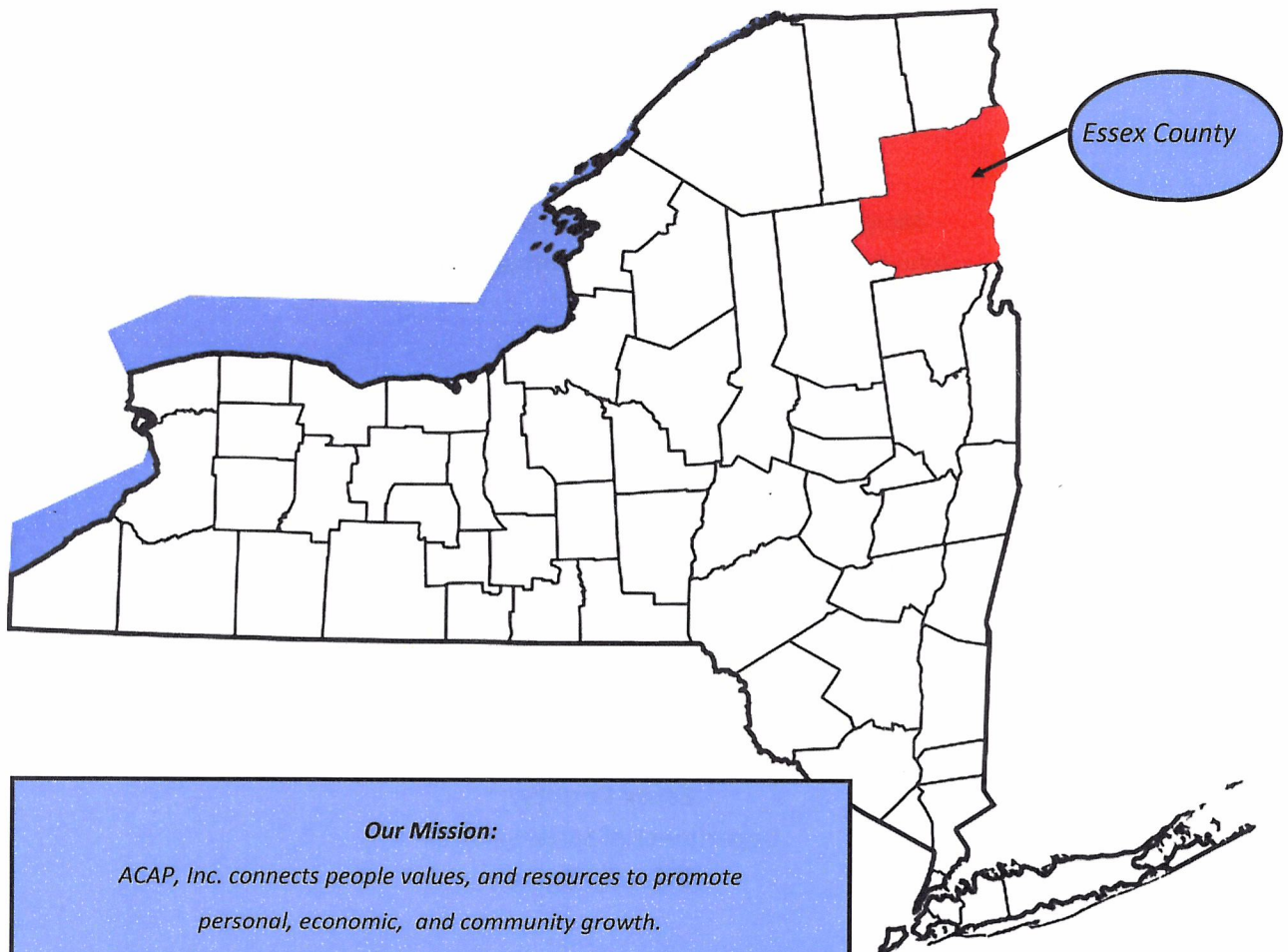


Adirondack Community Action Programs, Inc.

Connecting Communities ~ Improving Lives

IMPACT REPORT 2019



Our Mission:

ACAP, Inc. connects people values, and resources to promote personal, economic, and community growth.

Our Values:

Accountability to our customers, partners, and supporters
Integrity as individuals, as a business and as members of the community
Citizenship and shared responsibility for community change
Respect for each individual's capacity to learn and grow



ACAP Board Of Directors

James Monty (Public Official) – Chairman
Michael Tyler (Public Official) – Vice Chair
Laurie Davis (Consumer Sector Representative) – Secretary
Scott Wilson (Consumer Sector Representative) – Treasurer
Lorilee Sheehan (Public Official/Education)
Archie Depo (Public Official)
L. Bridget Killeen (Consumer Sector Representative)
Wendy Courtright (Private Sector/Financial)
Amy Quinn (Private Sector/Legal)
Rev. Fred Shaw (Private Sector/Religious)
Jay Heald (Private Sector/Business)

ACAP Management Team

Alan Jones - Executive Director/CEO
Ashley Glanda - CFO/Director of Business Affairs
Robert Alexander— Aging Services Director
Alan Jones - Child Care Director
Alan Jones - Employment & Training Director
Morgan Conley—Head Start/Early Head Start Director
John Carver - Weatherization and Energy Services Director

Funding Sources

U.S. Department of Agriculture
U.S. Department of Energy
U.S. Department of Health and Human Services
Emergency Food and Shelter Program
U.S. Department of Labor

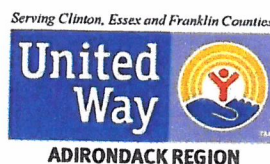
New York State:

Department of State
Division of Housing and Community Renewal
Office of Children & Family Services

Essex County:

Department of Social Services
Office for Aging

ACAP is an United Way of the Adirondacks partnership agency. As a charitable organization ACAP receives donations from foundations, businesses and the general public.



Adirondack Community Action Programs, Inc.
7572 Court Street, Suite 2, PO Box 848
Elizabethtown, NY 12932
acapinc.org/518-873-3207
(Serving Essex County, New York)

FY 2019 Budget Information:

CSBG	250,997
State	316,960
Local	80,275
Private	868,707
Federal	5,463,789
Total Budget:	\$6,980,728

Administrative and Indirect Cost: \$643,425 or 10%

Numbers Served:		
Individuals		2,599
Level of Income		(HHS Poverty Guidelines)
Up to 50%		112
51% to 75%		16
76% to 100%		19
101% to 125%		16
126% to 150%		6
151% to 175%		4
176% to 200%		2
201% and over		2

Current Programs:

Aging Services:

Nutrition Program for the Elderly – Home delivered and congregate meal sites (C-1,C-2, EISP and SNAP)

Hospital Food Services – Produce meals for local hospital – (Fee for service)

Child Care

Advantage After School in 4 school districts

Child Care Resource & Referral (CCR&R)

Child & Adult Care Food Program (CACFP)

Parenting Classes/Parent Awareness (Fee for service)

Day Care Subsidy Fraud Prevention Grant – Partnership with local DSS

Provider Recruitment and Retention (Cloudsplitter Foundation)

Small Grant for Small Children (Adirondack Foundation)

Community Services

Community Services Block Grant – (Emergency Services; Food Shelves & Outreach)

Emergency Food and Shelter Program (EFSP)

Community Action Angels – Volunteer Program

BackPack Program –Weekend Food Program for Elementary School children

Holidays are for Sharing – Toy Drive

Medical Transportation

United Way – Emergency Services

Head Start

Head Start

Early Head Start

Child & Adult Care Food Program (CACFP)

Employment & Training

Operating Partner of the local One Stop Employment Center

Workforce Innovation & Opportunity Act (WIOA youth, adult & dislocated)

Weatherization and Energy Services

Weatherization

Energy Services – Fee for Service

NYSERDA – Empower NY

Business Office

Provide Human Resource & Payroll services for North Country Work Force Investment Board (Fee for service).

Description of the Community Involvement and Civic Organizations support:

Local funding from the United Way, our Local County, Emergency Food Supplement Program (EFSP), and donations from our community enable ACAP to provide emergency food, heat and shelter. In 2017-2018, 201 families received food through our food shelves; 8 families received emergency fuel or utility payments; 42 received emergency rent or shelter; 4 received emergency Home Repair.

ACAP mobilized 353 volunteers who provided 6,735 hours of service to their community through Head Start/Early Head Start, Advantage After School, Nutrition Program for the Elderly and CSBG.

ACAP provides space to our local Chamber of Commerce, the local Workforce Investment Board (WIB), Human Services Coalition/NY Connects/ Long Term Care Council.

What does this all mean? It means ACAP reached 2,599 individuals in our community by:

- Employment and Training assisted 146 individuals in obtaining a job.
- CSBG assisted 9 families with fuel or utilities that kept them safe and warm and 49 families received services to prevent them from becoming homeless.
- Weatherization increased the heating efficiency of 22 homes.
- Head Start/Early Head Start enrolled 230 children who received immunizations, medical and dental care; increased health and physical development; and participated in pre-school activities that ensure that children are developmentally ready to enter school.
- After School enrolled 102 children enabling parents to work, knowing their children were in a safe, healthy environment where they participated in educational and social activities that helped them to learn and grow.
- Child Care assisted 55 families in accessing quality childcare to support parents ability to work and giving children a safe, healthy environment that supported a better start in life.
- Nutrition Program for the Elderly supported 893 seniors in maintaining an independent living situation thanks to receiving meals at congregate sites or through home delivered meals, also 1,024 individuals received meals through the local hospital.
- Med. Transport provided 69 individuals with transportation to and from medical appointments.

In our rural community, population of 38,598, this is significant.



Community Services Block Grant

Emergency Needs

Community Services Block Grant (CSBG) provides core services for our most vulnerable and does so in a way that removes barriers and promotes self-sufficiency.

Emergency Services funding is imperative to our local community. It has the flexibility to meet the ever changing needs and allows us to meet emerging needs in a timely, cost effective manner. Emergency services are at the core of the work we do and includes, but is not limited to eviction prevention, utility shut offs, fuel assistance, food shelves and referrals to services that support families on-going financial security.

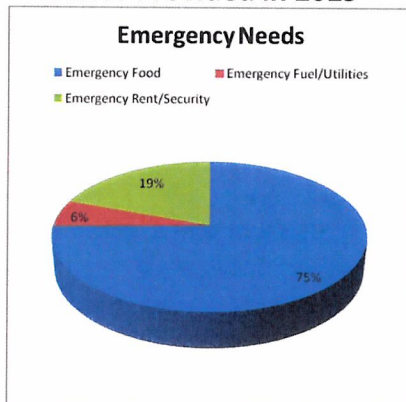
The program has developed strong collaborations with other service providers to strengthen services and prevent duplication.

Emergency Food: 162

Emergency Rent/Security: 49

Emergency fuel/utilities: 9

Services Provided in 2019



Medicaid Transportation

Adirondack Community Action Programs, Inc. (ACAP) became a Medicaid Transportation provider in 2016, a part of a county wide effort to increase safe and affordable transportation in Essex County

In 2019 ACAP drivers volunteered 1,474 hours to provide 69 individuals with transportation to and from medical appointments.

The program continues to grow and continues to recruit drivers to support our efforts.



Community Services also coordinates volunteer projects in our community including an annual holiday program that provided toys and gifts for 561 children in 2019



COMMUNITY ACTION ANGELS

ACAP became a member of the NYS Community Action Angels in 2009 to better utilize volunteers and community support to meet the needs in our community. Our goal is to create opportunities for people to give back. Since its inception the program has been involved in many projects, most of which target the needs of young children in our community.

In 2013 we started a Backpack Program to provide food for children on the weekends when schools are closed. We work closely with local businesses, foundations, the NYS Regional Food Bank and local schools to target the children most in need. Volunteers pick up the food and transport it to the school and bags are packed with enough food for the children for the entire weekend. Children receive meal options, fruit, bread and milk cards to improve their nutritional intake, making them healthier and ready to learn when they come back to school on Monday.

45 children receive backpacks every weekend.

The angels also support the agency by either organizing or participating in events throughout the year. Every year since 2014, the Community Action Angels and ACAP staff volunteered at the Adirondack Marathon in Schroon Lake, passing out water and snacks to the runners. Angel volunteers also help to raise funds for the agency Holiday program and Food Shelf. For more information on the Community Action Angel program, visit our website at acapinc.org



Employment & Training

ONEWORKSOURCE

ACAP is the host partner of the Workforce Innovation and Opportunity Act (WIOA) Essex County OneworkSource (OWS). WIOA includes Adult, Dislocated Worker, and Youth Programs. ACAP/OWS partners with Champlain Valley Educational Services (CVES), NYS Department of Labor, NYS Office of Temporary and Disability Assistance, North Country Community College and Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) to provide job search, job readiness and employment & training services.

The number of job seekers coming to OWS in 2019 declined due to low unemployment rates and an increase in the number of job openings in educational and health services. The number of visits to OWS from January to December 2019 was 862. The customers who reported employment to OWS was 141. Some of the jobs in Essex County are seasonal. The average unemployment rate from January 2019 to December 2019, in Essex County, was 4.6 %. The average unemployment rate for NYS was 4.0%. For the 12-month period ending December 2019, the private sector job counts in the North Country rose by 700, or 0.6 percent, to 111,200. Employment gains were largest in educational and health services (+300) and trade, transportation and utilities (+200).

Eleven customers received tuition assistance from WIOA funding. These students majored mostly in nursing, EMT/Paramedic, or in other health care programs. Two students graduated with a post-secondary credential. The remaining students will graduate in 2020. In 2019 there were 68 students enrolled in the High School Equivalency (HSE) program. Of these students, 3 received their HSE Diploma.

TANF Summer Youth was most successful in summer 2019 with 12 youth participating from 8 of the towns in Essex County.

ONEWORKSOURCE SUCCESS STORY

A homeless, a transgender youth came to OneWorkSource to meet with our Youth Services Coordinator. The youth was a recent high school graduate, so she never had a job, but was interested in art. The youth had grandparents in the area so she was encouraged to speak with them about housing and transportation to a job. Our Youth Services Coordinator arranged a paid work experience with a local custom design embroidery, engraving, and screen-printing business. The company was within walking distance of her grandparent's home. The owner was most impressed with her work and willingness to learn so he hired her full-time. Through the WIOA Youth program, she was able to take driving lessons and received her driver's license. She is fully employed in a job that allows her to use her art talent.

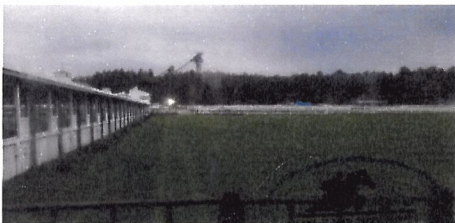
Partners: Adirondack Community Action Programs, Inc. • CV-TEC • NYS Department of Labor
North Country Community College • Adult Career and Continuing Education Services (ACCES/VR)



2019 Impact Report

Nutrition Program for the Elderly

The Nutrition Program for the Elderly is operated by the Aging Services department of ACAP Inc. We are contracted by the Essex County Office for the Aging to provide healthy meals and welfare checks to qualifying seniors over the age of 60 or folks of any age who qualify through other programs.



In 2019 we delivered over 2,700 meals every week for the second straight year. That is over 144,000 for the year. We deliver folks enough food for one or two servings a day (including weekends) and even raw food bags to those who can cook. Each meal meets nutritional goals that follow the dietary guidelines for Americans while also trying to meet the needs of 100 different requests daily. We continually strive to improve our foods. We run a twenty-one-day rolling menu that changes four times a year with the seasons. In 2019 we delivered 102698 home delivered meals, an increase of 6000 meals from the previous year. We are phasing out our “Stock our Shelves” and “Breakfast bag” options so we will continue to see those numbers shrink, this year we delivered only 23,000.

Aging Services

The central kitchen is the backbone of Aging Services. With the exception of our two satellite sites, we cook all of the meals out the kitchen. We store the vehicle fleet here and all the food, paper and dry items here. We also keep our office here. We employ a full kitchen crew to cook, clean wash dishes, package and keep the program running to ensure deliveries for home delivered meals and congregate sites. These cooks are skilled in quantity cooking to make sure the recipes are followed properly. They cook hundreds of pounds of product at a time and now cool hundreds of pounds of food at a time. This takes proper coordination and planning throughout the week to deliver on the clients' expectations. In early 2019 we started using the new Oliver packaging system to change from the old aluminum trays to a new microwavable and oven ready tray that are also recyclable. We tested the cold food deliveries throughout the spring and switched over to all cold food delivery mid-summer. The home delivered clients and the congregate clients now get the meals refrigerated to 45 degrees and they just need to heat up the meals. The few Home bound clients that are not able to heat the meals on their own have the drivers microwave the meals for them. We have also supplied a few folks with microwaves.



Elizabethtown Community Hospital

The Elizabethtown Community Hospital contracts with Aging Services to maintain food service operations at the hospital for its patients. This year we served over 14000 meals. The chefs have been serving up to twenty-five patients three times a day; every day. There are no days off, if there is a patient then we are there rain or shine to provide a healthy and comforting meal. We work closely with the Hospital staff to fulfill the nutritional needs of every patient, whatever it takes. In 2019, we eliminated the nutrition aide position leaving us with one full time Chef/coordinator and two part time chefs. We changed one of those positions to full time and the other part time position was vacant for close to five months when one chef quit. We are still searching for a replacement.



Weatherization and Energy Services

THE IMPACT OF WEATHERIZATION: EFFICIENCY, HEALTH & ECONOMY

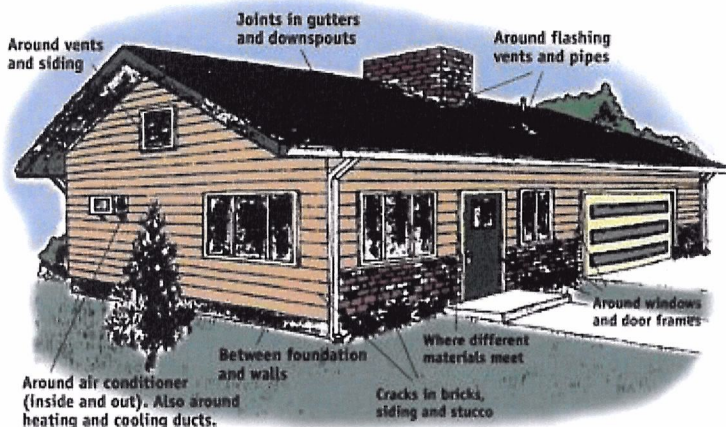
The effects of weatherizing a home not only improves the efficiency of the home but also improves health also.



The effects of weatherizing a home not only improves the efficiency of the home but also improves the health of the occupants.

Weatherization prevents carbon monoxide by testing and cleaning heating systems and installing CO Alarms. Weatherization reduces stress by strengthening energy affordability and because we focus on air quality in the home, it reduces asthma triggers in the home. Studies show that more than 10.5 million school days are missed each year, asthma is the leading cause of absenteeism for school-age children.

For 36 years, the Weatherization Assistance Program has led the nation in advancing technology, research and work practices to make residential energy upgrades cost effective, safe and comprehensive. The Weatherization Assistance Program is the second largest job creator under the 2009 economic stimulus plan. The energy conservation resulting from the efforts of state and local agencies helps our country reduce its dependence on foreign oil, reduce carbon emissions, and decreases the cost of energy for families in need while improving the health and safety of their homes. Two key principles guide the installation of measures: cost effectiveness measured by the savings-to-investment ratio (SIR)—the amount of energy savings versus the cost to install a measure—and the availability of health and safety funds. For every \$1 invested in the program, WAP returns \$2.51 to households and society. For every \$1 invested by DOE, the Program leverages \$2.40 in other federal, state, utility, and private resources. (WAPTAC)



The inception of the Weatherization Program in Essex County was in 1976. Since then, we have weatherized over 3,400 homes with an average yearly savings to the household of \$350.00.

American Families-Economy

- Over 7.3 million families served
- Low income families, on average, spend 14% of their income on energy costs
- Reducing energy costs means these families have more money to spend on food, medicine and other essentials

American Workers

- 25,000 living-wage jobs are supported by Weatherization
- Workers are highly trained and make up the largest energy efficiency retrofit workforce in the nation
- These workers form a foundation of skilled individuals to support the growth of a private home energy retrofit industry

American Businesses

- Over 10,000 local, American businesses are supported by the activities of the Weatherization Assistance Program



Head Start/Early Head Start

Families participating in the Individual Family Partnership Agreement:

54 % of currently enrolled Head Start families and **38%** of Early Head Start families enter into our goal-setting process, identifying the strengths and needs of each family and strategies on achieving family goals.

Head Start

100%

Average Monthly Enrollment

Early Head Start

97%

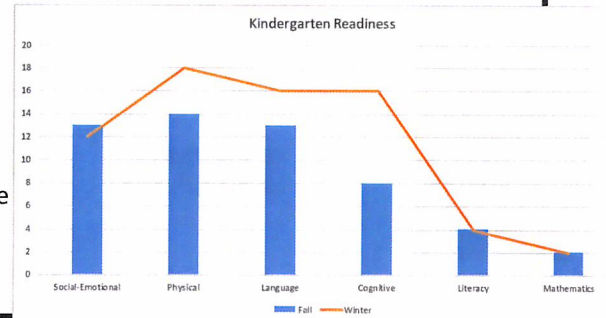
Average Monthly Enrollment



FALL 2019 vs WINTER 2020 School Readiness Results

Our four year olds are making great gains as they are on their way to kindergarten!

This graph shows the number of kindergarten bound Head Start children who have accomplished skills in each domain area from the Fall assessment period to the Winter.



Engaging Parents & Community

10

Policy Council Members

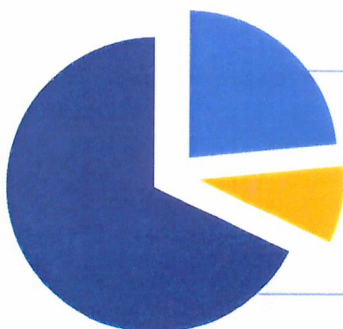
163

Volunteers

65+

Community Partners

2019-2020 Head Start Special Services



Head Start enrolled children, ages 3—5.

Identified by ACAP, Inc. Head Start

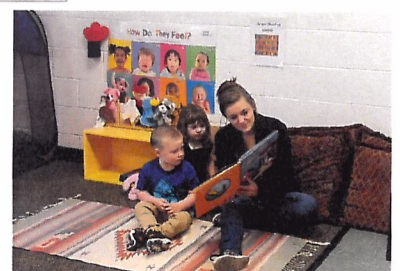
10 children

Entered program with services in place

27 children

Typically developing enrolled children

78 children





Population below Poverty Line by Congressional District

Congressional District	Population in Poverty, Percent of Total Population	Total Population in Poverty	Population Age 0-17 in Poverty, Percent of Age 0-17 Population	Total Population Age 0-17 in Poverty
1	7.24	50,545	9.88	14,581
2	6.65	47,084	8.57	13,232
3	5.6	40,102	5.99	9,243
4	6.43	45,693	8.39	13,130
5	11.86	90,146	16.66	27,911
6	13.12	95,206	15.15	20,906
7	24.35	176,549	34.68	58,115
8	21.43	163,339	28.28	46,302
9	17.52	127,452	22	35,341
10	16.39	116,834	25.71	36,492
11	14.16	102,449	19.03	30,165
12	10.54	73,514	10.77	9,035
13	27.01	206,277	38.3	59,973
14	15.35	105,716	21.51	30,352
15	37.09	271,856	48.79	98,443
16	12.88	93,512	17.52	28,151
17	10.4	74,992	16.13	28,755
18	9.53	66,580	14.23	23,477
19	12.63	84,483	17.11	21,695
20	11.42	79,590	16.04	22,725
21	13.46	89,545	18.9	26,627
22	15.16	101,029	21.83	30,491
23	15.92	104,836	21.31	29,397
24	14.48	98,131	21.26	31,328
25	14.98	103,841	22.23	33,185
26	18.57	128,451	28.78	41,310
27	8.71	60,233	10.88	15,453

* source: ACS 2013-2017 5 year data; table S1703

CSBG:

Current Funding: \$740 million

FY2021 Request: \$775 million

The Community Services Block Grant (CSBG) is a core funding stream for the nationwide network of 1,000-plus Community Action Agencies (CAAs). CSBG is funded in FY2020 at \$740 million, and we request that you support an increase to \$775 million in FY2021. These agencies work to address barriers to self-sufficiency and lift people from poverty in virtually every county in the U.S. They leverage public and private resources and coordinate with community partners to provide life-changing services to individuals, families, children and seniors, people with disabilities, veterans, homeless individuals, prisoners re-entering the community, and many others. Local agencies use flexible CSBG funds to fill gaps and respond to emergencies, innovate with new approaches to fighting poverty, and support essential functions that have no other funding source. The early response of many agencies to the opioid epidemic exemplifies the ability of Community Action to act quickly and creatively. The needs within low-income communities continue to outpace available resources and we urge you to increase the federal investment in this low-cost, high-impact program.

WAP:

Current Funding: \$308.5 million

PY2021 Request: \$310 million

We are very grateful for the significant resource increase the Weatherization Assistance Program (WAP) received in PY2020. The additional funds allow us to serve more of the homes on our waiting lists. Our highly specialized crew installs the measures that ensure vulnerable residents have lower energy bills in addition to healthier and safer homes.

The PY2020 increase is an important signal to our private partners, primarily the utilities that invest their efficiency dollars through our program, because it affirms the WAP has solid support and will be stronger, not eliminated. This allows us to solidify our state and private funding streams, which we coordinate with delivery of the DOE WAP program.

For that reason, we hope you will be able to provide at least a small increase for PY2021 that indicates Congress's intent to keep the WAP from eroding as a result of inflation. Funding of \$310 million or more would confirm the program can expect continued support and that our partners can commit to putting their resources into joint delivery of investments for their most vulnerable customers.

LIHEAP:

Current Funding: \$3.74 billion

FY2021 Request: \$3.74 billion

The Low Income Home Energy Assistance Program (LIHEAP) is an essential part of the safety net of services we provide to stabilize families and retirees that keeps them safe in their homes year-round. Insert your program stories. If true, add: When we enroll someone in LIHEAP, they become eligible for bill discounts and special consumer protections. These essential benefits [equal/exceed] the LIHEAP payment to the utility.

Frankly, LIHEAP is one of the programs which could be exponentially increased without meeting all the need; however, we are proud that the federal performance reports show our current resources are serving the lowest-income, highest energy burdened Americans. Please continue to protect this essential program from cuts or elimination, and please be assured that any provided increase will be widely used.