

Manchester Wellness Coalition Year 4 Plan
May, 2015



**Manchester Wellness Coalition
Year 4 Plan
Summary of Interventions**

**Submitted to the Chelsea Area Wellness Foundation
May 4, 2015**

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Manchester Wellness Coalition Year 4 Plan May, 2015



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Executive Summary



In 2015, the Manchester Wellness Coalition is requesting \$100,000 in funding for 13 dynamic interventions that assist the Manchester community in reaching its wellness goals. The community is excited to move forward with these plans, and believes that they demonstrate a broad range of activities for all residents of all abilities, with a well balanced distribution across the four focus areas. The coalition was successful at increasing resources targeting older adult citizens, as this was a need expressed last year.

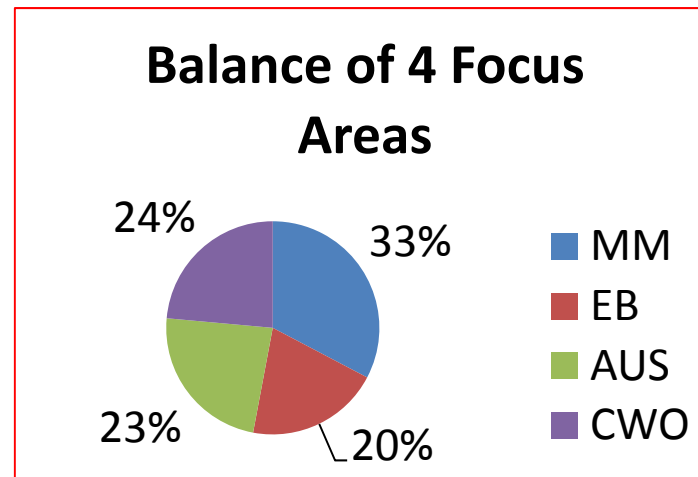
Past infrastructure projects are now getting underway and the Coalition is pleased to see a Year 1 project commencing in May and a project funded in both Year 2 and 3 is anticipated to begin in July. We appreciate the Foundation's patience as we secured the approvals necessary to move these forward.

Manchester received a Silver Award from the PAC survey largely because of improvements in Community Policy/Planning, which increased our score from 58.8% in 2012 to 69.5% in 2014.

Finally, as we move into Year 4, we realize that fostering a culture of wellness is an ongoing commitment, and we invite all Manchester residents to join us.

- Read about us in The Manchester Mirror!
- Like us on Facebook and spread the word about wellness!
- Join us to improve the lives of all residents in Manchester!

- The Manchester Wellness Coalition



The Year in Review



Building a culture of wellness in Manchester now moves into Year 4 with great successes, major accomplishments, and a set of new recommendations to improve the lives of all Manchester residents. The Manchester Wellness Coalition has become more integrated with the larger Manchester community. Here are a few examples:

- For the first time, the Manchester Wellness Coalition participated in the Manchester Community Resource Center Volunteer Recognition Banquet. Kathy Benedict was nominated by the coalition as the Volunteer of the Year for her excellent work to further the messages of Avoiding Unhealthy Substances in our community. Congratulations to Kathy for her hard work in promoting coalition outreach events.
- This year, the Manchester Wellness Coalition is promoting the Washtenaw County Health Improvement Plan (HIP) telephone survey. This is an ongoing project through July 2015 which will provide important measurement data for our efforts. We took an active role in encouraging Manchester residents to respond to the survey calls, using posters, flyers, direct mail and messages in our online e-news, The Manchester Mirror. CWF paid to have oversampling done for Manchester so we would have meaningful data for our community.
- The coalition also used electronic and paper surveys to obtain feedback about our meetings, and to seek input on our four focus areas and general knowledge of coalition efforts. This yielded 10 new members on our mailing list, and one new intervention idea – Dance, Manchester! The Farmers Market was the intervention most had participated in (66%) and half had been to a Gazebo Concert.
- The coalition continually seeks new members to represent different organizations in Manchester. During the past year, participants representing the following 13 organizations attended our meetings: the Village of Manchester, Manchester Community Schools, Manchester District Library, Manchester Community Resource Center, Chamber of Commerce, Manchester Senior Citizen’s Council, Manchester Wellness Center, Riverfolk Music and Arts Organization, St. Joseph Mercy Chelsea, Manchester First Steps, Parish Nurses, Lions Club, Civic Club, Manchester Area Friends,
- The coalition assisted with the promotion and development of a diabetes education program, My Choice-My Health, Klager Math and Science Night, outreach at the high school Homecoming football game, and encouraging the public to participate in the SJMH/Chelsea Community Health Needs Assessment.

5 Year Strategic Objectives



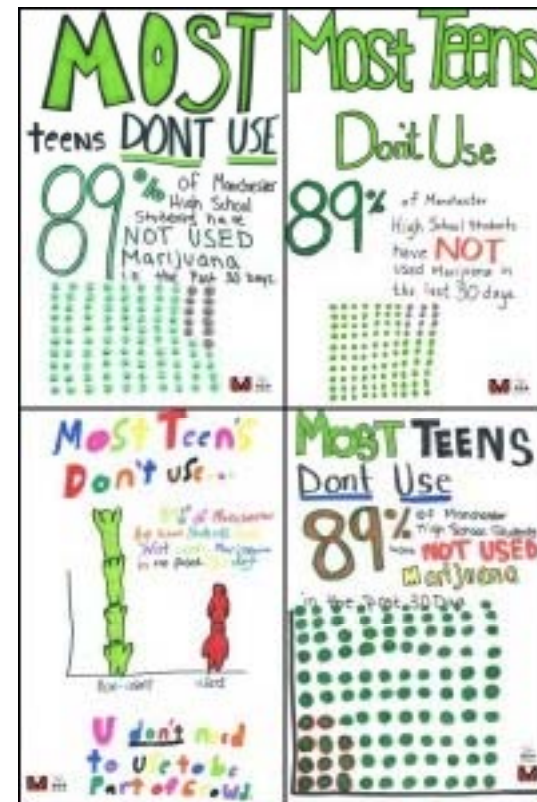
Avoid Unhealthy Substances Focus on Youth/Teens

Community Need: 2014 MiPHY data results show positive movement in Manchester teen substance use trends. Although 89% of Manchester teens don't use substances, there is rising concern about the spike in drug related deaths in Washtenaw County. Manchester wants to continue the focus on youth campaigns against tobacco, alcohol and marijuana use.

Interventions: Manchester Voices, Project Success and Project TNT have targeted the school age population with a variety of messages and strategies for avoiding substances and reinforcing positive social norms. Our Red Barrel intervention launched in 2012 is now self-sustaining. In Year 4, Manchester will join other 5H towns and adopt SRSLY, a youth and teen focused intervention for substance use and abuse, bullying and other topics. The 5H Community Read will also focus on a substance abuse theme this coming year.

Results: Although over 67% of Manchester high school students report that they somewhat disapprove or strongly disapprove of peers drinking alcohol nearly every day, there is still easy access to alcohol as reported by teens. Among Manchester teens who drank recently, 41% usually drank alcohol at home.

Testimonial: "I joined Students Leading Students (High School subset of Manchester Voices) because I wanted to join a club that could change not only my life, but the lives of others around me. I wanted to be a part of a club that made a lasting difference. And that's exactly what SLS did!" - Alexa M. (Manchester High School, 10th Grade)



5 Year Strategic Objectives



Connect With Others For all residents

Community Need: Residents in Western Washtenaw County have the highest number of reported days due to poor physical or mental health that limits activities.

Interventions: The Manchester Street Festival, Kirk Park renovations and Gazebo Concerts have celebrated Manchester's close community ties with special events during the summer. In Year 4, we propose body image workshops, a stress management strategy, Dance, Manchester! and Community Read events open to all residents. The popular Youth Football and Cheer program will continue to promote physical activity and connections. We are also hosting meetings to learn what the community residents would like in a retirement living facility.

Results: 7% of our residents report that they never get the social and emotional support they need. We hope to impact this statistic with a variety of events and programs for people of all ages.

Testimonial: "There is a bond in pushing each other, as you and your teammates go through the same exhausting practices and games. The demand improves your physical fitness and the experience cements loyalty to the kids of Manchester working as one." - Manchester Youth Football

Photo: 2014 Manchester Gazebo Concert and Manchester Business Expo at the Farmers Market



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5 Year Strategic Objectives



Eat Better

Promote 5+ Fruits & Veggies

Community Need: Only 8% of adults eat 5 or more servings per day; and 25% our youth population is overweight or obese.

Interventions: The Manchester Farmer's Market, Community and School Garden and Healthy Chefs program activities have laid a strong foundation for eating better in Manchester. These interventions will continue in Year 4.

Results: Manchester's score on the NEAT survey (Nutrition Environment Assessment Tool) in moving in the right direction, reflecting our community's emphasis on youth eating intervention.

Testimonial: "I love it when there are three events on Thursday evenings. I invite friends to join me. We go to the Farmers Market, then the Ice Cream Social and then a Gazebo Concert. What a great place to live!" - Manchester resident



Photo: 2014 Manchester Farmers Market

5 Year Strategic Objectives



Move More Promote Daily Exercise

Community Need: Only 28.5% of high school students report being physically active for 60 minutes or more/five days per week. For adults, regular physical activity rates are lower than others in the county.

Interventions: The synergies of Dance, Manchester!, Adaptive Movement, Youth Football and Cheerleading, and Safe Routes to School provide different activities at local venues for residents of all abilities, both young and old.

Results: In 2014, the Coalition received the Michigan Recreation and Parks Association Community Service Award for its work in improving our parks, recreation and leisure services in the Village of Manchester. More residents are moving more!

Testimonial: “We loved the wonderful music, the good caller, and it was a great crowd with great people. It was more fun than we expected. Just what Manchester needs!” – comments from the Contra Dance Survey, April 2015.

Photo: Run Manchester and Youth Football and Cheer



Needs and Gaps in Service



MARKETING NEEDS - The Manchester Mirror has done a fantastic job of both promoting and reporting on interventions which has helped to increase the visibility of the Coalition and its sponsored community events. The Manchester Wellness Coalition recognized the need for **continuing marketing and community outreach**, and successfully distributed a 4-page mailer in 2015 to all 48158 addresses. But we don't want to stop there. Ongoing marketing and advertising continues to be an important need to enhance our strong "word of mouth" campaigns, increase participation and promote culture change in Manchester.

Like Us on FaceBook Manchester Wellness Coalition



SENIOR NEEDS - In addition to marketing needs, we also have explored ongoing discussions about the needs of our senior population including **senior living accommodations** in the Manchester area. The Seniors told us they do not get enough fruits and vegetables so the Farmers Market arrange to have one of their vendors deliver produce for Senior meals starting in September 2014. Working with the Village of Manchester, we initiated conversations with UMRC and Silver Maples Retirement Communities to conduct market analysis and demand studies for a facility based in Manchester, so that long time residents are not forced to move when their needs change in later years. In Year 4, we would like to move forward with these discussions and explore continuing care options to provide a much needed lifestyle choice for Manchester residents.

DISTRIBUTION OF OUR RESOURCES - Last year we recognized a need for more interventions addressing our senior population. We also aimed to **balance our interventions** across all four focus areas of Move More, Eat Better, Connect With Others, and Avoid Unhealthy Substances. Now with representation from the Manchester Area Senior Citizens Council at our regular coalition meetings, our Year 4 recommendations are moving in the right direction. We have achieved a more appropriate balance of youth and adult focused programs, and programs which address all four elements. We also developed our 5 year Plan which will help us to focus on areas of need and prioritization of new and future program recommendations.

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Lessons Learned

Timing, Collaboration and Multi level support



The success of wellness interventions has many related factors. Seasons, awareness, communications, community support, leadership, and collaboration all play a role in program success. We have learned a few lessons about the success of our program recommendations along the way. These lessons include:

- **Timing is Key.** We are enthusiastic about new and innovative ideas, and about getting community support for their implementation. However, some projects take longer than 12 months to implement, especially if they involve infrastructure ,legislative approval , grant approval, or community buy-in. Some projects funded in past years still require expert leadership for implementation, and we appreciate that the CWF will allow us to move forward on alternative timelines to get things in place. It has been a learning curve for all parties.
- **Collaboration is an essential ingredient for program success.** While we see collaboration between interventions, some smaller funding requests may improve their chance of attaining their goals if they proactively seek out connections with other well-established program interventions. We like the synergies of collaboration. We hope more intervention leaders will use this strategy for success.
- **Collaboration also has another meaning – multi level support** for programs helps to assure not only their success over time, but also their implementation in a timely manner. When interventions are single source sponsored, their success is compromised when leadership changes. When interventions have multi level support, then implementation is more secure. We hope all future program ideas can seek multiple sponsors to assure their success by looking for collaboration in the community and assuring that each intervention has two strong leaders.

Success Story

Safe Routes to School

Leveraging \$24K leads to \$397K



What do sidewalks, pedestrian crossings, bike racks and walking maps have in common? They represent the local resources that have been tapped to offer Safe Routes To School to the school age children of Manchester. Safe Routes to School is a great example of the Wellness Coalition’s investment in infrastructure and education to increase physical activity in our community.

Safe Routes to School was implemented in Manchester in 2013, and has demonstrated its efficacy over time. In the first year, a SR2S Coordinator was hired to implement the planning process with MSU and WSU and focus on our grant application process. The following year, the Walk to School days were organized, and the program submitted its grant request to the Michigan Fitness Foundation and MDOT. Today, SR2S is well positioned to move in to Phase 2, and the Coalition anticipates approximately \$397,000 to assist with sidewalk improvements, a pedestrian crossing on M-52, walking maps to inform parents about our improved safety mission, and portable radar signs to regulate lower speeds in school zones. These enhancements will significantly increase our program participation and assure parents and students alike that walking and biking to school is safe and beneficial. The Coalition would like to give a special thanks to Matt Pegouskie for all the work he put into the grant to MFF and MDOT.

Programs like SR2S contributed to our Silver rating (up from a Bronze rating in 2012) in the 2014 Promoting Active Communities (PAC) Survey. This reflects a higher degree of community planning and our success related to infrastructure and recreational activities.

Dear Manchester Mirror Editor,

I think that more kids need to walk to school on Wednesday for the walking to school [program](#). First, walking to school gives kids a [good start](#) to their day. Most people are happier during the day. More parents are driving their kids everywhere. Maybe it’s time to change up your Wednesday morning routine. Next, it gives kids and parents exercise. Kid’s hearts will beat more and that will make them healthier. Kids will breath faster and that also makes them healthier. Some parents get afraid that something is going to happen to their kids but walking to school with them are [teachers](#) and also parents. After that, walking helps people be healthy. The more exercise and [playing](#) kids do, the healthier kids are. When people are walking to school they are burning calories. Safe Routes to School always makes sure all the kids doing it are safe. In conclusion, a town with people that exercise and are healthy is a good town! That is why more kids need to walk to school on Wednesday.

Sincerely,
Lauren Blaine



Year 1-3 Intervention Recap



Y1 Shared Use Trail	Construction of this non-motorized trail starts in May	Trail engineering was completed in 2014 and construction of the trail will begin in May 2015. Phase 1 initially includes the long asphalt segment in Chi-Bro Park, the asphalt segment west of M-52 to the mill pond, and the stone segment west of Union Street to the Leonard Preserve. Washtenaw County will assist with building a connector through the Leonard Preserve. In addition, two overlook decks on the Manchester Mill Pond and the River Raisin will also be constructed this summer. Additional work will be completed in 2015 and 2016, based on reserve funds and additional fundraising underway.
Y1 Wellness Center Expanded Programs	In progress	The Wellness Center continues to support new programs. This spring a Contra Dance was added (close to 50 participants) and the plan is to have Yoga at the Park in June during the Farmers markets. A kids Zumba class and Boot Camp will be schedule in 2015.
Y1 Big Red Barrel Program	Completed installation, but collection of medicines continues	The Red Barrel continues to collect medications.
Y1 Education Seminar Series	Continuing	Coalition organized Math & Science night at Klager School again this year. 186 people attended not including the 23 groups who provided the activities. Activities included smoking lungs, stress management + 20 other activities.
Y2 & Y3 Kirk Park Renovations	Construction begins in July	After delays due to working around the MAYS youth sports schedule, weather issues and securing the remaining funding, the renovations will be started and completed this summer.
Y3 Healthy Chefs	In progress to be completed by the end of the school year.	The high school program continues to gain popularity. At the start of the 2014-15 school year, more students signed up than could participate due to the kitchen classroom space. Two high school teams entered the statewide competition and one team was selected (only 8 teams statewide are selected) to be in the competition. The Klager program continues with good participation of 30-40 students.
Y3 Community and School Gardens	In progress to be completed in the fall of 2015	Two more pre-school classes were added this spring for indoor gardening (now about 100 students) + education on composting to support the composting effort that was also funded last year. Gardening at the elementary school begins in May and 2 of the summer camp instructors are already planning for more gardening time for those students including the Monday Farmers Market at the School.

Year 1-3 Intervention Recap



Y3_Manchester Voices, Project Success, Project TNT	In progress	<p>We have seen a reduction in 30 day use of alcohol by Manchester High School students from 29% in 2010 to 22% in 2014 (MiPHY), High School students are reporting that an increase in parent disapproval of youth alcohol use of 11% between 2010 and 2014, and have also seen a decrease of 14% in Manchester High School students reporting they had rode in a vehicle driven by someone who had been drinking in the past 30 days, 26% in 2010 and now 12% in 2014. Manchester has also seen a significant decline in students reporting easy access in alcohol from 71% (2010) to 59% (2014). Eighty-nine percent of Manchester adults who took the “Underage Drinking Survey” reported that they felt it was wrong for adults to host a party with underage drinking. Additionally 30% of respondents reported that the Parents Who Host Lose the Most campaign led to a discussion with their teen about the dangers of going to house parties where alcohol is served. Fifty-three percent of respondents reported that the campaign led to a discussion with other adults about the dangers of hosting teen parties where alcohol is served.</p>
Y3_Project Success	In progress	<p>The Project SUCCESS Counselor has made her self as available as possible with regard to student’s needs. The counselor has found that individual meetings are more popular than group meetings. She has also begun doing mediation work in both the Middle and High School. During the 2014-2015 academic year the Project SUCCESS Counselor has met with 65 students, worked with 19 students on an individual basis, and 41 students have participated in groups.</p>
Y3_Project TNT	In progress	<p>Manchester appears to be heading along a downward trend regarding tobacco product use and perception of use along with the rest of the nation; however with the introduction of the electronic cigarette and recent surge in related advertising there is still a need for tobacco prevention.</p>
Y3_Run Manchester/Street Festival	Completed	<p>256 race participants in the 3 races. Street festival include a Wellness Block with a variety of Move More, Eat Better activities</p>

Year 1-3 Intervention Recap



Y3_Farmers Market	Completed	Averaged 15 vendors per week in 2014, over 500 customers per week and a total of \$35,000 in gross sales for the season which was deemed a big success again in 2014
Y3_Community Composting	In progress	2 composters have been assembled and are in use. One more will be put in place yet this spring at the Klager school by their garden and also as part of their Green School effort. The CRC food pantry will begin contributing food scraps the end of April 2015. Flyers will be posted on community bulletin boards, web sites, Facebook pages and in The Manchester Mirror.
Y3_Summer Swim Lessons	Continuing	Last summer the enrollment was low for the swim lessons (2 families), but the swim time as part of Summer Camp was popular. Funds were left over so that plan is to advertise the Swim Lessons more this year to get a higher enrollment.
Y3_Youth Football	Completed	Beyond expectations is the right phrase for this intervention with 153 participants and 40 games. A very exciting season with many hours of physical activity per participant. We hadn't appreciated the Connect with Others aspect of this intervention until we saw the full parking lot during the games.
Y3_Safe Routes to School	In progress	The grant to MDOT was submitted and awarded (nearly \$400,000) for infrastructure improvements which will happen in 2016. We continue to host Walking Wednesday on good weather days and bike days.
Y3_Fuel up to Play 60	In Progress	The kick-off event took place on 11/25/2014 with 425 participants and 19 vendors. The 5K run/walk is May 21 st with medals for the first 100 finishers..
Y3_Community Read	Completed	About 500 books and 4 special programs were held in 2015
Y3_The Leader in Me	Not started	Still working on getting the additional funds needed to run this program, have applied for grants
Y3_Farmers market Kiosk	Funds not needed	There were events at 15 of the 23 markets in 2014. All volunteer presenters so the funds were not needed.
Y3_Community Garden Collaboration	Funds not needed	The Community & School Garden coordinated with the Manchester District Library to establish and maintain a vegetable seed catalog (free seed exchange) at the library. In 2014 over 300 packets of seeds were donated and 80% were taken by community residents.
Y3_Eat Better Placemats	Will not be implemented	Most restaurants in Manchester are not using placemats.

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Discussions on Sustainability

It is our goal as a Coalition to help our programs evolve and move toward sustainability. Some program models are positioned for sustainability through the generation of fees and income, while others will always rely on external funding sources for operations. We look forward to continuing discussions to assist our coalition oversight organizations to seek subsidy for new funding agents, and partnerships with a variety of community agencies.

Model 1 No intra-source of income; reliance on external funding agencies

- SRSLY
- Community Read
- Retirement Community Planning
- Body Image
- Stress Management
- Healthy Chefs
- Safe Routes to School
- Adaptive Movement

Model 2 Some income generated but expenses will likely always exceed income

- Farmer's Market

Model 3 Income should equal or exceed expenses once steady state is achieved

- Gazebo Concerts
- Dance, Manchester!
- Youth Football
- Community Gardens

Budget Progress Report



	INTERVENTIONS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
AUS	SRSLY				\$ 24,130	Continue	Continue
AUS	Manchester Voices		\$ 18,500	\$ 18,500			
AUS	Project Success		\$ 5,000	\$ 5,000			
AUS	Project TNT	\$ 4,311		\$ 530			
AUS	Red Barrel	\$ 2,000					
AUS	Rethinking Drinking	\$ 1,004					
CWO	Stress Management Resource				\$ 6,690	Lower \$\$	Lower \$\$
CWO	Community Dancing				\$ 5,400	Lower \$\$	
CWO	Retirement Community Planning				\$ 5,000		
CWO	Community Read	\$ 2,000	\$ 2,500	\$ 2,000	\$ 2,000		
CWO	Gazebo Concerts	\$ 1,200	\$ 1,200		\$ 1,200	Continue	Continue
CWO	Body Image				\$ 1,200		
CWO	The Leader in Me			\$ 5,000			
CWO	Library at the Farmers Market			\$ 1,000			
CWO	Education Seminar Series	\$ 2,000					
CWO	Mental Health Support					New	
CWO	Intergenerational Dance + lessons						
EB	Healthy Chefs	\$ 10,000	\$ 13,000	\$ 10,800	\$ 10,800	Lower \$\$	Lower \$\$
EB	Farmers Market	\$ 1,000	\$ 8,000	\$ 8,000	\$ 8,000	Lower \$\$	Lower \$\$
EB	Community & School Gardens	\$ 7,000	\$ 2,500	\$ 7,470	\$ 2,000		
EB	Community Composting			\$ 1,200			
EB	Eat Better Placemats			\$ 1,000			
EB	Library Seed Catalog			\$ 200			
EB	5-a-day Portion kits	\$ 5,000					
MM	Safe Routes to School		\$ 14,000	\$ 10,000	\$ 20,000	Lower \$\$	Lower \$\$
MM	Youth Football			\$ 10,000	\$ 8,080		
MM	Adaptive Movement				\$ 5,500	Continue	
MM	Summer Swimming Lessons			\$ 5,000			
MM	Fuel up to play 60	\$ 5,000	\$ 1,800	\$ 2,000			
MM	Shared Use Trail	\$ 100,000				Continue	
MM	Manchester Wellness Center program	\$ 13,000				Continue	
MM	Kirk Park Renovations		\$ 35,000	\$ 7,000			
MM	Rural Fitness	\$ 2,500					
MM	Run Manchester			\$ 5,000		Continue	

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6 New Interventions



1. **Retirement Community Planning** – The Village of Manchester will plan and promote two community forums and gather relevant data, to provide continuing dialogue with members of the Manchester community about the need and scope of a Manchester-based retirement community. This intervention is conducted in collaboration with CWF, UMRC and Chelsea Silver Maples. *Funding Request: \$5000.00*
2. **Body Image** – The Year of the Wonder Woman is the theme for these important community forums focused on body image for women of all ages. *Funding Request: \$1200.00*
3. **Stress Management** – A variety of stress management workshops will be held. Some will focus on the stress transition to high school, others will focus on the school staff, parents and other community members. The focus is on identifying stress levels and ways to stop and manage stress.. *Funding Request: \$6690*
4. **Dance, Manchester!** With oversight from the Manchester Wellness Center, Dance, Manchester! proposes 9 community wide dances for adults of all ages. Contra dancing and traditional dancing is a great way to increase physical activity and have fun. Monthly dances will be hosted at Emanuel Church of Christ from September through May. *Funding Request: \$5,400.00*
5. **Adaptive Movement** - Ballet Chelsea is the oversight organization for an innovative program which aims to encourage people with limited physical abilities to move more. This population is often excluded from traditional exercise programs because individuals have health issues such as poor balance potentially leading to falls, poor coordination and higher obesity rates. *Funding Request: \$ 5,500.00*
6. **SRSly/Communities Mobilizing for Change on Alcohol (CMCA)** is a community organizing effort designed to change policies and practices of major community institutions in ways that reduce access to alcohol by teenagers, thereby reducing teen drinking and the associated health and social problems. Three program interventions will be coordinated in Manchester, including the established track records of Project TNT, Project Success, and **SRSly**. *Funding Request: \$ 24,130.00*

7 Continuing Interventions



1. **Gazebo Concert Support** – Hosted by the Village of Manchester, 7-8 concerts will be planned over the warm months to offer local residents an opportunity to connect and socialize with community members of all ages. *Funding Request: \$1,200.00*
2. **5H Community Read** – Coordinated by the Manchester District Library with support from all 5H towns, Community Read has been a cornerstone of the 5H wellness message. In Year 4, Community Read will focus on Avoiding Unhealthy Substances with a feature book and a variety of events promoting literacy, love of reading, and coming together to share in a wellness culture. *Funding Request: \$2000.00*
3. **Farmer's Markets** – To increase the availability of fresh local produce, the Manchester Farmer's Market will open again May 7 to October 8 and coordinate with local events to promote vendors and increased participation. *Funding Request: \$8000.00*
4. **Community and School Gardens – Funds will be used for the 2016 gardens.** Now in its 4th year, Manchester Community Schools hosts our Community Garden with garden plots and raised beds for residents of all ages. In addition, our School Gardening initiative for Klager students in grades K-4 and our pre-school gardening continues. *Funding Request: \$2500.00*
5. **Healthy Chefs** – Manchester Schools sponsor this award winning program which promotes optimal eating patterns and nutritional cooking among high school and elementary school students. *Funding Request: \$10,800*
6. **Safe Routes to School** – Now in its third year in the Manchester community, Manchester Schools and the Village of Manchester work together with other community organizations and local law enforcement to engage youth to bike and walk to school. *Funding Request: \$20,000*
7. **Youth Football** – To increase physical activity and reduce screen time among youth, Manchester Schools supports this intervention focusing on strength and conditioning training, and safety in learning the fundamentals of football and cheer. In addition, this intervention provides lots of opportunity for friends and family to come together and watch the games. *Funding Request: \$8080.00*

Budget Matrix Plan



Element (List each program under only one element)	Interventions	Indicator/s to impact (New interventions, only)	Primary Target Population (Age in Years)				Number of People impacted annually		Collaboration between organizations in the community or between communities	Best practice, recommended in literature, innovative			Total funding request to CWF (for new interventions)
			0 - 18	19 - 35	36 - 65	> 65	< 250	> 250		BP	R	I	
Move More	Safe Routes to School	Physical activity	X					X	X	X			\$ 20,000.00
	Youth Football	Physical activity/screen time	X					X	X	X			\$ 8,080.00
	Adaptive Movement	Daily exercise	X	X	X	X	X		X			X	\$ 5,500.00
	Dance, Manchester!	Exercise/connections		X	X	X	X		X			X	\$ 5,400.00
Eat Better	Farmer's Markets	Fruits/veggies	X	X	X	X		X	X	X			\$ 8,000.00
	Community/School Gardens	Fruit/veggies	X	X	X	X		X	X	X			\$ 2,000.00
	Healthy Chefs	Nutrition awareness	X					X	X			X	\$ 10,800.00
Connect with Others	Gazebo Concert Series	connections	X	X	X	X		X	X			X	\$ 1,200.00
	5H Community Read	Connections/literacy	X	X	X	X		X	X	X			\$ 2,000.00
	Retirement Community Planning	isolation				X		X	X		X		\$ 5,000.00
	Body Image	Socio emotional Hlth		X	X	X	X		X			X	\$ 1,200.00
	Stress Management	Isolation, mental hlth		X	X	X		X	X	X			\$ 6,690.00
AUS	CMCA/SRSLY	youth substance use	X						X	X	X		\$ 24,130.00
												\$ 100,000.00	

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Coalition information related to CWF's Definition of Success



A. Sustainability of the Coalition

1. 10 members attended 50% or more of the meetings (not including Matt P.)
2. 13 different organizations were represented
3. 9.7 is the average number of people at meetings
4. 10 meetings over the last year (May 2014-April 2015)

B. Strategic Planning

1. All meetings had agendas and minutes and always included items related to developing the yearly plan.
2. Submitting this plan 12 months after last year's plan
3. Developed a 5 year plan in 2014 for 2012-2016. We develop a new 5 year plan for the Year 6 Plan after new HIP, MiPHY, NEAT and PAC data are reviewed in 2016.
4. This year we developed a 5 year plan, in the plan we included Sustainability analysis of interventions and Lessons Learned to demonstrate process improvement at the coalition level

C. Execution of Interventions

1. In this plan, 100% have an identified implementation process in the plan
2. In Year 3, 83% of granted funds were fully executed and primed for evaluation
3. In this plan there are 7 reoccurring interventions, all of which provided evidence of PDCA process

D. Evaluation of Interventions

1. 14 out of 18 of the Y3 interventions were reviewed by the coalition at meetings
2. % of the CWF granted funds with positive evaluation from CWF
3. Y1 interventions, 32% of reports were submitted (largest \$ intervention is still in progress,) Y2 interventions, 37% of reports were submitted (largest \$ still in progress), Y3 interventions, 1 reports were submitted, 9 interventions are still in progress., 2 were completed but did not need the funding, 1 has not started yet because all required funds have not been found, and 1 is being dropped.

E. Inter-Coalition Collaborations

1. Manchester's Farmers Market and Community Read participate in 5H working groups
2. Manchester is adopted SRSly for Year 4 – intervention model used in Chelsea, Dexter and Stockbridge
3. Manchester participated in Community Read (shared by all 5 coalitions), Farmers Market Marketing (joint sponsorship in 2014 shared by all 5 communities), in Stress Management Training (CAC intervention shared by all 5 communities), and Farmers Market Food Demos (CAC intervention shared by 4 of the communities)

Manchester Wellness Coalition | Plan Year 4

NAME OF THE INTERVENTION	Safe Routes to School Year Three
CWF Element* to Impact	Move More
Fiscal Agent	Manchester Community Schools/Village of Manchester
Tax I.D	38-6028383/38-6004707
Implementation Contacts (2 or more required)	Cherie Vanatter; Jeff Wallace
Contact phones and emails	734.428.7442/734.428.7877
Date Funding Required	
Implementation Date	Ongoing for both programming and infrastructure
Estimated Completion Date	Ongoing for non-infrastructure; infrastructure by late summer of 2016
Total Amount Requested from CWF	\$20,000

Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</p> <p><i>Typically one paragraph and 3-5 sentences</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>This is the third year of the Manchester Safe Routes to School program and will represent with a change in coordinator and beginning construction of almost \$400,000 worth of infrastructure improvements through a MDOT grant. Funds are being requested for a coordinator (\$5,000) and to assist the village in paying the engineering costs (\$15,000). The total cost of engineering is \$62,000.</p> <p>Approximately 300 students will be affected by the infrastructure improvements live within two miles of the two school buildings. The funds will be used in conjunction with programming improvements paid for by a grant from the Michigan Fitness Foundation. Money will be used to send home flyers and maps that detail the new Safe Routes to School and times walking school busses depart from parks in Manchester. Funds were also provided to purchase a portable radar sign for Washtenaw County Sheriffs in school zones to reduce speed, and to purchase portable bike racks.</p> <p>The primary target population is school aged children within a two mile radius of Manchester Middle School and Klager Elementary School. The secondary population is school aged children who live more than two miles from the school campus.</p>
<p>2. How does this intervention fit into the 1 and 5 year goals and plans of the Coalition?</p>	<p>The intervention matches the 5 year strategic goal to promote daily exercise. Currently 25% of the</p>

<p><i>Please be specific and refer to the current documents stating the Coalition's 1 and 5 year plans and goals. Should include specific health/wellness indicators.</i></p>	<p>Manchester Youth Population is overweight and obese (MiPHY). This also ties in to identified long term goals to increase walking and bicycling opportunities for the community and increase the amount and frequency of physical activity for youth and adults.</p>
<p>3. What are the specific goals for the intervention? <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals)</i></p> <ul style="list-style-type: none"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and accomplishment of your goal</i> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> • <i>See http://www.wikihow.com/Set-SMART-Goals</i> 	<ol style="list-style-type: none"> 1. The first goal is to have 50 students participate in Walking Wednesdays. The Walking Wednesdays will take place every week in September, October, November, March, April, May and June. <ol style="list-style-type: none"> a. The SR2S coordinator will be responsible for the counts and for scheduling the volunteers. b. We believe the goal is attainable because of progress made in Manchester and because of the track record of support seen in other communities once infrastructure improvements are complete. Maps and literature will be sent home to parents to inform them of changes, walking school bus times and other important details. c. The walks will begin in September, go through November and then restart in March. 2. The long term goal is to have 50% of students who live within two miles of school walk and bike to school by 2018. <ol style="list-style-type: none"> a. The goal is to make the walking Wednesdays fun and provide parents reassurance that the routes are safe, making students want to walk to school every morning. Continuation of Walk and Bike to School Day activities will also assist with this goal. b. Long term success will be measured through the PAC and through the SR2S follow up survey. c. PAC is the responsibility of the Village of Manchester, in cooperation with CWF, MCS and other community partners. The SR2S coordinator will be intimately involved with the process. d. We believe the goal is attainable because other rural communities have been able to capture a similar amount of students walking to school. Holt, Michigan is one example of smaller schools who have been able to capture success with SR2S. e. The timeframe is to meet this goal with the 2018 PAC. 3. Goal to complete 1.2 miles worth of infrastructure improvements headed to <ol style="list-style-type: none"> a. Construction is scheduled to begin in March, 2016. The construction firm will be selected through the State of Michigan bid let process.

	<p>b. The goal is attainable because approved drawings already exist and funding has been approved by the state of Michigan. Gary Weidmeyer will work with the Village Manager and with the engineer on all inspections and The Village of Manchester, Manchester Community School staff will collaborate throughout the process.</p>
<p>4. What are the key data that will be collected, analyzed, and used to evaluate the intervention? <i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <p><i>Might also include survey data, and other measures such as pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>Student Travel Tallies Walking Wednesday Participation Walk to School and Bike to School Participation Miles of Sidewalk/infrastructure improvements completed PAC survey in 2016 and 2018 to indicate increases in student walking.</p>
<p>5. What are the estimated of the Units of Engagement for the intervention? <i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i> <i>Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>50 students x.25 minutes of walking to school x 26 Wednesdays - 195</p>
<p>6. Who (specifically) will be responsible for what aspects of intervention implementation? <i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and all other communication required</i> • <i>Deciding on dates, times, locations</i> • <i>Marketing – both developing and distributing marketing materials</i> • <i>Recruiting necessary volunteers</i> 	<p>Gary Weidmeyer will work with the Village Manager and with the engineer on all inspections and The Village of Manchester, Manchester Community School staff will collaborate on development of the walking maps. They will also collaborate on ways to improve the project with the Michigan Fitness Foundation. The SR2S coordinator will be responsible for the counts and for scheduling the volunteers. The coordinator is responsible for working with CWF and Village staff to produce intervention reports for CWF and for the coalition.</p>

<ul style="list-style-type: none"> • <i>Developing tools to collect data and pictures</i> • <i>Analyzing data collected</i> • <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> • <i>Preparing and presenting presentations and reports</i> • <i>All other specific tasks for this intervention to be successful.</i> 	
<p>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention? <i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	<p>MDOT has given conditional commitment for the project and will finalize the commitment once the final engineering drawings have been approved.</p>
<p>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability). <i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>The Village of Manchester will responsible for putting funds towards engineering and construction of the infrastructure improvements. The amount will be determined by the final engineering costs.</p>
<p>9. If this is a continuing intervention: A. How many years has this intervention been funded by the coalition? B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to CWF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to CWF?</i> C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more</p>	<p>This is the third year of the Manchester Safe Routes to School program. Since the programs inception, Manchester has held Walking Wednesdays, a bike rodeo and successfully completed a visioning session with Michigan State University.</p> <p>18 Walking Wednesdays have been held at the time of the writing, with an average of 10 students. 20 minute walk to the schools from remote drop offs. One bike rodeo has been held in conjunction with the Ann Arbor Bike Touring Society and Program to Educate All Cyclists.</p> <p>The program is slated for improvements with the \$397,000received from MDOT and with more</p>

<p>year of funding).</p> <p>D. Has the amount requested from the coalition increased or decreased? Why?</p> <p>E. How many more years will this intervention request funds from the coalition?</p>	<p>educational materials going home to parents. Times are being established for the Walking School Buses so parents and students know exactly when to meet other students walking to school.</p> <p>The amount of money decreased from Y1 to Y2 and increased from Y2 to Y3 to help offset engineering costs.</p> <p>Funding may be requested for one more year as the coordinator continues to establish the non-infrastructure component.</p>
<p>10. Provide citation(s) of similar programs used as a model in developing this intervention.</p>	

Budget Partners

\$20,000 from CWF and the Manchester Wellness Coalition
\$397,000 from Michigan Department of Transportation and the Michigan Fitness Foundation
TBD from the Village of Manchester, based on final engineering costs.

Also provide the information in the two tables below

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$20,000	4%
Total funds from other sources	\$440,000 (estimate)	96%
Marketing/Advertising	\$1000	
Compensation – to one or more people	\$5000	
Infrastructure (structure that lasts 5 years or more)	\$454,000 (estimate)	
Other expenses		

Plan Year	Amount \$\$ granted	Amount Spent	Amount carried over	Amount returned to CWF
Year 1	<u>0</u>			

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Year2	<u>\$12,500</u>	<u>\$12,500</u>	<u>0</u>	<u>0</u>
Year 3	<u>\$10,000</u>	<u>\$10,000</u>	<u>0</u>	<u>0</u>

NAME OF THE INTERVENTION	Manchester Youth Football Year 2
CWF Element* to Impact	Move More and Connect with Others
Fiscal Agent	Manchester Community Schools
Tax I.D	38-6028383
Implementation Contacts (2 or more required)	Amelia Woods and Wes Gall
Contact phones and emails	Amelia - 734-585-4734 Woodsie668@aol.com Wes - 734-428-7333 Wgall@mcs.k12.mi.us
Date Funding Required	July 1, 2015
Implementation Date	August 24, 2015
Estimated Completion Date	November 8, 2015
Total Amount Requested from CWF	\$8,080.00

Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population. <i>Typically one paragraph and 3-5 sentences</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>Manchester Youth Football proposes a 2nd year of funding from the Wellness Coalition to sustain gains and membership levels from year one while providing age appropriate equipment for participants. We also propose adding a strength and conditioning class from January through April.</p> <p>We are asking for \$8,080.00 to purchase a storage shed for equipment, medium round pads, blocking dummies, push back shields, flat step over dummies, line up trainers, 15 new helmets, and line painter for the field. We also will purchase cold weather cheer equipment and to hire a certified tumbling coach, and tumbling mats.</p> <p>The intervention targets k-6th grade. Flag football goes from k-2, 3-6 are tackle. Students in grades k-6 also have an opportunity to participate in cheerleading.</p>
<p>2. How does this intervention fit into the 1 and 5 year goals and plans of the Coalition? <i>Please be specific and refer to the current documents</i></p>	<p>The Coalition identified the need and importance to increase physical activity and improve childhood nutrition. For example, FUTP60 a Middle School program designed to encourage children to eat better and move more, is included in multiple year plans.</p>

<p><i>stating the Coalition's 1 and 5 year plans and goals. Should include specific health/wellness indicators.</i></p>	<p>Manchester Youth Football identifies the following long term health and wellness indicators:</p> <ol style="list-style-type: none"> 1. Physical activity of football and cheer help reduce the percentage of overweight/obese children based on BMI data (2010 HIP data) 2. Reduces days/months reported of poor physical and mental health 3. Increase amount and frequency of physical activity for children 4. Reduces daily screen time for children 5. At each practice diet and nutrition is discussed with children to help guide them in making healthy food choices (fruit and vegetable servings per day, water intake and learning to consume food that is fuel for your body for physical activity)
<p>3. What are the specific goals for the intervention? <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals)</i></p> <ul style="list-style-type: none"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and accomplishment of your goal</i> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> • <i>See http://www.wikihow.com/Set-SMART-Goals</i> 	<p>Goal Number 1: Increase the number of students involved in the youth football and cheer program from year one by 10% to 178 participants. We also want to ensure participating students receive 75 minutes of physical activity per day while in the program. The measurement is the number of students who participate in the program. Laura Jarrels is responsible for tallying the number of students who participate as well as collecting satisfaction surveys from parents. We believe people who were not involved in year one saw the success of the program in the first year will want to have their students involved in youth football. 98% of parents had a positive experience with the program and we expect that word of mouth to benefit development of the program. The goal is relevant to the coalitions because we had 153 students in year one received an additional 75 minutes of physical activity per day, five days a week, from the end of July to November 2. The goal is to have the increase accomplished by November 8.</p> <p>Goal Number 2: Have 35 students to participate in the new strength and conditioning class offered by Manchester Youth Football in conjunction with Manchester Community Schools and have participating students receive 90 minutes of physical activity opportunities during the class two-three times per week. Laura Jarrels is responsible for tallying the number of students who participate as well as collecting satisfaction surveys from parents. There are a large % of students involved in youth football and cheer who are not involved in</p>

	<p>sports or other activities during the winter months. While the Michigan weather doesn't always warrant for outdoor activities, we want to be able to keep the children active January thru April.</p>
<p>4. What are the key data that will be collected, analyzed, and used to evaluate the intervention? <i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <p><i>Might also include survey data, and other measures such as pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>We will collect surveys that ask about the program in general, the amount of physical activity received by students, the likelihood parents will allow their students to re-enter the program.</p> <p>We will track student participant and physical activity levels.</p> <p>We will collect units of engagement.</p>
<p>5. What are the estimated of the Units of Engagement for the intervention? <i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i> <i>Example: 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>175 students x 75 minutes x 5 days a week x 12 weeks.</p> <p>13,125 Units of Engagement for the fall session.</p> <p>1260 units of engagement for winter conditioning.</p>
<p>6. Who (specifically) will be responsible for what aspects of intervention implementation? <i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and all other communication required</i> • <i>Deciding on dates, times, locations</i> • <i>Marketing – both developing and distributing marketing materials</i> 	<p>Wes Gall - Varsity Head Football Coach has general supervision over all Manchester Youth Football activities.</p> <p>Chad Duffing – Youth Football Director</p> <p>Amelia Woods – Youth Cheer Director</p> <p>Laura Jarrels – Registrar</p>

<ul style="list-style-type: none"> • <i>Recruiting necessary volunteers</i> • <i>Developing tools to collect data and pictures</i> • <i>Analyzing data collected</i> • <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> <p><i>426Preparing and presenting presentations and reports</i></p> <ul style="list-style-type: none"> • <i>All other specific tasks for this intervention to be successful.</i> 	<p>Hunter Carson – Eagle Scout Candidate Boy Scout Troop #426 to assist building the shed and other facilities as needed.</p>
<p>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention? <i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when this will be done. Include the name(s) of the approver(s).</i></p>	<p>No</p>
<p>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability). <i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>Manchester Community Schools: Wes Gall Facilities, indoor and outdoor and use of the high school football field</p> <p>Manchester Youth Football/Cheer Program: Chad Duffing, Amelia Woods and Laura Jarrels</p> <p>Boy Scout Troop #426: Hunter Carson and Jeff Elliott</p>
<p>9. If this is a continuing intervention:</p> <p>A. How many years has this intervention been funded by the coalition?</p> <p>B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to CWF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to CWF?</i></p> <p>C. Describe how the intervention will be improved</p>	<p>A. This request will be for our second year.</p> <p>B. Yes by Power Point presentation</p> <p>C. By increasing participation, implementing off season programs, building infrastructure and by purchasing equipment for safety, comfort and increased learning.</p> <p>D. No</p>

<p>(also include past improvements if this is the 3 or more year of funding). D. Has the amount requested from the coalition increased or decreased? Why? E. How many more years will this intervention request funds from the coalition?</p>	<p>E. Ideally this will be our last year requesting funds from the coalition as long as our large raffle fundraiser is approved by the State of Michigan.</p>
<p>10. Provide citation(s) of similar programs used as a model in developing this intervention.</p>	<p>Manchester Youth Football was created because there wasn't a similar program in our community.</p>

~ INSERT A BUDGET which shows all sources of income and categories for expenses. Please also indicate which expenses will be covered by the funds from the Chelsea-area Wellness Foundation.

Sources of income are:

Registrations
Fundraising

*Casino Bus Trip (4/18/25)

*Varsity Football Game halftime raffle (Fall of 2015)

In-Kind Donations

Grant Requests

*Chelsea Wellness Foundation

*Kiwanis

Expenses:

Medium round pads – 2 sets of 4 - \$1,260

Push back shields - \$600

Set of 6 flat dummies for stepping over - \$640

Line up trainers – 4 @ \$215 each - \$860

Storage shed - \$5,000.00 estimate (pending bids)

15 New helmets @ \$170 each - \$2550

Line painter for the practice field - \$200

Paint 12 bottle @ \$87 - \$1044

Cold weather cheer equipment (clear rain coats with hoods, fleece lined athletic pants in maroon, fleece jackets without hoods, pockets, strings or any metal and gloves - \$1800.00

Tumbling Coach for all youth cheer once a week - \$1200.00

Tumbling Octagon Safety Mat - \$400.00

Estimated Financial Needs for 2015 - \$15,354.00

Also provide the information in the two tables below

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$8,080	48%
Total funds from other sources	Unknown as of 4/2015 Anticipated registration for Fall 2015: \$11,300.00	
Marketing/Advertising	\$600.00	
Compensation – to one or more people	Our program is volunteer based	
Infrastructure (structure that lasts 5 years or more)	Fall 2015: Equipment Shed – \$5500.00	
Other expenses	unknown	

Plan Year	Amount \$\$ granted	Amount Spent	Amount carried over	Amount returned to CWF
Year 1				
Year2				
Year 3	<u>\$10,000.00</u>	<u>\$10,000.00</u>	<u>0</u>	<u>0</u>

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NAME OF THE INTERVENTION	Adaptive Movement for All
CWF Element* to Impact	Move More
Fiscal Agent	Ballet Chelsea
Tax I.D	38-326-0579
Implementation Contacts (2 or more required)	Jane Thompson Catrina Choate
Contact phones and emails	Jane 734-730-2945 ajane.thompson@att.net Catrina 734-731-6619 catrina.choate@gmail.com
Date Funding Required	August 1 st , 2015
Implementation Date	August 1 st
Estimated Completion Date	July 31 st , 2016
Total Amount Requested from CWF	\$5,500

Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population. <i>Typically one paragraph and 3-5 sentences</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>Ballet Chelsea has developed an Adaptive Movement Program for people of all ages , from age 3 – seniors, helping this population to develop better balance, coordination and many other physical skills. This population is often left out of exercise programs but this one is specifically designed with disabilities or limitations in mind. Participants will gain the benefits of exercise as well as enjoy movement to a wide range of music. This intervention will make this program, already developed in Chelsea through the CWF, available to people in the Manchester area.</p>
<p>2. How does this intervention fit into the 1 and 5 year goals and plans of the Coalition? <i>Please be specific and refer to the current documents stating the Coalition’s 1 and 5 year plans and goals.</i> <i>Should include specific health/wellness indicators.</i></p>	<p>This program aims to get people who are often left out of exercise programs to ‘Move More’ and to gain a healthy life style through exercise. Careers and family members will also be included so that some of these exercises can be continued at home. People with limited physical ability often have health issues such as obesity, poor balance potentially leading to falls, poor coordination etc. This program will address these and other issues that this population experiences. Indicators may include the increase in stamina, the ability to maintain a position for a count of 5, 10 or 15 and the ability to carry out various tasks previously found to be difficult such as walking, putting on jackets, getting up from a chair.</p>
<p>3. What are the specific goals for the intervention?</p>	<p>Ballet Chelsea is showing that the benefits of Movement to Music are all inclusive – they are</p>

<p><i>Specific goals: For each goal address these 5 points so that the goals are SMART goals)</i></p> <ul style="list-style-type: none"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and accomplishment of your goal</i> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> • <i>See http://www.wikihow.com/Set-SMART-Goals</i> 	<p>beneficial to everyone no matter what their physical or mental position.</p> <p>The specific goals differ for the differ groups of the population.</p> <p>For the preschoolers the goals will include the development of large motor skills, the awareness of body movements, group participation and increased stamina.</p> <p>For seniors, the goals may improve balance, give better arm and back strength and the relieve of muscle tension.</p> <p>In the case of children, teachers will set goals and will review the accomplishment at agreed intervals. The adults will be asked to set their own goals and these will be reviewed with the movement teacher each quarter.</p> <p>The overall goal of this program is to provide movement classes for this population that have few offerings available to them. . Participants, their parents or careers, will see that regular exercise helps in developing a healthy life style and in some cases will reduce weight, blood pressure and other key health indicators.</p> <p>The specific goal is to have 135 total individuals take part in this program .over a 20 week period. The instructor and teachers are responsible for maintaining attendance records, through class sign in sheets.</p> <p>The goal is attainable based on initial success from the first year of the program in Chelsea where over 100 people of all ages are participating in one of 9 different classes in 7 different centers. The numbers of participants have increased gradually since the program was launched in January 2015</p>								
<p>4. What are the key data that will be collected, analyzed, and used to evaluate the intervention?</p> <p><i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <p><i>Might also include survey data, and other measures such as pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>Key data for this population might include ability: to stride rather than take small steps; work together as a group rather than as a number of individuals, maintain a posture and exercise for 5, 10 or 15 counts. Individual goals will be set by teachers, physical therapists or individuals.</p> <p>There are no standard measures for this population. . Everyone is different and has their own goals and accomplishments.</p> <p>Other key data is composed of class attendance and the Units of Engagement indicated in box 5.</p>								
<p>5. What are the estimated of the Units of Engagement for the intervention?</p> <p><i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i></p>	<p>Assuming 20 weeks of classes through the year</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Pre school / second grade - 30 students, ½ hour class per week =</td> <td style="text-align: right;">300units of engagement (Uof E)</td> </tr> <tr> <td>3rd-5th grade 15 students , 1 hour per week</td> <td style="text-align: right;">300</td> </tr> <tr> <td>Middle School 38 students , 1 hour per week</td> <td style="text-align: right;">760</td> </tr> <tr> <td>High School -32 students , 1 hour class per week</td> <td style="text-align: right;">640</td> </tr> </table>	Pre school / second grade - 30 students, ½ hour class per week =	300units of engagement (Uof E)	3 rd -5 th grade 15 students , 1 hour per week	300	Middle School 38 students , 1 hour per week	760	High School -32 students , 1 hour class per week	640
Pre school / second grade - 30 students, ½ hour class per week =	300units of engagement (Uof E)								
3 rd -5 th grade 15 students , 1 hour per week	300								
Middle School 38 students , 1 hour per week	760								
High School -32 students , 1 hour class per week	640								

<p><i>Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>Seniors – 20 participants , 1 hour per week 400 Total 135 participants. with 2400 units of engagement.</p>
<p>6. Who (specifically) will be responsible for what aspects of intervention implementation? <i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and all other communication required</i> • <i>Deciding on dates, times, locations</i> • <i>Marketing – both developing and distributing marketing materials</i> • <i>Recruiting necessary volunteers</i> • <i>Developing tools to collect data and pictures</i> • <i>Analyzing data collected</i> • <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> • <i>Preparing and presenting presentations and reports</i> • <i>All other specific tasks for this intervention to be successful.</i> 	<p>The movement teacher is Catrina Choate The manager of the program for Ballet Chelsea is Jane Thompson We are currently discussing this program with Kathleen Lixey, Director of special education in Manchester School district, and Holly Porter of the Manchester Area Senior Citizens Council.. The plan is to start the school program in September 2015, The program for seniors is being discussed at their board meeting on May 14th. Dates, times and locations will be set with special ed. teachers and the activity director of the Senior Council. Marketing will be carried out by the senior council. Using the experience in Chelsea, no additional volunteers will be needed. The teachers and teacher aides will assist where needed in the class. It is not expected that additional help will be needed at the senior council Teachers and activities directors take photographs of events. Some require parental permission for the use of photographs in publicity as minors are involved. The movement teacher works with the physical therapist on individual goals for the school age participants. Seniors develop and document their own goals in conjunction with the class teacher. The movement teacher, Catrina Choate, develops the program for each group of participants. There is a review of the success of each program at the end of quarter. The various centers are providing space and are responsible for their own marketing.</p>
<p>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention? <i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	<p>Members of the Manchester school district, supports this program. and formal approval is expected during early May. Space will be provided free of charge by the school district. No marketing will be needed as this program will be part of their daily schedule of activities. The Senior Council is meeting on May 14th to discuss and agree this program. They will be responsible for their own marketing.</p>
<p>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support</p>	<p>Financial support for the initial development of this program was given by Chelsea Wellness Coalition. Funding is now being requested from Manchester Wellness Coalition to operate and monitor this program in Manchester schools and at the Senior Council. Future funding will be sought from other organizations in Washtenaw county and from various foundations working with</p>

<p>this intervention (long term sustainability). <i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>people with disabilities.</p>
<p>9. If this is a continuing intervention: A. How many years has this intervention been funded by the coalition? B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to CWF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to CWF?</i> C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding). D. Has the amount requested from the coalition increased or decreased? Why? E. How many more years will this intervention request funds from the coalition?</p>	<p>This is the first application to Manchester Wellness coalition. A. A similar intervention was first funded in Chelsea in September 2014. The program was developed and planned in the fall in 2014 and actually started in January 2015. B. Updates have been submitted to CWF. It is proposed that the written report and expense report be submitted to CWF in May/June . This will coincide with the end of the academic year when the special education programs will finish for the year,. C. This program will be reviewed every 3 months by the Artistic Director of Ballet Chelsea and the movement teacher. The school teachers will also be asked for comments after the first two months. Each class is different and changes are made as the movement teacher sees ways to enhance the program. The teachers in Chelsea have recently completed the first review of this program and reported : From Katy Fillion, Chelsea High School Teacher, -many of my students remind me every Wednesday that it is dance day. They are eager to participate. One student, Roy, had a mini meltdown on day 1, he was so embarrassed and was unable to continue participating and left the room. Now he is encouraging other students to join in and was recently in the middle of the circle making up dance moves , What a turn round! Cameron Groenewoud, the pre-school teacher reports that one of her students now marches around the room rather than walking on tip-toe, while another autistic student now looks at the teacher directly and mimics her moves – a great achievement.</p>
<p>10. Provide citation(s) of similar programs used as a model in developing this intervention.</p>	<p>We have found no such program in the country which has such a wide remit as this one with regards to age and range of disabilities. No such program can be found in a city the size of Chelsea. When developing this program we researched a number of reports relating to obesity and health problems in people with special needs. A CDC report of January 2014 indicated that 22% of children and 36% of adults with disabilities were obese compared to 16% of children and 23 % of adults without disadvantages.</p>

Budget Summary	Amount	Percentage
Amount of funds from Coalition	5,500	84%
Total funds from other sources	1,000	16%
Marketing/Advertising		
Compensation – to one or more people	6,000	92%
Infrastructure (structure that lasts 5 years or more)		
Other expenses (props, materials, etc)	500	8%

Plan Year	Amount \$\$ granted	Amount Spent	Amount carried over	
Year 1	<u>0</u>			
Year2	<u>0</u>			
Year 3			<u>0</u>	<u>0</u>

NAME OF THE INTERVENTION	Dance Manchester!
CWF Element* to Impact	Move More; Connect with Others
Fiscal Agent	Manchester Wellness Center
Tax I.D	
Implementation Contacts (2 or more required)	Patty Swaney;
Contact phones and emails	pattyswaney@gmail.com
Date Funding Required	Late Summer, 2015
Implementation Date	September, 2015
Estimated Completion Date	May, 2016
Total Amount Requested from CWF	\$5400

Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population. <i>Typically one paragraph and 3-5 sentences</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>We propose a Manchester Contra/Traditional dancing for adults of all age levels. Participating in dances will increase physical activities levels amongst adults in Manchester and provide Connect With Other opportunities adults in the Manchester area. Emmanuel Lutheran Church in Manchester will be the primary host site. Dances will be for Manchester residents 18 and up.</p> <p>The grant will pay for nine dances – one a month from September 2015 – May 2016.</p>
<p>2. How does this intervention fit into the 1 and 5 year goals and plans of the Coalition? <i>Please be specific and refer to the current documents stating the Coalition’s 1 and 5 year plans and goals.</i> <i>Should include specific health/wellness indicators.</i></p>	<p>Residents in Western Washtenaw County have the highest number of reported days due to poor physical or mental health that limits activities. 7% of our residents report that they never get the social and emotional support they need.</p> <p>The intervention addresses the 5 Year Strategic Objective of Connect with Others for all residents, particularly those residents who are middle aged or older adults.</p>
<p>3. What are the specific goals for the intervention? <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals)</i></p>	<p>The primary goal of the intervention is to have at least 50 participants participate in each dance for a total of 450 participants.</p> <p>Patti Swaney will be responsible for tallying the number of attendees.</p>

<ul style="list-style-type: none"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and accomplishment of your goal</i> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> • <i>See http://www.wikihow.com/Set-SMART-Goals</i> 	<p>We have a list of individuals who have already indicated they will participate in the dances. We feel the number is attainable due to the success of the trial dance performed in April, 2015. We feel the goal is relevant to the coalitions goal to provide Connect with Others for all residents. The timeline for the intervention runs from September 2015 through May 2016</p> <p>Goal No. Two – To raise \$5 per participant at each dance, with a goal of \$200 per dance. \$200 Jeannie Armstrong will collect funds and deliver donations to Riverfolk Festival The goal is attainable because other venues who host Contra dancing charge \$8-10 per event, and receive strong attendance. The goal is relevant to the coalition because of a desire to produce interventions that are sustainable. The timeframe for this intervention is September, 2015 through May, 2016.</p>
<p>4. What are the key data that will be collected, analyzed, and used to evaluate the intervention? <i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <p><i>Might also include survey data, and other measures such as pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>Surveys Do you consider Contra Dancing a good physical activity? Would you consider participating in other social dance events, including family dances?</p> <p>Minutes of physical activity earned determined by time and number of participants per event (see units of engagement)</p>
<p>5. What are the estimated of the Units of Engagement for the intervention? <i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i> <i>Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>50 people x 120 minutes x 9 events = 900 units of engagement in physical</p>
<p>6. Who (specifically) will be responsible for what aspects of intervention implementation? <i>Please provide names for those responsible for:</i></p>	<p>Marketing will be overseen by Eileen Parker. Marketing will include signage around town, information in mailing lists, river folk, senior news letter and the Manchester Mirror. Patty Swaney will be responsible for collecting data and reporting back to the coalition.</p>

<ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and all other communication required</i> • <i>Deciding on dates, times, locations</i> • <i>Marketing – both developing and distributing marketing materials</i> • <i>Recruiting necessary volunteers</i> • <i>Developing tools to collect data and pictures</i> • <i>Analyzing data collected</i> • <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> • <i>Preparing and presenting presentations and reports</i> • <i>All other specific tasks for this intervention to be successful.</i> 	<p>Manchester Wellness Center will be the fiscal agent and oversee financial responsibility. Patty Swaney and Eileen Parker are responsible for intervention/programming improvement. Times will be scheduled in concert with Emanuel Church of Christ.</p>
<p>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention? <i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	<p>Yes – Emanuel Church has given permission to use the facility. Manchester Wellness Center has agreed to be the fiscal agent.</p>
<p>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability). <i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>Manchester Wellness Center will provide marketing support and potential collaboration on a couple dances. Manchester Seniors will assist with volunteering and with marketing. Emanuel Church will provide their gym facility for the dances at a discount.</p>
<p>9. If this is a continuing intervention: A. How many years has this intervention been funded by the coalition? B. Have the outcome(s) been presented to the</p>	<p>A trial run for the dance happened on April 11th, in partnership with Emanuel Lutheran Church and Manchester Wellness Center. 45 Manchester residents took part in the dance and 40 returned surveys. The survey results are</p>

<p>coalition and the report(s) been submitted to CWF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to CWF?</i></p> <p>C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding).</p> <p>D. Has the amount requested from the coalition increased or decreased? Why?</p> <p>E. How many more years will this intervention request funds from the coalition?</p>	<p>below:</p> <p>Age – Under 30 – 1; 30-45 – 1; 46-55 – 8; Over 55 – 30</p> <p>Did the dance meet your expectation? 39 Yes 1 No</p> <p>Would you come to another dance – 40 Yes, 0 No</p> <p>16 participants came solo and 24 with a partner.</p>
<p>10. Provide citation(s) of similar programs used as a model in developing this intervention.</p>	

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$5400	100%
Total funds from other sources	0	0
Marketing/Advertising		
Compensation – to one or more people	\$500 for musicians (9 times)	
Infrastructure (structure that lasts 5 years or more)		
Other expenses	\$25 for Hall Rental (9 times) \$50 for sound rental (9 times) \$25 for bottled water (9 times)	

Plan Year	Amount \$\$ granted	Amount Spent	Amount carried over	Amount returned to CWF
Year 1				
Year 2				
Year 3				

Manchester Wellness Coalition | Plan Year 4

NAME OF THE INTERVENTION	Manchester Farmers Market
CWF Element* to Impact	Eat Better
Fiscal Agent	Village of Manchester
Tax I.D	38-6004707
Implementation Contacts (2 or more required)	Ruth VanBogelen, Ron Milkey
Contact phones and emails	Ruth – ruth.vanbogelen@gmail.com 734-323-4640; Ron milkey67@gmail.com 734-216-9150
Date Funding Required	July 2015
Implementation Date	May 2015
Estimated Completion Date	November 2015
Total Amount Requested from CWF	\$8000

Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</p> <p><i>Typically one paragraph and 3-5 sentences</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>The Manchester Farmers Market is in its 3rd year of revitalization. Opens May 7th, every Thursday 4-7 pm until Oct. 8. This year we have to move the location to ChiBroil Park because of the bridge construction on Main Street.</p> <p>Action plan is similar to previous 2 years which includes:</p> <ol style="list-style-type: none"> 1) Increase the number of vendors (average of over 20 is the longterm goal) and continue with a diversity of good vendors (1/3 produce, 1/3 baked goods, honey, syrup, 1/3 crafts) 2) Increase the number of customers, but more importantly the amount customers spend on average (Longterm to an average based on 10 minute counts of 600 customers a week and average spent according to the survey of to \$20 per family per week) 3) Increase the gross sales to the point where most vendors are excited about their market income. <p>We will continue to coordinate with other Manchester organizations to offer events at the market. We will do more marketing this year than in years past.</p> <p>Target Population is all ages</p>
<p>2. How does this intervention fit into the 1 and 5 year goals and plans of the Coalition?</p> <p><i>Please be specific and refer to the current documents stating the Coalition's 1 and 5 year plans and goals.</i></p>	<p>Goal III – increase the number of residents consuming 5+ fruits/veggies a day from 8%</p> <p>Goal II – No bad days in Manchester (connect with others) – by offering a friendly, safe Thursday afternoon/evening activity center with opportunities to buy locally, but also to participate in activities and events we hope to create a Thursday in Manchester as a place to go.</p>

<p><i>Should include specific health/wellness indicators.</i></p> <p>3. What are the specific goals for the intervention? <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals)</i></p> <ul style="list-style-type: none"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and accomplishment of your goal</i> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> • <i>See http://www.wikihow.com/Set-SMART-Goals</i> 	<ol style="list-style-type: none"> 1. Increase the availability of fresh local produce (5 produce vendors or more) and other local goods, the specific goal is to increase gross sales to \$40,000 for the season up from \$35,000 in 2014. Vendors do self-reporting of their gross sales each week to the market manager. We think the increase in marketing and information about buying locally will stimulate sales at the market. Our survey last year provided data that our farmers market does increase people’s consumption of fruits and vegetables. Market is 23 weeks – likely a few rainy days will be encountered. 2. Increase the customers to average 600 per week (not counting rainy days) and the amount each family spends at the market to \$20 per week. Customer counts are done every hour for 10 minutes as recommended by MIFMA. Amount each family spends is determined by the customer survey. The market manager will do the customer counts and will recruit people to answer survey questions each week. We think advertising will make more people aware of the market, and there is potential that the larger volume of traffic on M-52 will bring more people to the market. However, it is possible that construction traffic issues could be detrimental to the market. 3. Increase gross sales to \$40,000 this year is a goal which has many dependencies including weather not only for market days but also for the growing season and the amount of produce available. The market manager will collect sales information each week. We estimate from past years that 2/3 or more of the gross sales are from produce vendors – which means people are purchasing fresh produce.
<p>4. What are the key data that will be collected, analyzed, and used to evaluate the intervention? <i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <p><i>Might also include survey data, and other measures such as pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>Units of engagement – see below</p> <p>Surveys – we have received a lot of good survey questions from Growing Hope, but most customers will not fill out a 4 page survey. We plan to do a smaller set of survey questions each week – potentially even collecting them on a poster which is less invasive than handing out sheets of paper surveys.</p>
<p>5. What are the estimated of the Units of Engagement for the intervention? <i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30</i></p>	<p>Units of engagement – we estimate each person spends 10 minutes at the market for purchases but often they are at the market for 30 minutes or more. For the Units of engagement we will use 10 minutes X total customer count.</p>

<p><i>minutes would be 0.5 hours)</i> <i>Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	
<p>6. Who (specifically) will be responsible for what aspects of intervention implementation? <i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and all other communication required</i> • <i>Deciding on dates, times, locations</i> • <i>Marketing – both developing and distributing marketing materials</i> • <i>Recruiting necessary volunteers</i> • <i>Developing tools to collect data and pictures</i> • <i>Analyzing data collected</i> • <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> • <i>Preparing and presenting presentations and reports</i> • <i>All other specific tasks for this intervention to be successful.</i> 	<p>All of the logistics of the farmers market are done by the 7 member farmers market committee with approval by the Village Council.</p> <p>All the day to day operations of the market including data collection will be the responsibility of the manager</p> <p>Marketing, events, data analysis etc. – will be jointly shared by the committee and the manager</p>
<p>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention? <i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	<p>No</p>
<p>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program</p>	<p>Manchester Community Resource Center partners with the market with coupons to food pantry patrons, and the market makes purchases for the food pantry when needed from local vendors. Manchester District Library works with the market on planning and arranging events for the market.</p>

<p>and organizations which might financially support this intervention (long term sustainability). <i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>A new Friends of the Market is being formed and we hope this group will become a funding source for the market for long term sustainability. Chamber of Commerce – business expo is at the Farmers Market the first Thursday in June each year as a joint project. State Farm Insurance provides their clients with \$2 coupons for the Farmers Market each year which helps increase sales. Other local organizations also help with events. The list for 2015 is complete year, but will be reported on at the end of the season. The Manchester Mirror is the local electronic paper and they are very supportive offering to take pictures and write articles about the market and events held at the market.\</p> <p>The Managers and organizers of all the 5H markets work together with market, etc. This year we have also connected with the Clinton and Tecumseh markets to do similar joint marketing.</p>
<p>9. If this is a continuing intervention: A. How many years has this intervention been funded by the coalition? B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to CWF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to CWF?</i> C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding). D. Has the amount requested from the coalition increased or decreased? Why? E. How many more years will this intervention request funds from the coalition?</p>	<p>Yes, this is the 4th plan the market is in, but Year 1 funds weren't used until Year 2. Year 1 was \$1000, Year 2, 3 and now 4 has been \$8000. We have presented outcomes to the coalition for Year 2 and 3 and have submitted the written reports to CWF.</p> <p>The longterm goal is for this market to have enough income from vendor fees and if needed from the Village to compensate the market manager. We think this will be achievable in 2019. 2015 – we have a new location, 2016 – move back to our previous location, 2017 – 50% increase in vendor fees, 2018 – same vendor fees, 2019 – vendor fees increase to compensate the market manager.</p> <p>We are testing the Friends of the Market idea to raise funds for marketing and for events at the market. We expect the Friends group will need 3-5 years to reach steady state amount for these expenses.</p> <p>Thus, we expect to request the same amount in 2016, less in 2017 and then in 2019 not require funding from the coalition.</p>
<p>10. Provide citation(s) of similar programs used as a model in developing this intervention.</p>	<p>All the 5H communities have a Farmers market and these are viewed as best practice programs to increase the consumption of local produce.</p>

~ INSERT A BUDGET which shows all sources of income and categories for expenses. Please also indicate which expenses will be covered by the funds from the Chelsea-area Wellness Foundation.

Manchester Wellness Coalition | Plan Year 4

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Proposed
# market days					4	4	5	4	4	2			23
Number of Vendors													434
Weekly vendors					28	30	35	35	28	10			158
Seasonal vendors					11		1						12
Seasonal vendors attending													
Income													
CWF							\$8,000						\$ 8,000
Vendors	\$ -	\$ -	\$ -	\$ -	\$ 1,268	\$ 180	\$ 310	\$ 210	\$ 168	\$ 60	\$ -	\$ -	\$ 2,196
Other (Friends of the market)	\$ -	\$ -	\$ -	\$ -	\$ 100	\$ 100	\$ 100	\$ 100	\$ 100		\$ -	\$ -	\$ 500
Total income	\$ -	\$ -	\$ -	\$ -	\$ 1,368	\$ 280	\$ 8,410	\$ 310	\$ 268	\$ 60	\$ -	\$ -	\$ 10,696
Expenses													
Coupons (\$100 per week)					\$ 400	\$ 400	\$ 500	\$ 400	\$ 400	\$ 200			\$ 2,300
Market Manager (Apr - Oct)				\$ 360	\$ 720	\$ 720	\$ 900	\$ 720	\$ 720	\$ 360			\$ 4,500
Printing - Advertising \$50/wk			\$ 800	\$ 200	\$ 200	\$ 200	\$ 250	\$ 100	\$ 100	\$ 50			\$ 1,900
Entertainment \$50/wk				\$ 50	\$ 200	\$ 200	\$ 250	\$ 200	\$ 200	\$ 100			\$ 1,200
Misc Supplies			\$ 150	\$ 300	\$ 25	\$ 25	\$ 25	\$ 25	\$ 25	\$ 25			\$ 600
Friends group expenses				\$ 250	\$ 250								\$ 500
Total Expenses	\$ -	\$ -	\$ 950	\$ 1,160	\$ 1,545	\$ 1,545	\$ 1,925	\$ 1,445	\$ 1,445	\$ 735	\$ -	\$ -	\$ 11,000

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$8000	75%
Total funds from other sources	\$2696	25%
Marketing/Advertising	\$1900	17%
Compensation – to one or more people	\$4500	41%
Infrastructure (structure that lasts 5 years or more)	\$0	0
Other expenses (events, coupons, misc, Expenses for Friends of the Market)	\$4600	42%

Manchester Wellness Coalition | Plan Year 4

Plan Year	Amount \$\$ granted	Amount Spent	Amount carried over	Amount returned to CWF
Year 1	\$1000	0	\$1000	0
Year2	\$8000	\$9000	0	0
Year 3	\$8000	\$8000	0	0

Manchester Wellness Coalition | Plan Year 4

NAME OF THE INTERVENTION	Community and School Garden
CWF Element* to Impact	Eat Better
Fiscal Agent	Manchester Community Schools
Tax I.D	
Implementation Contacts (2 or more required)	Ruth VanBogelen, Sara Swanson
Contact phones and emails	
Date Funding Required	February 2016
Implementation Date	March 2016
Estimated Completion Date	November 2016
Total Amount Requested from CWF	\$2000

Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</p> <p><i>Typically one paragraph and 3-5 sentences</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>This will be the 4th year and we think the last year this project will request funds from the Manchester Coalition. These plans are for the 2016 garden. We anticipate that this project will be financially sustainable after 2016.</p> <p>The project will have 2 components:</p> <ol style="list-style-type: none"> Gardening with students age 1 – 4th grade Preschool gardening starts in March with indoor grow stations, continues when plants and seeds are planted in the outdoor gardens. We plan to work with 7 pre-school classes K-4th grade – students prepare and plant the Klager school garden, plant a section of the community garden which is used by students all summer. We plan to work with 7 Klager classes Community Garden – garden plots are available to rent in the community garden. The sizes are 20' x 20', 10' x 10', 4' x 4' and we also have two 4' x 8' raised beds for those with physical limitations. <p>Target population – all ages</p>
<p>2. How does this intervention fit into the 1 and 5 year goals and plans of the Coalition?</p> <p><i>Please be specific and refer to the current documents stating the Coalition's 1 and 5 year plans and goals.</i></p>	<p>Goal III. Eat Better (EB) – we know from health data that only 8% of our adult residents eat the recommended 5 servings of fruits/vegetables per day so we are trying to create an environment where produce is abundant at least during the Michigan growing season. Do you know that the top reason we don't eat enough produce? It is because we don't think about it. Thus, we have to add</p>

<p><i>Should include specific health/wellness indicators.</i></p>	<p>some reminders around town in Year 4.</p>
<p>3. What are the specific goals for the intervention? <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals)</i></p> <ul style="list-style-type: none"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and accomplishment of your goal</i> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> • <i>See http://www.wikihow.com/Set-SMART-Goals</i> 	<p>Goal 1. Pre-school gardening with 7 pre-school classes for a total of approximately 90 students and 15 teachers. Specific goals -30% of the families with students and/or teachers in these preschool classes participate in vegetable gardening during the summer months. Parents will sign up for the type of summer gardening they want to be involved in. A) they already have a garden, but would like plants and seeds (plants the students have grown indoors would be used), B) they would share a plot at the community garden with other pre-school families, C) they would like to do a square foot garden or container garden at home, D) students will continue going to preschool during the summer and will harvest from the school garden. Families would take pictures once a month and report to how well their gardening efforts are going. (the committee is always available for questions). Goal 2. Elementary school gardening at Klager school with approximately 175 students during May and 50 students and their families during June – August. Specific Goal is for at least 7 classes to participate in preparing and planning the garden and 50 students and their families to help maintain and harvest from the garden. A calendar of volunteering will be maintained in May and a logsheet will be keep for June, July and August to monitor participants. Goal 3. Community Garden Plots – specific goal is to rent out one of the 40x80 gardens and all the raised beds. Data is registrations. Gardeners will also be asked to log in pounds of produce harvested.</p>
<p>4. What are the key data that will be collected, analyzed, and used to evaluate the intervention? <i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <p><i>Might also include survey data, and other measures such as pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>Goal 1. Monitor the families that are gardening as per one of the options provided to see that they are using the produce not just letting it go to waste. Pounds of veggies produced. Goal 2. Record number of students participating at the start, but more important how many return in June, July and August to continue gardening and harvest. Pounds of veggies produced. Goal 3. Number of people gardening at the community garden. Pounds of veggies produced.</p>
<p>5. What are the estimated of the Units of Engagement for the intervention? <i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i> <i>Example : 100 people * 6 events * 1 hour per event =</i></p>	<p>Goal 1. 90 students X 15 minutes x 10 weeks = 225 + 45 students + 45 family members x 30 minutes x 15 weeks = 382. Total of 607 Goal 2. 175 students X 30 minutes x 3 visits = 262 + 50 students + 50 family members x 30 minutes x 15 weeks = 425. Total of 687 Goal 3. 20 plots 40 gardeners x 1 hour per week x 15 weeks = 600</p>

<p><i>600 units of engagement.</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>Total of 1880</p>
<p>6. Who (specifically) will be responsible for what aspects of intervention implementation?</p> <p><i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and all other communication required</i> • <i>Deciding on dates, times, locations</i> • <i>Marketing – both developing and distributing marketing materials</i> • <i>Recruiting necessary volunteers</i> • <i>Developing tools to collect data and pictures</i> • <i>Analyzing data collected</i> • <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> • <i>Preparing and presenting presentations and reports</i> • <i>All other specific tasks for this intervention to be successful.</i> 	<p>Ruth VanBogelen heads up the preschool and Klager projects with help from Jennifer Fairfield, Sara Swanson, and Sabrina Blaine.</p> <p>Sara Swanson heads up the Community Garden including all communication with gardeners. Sara also heads up the Seed catalog at the library ensuring it is stocked as needed.</p> <p>Andy Supers and Mark VanBogelen do the repairs and maintenance at all the gardens and do or organize volunteers for construction projects.</p> <p>Ron Milkey tills the gardens.</p> <p>Libby Beaudoin assists with a variety of tasks at the gardens.</p> <p>Ruth collects data and writes the reports and prepares the presentations.</p> <p>The garden committee meets monthly from January – May to make all plans and to coordinate activities and tasks</p>
<p>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention?</p> <p><i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	<p>The School is the fiscal agent and they established the protocols for turning in invoices and provide us with accounting records. The Garden committee works with the Director of Manchester Early Childhood Centers, Teachers at the Manchester Cooperative Preschool and the Klager Principal and Teachers to plan schedules.</p> <p>True Value posts a donation sign for us during May, June and July – asking customers to add \$1 to their bill at check out. In 2014 this raised \$90. Other donations are accepted from community members and donations include money but also garden supplies and equipment.</p>
<p>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability).</p>	<p>Manchester Community Schools – does not charge us for use of the land</p> <p>Manchester District Library – helps distribute community garden applications and hosts the seed catalog</p> <p>Manchester Farmers Market and Garden Committee work together to host events at the Farmers Market.</p>

<p><i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>Manchester True Value – collects donations but also provide some materials reduced prices Garden Mill of Chelsea – donates seeds and other supplies, helps us purchase other supplies at cost, writes a newsletter that goes in the Manchester Mirror and the owner volunteers many hours to the school programs. Manchester Chamber of Commerce and potentially the Ypsilanti Tourism to work on the Agri-tourism Farm Garden Tour. These details will be worked out in 2015 so it is ready to start in 2016.</p>
<p>9. If this is a continuing intervention: A. How many years has this intervention been funded by the coalition? B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to CWF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to CWF?</i> C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding). D. Has the amount requested from the coalition increased or decreased? Why? E. How many more years will this intervention request funds from the coalition?</p>	<p>A. 4th B. Yes from Year 1 and 2, Year 3 presentation will after this season is done C. One challenge with the school component is that students are not in school during most of the growing season, so in 2015 we introduced the Home Garden Program for the preschool students and the Family Program for Klager students – so that students could continue to garden all summer. D. The amount has varied because of special projects to improve the garden. E. We are starting in 2015 to work with the Chamber of Commerce on a Agri-tourism project to raise money for this project. The Chamber is working on several Agri-tourism project, but the Garden Committee would like to host a visit the grower day – which would be similar to a garden tour but the tour would be at local produce growers so that individuals and families could visit these local farmers that have CSA shares or that sell at many farmers markets. The goal is to educate the consumer about where the food comes from. They’ll get a look at exactly what the fields look like, how crops are harvested and prepared for the market. There would be a per person/family charge and part of these funds would go back to the Community and School garden project. We hope to start this in 2016. We have visited other garden tours to gather ideas of how to make this fun and get lots of participants.</p>
<p>10. Provide citation(s) of similar programs used as a model in developing this intervention.</p>	

Manchester Wellness Coalition | Plan Year 4

~ INSERT A BUDGET which shows all sources of income and categories for expenses. Please also indicate which expenses will be covered by the funds from the Chelsea-area Wellness Foundation.

Income	Estimates	Expenses	Estimates
MWC/CWF funds	\$2000	Garden consumables (seeds, containers, soil, mulch)	\$200 (CWF funds) \$300 (in-kind)
True Value donation For 2017 garden	\$100	Garden Supplies (hoses, etc. that last 1-3 years)	
Community Lot fees	\$400	Garden infrastructure (replacement boards for raised beds, and 1 Grolab for Coop preschool costs \$1000)	\$1500 (CWF Funds)
Other donations For 2017 garden	\$200	Garden Contractors (tilling, hauling in mulch, etc.)	\$300 (CWF funds)
In-kind	\$300		
Volunteer hours (200 hours @\$22/hr)	\$4400	Marketing mostly for Agri-tourism which can be reused every year (yard signs, banners, etc.)	\$500 (CWF Funds)
Agri-tourism admission (to be used for 2017 garden)	\$500	Garden work (all volunteer hours)	\$4400
TOTALS	\$7900 (\$700 to be saved for 2017 garden)	Totals	\$7200

Also provide the information in the two tables below

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$2500	30%
Total funds from other sources	\$5900	70%
Marketing/Advertising	\$500	6%
Compensation – to one or more people (all volunteers)	\$4400	58%
Infrastructure (structure that lasts 5 years or more)	\$1500	20%
Other expenses	\$1200	16%

Plan Year	Amount \$\$ granted	Amount Spent	Amount carried over	Amount returned to CWF
Year 1	\$7000	\$7000		
Year2	\$2500	\$2500		
Year 3	\$7500	In progress		

2015-2016 Manchester Wellness Coalition | Plan Year 4

NAME OF THE INTERVENTION	Manchester Health Chefs
CWF Element* to Impact	Eat Better, Connect with Others
Fiscal Agent	Manchester Community Schools
Tax I.D	38-6028383
Implementation Contacts (2 or more required)	Kevin Mowrer Cherie Vannatter
Contact phones and emails	Kevin Mowrer- 734-428-7333, ext. 1102- kmowrer@mcs.k12.mi.us Cherie Vannatter- 734-428-9711, ext. 1000- cvannatter@mcs.k12.mi.us
Date Funding Required	7/1/2015
Implementation Date	9/8/2015
Estimated Completion Date	6/10/2016
Total Amount Requested from CWF	10,000

Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</p> <p><i>Typically one paragraph and 3-5 sentences</i></p> <p><i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>Healthy eating patterns in childhood and adolescence promote optimal childhood health, growth, and intellectual development; prevent immediate health problems, such as iron deficiency anemia, obesity, eating disorders, and dental caries; and may prevent long-term health problems, such as coronary heart disease, cancer, and stroke. School health programs can help children and adolescents attain full educational potential and good health by providing them with the skills, social support, and environmental reinforcement they need to adopt long-term, healthy eating behaviors. Therefore, our primary goal is for all students to be actively involved in an activity after school, form healthy relationships, and make good choices in terms of nutrition.</p> <p>The Healthy Chef Klager Edition will allow chefs to work collaboratively with the staff of Manchester Kids Club to teach students how to prepare snacks and meals, providing a healthy alternative to consuming fast food and unhealthy processed packaged snacks.</p> <p>Recipes are nutritional but also attractive to the high school students. Students also prepare food for some community events.</p>

<p>2. How does this intervention fit into the 1 and 5 year goals and plans of the Coalition? <i>Please be specific and refer to the current documents stating the Coalition's 1 and 5 year plans and goals. Should include specific health/wellness indicators.</i></p>	<p>Eating better is a key component of the Coalition's plans. Enacting healthy eating knowledge and preparation in elementary and high school is instrumental to developing a community approach to healthy eating and food preparation will allow these behaviors to permeate the community. We will do some fundraising through other local groups to help supplement what the Coalition provides.</p>
<p>3. What are the specific goals for the intervention? <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals)</i></p> <ul style="list-style-type: none"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and accomplishment of your goal</i> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> • <i>See http://www.wikihow.com/Set-SMART-Goals</i> 	<p>1. By the end of the 2015-2016 school year, the goal will be to teach students that slow food (homemade) is delicious by taking part in healthy chefs 2. By the end of the 2015-2016 school year, the goal will be to teach students to prepare nutritious food on their own or with minimal required supervision. 3. By the end of the 2015-2016 school year, the goal will be to teach students about the nutritious value of what they eat</p> <p>We will measure this goal through a narrative report at the end of the year. The leaders at the program in both buildings will write a narrative of the progress they saw with the students, aligned with the goals above. We also will monitor MiPHY (HS) data for all students to see if the program is having a broader impact.</p>
<p>4. What are the key data that will be collected, analyzed, and used to evaluate the intervention? <i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <p><i>Might also include survey data, and other measures such as pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>The implementers of the program will write up narrative descriptions of the each participant in the group and the growth that person has shown throughout the year. The implementers can design a brief pre and post survey to note growth also.</p>
<p>5. What are the estimated of the Units of Engagement for the intervention? <i>Unit of engagement = number of people per</i></p>	<p>(HS) 15 people X 20 events – 300 units (EL) 20 people X 20 events- 400 units.</p>

<p><i>event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i> <i>Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	
<p>6. Who (specifically) will be responsible for what aspects of intervention implementation? <i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and all other communication required</i> • <i>Deciding on dates, times, locations</i> • <i>Marketing – both developing and distributing marketing materials</i> • <i>Recruiting necessary volunteers</i> • <i>Developing tools to collect data and pictures</i> • <i>Analyzing data collected</i> • <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> • <i>Preparing and presenting presentations and reports</i> • <i>All other specific tasks for this intervention to be successful.</i> 	<p>Kevin Mowrer, TBD, and Cherie Vannatter- Budget and payroll Donna Clark and TBD- Procure Food, Implement Program</p>
<p>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention?</p>	<p>Yes, Manchester Community Schools</p>

<p><i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	
<p>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability). <i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>Manchester Friends, Manchester Civic Club, Worth Repeating</p>
<p>9. If this is a continuing intervention: A. How many years has this intervention been funded by the coalition? B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to CWF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to CWF?</i> C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding). D. Has the amount requested from the coalition increased or decreased? Why? E. How many more years will this intervention request funds from the coalition?</p>	<p>A. This is the 4th year B. Yes, Donna Clark reported to the Coalition in February 2015 C. We added the Klager program. We will try to partner with other community organizations. D. It has decreased with the hope of local fundraising. E. Hopefully, we will continue to get funding, as this program is costly, but very helpful to at-risk students.</p>
<p>10. Provide citation(s) of similar programs used as a model in developing this</p>	<p>Link to site with overview of publication stating the results of a study about cooking with kids. http://www.philly.com/philly/health/fitness/HealthDay658691_20111110_Cooking_Class_Benefits_Kids_in_</p>

2015-2016 Manchester Wellness Coalition | Plan Year 4

intervention.	Many_Ways.html
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Also provide the information in the two tables below

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$10,000	92.5%
Total funds from other sources	\$800	7.5%
Marketing/Advertising		
Compensation – to one or more people	\$6,500	60%
Infrastructure (structure that lasts 5 years or more)		
Other expenses	\$4,300	40%

Plan Year	Amount \$\$ granted	Amount Spent	Amount carried over	Amount returned to CWF
Year 1				
Year2				
Year 3				

Manchester Wellness Coalition | Plan Year 4

NAME OF THE INTERVENTION	Riverfolk Gazebo Concerts
CWF Element* to Impact	Move More and Connect with Others
Fiscal Agent	Riverfolk Music and Arts Organization
Tax I.D	20-1545218
Implementation Contacts (2 or more required)	Carol Palms; Ruth VanBogelen
Contact phones and emails	734.323.1759; carol@raisinpicker.com
Date Funding Required	June 2015
Implementation Date	June 4, 2015
Estimated Completion Date	August 6 th is the final concert
Total Amount Requested from CWF	\$1,200

Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population. <i>Typically one paragraph and 3-5 sentences</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>Weekly concerts that provide free opportunities to be physically active and connect with others in the community. The concerts happen on Thursday evenings throughout the summer. The concerts are appropriate for all ages and incorporate many styles and cultures. Concerts are held at Wuester Park. We seek to continue providing quality concerts for the communities while bringing more community members to the concert.</p> <p>All ages are included with this intervention</p>
<p>2. How does this intervention fit into the 1 and 5 year goals and plans of the Coalition? <i>Please be specific and refer to the current documents stating the Coalition's 1 and 5 year plans and goals.</i> <i>Should include specific health/wellness indicators.</i></p>	<p>The intervention addresses the 5 Year Strategic Objective of Connect with Others for all residents, particularly those residents who are middle aged or older adults.</p> <p>Residents in Western Washtenaw County have the highest number of reported days due to poor physical or mental health that limits activities. 7% of our residents report that they never get the social and emotional support they need.</p>
<p>3. What are the specific goals for the intervention? <i>Specific goals: For each goal address these 5 points so</i></p>	<p>Goal Number 1: The goal is to have 100 Manchester coalition members at every meeting.</p>

<p><i>that the goals are SMART goals)</i></p> <ul style="list-style-type: none"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and accomplishment of your goal</i> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> • <i>See http://www.wikihow.com/Set-SMART-Goals</i> 	<p>Members of the Gazebo Committee are responsible for tallying attendance. We believe this goal is attainable because of the quality of the music and increased marketing efforts. The intervention is set up for movement with active music and dancing, playing and talking advantage of green space. The concerts also tend to be very intergenerational and encourage interaction between peer and non-peer groups alike. The concerts run from June 4 – August 6</p>
<p>4. What are the key data that will be collected, analyzed, and used to evaluate the intervention? <i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <p><i>Might also include survey data, and other measures such as pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>Attendance Levels and Units of Engagements will be our primary data sources. The Gazebo committee is responsible for collecting, tallying and disseminating this information.</p>
<p>5. What are the estimated of the Units of Engagement for the intervention? <i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i> <i>Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>8 events x 1.5 hours x100 participants = 1200</p>
<p>6. Who (specifically) will be responsible for what aspects of intervention implementation? <i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and</i> 	<p>Carol Palms is responsible for obtaining permits. Todd Ducsay is responsible for marketing and developing the logo. Marsha Chartand is responsible social media and for collecting data, Carol is responsible for analyzing the data and Ruth VanBogelen is responsible for helping to improve the interventions.</p>

<p><i>all other communication required</i></p> <ul style="list-style-type: none"> ● <i>Deciding on dates, times, locations</i> ● <i>Marketing – both developing and distributing marketing materials</i> ● <i>Recruiting necessary volunteers</i> ● <i>Developing tools to collect data and pictures</i> ● <i>Analyzing data collected</i> ● <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> ● <i>Preparing and presenting presentations and reports</i> ● <i>All other specific tasks for this intervention to be successful.</i> 	<p>The Gazebo Committee is responsible for booking locations and acts, recruiting new volunteers and committee members.</p> <p>Carol is responsible for reporting to the Village and the Parks Commission. Ruth is responsible for reporting to the coalition.</p> <p>All other tasks are handled by the committee.</p> <p>Emmanuel Church is responsible for providing a rain location.</p>
<p>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention? <i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	<p>Yes, the Village and the Parks Commission must approve use of the parks and placement of signs. Emanuel Church of Christ has approved use of its facility as a rain venue.</p>
<p>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability). <i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>Collaborating organizations is the Riverfolk Music and Arts Organizations. Klager Elementary School PTO, the Knights of Columbus and Worth Repeating have contributed in the past. We also take individual donations.</p>
<p>9. If this is a continuing intervention: A. How many years has this intervention been funded by the coalition? B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to CWF?</p>	<p>The coalition has funded this intervention twice before.</p> <p>Yes, the outcomes have been reported to the coalition by Ruth VanBogelen, and the follow up report submitted to CWF.</p> <p>The concert has improved with development of a facebook present, increased visibility and the potential to raise private funds from the community.</p>

<p><i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to CWF?</i></p> <p>C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding).</p> <p>D. Has the amount requested from the coalition increased or decreased? Why?</p> <p>E. How many more years will this intervention request funds from the coalition?</p>	<p>The amount has stayed the same, and we anticipate requesting funds in the future.</p>
<p>10. Provide citation(s) of similar programs used as a model in developing this intervention.</p>	<p>.</p>

~ INSERT A BUDGET which shows all sources of income and categories for expenses. Please also indicate which expenses will be covered by the funds from the Chelsea-area Wellness Foundation.

2015 Manchester Gazebo Concerts

1. June 4 Joe Reilly \$650.
 2. June 11 Red Tail Ring \$500.
 3. June 18 San, Emily & Jacob \$350. for concert - add'l workshop paid for by CAS
 4. July 2 Today's Brass Q5 \$600.
 5. July 9 Billy King & Natalie \$400.
 6. July 23 Nessa \$600.
 7. July 30 Creole du Nord \$450.
 8. August 6 Tumbao Bravo \$1,000.
- gazebo will share costs w RF for marketing, publicity, up to \$300.

Budget for performers: \$4,500

Expected cost of advertising, marketing: \$500.

Total estimated expenses 2015 = \$5,000.

Also provide the information in the two tables below

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$1,200	24%
Total funds from other sources	\$3,800	76%
Marketing/Advertising	\$500	10%
Compensation – to one or more people	\$4,500 for musicians	90%
Infrastructure (structure that lasts 5 years or more)		
Other expenses		

Plan Year	Amount \$\$ granted	Amount Spent	Amount carried over	Amount returned to CWF
Year 1				
Year 2	<u>\$1,200</u>	<u>0</u>	<u>0</u>	<u>0</u>
Year 3	<u>\$1,200</u>	<u>0</u>	<u>0</u>	<u>0</u>

Manchester Wellness Coalition | Plan Year 4

NAME OF THE INTERVENTION	Manchester Retirement Community Planning
CWF Element* to Impact	Connect with Others in Healthy Ways (primary), Eat Better/Move More (secondary)
Fiscal Agent	Village of Manchester
Tax I.D	38-6004707
Implementation Contacts (2 or more required)	Jeff Wallace, Ray Berg
Contact phones and emails	Jeff Wallace, Village of Manchester – 734-428-7877, jwallace@vil.manchester.org Ray Berg, Manchester Wellness Coalition – 734-428-7705, rayberg@att.net
Date Funding Required	July 2015
Implementation Date	July 2015
Estimated Completion Date	December 2015
Total Amount Requested from CWF	\$5,000

Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</p> <p><i>Typically one paragraph and 3-5 sentences</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>This intervention will support the engagement of specialized planning expertise, facilitation meetings, and community outreach related to the planning and design of a continuing care retirement community within the Village of Manchester. The Village is partnering with United Methodist Retirement Communities and Silver Maples of Chelsea to determine the feasibility, capacity, facilities, economics and location of an independent living/assisted living facility for the Manchester community, to meet local market demand for such units. This demand was determined in an independent study completed for UMRC and the Village of Manchester by CliftonLarsonAllen LLP in 2014. This facility will address an existing need determined by the Manchester Wellness Coalition in its Year 4 planning, the lack of retirement living options in Manchester. The target population is Manchester-market seniors who currently must leave the Manchester area when needing or wanting these types of living arrangements, and Manchester-area residents seeking such accommodations for aging family members to live near them. This intervention also recognizes the expected surge in such demand as the baby boomer generation reaches age 75 beginning in 2021.</p>
<p>2. How does this intervention fit into the 1 and 5 year goals and plans of the Coalition?</p>	<p>1. This intervention specifically addresses the Manchester senior population demographic, which the Coalition has determined needs to be a priority in Year 4 of our plan. Prior years of our 5-Year plan have generally implemented improvements impacting younger demographics. The Coalition</p>

<p><i>Please be specific and refer to the current documents stating the Coalition's 1 and 5 year plans and goals. Should include specific health/wellness indicators.</i></p>	<p>has become aware of the growing number of older Manchester residents having to leave the community because of the lack of suitable living facilities.</p> <p>2. This intervention will clearly assist with the CWO mission for our seniors, as well as improving the availability of healthy meals and move more physical activities in a central and accessible setting. It supports the Coalition's 5-Year Plan objective to increase the number of interventions targeting our senior population, and to more directly engage this population in the 5 Healthy Towns program.</p>
<p>3. What are the specific goals for the intervention? <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals)</i></p> <ul style="list-style-type: none"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and accomplishment of your goal</i> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> • <i>See http://www.wikihow.com/Set-SMART-Goals</i> 	<ol style="list-style-type: none"> 1. Engage at least 200 Manchester-area seniors in the identification of specific needs and wants for a new retirement facility, by direct outreach with an EDDM mailer and paper survey questionnaires, by use of an on-line survey questionnaire, by invitation to two community forums, and by their direct contact with the organization(s) who will construct and operate this facility. 2. Make the entire Manchester community aware of this retirement community planning by an EDDM mailer to approximately 5000 Manchester addresses, seeking their input and attendance at planning forums. 3. Identify and engage retirement community planning expert(s) to organize and conduct two community planning forums in the late Summer 2015 period, seeking and collecting community input which will assist UMRC/Silver Maples with better defining the demographics, income levels, needs and wants of the potential residents of this facility. 4. Assist with the collection, summarizing and presentation of data collected at the community forums and via survey response forms. Work with UMRC/Silver Maples as needed to analyze the data and prepare a report on overall Manchester community support, specific end results, and the definition of the next steps towards achieving the goal of a new facility in Manchester. 5. Specifically engage the Manchester Area Seniors Citizens Council (MASCC) to assist with communications and support for this project. <p>Members of the Manchester Wellness Coalition, MASCC, and the Village of Manchester will provide in-kind personnel time as needed to prepare materials, organize meeting facilities, publicize the intervention and its specific activities, and collect and organize data.</p>
<p>4. What are the key data that will be collected, analyzed, and used to evaluate the intervention? <i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> 	<ol style="list-style-type: none"> 1. Number of participants in the two community forums. 2. Number of survey response forms returned, both from forums and by mail response. 3. Number of on-line surveys completed. 4. Quantities of local residents and other persons expressing interest in future living in the proposed retirement community.

<p><i>Might also include survey data, and other measures such as pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>5. Final report summarizing data collection of responses.</p>
<p>5. What are the estimated of the Units of Engagement for the intervention? <i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i> <i>Example: 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>1. Two community forums – 150 persons total (x) 2.0 hours = 300 person-hours of engagement 2. EDDM mailer postcard – 1500 reads (X) 10 minutes = 250 person-hours of engagement 3. Paper survey responses, mailing = 100 persons (x) 0.75 hour = 75 person-hours of engagement 4. On-line survey responses = 300 persons (x) 0.5 hour = 150 person-hours of engagement</p> <p><u>Volunteer engagement</u> Intervention publicity – 20 person-hours Community forums – organizing, facilities arrangements – 40 person-hours Survey data collection and organizing – 80 person-hours</p>
<p>6. Who (specifically) will be responsible for what aspects of intervention implementation? <i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and all other communication required</i> • <i>Deciding on dates, times, locations</i> • <i>Marketing – both developing and distributing marketing materials</i> • <i>Recruiting necessary volunteers</i> • <i>Developing tools to collect data and pictures</i> • <i>Analyzing data collected</i> • <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> • <i>Preparing and presenting presentations and reports</i> • <i>All other specific tasks for this intervention to be successful.</i> 	<p>The Manchester Wellness Coalition will be responsible for organizing the community forums, publicity for the intervention and events, working with the Village of Manchester and other local entities on the forum locations and facilities, producing the EDDM mailer and survey content and methods, collecting/organizing the data received from forum and survey participants, and preparing any reports for the Village of Manchester to submit as required by CWF. The responsible person is Ray Berg, rayberg@att.net.</p> <p>The Village of Manchester will act as the fiduciary for this intervention, as liaison with United Methodist Retirement Communities and Silver Maples of Chelsea personnel, and providing Village facilities as needed. The Village will submit reports to CWF on intervention progress and results. Jeff Wallace, Village Manager, is responsible for Village input. jwallace@vil-manchester.org.</p> <p>The Manchester Area Senior Citizens Council will assist in promotion, awareness and data collection for this intervention. Jan Steinhauer will serve as the MASCC contact. jnali7190@yahoo.com.</p>

<p>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention? <i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	<p>No.</p>
<p>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability)? <i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>This intervention is collaborating with UMRC and Silver Maples of Chelsea, and is premised on a previous study completed by UMRC through CliftonLarsonAllen LLP which shows positive support for a retirement facility in the Manchester market area. Subsequently, Village of Manchester and Manchester Wellness Coalition representatives have met with UMRC and Silver Maples to identify and view several potential locations for such a community within the Village limits. The Village also provided the recently completed Gibbs Planning Group Manchester Retail Study to UMRC/Silver Maples, containing current demographic and income data on the Manchester area.</p> <p>UMRC and Silver Maples of Chelsea are continuing with a more in-depth economic analysis of such a facility within the Village of Manchester, and the Village and the Manchester Wellness Coalition wish to contribute to this planning effort by maximizing local awareness of such a potential facility, by hosting community forums to allow UMRC/Silver Maples to glean the best data available on community interest, quantities of persons, specific needs and wants of community members, and to keep the community fully informed of ongoing activities and progress.</p>
<p>9. If this is a continuing intervention: A. How many years has this intervention been funded by the coalition? B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to CWF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to CWF?</i> C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding).</p>	<p>Year 4 is the first year of this intervention. This is planned to be a one-time intervention seeking CWF support.</p>

D. Has the amount requested from the coalition increased or decreased? Why? E. How many more years will this intervention request funds from the coalition?	
10. Provide citation(s) of similar programs used as a model in developing this intervention.	

INSERT A BUDGET which shows all sources of income and categories for expenses. Please also indicate which expenses will be covered by the funds from the Chelsea-area Wellness Foundation.

Income:	Chelsea-Area Wellness Foundation: \$ 5,000 Village of Manchester \$ 1,000	
Expenses:	Basic promotional materials: \$ 100 EDDM mailer postcard/return form: \$ 2,000 Engage retirement community expert/facilitator: \$ 3,400 Community forum expenses: \$ 300 On-line survey expenses: \$ 200	

Also provide the information in the two tables below

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$5,000	83%
Total funds from other sources	\$1,000	17%
Marketing/Advertising	\$400	7%
Compensation – to one or more people	\$3,400	56%
Infrastructure (structure that lasts 5 years or more)		
Other expenses – Mailers/surveys/data collection	\$2,200	37%

Plan Year	Amount \$\$ granted	Amount Spent	Amount carried over	Amount returned to CWF
Year 1				
Year 2				
Year 3				

Manchester Wellness Coalition | **Plan Year 4**

NAME OF THE INTERVENTION	Body Image
CWF Element* to Impact-	Connect with Others
Fiscal Agent	Manchester Ladies Society
Tax I.D	pending and will be retroactive when approved
Implementation Contacts (2 or more required)	Sara Swanson and Jessica Buscaw
Contact phones and emails	734-428-8166 saraes@umich.edu & jessicabushaw@gmail.com
Date Funding Required	August, 2015
Implementation Date	June, 2015
Estimated Completion Date	May, 2016
Total Amount Requested from CWF	\$1,200

Criteria	Descriptions
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1. Please provide a brief description for the intervention program you are proposing and indicate the target population.

Typically one paragraph and 3-5 sentences

Target population options: youth, adult, seniors, disabled, etc.

The Manchester Ladies Society proposes a body image intervention targeting everyone in Manchester but most specifically adult women and teen girls. This will last a year and will be called “The Year of the Wonder Woman”.

Two moderated public discussions open to everyone in the community. Moderated by Hollie Koltz, the Manchester High School counselor, who specializes in this. \$250 honorarium.

Roller Derby exhibition for positive body image - \$250

To be held in one of the gyms. Venue needs to be worked out still.

Marketing for roller derby exhibition– \$100

Four full size letterpress posters – labor and ink donated. \$100 per plate and \$100 for poster paper, 3 advertising posters: Dress as Wonder Woman for fair parade, roller derby exhibition, body image discussions & the 4th will be a positive body image poster contest with winners poster being produced. Posters will be both advertising and positive body image art. - \$500 total

Wonder women event at Fair Parade - Ladies Society members will all dress as different versions of WonderWoman and march/ride in parade and all women in Manchester will be encouraged to join us. We will pass out 2000 paper wonder woman crowns to all women and girls watching parade with information about roller derby & body image forums. Letter pressed - labor & ink donated. Fair parade will be the official beginning of “Year of the Wonder Woman”- \$100 for paper

Wonder Woman Flash Mob at High School during lunch coordinated with SLS to get girls interested in participating in parade.

Two \$25 gift card incentives for filling out surveys - \$50

2. How does this intervention fit into the 1 and 5 year goals and plans of the Coalition?

Please be specific and refer to the current documents stating the Coalition's 1 and 5 year plans and goals. Should include specific health/wellness indicators.

The MiPHY survey was the genesis of the intervention. MiPHY survey numbers show that a large number of girls in the school have inaccurate interpretations of how many people are overweight and obese. While "connect with others" by improving self-esteem is our main goal, one of our mottos will be "eat well and exercise because you LOVE your body, not because you hate it."

3. What are the specific goals for the intervention?

Specific goals: For each goal address these 5 points so that the goals are SMART goals)

- *State what you are trying to accomplish,*
- *How you will measure progress toward and accomplishment of your goal*
- *Who is responsible for collecting the data?*
- *Why you think the goal is attainable*
- *Describes how the goal is relevant to the coalition and community wellness related needs.*
- *What is the timeframe for achieving the goal?*
- *See <http://www.wikihow.com/Set-SMART-Goals>*

Introduce the topic of body image among women in Manchester.

Goal Number One - The Year of the Wonder Woman

S - Introduce women to the topic of body image and healthy body images

M -Collect at least 150 surveys conducted at events the discussions and roller derby. Survey will also be conducted on Manchester Mirror and social media.

A - The surveys address awareness; incentive if the goal is met.

R - Body image goes a long ways towards impacting self esteem and stress amongst women.

T - Surveys will be collected twice; once during the initial implementation of the intervention; once in April 2016. Cumulative results will be shared with the coalition and CWF at the end of the program.

Goal Number Two - the parade & posters

S - Introduce idea of “Year of the Wonder Woman” to community, have 20 women & girls dressed as Wonder Woman riding/marching parade, have at least 1,000 woman in crowd participating just by wearing crown, hand out all 400 posters

M - number of parade marchers/riders, number of crowns handed out, number of posters handed out

A - Fair Parade is one of the most heavily attended events in Manchester/we’ve had success giving out free letterpress art in community before

R - Fair attendees will see women of all ages & shapes dressed as wonder woman which will send positive body message reducing stress, they will also connect with others either by participating in the parade or wearing a crown in the crowd and will feel part of the group/ posters will raise awareness of events & passively promote positive body image

T - the fair parade (mid June 2015)/posters will be available June 2015 - June 2016

Goal Number Three - Events

S - Have 50 individuals attend each of the Body Image Discussions; 200 individuals attend the roller derby event.

M - The number of attendees at each event; Sara and Jessica will be responsible for counting attendees.

A - We will advertise heavily and personally contact women’s groups in Manchester

R - Having individuals attend the event will strengthen the impact of the intervention, increase conversation about body image and increase the number of surveys collected in goal one.

T - events will be held between June 2015 and June 2016

<p>4. What are the key data that will be collected, analyzed, and used to evaluate the intervention?</p> <p><i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <p><i>Might also include survey data, and other measures such as pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>Surveys before and after the programs Attendees at the events Units of Engagement</p>
<p>5. What are the estimated of the Units of Engagement for the intervention?</p> <p><i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i></p> <p><i>Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>50 people x 1.5 hours x 2 times= 150 units of engagement for the forums 200 x 1.5 hours x 1 time = 300 units of engagement for the roller derby exhibition 150 x .1 hours x 1 time = 15 units of engagement for flash mob 2,000 x .5 hour x 1 time = 1,000 units of engagement for crown wearing during the parade We will count numbers of posters distributed.</p>

6. Who (specifically) will be responsible for what aspects of intervention implementation?

Please provide names for those responsible for:

- *Obtaining all required permits and permissions and all other communication required*
- *Deciding on dates, times, locations*
- *Marketing - both developing and distributing marketing materials*
- *Recruiting necessary volunteers*
- *Developing tools to collect data and pictures*
- *Analyzing data collected*
- *Developing plans for how to improve the intervention (on-going and for subsequent years)*
- *Preparing and presenting presentations and reports*
- *All other specific tasks for this intervention to be successful.*

Jessica Bushaw and Sara Swanson are responsible for obtaining permission for host vendors and deciding dates and times.

Manchester Press will donate the ink and time to produce the posters and crowns. Permission has been obtained, Sara Swanson, Jessica Bushaw and the Manchester Ladies Society will pass out marketing materials & crowns at the Manchester Fair Parade.

Sara Swanson and Jessica are responsible for collecting pictures and surveys and preparing the coalition and CWF reports.

The Manchester Ladies Society is responsible for recruiting volunteers to participate; Manchester SLS will help recruit student volunteers for flash mob.

7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention?

Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).

Yes. Ann Arbor Derby Dimes (roller derby team) - approval has been given. Danielle Muntz (Ladies Society & Derby Dimes member) has obtained approval. Hollie Koltz has agreed to moderate the forums. We are in the process of making an agreement to use Ackerson's gym but this hasn't been approved yet. Manchester United Methodist Church needs to be reserved for forums- we need to settle on a date then we'll do this. Ladies Society member Beckie Brewis is our contact for the church.

<p>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability). <i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below - the contribution from the organization(s).</i></p>	<p>Manchester Press will provide ink & labor to print & cut 2,000 paper crowns and print 400 two-color letterpress posters.</p> <p>Manchester Mirror will publicize events before hand, run photos of events afterwards and run the surveys.</p> <p>Manchester United Methodist Church will provide the venue for the forums in their fellowship hall.</p> <p>Manchester Community Schools will provide the venue for the roller derby exhibition.</p> <p>Manchester Students Leading Students will help facilitate a Wonder Woman Flash mob.</p> <p>Ann Arbor Roller Derby will come out to Manchester and put on a positive body image exhibition.</p> <p>ONE YEAR THING FINANCIALLY!</p> <p>The hope is new ideas for combating negative body images will come out of the forums and would be pursued at low or no cost with community partners.</p>
<p>9. If this is a continuing intervention: A. How many years has this intervention been funded by the coalition? B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to CWF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to CWF?</i> C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding). D. Has the amount requested from the coalition increased or decreased? Why? E. How many more years will this intervention request funds from the coalition?</p>	<p>N/A</p>

10. Provide citation(s) of similar programs used as a model in developing this intervention.	
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- INSERT A BUDGET which shows all sources of income and categories for expenses. Please also indicate which expenses will be covered by the funds from the Chelsea-area Wellness Foundation.

Also provide the information in the two tables below

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$1,250	
Total funds from other sources (Manchester Press labor)	\$1,200	
Marketing/Advertising	\$700	
Compensation - to one or more people	\$500	
Infrastructure (structure that lasts 5 years or more)	0	
Other expenses	\$50 for giveaways	

Plan Year	Amount \$\$ granted	Amount Spent	Amount carried over	Amount returned to CWF
Year 1				
Year2				
Year 3				

Manchester Wellness Coalition | Plan Year 4

NAME OF THE INTERVENTION	Stress Management
CWF Element* to Impact	Connect with Others in Healthy Ways
Fiscal Agent	Manchester Community Schools
Tax I.D	
Implementation Contacts (2 or more required)	Ruth VanBogelen, Cherie Vannatter, Lindsay Hannah, Kathy Benedict, Becky Brewis, Amber Burkhardt Sidebottom
Contact phones and emails	
Date Funding Required	July 1, 2015
Implementation Date	August 1, 2015
Estimated Completion Date	November 2016
Total Amount Requested from CWF	\$6,690

Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</p> <p><i>Typically one paragraph and 3-5 sentences</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>We have two goals: 1) to make people aware of their stress level and/or that stress can be managed and 2) provide opportunities to learn how to manage stress via groups or self-directed. The strategy for the action plan is to target specific groups including: students (primarily 8-12th grade), school staff, parent groups, community groups (e.g., Lions), professional offices and the library. We will offer different levels of programming which is a progression from stress awareness to stress management. The levels are: 1st – a brief 10-15 min presentation using Biodots and handouts, 2nd – a 30-60 minute presentation using DVDs + tools like the Stress Profiler and Stop Stress this Minute book, 3rd – a group request more training, then additional training materials including the online mySTressTools.</p> <p>Demographics – primarily 8th grade students through seniors. There may be some programs for younger students.</p>
<p>2. How does this intervention fit into the 1 and 5 year goals and plans of the Coalition?</p> <p><i>Please be specific and refer to the current documents stating the Coalition's 1 and 5 year plans and goals.</i> <i>Should include specific health/wellness indicators.</i></p>	<p>Addresses Goal II in the 5 Year Plan. No Bad Days – goal is to add programs that teach people how to connect with others better, such as stress management.</p>

<p>3. What are the specific goals for the intervention? <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals)</i></p> <ul style="list-style-type: none"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and accomplishment of your goal</i> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> • <i>See http://www.wikihow.com/Set-SMART-Goals</i> 	<p>Target Group 1. Students. Specific goals are: 1) reduce the stress typical seen in students transitioning to high school as measured by reduction in missed school days, grades, discipline issues and data gathered by the myStressTools online tool which provides students with tools to gauge their stress (part of the Health class taken by all 9th grade students for one semester). Longterm goal is to increase graduation rates. High School mentors will also be trained in stress management – as these mentors are paired with incoming freshman. 2) provide students with stress management training starting 2 weeks before exams and when ACT and SAT tests dates are. The effectiveness of this training will be measured by a 2 question survey to students on Exam days.</p> <p>Target Group 2: School staff - In 2013, the #1 health issue among school staff was stress. Specific goals are: all staff will be invited to a walking program which will start with short DVD or other training and then walking time for staff to talk about the training. Measurement – quick weekly survey to gauge the overall stress level for the week and overall participation in the walking program (goal is to have 60% of staff to participate at least twice).</p> <p>Target Group 3: Parent Groups including Manchester Early Childhood Center during orientation meeting, Klager parents during conference time, all age parents while they are waiting for students to participate in Dance, Soccer, youth football, baseball, etc. Plus Math and Science night. Specific goals: to provide stress awareness to 200 + parents and have 10% attend a longer workshop with stress management training provided.</p> <p>Target Group 4. Community Groups like Lions, Kiwanis, etc. Specific goal is to present to 8 groups in the first year (expect 15+ people per group) and to be asked back by 4 groups to do a longer training.</p> <p>Target Group . Library – materials would be available for check out including books and DVDs. Specific goals is to have the Stop Stress This Minute books checked out 100 times in a year and to have the DVDs checked out 20 times in a year.</p>
<p>4. What are the key data that will be collected, analyzed, and used to evaluate the intervention? <i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <p><i>Might also include survey data, and other measures such as pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>Number of participants in all 5 Target groups Outcome of data from the myStressTools online. Number of people who take a 3 question survey (1. What is our current stress level? 2) what stress management technique(s) work best for you? 3) have you shared stress management tips with anyone else?.</p> <p>Number of materials checked out at the library Number of materials distributed.</p>

<p>5. What are the estimated of the Units of Engagement for the intervention? <i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i> <i>Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>Target Group 1: 120 participants X 15 minutes x 25 times = 750 units Target Group 2: 50 people X 30 minutes X 25 times = 625 Target Group 3: 200 people x 10 minutes x 1 time = 33 units + 20 x 1 hour x 1 = 20 units Target Group 4: 15 people X 15 minutes X 8 events = 30 units + 15 x 1 hour x 4 events = 60 Target Group 5: 200 x 10 minutes x 1 time = 33 units + 20 people x 1 hour x 1 event = 20 unites Target Group 6: 100 people check out book X 3 hours to read it = 300 units + 20 people check out DVD X 30 minutes to watch it = 10 units</p> <p>Total = 1880 units</p>
<p>6. Who (specifically) will be responsible for what aspects of intervention implementation? <i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and all other communication required</i> • <i>Deciding on dates, times, locations</i> • <i>Marketing – both developing and distributing marketing materials</i> • <i>Recruiting necessary volunteers</i> • <i>Developing tools to collect data and pictures</i> • <i>Analyzing data collected</i> • <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> • <i>Preparing and presenting presentations and reports</i> • <i>All other specific tasks for this intervention to be successful.</i> 	<p>Ruth VanBogelen will order materials Cherie will implement all school programs (students and Staff – target groups 1 and 2) with help from Lindsay Hannah Lindsay Hannah, Ruth VanBogelen, Becky Brewis, Amber Burkhardt Sidebottom, Kathy Benedict will be responsible for all aspects of programming for parent groups, community groups and professional offices. Library staff will provide data for how many materials are checked out.</p> <p>About mid way through the project, the group involved will review how the effort with different target groups is going and decide if any changes need to be made and what materials have been most effective.</p>
<p>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention? <i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this</i></p>	<p>Library will agree to catalog materials provided by this intervention.</p>

<i>be done. Include the name(s) of the approver(s).</i>	
<p>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability).</p> <p><i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>1. Once the value for students is demonstrated, this might be a program financed by the schools. For all other target groups, the coalition could sell the materials at cost to individuals interested in the materials. We would need to figure out the logistics of handing cash, checks ,etc. Most of the materials are very low cost \$1 - \$10.</p>
<p>9. If this is a continuing intervention:</p> <p>A. How many years has this intervention been funded by the coalition?</p> <p>B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to CWF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to CWF?</i></p> <p>C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding).</p> <p>D. Has the amount requested from the coalition increased or decreased? Why?</p> <p>E. How many more years will this intervention request funds from the coalition?</p>	<p>New intervention</p>
<p>10. Provide citation(s) of similar programs used as a model in developing this intervention.</p>	<p>The materials to be used will be from Stephen Covey or StressStop.com – both provide training and training materials to many groups, primarily in the work environment.</p> <p>Dexter is running a similar Stress Management Intervention as part of their Year 3 plan (2015).</p>

~ INSERT A BUDGET which shows all sources of income and categories for expenses. Please also indicate which expenses will be covered by the funds from the Chelsea-area Wellness Foundation.

Also provide the information in the two tables below

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$6690	100%
Total funds from other sources		
Marketing/Advertising		
Compensation – to one or more people	0	
Infrastructure (structure that lasts 5 years or more)	0	
Other expenses	\$6440 for materials \$250 for shipping	

Plan Year	Amount \$\$ granted	Amount Spent	Amount carried over	Amount returned to CWF
Year 1				
Year 2				
Year 3				

Manchester Wellness Coalition | Plan Year 4

A. Students		Number needed	Cost per	Total	A Subtotal
8th Grade orientation	Stress Profiler for students	100	\$ 2.50	\$ 250.00	
9th grade health class	mystresstools	100	\$ 7.50	\$ 750.00	\$ 1,810.80
Mentor training	The 6 Most Important Decisions you'll ever m	20	\$ 10.90	\$ 218.00	
	Stress key chain	20	\$ 1.25	\$ 25.00	
	Stress balls with stress sensor	20	\$ 1.99	\$ 39.80	
Exam & ACT time	Mini stress survival kit	200	\$ 1.39	\$ 278.00	
	CDs set Relaxation and Wellness, Relieve Stress and Helathful sleep	5	\$ 50.00	\$ 250.00	
B. School Staff				\$ -	B Subtotal
Admin staff	Stop Stress This Minute	13	\$ 4.49	\$ 58.37	
	Stress Profiler	13	\$ 1.99	\$ 25.87	\$ 702.66
	Stress Card	13	\$ 0.94	\$ 12.22	
All staff walking Program	Recognizing Stress DVD	1	\$ 149.00	\$ 149.00	
	Managing Stress DVD	1	\$ 149.00	\$ 149.00	
	Resilience DVD	1	\$ 149.00	\$ 149.00	
	Stress Card	40	\$ 0.94	\$ 37.60	
	Balancing the stress in your life	40	\$ 0.35	\$ 14.00	
	Practical Stress Management	40	\$ 0.35	\$ 14.00	
	Preventing Stress Related Dis Ease	40	\$ 0.35	\$ 14.00	
Training time for additional staff	3 DVD				
	Stress Card	40	\$ 0.94	\$ 37.60	
	Balancing the stress in your life	40	\$ 0.35	\$ 14.00	
	Practical Stress Management	40	\$ 0.35	\$ 14.00	
	Preventing Stress Related Dis Ease	40	\$ 0.35	\$ 14.00	
C. Parent Groups					C Subtotal
Pre-School	3 DVD				
	Stress Card	100	\$ 0.94	\$ 94.00	\$ 1,091.50
	Balancing the stress in your life	100	\$ 0.35	\$ 35.00	
	Practical Stress Management	100	\$ 0.35	\$ 35.00	
	Preventing Stress Related Dis Ease	100	\$ 0.35	\$ 35.00	
Klager at conference time					
	Biodot Pocket Guide	250	\$ 1.50	\$ 375.00	
	Balancing the stress in your life	250	\$ 0.35	\$ 87.50	
	Practical Stress Management	250	\$ 0.35	\$ 87.50	
	Preventing Stress Related Dis Ease	250	\$ 0.35	\$ 87.50	
	Relaxation and Wellness CD over intercom	see students exam time			
Waiting at kids activities					
	Biodot Pocket Guide	100	\$ 1.50	\$ 150.00	
	Balancing the stress in your life	100	\$ 0.35	\$ 35.00	
	Practical Stress Management	100	\$ 0.35	\$ 35.00	
	Preventing Stress Related Dis Ease	100	\$ 0.35	\$ 35.00	
	Relaxation and Wellness CD over intercom	see students exam time			
D. Community Groups					D Subtotal
	Stress Card	500	0.94	\$ 470.00	
	Stress Profiler	200	1.99	\$ 398.00	
	Laugh at stress	200	1.59	\$ 318.00	\$ 2,084.00
	Stop stress this minute	200	4.49	\$ 898.00	
E. Library					F. Subtotal
	Recognizing Stress DVD	1	149	\$ 149.00	
	Managing Stress DVD	1	149	\$ 149.00	
	Resilience DVD	1	149	\$ 149.00	\$ 751.90
	Relaxation and wellness CD set	1	50	\$ 50.00	
	Balancing the stress in your life	200	\$ 0.35	\$ 70.00	
	Practical Stress Management	200	\$ 0.35	\$ 70.00	
	Preventing Stress Related Dis Ease	200	\$ 0.35	\$ 70.00	
	Stop Stress this minute books	10	\$ 4.49	\$ 44.90	
	Shipping estimated cost				\$ 250.00
					Total
					\$ 6,690.86

Manchester Wellness Coalition | Plan Year 4

NAME OF THE INTERVENTION	SRSLY
CWF Element* to Impact	Avoid Unhealthy Substances
Fiscal Agent	Manchester Community Schools
Tax I.D	
Implementation Contacts (2 or more required)	Lindsay Hannah and Karen Bergbower
Contact phones and emails	734-476-0686 / Lindsay@kbamichigan.com 810-225-9550 / Karen@kbamichigan.com
Date Funding Required	
Implementation Date	
Estimated Completion Date	
Total Amount Requested from CWF	\$24,130

Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</p> <p><i>Typically one paragraph and 3-5 sentences</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>The SRSLY Intervention has 3 distinct components meant to impact the community at large (youth and adults) and the individual with regard to reducing youth alcohol and substance use.</p> <p>Communities Mobilizing for Change on Alcohol (CMCA) is a community organizing effort designed to change policies and practices of major community institutions in ways that reduce access to alcohol by teenagers, thereby reducing teen drinking and the associated health and social problems. The CMCA intervention is based on established theory and research showing the importance of the social and policy environment in facilitating or impeding youth drinking. The objective is to reduce the flow of alcohol to youth from illegal sales by retail establishments, and from provision of alcohol to youth by other adults in the community. Effectively limiting the accessibility of alcohol to teens not only directly reduces teen drinking, but also communicates a clear social norm in the community that underage drinking is inappropriate and unacceptable. Changing the social and policy environment in communities is essential for long-term prevention success.</p> <p>The coalition developed under the CMCA model previously identified as Manchester Voices; however we were approached by SRSLY Chelsea to split the remaining Drug Free Communities (DFC) Mentee Grant Funding with the Ann Arbor Campus Community Coalition (A2C3). The new mentor/mentee partnership with SRSLY Chelsea means that we will be able to adopt the SRSLY</p>

brand, help create a unified regional prevention message, increase our resources, and assistance with raising awareness of the coalition and member recruitment. The SRSly brand has been successfully adopted in Chelsea, Stockbridge, and Dexter. SRSly Chelsea will mentor SRSly Manchester and help us meet DFC Grant requirements so that we can apply in the year 2016. Obtaining funding from DFC Grant would mean an estimation of \$125,000 of In-Kind match funding per year for up to 5 years.

Project SUCCESS is designed to prevent and reduce substance use among students 12 to 18 years of age. The program was originally developed for students attending alternative high schools who are at high risk for substance use and abuse due to poor academic performance, truancy, discipline problems, negative attitudes toward school, and parental substance abuse. In recent years, Project SUCCESS has been used in regular middle and high schools for a broader range of high-risk students. Components

include:

1. Prevention Education Series: topic-based classroom presentations that help students identify and resist pressures to use substances, correct misperceptions about the prevalence and acceptability of substance use, and understand the consequences of substance use.
2. Parent Education and Awareness Activities: increase awareness of substance use and promote ideas for preventing and reducing adolescent substance use. This includes parents as collaborative partners in prevention through consultation, information, and education.

Individual and Group Support: assist students as needed in dealing with personal issues. Individual assessments are performed and time-limited individual counseling is offered to students. When necessary, students and families are referred to appropriate community resources, which is consistent with the movement toward a Recovery Oriented System of Care (ROSC). This offers an opportunity to collaborate with Dawn Farm, a ROSC core provider. Groups are offered throughout the school year and address such topics as Newcomers Group, COSAP (Children of Substance Abusing Parents), and Users Group. The groups help adolescents identify and resist social and situational pressures to use substances, correct misperceptions about the prevalence and acceptability of substance use, focus on the personal consequences of use, teach and provide opportunities to practice resistance and coping skills, and identify barriers to using the skills or adopting healthy attitudes.

Project Towards No Tobacco Use (Project TNT) is a classroom-based curriculum that aims to prevent and reduce tobacco use, primarily among 7th-grade students. The intervention was

	<p>developed for a universal audience and has served students with a wide variety of risk factors. Designed to counteract multiple causes of tobacco use simultaneously, Project TNT is based on the theory that youth will be better able to resist tobacco use if they are aware of misleading information that facilitates tobacco use (e.g., pro-tobacco advertising, inflated estimates of the prevalence of tobacco use), have skills that counteract the social pressures to obtain approval by using tobacco, and appreciate the physical consequences of tobacco use. Project TNT comprises of 10 core lessons and 2 booster lessons, all 40-50 minutes in duration. The curriculum uses a wide variety of activities to encourage student involvement and participation. Activities include games, videos, role-plays,</p>
<p>2. How does this intervention fit into the 1 and 5 year goals and plans of the Coalition? <i>Please be specific and refer to the current documents stating the Coalition’s 1 and 5 year plans and goals. Should include specific health/wellness indicators.</i></p>	<p>The SRSLY intervention focuses on the first of four areas of the Manchester Wellness Plan, “Avoiding Unhealthy Substances”. The SRSLY Intervention works to decrease youth alcohol and substance use, including tobacco and prescription medications. Since CMCA, Project SUCCESS, and Project TNT first began we have seen the following data points from the Michigan Profiles for Healthy Youth.</p> <ul style="list-style-type: none"> • Age of first use of alcohol has increased from 13 years old (2010) to 14 years old (2014). • Regular use of alcohol has decreased from 29% (2010) of Manchester High School students having used in the past 30 days to 22% (2014). • Regular cigarette use has decreased from 16% (2010) of Manchester High School students having used in the past 30 days to 7% (2014). • Regular use of ANY TOBACCO PRODUCT has decreased from 27% (2010) of Manchester High School students having used in the past 30 days to 15% (2014). • Regular use of marijuana has decreased from 18% (2010) of Manchester High School students having used in the past 30 days to 11% (2014). • The percent of Manchester High School students who have ever tried marijuana has decreased from 29% (2010) to 20% (2014). • The percent of Manchester High School students who have ever drank alcohol has fluctuated from 37% (2010), to 32% (2012), and to 43% (2014). <p>The Manchester MiPHY Data for prescription drug use was not statistically significant due to the small sample size. Additionally, many of the questions were new or changed from the previous year.</p>
<p>3. What are the specific goals for the intervention? <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals</i></p>	<ul style="list-style-type: none"> • Maintain or increase the age of first use of alcohol from 14 years old (MiPHY, 2014). • Maintain or decrease percentage of Manchester High School students that have used alcohol in the past 30 days from 22% (MiPHY, 2014). • Maintain or decrease percentage of Manchester High School students that have used cigarettes in the past 30 days from 7% (MiPHY, 2014).

<ul style="list-style-type: none"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and accomplishment of your goal</i> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> • <i>See http://www.wikihow.com/Set-SMART-Goals</i> 	<ul style="list-style-type: none"> • Maintain or decrease percentage of Manchester High School students that have used any tobacco products in the past 30 days from 15% (MiPHY, 2014). • Maintain or decrease percentage of Manchester High School students that have used marijuana in the past 30 days from 11% (MiPHY, 2014). • Maintain or decrease the percentage of Manchester High School students who have ever tried marijuana from 20% (MiPHY, 2014). • Maintain or decrease the percentage of Manchester High School students who have ever drank alcohol from 43% (MiPHY, 2014). • Maintain or decrease the percentage of Manchester High School students who report easy access to alcohol from 59% (MiPHY, 2014). • Maintain or increase the percentage of Manchester High School students who report regular ALCOHOL use to be a moderate to great risk from 65% (MiPHY, 2014). • Maintain or decrease of percentage of Manchester High School students that think half or more students in their grade drank ALCOHOL in the past 30 days from 23% (MiPHY, 2014). • Maintain or decrease the percentage of Manchester High School students who often or almost always hated being at school during the past year from 30% (MiPHY, 2014). • Maintain or decrease the percentage of Manchester Middle School students who often or almost always hated being at school during the past year from 37% (MiPHY, 2014). <p>We will measure our progress by monitoring MiPHY data over time. We will specifically look at 2016 MiPHY Data, which is typically available in the fall.</p> <p>We believe the above goals are attainable because all three components (CMCA, Project SUCCESS, & Project TNT) were chosen from SAHMSA’s National Registry of Evidence Based Programs and Practices. Each component was picked because they specifically target the above intervening variables and research says that if we implement the program as designed we will impact these variables.</p> <p>The goals above are relevant to the Manchester Wellness Coalition because they are specifically aimed at helping youth “Avoid Unhealthy Substances”.</p> <p>Out time frame to achieve these goals will be ongoing. These are long term goals, however we aim to see movement in 2016.</p>
<p>4. What are the key data that will be collected, analyzed, and used to evaluate</p>	<p>It is difficult to draw a direct connection between the environmental strategies used and a positive change in the identified outcomes in the SRSly Intervention. However the SRSly Intervention plans to continue to monitor the</p>

<p>the intervention?</p> <p><i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <p><i>Might also include survey data, and other measures such as pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>data that is released from the HIP survey, local MiPHY data and collects anecdotal information from students and community members.</p> <p>A list of that surveys and anecdotal information they will collect and monitor are as follows.</p> <p>As a result we have collected data on numbers of individuals met with, meetings held, active and supportive members, students involved and activities conducted. CMCA identifies 12 benchmarks that have been used for evaluation in the past</p> <p>Project SUCCESS counselors track how many referrals they receive, students met with and additional resources given. They conduct 30 day follow-up with students that were referred to an additional resource to gauge whether they felt that resource was helpful. In addition, all students that participate in Project SUCCESS support groups complete a post survey that shows numbers reporting improvement in 2 of the following 5 areas: relationships, peer refusal skills, handling feelings, solving problems, attitude toward school, awareness of ATOD risk and past 30 day use.</p> <p>Surveys/Data Collection Forms</p> <ul style="list-style-type: none"> • HIP Survey • MiPHY Survey • MOST Teens Don't Use Survey (Developed by Karen Bergbower & Associates, will be adapted from Livingston County Middle and High School Student Survey 2015) • Underage Drinking Survey (Developed by Karen Bergbower & Associates) • Project SUCCESS Data collection forms (# of students referred, # of students met with, # of students referred/participated in groups, # of participating in individual ongoing counseling) • Post-Group Survey (Developed by Karen Bergbower & Associates) • University of Southern California Project Towards No Tobacco Use Pre-Test, Post-Test, 1-Year Post-Test <p>Activities/ Events/Campaigns</p> <ul style="list-style-type: none"> • Parents Who Host Lose the Most, Don't Be a Party to Teenage Drinking <ul style="list-style-type: none"> ○ Kick-Off Event ○ Press Announcement: Social Media & Local News • MOST Teens Don't Use... <ul style="list-style-type: none"> ○ Press Announcement: Social Media & Local News ○ 3 Sets of Posters Dispersed 4 weeks apart
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	<ul style="list-style-type: none"> • Red Ribbon Week <ul style="list-style-type: none"> ○ Press Announcement: Social Media & Local News ○ Middle School Activity ○ High School Activity ○ Community Activity • Project Sticker Shock <ul style="list-style-type: none"> ○ 3 Alcohol Retail outlets will participate in Sticker Shock twice each fiscal year. ○ Press Announcement: Social Media & Local News • Educational Booths • Participation in local events such as the Street Festival and Math & Science Night • SRSLY Manchester Kick-Off • SRSLY Manchester Thank You Picnic • SRSLY Manchester Coalition Meetings • SRSLY Manchester Youth Member Meetings • SLS-SRSLY Member Meetings • Halloween Event • Coming Home Dance • Pharmacy will commit to distributing information about the Big Red Barrel • School-wide activities (Martin Luther King Jr Day, Mix It Up Lunch, The Great Kindness Challenge) • Parent Teacher Student Association / Parent Teacher Association Presentations • Variety Show Practices & Performances • Project TNT Classroom lessons • Project SUCCESS Groups • Project SUCCESS Individual Brief Assessment Meetings • Project SUCCESS Individual On-Going Meetings • SRSLY Coalition Training • SRSLY Newsletter • SRSLY YouTube Videos
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5. What are the estimated of the Units of Engagement for the intervention? <i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i>		# of events	Estimated Time	Estimated Attendance	Engagement Units	Estimated Community Reach
	___ sets of Most Teens Don't Use Campaign Posters	3	N/A	N/A	N/A	2000
	Poster will be disseminated and posted in the Middle & High School, local businesses, religious institutions, and public buildings. Digital copies of the posters and information regarding the campaign will be given to local news outlets and social media.					

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*Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.*

Note- if participation is not part of the key data, describe how you will measure engagement of community members.

___ Thank You Picnic Event	1	2.00	25	50	N/A
___ alcohol retail establishments in Manchester will participate in Project Sticker Shock (two times each)	6	N/A	N/A	N/A	1000
Stickers will be placed on multi-packs of alcohol at 3 different alcohol retail outlets. The purpose of these stickers is to remind adults of the consequences of purchase alcohol for underage youth.					
___ educational booths Events	5	2.00	20	200	20
___ Halloween Event	1	4.00	20	80	150
___ Coming Home Dance	1	.1	100	10	N/A
___ Math & Science Booth Event	1	3.00	75	225	150
___ Parents Who Host Lose the Most Kick-Off Event	1	2.00	30	60	N/A
___ Pharmacy will commit to providing patients/customers with information about the Big Red Barrel.	1	0.50	2	1	1000
___ PTA / PTSA Presentations	2	0.25	10	5	10
___ Red Ribbon Week Activities targeted at the High School & Middle School	2	0.50	200	60	400
___ Red Ribbon Week Activity targeted at the community	1	1.00	N/A	N/A	2000
SRSLY members will go into the community and disseminate information about Red Ribbon Week at local businesses, churches, and/or events. This may include decorating the downtown, giving out red ribbons, decorating cars with red ribbons and leaving information slips on windshields.					
___ School wide Middle School Events (<i>The Great Kindness Challenge, Mix It Up Day, Martin Luther King Jr Day</i>)	7	1.00	N/A	N/A	380
These events tend to evolve from year to year based on feedback from school staff. Activities are often delivered on large scale, such as at an assembly or during lunchtime in the lunchroom.					
___ SLS - SRSLY Kick Off Pizza Lunch	1	1.00	15	15	15
___ SRSLY Manchester Kick Off Event	1	4.00	100	400	500
___ SRSLY Manchester Youth Kick Off Pizza Lunch	1	1.00	100	100	380
___ Sticker Shock Events	4	1.50	7	42	N/A
___ Street Festival Booth Events	1	8.00	40	320	N/A
___ Variety Show Practice Events	4	3.00	30	360	
___ Variety Show Performance Events	2	1.50	N/A	N/A	380
TNT Lessons delivered to 2 Quarters of 7 th grade Health classes with a total of ___ lessons taught	16	0.85	30	408	30

	Vendor education will occur at ___ alcohol retail establishments	3	0.25	3	2.25	3
	___ Coalition Training	1	8.00	10	80	10
	___ Adult & Youth Coalition Meetings	5	1.00	5	25	5
	___ SRSLY Youth Meetings	21	1.00	15	315	15
	___ SLS SRSLY Meetings	21	1.00	15	315	15
	___ YouTube Videos (Example: <i>Project Sticker Shock, Parents Who Host Lose the Most, Red Ribbon Week, Most Teens Don't Use</i>)	5	N/A	N/A	N/A	30
	Videos are created and disseminated on social media.					
	___ SRSLY Newsletters	10	N/A	N/A	N/A	50
	Newsletters are sent via email, posted to the website, and social media outlets.					
	___ Students Met with Project SUCCESS Counselor	65	0.25	1	16.25	N/A
	___ Students Participating in Individual On-Going	20	0.40	3	24	N/A
	___ Students participating in Group	40	0.85	8	272	N/A
<p>6. Who (specifically) will be responsible for what aspects of intervention implementation?</p> <p><i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and all other communication required</i> • <i>Deciding on dates, times, locations</i> • <i>Marketing – both developing and distributing marketing materials</i> • <i>Recruiting necessary volunteers</i> • <i>Developing tools to collect data and pictures</i> • <i>Analyzing data collected</i> • <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> • <i>Preparing and presenting presentations and reports</i> 	<p>Lindsay Hannah, LLMSW will be the initial contact for the SRSLY Intervention. Ms. Hannah will be responsible for obtaining all required permits/permission.</p> <p>Ms. Hannah will work with SRSLY Coalition Members and Manchester Community Schools District administration to decide on dates/times/locations of meetings, events, activities, and lessons.</p> <p>Ms. Hannah will work with Todd Ortbring and the SRSLY Chelsea Community Organizer on issues related to the development of Marketing Materials. Ms. Hannah will work with Wendy Arntson, SRSLY Manchester Coalition members, and SLS-SRSLY to distribute marketing materials into the community.</p> <p>Ms. Hannah and coalition members will work together to recruit new members and volunteers for events/activities.</p> <p>MS. Hannah will work with Karen Bergbower, LMSW, CAADC, CPC-M, to develop tools to collect data. Ms. Hannah and SRSLY Manchester Coalition members will capture events/activities/campaigns on digital image and video to be distributed on social media, our website, and local news outlets.</p> <p>Ms. Hannah & Karen Bergbower will review and analyze data. Ms. Hannah, Karen Bergbower, Manchester Community Schools District, and SRSLY Manchester Coalition Members will review and develop plans for improvement. SRSLY Chelsea will offer some assistance to Ms. Hannah during the planning process to ensure</p>					

<ul style="list-style-type: none"> <i>All other specific tasks for this intervention to be successful.</i> 	<p>requirements for the DFC grant are fulfilled.</p> <p>Ms. Hannah will prepare and deliver presentations and reports.</p> <p>Ms. Hannah will facilitate all Project TNT classes. Ms. Hannah will facilitate Project SUCCESS groups, individual meetings, referrals, and parent meetings.</p>
<p>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention?</p> <p><i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	<p>No.</p>
<p>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability).</p> <p><i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>The SRSLY Manchester Intervention collaborates will many different sectors of the community.</p> <ul style="list-style-type: none"> Manchester Community Schools District - The Project SUCCESS Counselor will work with school administration to decide the location of the Project SUCCESS Counselor office and the best way to obtain referrals, and the best way to increase awareness of the role of the Project SUCCESS Counselor. Additionally the Project SUCCESS Counselor will work with school staff to identify referrals. The Project SUCCESS Counselor will work with the Health Teacher to identify the time and location of the class that Project TNT will be taught. The SRSLY Community Organizer will work the school administration and the SLS advisor to decide on activities and locations/time of meetings for SRSLY Youth Meetings and SLS SRLY. The SRSLY Intervention will also be utilizing Manchester Community Schools District as the Fiduciary of this grant. SRSLY Chelsea – SRSLY Manchester will be mentored by SRSLY Chelsea and utilize their expertize as we prepare to apply for the Drug Free Communities Grant. Drug Free Communities Mentee Grant - The SRSLY Intervention also receives grant funding from this organization. Community Mental Health Partnership of Southeast Michigan - The SRSLY Intervention also receives grant funding from this organization. SRLSY Manchester Coalition Members - The SRSLY Intervention will access SRSLY Coalition members for help implementing the CMCA component of the grant

	<ul style="list-style-type: none"> • Chelsea Community Hospital – The Chelsea Community Hospital will be utilized as the fiduciary of the DFC grant funding. • Karen Bergbower & Associates – Karen Bergbower will be utilized as the supervisor of the Lindsay Hannah, LLMSW. • Manchester Wellness Coalition - The SRSLY Intervention will access the Manchester Wellness Coalition members for help implementing the CMCA component of the grant
<p>9. If this is a continuing intervention:</p> <p>A. How many years has this intervention been funded by the coalition?</p> <p>B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to CWF?</p> <p><i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to CWF?</i></p> <p>C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding).</p> <p>D. Has the amount requested from the coalition increased or decreased? Why?</p> <p>E. How many more years will this intervention request funds from the coalition?</p>	<p>A) CMCA , Project SUCCESS, and Project TNT are completing their second year of funding by CWF.</p> <p>B) Yes.</p> <p>C) SRSLY Manchester is always assessing and improving the programs based on the specific needs of the participants and the community. The CMCA component will be improved by partnering with SRSLY in Chelsea. Additionally, Manchester Voices will adopt the SRSLY brand which will lead to increased brand recognition and a more unified message of prevention across Washtenaw County. This will lead to increased access to resources and coalition trainings. The Project SUCCESS Counselor will work to increase visibility in the school, build rapport with teachers and school staff. Project TNT review current Pre, Post, 1-year-out Post survey and work to identify areas of the survey that can be cut, thus shortening the survey to a more manageable amount of data and potentially increase the student completion rate. Additionally, to increase completion rate of the 1-year-out post survey the facilitator will offer an incentive (gift certificate raffle) to former students.</p> <p>D) The amount of funding has been increased by \$100. The purpose of the increase is to try to recruit former Project TNT students to complete the 1-year-out post survey by offering an incentive in the form of a raffle for a gift certificate.</p> <p>E) The SRSLY Intervention is a long term intervention. Substance abuse prevention requires continuous efforts to decrease youth alcohol and substance use. Overtime the intervention will evolve to fit the need of the community.</p>
<p>10. Provide citation(s) of similar programs used as a model in developing this intervention.</p>	<p>All programs are Model Programs from SAMHAS’s National Registry of Evidence Based Programs and Practices.</p> <p>CMCA: There are many evidenced based interventions for community organizing around youth drug and alcohol use. The Community Anti-Drug Coalitions of America and the Substance Abuse and Mental Health Services Administration have comprehensive lists of effective interventions, strategies and coalitions. (www.cadca.org & www.samsha.gov). Locally there are community anti-drug and alcohol coalitions that utilize CMCA, Communities That Care (CTC) as well as Ready by 21. Those groups include A2C3, PACT Saline, SRSLY Chelsea and CTC Ypsilanti.</p> <p><u>Program Replication Citations:</u> Wagenaar, A. C., Gehan, J. P., Jones-Webb, R., Toomey, T. L., Forster, J. L., Wolfson, M., et al. (1999). Communities Mobilizing</p>

for Change on Alcohol: Lessons and results from a 15-community randomized trial. *Journal of Community Psychology*, 27(3), 315-326.

Wagenaar, A. C., Murray, D. M., Gehan, J. P., Wolfson, M., Forster, J. L., Toomey, T. L., et al. (2000). Communities Mobilizing for Change on Alcohol: Outcomes from a randomized community trial. *Journal of Studies on Alcohol*, 61, 85-94.

Wagenaar, A. C., Murray, D. M., & Toomey, T. L. (2000). Communities Mobilizing for Change on Alcohol (CMCA): Effects of a randomized trial on arrests and traffic crashes. *Addiction*, 95(2), 209-217.

Wagenaar, A. C., Murray, D. M., Wolfson, M., Forster, J. L., & Finnegan, J. R. (1994). Communities Mobilizing for Change on Alcohol: Design of a randomized trial. *Journal of Community Psychology*, 22(CSAP Special Issue), 79-101.

Project SUCCESS: There are no comparative programs; however the following citations are of research studies on replications of the program.

Program Replication Citations:

Morehouse, E. R., & Tobler, N. S. (2000). Project SUCCESS final report: Grant number 4 HD1 SP07240. Report submitted January 26, 2000, to the Center for Substance Abuse Prevention, U.S. Department of Health and Human Services.

Vaughan, R., & Johnson, P. (2007). The effectiveness of Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students) in a regular secondary school setting. Unpublished manuscript.

Project TNT: Towards No Tobacco (TNT) is a nationally recognized evidenced-based tobacco prevention program. Project TNT has reached approximately 50,000 students involved in experimental trials and other implementations. The developer has conducted at least 88 evaluations of independent Project TNT implementations and estimates that approximately 20 additional evaluations have been conducted. The longest continuous implementation of Project TNT is at least 4 years. There appear to be other programs that appear on The National Registry of Evidence-based Programs and Practices (NREPP), however they are listed as focusing on more than just tobacco including the program “Stay on Track” and were not listed as cost-effective.

Program Replication Citations:

Dent, C. W., Sussman, S., Stacy, A. W., Craig, S., Burton, D., & Flay, B. R. (1995). Two-year behavior outcomes of Project Towards No Tobacco Use. *Journal of Clinical and Consulting Psychology*, 63(4), 676-677.

Sussman, S., Dent, C. W., Burton, D., Stacy, A. W., & Flay, B. R. (1994). Developing school-based tobacco use prevention and cessation programs. Thousand Oaks, CA: Sage.

Sussman, S., Dent, C. W., Stacy, A. W., Hodgson, C. S., Burton, D., & Flay, B. R. (1993). Project Towards No Tobacco Use: Implementation, process and post-test knowledge evaluation. *Health Education Research*, 8(1), 109-123.

Sussman, S., Dent, C. W., Stacy, A. W., Sun, P., Craig, S., Simon, T. R., et al. (1993). Project Towards No Tobacco Use: 1-year behavior outcomes. *American Journal of Public Health*, 83(9), 1245-1250.

Wang, L. Y., Crossett, L. S., Lowry, R., Sussman, S., & Dent, C. W. (2001). Cost-effectiveness of a school-based tobacco-use prevention program. *Archives of Pediatrics and Adolescent Medicine*, 155(9), 1043-1050.

Meshack, A. F., Hu, S., Pallonen, U. E., McAlister, A. L., Gottlieb, N., & Huang, P. (2004). Texas Tobacco Prevention Pilot Initiative:

Processes and effects. Health Education Research, 19(6), 657-668.

~ INSERT A BUDGET which shows all sources of income and categories for expenses. Please also indicate which expenses will be covered by the funds from the Chelsea-area Wellness Foundation.

Also provide the information in the two tables below

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$ 24,130	20%
Total funds from other sources	\$ 96,707	80%
Marketing/Advertising	\$ 14,200	12%
Compensation – to one or more people	\$ 57,130	47%
Infrastructure (structure that lasts 5 years or more)	\$ 0	0%
Other expenses	\$ 49,507	41%

Plan Year	Amount \$\$ granted	Amount Spent	Amount carried over	Amount returned to CWF
Year 1 2012-2013	\$ 4,311	\$ 3174.29	\$ 1136.71	\$ 0
TNT	\$ 4,311	\$ 3174.29	\$ 1136.71	\$ 0
Project SUCCESS	\$ 0	\$ 0	\$ 0	\$ 0
CMCA	\$ 0	\$ 0	\$ 0	\$ 0
Year2 2013-2014	\$ 19,000	\$ 20,136.71	\$ 0	\$ 0
TNT	\$ 0	\$ 1136.71	\$ 0	\$ 0
Project SUCCESS	\$ 5,000	\$ 5,000	\$ 0	\$ 0
CMCA	\$ 18,500	\$ 18,500	\$ 0	\$ 0
Year 3 2014-2015	\$ 24,030	N/A	N/A	N/A
TNT	\$ 530			
Project SUCCESS	\$ 5,000			
CMCA	18,500			

APPENDIX F: PRIORITY AREA DETAILED BUDGET

Organization:	Karen Bergbower & Associates	Priority Area:	MWC
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A. Salaries & Wages Detail				
Job Title	Name	Salary	FTE	\$ Requested
Project SUCCESS Counselor	Lindsay Hannah, LMSW	\$39,998	.088	\$3,500
Manchester Voices Coordinator	Lindsay Hannah, LMSW	\$39,998	.3	\$12,000
Personnel Sub-Total:				\$15,500

B. Fringe Benefits Detail		
Fringe Detail	%	\$ Requested
FICA, Unemployment, Health Insurance, Workman's Comp, Continuing Ed.	13	\$2,038
Fringe Benefits Sub-Total:		\$2,038

C. Travel Detail	Expense Req:
1500 Miles @ .560	\$840
Travel Sub-Total:	\$840

D. Supplies & Material	Expense Req:
CMCA	\$2,556
Project SUCCESS	\$594
TNT: 80 Student Workbooks	\$340
TNT: Student Incentives \$240/ Photocopies, Misc Supplies \$50	\$290
Supplies & Material Sub-Total:	\$3,780

E. Contractual/Sub-Contracts	Expense Req:
	0
	0

Contractual/Sub-Contracts Sub-Total:	

F. Indirect Expense	Expense Req:
Indirect Expense Sub-Total:	

G. Other Expenses	Expense Req:
Communications	\$282
Space cost	\$1,150
Utilities	\$141
Insurance	\$173
Miscellaneous expenses	\$226
Other Sub-Total:	\$1,972

H. - J. Other Fund Sources	Match Req:
Other Fund Sources Sub-Total:	

PROPOSED BUDGET

Local Agency Name Karen Bergbower & Associates		Program MWC		Page 1	Of 1
Street Address 10299 Grand River, Suite P		Report Period Thru		Date Prepared 4/16/2015	
City, State, ZIP Code Brighton, MI 48116		Agreement Period 7/1/2015 Thru 6/30/2016		FE ID Number 26-1392579	
Expenditure Category	Expenditures		Agreement		
	Current Period	Agreement YTD	Budget	Balance	
Salaries and Wages		\$0	15,500.00		
Fringe Benefits			2,038.00		
Travel			840.00		
Supplies and Materials			3,780.00		
Other Expenses -Communications			282.00		
Space Cost			1,150.00		
Utilities			141.00		
Insurance			173.00		
Misc Expenses			226.00		
TOTAL EXPENDITURES			24,130.00		
SOURCE OF FUNDS					
Fees and Collections					
Local					
Other					
CA Contract/SA share					
TOTAL FUNDING					
TOTAL CONTRACT FUNDING			24,130.00		

CERTIFICATION: I certify that I am authorized to sign on behalf of the local agency and that this is an accurate statement of expenditures and collections for the report period. Appropriate documentation is available and will be maintained for the required period to support costs and receipts reported.

Authorized Signature	Date	Title President of Operations
Contact Person Name: Denise Geroux	Telephone Number: 810-225-9550 Email: denise@kbamichigan.com	

WCHO Approval for Payment by: _____
 Project Name & Account Number: _____