

Health Wellness and Recreation Thrive Grants Program Application

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Section 1 – Contact Information

1. Applicant Information

Applicant Name: [REDACTED]

Applicant Position: Teaching Artist/President of the Hyattsville Community Arts Alliance

Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):

Applicant Email Address: [REDACTED]

Applicant Phone Numbers: [REDACTED]

Adult co-sponsor for minors:

2. Supporting Organization Information

If applying as an individual, enter the name of organization that will accept the funding on your behalf otherwise please skip section 1.2.

Supporting Organization:

Authorized Official Name:

Applicant Position:

Applicant Organization (If applying as an individual, please enter "Individual"): Individual

Applicant Email Address: [REDACTED]

Applicant Phone Numbers: [REDACTED]

Section 2 – Description of Grant Request

Title of Project: SEEing Through the Arts

Project Description

Please describe the project for which you are seeking funding (submit as attachment; one page limit).

Project Goals and Objectives

Briefly describe what the project would accomplish with Thrive Grant Funding (submit as attachment; one page limit).

Expected activities

Briefly list the major activities that would be undertaken to support the goals and objectives (submit as attachment; one page limit).

Expected outcomes

List expected tangible results (submit as attachment; one page limit)

Project Start Date: February 1, 2024

Project End Date: June 30, 2024

Section 3 – Project Details

What topic areas does the project address?

- ☐ Nutrition
- ☐ Physical Activity
- ☐ Obesity
- ☐ Diabetes
- ☐ Cardiovascular Health
- ☒ Mental Health - Stress Management, Isolation
- ☐ Substance Abuse
- ☐ Environmental Health Issues
- ☐ Health effects of Climate Change
- ☐ Other (Please Specify): _____

What population you are focusing on? Select all that apply.

- ☐ Not applicable
- ☐ Adolescents
- ☐ African-American / Black
- ☐ Asian
- ☐ At-Risk/Vulnerable Populations
- ☐ Children & Families
- ☐ Disabled People
- ☐ Elderly
- ☐ Foster Youth & Families

<input type="checkbox"/>	Hispanic/Latino
<input type="checkbox"/>	Unhoused Populations
<input type="checkbox"/>	Immigrants and Refugees
<input type="checkbox"/>	Incarcerated or Formerly Incarcerated Populations
<input type="checkbox"/>	LGBTQ+ Communities
<input type="checkbox"/>	Low-Income Communities
<input checked="" type="checkbox"/>	Men's Health
<input type="checkbox"/>	Migrant Workers
<input type="checkbox"/>	Military/Veterans
<input type="checkbox"/>	Native Alaskan
<input type="checkbox"/>	Pacific Islanders
<input type="checkbox"/>	Parents and Families
<input type="checkbox"/>	People Living With HIV/AIDS
<input type="checkbox"/>	People With Addictions
<input type="checkbox"/>	People With Disabilities
<input type="checkbox"/>	Poor/Economically Disadvantaged
<input type="checkbox"/>	Single Parents
<input type="checkbox"/>	Tobacco Users
<input type="checkbox"/>	Tribal Communities
<input type="checkbox"/>	Victims of Crime
<input checked="" type="checkbox"/>	Women's Health
<input type="checkbox"/>	Youth
<input type="checkbox"/>	Other (please specify)

What wards are affected. Select all that apply.

<input type="checkbox"/>	Ward 1
<input type="checkbox"/>	Ward 2
<input type="checkbox"/>	Ward 3
<input type="checkbox"/>	Ward 4
<input type="checkbox"/>	Ward 5
<input type="checkbox"/>	All Wards
<input type="checkbox"/>	Other (please specify)

Section 4 – Financial Information

Amount Requested: \$800.00 (Also attached) sinc

Detailed Budget Outline:

BUDGETArtist' stipend @ \$125 per quarterly session \$500Art materi

Check Should be Payable To (Name and address): Eileen Cave

DEADLINE: Complete applications are due by 5 PM ET on October 13, 2023.

SEEing Through the Arts (Eileen Cave)

PROJECT DESCRIPTION

Hyattsville residents can achieve Social Emotional Empowerment (SEE) by creating art! For adults* to thrive in the post pandemic “new normal,” we must explore creative routine activities that we can easily incorporate into our lifestyle. Workshop participants will acquire a variety of physical activities and calming techniques to use when setting aside time to relax, heal and recharge- through sketching, drawing and painting can help contribute to our emotional well-being. Nature walks, and easily replicated healthy routines will accompany each workshop, along with helpful website resources so that workshop participants can build their own lifestyle routines integrated with creativity. These learning experiences work for established and aspiring artists of all ages and stages of self-expression.

The sharing of the biographies of inspiring sheroes and heroes of the art world are also part of the empowerment process in each workshop. Yayoi Kusama had experienced psychological issues from childhood and spent her life trying to come to terms with her hallucinations and obsessive-compulsive behavior. Grief of loved ones also triggered panic attacks during her career. She used her art and writing as a form of therapy and utilized it to help remove the stigma surrounding mental health. Horn Island, which later became part of Gulf Islands National Seashore, was a refuge for Walter Anderson. Known by the locals as “that crazy artist,” he rowed to his art studio on Horn Island as often as possible, and his works were not fully revealed and displayed until after his death. Alma Thomas was a teacher three decades, and began her unique abstract painting style and most notable career recognition in her 70’s. Georgia O’Keeffe struggled with depression and anxiety throughout her life, but especially in her forties. In the 1970s, O’Keeffe’s macular degeneration prompted her to pivot briefly from painting to sculpture: she began working with her hands, with clay, before eventually finding ways to work on paper and canvas again when she went blind. Through life’s challenges, triumphs and tragedies, the need to be creative persevered and was often a strategy for wellness and self-empowerment.

PROJECT GOALS AND OBJECTIVES

Integrating visual art with a range of healthy practices prior to creating art work has been proven to be an effective strategy for improving social emotional wellbeing. As an art teacher in the public school system through July 2022, much of the instructional strategies and content I received for classroom and virtual learning provides the foundation for this program. In addition to providing K-6 instruction, as a teaching artist I also provided teacher/adult training for the Prince George's Artists/Teachers Institute in July, 2015-2021. I also provided workshop instruction at the Maryland Arts Summit 2021-2023, and offered workshops at the PGAHC Arts'tination Gallery at National Harbor, and most recently at the Prince George's Plaza Community Center in September and November 2023. My goals and objectives are as follows:

GOAL: To establish a community arts model program that can be regularly offered to residents of Hyattsville to increase their health and better value the arts.

Objective 1: Use the outcomes and analysis of this mini grant program to apply for MSAC and PGAHC grant funding in 2024 (which offers grant amounts of \$2,500 or higher for proven/established arts programs.) Objective 2: Increase workshop frequency from quarterly to monthly, with multiple local artists facilitating workshops.

GOAL: Increase the activity engagement between the community and local artists.

Objective: Recruit additional local artists to support this workshop program and join HCAA. (You do not have to be a Hyattsville resident to join HCAA; we have had members join from various regional communities.)

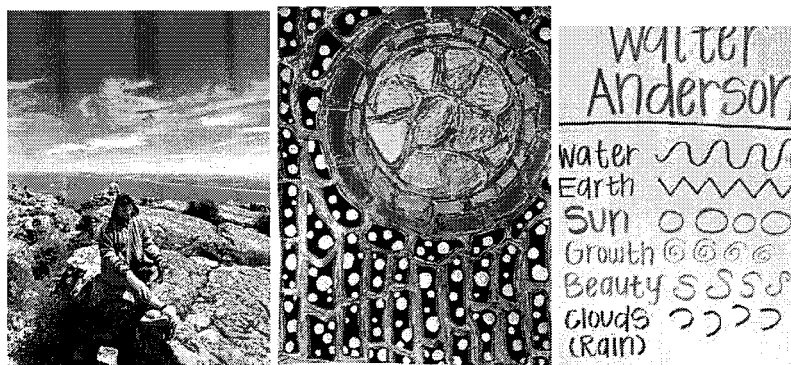
OUTCOMES

Measurable outcomes include achieving at capacity enrollment for each workshop; a waitlist indicates consideration of larger session capacity, and/or the future increased frequency of popular workshops as part of the annual program model evaluation.

Building an e-mail/contact list of interested participants that can be invited to similar workshop program activities and activities offered by HCAA. The targeted group for this activity is adults, 18 years or older to attract a varied mix of participants, of multi-generational ages. There are many existing art and wellness programs that target youth/teens, families, etc., and I am not competing with those niche markets.

After each workshop is conducted, a gallery walk offers participants a chance to discuss the creative experiences. While this grant does not include hosting an exhibit, depending on the quality and quantity of workshop art, that could be an extended activity.

The gallery talk and a brief exit evaluation survey will help determine how, and to what extent the integration of wellness routines, like nature walks, breathing and stretching exercises, were perceived as added value to the technical art educational experience. A variety of facility options, such as meeting space in the Hyattsville City building, the Hyattsville Library, or the Prince George's Plaza Community Center, will be secured/rented after reviewing the City of Hyattsville calendar and availability best suited for each workshop venue.



EXPECTED ACTIVITIES- The SEEing Workshop Series:

A Bumble Bee's View- Inspired by Georgia O'Keeffe (February 2024)

Breathing exercises and meditative color-fielding to music video warm-up inspires participants. Artists imagine the view of a bumble bee, and explore the magnification of flowers in a garden, transitioning art from realistic to abstract mixed media as flowers are used to inspire an extreme close up of petals, stems and leaves to create color-intense abstract art.

Patterns in Nature- Inspired by Alma Thomas and Walter Anderson (March 2024)

Take a mindful meditation in nature, then go on an observational walk of wonder through the Trumbule Nature Trail in Driskell Park is the warm-up activity preceding the workshop, as mixed media works are created from colors, shapes and lines in nature. (Goal: 5-8,000 steps!) Art critiques of works created by each artist offer choices in realistic and more abstract interpretations of nature, and learning about Anderson's "Seven Motifs" help build technical drawing skills.

Infinite Creativity- Inspired by Yayoi Kusama (May/Asian South Pacific American Month)

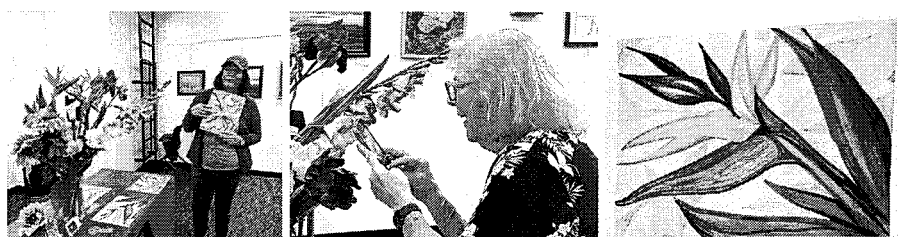
Stretching and hand exercises using Model Magic are included as a warm-up. Shaped clay forms

can be incorporated as we view the paintings and sculptures of this renowned Japanese artist to create organic abstract drawings using markers, color pencils and crayons. Color theory, “dot pattern-making” and organic shapes build technical skills for artwork. (May date to possibly coincide as an Open Studio Tour activity May 11, 2024.)

Abstract Portraiture- Inspired by Pablo Picasso (June 2024)

Intentional reflection techniques guide a facial, tactile warm-up, as participants learn about the technical elements of Cubism to complete a colorful, self-portrait. Found household objects are used to build and assemble shapes, design and deconstruct a portrait image.

Participants are welcome for ages 18 years and older. Classes are limited to enrollment of 15 persons, first come first serve. The marketing outreach will include the general Hyattsville media publications, the HCAA website and e-mails that will target senior facilities and local school staff to promote quarterly workshops in 2024. The artful, art-filled Sunday sessions (between 2-4 PM) will promote community-building engagement with local resources for an adult age segment as this pilot program is evaluated for rollout expansion offering monthly workshops in 2025, coinciding with the 30th anniversary of the Hyattsville Community Artist’s Alliance (HCAA.) Duration: 90 minutes per session includes technical demonstrations and art materials are provided. We close with a show and share gallery walk of participants’ works.



BUDGET

Artist’ stipend @ \$125 per quarterly session **\$500**

Art materials for 120 persons (Adhoc workshop fees generally range \$10-\$15 per person, which are waived through grant funding, as bulk quantity supply purchasing saves costs) **\$180**

(To give current market perspective to artist workshop fees, 2021-2023 I earned \$250 for a 1-hour workshop at the MD Arts Summit, \$500 for a 3-hour workshop for PGAHC, and \$750 for teacher and staff arts integration workshops for PGCPs, in person or via Zoom.)

Art Supplies:

White drawing paper, 80 lb. mixed media 12” X 18”, sketch paper 8.5” X 11”, pack of *Trucolor* construction paper;

Classpak of water-base markers, watercolor pencils, and construction paper crayons;

Metallic markers, assorted, glue sticks (2 pack of 12, replace as needed)

Model Magic clay

Paper towels and extra-large zip lock bags for takeaways and clean-up.

Rental space fees (Workshops will be rotated based upon space availability at the Hyattsville City Hall Building, or meeting rooms at the Prince George's Plaza Community Center, and the Hyattsville library etc.) budgeted at \$25-30 per 2-hour rental, with free parking.) **\$120**

Total: \$800

Health Wellness and Recreation Thrive Grants Program Application

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Section 1 – Contact Information

1. Applicant Information

Applicant Name:

Applicant Position: Community School Coordinator

Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):

Applicant Email Address:

Applicant Phone Numbers:

Adult co-sponsor for minors:

2. Supporting Organization Information

If applying as an individual, enter the name of organization that will accept the funding on your behalf otherwise please skip section 1.2.

Supporting Organization: Hyattsville Elementary School

Authorized Official Name: Leandro Pavon

Applicant Position: Community School Coordinator

Applicant Organization (If applying as an individual, please enter "Individual"):

Applicant Email Address:

Applicant Phone Numbers:

Section 2 – Description of Grant Request

Title of Project: Artistic Lions

Project Description

Please describe the project for which you are seeking funding (submit as attachment; one page limit).

Project Goals and Objectives

Briefly describe what the project would accomplish with Thrive Grant Funding (submit as attachment; one page limit).

Expected activities

Briefly list the major activities that would be undertaken to support the goals and objectives (submit as attachment; one page limit).

Expected outcomes

List expected tangible results (submit as attachment; one page limit)

Project Start Date: November 15, 2023

Project End Date: May 15, 2023

Section 3 – Project Details

What topic areas does the project address?

- ☐ Nutrition
- ☐ Physical Activity
- ☐ Obesity
- ☐ Diabetes
- ☐ Cardiovascular Health
- ☒ Mental Health - Stress Management, Isolation
- ☐ Substance Abuse
- ☐ Environmental Health Issues
- ☐ Health effects of Climate Change
- ☐ Other (Please Specify): _____

What population you are focusing on? Select all that apply.

- ☐ Not applicable
- ☒ Adolescents
- ☒ African-American / Black
- ☒ Asian
- ☒ At-Risk/Vulnerable Populations
- ☒ Children & Families
- ☐ Disabled People
- ☐ Elderly
- ☐ Foster Youth & Families

<input checked="" type="checkbox"/>	Hispanic/Latino
<input type="checkbox"/>	Unhoused Populations
<input checked="" type="checkbox"/>	Immigrants and Refugees
<input type="checkbox"/>	Incarcerated or Formerly Incarcerated Populations
<input checked="" type="checkbox"/>	LGBTQ+ Communities
<input checked="" type="checkbox"/>	Low-Income Communities
<input type="checkbox"/>	Men's Health
<input type="checkbox"/>	Migrant Workers
<input type="checkbox"/>	Military/Veterans
<input checked="" type="checkbox"/>	Native Alaskan
<input type="checkbox"/>	Pacific Islanders
<input checked="" type="checkbox"/>	Parents and Families
<input type="checkbox"/>	People Living With HIV/AIDS
<input type="checkbox"/>	People With Addictions
<input type="checkbox"/>	People With Disabilities
<input checked="" type="checkbox"/>	Poor/Economically Disadvantaged
<input checked="" type="checkbox"/>	Single Parents
<input type="checkbox"/>	Tobacco Users
<input type="checkbox"/>	Tribal Communities
<input type="checkbox"/>	Victims of Crime
<input type="checkbox"/>	Women's Health
<input checked="" type="checkbox"/>	Youth
<input type="checkbox"/>	Other (please specify)

What wards are affected. Select all that apply.

<input type="checkbox"/>	Ward 1
<input type="checkbox"/>	Ward 2
<input type="checkbox"/>	Ward 3
<input checked="" type="checkbox"/>	Ward 4
<input type="checkbox"/>	Ward 5
<input type="checkbox"/>	All Wards
<input type="checkbox"/>	Other (please specify)

Section 4 – Financial Information

Amount Requested: \$500.00

Detailed Budget Outline:

Art supplies for workshops. Watercolor palette, liquid paint, etc.

Title of Project: Artistic Lions

Project Description:

Artistic Lion is a comprehensive after-school program designed to facilitate the development of fine motor skills in children. In addition to honing their physical dexterity, this program also nurtures their cognitive abilities by providing opportunities for analysis, problem-solving, and decision-making. Engaging in various artistic activities offered through Artistic Lion empowers students, allowing them to build self-esteem, cultivate self-acceptance, and develop unwavering confidence, all of which contribute to their overall sense of self-worth and protect against potential mental health issues. Moreover, this innovative after-school program recognizes the importance of catering to the needs of adults as well. Therefore, Artistic Lion also offers a dedicated section for grown-ups, ensuring a safe and inclusive environment where individuals can freely create, express, and decompress.

Project Goals and Objectives:

Artistic Lion is a student-led group that functions primarily with the goal of providing an opportunity for students to come together in a community outside of the classroom setting to engage in conversation on different ideas happening in art. By joining Artistic Lion, students can explore their artistic interests, learn new techniques, and gain inspiration from fellow members. Our club meetings foster a welcoming and inclusive environment where everyone's ideas and perspectives are valued.

Whether you're an experienced artist or simply have an appreciation for art, Artistic Lions welcomes everyone passionate about creativity. Join us and become a part of a vibrant community where you can express yourself, share your artistic journey, and make lasting connections with like-minded individuals.

Expected Activities

Bi-Weekly Student Workshops working with different mediums.

Monthly Adult Workshops focusing on creating a safe space to create and decompress.

Expected Outcomes

- Help students and Staff develop confidence as they discover that the mistakes they make in art, such as using the wrong colour, can lead to having new ideas.
- Improve brain health and can help to stimulate the mind and keep it sharp.

Check Should be Payable To (Name and address): Hyattsville Elementary School

5311 43rd Ave

Hyattsville, MN 55081

DEADLINE: Complete applications are due by 5 PM ET on October 13, 2023.

Health Wellness and Recreation Thrive Grants Program Application

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Section 1 – Contact Information

1. Applicant Information

Applicant Name: [REDACTED]

Applicant Position: Board Treasurer, Hyattsville Aging in Place

Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):

Applicant Email Address: [REDACTED]

Applicant Phone Numbers: [REDACTED]

Adult co-sponsor for minors:

2. Supporting Organization Information

If applying as an individual, enter the name of organization that will accept the funding on your behalf otherwise please skip section 1.2.

Supporting Organization:

Authorized Official Name:

Applicant Position:

Applicant Organization (If applying as an individual, please enter "Individual"):

Applicant Email Address:

Applicant Phone Numbers:

Section 2 – Description of Grant Request

Title of Project: Healthy Food for Seniors

Project Description

Please describe the project for which you are seeking funding (submit as attachment; one page limit).

Project Goals and Objectives

Briefly describe what the project would accomplish with Thrive Grant Funding (submit as attachment; one page limit).

Expected activities

Briefly list the major activities that would be undertaken to support the goals and objectives (submit as attachment; one page limit).

Expected outcomes

List expected tangible results (submit as attachment; one page limit)

Project Start Date: March 1, 2024

Project End Date: June 30, 2024

Section 3 – Project Details

What topic areas does the project address?

- ☒ Nutrition
- ☐ Physical Activity
- ☒ Obesity
- ☒ Diabetes
- ☐ Cardiovascular Health
- ☒ Mental Health - Stress Management, Isolation
- ☐ Substance Abuse
- ☐ Environmental Health Issues
- ☐ Health effects of Climate Change
- ☒ Other (Please Specify): Social engagement

What population you are focusing on? Select all that apply.

- ☐ Not applicable
- ☐ Adolescents
- ☒ African-American / Black
- ☐ Asian
- ☐ At-Risk/Vulnerable Populations
- ☐ Children & Families
- ☒ Disabled People
- ☒ Elderly
- ☐ Foster Youth & Families

- ☒ Hispanic/Latino
- ☐ Unhoused Populations
- ☐ Immigrants and Refugees
- ☐ Incarcerated or Formerly Incarcerated Populations
- ☐ LGBTQ+ Communities
- ☒ Low-Income Communities
- ☐ Men's Health
- ☐ Migrant Workers
- ☐ Military/Veterans
- ☐ Native Alaskan
- ☐ Pacific Islanders
- ☐ Parents and Families
- ☐ People Living With HIV/AIDS
- ☐ People With Addictions
- ☒ People With Disabilities
- ☒ Poor/Economically Disadvantaged
- ☐ Single Parents
- ☐ Tobacco Users
- ☐ Tribal Communities
- ☐ Victims of Crime
- ☐ Women's Health
- ☐ Youth
- ☐ Other (please specify)

What wards are affected. Select all that apply.

- ☒ Ward 1
- ☒ Ward 2
- ☒ Ward 3
- ☒ Ward 4
- ☒ Ward 5
- ☒ All Wards
- ☐ Other (please specify)

Section 4 – Financial Information

Amount Requested: 800.00

Detailed Budget Outline:

Purchase of produce twice a month @ avg \$200 x 7 = \$1,400 (\$800 fr

Hyattsville Aging in Place (HAP) is proposing a project to deliver healthy produce from the Riverdale Park Farmers Market and Eco-City Farms to seniors in Hyattsville that HAP works with. The project will run April through June when spring produce, including lettuces, beans, and asparagus, is beginning to be harvested and as warmer weather is bringing more seniors outside.

We expect to provide a range of fruits and vegetables in line with what is fresh and available, including lettuces, greens, cucumbers, early squash, and berries as we get into May and June. As we have done in the past, each delivery will include a specialty item, which could be a fruit or asparagus, maybe a bread. We will include easy recipes with the deliveries that can be made on the top of the stove and/or simple baked dishes that can be made in the microwave or oven. HAP volunteers will deliver the vegetables on Friday/Saturday and spend time talking to the senior residents, explaining the recipes and checking in to see how they are. The program will provide at least six or seven (6-7) deliveries of fresh food from late March through June, averaging about \$200 for each delivery. HAP will supplement the grant with its own funds as \$800 will not cover all expenses.

This project will help seniors stay healthy, as well as support farmers at the market.

HAP provides direct volunteer assistance to 45-50 seniors on a regular basis. This group of seniors includes African-, Middle Eastern-, Hispanic- and Asian-Americans. Most of the seniors have health and mobility problems, including diabetes. And most are less likely to go out. In addition to delivering this produce from mid-March to June, HAP will post the easy recipes we are including on social media to reach a wider audience and seniors in surrounding communities.

Hyattsville Aging in Place initiated a project like this in summer 2021 with a Food Insecurity grant from the Greater Washington Community Foundation. Thanks to the Thrive program in spring 2022 and spring 2023, HAP was able to continue the program (supplemented by its own funds). In addition to delivering vegetables to individual seniors from the Farmers Market, HAP also made multiple deliveries of fresh vegetables and fruit to Meals on Wheels of College Park in both years, thanks to the generosity of Eco-City Farms, which was looking for local partners to help distribute excess harvested crops.

So far in 2023 through the end of September, HAP has made available more than a ton (2,357 lbs. of fresh vegetables and fruits to HAP and surrounding seniors, including over 600 lbs to Meals on Wheels and 55 lbs to St. Jerome's cafe.

With a 2023-24 Thrive grant, HAP will serve Hyattsville seniors and continue this partnership with Meals on Wheels (who serve 160 area residents, including seniors in Hyattsville), the Riverdale Park Farmers Market and Eco-City Farms.

Project Goals and Objectives (Briefly describe what the project would accomplish with Thrive Grant Funding (one page limit)

- 1) Provide Hyattsville seniors with fresh fruits and vegetables, as well as recipe suggestions.
- 2) Reduce isolation for seniors through friendly visits from HAP volunteers making the deliveries.
- 3) Provide regular, personal check-ins by a volunteer who sees the senior over time.
- 4) Provide recommendations for cooking and using vegetables which may influence healthy eating habits throughout the year.
- 5) Encourage social contact with other seniors as they share recipes.
- 5) Collaborate with other local organizations working on food security issues, including the Farmers Market, Meals on Wheels, St. Jerome's Cafe and Eco-City Farms.

Expected activities

Briefly list the major activities that would be undertaken to support the goals and objectives (one page limit)

1. Query seniors on which vegetables they are interested in.
2. Identify vegetables available at the Farmers Market and negotiate with Farmers for pickup.
3. Pick up and deliver vegetables at least 6-7 times during the period (March, April, May, June)
4. Recruit volunteers to deliver vegetable packages when necessary, but use HAP phone tree members on regular basis to contact and deliver so Seniors have familiar faces.
5. Identify easy and interesting recipes for seasonal vegetables, involving seniors to identify their favorite recipes to share.
6. Identify surprise specialty items.
7. Determine satisfaction or concerns with deliveries and make appropriate changes.
8. Continue delivering extra vegetables offered by Eco City Farms (and others as available) to Meals on Wheels of College Park and St. Jerome's Café.

Expected outcomes

List expected tangible results (one page limit)

1. Ongoing contact with seniors, encouragement of involvement in other activities and discussion of healthy eating.
2. Reduction in isolation and improvement of mood as result of contact with volunteers, and encouragement to share recipes.
3. Increase in healthy eating with new vegetables and fun recipes.
4. Further develop relationships with organizations involved in food security in our area, including the City of Hyattsville, Meals on Wheels, St. Jerome's café, Riverdale Park Farmers Market, and Eco-City Farms and others.

Health Wellness and Recreation Thrive Grants Program Application

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Section 1 – Contact Information

1. Applicant Information

Applicant Name: [REDACTED] S



Applicant Position: St. Mark's Food Pantry Coordinator

Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):

Applicant Email Address: [REDACTED]

Applicant Phone Numbers: [REDACTED]

Adult co-sponsor for minors:

2. Supporting Organization Information

If applying as an individual, enter the name of organization that will accept the funding on your behalf otherwise please skip section 1.2.

Supporting Organization: St. Mark's Food Pantry

Authorized Official Name: Father Roberto Cortes-Campos



Applicant Position: Pastor

Applicant Organization (If applying as an individual, please enter "Individual"):

Applicant Email Address: [REDACTED]

Applicant Phone Numbers: [REDACTED]

Section 2 – Description of Grant Request

Title of Project: Health Wellness for the Poor and Less Fortunate

Project Description

Please describe the project for which you are seeking funding (submit as attachment; one page limit).

Project Goals and Objectives

Briefly describe what the project would accomplish with Thrive Grant Funding (submit as attachment; one page limit).

Expected activities

Briefly list the major activities that would be undertaken to support the goals and objectives (submit as attachment; one page limit).

Expected outcomes

List expected tangible results (submit as attachment; one page limit)

Project Start Date: 1/1/2024

Project End Date: 6/30/2024

Section 3 – Project Details

What topic areas does the project address?

- ☒ Nutrition
- ☐ Physical Activity
- ☒ Obesity
- ☒ Diabetes
- ☒ Cardiovascular Health
- ☐ Mental Health - Stress Management, Isolation
- ☐ Substance Abuse
- ☐ Environmental Health Issues
- ☐ Health effects of Climate Change
- ☐ Other (Please Specify): _____

What population you are focusing on? Select all that apply.

- ☐ Not applicable
- ☐ Adolescents
- ☐ African-American / Black
- ☐ Asian
- ☒ At-Risk/Vulnerable Populations
- ☐ Children & Families
- ☐ Disabled People
- ☐ Elderly
- ☐ Foster Youth & Families

<input type="checkbox"/>	Hispanic/Latino
<input type="checkbox"/>	Unhoused Populations
<input checked="" type="checkbox"/>	Immigrants and Refugees
<input type="checkbox"/>	Incarcerated or Formerly Incarcerated Populations
<input type="checkbox"/>	LGBTQ+ Communities
<input checked="" type="checkbox"/>	Low-Income Communities
<input type="checkbox"/>	Men's Health
<input type="checkbox"/>	Migrant Workers
<input type="checkbox"/>	Military/Veterans
<input type="checkbox"/>	Native Alaskan
<input type="checkbox"/>	Pacific Islanders
<input type="checkbox"/>	Parents and Families
<input type="checkbox"/>	People Living With HIV/AIDS
<input type="checkbox"/>	People With Addictions
<input type="checkbox"/>	People With Disabilities
<input checked="" type="checkbox"/>	Poor/Economically Disadvantaged
<input type="checkbox"/>	Single Parents
<input type="checkbox"/>	Tobacco Users
<input type="checkbox"/>	Tribal Communities
<input type="checkbox"/>	Victims of Crime
<input type="checkbox"/>	Women's Health
<input type="checkbox"/>	Youth
<input type="checkbox"/>	Other (please specify)

What wards are affected. Select all that apply.

<input type="checkbox"/>	Ward 1
<input type="checkbox"/>	Ward 2
<input type="checkbox"/>	Ward 3
<input type="checkbox"/>	Ward 4
<input type="checkbox"/>	Ward 5
<input checked="" type="checkbox"/>	All Wards
<input type="checkbox"/>	Other (please specify)

Section 4 – Financial Information

Amount Requested: \$800.00

Detailed Budget Outline:

See attached.

Check Should be Payable To (Name and address): St. Mark's Food Pantry 7501 Adelphi Road Hyatts

DEADLINE: Complete applications are due by 5 PM ET on October 13, 2023.

**Health Wellness and Recreation Thrive Grant Program Application
St. Mark's Food Pantry**

Project Description

The St. Mark's Food Pantry has been operating since 1991 with an all-volunteer team. Our food pantry is located at 7501 Adelphi Road, Hyattsville, MD 20783 and is officially open every Tuesday from 10 a.m. and 12 noon. However, our doors usually open at 9:30 a.m. to accommodate our guests. We provide food at no cost and without any obligation to the homeless, poor, unemployed, senior citizens, immigrants, children and anyone else in need. Since the start of the pandemic, we have served nearly 50,000 families in need and numbers continue to grow.

In March 2022, we switched from a "drive-thru" food pantry to a grocery store concept where the family in need may choose what to take with limits. It reduces food waste and gives them more respect and dignity during their life struggles. We provide basic items such as Masa (corn flour), cooking oil, cereal, canned vegetables, soup, fruit, pasta, pasta sauce, rice, canned and dried beans, peanut butter, jelly, energy bars and other items when they are available. We are also a proud partner of Capital Area Food Bank (CAFB) and receive fresh produce when available. We recently received an FY 2023 wellness score of 79.3 percent from the CAFB. In other words, 79.3 percent of food purchased or donated from the CAFB was considered healthy. Our work has been highlighted in the Hyattsville Life and Times, Washington Post, ABC-7, Telemundo, and other news media outlets.

Project Goals and Objectives

The poor and less fortunate have a tendency to eat less healthy food due to their economic condition. Simply put, healthier food costs more money which the poor and less fortunate do not have. Our goal and objective are to provide healthier food coupled with an eating healthy education program.

Expected Activities

Upon award of the grant, the St. Mark's Food Pantry will purchase wheat pasta, brown rice as well as canned vegetables, pasta sauce and soup with low sodium. As well as canned fruit and cereal with no or low added sugar. All food purchased by this grant will be certified by the CAFB Nutritionist as healthy. We also currently provide with the support of the CAFB, a nutrition education program. We provide healthy recipe cards, produce guides, food coding pamphlets and ask the nutritionist cards to the poor and less fortunate. We also provide resources that can help get the right foods with common health concerns. This includes "reading the nutrition label" for the brain, heart, diabetes and kidney.

Expected Outcomes

As mentioned earlier, the St. Mark's Food Pantry received an FY 2023 wellness score of 79.3 percent from the CAFB. We intend to increase this wellness score in FY 2024 by providing healthier food and through education. With the help of the City of Hyattsville, we can make it an even better and caring community. A healthier community is a thriving community. Thank you for your consideration.

**Health Wellness and Recreation Thrive Grant Program Application
St. Mark's Food Pantry**

Detailed Budget Outline

Food Item/Description	Cost Each	Quantity	Total Cost
Brown Rice 24/16oz	\$9.95	10	\$99.50
Cereal 10/17.6oz	\$12.10	10	\$121.00
Mixed Fruit 24/15oz (in natural juice)	\$18.78	10	\$187.80
Mixed Veggies 24/15oz (low sodium)	\$19.44	10	\$194.40
Soup 24/15oz (low sodium)	\$17.94	10	\$179.40
Spaghetti Sauce 24/15oz (low sodium)	\$17.63	10	\$176.30
Whole Wheat Pasta 20/12oz	\$9.37	10	\$93.70

Total Cost: \$1,052.10

Note: Quantities and costs may change to availability and inflation. The St. Mark's Food Pantry understands the grant application is limited up to \$800.00.

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Section 1 – Contact Information

1. Applicant Information

Applicant Name: Hy-Swap

Applicant Position: Board of Directors

Applicant Organization (If applying as an individual, please enter “Individual” and complete section 1.2):

Applicant Email Address: [REDACTED]

Applicant Phone Numbers: [REDACTED]

Adult co-sponsor for minors:

2. Supporting Organization Information

If applying as an individual, enter the name of organization that will accept the funding on your behalf otherwise please skip section 1.2.

Supporting Organization:

Authorized Official Name:

Applicant Position:

Applicant Organization (If applying as an individual, please enter “Individual”):

Applicant Email Address:

Applicant Phone Numbers:

Section 2 – Description of Grant Request

Title of Project: Spring 2024 Swap

Project Description

Please describe the project for which you are seeking funding (submit as attachment; one page limit).

Project Goals and Objectives

Briefly describe what the project would accomplish with Thrive Grant Funding (submit as attachment; one page limit).

Expected activities

Briefly list the major activities that would be undertaken to support the goals and objectives (submit as attachment; one page limit).

Expected outcomes

List expected tangible results (submit as attachment; one page limit)

Project Start Date: 04/13/2024

Project End Date: 04/14/2024

Section 3 – Project Details

What topic areas does the project address?

- ☐ Nutrition
- ☐ Physical Activity
- ☐ Obesity
- ☐ Diabetes
- ☐ Cardiovascular Health
- ☒ Mental Health - Stress Management, Isolation
- ☐ Substance Abuse
- ☒ Environmental Health Issues
- ☐ Health effects of Climate Change
- ☒ Other (Please Specify): Low income residents' access to resources

What population you are focusing on? Select all that apply.

- ☐ Not applicable
- ☐ Adolescents
- ☒ African-American / Black
- ☒ Asian
- ☐ At-Risk/Vulnerable Populations
- ☒ Children & Families
- ☐ Disabled People
- ☐ Elderly
- ☐ Foster Youth & Families

- ☒ Hispanic/Latino
- ☐ Unhoused Populations
- ☐ Immigrants and Refugees
- ☐ Incarcerated or Formerly Incarcerated Populations
- ☐ LGBTQ+ Communities
- ☒ Low-Income Communities
- ☐ Men's Health
- ☐ Migrant Workers
- ☐ Military/Veterans
- ☐ Native Alaskan
- ☐ Pacific Islanders
- ☒ Parents and Families
- ☐ People Living With HIV/AIDS
- ☐ People With Addictions
- ☐ People With Disabilities
- ☒ Poor/Economically Disadvantaged
- ☒ Single Parents
- ☐ Tobacco Users
- ☐ Tribal Communities
- ☐ Victims of Crime
- ☒ Women's Health
- ☐ Youth
- ☐ Other (please specify)

What wards are affected. Select all that apply.

- ☐ Ward 1
- ☐ Ward 2
- ☐ Ward 3
- ☐ Ward 4
- ☐ Ward 5
- ☒ All Wards
- ☐ Other (please specify)

Section 4 – Financial Information

Amount Requested: \$800.00

Detailed Budget Outline: PGCPs Rental fee - \$1,600;
 Truck Rental - \$75;
 Food - \$200;
 Other supplies - \$200

Name: HY-Swap
Address: 4014 Nicholson St Hyattsville MD 20782

DEADLINE: Complete applications are due by 5 PM ET on October 13, 2023.

Project Description

HY-Swap began nearly ten years ago with a small group of parents who wanted an easy, inexpensive, and sustainable way to exchange gently used children's clothing and gear with their neighbors. Since then, HY-Swap has evolved into a 501(c)(3) non-profit organization that hosts two events a year, one in the spring and one in the fall. For the Spring 2024 event, HY-Swap aims to host the Swap over the course of two days, from April 13-14, 2024. Additionally, in an effort to expand the reach of our programming and ensure our services are extended to a wider circle within our community, HY-Swap plans to host the Swap events at Hyattsville Elementary School. This will allow us to partner with the school to ensure that more families are aware and can benefit from the event. For the Fall 2023 event, we received the proper approvals through the PG County Public Schools system, but were informed that renting the space comes with a \$1,600 price tag for the two-day event. We secured funding for the Fall 2023 Swap due to the generosity of the HY-Swap community and the City of Hyattsville. However, the Thrive Grant funds will greatly assist HY-Swap in being able to host the Spring 2024 Swap at the same location, and continue to include more of our neighbors in this beloved event.

Project Goals and Objectives

The mission of HY-Swap is to promote the common good and general welfare of the people of Hyattsville, Maryland and surrounding communities, including organizing and operating a free community exchange of infant, children's, and maternity clothing, toys, and gear. The Swap events also help to lessen the economic burden for families living in Hyattsville (and surrounding areas), as well as create a village of support for parents and families.

Expected Activities

Over the course of the two-day event, HY-Swap will oversee a donation drop-off, sorting and organizing of all of the donations, and then the main "Shop the Swap" event. Additionally, for Spring 2024, HY-Swap plans to bring back the "New Parent Reception," which is an event that we hosted prior to the COVID-19 pandemic. For the Reception, we will welcome new parents to join the HY-Swap volunteers for a free brunch and then allow them to shop the Swap earlier than the general public. This will also give the new parents time to shop the swap in a smaller, less hectic environment, and it will give HY-Swap volunteers an opportunity to walk around with the new parents and provide them with guidance on what clothing/gear they may need for their new child(ren). Leading up to the Swap event(s), HY-Swap will also engage in weeks of marketing/advertising, logistical planning, purchasing supplies, and gaining proper approvals for the event.

Expected Outcomes

HY-Swap draws over 400 participants and includes the assistance of over 50 volunteers. We also divert hundreds of pounds of waste from the landfill, and we aim to lessen the economic burden and create a village of support for families living in Hyattsville and the surrounding areas.

More information about us can be found at <https://www.hy-swap.com/>

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Section 1 – Contact Information

1. Applicant Information

Applicant Name: St Jerome's Cafe - [REDACTED]

Applicant Position: Cafe fundraising coordinator

Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):

Applicant Email Address: [REDACTED]

Applicant Phone Numbers [REDACTED]

Adult co-sponsor for minors:

2. Supporting Organization Information

If applying as an individual, enter the name of organization that will accept the funding on your behalf otherwise please skip section 1.2.

Supporting Organization:

Authorized Official Name:

Applicant Position:

Applicant Organization (If applying as an individual, please enter "Individual"):

Applicant Email Address:

Applicant Phone Numbers:

Section 2 – Description of Grant Request

Title of Project: St. Jerome's Cafe

Project Description

Please describe the project for which you are seeking funding (submit as attachment; one page limit).

Project Goals and Objectives

Briefly describe what the project would accomplish with Thrive Grant Funding (submit as attachment; one page limit).

Expected activities

Briefly list the major activities that would be undertaken to support the goals and objectives (submit as attachment; one page limit).

Expected outcomes

List expected tangible results (submit as attachment; one page limit)

Project Start Date:

Project End Date:

Section 3 – Project Details

What topic areas does the project address?

- ☒ Nutrition
- ☐ Physical Activity
- ☐ Obesity
- ☐ Diabetes
- ☐ Cardiovascular Health
- ☐ Mental Health - Stress Management, Isolation
- ☐ Substance Abuse
- ☐ Environmental Health Issues
- ☐ Health effects of Climate Change
- ☐ Other (Please Specify): _____

What population you are focusing on? Select all that apply.

- ☐ Not applicable
- ☐ Adolescents
- ☐ African-American / Black
- ☐ Asian
- ☒ At-Risk/Vulnerable Populations
- ☐ Children & Families
- ☐ Disabled People
- ☐ Elderly
- ☐ Foster Youth & Families

<input type="checkbox"/>	Hispanic/Latino
<input checked="" type="checkbox"/>	Unhoused Populations
<input type="checkbox"/>	Immigrants and Refugees
<input type="checkbox"/>	Incarcerated or Formerly Incarcerated Populations
<input type="checkbox"/>	LGBTQ+ Communities
<input checked="" type="checkbox"/>	Low-Income Communities
<input type="checkbox"/>	Men's Health
<input type="checkbox"/>	Migrant Workers
<input type="checkbox"/>	Military/Veterans
<input type="checkbox"/>	Native Alaskan
<input type="checkbox"/>	Pacific Islanders
<input type="checkbox"/>	Parents and Families
<input type="checkbox"/>	People Living With HIV/AIDS
<input type="checkbox"/>	People With Addictions
<input type="checkbox"/>	People With Disabilities
<input checked="" type="checkbox"/>	Poor/Economically Disadvantaged
<input type="checkbox"/>	Single Parents
<input type="checkbox"/>	Tobacco Users
<input type="checkbox"/>	Tribal Communities
<input type="checkbox"/>	Victims of Crime
<input type="checkbox"/>	Women's Health
<input type="checkbox"/>	Youth
<input type="checkbox"/>	Other (please specify)

What wards are affected. Select all that apply.

<input type="checkbox"/>	Ward 1
<input type="checkbox"/>	Ward 2
<input type="checkbox"/>	Ward 3
<input type="checkbox"/>	Ward 4
<input type="checkbox"/>	Ward 5
<input checked="" type="checkbox"/>	All Wards
<input type="checkbox"/>	Other (please specify)

Section 4 – Financial Information

Amount Requested: \$800

Detailed Budget Outline: See attached sheet

Check Should be Payable To (Name and address): St. Jerome's Cafe, 5205 43rd Ave, Hyattsville, MD 20781

DEADLINE: Complete applications are due by 5 PM ET on October 13, 2023.

1. Please describe the project for which you are seeking funding

St. Jerome's Café, established in 1991, is a ministry that serves the poor and needy of the Hyattsville community with a nutritional hot meal each Thursday from 11:00 a.m. - 12:30 p.m. The meals contain an entree, a vegetable, fresh fruit, a water bottle and a dessert. In addition, we prepare bag lunches for our patrons to take with them, so they have another meal to eat. We also supply clothing and toiletries when available. Established in 1991, the Café serves about 80 - 90 people each week.

2. Briefly describe what the project would accomplish with Thrive Grant Funding:

Funds will be used to purchase needed food items so that the Cafe can continue providing the poor and needy of our community with a nutritional, hot meal and a bag lunch each Thursday. With the cost of supplies rising and the amount of donations down this would help us to continue our mission of offering healthy meals to those in need.

3. Briefly list the major activities that would be undertaken to support the goals and objectives

St. Jerome's Cafe operates with five teams of volunteers, rotating their service every five weeks. Each team is comprised of the following volunteers: a leader, 5 cooks (who prepare the food at home and deliver it to the Café), 3 sandwich makers, 2 cookie bakers and servers.

4. List expected tangible results

This grant will help St. Jerome's Café continue to serve the poor and needy of our community with a nutritious, hot meal each Thursday.

Budget

November	Canned Chicken - 6 pack 12.5 oz \$14.99 X 10	\$225.00	
	Ground Beef - 30 lbs X \$5.00 per	\$104.85	
	Fresh fruit - Bananas and Mandarin oranges	\$175.00	
	Pasta Noodles	\$ 93.75	
	Green Beans	\$115.00	
	Water 12 - 40 ct cases X \$3.99	\$ 47.88	
	Coffee - Maxwell house 48 oz	\$ 10.98	
	Lipton Iced tea mix - 4 X \$7.92	\$ 31.68	
	Food containers - 4 - 150 count boxes \$30.99	\$123.96	
	Butter \$80 1000	\$ 40.00	
	Chewy bars \$10.48 60 count	\$ \$78.60	
	Fruit cups in fruit juice 24 -\$11.00 - 90 bags	\$ 220.00	
	Capri sun 100% fruit juice - 40 count \$10	\$112.50	
	Napkins 1200 \$12,84	\$. 5.35	
	Brown bags 16.98	\$ 16.98	
	Spoons 600 ct \$14.00	\$. 10.50	
	Peanut butter crackers 40 pk \$8.78	\$ 98.78	
Total			\$1510.81

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Section 1 – Contact Information

1. Applicant Information

Applicant Name: [REDACTED]

Applicant Position: PARENT ENGAGEMENT ASSISTANT

Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):

Applicant Email Address: [REDACTED]

Applicant Phone Numbers: [REDACTED]

Adult co-sponsor for minors:

2. Supporting Organization Information

If applying as an individual, enter the name of organization that will accept the funding on your behalf otherwise please skip section 1.2.

Supporting Organization: CESAR CHAVEZ DUAL SPANISH IMMERSION SCHOOL

Authorized Official Name: LILLIAN GARCIA

Applicant Position: PARENT ENGAGEMENT ASSISTANT

Applicant Organization (If applying as an individual, please enter "Individual"):

Applicant Email Address: [REDACTED]

Applicant Phone Numbers: [REDACTED]

Section 2 – Description of Grant Request

Title of Project: Mindfulness Project:

Project Description

Please describe the project for which you are seeking funding (submit as attachment; one page limit).

Project Goals and Objectives

Briefly describe what the project would accomplish with Thrive Grant Funding (submit as attachment; one page limit).

Expected activities

Briefly list the major activities that would be undertaken to support the goals and objectives (submit as attachment; one page limit).

Expected outcomes

List expected tangible results (submit as attachment; one page limit)

Project Start Date: Nov 1, 2023

Project End Date: June 1, 2023

Section 3 – Project Details

What topic areas does the project address?

- ☐ Nutrition
- ☐ Physical Activity
- ☐ Obesity
- ☐ Diabetes
- ☐ Cardiovascular Health
- ☒ Mental Health - Stress Management, Isolation
- ☐ Substance Abuse
- ☐ Environmental Health Issues
- ☐ Health effects of Climate Change
- ☐ Other (Please Specify): _____

What population you are focusing on? Select all that apply.

- ☐ Not applicable
- ☐ Adolescents
- ☒ African-American / Black
- ☒ Asian
- ☐ At-Risk/Vulnerable Populations
- ☒ Children & Families
- ☐ Disabled People
- ☐ Elderly
- ☐ Foster Youth & Families

- ☒ Hispanic/Latino
- ☐ Unhoused Populations
- ☐ Immigrants and Refugees
- ☐ Incarcerated or Formerly Incarcerated Populations
- ☐ LGBTQ+ Communities
- ☒ Low-Income Communities
- ☐ Men's Health
- ☐ Migrant Workers
- ☐ Military/Veterans
- ☐ Native Alaskan
- ☐ Pacific Islanders
- ☒ Parents and Families
- ☐ People Living With HIV/AIDS
- ☐ People With Addictions
- ☒ People With Disabilities
- ☐ Poor/Economically Disadvantaged
- ☒ Single Parents
- ☐ Tobacco Users
- ☐ Tribal Communities
- ☐ Victims of Crime
- ☐ Women's Health
- ☐ Youth
- ☒ Other (please specify)

What wards are affected. Select all that apply.

- ☐ Ward 1
- ☐ Ward 2
- ☐ Ward 3
- ☐ Ward 4
- ☐ Ward 5
- ☐ All Wards
- ☒ Other (please specify)

Section 4 – Financial Information

Amount Requested: \$ 500.00

Detailed Budget Outline:

Practice of self-calming interventions i.e. teaching techniques such as y

Check Should be Payable To (Name and address): CESAR CHAVEZ DUAL SPANISH IMMERSION S

DEADLINE: Complete applications are due by 5 PM ET on October 20, 2023.

Cesar Chavez Dual Spanish Immersion School

Mindfulness Project:

Practice of self-calming interventions for students, i.e. teaching techniques such as yoga, tai chi, and meditation to better regulate their emotions and experiences.

1. Can you provide a more detailed budget?

With the grant budget of \$500 it will provide two Mindfulness/ Wellness Assembly for the 369 students provide by SageSight Wellness website

2. Can you submit your plan/timeline for the classes?

November 20, 2023 two Mindfulness Assembly Activities for students
First Section Assembly for students K-2nd grade at 9:30am and Second Section Assembly at 10:30am Students 3rd- 5th grade.

3. Can you provide a detailed description to include, but not be limited to, the number of classes, how often, and for how many children?

- Increased focus, attention, self-control, classroom participation, compassion.
- Improved academic performance, ability to resolve conflict, overall well-being.
- Decreased levels of stress, depression, anxiety, disruptive behavior.

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Section 1 – Contact Information 1. Applicant Information

Applicant Name: Engaged Community Offshoots, Inc. dba ECO City Farms

Applicant Position: Applicant Organization (If applying as an individual, please enter “Individual” and complete section 1.2): CEO

Applicant Email Address: [REDACTED]

Applicant Phone Numbers: [REDACTED]

Adult co-sponsor for minors:

2. Supporting Organization Information

If applying as an individual, enter the name of organization that will accept the funding on your behalf otherwise please skip section 1.2.

Supporting Organization:

Authorized Official Name:

Applicant Position:

Applicant Organization (If applying as an individual, please enter “Individual”):

Applicant Email Address:

Applicant Phone Numbers:

Section 2 – Description of Grant Request

Title of Project: **Making Seasonal Vegetables Irresistible**

Project Description

Please describe the project for which you are seeking funding (submit as attachment; one page limit).

ECO City Farms is a nonprofit urban teaching and learning farm in Prince George's County that grows great food, farms and farmers in ways that protect, restore and sustain the natural environment and the health of local communities. Working with area children, youth and adults, ECO educates and trains the next generation of urban farmers, eaters and environmental activists.

This offering for area residents is designed to create excitement about opportunities for collaborative learning at ECO City Farms concerning all aspects of growing, cooking, preserving, eating, healthy locally produced food and composting food waste in a climate-smart way that protects the environment and encourages healthy active living. In addition to being a

talented and versatile chef, the instructor Kiki Hamilton is a very approachable resident of nearby Mt. Rainier and an area farmer.

Since our inception, ECO has worked with area residents to stress the importance of a plant-rich diet to individual and family health, and the value of sustainably growing food to support the well-being of the environment. We offer the food we grow through an affordable seasonal CSA to local residents. A mix of Hyattsville residents have always been members of our CSA distribution.

One obstacle to subscribing to the CSA and eating seasonally has been that many people do not know how to make the variety of seasonal vegetables they receive in their CSA bags tasty and desirable to their families. ECO proposes to address this challenge by offering two community food preparing and eating workshops for youth and adults. We will conduct two workshops- one for 10-12 Hyattsville adults and another for 10-12 Hyattsville youth -- which the grant will enable us to conduct at no cost to attendees-- to teach them how to prepare the seasonal foods offered in a Spring CSA bag. The food will be culturally appropriate and tasty, using fresh vegetables and herbs. The adult workshop will feature food for parents and children; the youth workshop (aged 7-13 year old's) will feature food that particularly appeals to youngsters. All food prepared at the workshop will be consumed by attendees, and include samples that they can take home to share with friends or family. Workshop attendees will also be given a brief introduction to and tour of ECO City Farms and urban farming.

By the time of that these two Spring 2024 workshops are scheduled, ECO and the City of Hyattsville will have already conducted a Tamale-making workshop for Hyattsville adults (November 2023) in ECO's teaching kitchen/classroom at our Edmonston farm. It is anticipated that these two additional cooking workshops will be part of an ongoing series for Hyattsville residents.

Project Goals and Objectives

1. Use the CSA bag as a means to introduce adult and youth residents of Hyattsville to healthy, sustainably-grown, seasonal produce and teach them a variety of ways to prepare the vegetables for themselves and their families;
2. Expand the palates and tool kits of Hyattsville residents through introducing new ways of thinking about preparing and eating vegetables that they and their families and friends can embrace;
3. Support the evolving culture of Healthy Living in Hyattsville through these offerings and the word of mouth 'buzz' that results from them;
4. Make residents of Hyattsville better aware of the Healthy Living resources available within their community and the environmental benefits of urban farming and locally grown food.

Expected activities

Briefly list the major activities that would be undertaken to support the goals and objectives (submit as attachment; one page limit). Briefly list the major activities that would be undertaken to support the goals and objectives (one page limit)

- Schedule 2 one and half hour workshops with Kiki Hamilton and an ECO staff member for cooking instruction and to develop recipes and list of supplemental supplies needed to make the demo dishes.
- Prepare CSA produce bags for participants
- Work with Hyattsville to Advertise Workshops
- Collect feedback and send out digital recipe and resources to participants

Expected outcomes: List expected tangible results

- Greater awareness of the environmental and health benefits of eating in season
- Improved skills in preparing healthy meals
- Increased healthy meal preparation at home
- Greater awareness of how to access fresh, local food
- Increased awareness of, access to and consumption of local produce by Hyattsville residents

Project Start Date and Project End Date: We anticipate scheduling these two workshops in May 2024, likely on the same day.

Section 3 – Project Details**What topic areas does the project address?**

x Nutrition

- ☐ Physical Activity
- ☐ Obesity
- ☐ Diabetes
- ☐ Cardiovascular Health
- ☐ Mental Health - Stress Management, Isolation
- ☐ Substance Abuse
- ☐ Environmental Health Issues
- ☐ Health effects of Climate Change
- ☐ Other (Please Specify):

What population you are focusing on? Select all that apply.

- ☐ Not applicable
- ☐ Adolescents
- ☐ African-American/Black
- ☐ Asian
- ☐ At-Risk/Vulnerable Populations
- x Children & Families
- ☐ Disabled People
- ☐ Elderly
- x Foster Youth & Families
- ☐ Hispanic/Latino
- ☐ Unhoused Populations
- ☐ Immigrants and Refugees
- ☐ Incarcerated or Formerly Incarcerated Populations
- ☐ LGBTQ+ Communities
- ☐ Low-Income Communities
- ☐ Men's Health
- ☐ Migrant Workers
- ☐ Military/Veterans
- ☐ Native Alaskan
- ☐ Pacific Islanders
- x Parents and Families
- ☐ People Living With HIV/AIDS
- ☐ People With Addictions
- ☐ People With Disabilities
- ☐ Poor/Economically Disadvantaged
- x Single Parents
- ☐ Tobacco Users
- ☐ Tribal Communities
- ☐ Victims of Crime
- ☐ Women's Health
- x Youth
- ☐ Other(please specify)

What wards are affected. Select all that apply.

- Ward 1
- Ward 2
- Ward 3
- Ward 4
- Ward 5
- xx. All Wards
- Other (please specify)

Section 4 – Financial Information

Amount Requested: \$800

Detailed Budget Outline:

Two 1.5 hour workshops, one for 10-12 Adults; the second for 10-12 youth aged 7-13

- 20-24 CSA bags @ \$20 per bag= \$400-\$440
- Additional Workshop Supplies= \$100
- Instructor (Prep and Teaching)= \$200
- ECO Staff member for Tour= \$ 60

Check Should be Payable To **ECO City Farms, 6010 Taylor Road, Riverdale, MD 20737**

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Section 1 – Contact Information

1. Applicant Information

Applicant Name: Detailed Basketball Training Corp. c/o Rebecca Lockhart

Applicant Position: Treasurer

Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):

Applicant Email Address:

Applicant Phone Numbers:

Adult co-sponsor for minors:

2. Supporting Organization Information

If applying as an individual, enter the name of organization that will accept the funding on your behalf otherwise please skip section 1.2.

Supporting Organization:

Authorized Official Name:

Applicant Position:

Applicant Organization (If applying as an individual, please enter "Individual"):

Applicant Email Address:

Applicant Phone Numbers:

Section 2 – Description of Grant Request

Title of Project: Detailed Basketball Training Program at Hyattsville Middle School

Project Description

Please describe the project for which you are seeking funding (submit as attachment; one page limit).

Project Goals and Objectives

Briefly describe what the project would accomplish with Thrive Grant Funding (submit as attachment; one page limit).

Expected activities

Briefly list the major activities that would be undertaken to support the goals and objectives (submit as attachment; one page limit).

Expected outcomes

List expected tangible results (submit as attachment; one page limit)

Project Start Date: 10/02/2023

Project End Date: no end date - year round pro

Section 3 – Project Details

What topic areas does the project address?

- ☒ Nutrition
- ☒ Physical Activity
- ☐ Obesity
- ☐ Diabetes
- ☒ Cardiovascular Health
- ☒ Mental Health - Stress Management, Isolation
- ☐ Substance Abuse
- ☐ Environmental Health Issues
- ☐ Health effects of Climate Change
- ☒ Other (Please Specify): community engagement

What population you are focusing on? Select all that apply.

- ☐ Not applicable
- ☒ Adolescents
- ☒ African-American / Black
- ☒ Asian
- ☒ At-Risk/Vulnerable Populations
- ☒ Children & Families
- ☐ Disabled People
- ☐ Elderly
- ☒ Foster Youth & Families

- ☒ Hispanic/Latino
- ☒ Unhoused Populations
- ☒ Immigrants and Refugees
- ☐ Incarcerated or Formerly Incarcerated Populations
- ☐ LGBTQ+ Communities
- ☒ Low-Income Communities
- ☐ Men's Health
- ☐ Migrant Workers
- ☐ Military/Veterans
- ☒ Native Alaskan
- ☒ Pacific Islanders
- ☒ Parents and Families
- ☐ People Living With HIV/AIDS
- ☐ People With Addictions
- ☐ People With Disabilities
- ☒ Poor/Economically Disadvantaged
- ☒ Single Parents
- ☐ Tobacco Users
- ☒ Tribal Communities
- ☐ Victims of Crime
- ☐ Women's Health
- ☒ Youth
- ☐ Other (please specify)

What wards are affected. Select all that apply.

- ☐ Ward 1
- ☐ Ward 2
- ☐ Ward 3
- ☐ Ward 4
- ☐ Ward 5
- ☒ All Wards
- ☐ Other (please specify)

Section 4 – Financial Information

Amount Requested: \$800

Detailed Budget Outline:

\$450 on training equipment and uniforms for student athletes; \$300 on

Check Should be Payable To (Name and address): Detailed Basketball Training, 2200 Beechwood Rd

DEADLINE: Complete applications are due by 5 PM ET on October 20, 2023.

THRIVE GRANT REQUEST

Project Description:

Detailed Basketball Training (DBT) is a non-profit organization that aims to improve the lives of student athletes, families and the community as a whole through basketball training and education. We are specifically focused on giving opportunities to the youth in communities that include members who may not have the financial means for extracurricular activities that encourage them to create healthy habits and lifestyles. As a nonprofit corporation, DBT has partnered with Hyattsville Middle School (HMS) to offer free after school basketball training for participating middle school student athletes. We chose HMS because they are a Title 1 school and we share the goal of commitment to support students, staff, and community members for the academic success and physical fitness of all students. The middle school training program occurs right after school at the gym at HMS. We worked with HMS to create this schedule to ensure that students have a safe place to be after school to offer them training activities and skills to promote physical fitness and exercise that will allow them to build their confidence as well as encourage healthy lifestyles and support their mental wellbeing. We also have a program for the elementary schools that are feeder schools to HMS. We targeted these schools to prepare the student athletes for higher level athletic activities and get them comfortable in the environment of the middle school they will attend. At DBT, we make every effort to build a community that focuses on the educational, physical, and emotional wellbeing of the students who participate. We also welcome the families of the participating students to attend the training sessions and give them information to help support the students in all aspects of their experience with our program so they can continue to practice the skills and exercises we teach at home. Detailed Basketball Training has a strong understanding of the term “student athlete” and we place an emphasis on the educational aspect of our training program using basketball as a motivating factor. We require that all students maintain a 2.5 GPA or above to remain in our program. Our target population is all students and their families within the Hyattsville Middle School Community as well as feeder Elementary Schools in Districts 2 and 3 (Chillum Elementary, Hyattsville Elementary, Mount Rainier Elementary, Riverdale Elementary, Rosa Parks Elementary and Thomas Stone Elementary).

Project Goals and Objectives:

Detailed Basketball Training promotes healthy lifestyles, encourages moral character, develops self-discipline, cultivates a strong work ethic, and builds the confidence needed to achieve personal success. Whether the player’s goal is to make their school team, get more playing time during games, make the starting line-up, or to get a college scholarship, our focus and commitment is to help them achieve that goal.

Detailed Basketball Training targets the youth in communities that are in need of a positive environment and guidance for their future. Through our efforts, we aim to change lives for the better, both on and off the court. The philosophy of Detailed Basketball Training focuses on the principles of community outreach, work ethic, dedication, healthy nutrition, exercise, and academic success. Our organization strives to teach the youth about perseverance, motivation, teamwork, self-determination and overcoming adversity. The goal of Detailed Basketball Training’s program at HMS is to continue to make a difference in the lives of our youth and in

the Hyattsville community.

This also builds upon our goal to prepare student athletes for their future athletic experiences. We want high school and college coaches to feel good about how our student athletes handle themselves when in front of a camera. We help students understand that they might only get one chance to impress the school or college of their choice, so they must be prepared at all times to represent themselves, their family, and their community with their best foot forward. Detailed Basketball Training includes a media day in our program where we will have on camera scripted and recorded interviews with the student athletes as well as a photoshoot to teach them how to best represent themselves as student athletes and educate them on how to create a sports portfolio. We educate not only the athletes, but their parents on how being a student athlete is so important when it comes to getting into college and how to best prepare for their futures.

Detailed Basketball Training is not just a training program focused on the athletic aspect of basketball. We are driven by education and focus on the student using basketball to achieve educational and life goals to be well rounded participants in our community.

A video explaining in more detail some of DBT's goals and objectives can be viewed here:
<https://www.youtube.com/watch?v=HIWYc-eSSaA>

Expected activities:

- Afterschool training at Hyattsville Middle School every Monday, Tuesday and Wednesday for registered student athletes. Middle school student sessions are 4:00pm - 6:30pm; elementary school sessions are 6:30pm - 8:00pm. Occasional make up dates on Thursdays. Program runs throughout the school year and Summer.
- Media Day for all student athlete participants on November 11, 2023.
- Intramural games with participants to be hosted at Hyattsville Middle school - goal dates in November, 2023.
- Detailed Basketball Training will host and/or participate in events with various departments and teachers as well as Parent Teacher Associations in the elementary schools to expose the youth to basic fundamentals of basketball training as well as the multifaceted elements of our program that will gain the interest of students and prepare them and their parents to participate in building their child's awareness and exposure to all of the opportunities that our program affords them. (Note: we participated in the Hyattsville Middle School Block Party, HMS back to school nights and Chillum Elementary back to school night).
- Some of our program activities can be viewed on our Instagram:
https://www.instagram.com/dmv_dbt/?igshid=MzRIODBiNWF1ZA%3D%3D
- DBT at HMS Block Party: <https://www.youtube.com/watch?v=vaRsoYrkVCK>

Expected outcomes:

Through Detailed Basketball Training's program at Hyattsville Middle School, students will develop advanced basketball skills, learn exercises to help them stay active, and create healthy lifestyles. They will build self confidence and strengthen their teamwork abilities which will encourage them to be positive role models within their school and community. Since we require a 2.5 grade point average or above to participate, the student athletes learn the importance of working hard to be successful students while balancing their after school activities with their schoolwork. We create a safe environment for students and families to come together which not only supports physical health but also mental wellbeing. The program also brings together a diverse sector of parents and families from various schools to support the student athletes and create further opportunities for positive events and engagement within the Hyattsville community.

Budget: We are respectfully asking for \$800.00 dollars to assist in paying for the cost of training equipment, uniforms, water and healthy snacks for participants and other operating costs.

\$450	Equipment such as basketballs and other gym equipment for strength and agility training; uniforms for all participants; camera or other equipment to record student's experiences.
\$300	Waters and healthy snacks for student athletes - especially Hyattsville Middle School students who participate in the program directly after their school day ends. Approximately 30 - 50 students who attend 3 days per week throughout the whole school year.
\$50	Administrative costs to promote the program including the production of posters and flyers to distribute.

Health Wellness and Recreation Thrive Grants Program Application

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Section 3 - Project Details

Section 4 - Financial Information

Section 1 – Contact Information

1. Applicant Information

Applicant Name: [REDACTED]

Applicant Position: Volunteer Organizer, César Chávez Bike Bus

Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):

Applicant Email Address: [REDACTED]

Applicant Phone Numbers: [REDACTED]

Adult co-sponsor for minors:

2. Supporting Organization Information

If applying as an individual, enter the name of organization that will accept the funding on your behalf otherwise please skip section 1.2.

Supporting Organization: LAR Consulting, LLC

Authorized Official Name: Laura Runnels

Applicant Position: CEO

Applicant Organization (If applying as an individual, please enter "Individual"): Individual

Applicant Email Address: [REDACTED]

Applicant Phone Numbers: [REDACTED]

Section 2 – Description of Grant Request

Title of Project: César Chávez Bike Bus

Project Description

Please describe the project for which you are seeking funding (submit as attachment; one page limit).

Project Goals and Objectives

Briefly describe what the project would accomplish with Thrive Grant Funding (submit as attachment; one page limit).

Expected activities

Briefly list the major activities that would be undertaken to support the goals and objectives (submit as attachment; one page limit).

Expected outcomes

List expected tangible results (submit as attachment; one page limit)

Project Start Date: 11/15/2023

Project End Date: 06/14/2024

Section 3 – Project Details

What topic areas does the project address?

- ☐ Nutrition
- ☒ Physical Activity
- ☒ Obesity
- ☒ Diabetes
- ☐ Cardiovascular Health
- ☒ Mental Health - Stress Management, Isolation
- ☐ Substance Abuse
- ☒ Environmental Health Issues
- ☐ Health effects of Climate Change
- ☐ Other (Please Specify): _____

What population you are focusing on? Select all that apply.

- ☐ Not applicable
- ☒ Adolescents
- ☒ African-American / Black
- ☐ Asian
- ☐ At-Risk/Vulnerable Populations
- ☒ Children & Families
- ☐ Disabled People
- ☐ Elderly
- ☒ Foster Youth & Families

- ☒ Hispanic/Latino
- ☐ Unhoused Populations
- ☐ Immigrants and Refugees
- ☒ Incarcerated or Formerly Incarcerated Populations
- ☐ LGBTQ+ Communities
- ☐ Low-Income Communities
- ☐ Men's Health
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- ☐ People With Disabilities
- ☐ Poor/Economically Disadvantaged
- ☐ Single Parents
- ☐ Tobacco Users
- ☐ Tribal Communities
- ☐ Victims of Crime
- ☐ Women's Health
- ☐ Youth
- ☐ Other (please specify)

What wards are affected. Select all that apply.

- ☐ Ward 1
- ☐ Ward 2
- ☐ Ward 3
- ☐ Ward 4
- ☐ Ward 5
- ☐ All Wards
- ☒ Other (please specify)

Section 4 – Financial Information

Amount Requested: \$800

Detailed Budget Outline:

See attachment

Check Should be Payable To (Name and address): LAR Consulting

DEADLINE: Complete applications are due by 5 PM ET on October 20, 2023.

Section 2 – Description of Grant Request

Title of Project: César Chávez Bike Bus

Project Description

Please describe the project for which you are seeking funding (one page limit)

César Chávez Bike Bus (Bicibús)

A bike bus is a group of adults and kids who caravan to school on their bicycles. Similar to a traditional school bus, a bike bus has a set route, stops, and timetable so more people can join along the route. A bike bus is a fun, safe, and healthy alternative to driving or riding the bus to school. Here's a 2 minute video about bike buses around the world:

<https://youtu.be/7HXuo7dExAg?si=y9m-PVeG9GAKqCJy>

The César Chávez Bike Bus will serve the students and families César Chávez Dual Language Immersion School. The school serves many Hyattsville Resident main bike bus route will follow Nicholson Street across the city. Twelve families have voiced interest in participating in or volunteering for the bike bus; most participated in the October 6 Bike to School event held in collaboration with the César Chávez Bike Parent Teacher Organization and the Prince George's County Police Department. The Bike Bus will initially run every Friday and increase frequency if riders desire.

The César Chávez Bike Bus will have many benefits:

- Increase safety. Students are safer bicycling in a group than alone. Motorists can see a group of bicyclists more easily than they can see a single bicycle rider, thus reducing the risk of vehicle-bicycle crashes.
- Encourage regular physical activity and social connections. Physical activity, spending time in nature, and building social relationships are proven to boost both physical and mental health.
- Enable children to arrive at school on time and eat the free school breakfast provided. Good nutrition (i.e., not being hungry) has been shown to boost academic achievement.
- Alleviate parents and guardians of the mental stress caused by inconsistent/delayed buses and long car lines for drop off and pickup.
- Reduce pollution from motor vehicles.
- Serve as a model to establish bike buses at other area schools.

Who am I? Alison, the parent of a César Chávez kindergartner and organizer of the Hyattsville Family Ride, a monthly bike ride to playgrounds and other kid-friendly places. I bring my daughter to school on my family bicycle daily. I work in public health and used to be employed by REI and the Washington Area Bicyclist Association (WABA) as a certified bicycle instructor. I led group rides and taught many kids and adults how to ride bikes and cycle the streets and trails of the DMV safely.

Project Goals and Objectives

Briefly describe what the project would accomplish with Thrive Grant Funding (one page limit)

The Thrive Grant will help increase participation in the César Chávez Bike Bus and promote health and safety of the riders. The bike bus participants and volunteers will provide input on how to use the funds. A preliminary plan is provided here.

To increase **participation**, the funds will be used to purchase:

- Promotional materials in English and Spanish, such as flyers and magnets with information about the Bike Bus
- Bike locks, so that lack of a lock does not pose a barrier to participation
- Healthy breakfast items approximately once a month for morning rides to incentivize participation
- Gear for inclement weather, such as rain ponchos and biking gloves, to encourage year-round participation
- Novelty items to appeal to children – bike bells, bike stickers, and a bubble machine to use during rides.

To promote **safety**, the funds will be used to purchase:

- Helmets for Bike Bus riders who need them
- High visibility safety vests and signage to be more visible to motorists
- Flags for kids bikes to be more visible to motorists

Expected activities

Briefly list the major activities that would be undertaken to support the goals and objectives (one page limit)

Identify needs and priorities of participants and purchase items.

I will gather feedback from Bike Bus participants on the preliminary plan for Thrive Grant funds. I will work with the families to determine who needs locks, new helmets, etc. I will also talk to them to gather their ideas on how best to promote the Bike Bus.

Distribute safety and novelty materials to participants

I will distribute the safety items (e.g., helmets, vests) and novelty items (e.g., bells, stickers) to participants at the first ride following the purchase of items. I will ask new participants about their safety needs and purchase additional items on an as-needed basis until the end of the school year or until funds run out.

Distribute promotional materials

I will work with the Parent Teacher Organization (PTO) and participating families to promote the Bike Bus. This will include but not be limited to sending flyers through the school communications app and WhatsApp channels, making announcements at PTO meetings, and establishing a bilingual Bike Bus social media channel.

Continue weekly rides

The César Chávez Bike Bus will run every Friday initially and more frequently if participants desire . As more families join the Bike Bus, I will encourage them to promote the Bike Bus and provide them with extra promotional materials to distribute if desired.

Expected outcomes

List expected tangible results (one page limit)

The expected outcomes are as follows:

- 1) Run the Bike Bus at least 20 times during the 2023-2024 school year
- 2) At least 20 students will participate in at least 1 Bike Bus ride
- 3) At least 5 students will begin riding a bicycle to school on a regular basis (including students who are carried on parents bikes)
- 4) Increase social connections among participating families
- 5) Increase awareness of the Hyattsville Thrive Grant and how the City of Hyattsville supports the health and wellness of community members

Budget:

Item	PPU	# Units	Total
Adult high viz vests with signage	18.99	6	113.94
Kids high viz vests (10 pack)	24.99	1	24.99
Kids helmet	20	4	80
Kids bike lock	35	5	175
Kids poncho (2 pack)	9.99	5	49.95
Kids biking gloves	9.99	6	59.94
Bike flags (2 pack)	17.99	5	89.95
Bike bells (2 pack)	7.99	5	39.95
Bike stickers	9.99	1	9.99
Bubble machine	23.99	1	23.99

Breakfast items	10	7	70
Magnets - English (10 pack)	14.99	2	29.98
Magnets - Spanish (10 pack)	14.99	2	29.98
			797.66

Health Wellness and Recreation Thrive Grants Program Application

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Section 1 – Contact Information

1. Applicant Information

Applicant Name: Love Yoga Studio

Applicant Position: Studio Owner

Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):

Applicant Email Address: [REDACTED]

Applicant Phone Numbers: [REDACTED]

Adult co-sponsor for minors:

2. Supporting Organization Information

If applying as an individual, enter the name of organization that will accept the funding on your behalf otherwise please skip section 1.2.

Supporting Organization:

Authorized Official Name:

Applicant Position:

Applicant Organization (If applying as an individual, please enter "Individual"):

Applicant Email Address:

Applicant Phone Numbers:

Section 2 – Description of Grant Request

Title of Project: Teen Yoga Teacher Training

Project Description

Please describe the project for which you are seeking funding (submit as attachment; one page limit).

Project Goals and Objectives

Briefly describe what the project would accomplish with Thrive Grant Funding (submit as attachment; one page limit).

Expected activities

Briefly list the major activities that would be undertaken to support the goals and objectives (submit as attachment; one page limit).

Expected outcomes

List expected tangible results (submit as attachment; one page limit)

Project Start Date: March 25th, 2024

Project End Date: March 31st, 2024

Section 3 – Project Details

What topic areas does the project address?

- ☐ Nutrition
- ☒ Physical Activity
- ☐ Obesity
- ☐ Diabetes
- ☐ Cardiovascular Health
- ☒ Mental Health - Stress Management, Isolation
- ☐ Substance Abuse
- ☐ Environmental Health Issues
- ☐ Health effects of Climate Change
- ☒ Other (Please Specify): Yoga & Wellness

What population you are focusing on? Select all that apply.

- ☐ Not applicable
- ☒ Adolescents
- ☒ African-American / Black
- ☐ Asian
- ☒ At-Risk/Vulnerable Populations
- ☐ Children & Families
- ☐ Disabled People
- ☐ Elderly
- ☒ Foster Youth & Families

- ☒ Hispanic/Latino
- ☐ Unhoused Populations
- ☐ Immigrants and Refugees
- ☐ Incarcerated or Formerly Incarcerated Populations
- ☒ LGBTQ+ Communities
- ☒ Low-Income Communities
- ☐ Men's Health
- ☐ Migrant Workers
- ☐ Military/Veterans
- ☐ Native Alaskan
- ☐ Pacific Islanders
- ☐ Parents and Families
- ☐ People Living With HIV/AIDS
- ☐ People With Addictions
- ☒ People With Disabilities
- ☐ Poor/Economically Disadvantaged
- ☐ Single Parents
- ☐ Tobacco Users
- ☐ Tribal Communities
- ☐ Victims of Crime
- ☐ Women's Health
- ☒ Youth
- ☐ Other (please specify)

What wards are affected. Select all that apply.

- ☐ Ward 1
- ☐ Ward 2
- ☐ Ward 3
- ☐ Ward 4
- ☐ Ward 5
- ☒ All Wards
- ☐ Other (please specify)

Section 4 – Financial Information

Amount Requested: \$800

Detailed Budget Outline:

\$400 – Student Travel Stipend \$100 per student (4 students total) \$300

Check Should be Payable To (Name and address): Love Yoga Studio MD, LLC

DEADLINE: Complete applications are due by 5 PM ET on October 20, 2023.



Project Description

Yoga Teacher Training for Hyattsville Teens

A Week Long Yoga Teacher Training Program for Teenagers of the Hyattsville Community

Love Yoga Studio is seeking funds to support a yoga teacher training cohort aimed towards high school students. This training combines the wellness benefits of yoga with the benefits of vocational training for adolescents. Teenagers have faced increased levels of adversity over the past few years and mindfulness has been cited as one of the ways to cultivate resilience in the face of life's challenges. At Love Yoga Studio, we have a passion for youth and have designed an abbreviated, but thorough yoga teacher training that is specific to high school students called *Teen YTT* that is suitable for creating nonjudgmental, meditative spaces that allows teens to turn into their thoughts, feelings and sensations and importantly, to guide their peers to do the same. One of our values at Love Yoga Studio is inclusiveness and one of the ways we live out that value is aiming to make yoga accessible to persons across the lifespan. By targeting the teenagers of Hyattsville, we strive to pull them into the fold of mindfulness, highlighting the importance of wellness early on in their lives.

Love Yoga Studio has intentionally cultivated a youth program focused on establishing wellness practices from as early as 4 months of age. We are committed to providing an inclusive space dedicated to all ages and wellness journeys. In the past, we have successfully provided teen workshops and engaged with our Hyattsville community for events and private yoga sessions.

Love Yoga Studio would like to offer our *Teen YTT* program Spring 2024. *Teen YTT* will be a week long, 30-hour, yoga teacher training. The *Teen YTT* session is a time for eight teens to learn how to teach poses, breath techniques, and meditation. Teens will engage in a week-long training that will have a professional development workshop to develop a yoga resume, cover letter, and interview demo. We will also provide a professional reference as they will co-teach one community class as a part of graduation. Graduation requirements include attendance for all 30 hours and co-teaching a Love Yoga Studio community class. There are an additional 33 hours Monday-Sunday March 25th-March 31st that are available for participants to receive more



certificate hours. Teens will also get access to at least 8 yoga classes at Love Yoga Studio to support their personal practice and one additional yoga class they can invite their family to.

Teen YTT will be held at Love Yoga Studio during the PGCPs 2023-2024 spring break. Full scholarships are available for up to 4 participants. The grant allocation includes money for 4 individual transportation stipends for the week-long training. Love Yoga Studio will provide yoga mats, yoga blocks, and other necessary yoga props as well as journals for notes. Love Yoga Studio will also provide access to water and snacks during each class. The support from the Thrive Grant will allow us to incentivize participation for high school students that may not have easy access to the studio, but have a desire to participate. Additionally, it will allow these four students to attend for free by supplementing the cost of the yoga teacher trainer.



Project Goals and Objectives

If provided the Thrive Grant Funding, this project will help Love Yoga Studio operate with its value of inclusiveness as well as fulfill its mission to introduce yoga and wellness to underserved youth.

Goal: Love Yoga Studio will provide a week-long yoga teacher training at Love Yoga Studio March 25th-March 31st to local high school students.

Objective 1: Love Yoga Studio will support teens in developing a personal yoga practice.

Objective 2: Love Yoga Studio will teach teens to teach yoga to their peers.

Objective 3: Love Yoga Studio will support teen economic development through the vocation of teaching yoga.

Expected Activities

- Create print and web marketing materials
- Share program with guidance counselors at the high schools in Hyattsville
- Implement marketing plan
- Register teens in the yoga teacher training program
- Run the training program during spring break

Expected Outcomes

- ✓ Local teens, who may not have access to wellness activities such as yoga classes will have an opportunity to attend and learn more about yoga as a mindful practice for themselves.
- ✓ Local teens and their families, within the Hyattsville community, will be more familiar with Love Yoga Studio, allowing them to take advantage of other community programs including, but not limited to the following:
 1. Fund A Yogi Program: *This program allows residents of Hyattsville to request free class credits from a bank of expired credits from other students.*
 2. Barter Program: *This program allows a person to barter with a service or product they provide in exchange for yoga classes.*
 3. Studio Assistant Program: *This program asks a person to commit to assist at least one class per week in exchange for access to yoga classes.*
 4. Intern Program: *This program asks a person to commit a couple of hours a week to various marketing and administrative tasks for the studio in exchange for yoga classes.*
 5. Attending community classes, which are always free
 6. Attending open studio time, which is donation based and allows access to practice yoga in the studio
 7. Scholarship availability in our Youth Programs
- ✓ Local teens will see teachers of color providing yoga services, contributing to the destigmatization of wellness practices amongst communities of color.
- ✓ Local teens will have a new vocation skill set.



Budget Outline

\$400 – Student Travel Stipend

- \$100 per student (4 students total)

\$300 – Yoga Teacher Trainer

\$100 - Ink & Paper for Print Marketing

Total \$800