

# Chelsea Friends and Family Wellness Coalition | Plan Year 6

<b>NAME OF THE INTERVENTION</b>	Adaptive Movement for All
<b>5HF Element* to Impact</b>	Move More and Connect with Others
<b>Fiscal Agent</b>	Ballet Chelsea
<b>Tax I.D</b>	38-326-0579
<b>Implementation Contacts (2 or more required)</b>	Jane Thompson Kayleigh Crummey
<b>Contact phones and emails</b>	Jane – 734-730-2945 Kayleigh 734-560-2114
<b>Date Funding Required</b>	June 2017
<b>Implementation Date</b>	August 1 <sup>st</sup> , 2017
<b>Estimated Completion Date</b>	July 31 <sup>st</sup> , 2018
<b>Total Amount Requested from 5HF</b>	\$8,000

Criteria	Descriptions
<p><b>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</b></p> <p><i>Typically one paragraph and 3-5 sentences</i>  <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>Ballet Chelsea takes the health benefits of movement to music to residents of Chelsea who experience physical and mental challenges. This population is often left out of organized activities and this program is targeted to their needs.</p> <p>The program was first started in the fall of 2014 (year 3 of the plan) when development assistance was given by 5 Healthy Towns. The first classes were held in January 2015. This program has different classes developed for all ages from pre-school to seniors.</p>
<p><b>2. How does this intervention address the needs identified by your community and the coalition?</b></p> <p><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 Intervention addresses the need for this population to Move More.</p> <p>The Washtenaw County Hip Survey shows</p> <ul style="list-style-type: none"> <li>81% of adults with physical/ mental or emotional problems were limited on activities;</li> <li>84% of adults had joint symptoms or arthritis which limited usual activities;</li> <li>90% of adults had difficulty in walking or climbing stairs.</li> </ul> <p>In addition a major report from the CDC last revised in March 2016 states that:</p> <ul style="list-style-type: none"> <li>• Adults with disabilities have 58% higher obesity rates than adults without disabilities;</li> <li>• The figures for children ages 2-17 is 38%;</li> <li>• People who are obese incur on average \$1,429 per person per year in extra medical costs compared to people of normal weight;</li> </ul> <p>Please see further details on this report at the end of this table **</p>

<p><b>3. What are the specific goals for the intervention?</b>  <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"> <li>• <i>State what you are trying to accomplish,</i></li> <li>• <i>How you will measure progress toward and accomplishment of your goal</i></li> <li>• <i>Who is responsible for collecting the data?</i></li> <li>• <i>Why you think the goal is attainable</i></li> <li>• <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i></li> <li>• <i>What is the timeframe for achieving the goal?</i></li> <li>• <i>See <a href="http://www.wikihow.com/Set-SMART-Goals">http://www.wikihow.com/Set-SMART-Goals</a></i></li> </ul>	<p>The primary goal since the interception of the program has been to offer people with limited physical and mental abilities the health benefits of more exercise. This has been accomplished by developing different class schedules for the different members of the population depending upon age and ability.</p> <p>This coming year the main goal will be to increase participation through the development of a new class for special ed. students age 6 - 18 who are not currently included in the existing classes. These students are integrated into main stream education but have physical and mental limitations and are not able to enjoy movement classes to the same extent as their peers. A number of parents have expressed interest in such a class and the Director of Special Education in Chelsea School, Lisa Nickel, is highly supportive of Ballet Chelsea developing programs for this population.</p> <p>A survey is currently being developed by Ballet Chelsea to determine the numbers and ages of students who would be attending such classes. Dependent upon the results of this survey, one or more classes will be available during the summer of 2017 and during the period September 2017 - May 2018.</p> <p>This specific goal will be measured by the number of children attending these new classes, their age range and the frequency of attending the classes which will be held in the evenings or weekends at the studios of Ballet Chelsea. Parents and school physical therapists will be asked to assist in the setting of individual goals for these students. It is hoped that 20 students will attend such classes.</p>
<p><b>4. What key data will be collected, analyzed, and used to evaluate the intervention?</b>  <i>Should include:</i></p> <ul style="list-style-type: none"> <li>• <i>Units of Engagement</i></li> </ul> <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>For our main goal this year we will research the numbers and age range of students age 6-18 who are currently not covered by any Adaptive Dance Program in the schools and who wish to attend such a program. Once this is known, classes will be developed depending on age of student.</p> <p>From this information, we will collect the following key data:</p> <ul style="list-style-type: none"> <li>attendance at each class*</li> <li>duration of class*</li> <li>number of classes per year*</li> <li>goals set in conjunction with parents or physical therapists and the achievement of such goals</li> <li>surveys, reports, and feedback*</li> <li>( Units of Engagement)</li> </ul> <p>*This information is collected for all of our classes</p>

<p><b>5. What are the estimated Units of Engagement for the intervention?</b></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>For the complete program:</p>																																																											
<table border="1"> <thead> <tr> <th data-bbox="793 305 1171 418">Location</th> <th data-bbox="1171 305 1392 418">Length of class Hours</th> <th data-bbox="1392 305 1570 418"># of weeks</th> <th data-bbox="1570 305 1829 418">No. of people s</th> <th data-bbox="1829 305 1978 418">U of E</th> </tr> </thead> <tbody> <tr> <td data-bbox="793 418 1171 492">Northcreek Pre-school, Chelsea</td> <td data-bbox="1171 418 1392 492">0.5</td> <td data-bbox="1392 418 1570 492">35</td> <td data-bbox="1570 418 1829 492">10</td> <td data-bbox="1829 418 1978 492">175</td> </tr> <tr> <td data-bbox="793 492 1171 581">Chelsea High School, Independence Hall</td> <td data-bbox="1171 492 1392 581">1</td> <td data-bbox="1392 492 1570 581">35</td> <td data-bbox="1570 492 1829 581">13</td> <td data-bbox="1829 492 1978 581">455</td> </tr> <tr> <td data-bbox="793 581 1171 621">Special ed. At the studio *</td> <td data-bbox="1171 581 1392 621">1</td> <td data-bbox="1392 581 1570 621">35</td> <td data-bbox="1570 581 1829 621">20</td> <td data-bbox="1829 581 1978 621">700</td> </tr> <tr> <td data-bbox="793 621 1171 695">Silver Maples Retirement Neighborhood</td> <td data-bbox="1171 621 1392 695">0.50</td> <td data-bbox="1392 621 1570 695">48</td> <td data-bbox="1570 621 1829 695">20</td> <td data-bbox="1829 621 1978 695">480</td> </tr> <tr> <td data-bbox="793 695 1171 735">Chelsea Senior Center</td> <td data-bbox="1171 695 1392 735">0.75</td> <td data-bbox="1392 695 1570 735">48</td> <td data-bbox="1570 695 1829 735">5</td> <td data-bbox="1829 695 1978 735">180</td> </tr> <tr> <td data-bbox="793 735 1171 841">Chelsea Retirement Community Independent Living</td> <td data-bbox="1171 735 1392 841">1</td> <td data-bbox="1392 735 1570 841">48</td> <td data-bbox="1570 735 1829 841">20</td> <td data-bbox="1829 735 1978 841">960</td> </tr> <tr> <td data-bbox="793 841 1171 946">Chelsea Retirement Community memory Loss Center</td> <td data-bbox="1171 841 1392 946">0.75</td> <td data-bbox="1392 841 1570 946">48</td> <td data-bbox="1570 841 1829 946">12</td> <td data-bbox="1829 841 1978 946">432</td> </tr> <tr> <td data-bbox="793 946 1171 1027">WISD- Young Adult Program Chelsea Center</td> <td data-bbox="1171 946 1392 1027">1</td> <td data-bbox="1392 946 1570 1027">35</td> <td data-bbox="1570 946 1829 1027">15</td> <td data-bbox="1829 946 1978 1027">525</td> </tr> <tr> <td data-bbox="793 1027 1171 1068">St. Louis Center</td> <td data-bbox="1171 1027 1392 1068">1</td> <td data-bbox="1392 1027 1570 1068">48</td> <td data-bbox="1570 1027 1829 1068">14</td> <td data-bbox="1829 1027 1978 1068">672</td> </tr> <tr> <td data-bbox="793 1068 1171 1182">Total units of engagement</td> <td data-bbox="1171 1068 1392 1182"></td> <td data-bbox="1392 1068 1570 1182"></td> <td data-bbox="1570 1068 1829 1182">129 participants</td> <td data-bbox="1829 1068 1978 1182">4579 U of E.</td> </tr> <tr> <td data-bbox="793 1182 1171 1219"></td> <td data-bbox="1171 1182 1392 1219"></td> <td data-bbox="1392 1182 1570 1219"></td> <td data-bbox="1570 1182 1829 1219"></td> <td data-bbox="1829 1182 1978 1219"></td> </tr> </tbody> </table>	Location	Length of class Hours	# of weeks	No. of people s	U of E	Northcreek Pre-school, Chelsea	0.5	35	10	175	Chelsea High School, Independence Hall	1	35	13	455	Special ed. At the studio *	1	35	20	700	Silver Maples Retirement Neighborhood	0.50	48	20	480	Chelsea Senior Center	0.75	48	5	180	Chelsea Retirement Community Independent Living	1	48	20	960	Chelsea Retirement Community memory Loss Center	0.75	48	12	432	WISD- Young Adult Program Chelsea Center	1	35	15	525	St. Louis Center	1	48	14	672	Total units of engagement			129 participants	4579 U of E.					
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<p><b>6. Who (specifically) will be responsible for what aspects of intervention implementation?</b>  <i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> <li>• <i>Obtaining all required permits and permissions and all other communication required</i></li> <li>• <i>Deciding on dates, times, locations</i></li> <li>• <i>Marketing – both developing and distributing marketing materials</i></li> <li>• <i>Recruiting necessary volunteers</i></li> <li>• <i>Developing tools to collect data and pictures</i></li> <li>• <i>Analyzing data collected</i></li> <li>• <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i></li> <li>• <i>Preparing and presenting presentations and reports</i></li> <li>• <i>All other specific tasks for this intervention to be successful.</i></li> </ul>	<ul style="list-style-type: none"> <li>• No permits are required for this program.</li> <li>• The times of classes are determined between the leaders of the various centers and the administrators of Ballet Chelsea.</li> <li>• Marketing for a number of the centers is handled by them. However, the new K-12 program will be marketed by Ballet Chelsea.</li> <li>• Helpers are provided by all the centers visited. When classes are held at BC studio additional help is provided by BC staff and parents of participants.</li> <li>• Numbers of participants are collected by the BC teacher. Center leaders or individual participants complete questionnaires relating to goals and whether they have been achieved.</li> <li>• Improvements are made regularly for students following discussion with class teachers.</li> <li>• Improvements, if necessary, are made to senior classes each year.</li> <li>• Developing tools to collect data and pictures is handled by administrators of BC and teachers. All photographs require parental permission for use.</li> <li>• Presentations are made by the administrators of Ballet Chelsea.</li> </ul>
<p><b>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention?</b>  <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><b>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).</b>  <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>Collaboration is with          St. Louis Center, Chelsea School District, WISD, Silver Maples, Chelsea Retirement Community, Chelsea Senior Center.</p> <p>Organizations who have committed to contribute to the intervention are:</p> <ol style="list-style-type: none"> <li>A. Community Foundation of SE Michigan who have donated \$5,000 for the next year.</li> <li>B. All of the collaborators listed above for the use of space, in- house marketing. Ballet Chelsea has presented to a number of organizations in an attempt to obtain donations for this program - Kiwanis, Rotary.</li> </ol>

	Fund raising through other foundations and donors is on-going.
<p><b>9. If this is a continuing intervention:</b></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 increased or decreased? Why?</p> <p>E. How many more years will this intervention request funds from the coalition?</p>	<p>This is a continuing intervention.</p> <p>A. Funding was first obtained from Chelsea Wellness Foundation in 2014 for the development and start of the program. Continued support has been given by 5 Healthy Towns since then.</p> <p>B. Regular presentations have been made to the coalition.</p> <p>C. In the last three years, additional classes have been added to the schedule - at Chelsea Retirement Community, and St. Louis Center. New teachers have been recruited and trained in this field and the classes are now led by Kayleigh Crummey, a graduate in Dance Therapy at EMU.</p> <p>D. Over the years the amount requested from 5HF has varied as the number of classes has increased and other smaller donations have been received to help support the program- Year 3 of the plan \$8,191 Year 4 of the plan \$7,000 Year 5 of the plan \$8,790 Year 6 of the plan \$8,000 this application</p> <p>E. Ballet Chelsea is continuously seeking alternative funding for what we believe to be a unique and very valuable program. We have obtained some funding from Community Foundation of SE Michigan. Other applications have not yet been successful. We believe that requests for future funding from 5HF will be on-going to some extent although the scale of these requests are dependent upon other donations to the program.</p>
<p><b>10. Does your intervention have a sustainability plan?</b> <i>How the intervention will be sustained if the coalition does not grant/renew funding?</i></p>	<p>Our long -term plan is to have the majority of the financing covered by donations and grants, and not just from 5HF. However, this is taking a lot longer than had anticipated and wanted. If we do not receive funding from 5HF many of the classes will have to be discontinued.</p>

<b>11. Provide citation(s) of similar programs used as a model in developing this intervention.</b>	<p>Other Adaptive Dance Programs around the country tend to be in big cities and run by major Ballet Companies -<a href="http://www.bostonballet.org/community/adaptive-dance">www.bostonballet.org/community/adaptive-dance</a> <a href="http://www.hubbardstreetdance.com/adaptivedance">www.hubbardstreetdance.com/adaptivedance</a></p> <p>Programs in New York City , Houston and Grand Rapids cater for specific ages or specific disabilities such as Parkinson’s Disease or teenagers with spina bifida.</p> <p>There is no program that we know of that is similar to that of Ballet Chelsea’s designed to cover all ages and all disabilities. Similarly, we know of no other small city that offers such a program to this population.</p>

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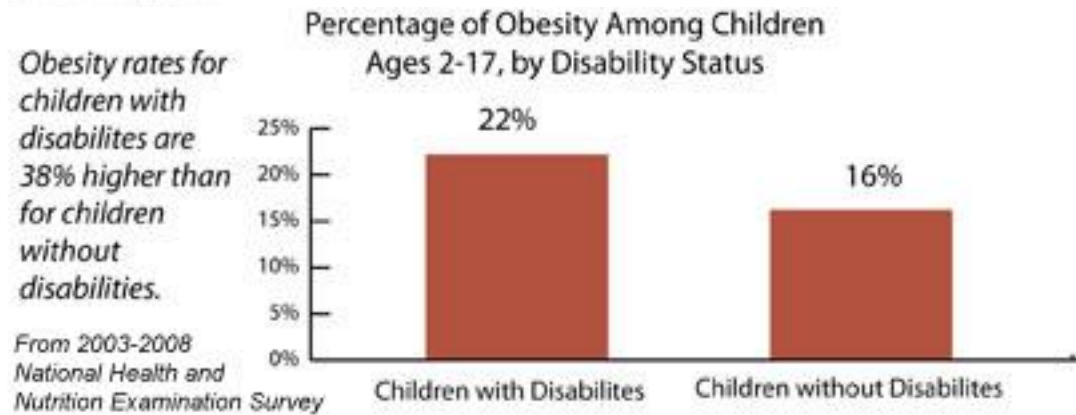
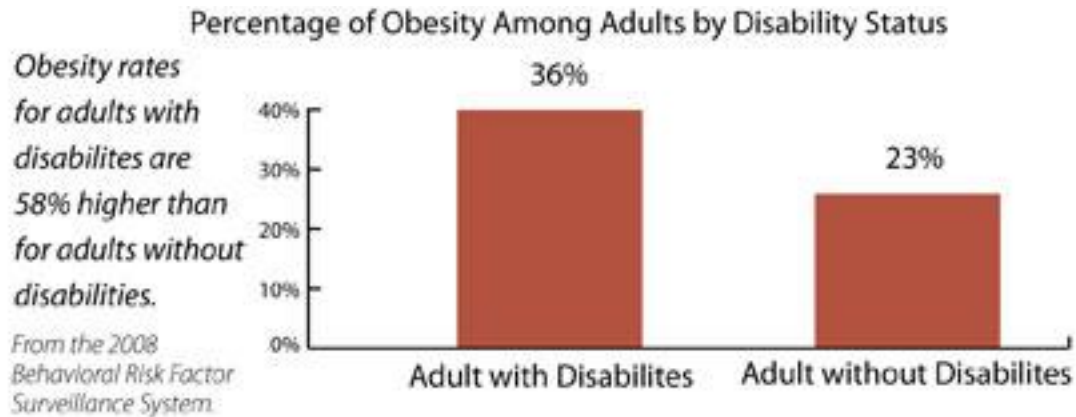
Budget Summary	Amount	Percentage	Notes
Amount of funds from Coalition	8,000	52%	The entire grant will be used for the salary of the teacher.
Total funds from other sources	7,250	48%	From Community Foundation of SE. Michigan and other smaller donations
<b>Total cost of program</b>	<b>15,250</b>		
<b>Expenses</b>			
Marketing/Advertising	100		Questionnaire and marketing for the new program
Compensation – to one or more people	15,000		Instructors pay and employment costs
Infrastructure (structure that lasts 5 years or more)	-		
Materials	-		
Training	150		
<b>Total cost</b>	<b>15,250</b>		

In- Kind Costs		
Space	\$4,000	Estimated 400 hours of classes given at \$10 per hour.
Marketing	\$250	In-house marketing at Silver Maples and CRC.
Volunteer assistance	\$4,800	Estimated 400 hours at \$12 per hour
<b>Total In- Kind Value</b>	<b>9,050</b>	

Plan Year	Amount granted	Amount Spent	Amount carried over	Amount returned to SHF
Year 1				
Year 2				
Year 3	<u>8,191</u>	<u>8,191</u>	<u>0</u>	<u>0</u>
Year 4	<u>7,000</u>	<u>7,000</u>	<u>0</u>	<u>0</u>
Year 5	<u>8,790</u>	<u>8790 expected</u>	<u>0</u>	<u>0</u>

**\*\*Further Information from the Center for Disease Control report updated in March 2016 entitled 'Disability and Obesity'**

Content source: [National Center on Birth Defects and Developmental Disabilities](#), [Centers for Disease Control and Prevention](#)



This report identifies that ;

'-people who are obese incur on average \$1,429 more per person, p.a., in extra medical costs compared to people of normal weight.

Challenges facing people with disabilities include:

- physical limitations that can reduce a person's ability to exercise;



- a lack of energy;
- a lack of accessible environments that can enable exercise and
- a lack of resources such as cost and transportation.

Evidence shows that regular physical activity provides important health benefits for people with disabilities. Benefits include improved cardiovascular and muscle fitness, mental health, balance, and a better ability to do tasks of daily life.

The report also states that all people should be more physically active and that communities should promote policies and programs that make the healthy choice, the easy choice for all people no matter their age or limitations.'

This program developed by Ballet Chelsea takes exercise programs to such residents. For the majority of participants, the classes are at their residences (retirement communities, St. Louis Center), or at their centers for education such as schools or training centers.