 6
Anticipated Unduplicated	142		
Anticipated Volunteer	142		
Service Activity:	N/A		
Service Activity Description:	<p>In the children' s hospitals volunteers provide a homelike atmosphere for parents who need a break from the hospital environment. The room is equipped with a kitchen, seating area, shower, laundry facilities, and three bedrooms for private napping. In the museum, the RSVP volunteers serve as tour guides, assist at the gift shops, and distribute materials/information to children and to the general public. They role play for students on special events, provide stories on artifacts, set up displays, label displays, login in and archive new artifacts, take pictures and label items by chronological order. In the hospitals, the volunteers assist at information desks, mentor student volunteers, provide newspapers and magazines for patients, transport patients to and from rooms, serve in the gift shops and assist with wellness fairs. In the Information and Referral Centers RSVP volunteers provide literature on the available resources for low income households, assist with filling our applications, provide information on nutrition, healthy habits and diseases. They support the community with back to school supplies and attend community fairs to provide literature to community members on community resources. RSVP volunteers gather a make red bows for the wreaths that are laid at the RGV State Veteran' s Cemetery, provide information on Martin Luther King Day to students and community members. They make goody basket for first responders on 911 and celebrate Veteran' s day with recognition gatherings.</p>		
Anticipated	SC1: Grantee met their target for community priority activity (Yes/No)		
Target: 1	How Measured: N/A		
Instrument Description:	The volunteers station supervisors provide timesheets for volunteer service hours, and they provide them to the RSVP staff for data reporting.		
Anticipated	- - No outcome selected- -		
Target:	How Measured:		
Instrument Description:			

Performance Measure: 7.1 Referrals

Performance Measure: 7.1 Referrals

Community Need to be Addressed:

In the Rio Grande Valley, an estimated 195 adult day cares provides assistance to the elderly and veterans. Local public health researchers have documented diabetes rates approaching at 30 percent, compared to 11 percent statewide, as well as elevated rates of blood pressure, or both at once. Those conditions make daily life difficult, but don't require hospital admissions, making it common for doctors to approve home and personal health care aids instead even for relatively young seniors in the 60s. Due to recent changes in health coverage, many of our seniors and veterans have either inadequate or excessive coverage which may impact the quality of their healthcare. These counties have a great need for providing information to seniors on access to health care, health insurance and health benefit programs. Early detection and changes in lifestyle can reduce the prevalence of obesity and diabetes for the elderly. These measures can save lives. Volunteers provide presentations and distribute thousands of pieces of information on health care, health insurance and health benefits to educate seniors and veterans about risk factors and health screenings throughout the valley. Approximately 958 seniors and veterans receive health information from volunteers in an effort to improve healthy life style changes. Volunteers work closely with local agencies and non- profit organizations to reach out to as many seniors and veterans as possible so they can all receive adequate access to care. The RSVP volunteers disseminate information on diabetes, brochures on healthy eating, health insurance, Medicare and scam frauds, and encourage the seniors to exercise. In 2022, 32 unduplicated volunteers provided over 11,000 hours in service. The volunteers provide access to care in three volunteer stations across the tri- county areas.

Focus Area: Healthy Futures Objective: Access to Care Number of Volunteer Stations: 3

Anticipated Unduplicated 32

Anticipated Volunteer 32

Service Activity: Referrals

Service Activity Description: Clients receive information on available community resources.

Anticipated H4A: Number of individuals served

Target: 958 How Measured: Tracking System

Instrument Description: The volunteer time sheets provide the volunteer names and the number of volunteer hours. The station managers provide the time sheets to the RSVP recruiters on a monthly basis.

Anticipated H17: Number of individuals with increased health knowledge

Target: 853 How Measured: Tracking System

Instrument Description: The volunteer station managers report the number of clients served to the RSVP recruiters on a monthly basis.

Required Documents

Document Name

Status

Applicant Operational and Financial Management Survey (OFMS)

Already on File at CNCS

