

Manchester Wellness Coalition | Plan Year 7

NAME OF THE INTERVENTION	Adaptive Movement for All
5HF Element to Impact: Eat Better, Move More, Connect with Others in Healthy Ways, Avoid Unhealthy Substances (select minimum of 1)	Move More
Fiscal Agent	Ballet Chelsea
Tax I.D	38-326-0579
Implementation Contacts (2 or more required)	Jane Thompson Sarah Eckart
Contact phones and emails	Jane 734-730-2945 ajane.thompson@att.net Sarah 734-730-9501 seeckart@gmail.com
Date Funding Required	August 1 st 2018
Implementation Date	August 1 st 2018
Estimated Completion Date	May 31 st 2019
Total Amount Requested from 5HF	\$6,000

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 (3-5 sentences)</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>The Adaptive Movement for All Program takes specifically choreographed exercise classes to people of all ages (from 3 - 93) and with different physical and mental limitations. The goal is to give this population the health benefits and enjoyment of appropriate exercise. This program, now in its 4th year, includes classes for all ages of special education student in Manchester schools, plus a class for seniors through the Manchester Area Senior Citizens Council (MASCC).</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>This program aims to give people with physical and mental limitations the opportunity of Moving More so giving them the health benefits and enjoyment of appropriate exercise activities.</p> <p>The current Manchester Wellness Plan identifies limited exercise programs for seniors as a significant problem in the community.</p> <p>The most recent CDC National Health and Nutrition Examination Survey identifies that obesity rates for children with disabilities are 38% higher than for children without disabilities.</p> <p>This report recommends that schools and communities better promote healthier options for people with disabilities</p>

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<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>This year we are aiming to consolidate the classes for all school aged students and to increase the number of seniors participating in the <u>classes</u>.</p> <p>This program aims to give this population an exercise program which is not available to them elsewhere and which is specific to their needs and abilities. The goals are different for the different age groups.</p> <ol style="list-style-type: none"> 1. For the younger children we are aiming to help develop their major motor skills, strengthen muscles and help basic coordination. 2. For older students, we concentrate on balance, strength, coordination with others. We also encourage creativity and confidence. 3. For the seniors we work on balance, shoulder and arm strength, reduction of stress in the neck and shoulders and developing the mind/ body connection. <p>Goals are measured through questionnaires from teachers and the seniors themselves, collected each spring. The dance teacher records the number of attendees each week. We believe that the overall goal of the program is obtainable as we know there is no other program similar to this available in Manchester.</p> <p>The Coalition wants everyone to Move More. The Manchester Wellness Coalition Strategic Plan identifies a strong focus on improving senior living and activities. The CDC recommends 150 minutes a week of exercise a week for adults and 60 minutes a day 5 days a week for children. These classes go some way to achieving these recommendations.</p> <p>Our timeframe is on-going. The benefits of exercise never stop. Classes are run through the school year which cover 35 weeks of the year.</p>			
<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> <p><i>Might also include survey data, and other measures such as number of participants, pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>Units of engagement are calculated based on numbers of attendees, length of class and numbers of weeks the class is held.</p> <p>Teachers are asked to complete a survey based on achievement of the original individual goals. Seniors will be asked to complete their own survey in May - see blow</p>			
<p>5. What are the estimated Units of Engagement for</p>	<p># of participants</p>	<p>length of class - hours</p>	<p># of weeks</p>	<p>U of E</p>

Commented [AT1]: When able (as I know you are still working to find out more information) please add the number of classes you aim to hold in Manchester for the Year 7 Plan.

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<p>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>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>	<table border="1"> <tr> <td>Pre-school</td> <td>(6)</td> <td>0.5</td> <td>35</td> <td>105</td> </tr> <tr> <td>Grades K-2</td> <td>(5)</td> <td>0.5</td> <td>35</td> <td>88</td> </tr> <tr> <td>Grades 3-6</td> <td>(3)</td> <td>0.75</td> <td>35</td> <td>79</td> </tr> <tr> <td>Grades 7-12</td> <td>(8)</td> <td>0.75</td> <td>35</td> <td>210</td> </tr> <tr> <td>Total students</td> <td>22</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Seniors</td> <td>15</td> <td>0.75</td> <td>35</td> <td>394</td> </tr> <tr> <td>Grand Total</td> <td>37</td> <td></td> <td></td> <td>876</td> </tr> </table>	Pre-school	(6)	0.5	35	105	Grades K-2	(5)	0.5	35	88	Grades 3-6	(3)	0.75	35	79	Grades 7-12	(8)	0.75	35	210	Total students	22				Seniors	15	0.75	35	394	Grand Total	37			876
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<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> 	<ul style="list-style-type: none"> • There are no permits required for this program. • Dates, times and locations are agreed by the classroom teachers and the Ballet Chelsea teacher. The seniors also follow this schedule. • There is no marketing needed for the students as classes are part of the regular day. Marketing is carried out through ads in the Manchester Mirror and the Manchester Trumpeter for Seniors. • No extra volunteers are needed. Teachers and teacher aides are present during the school classes. Ballet Chelsea provides administration and payroll services. • The Ballet Chelsea teacher and classroom teachers collect data and photographs. Photographs have to be approved by parents in order to be used for publicity in any way. An analysis of data is made by the BC teacher and administrator at the end of each semester. • Plans for improvement are made each summer following a review by teachers and senior participants. Seniors also suggest changes and improvements during the year. • Presentations and reports are made by the Administrator of the BC program 																																			

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<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>Approval for this intervention is needed from the BC board of directors, the school district and the senior council. All these groups have given their approval for this program for year 7 and are keen and excited for the classes to continue.</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>Collaboration is with the MASCC, Manchester Community School District and the village of Manchester who provide free space for these classes. There is no other financing available at this time. There will be continued attempts to obtain donation from the schools PTO and foundations and donors that support MASCC.</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 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> 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 a continuing intervention. It first started half way through year 4. This program has been supported by the coalition each year since that time. Regular reports have been presented to the coalition, the most recent one will be presented on April 24th 2018. The written report and expense report for Year 6 will be made in June at the end of the school year.</p> <p>Improvements- Year 6 was the first year that these classes covered all grades in the school district and we are pleased that this will continue. Also, in year 6 we started marketing this program in the Manchester Mirror as well at the Manchester Trumpeter and this has resulted in a significant increase in the number of attendees to the senior program. See below for ad. used.</p> <p>The amount at the beginning of year 6 was \$6,500 for 5 classes, later reduced to \$5,300 for 4 classes, due to the change in configuration of the schools. This year, we currently expect to run 5 classes and the budget reflects that.</p>
<p>10. Does your intervention have a sustainability plan? <i>How the intervention will be sustained if the coalition</i></p>	<p>We continue to seek support for these classes. Planned attempt to obtain additional funding are listed in section 8. We do have a small amount of donations given to BC for this program However,</p>

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<i>does not grant/renew funding?</i>	as at this time we do not have a reliable alternative form of funding. The need for this intervention will not disappear, the numbers of seniors in the community is increasing each year and the value of the program for special education students is well recognized by the teachers and needs to be maintain in order for progress to be made in this population.
11. Provide citation(s) of similar programs used as a model in developing this intervention.	This program has been run by BC in Chelsea funded by 5 Healthy Towns Foundation for the last 4 years. There is also a small BC program in Ann Arbor supported by Ann Arbor Area Community Foundation. There are many other cities with Adaptive Dance Programs but none are so inclusive as this one giving an exercise class to people 'any age and any ability'.

Budget Summary	Amount	Percentage
Amount of funds from Coalition	6,000	83%
Total funds from other sources	1,200	17%
Marketing/Advertising	600	
Compensation – to one or more people	5,900	
Training	400	
Other expenses - props etc	300	
In kind expenses		
Space	1250	125 hours at \$10 per hr.
Volunteer Assistance	3200	100 hours @ \$12 per hr. plus \$2,000 administration

Plan Year	Amount granted	Amount Spent	Amount carried over	Amount returned to SHF
Year 1				
Year 2				
Year 3				
Year 4	5,500	1,300	4,200	0
Year 5		4,200	0	0
year 6	5,300			

Marketing for the Senior class in the Manchester Mirror December 2017 and January 2018

Seniors: here is a fun way to spend Tuesday mornings.

Have you been trying to get more active but don't know where to start?
Do you like music and want a fun activity?

Join the *A dance party in chairs!*
Movin' & Groovin'
Group

Meet at Village Hall each Tuesday at 10:30am for 45 minutes!

Classes are FREE thanks to 

We hope to see you there. 

the manchester mirror

December 18th, 2107

A fun senior exercise program to start the New Year

Each Tuesday morning at 10:30 seniors can join a free and fun exercise program called Movin' n Groovin' in the Village Room on the lower level at 912 City Road, below the Manchester Library.

This is the second year that teacher, Sarah Eckart, has been leading the class. Everyone remains seated as Sarah gets all parts of the body moving – the feet, the knees, shoulders, arms, neck, wrists. The class is specifically designed for seniors and aims to improve flexibility, strengthen your arms, and relieve stress in your shoulders and neck. You can choose your favorite music to work to, and will feel a lot better after the class.

You don't need to register, but you should be at the village hall a few minutes before the class starts so a full 45 minutes of class is possible.

These classes are free thanks to a grant from the Manchester Wellness Coalition of the 5 Healthy Towns Foundation, as they know and advocate the importance of exercise for everyone–no matter the age.

The first class of the new year is Tuesday, January 9, at 10:30 am.