



4/11/01

CON 12-17-11
DOC ID# 2810

Valerie Drew
Waste Management Assistance
Iowa Department of Natural Resources
502 E. 9th Street
Des Moines, Iowa 50319-0034
Contract #: 00-G550-16

Dear Valerie,

Enclosed you will find the materials required for our Interim Report due April 15th. I hope you find everything in order, but give me a call if you have any questions.

Thank you again to the Iowa Department of Natural Resources for providing us with this opportunity to spread out our costs over time.

Sincerely,

A handwritten signature in cursive script that reads "Ginny Paulson". The signature is written in black ink and is positioned above the printed name and title.

Ginny Paulson
Support Services Coordinator

Appendix A, Reporting Form*

Contract Number: 00-G550-16

Contractor: Hawkeye Valley Area Agency on Aging

Date: 4/11/01

Reporting Period: 9/5/00 - 3/30/01

Impact on Operations:

- Reduction:

Avoided Styrofoam cost

\$3,853.05

Avoided disposal cost

—

Styrofoam diverted

262.52 cubic feet

- Budget:

Associated costs

\$4,536⁰⁰ in Labor

Associated savings

11,327.40 in Labor

- Capital Costs

Reusable Meal tray cost

\$5,180

Dishwasher/Installation cost

\$19,558.04

Maintenance:

—

- Meals:

Do the Temperature of meals served in reusable trays meet state standard?

yes

How many were served:

19,739

Congregate

516

Home delivery

19,223

Describe factors used to determine associated cost and savings:

Styrofoam cost/savings: #of meals (19,739) x 2 (2 trays needed/meal) x \$.0976 (cost of a Styrofoam tray) = \$3,852.95

Budget cost/savings: 18 hours/week of dishwashing x \$8.40 staff pay x 30 weeks = labor cost with new equipment.

Compare to 62.95 hours/week of dishwashing x \$8.40 staff pay x 30 weeks = labor cost without new equipment.

Subtract current cost from previous cost to find savings.

Additional Information (Optional):

Cubic feet of Styrofoam diverted: # of home delivered meals + # of congregate meals on high volume days x 2 (need 2 trays/meal) = total # of trays used. Total # of trays divided by 200 = the # of cases diverted. Each case produces 1.33 cubic feet of waste. Total # of cases x 1.33 cubic feet = total cubic feet diverted.

= 0.123 tons diverted

*Photocopy This Form

Dishwasher Project Narrative

Overview

- Pictorial History – Attached
- Slide Show – Box of slides is included. Slides are marked numerically to correspond with Narrative.
- Handouts from senior center educational presentations – Attached
- Program and presentation from 9/13/00 Open House – Attached
- Newspaper articles (Hawkeye Valley Area Agency on Aging Elderway. 7000 copies are distributed monthly) – Attached

Review of Milestones

Due to struggles with our vendor to get accurate bids and timely responses to our calls, the timeline had to be revised several times. The trays were available on time, but the dishwashers were installed 6 months after our projected date. By September 1st, we were able to notify the Department of Natural Resources about our upcoming educational programs, Open House date and time, and past statewide meetings where this project was mentioned. To reiterate:

- Mentioned at state nutrition directors meeting on April 17, 2000. Also mentioned at the Iowa Association of Area Agencies on Aging meeting on March 2nd, 2000.
- Open House was held September 13, 2000 at the Toledo Senior Center. 35 senior citizens were in attendance, including the Mayor of Toledo.
- Educational programs were held: October 17th at the Toledo Senior Center by Jennifer Ryan from East Central Iowa Council of Governments – 66 people in attendance; October 25th at the Greene Senior Center by Shelly Codner – 46 people in attendance; November 2nd at the Jesse Cosby Senior Center by Jim Weimer – 13 people in attendance. All presenters were asked to talk about the principles of “Recycle, Re-use, Reduce.” Educational brochures were distributed by presenters at the presentations.



00-G550-16

8/24/00

Leslie Leager
Iowa Department of Natural Resources
Wallace State Office Building
900 East Grand Avenue
Des Moines, Iowa 50319-0034

Dear Ms. Leager,

This letter is to inform of two statewide meetings where our receipt of the 0% interest loan to purchase re-usable trays and install dishwashers in three senior centers has been presented:

3/2/00: Iowa Association of Area Agencies on Aging Director's meeting (brochure enclosed). Presented by HVAAA Executive Director, Donna Harvey.

4/17/00: Iowa State Nutrition Director's meeting. Presented by Sally Myers, HVAAA Associate Director.

Sincerely,

A handwritten signature in cursive script that reads "Ginny Paulson".

Ginny Paulson
Support Services Coordinator

DEPT. OF
NATURAL RESOURCES

2000 AUG 25 P 2:25

9/13/00 OPEN HOUSE PROGRAM

1. Welcome – Doug.
 - * Need for new dishwasher
 - * Comment on volume of dishes
 - * Invite one of the cooks to comment
 - * Finish by introducing Ginny
 2. About the project – Ginny.
 - * Thank the Tama County Council
 - * Thank the Solid Waste Alternatives program
 - * Introduce Esther or other council member who will speak.
 3. Comment from the Council – Esther, hopefully
 - * Announce Ribbon Cutting and
 - * Announce who will be putting the first rack through
 4. Ribbon Cutting - Esther
 5. Put a rack of dirty dishes through – Council member
-

My presentation for Open House

Thank you Doug,

I don't want us to get too far without thanking The Iowa Department of Natural Resources, Waste Management Division, "Solid Waste Alternatives Program" and their representative, who is our guest here today, Tom Anderson. The Iowa Department of Natural Resources has provided us with a 0% interest loan and 10 year re-payment schedule to purchase this dishwasher as painlessly as possible. We also received 25% of the cost in matching funds from The Tama County Council on Aging. Thank you Council for your generosity. Before I bring Esther up here to speak on behalf of the council, I would like to add a few reasons to those you have already heard about the benefits of purchasing the new dishwasher.

In 1995 and 1996, we received funding through the solid waste alternatives program to purchase FDA approved re-usable trays for our home delivered meals (HDM) program. Because of this grant, we were able to replace our use of disposable, polystyrene (styrofoam) containers with washable trays and divert 1,062 cubic feet of Tama County solid waste from the landfill over the last four years. Seniors are also happier with the re-usable trays.

Our goal is to maintain our current practice of serving home-delivered meals on re-usable trays and to use dinnerware instead of disposable trays on days when the center has many people for lunch (like today) and on holidays, Grandparent's day, and Birthdays, for example. In fact, part of this project has been to purchase enough re-usable trays to last for 10 more years.

Iowa's population of individuals aged 60 and over is 3rd highest in the nation and our population of individuals aged 85 and over is the highest in the nation, and our senior population is expected to increase dramatically in the next 10 years.

In Tama County alone, we expect a 49% increase in the number of people eligible to receive congregate and home delivered meals by the year 2010. The Toledo Senior Center currently serves a daily average of 64 home delivered meal recipients. By the year 2010, that number is expected to be 92.

In an increasingly crowded environment, it becomes even more important to be ecologically wise and preserve the natural beauty of Iowa. By sustaining our ability to use re-usable trays and washable dishes, we are diverting an additional 447 cubic feet of waste from the landfill and saving \$46,620 of disposable tray costs over the next 10 years.

The dishwasher at this site is very old and can only accommodate 10 plates at a time – a lot of time and effort for the kitchen staff. The heater has been replaced in the past and is showing signs of wearing out again. Even if we were to fix the heater again, the machine's capacity cannot meet our current demand.

The new commercial dishwasher will last 20 – 25 years and can wash 20 trays in 90 seconds (or up to 600 trays in an hour).

In case you're not already appreciative enough, I would like to share a story with you from Elaine Brunko, Age 81 at the time of it's writing, from Brandon, Iowa. She explained how dishes were washed in *The Good Old Days*

Elaine Brunko, Age 81
Brandon, Iowa

A Winter Saturday Work Day

I was the oldest daughter of a family of six children, so growing up with three boys would put me in the "Tomboy Class." My two sisters were ten and twelve years younger. They really thought life was tough when I tried to get them to do as many things as I had to do.

First: get the breakfast dishes washed while mother was in the barn helping milk the cows by hand. The soft water kept in the reservoir that we had pumped from the cistern outside was dipped into a dishpan and pushed to the front of the stove to keep it hot. Another dishpan was used for rinsing dishes with water from the teakettle. The stump I stood on to reach the dishpan was pushed from under the reservoir. Dishes in the winter were more fun because pancakes were served, so there was no oatmeal pan to clean.

Next, the wooden churn was put in the middle of the kitchen to turn the cream that had been separated from the whole milk into butter. My older brother and I took turns cranking the handle. If the cream was very thick, a little water was added. Usually an hour passed before the butter separated from the buttermilk; the latter very good in our pancake dough. My mother would take a broad, flat wooden ladle and dip the butter out that was swimming on top and put it into a butter crock so she could work out more buttermilk and work in a bit of salt. The churn had a cork low down on the side where the buttermilk could be drained into a bucket.

While we were doing the churning, my mother had filled a large kettle with two quarts of sour plums (seeds, too), four quarts of applesauce, and sugar to cook into plum and apple butter for a spread on our bread (home baked).

After we had our mid-day meal, which we called dinner, mother would wash the dishes, but it was our job to clear the table. My brothers, very cleverly, picked up the silverware while I had to remove the plates. No one left any food on their plates, so that was easy, too. With more than six at each meal, dishes were washed after each one.

Then the Saturday once-a-week cleaning got underway. Of course, my mother scrubbed the kitchen to get the buttermilk that splashed or leaked out of the churn and the muddy tracks my younger brother made while going from the wheelbarrow of split wood outside the kitchen door and carrying it to the wood box beside the kitchen stove. Now, to keep my youngest brother off the slippery floor, he was shut in the living room with me while I was to dust the furniture (I hate to dust yet). There were no playpens then so a wooden gate was dropped between two slats attached on each side of the door. In time, the boards wore down a bit, leaving it to rattle when my brother stood at the gate shaking it back and forth, wanting out. After 70 odd years, I can still hear the rattle. Grown-ups could step over the gate, which was eighteen to twenty-four inches high.

My youngest brother was born on George Washington's birthday when I was seven years old, just big enough to rock the buggy to put him to sleep, but it seemed to me any little noise would wake him up, and I'd be right back at it again.

My sister was born two years later on George Washington's birthday. We three children were staying at our grandparent's -- the first place west of our home. Our grandparent's had a radio, so one bright spot of Saturday was my two brothers and I got to walk down there on Saturday night and listen to the W.L.S. Station Barn Dance with Lulu Belle and Scottie as the stars.

When my father came to pick us up, he said we had a baby sister. I should have been very happy to have a sister, but instead I said, "Oh, more work." And my father said, "You get home before I box your ears!"

The Good Old Days



Teacher at Dist 46

*A collection of writings about the past
by Iowans over 60*

Hawkeye Valley Area Agency on Aging

\$3.00

About this Publication:

Dear Readers,

This collection has been put together to honor Hawkeye Valley Area Agency on Aging's 25 years of service to Iowa's elders. We asked people in the ten counties we serve to submit stories about something that happened to them or to someone they knew in "the good old days."

We had planned to publish "25 stories for 25 years." However, because there were so many excellent submissions, we have printed our 25 stories along with several others that were awarded honorable mentions.

We want to thank our judges, who generously volunteered their time toward the difficult task of choosing the best 25 stories:

Beverly Kolthoff, retired Editor of the New Hampton Tribune.

Melody Parker, Lifesyles Editor for The Waterloo Courier.

Loree Rackstraw, Emeritus Professor of English from the University of Northern Iowa, who taught fiction writing and was also editor of the North American Review of Fiction.

Susan Rochette-Crawley is Assistant Professor of English at the University of Northern Iowa and teaches fiction writing.

Each story has a unique voice, though the themes of school days, farming and the introduction of the automobile are common threads. We hope you enjoy this variety of perspectives about "The Good Old Days." We did.

Sincerely,

Ginny Paulson, project coordinator