Co-Op Market Grocery & Deli
Lend-a-Hand Program
526 Gaffney Road
Fairbanks, AK 99701

Attn: Kristin Summerline

Dear Co-Op Market Owners,

The North Star Council on Aging's, aka Fairbanks Senior Center - Meals on Wheels program (MOW), mission is to meet the needs of older adults by providing nutrition and services which enhance and promote quality of life, self-determination, independent living, and dignity.

Silent hunger exists amongst our aging population and 74% of the seniors we serve through the Meals on Wheels program are at/or below an annual income of $15,500. This year the program has delivered 64,000 balanced meals to homebound seniors. These vital meals help prevent malnutrition, while providing a wellness check by our many volunteers/employees who are dedicated to supporting our community seniors live safely in their home of choice and without hunger.

Each meal served to our beloved seniors is dietitian approved. The meals are freshly prepared every morning and the program does not cook with sugar or salt. Our meals follow the Dash Diet, which lowers blood sugars and blood pressure while increasing access to fresh produce, grains and lean meats. This dependable flow of a weekly balanced meal helps prevent hunger amongst our founding pioneers, who are physically and/or financially unable to prepare meals for themselves, and need nutrition and social contact to live healthy and bountiful lives in their golden years.

Thank you for your consideration and support of our mission that no senior goes hungry.

Sincerely,

Darlene Supplee
Executive Director
MISSION STATEMENT
The North Star Council on Aging strives to meet the needs of older adults by providing services which enhance and promote quality of life, self-determination, independent living, and dignity. For almost fifty years, the Fairbanks Senior Center’s Meals on Wheels Program has delivered nutritious meals to homebound seniors who are physically and/or financially unable to prepare meals for themselves. We are the only Meals on Wheels program in the interior of Alaska, and we deliver over 64,000 meals to seniors in the Fairbanks North Star Borough (FNSB) annually. The Meals on Wheels Program is essential for seniors struggling with not just hunger, but also malnutrition and social isolation in the Fairbanks North Star Borough.

SUMMARY OF NSCOA’S WORK
The Fairbanks Senior Center represents a vital part of the care network for our senior community, including the only Meals on Wheels program for the Interior of Alaska. Our administrative offices house four additional partner agencies that provide essential senior services across the Fairbanks North Star Borough. Therefore, we are home to a total of five programs, including:
- Aging at Home Fairbanks, a membership program and part of the Village to Village Network;
- Senior Companions, a volunteer organization in support of independent living;
- ADRC North, an agency that connects individuals with local supports and services;
- Helping Hands Home Modification, helping seniors remain independent through home modifications; and the
- Nutrition, Transportation, and Support Services Grant, including Senior Transportation, Homemaker, and Meals on Wheels.

The NSCOA’s Meals on Wheels (MOW) Program is the only program in the FNSB that delivers nutritious meals to homebound seniors who are physically and/or financially unable to prepare meals for themselves. Our MOW program delivers over 64,000 meals to seniors in the FNSB annually. The MOW Volunteers are often the only human contact the senior has each day.

The service we provide is more than just a hot meal. The meals are prepared and delivered by caring, well-trained, screened, and professionally supported staff and volunteers. Our Meals on Wheels volunteers do more than just deliver food; they provide safety and wellness checks for the seniors in the program. They help homebound individuals to maintain their dignity, their much-cherished independence and remain in their homes and communities for as long as possible. The Meals on Wheels volunteers are often a senior’s only human contact for the day. Without the meals provided by our Meals on Wheels program seniors in our community could be subject to malnutrition and hunger, and further being placed at-risk by not receiving crucial wellness checks.
HOW DOES YOUR WORK ALIGN WITH CO-OP MARKET’S MISSION AND VALUES?
Similar to the Co-op Market's mission and values, we are deeply committed to serving the needs of our community. Meaning and motivation are fueled by our core values of empathy, interdependence, and the inherent worthiness of all. We understand the pain of isolation and dependency, as well as the fear of disconnection that can accompany aging.

Our goal is to ensure that the people who took care of us aren’t left behind, forgotten, or hungry – and instead are able to live out the independent lives they deserve and feel nourished through the kind of life-giving connections that help them thrive.

We believe that the seniors in our community enrich the lives of all Alaskans, young and old – and we are grateful to be able to share their lifetime of experience, knowledge, and wisdom.

HOW WILL THE LEND A HAND FUNDS BE USED?
If your organization has received funding from Co-op Market in the past, please describe how this funding supported your organization and mission.

The funds that we receive from the Co-op Market Grocery & Deli’s Lend-a-Hand Program, will enable us to:
• Purchase food and supplies for the Meals on Wheels Program;
• Increase the number of hot nutritious meals served delivered to homebound seniors in need;
• Provide safety and wellness checks; and
• Create additional opportunities to address the needs of our senior neighbors as a whole.

HOW LEND A HAND’S SUPPORT HAS AIDED OUR MISSION
The funds that we have received from the Co-op Market Grocery & Deli’s Lend-a-Hand Program have helped us to continue to provide nutritious meals and wellness checks to the homebound seniors in our community.

Seventy-four percent of our senior population suffers from food insecurity and may not know where their next meal is coming from, and now more than ever before, many are suffering from isolation and disconnection.

This past year has been our most challenging year yet, and your support has directly contributed to our ability to meet the needs of the seniors in our community.

ELEVATOR PITCH
Meals on Wheels Fairbanks delivers hot, nutritious meals to the homebound seniors in our community. More than a hot meal, Meals on Wheels prevents social isolation and helps our founding pioneers remain healthy and independent in their own homes, where they want to be.
2021 LEND A HAND APPLICATION
Deadline: November 30, 2020

OUR MISSION
Co-op Market Grocery & Deli works for health and sustainability by providing healthful foods and products, promoting local suppliers, and offering consumer education in an open, community-centered environment, through a viable business.

OUR VALUES
• Service – We are committed to the joy of true service, putting the needs of others first in a way that touches lives and hearts. Our service is an honor and a privilege.
• Sustainability – We seek to sustain our co-op’s financial health and growth while working toward solutions to economic development that consider the health our community and planet.
• Social Responsibility – We believe that our actions must benefit the global community at large. This means that we promote justice and equity in all of our relationships and are committed to the people who use and work for our business.

Name of Organization: Fairbanks Senior Center - Meals on Wheels
Mailing Address: 1424 Moore Street
City, State, Zip: Fairbanks, AK 99701
Contact Name: Darlene Supplee
Phone: 907-452-1735
Contact Email: nscoa.manager@alaska.net
Website: fairbanksseniorcenter.org
Facebook: https://www.facebook.com/FairbanksSeniorCenter/
Instagram: https://www.instagram.com/nscoa.mowhome/
Twitter: https://twitter.com/FairbanksCenter

Name and address for check remittance (if it differs from above):
Name:
Mailing Address:
City, State, Zip:

Is this a 501(c)(3) nonprofit organization? yes If yes, please include certification with application.
Has your organization been a Lend a Hand recipient in the past? yes If so, when? 2018, 2019, 2020
Which month would you prefer us to fundraise for your organization? June
Note: December is not available. We cannot guarantee your month of choice.
INSTRUCTIONS
Please include a cover letter on your organization’s official letterhead with this form.
Attach a separate sheet with answers to the following questions.

1. Please provide your mission statement and a brief summary of your organization’s work.
2. How does your work align with Co-op Market’s mission and values?
3. How will the Lend a Hand funds be used?
4. If your organization has received funding from Co-op Market in the past, please describe how this funding supported your organization and mission.
5. What is your elevator pitch? Cashiers usually have about 10 seconds to describe our monthly recipient to a shopper. Please describe your organization and how the funds will be used in 100 words or less.

Applications will be published on our website. For this reason, please include no more than one piece of supplemental information (brochure, flyer, annual report, etc.) with your application.

In December, our Owners will vote to select our 2021 Lend a Hand recipients. If your organization is selected, we will require the following:

• 2 or 3 high resolution photos representing your work. Please include a photo release for any people appearing in your photos.
• A high resolution, printable jpg of your organization’s logo.
• Promotion of the Lend a Hand program via your website, newsletter and/or social media pages.
• Brochures or flyers about your organization if available.

Important Note
We do not donate to individuals, national charities, political candidates or organizations, organizations that advance a particular religious belief, or organizations that discriminate on the basis of race, color, creed, national origin, religion, age, gender, sexual orientation, marital status, disability or status in any other protected group.

Submit applications to the attention of Kristin Summerlin, Marketing & Owner Services Manager:

• via email to marketing@coopmarket.org (preferred). Be sure to include scans of supporting materials.
• by hand delivery to the Customer Service Desk.
• by mail to the following address: Co-op Market Grocery & Deli, 526 Gaffney Road, Fairbanks, AK 99701.

**Who do we serve?**

Individuals that are 60 years or older and unable to travel to congregate meal sites because they are:

- **Residing in areas where congregate meals are not**
- **Homebound**
- **Disabled-physically, mentally, or socially, such as that attending congregate site will negatively impact or risk person’s health or well-being or that of other congregate meal consumers**

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**Volunteers plant seeds of happiness...**

Learn how you can become a volunteer!

**Happiness... can cause:**

- Smiles
- Optimism
- Self-Worth
- Reduces Depression
- Overall Improve Health

**Pass It On...**

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**To find out if you are eligible, an intake can be done in person or over the phone.**

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**Volunteer Today!!!**

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**Meals on Wheels**
Brings food and happiness to all served!

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**Volunteers plant seeds of happiness...**

Learn how you can become a volunteer!

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**Meals on Wheels Fairbanks, Alaska has been providing nutrition, advocacy, education, and recreation services to seniors since 1973.**

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**North Star Council on Aging**
Fairbanks Senior Center
1424 Moore Street
Fairbanks, AK 99701
907-452-1735
907-451-9974
https://fairbanksseniorcenter.org
https://www.facebook.com/FairbanksSeniorCenter

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**Volunteer Today!!!**

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**North Star Council on Aging**
Fairbanks Senior Center
1424 Moore Street
Fairbanks, AK 99701
Main Tel: 907-452-1735
Meals on Wheels (MOW) Serves Fairbanks!

- MOW delivers more than 64,000 hot nutritious meals to our community’s homebound seniors annually;
- MOW provides community connections and a social support network to homebound seniors through our Silver Squad Volunteer Program; and
- MOW delivers groceries, household supplies, prescriptions, emergency food boxes, and produce from local markets while our seniors shelter at home during the COVID-19 pandemic.

North Star Council on Aging
Fairbanks Senior Center
1424 Moore Street
Fairbanks, AK 99701
Phone: 907-452-1735
Fax: 907-452-9974
Email: nscoa.mow-home@alaska.net
https://fairbanksseniorcenter.org
https://www.facebook.com/FairbanksSeniorCenter

More than Meal!
The impact of meal service delivery on the health and well-being of adults 60 years of age and older... A senior who receives home delivered meals:

- Is significantly more vulnerable than the average senior
- Experiences the greatest improvements in health and quality of life
- Seniors are more likely to: feel safer, eat healthier, and feel less loneliness
- Get more social interaction

Benefits of being social and why Meals on Wheels Delivery Drivers are so Important

Specific health benefits of social interaction in older adults include:
- Reduced risk for cardiovascular problems, osteoporosis, and rheumatoid arthritis
- Reduced risk for Alzheimer’s disease
- Lower blood pressure
- Reduced risk for mental health issues such as depression

Conversely, social isolation can carry real risks. Some of these risks are:
- Feeling lonely and depressed
- Being less physically active
- Having a greater risk of death
- Having high blood pressure

Social interaction helps keep your brain stimulated, but it’s most effective when coupled with an overall healthy lifestyle, including a nutritious diet and physical activity.

Keeping Connections strong

The best thing about delivering home-delivered meals. You will always be the friendly face our clients will see. Remember, our Meals on Wheels clients may be homebound. You just might be the only interaction that they get to see on a regular basis. Take a moment to share a laugh and a smile with our elders. One kind gesture can be the best thing to brighten our elder’s souls.

Staying socially active and maintaining your relationships are an important part of healthy aging. Encourage our Meals on Wheels clients to reach out to their loved ones, neighbors, friends, family members, and stay as vibrant, active, and social as you’ve always been.

Relationship Building by Connections & Companionship!
Request for Taxpayer Identification Number and Certification

Go to www.irs.gov/FormW9 for instructions and the latest information.

Name (as shown on your income tax return). Name is required on this line; do not leave this line blank.
North Star Council on Aging

Business name/disregarded entity name, if different from above

Fairbanks Senior Center

Check appropriate box for federal tax classification of the person whose name is entered on line 1. Check only one of the following seven boxes.

☐ Individual/sole proprietor or single-member LLC
☐ C Corporation
☐ S Corporation
☐ Partnership
☐ Trust/estate
☐ Limited liability company. Enter the tax classification (C=C corporation, S=S corporation, P=Partnership)

Note: Check the appropriate box in the line above for the tax classification of the single-member owner. Do not check LLC if the LLC is classified as a single-member LLC that is disregarded from the owner unless the owner of the LLC is another LLC that is not disregarded from the owner for U.S. federal tax purposes. Otherwise, a single-member LLC that is disregarded from the owner should check the appropriate box for the tax classification of its owner.

☐ Other (see instructions) ▶

Nonprofit corporation exempt under IRS Code Section 501(c)(3)

1424 Moore Street
Fairbanks, AK 99701

List account number(s) here (optional)

Part I Taxpayer Identification Number (TIN)
Enter your TIN in the appropriate box. The TIN provided must match the name given on line 1 to avoid backup withholding. For individuals, this is generally your social security number (SSN). However, for a resident alien, sole proprietor, or disregarded entity, see the instructions for Part I, later. For other entities, it is your employer identification number (EIN). If you do not have a number, see How to get a TIN, later.

Note: If the account is in more than one name, see the instructions for line 1. Also see What Name and Number To Give the Requester for guidelines on whose number to enter.

Social security number

Employer identification number

Part II Certification
Under penalties of perjury, I certify that:

1. The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me); and

2. I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the IRS has notified me that I am no longer subject to backup withholding; and

3. I am a U.S. citizen or other U.S. person (defined below); and

4. The FATCA code(s) entered on this form (if any) indicating that I am exempt from FATCA reporting is correct.

Certification instructions. You must cross out item 2 above if you have been notified by the IRS that you are currently subject to backup withholding because you have failed to report all interest and dividends on your tax return. For real estate transactions, item 2 does not apply. For mortgage interest paid, acquisition or abandonment of secured property, cancellation of debt, contributions to an individual retirement arrangement (IRA), and generally, payments other than interest and dividends, you are not required to sign the certification, but you must provide your correct TIN. See the instructions for Part II, later.

Signature of U.S. person ▶

Date ▶ 11/11/2020

General Instructions
Section references are to the Internal Revenue Code unless otherwise noted.

Future developments. For the latest information about developments related to Form W-9 and its instructions, such as legislation enacted after they were published, go to www.irs.gov/FormW9.

Purpose of Form
An individual or entity (Form W-9 requester) who is required to file an information return with the IRS must obtain your correct taxpayer identification number (TIN) which may be your social security number (SSN), individual taxpayer identification number (ITIN), adoption taxpayer identification number (ATIN), or employer identification number (EIN), to report on an information return the amount paid to you, or other amount reportable on an information return. Examples of information returns include, but are not limited to, the following.

• Form 1099-INT (interest earned or paid)
• Form 1099-DIV (dividends, including those from stocks or mutual funds)
• Form 1099-MISC (various types of income, prizes, awards, or gross proceeds)
• Form 1099-B (stock or mutual fund sales and certain other transactions by brokers)
• Form 1099-S (proceeds from real estate transactions)
• Form 1099-K (merchant card and third party network transactions)
• Form 1098 (home mortgage interest), 1098-E (student loan interest), 1098-T (tuition)
• Form 1099-C (canceled debt)
• Form 1099-A (acquisition or abandonment of secured property)

Use Form W-9 only if you are a U.S. person (including a resident alien), to provide your correct TIN.

If you do not return Form W-9 to the requester with a TIN, you might be subject to backup withholding. See What is backup withholding, later.