



# AAA NUTRITION UPDATE

Strengthening partners and  
empowering communities with  
solutions for healthy aging.

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**Kathryn English, Operations Manager**  
Area Agency on Aging of the Panhandle

March 27, 2025





# OVERVIEW

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## Area Agency on Aging of the Panhandle



Mission



History and Funding



Programs

## Nutrition Services



Goals



Definitions



Outcomes

## Looking Ahead



Opportunities



Sustainability



Ongoing Support

*Questions and Answers  
at the End*



[theprpc.org/Program/Aging](https://theprpc.org/Program/Aging)  
Sign up for *Aging Connections!*

# AREA AGENCY ON AGING OF THE PANHANDLE

Programs for older adults age 60+,  
their caregivers, and Medicare beneficiaries.



Serve the top 26 counties of the Texas Panhandle.



Provide services to thousands of older adults annually.

Advocate for older adults across the region,  
promoting dignity, independence,  
and quality of life.





# OLDER AMERICANS ACT OF 1965

## Established the Aging Network

Administration on Aging (AoA)  
56 State Agencies on Aging  
618 Area Agencies on Aging

## Funding for Vital Programs

Community -based programs  
supporting Aging in Place

## Prioritizes Older Adults

Targets those with  
the greatest need



# OLDER AMERICANS ACT OF 1965

[Public Law 89–73]

[As Amended Through P.L. 116–131, Enacted March 25, 2020]

【Currency: This publication is a compilation of the text of Public Law 89-73. It was last amended by the public law listed in the As Amended Through note above and below at the bottom of each page of the pdf version and reflects current law through the date of the enactment of the public law listed at <https://www.govinfo.gov/app/collection/comps/>】

【Note: While this publication does not represent an official version of any Federal statute, substantial efforts have been made to ensure the accuracy of its contents. The official version of Federal law is found in the United States Statutes at Large and in the United States Code. The legal effect to be given to the Statutes at Large and the United States Code is established by statute (1 U.S.C. 112, 204).】

AN ACT To provide assistance in the development of new or improved programs to help older persons through grants to the States for community planning and services and for training, through research, development, or training project grants, and to establish within the Department of Health, Education, and Welfare an operating agency to be designated as the “Administration on Aging”.

*Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled,* That this Act may be cited as the “Older Americans Act of 1965”.

【42 U.S.C. 3001 note】

US Dept. of Health  
and Human Services

Administration  
for Community Living

Administration  
on Aging

Texas Health  
and Human Services

Office of the  
Area Agencies on Aging

Panhandle Regional  
Planning Commission

Area Agency on Aging  
of the Panhandle

# PLANNING & SERVICE AREA

21% of the Panhandle's population are older adults age 60+

> 434,281 Total Region Population

> 90,781 Older Adults, Age 60+

Source: Table DP05 ACS Demographic and Housing Estimates, 2023 ACS 5 - Year Estimates Data Profiles

DALLAM		SHERMAN		HANSFORD		OCHILTREE		LIPSCOMB	
876 / 7,180 12%		616 / 2,434 25%		1,058 / 5,182 20%		1,640 / 9,852 17%		747 / 2,964 25%	
HARTLEY		MOORE		HUTCHINSON		ROBERTS		HEMPHILL	
1,155 / 5,307 22%		3,414 / 21,234 16%		4,766 / 20,413 23%		197 / 785 25%		771 / 3,311 23%	
OLDHAM		POTTER		CARSON		GRAY		WHEELER	
366 / 2,097 17%		22,715 / 116,634 19%		1,729 / 7,328 30%		4,457 / 21,131 21%		1,374 / 4,902 28%	
DEAF SMITH		RANDALL		ARMSTRONG		DONLEY		COLLINGSWORTH	
3,333 / 18,487 18%		30,955 / 143,791 22%		650 / 1,883 35%		1,144 / 3,276 35%		750 / 2,733 27%	
PARMER	CASTRO	SWISHER		BRISCOE		HALL		CHILDRESS	
2,173 / 9,752 22%	1,688 / 7,328 23%	1,575 / 6,981 23%		473 / 1,223 36%		869 / 2,827 31%		1,326 / 6,772 20%	



# AREA AGENCY ON AGING PROGRAMS

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**Long -Term Care  
Ombudsman**  
Resident Advocates



**Home Care Options**  
Temporary In-Home Services  
Minor Residential Repairs



**Medicare Benefits  
Counseling**  
Information and Assistance



**Public Education**  
Outreach Events and  
Presentations



**Caregiver Support**  
Temporary Respite,  
Resources, and Education



**Nutrition Services**  
Congregate and Home  
Delivered Meals



# NUTRITION SERVICES

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Authorized under Title III -C of the OAA, services are intended to:

- Reduce hunger, food insecurity, and malnutrition of older adults.
- Promote socialization of older individuals.
- Promote the health and well-being of older people:
  - In gaining access to nutrition and other health promotion services.
  - By delaying the onset of adverse health conditions resulting from poor nutritional health or sedentary behavior.





# Funded By Communities

State and Local Governments

Foundations and Fundraising

Voluntary Contributions

# Targeting Those Most in Need

Low -income older adults

Minority older individuals

Older adults in rural communities

Older adults at risk of institutional care

Older individuals with limited  
English proficiency

About **5,000 providers**  
serve more than  
**900,000 meals a day**  
across the country.





## HOME DELIVERED MEALS



A meal delivered to a person at  
their place of residence



## CONGREGATE MEALS



A meal served in a  
group or congregate setting

## ELIGIBILITY

The only federal eligibility criteria  
for participation is age —  
a person must be at least 60  
years old to participate.



People who provide volunteer services during meal hours.



Spouses (of any age) of people age 60 or older.



People with disabilities who reside with eligible older adults.



People with disabilities who live in housing facilities where  
mainly older adults live and which also provide congregate  
nutrition services.



# NUTRITION PROVIDERS



13 Partner Providers 17 Meal Sites 11 Cities/Counties

- > Acts Community Center
- > Amarillo **Wesley** Community Center
  - > AWCC South Campus
- > Collingsworth County Home Delivered Meals
- > Donley County Senior Citizens
- > Hall County Home Delivery Meals
- > Hedley Senior Citizens Center
- > Hereford Senior Citizens Association
- > Moore County Senior Citizens
- > Opportunities, Inc.
- > Shamrock Meals on Wheels
- > Swisher County Senior Citizens
- > Tri County Meals
- > Transformation Park - FoodNET
  - > Bivins Village
  - > Northwest Village
  - > Independence Village
  - > Hilltop Senior Citizens



# FY24: October 1, 2023 - September 30, 2024



664

Participants

106,021

Total Meals

Title III -C2  
American Rescue  
Plan Act

78,949

Program Income  
(Voluntary Client  
Contributions)

7,131

Other Local Funds

19,941

2,154

Unduplicated  
Participants



Participants

1,530

Total Meals

128,637

Title III -C1  
American Rescue  
Plan Act

75,417

Program Income  
(Voluntary Client  
Contributions)

20,926

Other Local Funds

32,294

234,658

Overall  
Total Meals



# NUTRITION INFORMATION

## MARCH 2025

NOTE: Milk and Fruit Offered Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mar 3 To Mar 7	Tomato Tortellini Soup Breadstick Dessert	Chicken and Rice Glazed Carrots	Meatball Sub Chips Cookie	Taco Soup Tortilla Chips Cookie	Crispy Chicken Salad Chips Fruit
Mar 10 To Mar 14	Carnitas Black Beans Tortillas	Chicken Pot Pie Salad Cookie	Chili Mac Salad Bread	Potato Soup Salad Roll	Chili Dog Chips Fruit
Mar 17 To Mar 21	Breakfast Casserole Fruit Bread	Tuna Salad Croissant Fruit	Sloppy Joe Chips Coleslaw Cookie	Hoppin Johns Greens Cornbread	Chicken Caesar Wrap Chips Fruit Cup
Mar 24 To Mar 28	Brats Cabbage Mac & Cheese Fruit	Sweet & Sour Chicken Fried Rice & Veggies	Meatloaf Mashed Potatoes Salad	White Chicken Chili Tortilla Chips Dessert	Chicken Parmesan Sandwich Pasta Salad Fruit
Mar 31	Hawaiian Chicken Pasta Salad Green Beans				

Providers must  
serve meals that:

> Comply with the most  
recent Dietary Guidelines  
for Americans (DGAs)

> Provide a minimum of  
33-1/3 percent of the  
Dietary Reference Intakes

> Are reviewed and  
approved by a licensed,  
registered dietitian

Example March Menu  
Transformation Park - FoodNET

# NUTRITION PARTICIPANTS





# PROGRAM OUTCOMES



As a result of this program...

> Are you able to eat healthier?



29%  
response  
rate



36%  
response  
rate

92%  
121 / 132

91%  
319 / 350

> Do you feel that your health has improved?

85%  
112 / 132

85%  
297 / 350

> Are you able to have more contact with your neighbors and community?

82%  
108 / 132

95%  
334 / 350

# PROGRAM OUTCOMES



Do the meals help or allow you to have enough food throughout the week?



Are you satisfied with the quality of the meals?



Would you recommend this service to others?



Overall, are you satisfied with this service?



92%  
121 / 132

93%  
123 / 132

95%  
125 / 132

95%  
126 / 132



94%  
328 / 350

97%  
339 / 350

99%  
345 / 350

98%  
343 / 350





Thank you to our  
program providers  
across the **Panhandle** !

Outcomes are achieved  
and program goals are  
met through the hard  
work and dedication of  
our contractors.

## AAA's Role

Support local programs  
with OAA funding

To ensure OAA  
requirements are fulfilled

*Assists in securing additional  
funding opportunities -  
connecting with others*



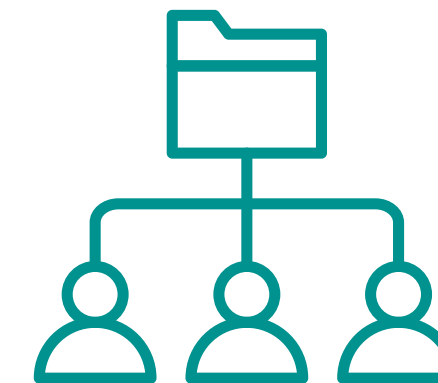
# OPPORTUNITIES AVAILABLE WITH AAA

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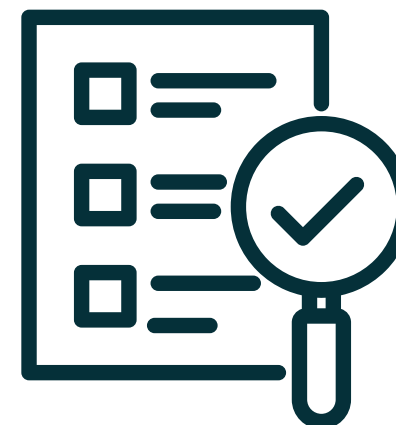
## **Networking & Collaboration**

Ways to share challenges, solutions,  
and innovative ideas



## **Resource Sharing**

Access to research, templates,  
successful case studies



## **Program Evaluation & Grant Support**

Assisting with grant writing, helping programs  
track outcomes, and participant information





TEXAS A&M UNIVERSITY  
Public Policy  
Research Institute

## Developing Innovative Nutrition Experiences (DINE) Texas

DINE is a research-to-practice project aiming to enhance Older Texan dining experiences at congregate meal sites **by replicating the Encore Café Model** through a Learning Collaborative approach.

## Management & Engagement for Aging LearnerS (MEALS)

MEALS is a research-to-practice project aiming to enhance health outcomes of Older Texans at congregate meal sites **by implementing Chronic Disease Self-Management Education Programs** through a Learning Collaborative approach.



### Networking & Collaboration

> Funding available from the Administration for Community Living for Innovative Projects

> Goal-oriented collaboration with a focus on data collection and data-driven improvements

> Access to peer-to-peer support, subject matter experts, and professionals with years of experience



# DINE - Modernization and Innovation

- Successfully implement (REPLICATE) the Iowa Encore Café Model
- Strategize and implement multiple robust sustainability strategies to promote the continuation of the model

## City of Brownwood Senior Citizens Center

### > Atmosphere Enhancements

- > Ice Cream Machine
- > Salad Bar

### > Marketing

- > With Community Partners
- > Front Signage
- > New Center Logo

### > Activities

- > Exercise Equipment and Class
- > Gardening Club

### > Volunteers and Donations

Found keys to sustainability with leveraging community partnerships, engaging with volunteers, and utilizing resources to promote the center and reach potential participants.





## ***Example of collaboration:***

Virtual Learning Collaborative

### **For Aging Stakeholders, PPRI announces the Upcoming Virtual Learning Collaborative Series**

#### **Meeting #1**

**Learn about Senior Nutrition Program  
Partnerships, Resources, and Retaining Clients**

Thursday, November 14th, 3 - 4 pm CST via Zoom

#### **Meeting #2**

**Senior Nutrition Program Buy-in and Volunteer  
Development**

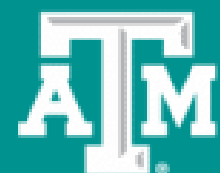
Tuesday, December 17th, 3 - 4 pm CST via Zoom

#### **Meeting #3**

**Disseminating Senior Nutrition Program Success  
and Best Practices**

Wednesday, January 22nd, 3 - 4 pm CST via Zoom

**More details  
coming soon!**



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Research Institute



[ppri.tamu.edu](http://ppri.tamu.edu)

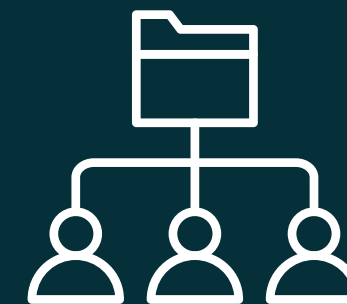


# Nutrition and Aging Resource Center

## *Building the capacity of senior nutrition programs*

The Nutrition and Aging Resource Center builds the capacity of senior nutrition programs funded by the Older Americans Act (OAA) to provide high-quality, person-centered services and to assist ACL and stakeholders with identifying **opportunities to enhance program sustainability and resiliency**. These OAA-funded programs address food insecurity, hunger, and malnutrition, enhance socialization, and promote the health and well-being of older adults. [More about us](#).

Focus on the availability of program data and how to replicate success



### Resource Sharing



Tip sheets, guides, and other tools for program management and community engagement



Information on the OAA, federal requirements, data, reporting, evaluation, and more



Resources for Innovations in Nutrition (INNU) grantees and highlights from replicable projects

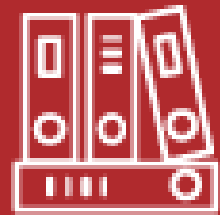




# *Example of resources available:*

## Sustainability Strategies

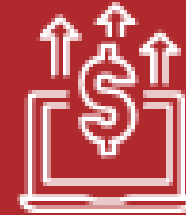
Financial sustainability strategies can include:



Seeking additional  
grant funding



Incorporating into  
organizational budget



Generating revenue with  
new payment models



Providing more  
cost-effective services

Nonfinancial sustainability strategies can include:



Improving data  
collection and analysis



Building evidence



Expanding  
leadership  
capacity



Collaborating with  
partners



Scaling  
the work



**Nutrition and Aging**  
Resource Center



[acl.gov/senior](https://acl.gov/senior)

-nutrition

# ONGOING SUPPORT

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How do I leverage  
community partnerships?

How do I  
engage volunteers?

How can we make meal preparation  
more cost effective?

How do I access other sources  
of available funding?

How many participants are  
nutritionally at risk?

How many participants have enough  
food throughout the week?







# AAA NUTRITION UPDATE

## Thank you!

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