



## The Community Café

451 Hot Springs Boulevard, Pagosa Springs, CO  
Brought to you by Archuleta Seniors Inc (ASI)

### Those We Serve

Adults 60 and better (35% of area population; 10% disabled)

County-wide, 13% of residents 60+ live below the poverty level

Many have limited social interactions, educational programs, and other opportunities

### Why Our Services Matter

**Kaiser reported in a recent regional survey that individuals who report social isolation and loneliness are:**

More Than 9 Times More Likely To Experience Poor Health, and early 20 Times More Likely To Have A Poor Quality Of Life

22 Times More Likely To Have Mental Health Issues (Expressly Depression And Anxiety)

5.7 Times More Likely To Have Insufficient Funds To Buy Food

### The Results...Our 2021 Consumer Survey

90% of Meals on Wheels consumers report that participating allows them to have enough food

100% of Café meal consumers and 95% of Meals on Wheels consumers report the meals meet their health needs

100% of Café meal consumers and 95% of Meals on Wheels consumers report the program as Good or Excellent

100% of caregivers report that the services provided by ASI are helpful to them

Our caregivers report that services help them feel supported, make it easier to care for their loved one, and make it easier to keep that loved one in their home

In 2020, we served more than 19,000 takeaway/delivery meals (nearly double pre-pandemic demand), including 7,100 Meals on Wheels

100% of those requesting services are being served – a significant factor in the face of funding declines relative the notable increase in demand for our services

### Our work demonstrates the shared values that help to catalyze community revitalization:

- Loneliness and social isolation are now considered a disease. They are key factors in aging and related illnesses. Our services provide engagement and improve independence.
- Our consumers know they can receive supportive services through us beyond the meals and other supplemental nutrition that they receive on an ongoing basis.
- Our work supports stakeholder goals for a healthy community and reduces costs for agencies.