

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 | Southeast Asian Seniors Peer Management Project |
| Amount of money requested | \$15,000.00 |
| Agency name | Southeast Asian Healing Center, Inc. |
| Agency address | 2814 Syene Road; Madison, WI 53713 |
| Applicant name | Doua Vang |
| Applicant email address | nruas@charter.net |
| Applicant phone number | (608) 212-1304 |
| Communities where project will occur. | Madison (Dane County) |
| This project is: <input checked="" type="checkbox"/> a new project or <input type="checkbox"/> 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> | |
| No project will be funded more than twice. | |

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BACKGROUND INFORMATION

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

Southeast Asian Healing Center is an outgrowth of Kajsab House, a program of Journey Mental Health Center that existed for 20 years. When Journey was no longer able to continue the program due to funding cuts, Doua Vang and some of his staff continued the basic program under the new name of the Southeast Asian Healing Center, which goes by the acronym of SEAHC. The new organization has been functioning since 2018 and received its tax exempt status on 08/24/2020

Its purpose is explained by its mission statement, "The mission of Southeast Asian Healing Center is to provide bilingual and culturally appropriate services, designed to promote health and well-being and to ensure help will be accessible and acceptable, using the nontraditional settings that reflect the cultural values, traditions, and beliefs of Hmong, Lao, and Khmer people." The organization provides an emotionally safe and warm place to bring elders together for a Hmong lunch meal, a Thursday food pantry, activities and, when there is no pandemic, outings to learn about the larger world in which they live. Mental health services, including psychiatry; case management, including assistance with benefits, housing, medical care; and advocacy and information are offered.

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

Our project will provide the services to Hmong elders that haven't been initiated because of lack of resources and due to restrictions of the Covid-19 pandemic. The first task will be to build a Participant Management Team. This will be a peer-to-peer program that can be replicated by other organizations. Hmong elders have a myriad of skills that are currently not being tapped, at least not to their full potential. We know that they have much to teach us and each other. They are the ones that understand how to talk about issues of concern in ways that their peers will understand and be able to accept the information. Elders of this leadership group will advise and model how to accept health/wellness information. Specific information to be imparted will be to learn again to get outside in the fresh air and/or to move inside. The Management Committee will help people exercise after two years of inactivity due to the pandemic. Methods will include: group exercise led by staff and leaders from the Participant Management Team; individual exercise on equipment rented through the assistance of this grant with coaching from staff and consumer leaders and, participation in the garden program at the Groundswell Conservancy Therapy Gardens.

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

6-8

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

50-60

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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)

- | | | |
|---------------------------------------|---|---|
| <input type="checkbox"/> AODA | <input type="checkbox"/> Benefits Counseling | <input type="checkbox"/> Cultural Diversity |
| <input type="checkbox"/> Elder Abuse | <input checked="" type="checkbox"/> Health & Wellness | <input type="checkbox"/> Housing |
| <input type="checkbox"/> LGBTQ+ | <input checked="" type="checkbox"/> Nutrition | <input checked="" type="checkbox"/> Socialization |
| <input type="checkbox"/> Other: _____ | | |

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

This project is needed because our elders are asking for more and better information about their health concerns. They understand that they need to build back their strength after two years of inactivity. Their behavioral health issues are being met but we need to help with the physical health and wellness information. We know that people listen best when the people giving the information look like them and live like them. By using natural leaders in the group to first be trained by staff and then educated about the advantages of exercise and nutrition, we will have a respected group to lend credence to our advice. As important, this project will allow us to focus on building up the confidence and status for a group of consumers who have the skills but need the experience of being leaders.

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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]

1. Build a Participant Management Team
2. Staff will meet with the Management Team to explain the project and the need for exercise, fresh air, and good nutrition for members of SEAHC
3. Provide group activities for participants to learn to enjoy physical exercise and healthy food, with consumers leading those activities. This will include gardening at the Groundswell Therapy Gardens where participants can get exercise and fresh air and thus meet goals in a different way.
4. Improve and increase consumers' knowledge about their own health and how to improve it (nutrition, exercise, visits to health professionals, e.g.)
5. Leaders will have increased self-confidence and self-worth as a result of their roles
6. Give satisfaction survey and focus group opportunities to participants to give feedback for future programming

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

1. The Participant Management Team will be functioning with six to eight members in equal gender (male/female) that meet biweekly.
2. Group activities will be held at least every other week in which consumer leaders lead the group and these will be noted.
3. Attendance rosters will be kept for each activity
4. Pre- and post- surveys of health information will be given to participants who attend each activity.
5. Leaders will answer questions about their self-perception of their skills and of their self-confidence. Survey results of participants' answers will be reported out in the aggregate, protecting the confidentiality of each person.
6. Evaluation sheets will be collected midway through the project and at its conclusion to determine if the information and demonstrations were helpful, and to gather other information people would like to learn about.

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

1. Leadership committee members will be chosen by staff, based on observation of who are natural leaders. Additionally, consumers can volunteer by explaining what they would be able to do and how they believe they can lead. The committee will be fully formed by October 1, 2022.
2. Executive Director will identify candidates to be on the Management Team and will begin planning presentations and evaluation specifics. Initial plans will be completed by October 15, 2022.
3. All SEAHC members will be invited to attend activities. Healthy snacks will be provided at each event. Both the indoor activities, which will include exercise equipment, and the garden program will be evaluated by the end of May 2023. It is our goal to have the healthy activities continue even after this date.
4. Survey will be developed to gauge how information was being understood by participants by June 2023.
5. Staff will interview and observe consumers to learn if they are using healthy activities as suggested.
6. Working with Dr. Coleman, staff/management team will develop measurements of self-confidence and self-worth for leadership members by 01/15/22.

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

Target population is Hmong elders who are suffering from the Vietnam War from 1961 to 1975. The majority are over 65 years old, are highly traumatized, speak little to no English, are low income and have limited knowledge of health information and wellness activities. Because of language barrier, they do not drive and are unable to navigate the complex health care system without support from the SEAHC staff team. The Center provides services to the elders which allows their family members the opportunity to gain employment and education to succeed and assimilate into the mainstream culture. Because of this, their family members do not have time to support their elders at home.

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

We will start with an identified group that comes to the SEAHC programs at least one time per week. We will then reach out to those who have been reticent to attend inhouse programming due to fear of the Covid virus or due to other anxieties. Because the SEAHC is well known and well accepted by the community, our current elders who are already part of the program will be our ambassador in reaching out to their friends and families. Most of our sources of outreach is word of mouth. We also will work with our partners, Kennedy Heights, Groundswell Conservancy, and Northport which most of our Hmong elders live to reach out to more participants for the program success.

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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]

Bayview, Kennedy Heights, and Northport Apartments are areas where many of the targeted population reside. SEAHC already collaborates with staff of those sites to provide comprehensive services to consumers. Those sites will be providing letters of support for this project.

We will also be collaborating with Groundswell Conservancy which provides the Healing Heart Garden program. They will write a letter of support.

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

The Participant Management Committee will be involved in all facets of the project including planning, implementation and evaluation. The committee will have its first meeting as soon as we can comprise it after notice that we have been awarded the grant. We are purposely awaiting their input before deciding on the details so they will be involved. Further, decisions and direction will be sought from the larger consumer group as the project proceeds. Ideas will be solicited through our regular process of group meetings and focus groups.

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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]

Doua Vang, Executive Director, will be the principal implementor of the project. He has been the leader and director of the program in all its phases for over 20 years. He has a Masters degree in Business Administration and is an experienced case worker and service facilitator. Doua knows the community and is well respected. He is a certified clinician under WI Comprehensive Community Services. Linda Keys, Clinical Supervisor, will also be involved. She is a Licensed Clinical Social Worker. She has also been with the program for 20 years and is certified as a Mental Health Professional under CCS. Psychiatrist Fred Coleman will consult as needed; he also has been with the program long-term. SEAHC staff will also help out with implementation and all are CCS-certified with long-term involvement with the program.

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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 | 0 | \$14620.00 | \$14,620.00 |
| Space Costs | \$2,400.00 | 0 | \$2,400.00 |
| Supplies | \$2,500.00 | | \$2,500.00 |
| Transportation | \$6,240.00 | | \$6,240.00 |
| Equipment Rental* | \$4,260.00 | \$740.00 | \$5,000.00 |
| Other | \$2,000.00 | | \$2,000.00 |
| TOTAL | \$15,000.00 | \$17,760.00 | \$32,760.00 |

* 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 | All the staff time will be contributed by Southeast Asan Healing Center. There is no cost to the proposed project. |
| Space Costs | Space cost is \$200. 00 per month for the 12 months of the project proposed. |
| Supplies | Supplies include a computer to keep documentation and activities, snacks, food, drink and other paper products. |
| Transportation | The proposed project requires two vans for transportation. Gas cost is \$60 per week per van per week. SEAHC will provide staff and the vehicles. |
| Other | This is the cost of \$25 stipend as gift card or food items per each management team member per month for 6-8 members to compensate for their time. |

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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]

Doua Vang, Linda Keys, Dr. Fred Coleman and the staff team will all be providing their services as in kind support to ensure program completion.

Doua Vang will contribute 2 hours per week to overseeing this project. The in-kind cost for Doua Vang is \$35 per hour and the annual cost is \$3,640.00.

Linda Keys will contribute 1 hour per week to the project for clinical consultation, and evaluation. She will assist in the evaluation tools development with Dr. Coleman for the project's evaluation. The hourly rate for Linda Keys is \$40 per hours. The annual cost for Linda Keys is \$2,080.00.

Dr. Coleman will be available as needed for 1-2 hours per month as for consultation and other improvement and development. The hourly rate for Dr. Coleman is \$200.00 per our. The annual cost for Dr. Coleman is \$2,400.00.

Staff time will be 5 hours per week for daily direct involvement with the project. The rate for social work staff is \$25 per hours. The annual cost for the staff is \$6,500.00. Total in-kind for the project is \$17,760.00.

This proposal has not and will not be submitted to any other funding source.

The project as proposed is not yet in existence.

We are requesting \$15,000.

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

Because it takes time to institute lasting behavioral changes, especially when learning to add or modify health practices, we would hope we might receive continuation funding to build upon the initial knowledge consumers gain. However, even if more funding isn't forthcoming, the staff will work with Neu K LLC, a partner program to enroll seniors who are eligible to receive comprehensive community services with the Dane County Human Service to reinforce health and wellness education as part of their mental health coping skills because many of the seniors are suffering with Post Traumatic Stress Disorder and trauma from their experience of the War from their native countries, Laos, Cambodia and Vietnam.

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

This project will be straightforward and therefore not overly difficult to evaluate. We will report on the achievement of measures and outcomes of the objectives set forth in #3 and #4 above.

Attendance rosters will be kept each day of the project and will be reported out.

Staff, including Linda Keys and Dr. Coleman, will help develop the survey tools and will tally the results.

The measures we propose contain the evaluation within them. If we are able to wholly achieve an objective, it will be 100% met. If we are only able to achieve half of an objective, it will be met 50%, etc.

The number of respondents given a specify survey for each activity will be reported, as will the number of surveys returned.