

HOT MEALS FOR SENIORS

BỮA ĂN NÔNG CHO CAO NIÊN



Program Final Report

THE PROGRAM AT A GLANCE

The Hot Meals for Seniors Program (HMFS) led by the Golden Age Village for the Elderly was executed in 3 rounds: April - June 2020, September - October 2020, and January - February 2021. This report focuses on the second and third rounds that were entirely funded by the federal government COVID-19 Emergency Community Support Fund (ECSF) distributed by United Way Greater Toronto.

During 12 weeks, GAVE provided 3308 free meals to more than 380 Vietnamese seniors living in the GTA, many of whom are faced with physical, language, and financial barriers. By partnering with 7 Vietnamese restaurants and local businesses, GAVE provided Vietnamese meals that not only alleviate food insecurity among Vietnamese seniors, but also anxiety and loneliness brought by COVID-19.

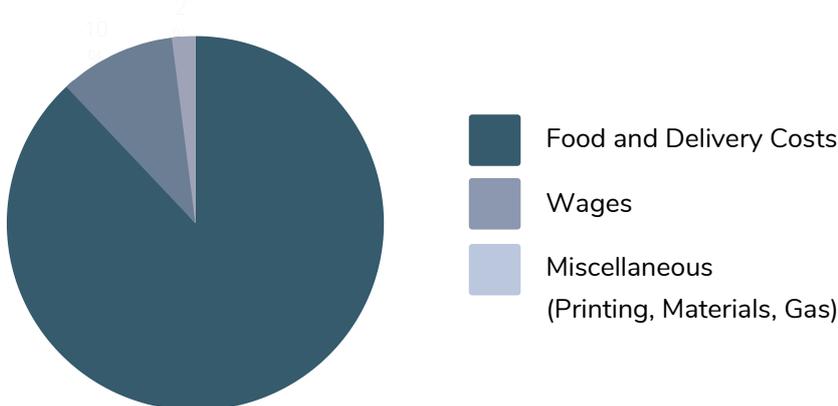
7 PARTNERING RESTAURANTS

| | |
|------------------|----------------|
| Phở 90 | Phở Metro |
| Hà Nội 3 Seasons | Tâm Restaurant |
| Phở Mì Việt Hoa | Saigon House |
| Phở Tiến Phát | |

3 GTA REGIONS

The HMFS had 380 Vietnamese seniors living in Toronto, Peel, and York region. Most of these seniors live alone in community housing, without the care of family.

BUDGET BREAKDOWN



Total ECSF funding: \$74,624



RESULTS

- **DELIVERABLES:**

- The second and third round of the HMFS program runs from September to October 2020 and January to February 2021, in total 12 weeks
- 3308 meals and 3000 copies of newsletters were delivered to more than 380 seniors in the GTA
- 9 newsletters covering information about health and wellness, COVID-19, mental health, safety,... in Vietnamese.

- **WE CONDUCTED A SURVEY AT THE END OF THE PROGRAM, WHICH SHOWS:**

- 93% of seniors said the program helped alleviate food insecurity
- 97% said the meals and weekly calls alleviates loneliness and anxiety due to COVID-19
- 96% said the weekly newsletters provided helpful information.

At the end of the program, some seniors reached out to make a one-time or on-going monthly donation.

WHAT WE LEARNED

The most vulnerable seniors are the hardest to reach:

- Vietnamese seniors who have physical or mental disabilities, and live in isolation do not have access to newspapers or social media.

Community connections are crucial for emergency relief programs:

- We rely on the community to identify and reach out to vulnerable seniors who live in isolation.
- Some seniors only learned about the HMFS program through friends and family.

Phone calls and mails remain the best way to reach our seniors:

- Many of the seniors do not have computers and smartphones, so they don't have emails or social media accounts
- Phone calls and mails are the most effective way to communicate with them

SUPPORTED BY



May 18, 2021

The Golden Age Village for the Elderly - Tuoi Hac Village
(Làng Dưỡng Lão Tuổi Hạc Ontario)