



Funds Distribution Report

Recipient Organization:
Mercy Housing Northwest

Address:
6930 Martin Luther King Jr. Way South
Seattle, WA 98118

Contact:
(206) 838-5700
<https://www.mercyhousing.org/northwest>

Organization's General Goals:

To create stable, vibrant, and healthy communities by developing, financing, and operating affordable, program-enriched housing for families, seniors, and people with special needs who lack the economic resources to access quality, safe housing opportunities.

Date of Award:	Level:
2018 Q3	\$2,501 to \$5,000

For more information, please read the attached report from Mercy Housing Northwest.

8802 27th Ave NE
Tulalip, WA 98271
TulalipCares.org

August 19, 2019

Tulalip Charitable Fund
RE: 2018 Grant Final Report (**CODE Q3 2018 14.2**)
Mercy Housing Northwest
Report Contact: Kat Reuter, Associate Director of Philanthropy
www.mercyhousing.org/northwest

Thank you again so much for the Tulalip Tribe Charitable Fund's grant award of [REDACTED] to support Mercy Housing Northwest's Service-Enriched Housing to low-income seniors and disabled adults at two affordable housing communities in Snohomish County. **To date, we have served a total of 83 adults.**

Evaluation and Past Results

MHNW tracks two main outcomes for the Senior and Disabled Support Services program and we are pleased to report on our progress in the past twelve months:

- Outcome 1 – Residents maintain stable housing
 - Indicator A – Residents maintain housing for 12 months
 - 100% of residents have maintained housing for 12 months or more
 - Indicator B – Residents have no more than 1 late rental payment in 12 months
 - No residents had a single late rent payment in the past 12 months!
- Outcome 2 – Residents improve their ability to live independently
 - Indicator A – Residents access at least 3 health or support services per year.
 - 79 residents have accessed 355 health/support services this year
 - Indicator B – Residents participate in at least three social or educational activities per year
 - 70 residents have achieved 1,054 social/educational activities this year.
 - 46 residents (45%) accessed at least 3 social or educational activities this year.
This number will increase drastically over the last few months of the year when there is more of a focus on social events and activities.

Since December 2018, the program has served 83 individuals at Lake Village East and Woodlake Manor. The program has continued to be successful in helping residents access services. Residents have accessed a total of 1,380 services. This number is a bit low, due in part to staff transition of the Resident Service Coordinator. We have hired a replacement and she started in July 2019. We believe these totals will continue to grow as this new staff gains momentum in her role and building relationships with the residents.

In the past year, the Resident Service Coordinator (RSC) introduced several new programs this, including:

- Residents at **Lake Village East** and **WoodLake Manor** completed the 5-session “Your Money, Your Goals” curriculum in late November and mid-December. Throughout the

sessions, residents learned about saving, tracking income and benefits, how to get through the month, dealing with debt, and much more. Each participant got to keep a binder of information and tools to aid with their finances. One resident stated that the toolkit is a helpful resource in helping her plan for her next big purchase - a new bed!

- A representative from Community Health Plan of Washington hosted Medicare 101 informationals at **Lake Village East** and **Woodlake Manor**. At the events, residents played Medicare 101 Bingo where they learned about the different parts of Medicare and definitions of Medicare terminology like spend-downs, deductibles, etc. Residents had the opportunity to ask questions and win goody-bags to go along with their community-shared dinner.
- February 1st was Go Red Day at **Lake Village East**, and residents showed up in **RED** to support heart health! We had heart healthy food like whole grain bagels, balsamic and berry salad, and dark chocolate. We learned about heart disease/stroke prevention, the importance of maintaining good blood pressure, and heard video testimonials about why women are disproportionately affected by heart disease. Materials were given out about heart attack signs and symptoms. MHNW held “GO RED” events at 13 properties.



- Six residents and one caregiver at **Lake Village East** and four residents at **Woodlake Manor** completed the 6-session “Food Smarts” curriculum in March. Throughout the sessions, residents learned how to decode food labels, set nutritional goals, how to cook for one, how to choose whole foods, and much more. Participants were able to sample healthy recipes, play fun food trivia, and have group discussions at each session. Each participant got to keep a binder of information, recipes, and resources about healthy eating. At the last session, program completers were entered into a raffle to win an InstaPot or air fryer!
- At **Lake Village East** and **Woodlake Manor** we celebrated Earth Day early by creating simple DIY all-purpose cleaners! The materials were cheap to purchase; all we needed was white vinegar, water, lemon peel, rosemary, and dollar store spray bottles. Along with the activity, residents learned more about Earth Day’s 2019 theme “Protect Our Species.” We learned about extinct and endangered animals, how they acquired those statuses, steps we can take to help them out and ways to be more eco-friendly.



Residents can now access \$10 Safeway food coupons through a partnership with Verdant Health Commission. Residents who receive EBT are eligible for this service and may use the \$10 food coupon on fresh, frozen, or canned fruits or vegetables. Residents can receive \$10 per family member per month. Since July, 26 households have received \$660 in assistance towards increasing their food budget for healthy fruits and vegetables!



WSU Extension also offered sessions for our seniors at **Woodlake Manor and Lake Village East**. Residents were given pots and soil to grow their own herbs for cooking. There were also sessions on whole grains, making low sodium snacks/meals, understanding sugar content in items and making healthy salad dressing from simple ingredients. Already the WSU instructors are planning return trips to our properties early next year.

Community Partnerships

We continue to partner with many local community organizations to bring quality services to our senior residents, including:

- Amerigroup, Coordinated Care, United Healthcare, Community Health Plan of WA, Molina—presentations on medical coverage
- Red Cross—emergency preparedness
- SeaMar—community health education
- Department of Health—smoking prevention programs
- Norco--medical equipment specialist
- Voices in Power—LGBTQ resources
- Volunteers of America--presentations on community resources
- ResCare, Right at Home, Catholic Community Services—caregiving resources
- Priority Footwear—diabetic footwear fitting
- Evergreen Beauty College—haircuts and manicures for residents
- Sno-Isle Libraries—bookmobile
- WSU Extension—Food Sense cooking demonstrations
- Salt of the Earth Foodbank/Food Lifeline: healthy food delivery

- Verdant: Coupons for fruits and vegetables for EBT participants
- Humana: Monthly health education programming

Thank you again for your continued support!