



# INTERVENTION NAME

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Intervention Leaders – Ballet Chelsea

**Intervention also funding in:**

- Year 1: \$0
- Year 2: \$0
- Year 3: \$8,191

**Amount Requested:**

**\$6,000**

**Type of intervention:**

- Behavior

# Intervention name – On the Move

## Brief Description

- I. Primary goal – to offer people with limited physical ability the health benefits of more exercise.
- II. Brief description of program – to develop a range of ‘movement to music’ classes helping participants develop better balance, coordination and other physical skills.
- III. Who – adults and children in Chelsea aged 3 – 93
- IV. The intervention for year 4 will start in July 2015 and continue until June 2016. During this time it is planned to run 186 programs across 9 centers and monitor the success of the existing programs at two other centers.

## Link to Coalition’s 1 & 5 year plans

- 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. Carers 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 more falls, poor coordination etc. This program will address these and other issues that this population experiences.
- Another goal is to raise the awareness in this population of sustainable improvements to their lives from better coordination, more flexibility, more confidence and possible loss of weight.

## Goals:

Pre-school goals will be to develop large motor skills, the awareness of body movements, group participation and increase stamina. We expect 10 students to attend for 1 hour per week. Their improvements will be measured by the room teachers and the dance teacher. This program will continue for 28 weeks. Collaborators are Cameron Groenewoud ( Northcreek Elementary School) and Lisa Nickel , Director of Special Ed. Chelsea Schools

Elementary and Middle school goals will be improvement of body control, better coordination, confidence building, limb strengthening and decrease in muscle tension. Expected number of participants will be 14 across 2 schools for an hour a day for 28 weeks. Collaborators will be their respective Special Ed. teachers and Lisa Nickel.

High School goals will be similar to middle school goals but to different degrees with more emphasis on participation and confidence with others. There will be 17 students attending for 1 hour for 28 weeks. Collaborators are Katy Fillion, HS Special Ed. Teacher and Lisa Nickel.

WISD goals will be similar to those for high school students with emphasis on how body movements affect working with others. There will be a maximum of 10 participants for 1 hour a week, 28 weeks a year. The collaborator will be Tom Osbeck. This program is still to be discussed.

Senior Centers –The goals for seniors will concentrate on improvements to balance, strengthening of arms and hands, improvements to metabolism and the relief of muscle tension and stress.

By year 4 it is expected that two of the senior centers ( Silver Maples and CRC)will be continuing themselves the program developed in year 3 with occasional visits from the dance teacher to add material, assess participation etc.

At the Chelsea Senior Center it is expected to continue to offer this program with 20 people attending each week for an hour a week,30 weeks a year.

Collaborators for the Senior Centers are the individual Activity or Program Directors.

Summer Programs – it is proposed to offer 4 weeks of classes during the summer for pre-school and elementary students. 10 students for an hour a week for 4 weeks. This will be marketed to parents through Chelsea Schools and pre-schools. The goals will be similar to those above for younger students.

St. Louis Center –The goals include more movement in general with particular consideration for cognitive and developmental needs., better balance and large motor skills control. There are 20 participants for 1 hour per week 40 weeks of the year. The collaborator is Peggy Cole, Development Director.

## Units of Engagement

- Using the goals and data above it is expected to give 186 classes in the year across 9 centers and assisting with the maintenance of programs at 2 other senior centers.
- The number of participants is 100 each receiving a 1 hour class a week and totaling 2868 person hours of exercise.

## Key Evaluation Data

Examples of data other than participants and number of events:

- Senior Citizens will be asked to complete a pre and post program questionnaire on exercise, how the program has helped them etc.
- With regards to other participants, who are mainly children or have limited verbal skills ,carers or parents will be asked for views and comments on issues to be addressed and then assessing improvements over a period of time.

## Responsible Parties & Organizations

- These programs are being set up in full collaboration with:
- Chelsea School District – Special ed. Teachers have assessed needs. Space for classes will be provided by the schools.
- Senior Centers – Silver Maples, CRC ,Chelsea Senior Center (CSC).  
CSC requires all teachers to be CPR certified. The teacher already has this qualification. All centers are offering space for the classes.
- St. Louis Center has assessed needs and is providing space for the classes.

Discussions will take place in January with WISD as to their needs. Classes may be held at their center or possibly at Ballet Chelsea studios.

Summer classes will be held at Ballet Chelsea studios.

Marketing will be provided by the individual centers and by Ballet Chelsea for the summer program.

Times and dates are agreed between the dance teacher and each individual center.

Contributions for this program have been received from The Wilkinson Foundation, Ballet Chelsea will donate space for development and some classes plus some dollars from their special program fund. All the centers are donating space at no cost.

# Proposed Budget (Total Budget = \$9000)

## How \$6000 funds from CWF will be used

Examples are:

- Marketing = \$
- Compensation = 6000\$
- Materials = \$
- Consumables = \$
- Training = \$

Plan year 3

Amount granted \$8191

Amount spent \$8191

Amount carried over \$0

Amount returned to CWF \$0

## How \$3450 funds from other organizations will be used

Examples are:

- Marketing = \$ 250
- Compensation = \$3000
- Materials = \$200
- Consumables = \$
- Training = \$

This program follows an academic year is budgeted through to the end of May. In addition to the grant BC has given more than \$2,000 in development costs

## What programs did you use as a model for this intervention?

When this program was first being considered we looked at others around the country.

Boston Ballet and Grand Rapids Ballet lead two such programs but these appear to be for specific age groups and/ or specific disabilities; for example teens or Parkinson's disease.

We have found no such program in the country catering for a wide range of disabilities and ages. It is also interesting to note that few programs exist in small cities – they tend to be in large cities such as those quoted above or Atlanta and Houston.

The teacher, Catrina Choate has run program for seniors in the past and she is modifying these programs for other participants.

Has a similar intervention been done in another 5H Community? No

Have you communicated with leaders of similar coalitions in other 5H towns?

Not yet.

The plan is to assess the success and value of these programs before offering them to other 5H towns. Funding will then be requested for any additional programs.