

2023 GET HEALTHY SAN MATEO COUNTY COMMUNITY IMPLEMENTATION FUNDING APPLICATION

APPLICATION OVERVIEW

Name of Applicant Organization: Mind, Body, and Health

Applicant Employer Identification Number (EIN)/Federal Tax ID#: 123456789

Applicant SAM.gov Identification Number: 012023021001

Total Annual Funding Requested (anticipated annual funding allocation is up to \$70,000 for each Project area): \$50,000

Project Proposal (Check **one**, a separate application is required for each Project):

- Project A: Civic Empowerment (Project Title: _____)
- Project B: Community Collaboration for Children’s Success (Project Title: _____)
- Project C: Community Health Worker Collaboration (Project Title: _____)
- Project D: Resident Engagement Collaborative Model (Project Title: Wellness Connection)
- Project E: Restorative Justice Practices in School Settings (Project Title: _____)

Target Population(s)/Area(s) (Check all that apply):

<input checked="" type="checkbox"/> American Indian/Alaskan Native	<input checked="" type="checkbox"/> Coast Area
<input checked="" type="checkbox"/> Asian	<input type="checkbox"/> Central County
<input checked="" type="checkbox"/> Black/African American	<input type="checkbox"/> North County
<input checked="" type="checkbox"/> Hispanic/Latinx	<input type="checkbox"/> South County
<input checked="" type="checkbox"/> Native Hawaiian/Pacific Islander	<input type="checkbox"/> Other (Describe below):
<input checked="" type="checkbox"/> Low-income Communities	_____
<input checked="" type="checkbox"/> Older Adults	
<input type="checkbox"/> Youth (indicate age range: _____)	
<input type="checkbox"/> General Population	

Contact Information:			
Primary Contact			
Name:	Tamarra Jones		
Title:	Executive Director		
Address:	801 Gateway	City:	S. San Francisco
State:	California	Zip code:	94080
Email:	Tjones1@xyz.com	Phone number:	(650) 667-6687
Signature: The signatory Certifies authorization to sign on behalf of the applicant and commits to honoring the goal, scope, requirements, and details of the project.			
Printed Name of Person with Signing Authority:			
Title:	CEO, Mind Body and Health		

SUMMARY OF RELEVANT EXPERIENCE

Overview of Similar and/or Current Projects: Describe past (within 10 years) and current experience providing services related to those requested in this proposal. Please limit the response to no more than three examples.

Description of Service (including years providing service)	Target Population/Area(s) Services are Provided	Current Annual Funding Amount (Indicate N/A if not currently providing this service)	Current Funding Source (Indicate N/A if not currently providing this service)	End of Funding (indicate N/A if currently funded or unknown funding end date)
Wellness Connection to support social and emotional wellbeing and linkage to community reasources since 2015 (7 years).	SMC residents over 65 living in rural communities of Pescadero, La Honda, Loma Mar and San Gregorio	\$65,000	Kaiser Foundation	N/A
Community gardening that included the development of and maintenance of a community garden for individuals living in the 50+ apartment complex. Service was provided between 2018-2020.	Residents of La Honda.	N/A	N/A	2020
N/A	N/A	N/A	N/A	N/A

PROJECT INFORMATION

Project Summary (Summarize the proposed project and specifically state how the project advances health equity, and as appropriate, include data to support need for the project):

The mission of Mind, Body, and Health is to foster wellness and connections in the San Mateo County South Coast communities of Pescadero, La Honda, Loma Mar, and San Gregorio by promoting and advocating for equitable access to education, health, and economic security. We understand the importance of mind, body, and health connections and offer programs and services addressing all of these areas, and we have updated and expanded our offerings throughout the past two years to respond to the emergent needs created in our service area by the pandemic and wildfires. As a result, we have directly served over 500 unduplicated San Mateo County residents in the past two years. Our project supports health equity because the population we serve is often underserved and has resultant inequal access to health and wellness services.

Although the pandemic made it necessary for seniors to physically isolate themselves for their immediate safety, prolonged social isolation is detrimental to overall health and wellness. Research shows that social isolation can impact older adults' memory, physical and mental health, and life expectancy. It is also associated with increased levels of depression, anxiety, and sleep problems (Sepulveda-Loyola, 2020). Social isolation is a risk factor for mortality with outcomes similar to smoking, obesity, lack of exercise, and high blood pressure (Landeiro, 2017). According to the National Council on Aging, seniors experienced a decrease in the accessibility of services and an increase in barriers to care. The Food Research and Action Center reports a 60% increase of food insecurities in the senior population correlating with the pandemic. Prolonged isolation has also resulted in seniors having a harder time finding help with bathing, meal preparation, grocery shopping, and transportation, leading to a variety of indirect detrimental effects (Cotwal, 2021). Our program addresses issues of food insecurity, mental and physical health, and social isolation, which disproportionately affect seniors and has intensified since the onset of the pandemic. The program's overarching goal is to offset these disproportionate effects in pursuit of improved health outcomes for seniors in the communities we serve. Services within this program include:

- Home visitations:
- Social interaction: phone calls to facilitate an overall positive sense of well-being and reduce mental health concerns.
- Delivery of fresh produce, milk, grains, and meat to reduce food insecurity and support physical health.
- Delivery of pre-made cooked meals.
- Program pre-assessment to identify needs.
- Case management offering resources and referrals.

The program centers around creating access to healthy and affordable food, forming positive and active relationships with isolated community members, and connecting program beneficiaries with the resources and service providers they need to recover from the pandemic. These three objectives make our program a good fit under Get Healthy San Mateo County's "Healthy Neighborhoods" priority area.

Project Justification (Describe primary purpose of the project and goal(s), including why this project is innovative and why it is likely to be successful. As appropriate, reference best practices or successes from a similar project. If this a proposed expansion of a current project, explicitly state how the project will be expanded with this funding.):

The primary purpose of this program is to increase health, wellness, and connections within our priority populations. This project is innovative because it utilizes multiple strategies to serve seniors

including food distribution, wellness classes, case management, and community events. In addition, we utilize our senior participants to help develop community activities which increases their sense of purpose and connection. This approach has been successful during the pandemic. During this time, we were able to safely engage 750 seniors.

In 2020, we observed how the pandemic created an increased demand for these services among seniors, especially those who were already facing the challenges of language barriers and cultural biases. The 2021-2025 Strategic Plan identifies increasing services for seniors as a special priority. With this funding we will expand our current project by bring on additional part-time FTE to coordinate activities and provide case management.

Summary of Current Staffing (Please indicate current staffing capacity, including total FTEs, titles, and brief job descriptions):

Current staffing include:

Executive Director (1 FTE): Oversees overall program and strategic plan.

Community Director (1 FTE): Oversees program implementation and evaluation.

Senior Service Specialist (3 FTE): Develops program activities and recruits seniors. Provides day-to-day oversight.

Summary of Collaborations (Please indicate organizations you are collaborating with that will support the work in this proposal, and the nature of your work together, including planned subcontract or MOU):

There are no anticipated partner agencies.

Evaluation Plan (Describe plan to track and report project challenges and successes):

Our evaluation plan includes use of satisfaction surveys to gauge appropriateness of food services, participation in community events, and overall satisfaction with our services. We also use pre and post tests after community events to assess changes in knowledge, behaviors, and skills. We also survey our participants to determine the types of activities to make available for our seniors. For our case managed clients, we use a tool to assess anxiety, depression, isolation, and social connections to determine improvements in community connection as a result of our programs. Furthermore, our seniors who become part of our advisory body are provided training and will provide feedback on the training to help improve our training process. Finally, success is measure by the number of clients recruited and those who continue to participate in our programs.

Anticipated Outcome (Describe no more than three expected outcomes of the project. Outcomes are impacts or changes for individuals, groups, or populations as a result of program activities. See [Outcomes and Assessment Methods for Policy and System Change Efforts](#) for examples of outcomes.

The following are three anticipated outcomes:

- 1) Increased number of seniors who report increased community connectedness
- 2) Improved physical health
- 3) Improved mental health

PROJECT WORKPLAN

Complete the Project Workplan for each year. Provide a description of no more than five (5) activities, anticipated reach (which can include anticipated number of people served, meetings held, materials developed, items distributed, etc.), assessment method for each activity (see [Outcomes and Assessment Methods for Policy and System Change Efforts](#) for examples of assessment methods), and anticipated completion date.

Activity Description (Year one)		Reach	Assessment Method	Completed by Date
1.	Develop individual case management plans for seniors	25 seniors	Client feedback survey	12/31/23
2.	Provide interactive opportunities through classes, field trips, and events	5 events	Client feedback survey	6/30/24
3.	Screen seniors for depression, anxiety, isolation, and social connection	25 seniors	pre and post test	6/30/24
4.	Develop a senior advisory board to develop activities and events for the year	12 meetings	Interviews and/or focus groups	6/30/24
5.	N/A	N/A	N/A	N/A

Activity Description (Year two)		Reach	Assessment Method	Completed by Date
1.	Develop individual case management plans for seniors	25 seniors	Client feedback survey	12/31/24
2.	Provide interactive opportunities through classes, field trips, and events	5 events	Client feedback survey	6/30/25
3.	Screen seniors for depression, anxiety, isolation, and social connection	25 seniors	pre and post test	6/30/25
4.	Develop a senior advisory board to develop activities and events for the yea	12 meetings	Interviews and/or focus groups	6/30/25
5.	N/A	N/A	N/A	N/A

BUDGET WORKSHEET

Use the worksheet to propose the requested year one budget amount. You do not have to prepare a budget for year two for this proposal. If proposed project requires a consultant or a subcontract, include information in non-personnel line and specifically indicate details in the description.

Personnel Expenses (only include proposed staffing for the project, no need to include in-kind staffing)

Staff Title	% FTE	Amount	Role/Responsibility Description
Community Director	5%	\$2,000	Oversees program implementation and evaluation
Senior Service Specialist	50%	\$23,000	Develops program activities and recruits seniors. Provides day-to-day oversight.
Benefits Amount	20%	\$5,000	Benefits are calculated at 20%of salaries and include retirement, insurance, and other costs
Staffing Subtotal (Personnel + Benefits)		\$30,000	
Non-Personnel Expenses (e.g., scholarships, stipends, translation, outreach materials, project supplies (including COVID prevention supplies) etc.)			
Line Item	Amount	Description	
Program Materials	\$3,000	Flyers, project supplies, crafts materials	
Social Activities	\$6,500	Entry fees, transportation costs, and food	
COVID prevention materials	\$4,500	COVID test kits, KN95 masks	
Advisory board member incentives	\$3,000	Target gift card for five members to attend 12 meetings at \$50 each meeting	
Non-Personnel Subtotal	\$17,000		
Indirect Expenses (not more than 12%)	\$3,000	Indirect is calculated at 10% of total personnel salary and benefits	
Total Annual Amount Requested	\$50,000		
Considering all the funding your agency has for this Project, what percentage of project funding will GHSMC support?			25%