

Chelsea Friends and Family Wellness Coalition | Plan Year 6

NAME OF THE INTERVENTION	Eddy Discovery Center Nature Play Area and ADA Trail
5HF Element* to Impact	Move More
Fiscal Agent	State of Michigan Department of Natural Resources
Tax I.D	Federal I.D. 38-6000134
Implementation Contacts (2 or more required)	Katie McGlashen, Park Interpreter, Eddy Discovery Center. Gary Jones, Park Manager, Waterloo Recreation Area.
Contact phones and emails	Katie McGlashen Eddy Discovery Center, (734)475-3170 mcglashenk@michigan.gov Gary Jones Waterloo Recreation Area jonesg@michigan.gov
Date Funding Required	September 2017
Implementation Date	April of 2017
Estimated Completion Date	September of 2017
Total Amount Requested from 5HF	\$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></p> <p><i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>Target Populations for Trail</p> <p>The project includes an ADA accessible trail loop connected to the currently available level surfacing increasing the total length to a respectable half mile. The new trail surrounds the Nature Play Area and is located within a truly natural Oak-Hickory forest. A paved path in a natural setting is something that many people ask for as they visit the Discovery Center. The populations served by the trail include individuals of any age with physical disabilities, parents and caregivers with strollers, and an aging population looking for opportunities to engage in nature on a level and smooth surface.</p> <p>Target Population for Nature Play Area</p> <p>The Nature Play Area is a landscape designed for play with the express purpose of providing</p>

	<p>opportunities for outdoor play and exercise for children. The area designated for play is surrounded by Oak Hickory Forest with plenty of open space between trees to run around and explore. The nature play area would be surrounded by the ADA compliant trail providing easiest access for children with disabilities. The target population for the Nature Play Area is children age 3 to 12, ages that are working on gross and fine motor skills, and testing their body’s abilities and limits in a safe space.</p>
<p>2. How does this intervention address the needs identified by your community and the coalition? <i>Please be specific and refer to local data (i.e. HIP, MiPHY, PAC, NEAT, etc.) and/or the coalition strategic plan. Should include specific health/wellness indicators.</i></p>	<p>The 5Healthy Towns Foundation promotes the Element Move More, and I believe that this project aligns with the Mission of the Foundation. Data from the HIP survey shows that 47% of 2 to 5 year olds get less than an hour of active play each day. And 1/3 of children age 6 to 17 are getting less than an hour a day of active play. Inviting kids to enjoy and engage in nature is a great way to get them started in a relationship with nature and outdoor activities. The Chelsea HIP survey also shows that 5% of community members require use of special equipment, and that 9% of those surveyed have difficulty walking or climbing stairs. A whopping 18% of those surveyed are limited in their activities in some way. Providing a smooth and level surface for any level of mobility within the community allows more people to enjoy the benefits of time spent outdoors in nature.</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. To provide an accessible trail for populations that would prefer or require a smooth surface, an opportunity to enjoy a truly natural Michigan Oak-Hickory forest. Measured by the number of people who use the trail. Data will be collected by manual trail counts by DNR seasonal employees. We should be able to prove that the trail was needed by the number of people that come specifically to use the trail. 2. To create a safe place for children, typically age 3 to 12, to play with and around natural materials outdoors, allowing their bodies to meet their physical potential through play and exercise. Measured by the number of people who use the Play Area through manual counts by DNR seasonal employees. We should be able to count the number of children playing on the play elements, including asking the average number of minutes they played by surveying their caregivers.
<p>4. What key data 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. Trail use can be collected through sample days of trail use with a manual counter and an employee standing at the trail head for 30 minutes on set dates and times to determine the number of people using the trail. 2. Nature Play Use can be evaluated using a similar method of manually counting users for 30

<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>minutes on set dates and times to determine the number of children using the play elements.</p> <ol style="list-style-type: none"> 3. A comparison of the total number of visitors can be made by looking at previous year’s visitor numbers to the Eddy Discovery Center, and comparing totals to future years. 4. We will also survey visitors inside the center and ask if they visited with the intent of using the Nature Play Area.
<p>5. What are the estimated 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>UNITS OF ENGAGEMENT DO NOT NEED TO BE CALCULATED FOR INFRASTRUCTURE (i.e. parks, sidewalks, trails, etc).</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>Infrastructure and Trail Project</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</i> 	<p><u>Katie McGlashen, Park Interpreter, Marketing and Outreach Division</u> Marketing Recruiting Volunteers Collecting and Analyzing Data, Developing tools to do so Preparing and presenting reports</p> <p><u>Joe Strach, Park Planner, Parks Division</u> Overseeing all required permits and permissions Overseeing construction</p> <p><u>Gary Jones, Park Manager, Parks Division</u> Obtaining all required permits and permissions Deciding on dates, times, and locations</p>

<p><i>intervention (on-going and for subsequent years)</i></p> <ul style="list-style-type: none"> • <i>Preparing and presenting presentations and reports</i> • <i>All other specific tasks for this intervention to be successful.</i> 	<p>Scheduling labor and construction Communicating with construction crew and local labor.</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 and No. There are no other approvals needed to start the project. All Work Item Proposals have been entered through DNR Parks Division. We are relying on funds provided by the Waterloo Natural History Association (\$5,000) to get things started and are currently waiting on grant funding from various sources including a DNR "Friends" group matching grant (\$5,000), the 5Healthy Towns Foundation (\$2,000), and a future Chelsea Community Foundation Grant (\$10,000). This project can be done in phases, and the first priority is the Nature Play Area. We have enough current funding to complete the Nature Play Area, but will need to finish acquiring funding before the trail can be finished.</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>Most of the collaboration will be between DNR divisions and sections. Collaboration of labor, finances, installment and marketing are all supplied by the Department of Natural Resources. The Waterloo Natural History Association will be asked to help recruit volunteers, and will be the organization asked for any future upkeep or maintenance costs that come up. WNHA President, Gregg Burg.</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 5HF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to 5HF?</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</p>	<p>Not a continuing Intervention.</p>

<p>increased or decreased? Why? E. How many more years will this intervention request funds from the coalition?</p>	
<p>10. Does your intervention have a sustainability plan? <i>How the intervention will be sustained if the coalition does not grant/renew funding?</i></p>	<p>The infrastructure for the project is sustainable with little maintenance needed. The ADA surfacing can be repaired seasonally without an added expense of heavy equipment. Filling in potholes, or eroding trail is low cost for aggregate trails. The fencing, essential to preventing children from wandering too close to the parking lot, is the only really built structure that could be vandalized in a way that would cost money. There have been very few incidents of vandalism to the property. The Nature Play Area elements are generally replaceable with natural materials and not costly to replace.</p>
<p>11. Provide citation(s) of similar programs used as a model in developing this intervention.</p>	<p>The Howell Nature Center has a really incredible Nature Play Area that was visited by DNR staff and WNHA members to discuss their processes and challenges. In Howell, there is flowing water that created a Health Department intervention. This helped me understand the scope of what we should be looking at for the Discovery Center. The Howell Nature Play Area also increased their visitor numbers exponentially, and also increased the length of stay visitors reported.</p> <p>Other projects that were studied and taken into account include Holland’s Degraff Nature Center and the Kalamazoo Nature Center. Some Play Elements have been adapted from other sources including Oregon State Parks, and the Cincinnati Nature Zoo.</p> <p>There is also a growing group of organizations with helpful information on the physical and mental health benefits of Nature Play and this has influenced my support of this project. They include;</p> <ul style="list-style-type: none"> • The Nature Conservancy’s study, Connecting America’s Youth to Nature • The National Recreation and Parks Association • The Children and Nature Network • The National Wildlife Federation, who sponsored the Landscape Design Book “Nature Play and Learning Spaces,” which created the guidelines for liability and risk assessment for Nature Play Areas.

~ INSERT A BUDGET~ Budget Summary (page 6) Complete Budget (page 7). Funds from the 5 Healthy Towns Foundation will be used for Infrastructure Materials.

Budget Summary	Amount	Percentage
Amount of funds from Coalition	2,000	9%
Total funds from other sources	20,637	91%
Marketing/Advertising	In-Kind Time and Expense	
Compensation – Design Work	600	3%
Infrastructure-Fencing and Signs	11,192	49%
Other Expenses- Heavy Equipment Rental	3,000	13%
Other Expenses-Trail and Play Area Materials-fill dirt, drain tiles, wood chips, equip. purchased, wigwam kits, treated logs & stumps	7,845	35%

Plan Year	Amount granted	Amount Spent	Amount carried over	Amount returned to 5HF
Year 1				
Year 2				
Year 3				
Year 4				
Year 5				

<u>NATURAL PLAY AREA AND ADA TRAIL EDDY DISCOVERY CENTER</u>	
<u>Income</u>	
DNR Discovery Center Operating Funds	\$ 637.00
Waterloo Natural History Association	\$ 5,000.00
<i>Potential Income</i>	
DNR Friends Group Grant (awards given in April 2017)	\$ 5,000.00
5 Healthy Towns	\$ 2,000.00 *
Future Fundraising	
Future Requests from the Chelsea Community Foundation (request in February of 2017, distributed in June 2017)	\$ 10,000.00
Total Income	\$ 22,637.00
<u>In-Kind</u>	
Design Work Discounted	\$ 3,000.00
DNR Ranger Labor (150 hours)	\$ 5,000.00
Volunteer Hours (200 hours)	\$ 5,000.00
<u>Expense</u>	
<u>Services</u>	
Design Work	\$ (600.00)
Equipment Rental, Backhoe Bulldozer	\$ (3,000.00)
<u>Materials</u>	
Fencing (2 Rail Diamond @ \$6.75 per ft.)	\$ (10,692.00)
Regrading (fill dirt, drain tiles, tools)	\$ (3,000.00)
Crushed Aggregate 97.8 cu. Yds. @ \$25 per cu. Yd. or Slag	\$ (2,445.00)
Treated Hollow Logs and Cut Stumps	\$ (1,000.00) *
Wood Chips/Substrate for climbing areas	\$ (1,000.00) *
Signs	\$ (500.00)
Willow Wigwam Kits (2 @ \$200)	\$ (400.00)
Total Expense	\$ (22,637.00)

*5HF Funds