

Area Agency on Aging of Dane County

2022 Henry Norman Leck Endowment Fund Grant Application

Early in 1995, Dane County elders and the Area Agency on Aging Board were privileged to receive a bequest from the estate of Mr. Henry Norman Leck. Killed in a car accident in 1992, Mr. Leck left over \$150,000 to service Dane County elders. Realizing how quickly these funds could be spent, the Area Agency on Aging Board chose to create the Henry Norman Leck Endowment Fund at the Madison Community Foundation. Each spring, approximately 5% of the assets of the fund are distributed, on a competitive basis, to Dane County non-profit organizations, community groups, and public agencies serving senior adults (age 60+). The grants are meant to provide seed money to develop peer-to-peer prevention programs in the areas of AODA, benefits counseling, diversity & inclusion, elder abuse, health & wellness, housing, LGBTQ+, nutrition, and socialization. Leck Grants may not be used to supplant existing Dane County funding. No project will be funded more than twice.

The Area Agency on Aging Board has defined prevention as: *A process which promotes physical and emotional health by empowering persons with the resources and services necessary to confront complex, stressful life conditions and by enabling individuals to lead personally satisfying and enriching lives.* Programs that are considered for the grant:

- Include involvement and education that builds on strengths, skills, talents, knowledge, and life experience of older adults;
- Whenever feasible, involve low-income older adults (age 75+);
- Engage older adults in positive leadership roles and productive community activities; and
- Be completed by December 31st of the year it was awarded.

To apply for a grant, you must use this fillable form (your responses must fit within the allowable space) and email it with letters of support to: aaa@countyofdane.com. Completed proposals and letters of support must be received by **Friday, 6 May 2022, 4 pm**.

Proposal Information	
Project Title	The Healthy Hipsters
Amount of money requested	16500.00
Agency name	Sugar River Senior Center Inc
Agency address	21 S. Vine St Belleville WI 53508
Applicant name	Angela Markhardt
Applicant email address	srseniorcenter@outlook.com
Applicant phone number	608-424-6007
Communities where project will occur.	Belleville
This project is: ☒ a new project or ☐ an expansion of an existing project*.	
Projects are limited to a maximum of \$22,240 total.	
<i>*If planning to expand an existing project, attach a one-page addendum describing the nature and scope of the current project and how it will be expanded. A final report that includes all materials developed for the project must be submitted when the project ends or NLT 15 January 2023.</i>	
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BACKGROUND INFORMATION

Describe the history and purpose of your organization, agency, or group. [0 points]

Sugar River Senior Center Inc. has been serving the Belleville, Montrose, Exeter area for 47 years. Previously named Senior Program of Belleville, Exeter, Montrose. The purpose of our organization is to assist older adults to remain active in their community, independent in their own homes and enhance their quality of life.

Briefly describe the proposed project and state what you will implement and complete in 2022. [0 points]

Sugar River Senior Center would like to introduce a group of weekly balance based exercise programs for our older adult population. The program will include 4 different 30-45 min classes each week, a healthy snack with recipes to take home after each class and an area to socialize with each other while they snack each time.

Approximately how many older adults age 60 and older are anticipated to be directly involved in the implementation of this project?

4

How many will be indirectly involved?
(i.e., audience members, recipients of peer education, etc.).

40

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Proposal Request

Up to **10 discretionary points** may be awarded based on the project being innovative and will make a good model for others to replicate.

Up to **10 discretionary points** may be awarded based on the likelihood the project will be successful and will impact low-income older adults age 75 and older.

1. Which peer-to-peer activity focus will this project address? (Check only one)

- | | | |
|---------------------------------------|---|---|
| ☐ AODA | ☐ Benefits Counseling | ☐ Cultural Diversity |
| ☐ Elder Abuse | ☒ Health & Wellness | ☐ Housing |
| ☐ LGBTQ+ | ☐ Nutrition | ☐ Socialization |
| ☐ Other: _____ | | |

2. Explain why this project is needed and where the idea came from. [5 points]

This project would help to replace an older adult exercise program that a local gym has discontinued. This program intends to encourage strength and balance for participants, introduce healthy snacks that can be replicated at home and provide a time for participants to socialize after class to decrease social isolation in the community.

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3. State the objectives to be achieved in terms of expected changes in attitude, knowledge, behavior, skill, etc. of participants. [5 points]

Objectives

- Increase movement in older adult population to improve health and strength.
- Introduce healthy snacks with take home recipes to promote healthy eating habits
- Improve balance through strength and movement to prevent falls
- Increase opportunities to socialize to decrease social isolation in the community

4. For each objective listed, explain how you will measure the extent to which you have achieved that objective. [10 points]

Increase movement to improve health and strength

Class attendance numbers and repeat attendance will help to measure this. Surveys every 5 weeks during the program will help to measure perception of improvements in health and strength.

Introduce healthy snacks to promote healthy eating habits

Participation in the snack portion after class as well as take home recipes will help to measure this. Ongoing surveys will help to measure perception of this objective.

Improve balance through strength and balance to prevent falls

Class attendance and continued surveys will measure participants perception of this objective

Increase opportunities to socialize to decrease social isolation in the community.

Keeping a count of how many participants remain after class to socialize as well as ongoing surveys will measure the this as well as the perception of benefit by participants.

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5. Explain the methods, activities, and timeline for accomplishing the goals. [10 points]

To meet our goals in implementing a successful program we will follow a timeline of activities.

We will locate and hire/obtain volunteers instructors to teach each of the proposed classes

Once instructors are in place classes will be scheduled and any items for classes will be purchased

Class area will be designated and signage will be put in place.

Classes will be promoted to recruit new participants

Healthy snack program will be planned

Classes will be held for in 10 week intervals.

Snack/Social time after classes will be encouraged by instructors, volunteers and staff.

Survey will be constructed to administer to participants every 5 weeks of the program to track progress.

Surveys will be administered and results will be used to make ongoing improvements to the program throughout the program.

6. What specific population is being targeted as participants? [5 points]

Older adults age 60+ from any income level in and around our service area. With the grant we can offer the classes with not cost associated for participants.

7. Describe outreach efforts to recruit participants. [5 points]

To recruit participants we will use a variety of communication avenues. We will have all activities promoted in our newsletter. Flyer will be delivered and posted at all three village halls as well as the Library, local food pantry, gas stations and the grocery store in town. We will further post in local newspaper activity section as well as all social media avenues including our center's website.

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**8. Who will you be collaborating with on this project? How will the collaborators be involved?
Attach letters of support. [10 points]**

Mara Rohde will be our main collaborator in the beginning of this program. She will be helping to advise us on older adult specific needs for each class as well as leading one of the classes herself as a volunteer. Other collaborators will be discovered and included in the project as we build and implement the programs.

9. How will older adults be involved in planning, leadership, implementation, and evaluation of the project? [5 points]

Using guidance from our Advisory council, consisting of older adults from each of our service areas, we will have older adults involved in the initial planning stages of this project. They will help us to designate leaders who will aid in the implementation and encouragement of participation. Current older adult volunteers will help with the ongoing evaluation of the project.

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10. Who will implement this project? What are the qualifications and experience of the person(s) responsible for this project? [10 points]

Angie Markahardt, Director, and Maria Lamboley, Assistant Director, will be the primary implementors of this project. Angie has 6 years of experience in project leadership including budgeting, scheduling, and new project implementation. Maria has 7 years of program coordination experience including building and implementing new programs within our Senior Center.

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11. Complete the following chart, indicating amount requested from the Leck Grant, matching funds from other sources, and the total cost of the project. [5 points]

Item	Amount Requested	Matching Funds**	Total Cost
Personnel	12000	0	12000
Space Costs	0	0	0
Supplies	4500		4500
Transportation	0	0	0
Equipment Rental*	0	0	0
Other	0	0	0
TOTAL	16500	0	16500

* Equipment/capital purchases are not allowable with Leck funds.

** Cash or in-kind support.

12. Explain each budget item and why it is necessary for this project. [5 points]

Item	Why is this necessary?
Personnel	This will cover current staff costs to design and implement the new programs as well as instructor costs for each session.
Space Costs	
Supplies	The items needed for full participation in each class will be purchased, as well as food items to encourage healthy snacks and post class socialization .
Transportation	
Other	

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- 13. Explain any cash or in-kind support for this project and the source. Include any volunteer hours contributed to the project as in-kind support. If you have already submitted or are planning to submit this proposal to other funding sources, indicate the amount requested and the status of all proposals. If this project is already in existence, list current funding sources. [10 points]**

Volunteers will be utilized in the marketing of the new program. They would also be utilized to help participants schedule classes with the center. Volunteers will coordinate healthy snacks with staff assistance and will be instrumental in the evaluation process of the program.

- 14. How will the project continue after this initial funding is exhausted? [5 points]**

The program will continue by installing a small fee for classes after it is not longer funded. Local business sponsorship will be used to offset costs and provide scholarships for any participant needing extra help to continue.

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15. How will this project be evaluated? [10 points]

Surveys will be conducted with participants every 5 weeks during this initial project phase. We will be assessing the perception of participants in the areas of improvement in balance, mental health, physical health improvements. We will also be assessing their overall experience with the nutritional, social and classroom environments.

These surveys will help to make improvements within the program on an ongoing basis throughout the project.