



**City of Hyattsville  
Health Wellness and Recreation  
Thrive Grants Program Application**

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**Section 2 - Description of Grant Request**

**Section 3 - Project Details**

**Section 4 - Financial Information**

**Section 1 – Contact Information**

**1. Applicant Information**

Applicant Name:	Sachiko Flores
Applicant Position:	Organizational Director and Co-Founder
Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):	CorpsTHAT, Inc
Applicant Email Address:	[REDACTED]
Applicant Phone Numbers:	[REDACTED]

Adult co-sponsor for minors:	
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**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:	



**City of Hyattsville  
Health Wellness and Recreation  
Thrive Grants Program Application**

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:	Deaf Outdoor Project
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**Project Description**

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

**Project Goals and Objectives**

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

**Expected activities**

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

**Expected outcomes**

List expected tangible results (one page limit)

Project Start Date:	3/1/2020
Project End Date:	12/1/2020



# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

#### Section 3 – Project Details

What topic areas does the project address? (Check all that apply)

- |                                     |  |
|-------------------------------------|--|
| <input type="checkbox"/>            | Nutrition  |
| <input checked="" type="checkbox"/> | Physical Activity  |
| <input type="checkbox"/>            | Obesity  |
| <input type="checkbox"/>            | Diabetes   |
| <input type="checkbox"/>            | Cardiovascular Health                                    |
| <input checked="" type="checkbox"/> | Mental Health – Stress Management, Isolation             |
| <input type="checkbox"/>            | Substance Abuse  |
| <input checked="" type="checkbox"/> | Environmental Health Issues                              |
| <input type="checkbox"/>            | Health effects of Climate Change                         |
| <input checked="" type="checkbox"/> | Other (Please Specify) Underrepresented community issues |



# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

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

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



**City of Hyattsville  
Health Wellness and Recreation  
Thrive Grants Program Application**

**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

Check Should be Payable To: CorpsTHAT, Inc

Detailed Budget Outline (attach):

**DEADLINE: Complete applications are due by 5 PM ET on January 17, 2019**

## **Project Description:**

CorpsTHAT is a 501(c)3, nonprofit, organization that works to strengthen the connection between the Deaf Community and the outdoors through recreation, education and career development. CorpsTHAT is the only organization in the country that works on a comprehensive level to make outdoor spaces, organizations and activities more inclusive and accessible for the Deaf community. Based in Baltimore, allows CorpsTHAT to work closely with the Deaf community throughout the DMV metro area. After Streetcar 82, the only Deaf owned brewery on the East Coast, opened in Hyattsville, this area has become a new hub of the DMV Deaf community. This year, CorpsTHAT is partnering with Streetcar 82 on CorpsTHAT's Deaf Outdoor Project to offer more outdoor focused events for the Deaf Community that take place around or at the brewery.

With the goal to provide greater exposure, education and access to different forms of healthy recreation activities, we are seeking funding to support three recreational events, hosted in the Hyattsville area as part of the Deaf Outdoor Project. These events are:

**1. Exploring the Urban Wilderness of Magruder Park**

**Date:** March 22nd (TBD) 3.5 hours

**Number of Participants:** 30 or more

Funds received will cover the cost of hiring a Deaf Master Naturalist to share about Hyattsville's biodiversity, urban hiking and the benefits of being outdoors. Having a Deaf Master Naturalist is a rare experience, by having direct communication Deaf participants can fully engage and be included when asking questions, sharing knowledge and connecting with other participants through the experience.

**2. ASL Biking Through Hyattsville**

**Date:** May 17th (TBD) 4 hours

**Number of Participants:** 30 or more

CorpsTHAT will partner with *ASL Bike Day*, a local DMV biking group organized by Deaf community members for this event and bike the NW Branch Trail connecting to the Rhode Island Ave Trolley Trail. The funding we receive from the Thrive grant would cover bike rentals at the Bladensburg Waterfront Park for up to 10 participants.

**3. Exploring the Anacostia River**

**Date:** April 19th (TBD) 4 hours

**Number of Participants:** 20 to 30

Hyattsville sits at the center of the Anacostia River Watershed but unfortunately within our local Deaf Community this river is often overlooked or even unaware of its existence. Receiving funds from this grant would allow us to host a boating day for Deaf community members, by renting boats from the Bladensburg Waterfront park and then as a group exploring the NW Branch of the Anacostia River. This experience will share the love of boating as an activity as well as information about the river and watershed.

## **Project Goals and Objectives:**

Funding from the Thrive Grant would allow CorpsTHAT to provide access to outdoor recreation activities within the city of Hyattsville by covering the cost of bike and boat rentals and hiring a Deaf Master Naturalist. Due to barriers in the workplace, society and linguistically, the Deaf community is often left out of outdoor recreation opportunities due to the lack of interpreters, financial barriers, or lack of access to information shared within their local and regional communities.

By hosting free outdoor recreation events for the local Deaf community organized by Deaf community members, CorpsTHAT is creating welcoming and inclusive spaces in the outdoors and within the community of Hyattsville. The events will be led by local Deaf community members and Deaf participants will have direct communication access through American Sign Language and will be full participants, able to connect and learn from others at the event without having to use interpreters. Past events that CorpsTHAT has hosted Deaf participants were unable to attend since they did not own a bike and could not afford to rent one or found it logistically challenging to go through the rental process on their own.

When community members are accessing and using the parks, trails, rivers, and gathering spaces within their communities they become more invested and engaged citizens overall. Often times Deaf community members are left out of these activities and therefore are absent from these spaces and are unable to become full participating members within our society. These recreational events are intended to provide an introduction level base knowledge and experience so that participants leave empowered and more likely in the future to engage in these or other recreational activities on their own. After the events, participants will also have a better understanding of what opportunities their community and city have to offer to support active and healthy lifestyles.

Through outdoor recreation, community members are better able to thrive within the local region and take actions to educate themselves on issues that are facing their city, neighborhoods, and personal or community health. When Deaf individuals are able to become full members of our society, everyone benefits, business are established, residents stay or move to the area, diversity flourishes, more people feel welcomed and engage in active lifestyles, strengthening the community and city as a whole.

### **Expected Activities:**

Each event will provide additional information about local recreation opportunities, resources and events within the city of Hyattsville and information on how to stay active and healthy in participant's daily lives.

Before each event, participants will participate in a survey that gauges their knowledge about outdoor recreation activity within the Hyattsville community. Upon completion of the event, participants will fill out the survey again and the results will be used as a gauge of how the event and information shared impacts their understanding and how empowered they are to participate on their own, in the future, with these type of activities or other recreational activities.

#### **Exploring the Urban Wilderness of Magruder Park**

Funds from this grant will allow CorpsTHAT to hire a local Deaf Naturalist, supporting a local Deaf business owner. The activities lead by the Master Naturalist will educate participants on local ecology, conservation and hiking within the city of Hyattsville. Participants will have the opportunity to interact with nature, hands on, and experience the healthy benefits of spending time outdoors.

#### **ASL Biking Through Hyattsville**

*ASL Bike Day* Deaf cyclists will provide an introduction and overview of biking safety and tips. Biking along the NW Branch Trail and the Rhode Island Ave Trolley Trail as a group will allow participants to become more familiar with bike paths in the Hyattsville area as well as explore and see biodiversity alongside the trail while participating in an activity that is good for their overall health. Cyclists will also leave with knowledge about other bike paths in the area. Participants will be encouraged to bring their own bikes but up to ten bikes will be free to be rented from Bladensburg Waterfront Park.

#### **Exploring the Anacostia River**

As a group, participants will row in row boats in the Northwest Branch of the Anacostia River. Accessing their city from a new vantage point, CorpsTHAT representatives will provide an overview of boating safety and tips as well as local ecology and information about the Anacostia watershed. Through this grant, boats will be free of charge to rent for up to 30 participants, from the Bladensburg Waterfront Park.



**Expected outcomes:**

After hosting these events, CorpsTHAT expects the following tangible outcomes. Expand recreational knowledge base of participants. Participants empowered to continue this activity on their own in the future, and therefore engage in more recreational activities within their city and community. Participants will learn more about recreation opportunities and learn more about the history and environment of the area. Participants will get moving and get outdoors and continue to lead healthier lifestyles. Events will get more Deaf people into the outdoors within the city of Hyattsville and the DMV region. Deaf community will gain more knowledge and insight about their local region and lead them to become more active and engaged local citizens.

CorpsTHAT

Deaf Outdoors Recreation Project

Event	Amount		Total	Requested Funding	CorpsTHAT Contribution	Total Project Cost
<b>Hyattsville Recreation Events Budget</b>						
<b>Exploring the Urban Wilderness of Magruder Park</b>						
Master Naturalist	\$20 per hour	3.5 hours	\$70	\$70		
Event Planning	\$15 per hour	6.66 hours	\$100		\$100	
CorpsTHAT Representative	\$20 per hour	4.5 hours	\$90		\$90	
		<b>Sub Totals:</b>	<b>\$160</b>	<b>\$70</b>	<b>\$190</b>	<b>\$260</b>
<b>ASL Biking Through Hyattsville</b>						
Bike Rentals	\$10 per bike	10 Bikes	\$100	\$100		
Event Planning	\$15 per hour	6.66 hours	\$100		\$100	
CorpsTHAT Representative	\$20 per hour	5 hours	\$100		\$100	
		<b>Sub Totals:</b>	<b>\$200</b>	<b>\$100</b>	<b>\$200</b>	<b>\$300</b>
<b>Exploring the Anacostia River</b>						
Boat Rentals	\$33 per boat	10 Boats	\$330	\$330		
Event Planning	\$15 per hour	6.66 hours	\$100		\$100	
CorpsTHAT Representative	\$20 per hour	5 hours	\$100		\$100	
		<b>Sub Totals:</b>	<b>\$530</b>	<b>\$330</b>	<b>\$200</b>	<b>\$530</b>
<b>Total Requesting:</b>				<b>\$500</b>	<b>Total Contributing:</b>	<b>\$590</b>
					<b>Project Total:</b>	<b>\$1,090</b>



# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

#### Contents

**Section 1 - Contact Information**

**Section 2 - Description of Grant Request**

**Section 3 - Project Details**

**Section 4 - Financial Information**

#### Section 1 – Contact Information

##### 1. Applicant Information

Applicant Name:	Lisa Walker
Applicant Position:	Board Vice Chair and Finance Chair
Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):	Hyattsville Aging in Place, Inc.
Applicant Email Address:	[REDACTED]
Applicant Phone Numbers:	[REDACTED]

Adult co-sponsor for minors:	
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##### 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:	



**City of Hyattsville  
Health Wellness and Recreation  
Thrive Grants Program Application**

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:	<b>Drumming for All Ages</b>
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**Project Description**

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

**Project Goals and Objectives**

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

**Expected activities**

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

**Expected outcomes**

List expected tangible results (one page limit)

Project Start Date:	<b>February 1, 2020</b>
Project End Date:	<b>May 31, 2020</b>



# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

#### Section 3 – Project Details

What topic areas does the project address? (Check all that apply)

- 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) Intergenerational Connections for Seniors



# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

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

- |                                     |   |
|-------------------------------------|---|
| <input type="checkbox"/>            | Not applicable                                    |
| <input checked="" type="checkbox"/> | Adolescents                                       |
| <input checked="" type="checkbox"/> | African-American / Black                          |
| <input checked="" type="checkbox"/> | Asian   |
| <input type="checkbox"/>            | At-Risk/Vulnerable Populations                    |
| <input checked="" type="checkbox"/> | Children & Families                               |
| <input checked="" type="checkbox"/> | Individuals with Disabilities                     |
| <input checked="" type="checkbox"/> | Elderly   |
| <input type="checkbox"/>            | Foster Youth & Families                           |
| <input checked="" type="checkbox"/> | Hispanic / Latino                                 |
| <input type="checkbox"/>            | Homeless Populations                              |
| <input type="checkbox"/>            | Immigrants & 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 Alaska                                     |
| <input type="checkbox"/>            | Pacific Islanders                                 |
| <input type="checkbox"/>            | Parents & Families                                |
| <input type="checkbox"/>            | People Living with HIV/AIDS                       |
| <input type="checkbox"/>            | People with Addictions                            |
| <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)                            |



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

**What wards are affected. Select all that apply.**

- Ward 1
- Ward 2
- Ward 3
- Ward 4
- Ward 5
- All Wards
- Other (please specify) Other nearby neighbors

**Section 4 - Financial Information**

Amount Requested: \$500

Check Should be Payable To: Hyattsville Aging in Place, Inc.

Detailed Budget Outline (attach):

**DEADLINE: Complete applications are due by 5 PM ET on January 17, 2019**



## **Section 2 – Description of the Grant**

### **Project Description**

Hyattsville Aging in Place (HAP) is seeking a grant to provide an intergenerational drumming event – Drumming for All Ages in the City of Hyattsville. This program will be aimed at Hyattsville seniors but also will invite residents of all ages to participate. HAP surveyed its members to determine what programs interested seniors. Drumming was one that drew the greatest support and is one that has great health and wellness benefits.

We will engage Katy Gaughan <http://www.katygaughan.com/about/bio/> who runs Drumming for Wellness and has been a drumming and event facilitator for 15 years in the Maryland-DC metropolitan area and runs ongoing drum circles in Greenbelt, Takoma Park and other venues. She has studied Latin, African and Middle Eastern drums and percussion.

This program will be run on a Saturday (possible dates include March 14, April 4, May 16 and May 23 depending on availability of space – HAP has already engaged the City building for an event on March 14 and can tie it to that event if another date is not available.)

The event will begin with a social “hour” with light food and conversation – and will then move to the Drumming for Wellness event, lasting about an hour. Ms. Gaughan begins her program with an introduction about drumming and its benefits, moves into games and activities to have people relax and then to rhythms and songs.

HAP would like this to become an ongoing event in Hyattsville, perhaps as an ongoing workshop for all ages. We have also discussed drumming events with Hands on Drums in Brentwood and would include them (Kristen Arant, drumming coordinator) in future programs.

HAP will advertise the event throughout the Hyattsville community, including through its listserv, Facebook page, website (HyattsvilleAginginPlace.org) and its phone tree. It will also seek partnership with other community organizations, including Hyattsville Nurturing Moms (and Dads), various book groups, and senior housing such as Friendship Arms.

HAP volunteers will provide transportation for seniors to come to the event.





## **Section 2 – Description of the Grant**

### **Goals and Objectives**

One of the critical problems affecting people as they age is becoming more isolated and less able/willing to participate in community activities, whether because of mobility and transportation problems, loss of loved ones and family members, or becoming less familiar with neighbors and their community.

Hyattsville Aging in Place strives to reduce this isolation and loss by engaging seniors in many different kinds of events and with different age groups. Examples include HAP's Holiday luncheon at Franklins, educational events such as the annual session with Dr. Stephanie Trifoglio and the very popular intergenerational Valentine making event – Put Art in Your Heart that draws the very young (babies, toddlers and very young with their families), pre-teen mentors and elders (94 years is the oldest).

The goal of Drumming for All Ages is to engage seniors in a social activity they may not have experienced before with residents of all ages and encourage engagement. Research suggests that drumming also has very extensive health benefits, including reduction of stress, boosting the immune system, synchronizing left and right brain hemispheres and releasing/transforming negative feelings.

<http://www.katygaughan.com/benefits-of-drumming/>

Specifically, the objectives of the Drumming for All Ages program are:

- 1) Engage seniors with other residents of Hyattsville, with the possibility of ongoing relationships
- 2) Introduce rhythmic drumming as an activity that seniors may not have done before – something that is encouraged for brain health
- 3) Encourage seniors relationships with younger residents
- 4) Create a fun activity that might be continued by HAP on a regular basis
- 5) Collaborate with other organizations and groups in the community.



## **Section 2 – Description of the Grant**

### **Expected Activities**

Hyattsville Aging in Place expects activities to occur in the following ways:

#### **Prior to the Event:**

1) Outreach to various segments of the community including the following: Friendship Arms, community churches, Hyattsville Nurturing Parents, connections to people we've worked with before on other programs (including brownie, cub and girl scout troops, Roots and Shoots, Hy-SWAP, Three Little Birds)

2) flyers left at library, Franklins, Lawsons, Route One Fun, Busboys, Shortcake, various "little libraries", information sent to HAP, HOPE, West Hyattsville listservs, Hyattsville Life and Times, collaboration with the City outreach if City agrees.

3) Outreach through HAP phone tree

4) Work with Katy Gaughan to plan specifics of event

#### **Event Itself**

1) Organize volunteers to get food and supplies, develop evaluation, pick up seniors, set up, meet and greet, assist or partner with seniors and young residents

2) Make sure equipment works, room set up with city

3) Solicit interest in running ongoing group

#### **After Event**

1) Follow up with seniors to get feedback, solicit ongoing interest

2) Connections in neighborhoods between seniors and other residents (as a result of followup pairing by HAP)

3) Follow up with Katy Gaughan

4) Report to City on event and expenses by June 12, 2020

5) Possible repeat drumming circles.

P.O. Box 113  
Hyattsville, Md. 20781  
301.887.3101  
HyattsvilleAginginPlace.org  
[HAPCares@gmail.com](mailto:HAPCares@gmail.com)



## **Section 2 – Description of the Grant**

### **Outcomes and Tangible Results**

Some health outcomes may be long term and not necessarily measurable immediately after the grant's end but Hyattsville Aging in Place expects the following outcomes:

- 1) Identifying and connecting with seniors not otherwise engaged with Hyattsville Aging in Place and the city.
- 2) Continuing connections with seniors attending so that other services may be provided both by HAP (needed transportation and other volunteer services) and by the City (e.g. participation in Ageless Grace, City trips and events)
- 3) Connections in neighborhoods between seniors and residents of other ages (as a result of followup pairing by HAP)
- 4) Senior and other residents' interest in drumming and return to additional events
- 5) Success in encouraging activities outside the home for seniors.
- 6) Ongoing drumming event (annually or more often)
- 7) Collaborate with other organizations and groups in the community may result in additional senior programs, additional HAP volunteers, additional engagement in City activities, engagement in music and arts activities.
- 8) Reduction in senior social isolation (as measured by 1-5).



**Section 4: Budget Outline**

**Total requested: \$500**

<b>Fee for drumming instructor (Katy Gaughan)</b>	<b>\$350</b>
<b>Light refreshments for participants (40) – Coffee/tea/water, fruit, breakfast rolls -</b>	<b>\$100</b>
<b>Publicity Printing, Copying</b>	<b>\$ 50</b>
<b>Total</b>	<b>\$500.00</b>



# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

#### Contents

**Section 1 - Contact Information**

**Section 2 - Description of Grant Request**

**Section 3 - Project Details**

**Section 4 - Financial Information**

#### Section 1 – Contact Information

##### 1. Applicant Information

Applicant Name:	Asia Vianna Leak
Applicant Position:	Owner
Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):	Love Yoga Studio MD, LLC
Applicant Email Address:	[REDACTED]
Applicant Phone Numbers:	[REDACTED]

Adult co-sponsor for minors:	
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##### 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:	



**City of Hyattsville  
Health Wellness and Recreation  
Thrive Grants Program Application**

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:	<b>Grounded in Love: An Outdo</b>
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**Project Description**

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

**Project Goals and Objectives**

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

**Expected activities**

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

**Expected outcomes**

List expected tangible results (one page limit)

Project Start Date:	<b>April 1, 2020</b>
Project End Date:	<b>May 31, 2020</b>



# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

#### Section 3 – Project Details

What topic areas does the project address? (Check all that apply)

- 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)



# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

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

- Not applicable
- Adolescents
- African-American / Black
- Asian
- At-Risk/Vulnerable Populations
- Children & Families
- Individuals with Disabilities
- Elderly
- Foster Youth & Families
- Hispanic / Latino
- Homeless Populations
- Immigrants & Refugees
- Incarcerated or Formerly Incarcerated Populations
- LGBTQ Communities
- Low-Income Communities
- Men's Health
- Migrant Workers
- Military /Veterans
- Native Alaska
- Pacific Islanders
- Parents & Families
- People Living with HIV/AIDS
- People with Addictions
- Poor / Economically Disadvantaged
- Single Parents
- Tobacco Users
- Tribal Communities
- Victims of Crime
- Women's Health
- Youth
- Other (please specify) All are welcome; target is low-income resident





**City of Hyattsville  
Health Wellness and Recreation  
Thrive Grants Program Application**

**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

Check Should be Payable To: Love Yoga Studio MD, LLC

Detailed Budget Outline (attach):

**DEADLINE: Complete applications are due by 5 PM ET on January 17, 2019**



## **Project Description**

### *Grounded in Love*

#### *An Outdoor Yoga Class Series for Low-Income Residents of the Hyattsville Community*

Love Yoga Studio is seeking funds to provide a community program that combines the wellness benefits of yoga with the benefits of being active in nature. Across the nation, there is an accessibility gap within the wellness industry, including the wellness spaces in Hyattsville. At Love Yoga we try to make yoga accessible to everyone in the community through a variety of ways, including our in-studio community programs. In addition to these in-studio programs, we aim to transplant the Love Yoga Way into our beloved Hyattsville community, outside of the studio.

Love Yoga Studio would like to offer our *Grounded in Love* program this Spring. *Grounded in Love* is a four-week, sixty-minute, yoga class series. *Grounded in Love* would be held in one of the local parks in Hyattsville weekend mornings. Love Yoga Studio would like low-income residents of Hyattsville to come discover the benefits of practicing yoga in nature, Saturdays 10:30am-11:30am May 9, 2020- May 31, 2020. The *Grounded in Love* program will give low-income residents a chance to enjoy the peace and serenity of a yoga class in the beautiful outdoors. This relaxing experience will be a free wellness activity for the community ages 6 and up.

In addition to being a family event, it will also be accessible to persons with differing abilities, as we will provide a select number of chairs, so that residents who are unable to practice on a mat can still be *Grounded in Love* with their fellow community members. Love Yoga Studio will provide yoga mats, yoga blocks, wipes, as well as participation waivers, pens and post-class surveys. Love Yoga Studio will also provide access to water during each class.



## **Project Goals and Objectives**

If provided the Thrive Grant Funding, this project will help Love Yoga Studio fulfill its mission of closing the wellness gap in the Hyattsville community by offering the *Grounded in Love* program during the spring of 2020.

**Goal:** Love Yoga Studio will provide a four-week yoga class series in a local Hyattsville park Saturday morning during the month of May 2020 to residents, at no charge.

**Objective 1:** Love Yoga Studio will work with the City of Hyattsville to determine the best park location for the *Grounded in Love* program, with the specific goal of targeting low-income residents that often do not have access to wellness activities.

**Objective 2:** Love Yoga Studio will advertise the *Grounded in Love* program to the residents of the target neighborhood by connecting with their housing management, having fliers at the public transportation stops in those areas, as well as notifying the schools closest to the selected park.

**Objective 3:** Love Yoga Studio will provide four quality outdoor yoga classes that are accessible and inclusive as a part of the *Grounded in Love* program.

**Objective 4:** Love Yoga Studio will seek the feedback from the residents of Hyattsville to gain information on what went well and what can be improved with the *Grounded in Love* program.



### **Expected Activities**

- Connect with officials in the City of Hyattsville to determine which park would be the best option for the *Grounded in Love* program.
- Attain all necessary permits needed to host the *Grounded in Love* program in the public park.
- Provide personnel for the *Grounded in Love* program including a yoga teacher from Love Yoga Studio and an additional person to serve as support and assistant during the class.
- Create the marketing materials needed to advertise the *Grounded in Love* program.
- Disseminate the marketing materials to the target neighborhood.
- Provide a brief survey to the residents after each class to allow for feedback on how the *Grounded in Love* program was experienced and can be improved in the future.



## **Expected Outcomes**

- ✓ Residents of Hyattsville, who may not have access to wellness activities such as yoga classes, will have four opportunities to connect their mind and body within the comfort of their own community, at no cost to them.
- ✓ Low-income residents of Hyattsville 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
- ✓ Low-income residents, adults and children, will see teachers of color providing yoga services, contributing to the destigmatization of wellness practices within low-income neighborhoods that are often communities of color.



## **Budget Outline**

**\$240 – Yoga Class Provision**

- \$60 per class (4 classes total)

**\$160 – Marketing Materials**

**\$60 – Survey Materials**

**\$20 – Access to water at each class**

**\$20 – Sanitation wipes for yoga props (mats, blocks & chairs)**

**Total \$500**



# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

#### Contents

Section 1 - Contact Information

Section 2 - Description of Grant Request

Section 3 - Project Details

Section 4 - Financial Information

#### Section 1 – Contact Information

##### 1. Applicant Information

Applicant Name:	Daniel Flynn
Applicant Position:	Principal
Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):	St. Jerome Academy
Applicant Email Address:	[REDACTED]
Applicant Phone Numbers:	[REDACTED]

Adult co-sponsor for minors:	
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##### 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:	



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

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:	Expansion of Bicycle Facilities on School Campus
-------------------	--

**Project Description**

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

**Project Goals and Objectives**

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

**Expected activities**

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

**Expected outcomes**

List expected tangible results (one page limit)

Project Start Date:	Winter/Spring 2020
Project End Date:	Spring 2020





# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

#### Section 3 – Project Details

What topic areas does the project address? (Check all that apply)

- |                                     |   |
|-------------------------------------|---|
| <input type="checkbox"/>            | Nutrition   |
| <input checked="" type="checkbox"/> | Physical Activity   |
| <input checked="" type="checkbox"/> | Obesity   |
| <input type="checkbox"/>            | Diabetes  |
| <input checked="" type="checkbox"/> | Cardiovascular Health   |
| <input type="checkbox"/>            | Mental Health – Stress Management, Isolation                  |
| <input type="checkbox"/>            | Substance Abuse   |
| <input checked="" type="checkbox"/> | Environmental Health Issues                                   |
| <input type="checkbox"/>            | Health effects of Climate Change                              |
| <input checked="" type="checkbox"/> | Other (Please Specify) Reduction in motorized vehicle traffic |



## City of Hyattsville Health Wellness and Recreation Thrive Grants Program Application

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

- |                                     |   |
|-------------------------------------|---|
| <input type="checkbox"/>            | Not applicable                                    |
| <input checked="" type="checkbox"/> | Adolescents                                       |
| <input checked="" type="checkbox"/> | African-American / Black                          |
| <input checked="" type="checkbox"/> | Asian   |
| <input checked="" type="checkbox"/> | At-Risk/Vulnerable Populations                    |
| <input checked="" type="checkbox"/> | Children & Families                               |
| <input type="checkbox"/>            | Individuals with Disabilities                     |
| <input type="checkbox"/>            | Elderly   |
| <input type="checkbox"/>            | Foster Youth & Families                           |
| <input checked="" type="checkbox"/> | Hispanic / Latino                                 |
| <input type="checkbox"/>            | Homeless Populations                              |
| <input checked="" type="checkbox"/> | Immigrants & 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 Alaska                                     |
| <input type="checkbox"/>            | Pacific Islanders                                 |
| <input checked="" type="checkbox"/> | Parents & Families                                |
| <input type="checkbox"/>            | People Living with HIV/AIDS                       |
| <input type="checkbox"/>            | People with Addictions                            |
| <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)                            |



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

**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: \$400

Check Should be Payable To: St. Jerome Academy

Detailed Budget Outline (attach):

**DEADLINE: Complete applications are due by 5 PM ET on January 17, 2019**

## **St. Jerome Academy Thrive Grant Application Section 2**

### **Title of Project: Expansion of Bicycle Facilities on School Campus**

#### **Project Description:**

St. Jerome Academy has experienced a significant growth in student population over the past 10 years -- from 260 to 400, with an expected increase to 540 students in the next five years. At the same time, an increasing percentage of its student body resides within walking or biking distance of the school. Student use of bikes and other non-motorized vehicles to get to and from school has gradually increased over the past several years, and is expected to continue to increase with the growth of enrollment from the surrounding area.

Students with bikes and other vehicles had been parking them in the school's cafeteria, which had a concrete slab floor, until last summer, when the school renovated its cafeteria, installing a terrazzo tile floor which can be easily scuffed by rubber tires.

This past fall, SJA applied for a City of Hyattsville grant for the installation of Hyattsville-themed bike racks in the parking lot next to the cafeteria entrance. The grant was approved for the installation of two sets of two racks. However, the racks must be installed within concrete footings, and there was only one such concrete platform available -- adequate only for the installation of the first set of racks. A second platform is too deteriorated to be deployed for the second set. The first set of racks was installed in December 2019 and is now in service, but is not adequate to meet the expected demand after the return of warmer weather.

The school exhausted its capital-improvement budget for the school year with last summer's renovations, which were necessary to create expanded capacity for enrollment growth of the school. SJA is applying for the Thrive Grant in the hopes that the funds can pay for the refurbishment of the second concrete platform, so that the second set of bike racks -- already approved by the City -- can be installed.

#### **Project Goals and Objectives:**

These are the goals of our project:

1. Provide safe storage of personal transportation vehicles used by students at the school and other community members who use school facilities (Boy Scouts, American Heritage Girls, event attendees, users of the school's playground, etc.).

## Section 2, page 2

2. Increase the number of students and others who use trips to and from the school to get healthy exercise.
3. Decrease the number of car trips to and from school, especially during drop-off and pick-up times, when car congestion increases air pollution in the surrounding neighborhood and impedes traffic flow.
4. Provide a practical way for students from disadvantaged families, who don't own cars, to commute to school. Such students are disproportionately from minority and, especially, immigrant families.

### Expected Activities:

The work to be funded by the Thrive Grant is to repair and resurface an existing concrete pad that will be used as the footing for a second set of Hyattsville bike racks. The bike racks and their installation have already been approved by a separate micro-grant from the City of Hyattsville.

### Expected Outcomes:

The doubling of bike-rack capacity will accommodate the current demand for non-motorized vehicle storage and allow for an increase in the use of such vehicles in the future. The convenience and safety of having secure storage right next to the school entrance will encourage more young people to use non-motorized transport to and from school or other activities at the school campus.

### Photo Documentation:

Completed bike rack installation:



Proposed site for second bike rack:



**Section 4, Financial Information**  
**Detailed Budget Outline**



**ETC Contracting**  
5404 Taylor Road  
Riverdale, MD 20737

**Proud as a Lion of Our Quality Construction**

**Bill La Chance (301) 318-3524**

**DATE: January 6, 2020**

**No. 200106**

St Jeromes  
Academy  
5207 42<sup>nd</sup> Pl.  
Hyattsville, Md.  
20781

**PROPOSAL**

- 1) Pour 2" concrete layer over existing 36"x80" damaged concrete pad. Form with 2"x6" wood and finish smooth ready for bike rack. Remove formwork after concrete cures. **\$400**

Thank You, **William La Chance** v.p. ETC Contracting Inc.



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

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**Section 1 – Contact Information**

**1. Applicant Information**

Applicant Name:	Taneisha Jacson
Applicant Position:	Financial Educator/ MD Trainer
Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):	individual
Applicant Email Address:	[REDACTED]
Applicant Phone Numbers:	[REDACTED]

Adult co-sponsor for minors:	n/a
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**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:	Largo Financial Center
Authorized Official Name:	Franklin Melenu
Applicant Position:	Senior Educator / Marketing Director



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

Applicant Organization (If applying as an individual, please enter "Individual"):	World system builders
Applicant Email Address:	[REDACTED]
Applicant Phone Numbers:	[REDACTED]

**Section 2 – Description of Grant Request**

Title of Project:	National Campaign For Fincanial Literacy
-------------------	--

**Project Description**

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

**Project Goals and Objectives**

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

**Expected activities**

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

**Expected outcomes**

List expected tangible results (one page limit)

Project Start Date:	May 27th 2020
Project End Date:	June 24th 2020





**City of Hyattsville  
Health Wellness and Recreation  
Thrive Grants Program Application**

**Section 3 – Project Details**

**What topic areas does the project address? (Check all that apply)**

- |                                     |  |
|-------------------------------------|--|
| <input type="checkbox"/>            | Nutrition  |
| <input type="checkbox"/>            | Physical Activity  |
| <input type="checkbox"/>            | Obesity  |
| <input type="checkbox"/>            | Diabetes   |
| <input type="checkbox"/>            | Cardiovascular Health  |
| <input checked="" type="checkbox"/> | Mental Health – Stress Management, Isolation                           |
| <input type="checkbox"/>            | Substance Abuse  |
| <input type="checkbox"/>            | Environmental Health Issues  |
| <input type="checkbox"/>            | Health effects of Climate Change                                       |
| <input checked="" type="checkbox"/> | Other (Please Specify) Financial Wellness lack of it impact all topic. |



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

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

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



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

**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: \$438

Check Should be Payable To: Taneisha Jacson

Detailed Budget Outline (attach):

**DEADLINE: Complete applications are due by 5 PM ET on January 17, 2019**

- **Project Description Please describe the project for which you are seeking funding (one page limit).**

The project to be funded is called the National Campaign for Financial Literacy. This is a campaign needed to develop public awareness that the solution of becoming financially educated should not be feared or so expensive for an individual or family they are excluded.

Taken straight from the headlines, Financial literacy is the greatest gift of all: Marguerita Cheng Forbes, June 18 2018.

She shares the issue that faces us all and its sad to say it's a global issue as well "In the United States, there are only five states that require a personal finance for high school graduation: Alabama, Missouri, Tennessee, Utah and Virginia. A study by the FINA Foundation estimated that nearly two thirds of Americans couldn't pass a basic Financial literacy test. According to the study, Americans have low levels of financial literacy and difficulties applying financial decision – making skills to real life situations".

Our Campaign is equipped with licensed financial educators who are certified in the 4 series Financial Foundation Educational Program that is provided.

The sessions are 2hrs and one on one support is complimentary as help working on applying strategies in individualized lives are encouraged and not forced to be done in a limited 2hrs space.

The series equips an individual- family – business owner 16 y/o and upward to master the basics in 30 days while continuing support is always available and at no extra charge for support.

The tools used are the "Saving your future book- Basic Principles of building a financial foundation. This book holds the concepts and strategies that can be applied in the accompanying workshop book. These two tools help the participant to resolve the lack of understanding, planning and support surrounding families moving from financial insecurity to financial independence.

And one of the greatest benefits includes participants keeping / using/ and re learning these financial wellness concepts and anything understood can be taught – and they now have the tools to do that very thing impacting our community, our residents, and many generation now and to come eradicating the ill equipped culture that hinders a well balanced financial lived life.

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

The Project goal is to eliminate the barrier of the tool cost \$4 for each book. The sessions can be done at our center in Largo MD 9701 Apollo Drive Suite 281 – workshop capacity 30 or at a location of the city of Hyattsville choosing- we will just need a projector system to connect the computer to. There would be a cost to cover light refreshment for the 4- 2hr selected – water/ fruit/ chesses/ crackers. Certification Ceremony cost would be covered by the leaders of the center upon completion of the series for the participants.

One of the main Objectives is that after the 4 – 2hr session and individual will understand the basics of personally managing the money they receive or earn- to save/ grow/ and use that growth to protect their family to be self sufficient financially now and in the future- no matter the financial storms that may come.

Measurable outcome- debt roll up- having an end date to your debt.

Understanding and start building a strong financial home using the building block like protection/ debt elimination/ emergency fund building/ understanding investment and their tax advantage potential. And each session has it unique objectives to support the topics:

1. Increasing cash flow/ Debt Management
2. Building a strong financial foundation/ Proper protection
3. Building wealth/ Asset accumulation
4. Retirement planning/ wealth preservation.

The Thrive grant would fund the participants having the life changing tools that set them on the path for lifelong financial wellness and support.

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

Activities that would be used to support the goals are the educational sessions using the education tools saving your future book and the workbook.

Group activities work sheet at the workbook.

One on one / family support if needed to apply concepts and individualize application if needed – one would set an apt times with a licensed educator.

- **Expected outcomes List expected tangible results (one page limit)**

Expected tangible results are participants will re-evaluate and find saving an average of \$50-100 or more.

These extra funds can be used for saving -development for emergency funds or debt elimination – debt elimination dates will be established to work towards and accomplish with consistency and discipline.

Understanding investment and building wealth there are several vehicles that can be used – choose the right one for yourself and your family base on the stage of financial wellness you have at this time and build towards the future with confidence using – tax now/ tax later or tax advantage vehicles.

Protect and preserve your money- using the concept rule of 72 for saving / debt build up it works the same. Use their real life examples for illustration and how to avoid pitfalls. Preservation is knowing and understanding how the calculation of interest rates affects positively and negatively.

Passive vs. active management of your financial can lead to college debt for children with parents being ill informed. College funding Financial Aid formula will be explained.

What sources for retirement income will you have and how will it fit your life. Their scenario for increasing or decreasing life expenses will be worked on for individualized future outcome.

Estate planning is not for the wealthy. Estate planning issues affects the ill prepared individual family that's left behind – we all have an estate.

All this and more is spelled out in the saving to your future book and applied / broken down in the workshop book that benefits everyone irrespective of income level.

## Budget Detail

<u>IN</u> 1. Thrive Grant Fund	\$438	
<u>OUT</u> Saving your future book 30x4 Workshop book 30x4  <u>Refreshment</u> Water \$5x2x4 Apples \$4x3x4 Crackers/ Pita chips \$3x4x4 Cheese sticks \$3x4x4  <u>Supplies</u> Paper pack \$5 pen- 30 \$9		\$120 \$120  \$40 \$48 \$48 \$48  \$5 \$9
Total	\$438	\$438
Surplus or deficit	0	0





# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

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Section 1 - Contact Information

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#### Section 1 – Contact Information

##### 1. Applicant Information

Applicant Name:	Otto Abraham Aguilera Saenz
Applicant Position:	Eco Club President
Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):	Northwestern Eco Club
Applicant Email Address:	[REDACTED]
Applicant Phone Numbers:	[REDACTED]

Adult co-sponsor for minors:	[REDACTED]
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##### 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:	



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

Applicant Organization (If applying as an individual, please enter "Individual"):	Northwestern High School Dr. Murray, Principal
Applicant Email Address:	[REDACTED]
Applicant Phone Numbers:	[REDACTED]

**Section 2 – Description of Grant Request**

Title of Project:	Northwestern High School Vegetable Garden
-------------------	---

Project Description - *See attached*

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

**Project Goals and Objectives**

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

**Expected activities**

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

**Expected outcomes**

List expected tangible results (one page limit)

Project Start Date:	March, 2020
Project End Date:	November, 2020



**City of Hyattsville  
Health Wellness and Recreation  
Thrive Grants Program Application**

**Section 3 – Project Details**

**What topic areas does the project address? (Check all that apply)**

- 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)



# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

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

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



**City of Hyattsville  
Health Wellness and Recreation  
Thrive Grants Program Application**

**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: \$400

Check Should be Payable To: Northwestern High School

Detailed Budget Outline (attach):

**DEADLINE: Complete applications are due by 5 PM ET on January 17, 2019**

We are The Northwest High School Eco Club, Ms. Rowe sponsoring teacher.

The project that we plan is about planting vegetables using a practical and more economic way. We plan to use the money to build self-watering planters similar to Earthboxes.

[https://www.youtube.com/watch?v=fo\\_vkdkq8ew](https://www.youtube.com/watch?v=fo_vkdkq8ew)

Ms. Rowe has experience successfully growing vegetables in Earthboxes. Self watering containers are easier to care for during the summer, can be moved to ideal locations and do not require permanent structures.

By doing this project we can teach our friends and kids the importance of vegetables and how plant them. The garden will provide a relaxing activity and place for students, thus reducing stress. Also we can encourage people to create they own tiny garden in their homes. This helps the environment as we do not have to buy vegetables that are shipped from far away.

Our plans are to buy vegetable seeds and plant them under the grow lights available from the science department, then we will transplant the seedling to the containers in a courtyard. In these activities we could even include the children in daycare.

When the vegetables are ready to be harvested we can create salads and maybe sell them or give them to the school, as a healthier alternative to the regular lunch. (We will have to research health codes about serving in the cafeteria to do this). We could also give the vegetables to the food and nutrition classes so that they can learn how to prepare healthy meals. We could also teach in the daycare the importance of vegetables and why it is very good to eat them. Extra vegetables could also be sold to staff to fund the program for coming years.

**We in the Eco club will be responsible for giving water to the vegetables and taking care of them during the summer, it is a responsibility that we take very seriously.**

**Budget for 6 container gardens: Total = \$400**

<i>Item</i>	<i>Quantity</i>	<i>Cost</i>
Promix potting soil	2, 3.8 cuft. bales	112.00
Foxfarm organic fertilizer	3, 4lb bags	75.00
Vegetable seeds	10 packets	35.00
20 gallon storage containers	6 containers	56.00
10ft. x 1in. PVC pipe	1	2.00
led grow lights	6	114.00
Garden lime	1 bag	6.00



# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

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#### Section 1 – Contact Information

##### 1. Applicant Information

Applicant Name:	Lauren Vulcanovic
Applicant Position:	Cofounder
Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):	Tired Parents
Applicant Email Address:	[REDACTED]
Applicant Phone Numbers:	[REDACTED]

Adult co-sponsor for minors:	X
------------------------------	---

##### 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:	X
Authorized Official Name:	X
Applicant Position:	X



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

Applicant Organization (If applying as an individual, please enter "Individual"):	X
Applicant Email Address:	X
Applicant Phone Numbers:	X

**Section 2 – Description of Grant Request**

Title of Project:	Preventing gun violence in Hyattsville and surrounding communities
-------------------	--

**Project Description**

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

**Project Goals and Objectives**

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

**Expected activities**

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

**Expected outcomes**

List expected tangible results (one page limit)

Project Start Date:	Feb. 1, 2020
Project End Date:	May 1, 2020





# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

#### Section 3 – Project Details

What topic areas does the project address? (Check all that apply)

- |                                     |   |
|-------------------------------------|---|
| <input type="checkbox"/>            | Nutrition   |
| <input type="checkbox"/>            | Physical Activity                                       |
| <input type="checkbox"/>            | Obesity   |
| <input type="checkbox"/>            | Diabetes  |
| <input type="checkbox"/>            | Cardiovascular Health                                   |
| <input type="checkbox"/>            | Mental Health – Stress Management, Isolation            |
| <input type="checkbox"/>            | Substance Abuse   |
| <input type="checkbox"/>            | Environmental Health Issues                             |
| <input type="checkbox"/>            | Health effects of Climate Change                        |
| <input checked="" type="checkbox"/> | Other (Please Specify) Violence and accident prevention |



## City of Hyattsville Health Wellness and Recreation Thrive Grants Program Application

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

- |                                     |   |
|-------------------------------------|---|
| <input type="checkbox"/>            | Not applicable                                    |
| <input type="checkbox"/>            | Adolescents                                       |
| <input type="checkbox"/>            | African-American / Black                          |
| <input type="checkbox"/>            | Asian   |
| <input type="checkbox"/>            | At-Risk/Vulnerable Populations                    |
| <input checked="" type="checkbox"/> | Children & Families                               |
| <input type="checkbox"/>            | Individuals with Disabilities                     |
| <input type="checkbox"/>            | Elderly   |
| <input type="checkbox"/>            | Foster Youth & Families                           |
| <input type="checkbox"/>            | Hispanic / Latino                                 |
| <input type="checkbox"/>            | Homeless Populations                              |
| <input type="checkbox"/>            | Immigrants & Refugees                             |
| <input type="checkbox"/>            | Incarcerated or Formerly Incarcerated Populations |
| <input type="checkbox"/>            | LGBTQ Communities                                 |
| <input 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 Alaska                                     |
| <input type="checkbox"/>            | Pacific Islanders                                 |
| <input checked="" type="checkbox"/> | Parents & Families                                |
| <input type="checkbox"/>            | People Living with HIV/AIDS                       |
| <input type="checkbox"/>            | People with Addictions                            |
| <input 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)                            |



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

**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

Check Should be Payable To: Julia Crooks

Detailed Budget Outline (attach):

**DEADLINE: Complete applications are due by 5 PM ET on January 17, 2019**

## **Thrive grant application**

### **Preventing gun violence in Hyattsville and surrounding communities**

#### **Project description**

Deaths from firearms are the second leading cause of death among children and adolescents in the United States<sup>1</sup>; every day, 8 children and teens around the country are accidentally killed or injured as a result of access to an unsecured firearm at home<sup>2</sup> and 4.6 million children live with a gun that is unlocked or unsupervised<sup>3</sup>. Keeping guns unloaded and safely locked can help prevent the risk of these deaths and injuries by 73%<sup>4</sup>.

Since 2017, a group of parents (known as the Tired Parents) from Hyattsville and surrounding areas have been working to end gun violence in the community, with a specific focus on preventing accidental gun injury and mortality among children.

Societal norms can make conversations about guns uncomfortable. A non-representative survey conducted of Hyattsville residents on the Hyattsville Nurturing Parents listserv by the Tired Parents in 2017 with approximately 95 responses indicated that parents and caregivers were not asking whether there were guns in the homes their children visited, and if so, whether they were stored safely.

The Tired Parents group has been working to raise awareness of how to prevent gun mortality and injury specifically through empowering community members to ask about firearms in homes and teaching children what to do in the event that they ever find a gun. This project seeks to continue these activities and increase Tired Parents' presence in the community.

#### **Project goals and objectives**

The goal of this project is to prevent deaths and injuries from gun violence in the community, especially among children and adolescents.

The objectives are to:

1. Socialize the target population group (parents and caregivers) about the importance of safe firearm storage.
2. Facilitate a cultural shift wherein people feel comfortable discussing firearms, including asking if their neighbors, friends and family members own them, and if so, how they're stored, before allowing their children in their homes.

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<sup>1</sup> The Trace: The facts on children and teens killed by Guns. <https://www.thetrace.org/2019/08/children-teens-gun-deaths-data/>

<sup>2</sup> Taken from the Brady Campaign; Brady averaged the five most recent years of complete data from death certificates (2013-17) available via CDC's National Center for Injury Prevention and Control's Web-based Injury Statistics Query and Reporting System, [cdc.gov/injury/wisqars/fatal.html](http://cdc.gov/injury/wisqars/fatal.html), and three most recent years of complete data from emergency department visits (2013, '14, and '16) available via the Healthcare Cost and Utilization Project's (HCUP's) online query system, [hcupnet.ahrq.gov](http://hcupnet.ahrq.gov).

<sup>3</sup> Azrael, D., Cohen, J., Salhi, C. et al. *J Urban Health* (2018) 95: 295. <https://doi.org/10.1007/s11524...>

<sup>4</sup> Grossman DC, Mueller BA, Riedy C, et al. Gun Storage Practices and Risk of Youth Suicide and Unintentional Firearm Injuries. *JAMA*. 2005;293(6):707–714. doi:10.1001/jama.293.6.707

## **Expected activities**

The Tired Parents group seeks to build their momentum through increasing their presence and visibility at community events in order to reach more people with messages on gun violence prevention.

Examples of events in which the Tired Parents were organizers or co-organizers in 2019 include:

1. ASK Day launch - Tired Parents worked with the City of Hyattsville to declare June 21 as Asking Saves Kids (ASK) Day, with an official proclamation and launching event with words from Mayor Hollingsworth, Councilmember Suiter, and a representative of the Hyattsville City Police Department (HCPD) at Summer Jam. More than 60 people signed a pledge at that event to always ask about guns before allowing their children in other peoples' homes.
2. ASK Day playdate – Following the launch of ASK Day at Summer Jam in June, the Tired Parents hosted a community conversation playdate for parents interested in learning more about gun safety and gun violence prevention.
3. Home for the holidays: Asking about guns in homes – This event, held at Art Works Now with the participation of HCPD and Hyattsville City Council, reinforced the importance of asking about unsecured guns in homes at a time of year when people are traveling and visiting neighbors more. HCPD Officer Zach Nemser spoke to kids about what to do if they ever find a gun, Art Works Now staff did an art project with the kids to help them express how they feel speaking about guns, and parents spoke about talking to friends and family about guns in their homes.

The Tired Parents group plans to hold these activities and others during 2020, as well as increase their presence at community events, including Summer Jam, Hyattsville International Festival, city-sponsored parent workshops, the Hyattsville anniversary parade, and others.

In order to increase the group's visibility and make its purpose easy to recognize and understand among community members during these events, the Tired Parents propose using grant funds for the following products:

1. Designing and printing a reusable banner to put up at events.
2. Designing and printing promotional and support materials to distribute at community events to reinforce messages on gun violence prevention with children and to provide tips on how to have conversations about guns in homes.

## **Expected Outcomes**

The expected outcomes for this project include the following:

1. Increased awareness among Hyattsville residents, with a focus on families with young and school-aged children, of the dangers of having unsecured firearms accessible to children.
2. Increased number of parents and caregivers who take the pledge to always ask if there are unsecured firearms in the homes of family, friends and neighbors before allowing their children to visit.
3. Increased number of parents and caregivers who ask if there are firearms in the homes of family, friends and neighbors, and if so, how they're stored, before allowing their children to visit.
4. Increased levels of comfort in having conversations about gun violence prevention.

Potential indicators that could measure the outcomes include:

1. Number of people who engage with Tired Parents about gun violence prevention at community events.
2. Number of people who take the pledge to ask if there are firearms present in the homes their children will visit.
3. Number of people who attend Tired Parents events.
4. Post-event surveys for participants of Tired Parents events indicating how likely they are to ask about firearms while planning their next visit to someone's home and if they feel more comfortable having conversations about gun safety following the event.

**Links with city priority areas**

The work of the Tired Parents links with the following priority areas listed on the grant application:

- ✓ Impacts large groups of city residents by working with families of all types and participating in city events in which families often participate.
- ✓ Facilitates partnership among diverse sectors, including Hyattsville City Police Department, Art Works Now, other local organizations and businesses who have reached out to Tired Parents to collaborate (like Vigilante Coffee), and the community at large.
- ✓ Integrates the arts through collaboration with Art Works Now to help youth use art to express how they feel about guns and violence.
- ✓ Targets areas identified by community survey responses and assessments following a non-representative survey conducted by the Tired Parents among Hyattsville parents and caregivers indicating there was a need for work on gun violence prevention in the community.

**Budget**

Category	Product or Activity	Provider	Cost	Notes
Materials	Design of banner	Tash Vullis	\$300	Local designer, mom to young baby
	Tips worksheet design	Tash Vullis	\$100	
	Banner printing	Train Printing	\$100	

**Total requested: \$500**



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

**Contents**

**Section 1 - Contact Information**

**Section 2 - Description of Grant Request**

**Section 3 - Project Details**

**Section 4 - Financial Information**

**Section 1 – Contact Information**

**1. Applicant Information**

Applicant Name:	Amalie Malochee
Applicant Position:	Yoga Instructor
Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):	Individual
Applicant Email Address:	[REDACTED]
Applicant Phone Numbers:	[REDACTED]

Adult co-sponsor for minors:	
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**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:	Grassfed On the Hill
Authorized Official Name:	Liz Reitzig
Applicant Position:	Consultant



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

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:	<b>Chair Yoga for All Bodies</b>
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**Project Description**

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

**Project Goals and Objectives**

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

**Expected activities**

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

**Expected outcomes**

List expected tangible results (one page limit)

Project Start Date:	<b>2/9/2020</b>
Project End Date:	<b>4/31/2020</b>





# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

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

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



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

**Section 3 – Project Details**

**What topic areas does the project address? (Check all that apply)**

- |                                     |  |
|-------------------------------------|--|
| <input type="checkbox"/>            | Nutrition                                    |
| <input checked="" type="checkbox"/> | Physical Activity                            |
| <input checked="" type="checkbox"/> | Obesity                                      |
| <input checked="" type="checkbox"/> | Diabetes                                     |
| <input checked="" type="checkbox"/> | Cardiovascular Health                        |
| <input checked="" type="checkbox"/> | Mental Health – Stress Management, Isolation |
| <input type="checkbox"/>            | Substance Abuse                              |
| <input type="checkbox"/>            | Environmental Health Issues                  |
| <input type="checkbox"/>            | Health effects of Climate Change             |
| <input type="checkbox"/>            | Other (Please Specify)                       |

## **Chair Yoga for All Bodies**

### **Project Description**

Yoga is for all bodies and offers health and wellness benefits that should be accessible for all. Many potential students find yoga studios intimidating or classes inaccessible due to age, disability, lack of experience, or previous injury. Chair yoga with an educated and experienced instructor allows all levels, body types, and ages and [most] abilities to attain yoga postures and experience therapeutic benefits. This funding request will enable Chair Yoga For All Bodies to offer a 6-week session at a subsidized cost of \$5 per session to 12 individuals.

The class will be targeted to low/fixed income individuals through grassroots marketing outreach. Marketing will extend to many retirement communities, recreation centers, social service organizations, and church groups within the Hyattsville boundaries, including: HOPE (Hyattsville Organization for a Positive Environment) listserv, Riderwood Senior Living Community, Sacred Heart Home, Hyattsville Reporter, Hyattsville City Calendar, St. Jerome's Church Bulletin, First Baptist Church Bulletin, Ager Road United Methodist Church Bulletin, Eastminister Presbyterian Church Bulletin, Catholic Charities, and Housing Initiative Partnership.

The intent is to ensure that all community members are welcomed, and that postures and movement are accessible and tailored specifically to meet the needs of a demographic that would not easily walk into a yoga studio. A yoga routine can reduce pain, joint stress, imbalance issues, symptoms of osteoarthritis, and other physical limitations. Nearly all people can benefit from incorporating a yoga practice into their routine. Chair yoga is a very accessible way to improve flexibility and strength simultaneously. This class will be designed to specifically address the topic areas of physical activity, obesity, diabetes, cardiovascular health, and mental health.

Classes will be taught by Amalie Malochée, RYT 200, CPR-AED certified. Yoga has guided Amalie's journey into wellness through a rigorous and intelligent physical practice, as well as calm meditation and gentle restorative poses. Her classes are guided by this concept of an energizing physical practice to focus and activate the body, followed by a restorative close. She uses a variety of props, including chairs, blankets, blocks, and straps help to illuminate those parts of us we are less attuned to, as well as adapt to different body types and abilities.

She has over six years of experience teaching in studios and schools in DC area, and more than a decade as a dedicated student with primarily alignment and strength based yoga instructors in India and the US. Amalie is a Hyattsville resident and local to the area who is dedicated to bringing health and wellness resources to her community.

## **Project Goals and Objectives**

Chair Yoga for All Bodies will be a pilot program, beginning with a 6-week session at a subsidized rate to all Hyattsville residents. The goal is to line up further sessions in the future, continuing to offer a low class fee so that it is accessible to low-income residents. The vision is that Chair Yoga for All Bodies will grow into a weekly Hyattsville class for community members to come together to practice and support our growth in health and vitality.

### **Therapeutic Benefits**

- **Increase Resilience:** Increased flexibility for achy/stiff joints, improves strength and stability, tones muscles to prevent injury
- **Improve Fitness:** Reduces high blood pressure, improves respiratory function, increases stamina and vitality
- **Encourage Mindfulness:** Reduces anxiety, develops connection to body, thoughts and emotions, become more connected to community and promotes social engagement.

### **Community benefits**

- Community building
- Confidence building for people who never thought they could do yoga
- Promote social equity and boost social cohesion

## **Expected Activities**

### **Techniques and Activities**

- Age-appropriate strength training and balancing poses and movements
- Yoga with a chair and other props to adjust to different ability levels
- Cross-lateral movements to promote neural connectivity
- Restorative poses to soothe the parasympathetic nervous system
- Repetition to gain confidence and results
- Talking about and describing how your body works

Teacher will be available after class to discuss particular issues or questions with students. Although she is not a physical therapist and will not provide medical advice, she will give each student personal attention so that she can understand their capacity and limitations and to the best of her ability tailor postures and movement to support their needs and growth.

## **Expected Outcomes**

- Students from all economic backgrounds and demographics, regardless of personal or social circumstances such as gender, ethnic origin, family background or physical ability, are given access and opportunity to achieve health and vitality.

- A community of students is built, students get to know one another and relate to each other with a sense of mutual support. The teacher will work to develop this rapport amongst students with hands-free partner poses and mini-challenges to build teamwork.
- Students who attend on a regular basis will build strength, flexibility, and confidence as they see progress over the session.
- Students who attend on a regular basis will benefit from the short meditations on the breath that calm the mind and soothe the nervous system, increasing overall wellbeing.

### Detailed Budget Outline

The total cost of the grant will be allocated toward materials and props needed for the students in the community. In addition, a welder in the community has committed to donate time to modify the chairs to the correct specifications. (Standard metal chairs have a large flat back which must be removed and the surface polished so that it conforms to the specifications of a yoga chair, which retail for about \$75 a piece.) During the pilot phase, teaching hours will be primarily donated time. If marketing is effective and attendance is substantial, after the pilot phase of the program the goal is that drop-in fees will cover the teachers wage. If that is unsustainable, the instructor will seek further donated resources to compensate for teaching time. The cost per class per student will be \$5, so that students will have some level of investment in the experience. Additionally, there will be funds allocated to marketing in order to reach a diverse population and ensure broad dissemination of the opportunity.

EXPENSE	AMOUNT	NOTES
Chairs (12 at \$18/ea)	\$216	\$18/each
Customization	\$700	In-Kind Donation
Teaching Space	\$0	Donated
Mats (12)	\$159.48	\$13.29/ea
Foam Blocks (12)	\$71.88	\$5.99/ea
Marketing	\$50	2.4 hours at \$20/hour
<b>Total Expense</b>	<b>\$1197.36</b>	

<b>INCOME</b>	<b>\$1197.36</b>	
Grant	\$497.36	
In-Kind Donations	\$700	

### **Application Cycle and Key Dates**

Complete applications must be submitted by 5 PM ET on January 17, 2020.

Funded project recipients should submit a brief funding report by 5 PM ET June 12, 2020.

Submission should be made via email to Cheri Everhart, [CEverhart@hyattsville.org](mailto:CEverhart@hyattsville.org) or by mail to:

City of Hyattsville  
Health Wellness and Recreation Thrive Grant Program  
3rd Floor  
4310 Gallatin Street  
Hyattsville, MD, 20781

Hand-delivered applications should be brought to the third floor of 4310 Gallatin Street during regular business hours. Do not leave the application in any other City office.

**QUESTIONS:** Questions about the Grants Program should be submitted in writing to Cheri Everhart, [CEverhart@hyattsville.org](mailto:CEverhart@hyattsville.org).

### **Selection Process and Selection Criteria**

Applications will be reviewed by the City of Hyattsville's Health, Wellness and Recreation Advisory Committee and then submitted to the Mayor and City Council for approval of awards. Funds will be disbursed upon funding award approval and must be spent prior to May 31, 2020.

Priority considerations are given to applications that meet one or more of the following:

- impact large groups of city residents,
- facilitate partnerships amongst diverse sectors
- integrate the arts,
- target low-income residents,
- target areas identified by community survey responses and community assessments.

<b>Supporting Organization:</b>	<b>Congregations United for Compassion and Empowerment, Inc.</b>
<b>Authorized Official Name:</b>	<b>Rev. John Burns</b>
<b>Applicant Position:</b>	<b>President of the Board of Directors</b>



## Thrive Grants Program Application

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- Section 1 - Contact Information**
- Section 2 - Description of Grant Request**
- Section 3 - Project Details**
- Section 4 - Financial Information**

### Section 1 – Contact Information

#### 1. Applicant Information

Applicant Name:	Marcia Mityga
Applicant Position:	Board of Director's Member and Volunteer
Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):	Congregation's United for Compassion and Empowerment, Inc. (CUCE)
Applicant Email Address:	[REDACTED]
Applicant Phone Numbers:	[REDACTED]

Adult co-sponsor for minors:	
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#### 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:	



## Thrive Grants Program Application

Applicant Organization (If applying as an individual, please enter "Individual"):	Congregation's United for Compassion and Empowerment, Inc. (CUCE)
Applicant Email Address:	[REDACTED]
Applicant Phone Numbers:	[REDACTED]

### Section 2 – Description of Grant Request

Title of Project:	Prince Georges Plaza Day Center
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### Project Description

The Prince Georges Plaza Day Center is open Tuesday and Thursday from 1-6 pm at University Christian Church at 6800 Adelphi Road in Hyattsville, Maryland 20782. This program began October 3, 2016. The first day we had 8 people who attended. By the next open day we had over 20 people attending. Since December of 2016, we have had at least 30-35 people attending most days. In the summer of 2019, however, our stats average increased to 40-45 each day. Primary services offered include a meal, showers, laundry, charging phones and computer services to check email and do employment applications. There is one shower which is used by 8 or 9 people a day and one washer and dryer used by 4-5 people a day. The center is attended by homeless and marginal people primarily from Ward 2 and 3 in Prince Georges County. University Christian Church worked out a Memorandum of Agreement with Congregations United for Compassion and Empowerment, Inc. (CUCE), who has a 501c3, to oversee the program and its finances. (See Attachment 1 for a copy of CUCE's 501c3.) In January 2017, CUCE hired Don Phillips, a licensed social worker, to coordinate the program. We also have about 12 regular volunteers in addition to many occasional volunteers who assist in providing services for this program. (See Attachment 1 for 2019 guest stats.)(See Attachment 2 for volunteer hours for 2019)

We have developed working relationships with other programs to help provide services. These include: 1. the University of Maryland dining hall who provide left over food during the school year that is used for the Day Center meals; 2. during the summer and holidays when food from the university is not available, several of the religious organizations in the area are providing most of the meals needed; 3. developing a relationship with Samaritan Ministries to provide employment services to our guests that include setting employment goals, developing resumes,



filling out job applications, and providing some short term training programs; and 4. QCI Behavioral Health Program, a private non-profit mental health program, is providing mental health services to our homeless guests who live in Prince Georges County. In addition donating money to our program and assisting with meals and providing meals when the University of Maryland is closed, many of our religious congregations have donated clothing, toiletries, and laundry soap which can be given to our guests who need them.

### **Project Goals and Objectives (one page limit)**

1. Provide a safe and secure location for vulnerable people to rest, take a shower, clean their clothes, and give people what they need for basic survival without cost.
2. Remove the obstacles for those who are able to work and refer them for employment assistance such as preparing resumes and filling out job applications
3. Reduce obstacles such as mental health, health, and addiction issues by referring them to appropriate resources for treatment.
4. Refer people who are ready to pursue their goals to appropriate resources and assist them in applying for services that will help them stabilize.
5. Humanize this vulnerable population by educating and increasing the sensitivity of volunteers as they interact with our guests.
6. Provide an opportunity for different community groups and religious groups to work together on a common goal.

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

#### **Expected activities**

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

Our major activities include providing a meal each day we are open and allowing people to sign up for showers and laundry. Our greatest expense, besides the coordinator's salary and the utility cost paid to University Christian Church for electric and water, is for client supplies. This includes paper products such as plates, bowls, cold and hot cups, coffee, tea, sugar, creamer, condiments, rubber gloves, cleaning supplies, soap and shampoo for the shower and laundry soap for the washer and dryer. These are ongoing expenses that cost about \$500 a month. We would like to use this money to help cover these costs.

#### **Expected outcomes**

1. We anticipate assisting about 40-45 homeless or marginal adults each Tuesday and Thursday in 2020.
2. We expect to provide 8 or 9 showers each Tuesday and Thursday

3. We plan to have about 5 people a day and 10 people a week do laundry.
4. The greatest opportunities for socialization occur during the meal time. Our guests share their struggles and often help each other solve problems. Some play games. Chess has been a favorite game.
5. Volunteers prepare food, oversee the laundry, and the shower and interact with the guests
6. Our coordinator makes referrals as needed.

**List expected tangible results (one page limit)**

Our primary tangible result will be to provide nourishing meals that help keep our homeless and marginal people healthy and provide opportunities to keep themselves and their clothes clean to prevent infection and disease. We also try to make necessary referrals to appropriate places so that our guests can deal with issues that are preventing them from moving forward. For example, one of our guests had problems with his eyes that prevented him from working. We helped him get a free eye exam, medical assistance so that he could get eye surgery for cataracts, and eye glasses so that he could see. We referred him to Samaritan ministries to assist him with employment preparation. He is now working as a welder in Beltsville earning \$28 an hour. We allow people who need an address to use the church address to receive mail and packages. Our coordinator also helps people who need ID's acquire them.

Project Start Date:	February 1, 2020
Project End Date:	May 31, 2020



## Thrive Grants Program Application

### Section 3 – Project Details

What topic areas does the project address? (Check all that apply)

- |                                     |  |
|-------------------------------------|--|
| <input checked="" type="checkbox"/> | Nutrition                                    |
| <input type="checkbox"/>            | Physical Activity                            |
| <input type="checkbox"/>            | Obesity                                      |
| <input type="checkbox"/>            | Diabetes                                     |
| <input type="checkbox"/>            | Cardiovascular Health                        |
| <input checked="" type="checkbox"/> | Mental Health – Stress Management, Isolation |
| <input type="checkbox"/>            | Substance Abuse                              |
| <input type="checkbox"/>            | Environmental Health Issues                  |
| <input type="checkbox"/>            | Health effects of Climate Change             |
| <input type="checkbox"/>            | Other (Please Specify)                       |



## Thrive Grants Program Application

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

<input type="checkbox"/>	Not applicable
<input type="checkbox"/>	Adolescents
<input type="checkbox"/>	African-American / Black
<input type="checkbox"/>	Asian
<input type="checkbox"/>	At-Risk/Vulnerable Populations
<input type="checkbox"/>	Children & Families
<input type="checkbox"/>	Individuals with Disabilities
<input type="checkbox"/>	Elderly
<input type="checkbox"/>	Foster Youth & Families
<input type="checkbox"/>	Hispanic / Latino
<input checked="" type="checkbox"/>	Homeless Populations
<input type="checkbox"/>	Immigrants & Refugees
<input type="checkbox"/>	Incarcerated or Formerly Incarcerated Populations
<input type="checkbox"/>	LGBTQ Communities
<input 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 Alaska
<input type="checkbox"/>	Pacific Islanders
<input type="checkbox"/>	Parents & Families
<input type="checkbox"/>	People Living with HIV/AIDS
<input type="checkbox"/>	People with Addictions
<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)



## Thrive Grants Program Application

What wards are affected. Select all that apply.

<input type="checkbox"/>	Ward 1
<input checked="" type="checkbox"/>	Ward 2
<input checked="" 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: \$500

Check should be Payable To: Congregations United for Compassion and Empowerment, Inc.

Address: c/o John P Burns, 6201 Belcrest Road, Hyattsville, MD 20782

Detailed Budget Outline (attach):

Attachment 4 is the budget for the Prince Georges Plaza Day Center for 2020.

**DEADLINE: Complete applications are due by 5 PM ET on January 17, 2019**

**SIGNATURE OF CONGREGATIONS UNITED FOR COMPASSION AND EMPOWERMENT, INC. (CUCE)**

John P. Burns President of the CUCE Board

Signature

1/14/2020

Date

INTERNAL REVENUE SERVICE  
DISTRICT DIRECTOR  
P. O. BOX 2508  
CINCINNATI, OH 45201

DEPARTMENT OF THE TREASURY

Date: FEB 13 1999

Employer Identification Number:  
52-1918060

DLN:  
17053346147007

CONGREGATIONS UNITED FOR COMPASSION  
AND EMPOWERMENT INC  
C/O JOHN P BURNS  
6201 BELCREST RD STE 207  
HYATTSVILLE, MD 20782

Contact Person:  
D. A. DOWNING  
Contact Telephone Number:  
(513) 241-5199

Accounting Period Ending:  
December 31

Foundation Status Classification:  
509(a)(1)

Advance Ruling Period Begins:  
February 17, 1995

Advance Ruling Period Ends:  
December 31, 1999

Addendum Applies:  
No

Dear Applicant:

Based on information you supplied, and assuming your operations will be as stated in your application for recognition of exemption, we have determined you are exempt from federal income tax under section 501(a) of the Internal Revenue Code as an organization described in section 501(c)(3).

Because you are a newly created organization, we are not now making a final determination of your foundation status under section 509(a) of the Code. However, we have determined that you can reasonably expect to be a publicly supported organization described in sections 509(a)(1) and 170(b)(1)(A)(vi).

Accordingly, during an advance ruling period you will be treated as a publicly supported organization, and not as a private foundation. This advance ruling period begins and ends on the dates shown above.

Within 90 days after the end of your advance ruling period, you must send us the information needed to determine whether you have met the requirements of the applicable support test during the advance ruling period. If you establish that you have been a publicly supported organization, we will classify you as a section 509(a)(1) or 509(a)(2) organization as long as you continue to meet the requirements of the applicable support test. If you do not meet the public support requirements during the advance ruling period, we will classify you as a private foundation for future periods. Also, if we classify you as a private foundation, we will treat you as a private foundation from your beginning date for purposes of section 507(d) and 4940.

Grantors and contributors may rely on our determination that you are not a private foundation until 90 days after the end of your advance ruling period. If you send us the required information within the 90 days, grantors and contributors may continue to rely on the advance determination until we make a final determination of your foundation status.

Letter 1045 (DO/CG)

DLB 2/12/98

0070 0000

ATTACHMENT 2

GUEST STATS FOR PRINCE GEORGES PLAZA DAY CENTER

2019

	1-Jan	3-Jan	8-Jan	10-Jan	15-Jan	17-Jan	22-Jan	24-Jan	29-Jan	31-Jan
<b>TOTALS</b>	19	35	26	40	42	37	39	34	38	36

	5-Feb	7-Feb	12-Feb	14-Feb	19-Feb	21-Feb	26-Feb	28-Feb
<b>TOTALS</b>	37	43	53	44	40	32	45	39

**TOTAL OF DIFFERENT CLIENTS**  
190

	5-Mar	7-Mar	12-Mar	14-Mar	19-Mar	21-Mar	26-Mar	28-Mar
<b>TOTALS</b>	39	47	49	28	31	30	53	33

	2-Apr	4-Apr	9-Apr	11-Apr	16-Apr	18-Apr	23-Apr	25-Apr	30-Apr
<b>TOTALS</b>	31	37	29	33	17	24	32	30	23

**TOTAL OF DIFFERENT GUESTS**  
238

	2-May	7-May	9-May	14-May	16-May	21-May	23-May	28-May	30-May
<b>TOTALS</b>	37	36	41	52	40	37	40	47	38

	4-Jun	6-Jun	11-Jun	13-Jun	18-Jun	20-Jun	25-Jun	27-Jun
<b>TOTALS</b>	35	44	41	43	45	40	47	46

**TOTAL OF DIFFERENT GUESTS**  
296

	2-Jul	4-Jul	9-Jul	11-Jul	16-Jul	18-Jul	23-Jul	25-Jul	30-Jul
<b>TOTALS</b>	49	35	32	41	48	38	46	40	43

	1-Aug	6-Aug	8-Aug	13-Aug	15-Aug	20-Aug	22-Aug	27-Aug	29-Aug
<b>TOTALS</b>	44	49	45	44	36	44	58	53	50

**TOTAL OF DIFFERENT GUESTS**  
347

*The stats for these disappeared*

	3-Sep	5-Sep	10-Sep	12-Sep	17-Sep	19-Sep	24-Sep	26-Sep
<b>TOTALS</b>			54	47	38	42	43	45

	1-Oct	3-Oct	8-Oct	10-Oct	15-Oct	17-Oct	22-Oct	24-Oct	29-Oct	31-Oct
<b>TOTALS</b>	29	42	38	45	44	51	50	47	41	36

**TOTAL OF DIFFERENT GUESTS**  
390



	5-Nov	7-Nov	12-Nov	14-Nov	19-Nov	21-Nov	26-Nov	28-Nov	
<b>TOTALS</b>	41	44	44	50	43	35	40	35	

	3-Dec	5-Dec	10-Dec	12-Dec	17-Dec	19-Dec	24-Dec	26-Dec	31-Dec
<b>TOTALS</b>	42	40	38	35	33	49	30	26	34

**TOTAL OF DIFFERENT GUESTS**  
425

# ATTACHMENT 3

## VOLUNTEER HOURS 2019 JAN-DEC

	1-Jan	3-Jan	8-Jan	10-Jan	15-Jan	17-Jan	22-Jan	24-Jan	29-Jan	31-Jan
<b>Totals for Reg. Vol.</b>	15.5	29	21	17.5	28.5	32.5	31	26	17	27
<b>Totals for Occ. Vol.</b>	5	2.5	4	18	22	2	2	6	5	10
<b>Total Vol. Hrs.</b> 321.5 total hrs.	20.5	31.5	25	35.5	50.5	34.5	33	32	22	37
	6-Feb	8-Feb	12-Feb	14-Feb	19-Feb	21-Feb	26-Feb	28-Feb		
<b>Totals for Reg. Vol.</b>	27.5	20.5	13	23.5	14	20	11.5	28		
<b>Totals for Occ. Vol.</b>	4	8	9	10	9	3	4.5	14		
<b>Total Vol. Hrs.</b> 219.5 total hrs.	31.5	28.5	22	33.5	23	23	16	42		
	5-Mar	7-Mar	12-Mar	14-Mar	19-Mar	21-Mar	26-Mar	28-Mar		
<b>Totals for Reg. Vol.</b>	34.5	22	19	14.5	31	24	19	20		
<b>Totals for Occ. Vol.</b>	2.5	17	9	25	10	0	1.5	9		
<b>Total Vol. Hrs.</b> 267.5 total hrs.	37	39	28	39.5	41	24	20.5	29		
	2-Apr	4-Apr	9-Apr	11-Apr	16-Apr	18-Apr	23-Apr	25-Apr	30-Apr	
<b>Totals for Reg. Vol.</b>	16.5	24.5	15	15	13	18	31.5	20.5	18.5	
<b>Totals for Occ. Vol.</b>	3.5	13	7	21.5	14	1	0	18.5	5	
<b>Total Vol. Hrs.</b> 256.5 total hrs.	20	37.5	22.5	36.5	27	19	31.5	39	23.5	
	2-May	7-May	9-May	14-May	16-May	21-May	23-May	28-May	30-May	
<b>Totals for Reg. Vol.</b>	17	13.5	12.5	11.5	15	23	14.5	19.5	18.5	

**Totals for Occ. Vol.**      4.5      2      6.5      9      6      10      4      0      9.5

**Total Vol. Hrs.**      21.5      15.5      19      20.5      21      33      18.5      19.5      28  
196.5 total hrs.

**Totals for Reg. Vol.**      4-Jun      6-Jun      11-Jun      13-Jun      18-Jun      20-Jun      25-Jun      27-Jun  
32      17.5      14      7.5      10.5      13.5      18      11.5

**Totals for Occ. Vol.**      3.5      5      9      19.5      12      10      2.5      6

**Total Vol. Hrs.**      35.5      22.5      23      26      22.5      23.5      20.5      17.5  
191 total hrs.

**Totals for Reg. Vol.**      2-Jul      4-Jul      9-Jul      11-Jul      16-Jul      18-Jul      23-Jul      25-Jul      30-Jul  
25.5      2.5      10      13.5      10      16      13      23      16

**Totals for Occ. Vol.**      0      31.5      10      8      10.5      1      0      9      6.5

**Total Vol. Hrs.**      25.5      34      20      21.5      20.5      17      13      32      22.5  
206 total hrs.

**Totals for Reg. Vol.**      1-Aug      6-Aug      8-Aug      13-Aug      15-Aug      20-Aug      22-Aug      27-Aug      29-Aug  
26      33      14.5      16      18      16.5      19      21.5      17

**Totals for Occ. Vol.**      0      0      12      6      8      9.5      6      0      5

**Total Vol. Hrs.**      26      33      26.5      22      26      26      25      21.5      22  
219.5 total hrs.

**Total Vol Hrs. for Jan-Aug 2019 is 1,878**

**Totals for Reg. Vol.**      3-Sep      5-Sep      10-Sep      12-Sep      17-Sep      19-Sep      24-Sep      26-Sep  
19.5      14      19      16      19.5      11.5      28.5      18

**Totals for Occ. Vol.**      5      4      9      6.5      12      4      0      8.5

**Total Vol. Hrs.** 24.5 18 28 22.5 22.5 15.5 28.5 26.5  
 186 total hrs.

**Totals for Reg. Vol.** 1-Oct 30 3-Oct 18 8-Oct 19.5 10-Oct 28 15-Oct 22.5 17-Oct 20 22-Oct 28.5 24-Oct missing 29-Oct 21.5 31-Oct 29

**Totals for Occ. Vol.** 0 4 9 11 16.5 0 0 0 0

**Total Vol. Hrs.** 30 22 28.5 39 39 20 28.5 21.5 29  
 257.5 total hrs.

**Totals for Reg. Vol.** 5-Nov 26.5 7-Nov 25 12-Nov 10.5 14-Nov 23.5 19-Nov 20.5 21-Nov 10 26-Nov 22 28-Nov 6

**Totals for Occ. Vol.** 7 12 15 5.5 11.5 5.5 6.5 14.5

**Total Vol. Hrs.** 33.5 37 25.5 29 32 15.5 28.5 20.5  
 221.5 total hrs.

**Totals for Reg. Vol.** 3-Dec 20 5-Dec 21 10-Dec 13 12-Dec 4.5 17-Dec 8.5 19-Dec 14 24-Dec 10 26-Dec 9 31-Dec 16.5

**Totals for Occ. Vol.** 3.5 2 9 13 10 9.5 12.5 42.5 2

**Total Vol. Hrs.** 23.5 23 22 17.5 18.5 23.5 22.5 51.5 18.5  
 220.5 total hrs.

**Total hours from Jan-Dec-2,763.5 hrs**

## CUCE BUDGET FOR PRINCE GEORGES PLAZA DAY CENTER 2020

### Expenditures

#### Salaries:

Coordinator's position @\$20/hr. for 12 hrs./wk.	\$12,480
• Utilities-water, electric	6,300
Supplies for meals, showers, laundry	7,200
Office supplies- Ex. copying, printer ink, notebooks for sign-ins, pens,	300
Food-meals for day center	1,000
Winter supplies for homeless-Ex. Back packs sleeping bags, coats from thrift shops	2,400
Clothing-Ex. Underwear, T-shirts, socks, thermal underwear, and clothing required Ex: school or employment	1,200
Legal Services CLS for record expungement etc.	400
Medical for initial exams, co-pays, or other medical expenses not covered by medical insurance	1,000
Equipment	500
Miscellaneous	400
<b>Total</b>	<b>\$33,180</b>

CUCE BUDGET 2020 con't

**Income**

Religious Organizations	\$20,180
Grants	10,000
Other Donations	3,000

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<b>Total</b>	<b>\$33,180</b>
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# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

#### Contents

Section 1 - Contact Information

Section 2 - Description of Grant Request

Section 3 - Project Details

Section 4 - Financial Information

#### Section 1 – Contact Information

##### 1. Applicant Information

Applicant Name:	Andrena Sawyer
Applicant Position:	Executive Director
Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):	Minority Christian Women Entrepreneurs Network
Applicant Email Address:	[REDACTED]
Applicant Phone Numbers:	[REDACTED]

Adult co-sponsor for minors:	
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##### 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:	



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

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:	<b>The Wholeness Project</b>
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**Project Description**

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

**Project Goals and Objectives**

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

**Expected activities**

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

**Expected outcomes**

List expected tangible results (one page limit)

Project Start Date:	<b>March 21, 2020</b>
Project End Date:	<b>March 21, 2020</b>





# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

#### Section 3 – Project Details

What topic areas does the project address? (Check all that apply)

- |                                     |  |
|-------------------------------------|--|
| <input checked="" type="checkbox"/> | Nutrition                                    |
| <input checked="" type="checkbox"/> | Physical Activity                            |
| <input checked="" type="checkbox"/> | Obesity                                      |
| <input checked="" type="checkbox"/> | Diabetes                                     |
| <input type="checkbox"/>            | Cardiovascular Health                        |
| <input type="checkbox"/>            | Mental Health – Stress Management, Isolation |
| <input type="checkbox"/>            | Substance Abuse                              |
| <input type="checkbox"/>            | Environmental Health Issues                  |
| <input type="checkbox"/>            | Health effects of Climate Change             |
| <input type="checkbox"/>            | Other (Please Specify)                       |



## City of Hyattsville Health Wellness and Recreation Thrive Grants Program Application

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

- |                                     |   |
|-------------------------------------|---|
| <input type="checkbox"/>            | Not applicable                                    |
| <input type="checkbox"/>            | Adolescents                                       |
| <input checked="" type="checkbox"/> | African-American / Black                          |
| <input checked="" type="checkbox"/> | Asian   |
| <input checked="" type="checkbox"/> | At-Risk/Vulnerable Populations                    |
| <input checked="" type="checkbox"/> | Children & Families                               |
| <input type="checkbox"/>            | Individuals with Disabilities                     |
| <input type="checkbox"/>            | Elderly   |
| <input type="checkbox"/>            | Foster Youth & Families                           |
| <input type="checkbox"/>            | Hispanic / Latino                                 |
| <input type="checkbox"/>            | Homeless Populations                              |
| <input type="checkbox"/>            | Immigrants & 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 Alaska                                     |
| <input type="checkbox"/>            | Pacific Islanders                                 |
| <input checked="" type="checkbox"/> | Parents & Families                                |
| <input type="checkbox"/>            | People Living with HIV/AIDS                       |
| <input type="checkbox"/>            | People with Addictions                            |
| <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)                            |



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

**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

Check Should be Payable To: Minority Christian Women Entrepreneurs Network

Detailed Budget Outline (attach):

**DEADLINE: Complete applications are due by 5 PM ET on January 17, 2019**

**City of Hyattsville  
Health Wellness and Recreation Thrive Grants Program**

Submitted by: Minority Christian Women Entrepreneurs Network  
EIN: 82-5154035

www.mcwen.org  
mcwenetwork@gmail.com

**Project Title:**

The Wholeness Project

**Project Description**

The Wholeness Project (TWP) is a health & wellness initiative hosted by the Minority Christian Women Entrepreneurs Network (MCWEN) to promote healthy living for women from underrepresented communities.

Statistics confirm that a healthy woman—both physically and mentally—is more likely to be productive at work, and positively contribute toward her family's needs. However, most positions in the current workplace are largely sedentary, making it nearly impossible for workers, especially those who come from underrepresented backgrounds to practice and maintain healthy lifestyles. Healthy eating, exercise, and good sleeping patterns keep the body healthy. When the body is healthy, women tend to be under less stress, and can successfully devote more energy to personal and professional responsibilities. It then becomes even more important that women learn how to create opportunity for activity to better take care of their health.

One of the biggest challenges to this is that wellness has a diversity issue. With prices for healthy foods being considerably higher than prices for junk food, and exercise classes and equipment averaging hundreds of dollars each year, barriers to sustainable wellness are mounting, and even more so for women of color who may face additional challenges such as accessibility, income, and sometimes, language.

TWP was developed to provide health and wellness resources to directly women in the Hyattsville area. The one-day event will feature local nutrition and exercise experts who will lead participants in workshops and fun fitness classes designed to improve their understanding of how to make minor adjustments in their lives that will ultimately lead to big changes.

*About MCWEN*

MCWEN was established in 2019 in Maryland as a 501(C)3 nonprofit organization designed to support women of color in their entrepreneurial pursuits. To date, the organization has established programming in four different cities in the Washington DC metropolitan area that has impacted hundreds of women. MCWEN initially launched as a supportive online community designed to be a resource hub to provide funding, partnership, and business development opportunities to women. It was not long before the online networks reached more than 15,000 women, prompting the launch of the offline components of the organization which include local monthly meet-ups and the organization's annual conference. MCWEN believes that when women are given the resources to develop healthy social, emotional, spiritual and physical skills, their families benefit and so does the community.

**City of Hyattsville  
Health Wellness and Recreation Thrive Grants Program**

Submitted by: Minority Christian Women Entrepreneurs Network  
EIN: 82-5154035

www.mcwen.org  
mcwennetwork@gmail.com

**Project Goals and Objectives**

Studies show that there is a correlation between wellness and productivity, and healthy practices and stress management. TWP was developed to address the health and wellness needs of women of color. The initiative is designed to focus on nutrition education, while promoting movement and exercise in a fun setting. The target population includes women of color in Hyattsville and immediate surrounding Prince George's area who may not have access to adequate health and wellness resources, and busy and single parents who may not know how to make time to prioritize their overall wellbeing.

Specific program objectives include:

- Participants will understand the value of health and wellness and the connection to success in other areas of life. Participants will understand how their health aids in creating a fulfilling life.
- Participants will gain a better understanding of specific strategies for improving their health through nutrition.
- Through the nutrition session of TWP, participants will learn cooking and grocery shopping tips that are economical, practical and sustainable for better living.
- Participants will participate in a fun, group exercise class led by a local instructor.

**Expected Activities & Outcomes**

Below is the complete logic model for TWP, which includes program outcomes and activities outline.

**Program Mission**

TWP was developed to address the health and wellness needs of women of color. The initiative is designed to focus on nutrition education, while promoting movement and exercise in a fun setting.

**Short Term Outcomes**

- Participants will participate in a fun, group exercise class led by a local instructor.
- TWP will be a family-friendly event that will engage children as well as caregivers in opportunities to take ownership of their health and wellbeing.
- Through the nutrition session of TWP, participants will learn cooking and grocery shopping tips that are economical, practical and sustainable for better living.

**Activities**

Framework of a 5-hour program from 10am – 3pm with components to include:

**City of Hyattsville  
Health Wellness and Recreation Thrive Grants Program**

Submitted by: Minority Christian Women Entrepreneurs Network  
EIN: 82-5154035

[www.mcwen.org](http://www.mcwen.org)  
[mcwenetwork@gmail.com](mailto:mcwenetwork@gmail.com)

- Two 1-hour physical instructional classes—group yoga to launch the day, and an afternoon aerobics class. Classes are offered twice to catch early morning attendees, as well as late afternoon attendees.
- Two 1-hour nutritional classes—one class will focus on grocery shopping and basic cooking tips, and the other class will focus on nutrition for the body.
- Family-friendly competitive games to include recess-style activities ,

Vendor fair to include community businesses and vendors who provide services that benefit our target audience.

**Long Term  
Outcomes**

- Participants will learn how to incorporate simple for sustainable ways to improve their health and wellness into their daily lifestyle.
- Participants that are parents or caregivers will see an improvement in their family's quality of living.
- Participants will understand the value of health and wellness and the connection to success in other areas of life. Participants will understand how their health aids in creating a fulfilling life.

**City of Hyattsville  
Health Wellness and Recreation Thrive Grants Program**

Submitted by: Minority Christian Women Entrepreneurs Network  
EIN: 82-5154035

www.mcwen.org  
mcwenetwork@gmail.com

**Details Budget Outline**

<b>Revenue</b>		
<b>Description</b>	<b>Projected Income</b>	
Individual Contributions & Other Revenue (including in-kind donations)	\$260.00	
Vendor Fees	\$250.00	
Grant	\$500.00	
<b>Total Revenue</b>	<b>\$1,010.00</b>	
<b>Expense</b>		
<b>Description</b>	<b>Projected Expenses</b>	<b>Thrive Grant Expense</b>
Nutritional Workshop Facilitators Stipend	\$200.00	\$100.00
Fitness Classes Facilitators Stipend	\$200.00	\$100.00
Event Marketing	\$50.00	\$50.00
Snacks	\$300.00	\$100.00
Sporting Equipment & Supplies	\$150.00	\$150.00
Indirect and Miscellaneous Costs	\$110.00	
<b>Total Program Expenses</b>	<b>\$1,010.00</b>	<b>\$500.00</b>



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

**Contents**

**Section 1 - Contact Information**

**Section 2 - Description of Grant Request**

**Section 3 - Project Details**

**Section 4 - Financial Information**

**Section 1 – Contact Information**

**1. Applicant Information**

Applicant Name:	Mary Amato
Applicant Position:	Founder and Facilitator
Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):	Individual
Applicant Email Address:	[REDACTED]
Applicant Phone Numbers:	[REDACTED]

Adult co-sponsor for minors:	N/A
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**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:	My Dead Aunt's Books, LLC *
Authorized Official Name:	Robert Harper
Applicant Position:	Host /space provider

\* Business info:  
 My Dead Aunt's Books is a trademark of Robert Harper Books LLC, 4103 Gallatin St, Hyattsville, MD 20781 doing business as a consignor under the Business of Tanglewood Works LLC, 5132 Baltimore Ave Hyattsville MD 20781





**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

Applicant Organization (If applying as an individual, please enter "Individual"):	Individual
Applicant Email Address:	N/A
Applicant Phone Numbers:	N/A

**Section 2 – Description of Grant Request**

Title of Project:	SoHy Sing
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**Project Description**

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

**Project Goals and Objectives**

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

**Expected activities**

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

**Expected outcomes**

List expected tangible results (one page limit)

See Attached for all above.

Project Start Date:	February 1, 2020
Project End Date:	June 30, 2020



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

**Section 3 – Project Details**

**What topic areas does the project address? (Check all that apply)**

- |                                     |  |
|-------------------------------------|--|
| <input type="checkbox"/>            | Nutrition                                    |
| <input checked="" type="checkbox"/> | Physical Activity                            |
| <input type="checkbox"/>            | Obesity                                      |
| <input type="checkbox"/>            | Diabetes                                     |
| <input type="checkbox"/>            | Cardiovascular Health                        |
| <input checked="" type="checkbox"/> | Mental Health – Stress Management, Isolation |
| <input type="checkbox"/>            | Substance Abuse                              |
| <input type="checkbox"/>            | Environmental Health Issues                  |
| <input type="checkbox"/>            | Health effects of Climate Change             |
| <input checked="" type="checkbox"/> | Other (Please Specify)                       |

Studies show that singing with others engages the endogenous opioid system releasing a cascade of joy-producing neurohormones, such as oxytocin and dopamine.

Singing with others also improves memory, breaks down isolation, reduces stress, and strengthens positive bonds.

Singing can be a positive way to increase community, a positive way for residents to learn and experience joy with people of different generations and cultures.



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

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

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

*All are welcome.*



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

**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

Check Should be Payable To: Mary Amato

Detailed Budget Outline (attach):

See Attached.

**DEADLINE: Complete applications are due by 5 PM ET on January 17, 2019**

# THRIVE GRANTS APPLICATION

## Project Description

Did you know that singing in community with others engages the endogenous opioid system releasing a cascade of joy-producing neurohormones, such as oxytocin and dopamine? Singing with others also improves memory, breaks down isolation, strengthens positive bonds, lowers stress levels, improves mental alertness, boosts confidence, broadens communication skills, strengthens the immune system, provides a cardiovascular workout, and is a natural anti-depressant.

SoHy Sing is a new community-building, intergenerational, low/no-cost singing class designed to bring neighbors together to improve mental health, to sharpen memory function, and to strength bonds among the diverse population of Hyattsville.

SoHy Sing meets twice per month at My Dead Aunt's Books in the SoHy Arts Building on Gallatin and Route One from 7-8 pm. No experience is needed. Unlike many choral groups or music lessons, the focus of each SoHy Sing session is NOT on "getting the notes right." Instead, we focus on feeling and expressing the emotion of each song as well as connecting with one another as we sing. The result is that the participants experience more joy and emotional catharsis and deepen their sense of community.

The sessions are also designed to bring people together in a non-threatening and easy-to-manage way. Twice per month for only one hour, from 7-8 pm, means that the sessions can fit into participants' schedules. In addition to serving seniors, adults, we welcome teens, and also school-age children with a parent. We also encourage new parents with infants. Instructor Mary Amato chooses a variety of songs and works to teach the group in singing melodies and harmonies and having fun with each other in the process. We began the program in September 2019 and participants have responded enthusiastically.

## Project Goals and Objectives

We aim to:

- Reach city residents who may be feeling isolated, depressed, stressed, anxious
- Integrate the arts
- Facilitate and build partnerships, celebrating and welcoming diversity
- Offer experiences for low income residents by providing low or no cost music lessons.
- Provide an intergenerational experience, so that all can learn from and with each other, from school-age kids to seniors and everyone in between

- Create a SoHy Songbook—a repertoire of songs that the community knows and can enjoy together
- Promote families singing together
- Provide an opportunity, through singing, for residents to improve memory, mental alertness, and communication skills.
- Provide an opportunity to strengthen the immune system, boost confidence, and work the cardiovascular system.

With a \$500 grant, SoHy Sing would be guaranteed to operate through June 2020. We would be able to cover costs of:

- Preparing and printing the teaching materials (\$25 per month)
- Paying a modest fee for set-up (\$50 per month)
- Paying a modest fee for teaching (\$100 per month)

We do ask for an optional donation of \$5.00 to help with printing costs (and we do not turn anyone away). The donations we receive range from \$30-80 per month. See attached budget for description of how funds would be used.

We hope to keep the program going beyond June 2020.

With this grant, we could also increase our exposure and reach, making it more likely that we'll fill our sessions, thus increasing individual donations from those who can afford it.

## **Expected activities**

- Preparation for each session is done by Mary Amato. This requires selecting appropriate songs, creating song sheets, preparing teaching plans, and processing and printing the hand-outs.
- Set-up of the space is done by Robert Harper. This requires keeping the space open after hours twice per month, moving shelving, and setting up chairs.
- Community communication is done by both Mary Amato and Robert Harper through social media to make sure that the public is aware of the opportunity.
- Participants arrive for each session.
- Participants learn vocal techniques, such as breathing, posture, and more.
- Participants learn songs, including melodies and harmonies.

## **Expected outcomes**

- Decreased isolation
- Increased community bonding among diverse sectors

- Increased positive interaction among residents
- Increased intergenerational interaction and understanding
- Integration of the arts
- Widening circle of diversity
- Mental health benefits for individual participants
- Memory benefits for individual participants
- Improved understanding and practice of positive benefits breathing and posture
- Increased joy
- Improved sleep
- Lowered stress levels

## Budget

Monthly operating costs: Total= \$175 per month minimum to offer two sessions per month.

- Preparing and printing the teaching materials (\$25 per month)
- Paying a modest fee for set-up (\$50 per month)
- Paying a modest fee for teaching (\$100 per month)

We started operating in September, 2019. We do ask for an optional donation of \$5.00 per session to help with printing costs (and we do not turn anyone away for lack of funds).

Our goal is to net individual voluntary contributions of \$75 per month.

Individual donations, plus \$500 in Hyattsville Thrive grant money would cover:

- \$100 Thrive grant plus \$75 individual donations to cover total costs in February
- \$100 Thrive grant plus \$75 individual donations to cover total costs in March
- \$100 Thrive grant plus \$75 individual donations to cover total costs in April
- \$100 Thrive grant plus \$75 individual donations to cover total costs in May
- \$100 Thrive grant plus \$75 individual donations to cover total costs in June

Individual donations we receive beyond \$75 per month would go toward advertising the ongoing opportunity via printed postcard or necessary purchases of supplies, such as paper, ink, etc.

Thus far, facilitator Mary Amato and space provider Robert Harper have enabled the program to operate by donating their services.

- From September 01-December 01, we raised a total of \$140 in individual donations.
- From September 01-December 01, our total costs were \$525.

- From September 01-December 01, Mary Amato contributed \$235 in-kind services to cover teaching and preparing/prep and Robert Harper contributed \$150 in-kind services to cover set up/facility. ( $\$235+\$150=\$385$ ).

We do hope to offer SoHy Sing as an ongoing program beyond June 2020 and hope it becomes a beloved feature of our vibrant community.





**City of Hyattsville  
Health Wellness and Recreation  
Thrive Grants Program Application**

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**Section 4 - Financial Information**

**Section 1 – Contact Information**

**1. Applicant Information**

Applicant Name:	Kara C. Jones
Applicant Position:	Music Teacher
Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):	Northwestern Show Choir
Applicant Email Address:	[REDACTED]
Applicant Phone Numbers:	[REDACTED]

Adult co-sponsor for minors:	Brandon D. Fuller
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**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:	Northwestern Show Choir
Authorized Official Name:	Wildcat Comapny
Applicant Position:	



**City of Hyattsville  
Health Wellness and Recreation  
Thrive Grants Program Application**

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:	<b>Show Choir Health</b>
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**Project Description**

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

**Project Goals and Objectives**

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

**Expected activities**

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

**Expected outcomes**

List expected tangible results (one page limit)

Project Start Date:	<b>January 6th, 2020</b>
Project End Date:	<b>May 11th, 2020</b>



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

**Section 3 – Project Details**

**What topic areas does the project address? (Check all that apply)**

- 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) - Dance Movement



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

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

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



**City of Hyattsville  
Health Wellness and Recreation  
Thrive Grants Program Application**

**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

Check Should be Payable To: Northwestern High School - Wildcat Company

Detailed Budget Outline (attach):

**DEADLINE: Complete applications are due by 5 PM ET on January 17, 2019**

City of Hyattsville Health Wellness & Recreation Thrive Grant  
Northwestern High School  
Undercats Show Choir Health

1. Project Description

- The Undercats Show Choir is a newly formed competition vocal group at Northwestern High School. It is a selected group of 20 students (including performers and stage managers) who learn additional selections of choral works. This group combines all art forms of acting, singing and dancing in order to put on a standing obviation worthy performance every time. The students are challenged to apply their previous knowledge of the arts while also being able to be adaptable to new things and cross-relate their art forms in performance. This can include dancing while singing, the act of facial expressions (acting) while singing and many more.
- The students will use this money to be able to afford items that will keep them balanced in mind, body and spirit. Show Choir will be able to spend this money on water bottles to keep them hydrated. Other parts of this grant will be used to feed the students a healthy dinner.

2. Target Population

- The target population includes the twenty students who are involved in the Undercats Show Choir. These students include seven Visual and Performing Arts students, five athletes, and nine general students. This groups comes from all educational settings such as artist, performer, athlete, pianist and general student.
- Though the beauty of the group is them all coming together to create something that is completely new to not only Northwestern High School, but our general area of Prince George's County as well. Yes, the twenty students will be directly affected by the grant, but the whole school will have the chance to bring home a first of its kind trophy.
- The students in this Show Choir struggle financially. This grant will give the group access to keep them hydrated, and healthy! The directors will be able to buy dinners for the cast to make sure they are fed appropriately.

### 3. Project Goals & Objectives

- Objective: The City of Hyattsville Health, Wellness and Recreation Thrive Grant will allow the Northwestern Show Choir students to be able to afford quality water bottles to keep them hydrated during rehearsals and performances and also give some financial assistance to pay for students dinners on show days.
  
- Goal: The goal is to split the \$500 payment into two sections. One is to afford water bottles and another to help with dinner costs.

### 4. Detailed Budget Plan

- The \$500 will be split between payment of water bottles and dinner on show days.
  - o \$250 will be split between the 20 students to afford safe and quality water bottles.
    - $\$250 / 20 \text{ students} = \$12.50 \text{ per student.}$
  - o \$250 will be used for dinner for performance days.
    - Average dinner costs \$80 to feed all students
    - $\$250 / 80 = 3 \text{ dinners paid for}$



# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

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#### Section 1 – Contact Information

##### 1. Applicant Information

Applicant Name:	Wendy M. Brehm
Applicant Position:	Local Small-Business Owner <sup>resident +</sup>
Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):	Individual
Applicant Email Address:	[REDACTED]
Applicant Phone Numbers:	[REDACTED]

Adult co-sponsor for minors:	
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##### 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:	





**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

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:	Self-Care is for Everyone
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Project Description *See attached*

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

Project Goals and Objectives *see attached*

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

Expected activities *See attached*

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

Expected outcomes *see attached*

List expected tangible results (one page limit)

Project Start Date:	February 1st, 2020
Project End Date:	April 30th, 2020



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

**Section 3 – Project Details**

**What topic areas does the project address? (Check all that apply)**

- 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)  
Basic needs



# City of Hyattsville

## Health Wellness and Recreation

### Thrive Grants Program Application

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

- |                                     |   |
|-------------------------------------|---|
| <input type="checkbox"/>            | Not applicable                                    |
| <input type="checkbox"/>            | Adolescents                                       |
| <input type="checkbox"/>            | African-American / Black                          |
| <input type="checkbox"/>            | Asian   |
| <input checked="" type="checkbox"/> | At-Risk/Vulnerable Populations                    |
| <input type="checkbox"/>            | Children & Families                               |
| <input type="checkbox"/>            | Individuals with Disabilities                     |
| <input type="checkbox"/>            | Elderly   |
| <input type="checkbox"/>            | Foster Youth & Families                           |
| <input type="checkbox"/>            | Hispanic / Latino                                 |
| <input checked="" type="checkbox"/> | Homeless Populations                              |
| <input checked="" type="checkbox"/> | Immigrants & 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 Alaska                                     |
| <input type="checkbox"/>            | Pacific Islanders                                 |
| <input checked="" type="checkbox"/> | Parents & Families                                |
| <input type="checkbox"/>            | People Living with HIV/AIDS                       |
| <input type="checkbox"/>            | People with Addictions                            |
| <input checked="" type="checkbox"/> | Poor / Economically Disadvantaged                 |
| <input checked="" type="checkbox"/> | Single Parents                                    |
| <input type="checkbox"/>            | Tobacco Users                                     |
| <input type="checkbox"/>            | Tribal Communities                                |
| <input checked="" type="checkbox"/> | Victims of Crime                                  |
| <input checked="" type="checkbox"/> | Women's Health                                    |
| <input type="checkbox"/>            | Youth   |
| <input type="checkbox"/>            | Other (please specify)                            |



**City of Hyattsville  
Health Wellness and Recreation  
Thrive Grants Program Application**

**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

Check Should be Payable To: Wendy Brehm

Detailed Budget Outline (attach):

Attached

**DEADLINE: Complete applications are due by 5 PM ET on January 17, 2019**

## **Self-Care is for Everyone**

Led by Wendy M. Brehm of Purple Rose Wellness

**Note:** I just found out about this grant the day the application is due via the Hyattsville list serv, so the budget details and project ideas are limited to what I could pull together in a day. This is a huge passion of mine, and I have been wanting to pursue it for a while. This grant funding would make it possible for me to help a larger number of people.

### **Project Description**

I am seeking funding for my passion project, referred to as "Self-Care is for Everyone." I am a local small-business owner who makes personal hygiene/self-care products, and in recent months, it has been brought to my attention how beneficial this would be for low-income community members who cannot afford to buy natural body-care products. My hope is to make "Community Care Packages," including handmade soap bars to last a month and a calming candle, along with basic necessities: toothbrush/toothpaste, reusable water bottle, non-perishable food items, socks, first-aid items, and a warm meal for the day the package is distributed. With this \$500 grant, I would make and distribute 40 care packages to community members in need. I will cover expenses that go beyond the \$500 grant.

### **Project Goals and Objectives**

- Serve at least 40 community members in need
- To mobilize and encourage participation in this act from other community members and hopefully impact a wider number of people next year
- To help community members in need feel valued and give them access to some basic personal care items that other community members enjoy without second-thought, while also enabling them to practice positive self-care with my small business' candles and the all-natural ingredients in my handmade luxe soap bars.

### **Expected Activities**

The first phase of this project will consist of two actions:

1. Purchasing necessary items to assemble the care packages
2. Spreading the word through the community:
  - Asking community members to share the information with people they know may benefit from a care package,
  - Setting up an online form for community members
  - Connecting with the local library to put flyers with information on how to request a care package in the entryway and by their computers so people can see them while in the library

- Putting flyers up throughout the city

The next step of this project will consist of:

1. Assembling the purchased items into care packages
2. Distributing the care packages
3. Distributing any remaining care packages that have not been claimed at a local gathering place where they can be picked up (library, elementary school or church)

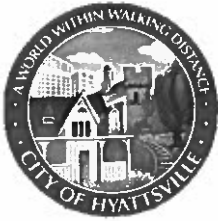
### **Expected Outcomes:**

40 community members will receive a care package from me that will hopefully make their days a little easier, and uplift their spirits, while also instilling the idea in community members who are more economically privileged that this is something we should be doing on a regular basis.

### **Budget**

- I expect to spend \$18-20 per person using grant funds along with my personal funds on the items to assemble the care packages.
- 40 soap bars packs of 4 will cost me approximately \$150 to make.
- 40 4oz calming candles will cost me about \$90 to make.
- I coupon heavily so obtaining toothbrushes and toothpaste will be a low expense. I expect to spend no more than \$80 on 40 toothbrush/toothpaste sets.
- First aid kits will come up to approximately \$80 for 40 sets
- Warm socks will come up to approximately \$60 for 40 pairs
- Reusable water bottles will come up to approximately \$85 for 40 bottles.
- I plan to spend \$100 on non-perishable food items to divide among the 40 care packages.
- I plan to spend \$100 on warm meals for the days the packages are distributed.

The project will cost approximately \$745. I will cover the expenses incurred beyond the \$500 grant.



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

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**Section 1 – Contact Information**

**1. Applicant Information**

Applicant Name:	Anna Walker
Applicant Position:	Writer/Project Manager
Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):	Individual
Applicant Email Address:	[REDACTED]
Applicant Phone Numbers:	[REDACTED]

Adult co-sponsor for minors:	n/a
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**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:	Hearts & Stars Hair Salon
Authorized Official Name:	Delecia Lyons
Applicant Position:	Business Owner (CEO)



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

<b>Applicant Organization (If applying as an individual, please enter "Individual"):</b>	Individual
<b>Applicant Email Address:</b>	[REDACTED]
<b>Applicant Phone Numbers:</b>	[REDACTED]

**Section 2 – Description of Grant Request**

<b>Title of Project:</b>	<b>Healthy, Hair, Happy!</b>
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**Project Description**

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

**Project Goals and Objectives**

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

**Expected activities**

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

**Expected outcomes**

List expected tangible results (one page limit)

<b>Project Start Date:</b>	<b>March 1, 2020</b>
<b>Project End Date:</b>	<b>May 30, 2020</b>





**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

**Section 3 – Project Details**

**What topic areas does the project address? (Check all that apply)**

- |                                     |  |
|-------------------------------------|--|
| <input type="checkbox"/>            | Nutrition                                    |
| <input type="checkbox"/>            | Physical Activity                            |
| <input type="checkbox"/>            | Obesity                                      |
| <input type="checkbox"/>            | Diabetes                                     |
| <input type="checkbox"/>            | Cardiovascular Health                        |
| <input checked="" type="checkbox"/> | Mental Health – Stress Management, Isolation |
| <input type="checkbox"/>            | Substance Abuse                              |
| <input type="checkbox"/>            | Environmental Health Issues                  |
| <input type="checkbox"/>            | Health effects of Climate Change             |
| <input checked="" type="checkbox"/> | Other (Please Specify) Emotional Well-Being  |



## City of Hyattsville Health Wellness and Recreation Thrive Grants Program Application

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

- |                                     |   |
|-------------------------------------|---|
| <input type="checkbox"/>            | Not applicable                                    |
| <input type="checkbox"/>            | Adolescents                                       |
| <input checked="" type="checkbox"/> | African-American / Black                          |
| <input type="checkbox"/>            | Asian   |
| <input checked="" type="checkbox"/> | At-Risk/Vulnerable Populations                    |
| <input type="checkbox"/>            | Children & Families                               |
| <input type="checkbox"/>            | Individuals with Disabilities                     |
| <input type="checkbox"/>            | Elderly   |
| <input type="checkbox"/>            | Foster Youth & Families                           |
| <input type="checkbox"/>            | Hispanic / Latino                                 |
| <input type="checkbox"/>            | Homeless Populations                              |
| <input type="checkbox"/>            | Immigrants & 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 Alaska                                     |
| <input type="checkbox"/>            | Pacific Islanders                                 |
| <input type="checkbox"/>            | Parents & Families                                |
| <input type="checkbox"/>            | People Living with HIV/AIDS                       |
| <input type="checkbox"/>            | People with Addictions                            |
| <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 checked="" type="checkbox"/> | Women's Health                                    |
| <input type="checkbox"/>            | Youth   |
| <input type="checkbox"/>            | Other (please specify)                            |



**City of Hyattsville**  
**Health Wellness and Recreation**  
**Thrive Grants Program Application**

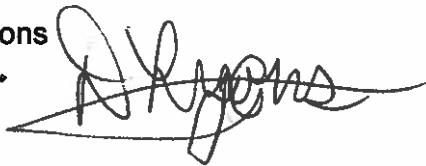
**What wards are affected. Select all that apply.**

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

**Section 4 - Financial Information**

Amount Requested: \$500

Check Should be Payable To: Delecia Lyons

Signature: 

Detailed Budget Outline (attach):

**DEADLINE: Complete applications are due by 5 PM ET on January 17, 2019**

**Thrive Grants Program**  
**Proposed Project: Healthy, Hair, Happy!**

**Project Description:**

Hair salons have long been a bastion and a haven for women. It's a place for rest, sharing, and learning where stylists listen to clients and often give advice and guidance. In many situations, the hair salon is one of the few—if not the only--place of respite for women under stress or in un conveyed crisis which may include living with or struggling to survive the impact of mental and emotional abuse.

The proposed project “**Healthy, Hair, Happy!**” is a pilot public awareness campaign that is informative, inspiring, and encouraging. The project is designed to engage African-American salons. Research has indicated that African-American women—particularly those in low-income, disadvantaged communities—are least likely to seek help for mental and emotional challenges. **Healthy, Hair, Happy!** will provide guidance and motivation to reach out for help while also seeking to empower the target population mentally and emotionally.

The project will incorporate the arts through the production of a greeting card and/or a postcard size creation involving a visual arts design on the front and an inspiring poem along with tips/resources to promote mental and emotional health. The printed materials will be distributed to targeted African-American salons in Hyattsville with the intention of having women thrive.

Anna Walker, M.Ed., has 30 years experience in the non-profit field with a focus on strategic planning, project management, and grant writing. She is also a literary artist. Walker will serve as Project Manager. Hearts & Stars salon located in Salon Plaza—which houses 38 salons--will serve as the sponsoring business.

**Thrive Grants Program**  
**Proposed Project: Healthy, Hair, Happy!**

**Project Goals and Objectives;**

**Goals:**

1. To launch a pilot public awareness campaign focused on mental and emotional health for African-American women engaging hair salons serving that population
2. To support hair salons in their efforts to support and encourage their clients by distribution of the proposed print materials

**Objectives:**

1. To collaborate with the sponsoring business on salons to target for the pilot program
2. To recruit a visual artist for the art design portion of the print materials
3. To produce the literary portion of the print materials
4. To target participating salons for the pilot campaign
5. To recruit other community partners to help with printing and distribution

**Thrive Grants Program**  
**Proposed Project: Healthy, Hair, Happy!**

**Expected Activities:**

**March**

1. Development of pilot public awareness campaign printed materials
2. Recruitment of salons for distribution of materials

**April**

1. Printing of materials
2. Continued recruitment of salons for distribution of materials

**May**

1. Distribution of materials in conjunction with National Mental Health Month

**Thrive Grants Program**  
**Proposed Project: Healthy, Hair, Happy!**

**Expected Outcomes:**

Anticipated tangible results include:

1. Production of at least 500 – 800 public awareness materials
2. Distribution of these materials to targeted salons in all 5 Hyattsville wards

**Thrive Grants Program**  
**Proposed Project: Healthy, Hair, Happy!**

**Detailed Budget Outline:**

\$100 to Sponsoring Organization for managing project funds and helping to collaborate on distribution of public awareness campaign materials

\$150 to Project Manager to coordinate all campaign activities

\$250 for design, printing (will seek in-kind support partnership from printers), promotion, and distribution





**City of Hyattsville  
Health Wellness and Recreation  
Thrive Grants Program Application**

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:	Mindfulness Project
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**Project Description**

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

*Please see attachment*

**Project Goals and Objectives**

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

**Expected activities**

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

**Expected outcomes**

List expected tangible results (one page limit)

Project Start Date:	March 2020
Project End Date:	May 2020



**City of Hyattsville  
Health Wellness and Recreation  
Thrive Grants Program Application**

**Section 3 – Project Details**

**What topic areas does the project address? (Check all that apply)**

- |                                     |  |
|-------------------------------------|--|
| <input type="checkbox"/>            | Nutrition                                    |
| <input type="checkbox"/>            | Physical Activity                            |
| <input type="checkbox"/>            | Obesity                                      |
| <input type="checkbox"/>            | Diabetes                                     |
| <input type="checkbox"/>            | Cardiovascular Health                        |
| <input checked="" type="checkbox"/> | Mental Health – Stress Management, Isolation |
| <input type="checkbox"/>            | Substance Abuse                              |
| <input type="checkbox"/>            | Environmental Health Issues                  |
| <input type="checkbox"/>            | Health effects of Climate Change             |
| <input type="checkbox"/>            | Other (Please Specify)                       |



**City of Hyattsville**  
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**What population you are focusing on? Select all that apply.**

- |                                     |   |
|-------------------------------------|---|
| <input type="checkbox"/>            | Not applicable                                    |
| <input checked="" type="checkbox"/> | Adolescents                                       |
| <input type="checkbox"/>            | African-American / Black                          |
| <input type="checkbox"/>            | Asian   |
| <input type="checkbox"/>            | At-Risk/Vulnerable Populations                    |
| <input checked="" type="checkbox"/> | Children & Families                               |
| <input type="checkbox"/>            | Individuals with Disabilities                     |
| <input type="checkbox"/>            | Elderly   |
| <input type="checkbox"/>            | Foster Youth & Families                           |
| <input checked="" type="checkbox"/> | Hispanic / Latino                                 |
| <input type="checkbox"/>            | Homeless Populations                              |
| <input checked="" type="checkbox"/> | Immigrants & 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 Alaska                                     |
| <input type="checkbox"/>            | Pacific Islanders                                 |
| <input type="checkbox"/>            | Parents & Families                                |
| <input type="checkbox"/>            | People Living with HIV/AIDS                       |
| <input type="checkbox"/>            | People with Addictions                            |
| <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 checked="" type="checkbox"/> | Youth   |
| <input type="checkbox"/>            | Other (please specify)                            |



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**Contents**

**Section 1 - Contact Information**

**Section 2 - Description of Grant Request**

**Section 3 - Project Details**

**Section 4 - Financial Information**

**Section 1 – Contact Information**

**1. Applicant Information**

Applicant Name:	Katherine Cooper
Applicant Position:	Community School Coordinator
Applicant Organization (If applying as an individual, please enter "Individual" and complete section 1.2):	Rogers Heights Elementary School
Applicant Email Address:	[REDACTED]
Applicant Phone Numbers:	[REDACTED]

Adult co-sponsor for minors:	
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**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:	Rogers Heights Elementary School
Authorized Official Name:	Dr. Barbara Bottoms
Applicant Position:	Principal



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**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*

Check Should be Payable To: *Rogers Heights Elementary School*

Detailed Budget Outline (attach):

*Please see attachment*

**DEADLINE: Complete applications are due by 5 PM ET on January 17, 2019**

## **Proposal for a “Mindfulness Project” in Port Towns Community**

**Executive Summary:** Of the many issues facing students within the Prince George’s County Public Schools, Rogers Heights Elementary School (RHES) focuses on Family and Community Engagements. As a Title 1 school, described as, having a high percentage of poverty that required federal funding to help students achieve academic success. Our school is located in a transient area, where new students are constantly being enrolled and withdrawn from school; with limited resources i.e. access to free healthcare services, RHES serves as a hub to the Port Towns community by providing comprehensive ways for additional supports. Some of those additional supports have been afterschool programs, workshops, monthly food market and an annual health/resource fair.

To date, there are 75 students on the Community School Coordinator’s (CSC) caseload and of that, economic concerns was the most caused for referrals. Economic Concerns captured various reasons for this particular category i.e. uniforms, hygiene, holiday sharing programs, rental assistance etc. This finding is reflective of the low socio-economic status amongst our families. The 2<sup>nd</sup> most reasons for referrals were behavioral health concerns (see appendix A). In fact, within the past couple of years, we have been noticing a trend of high increase of self-harming and suicide ideation among our student population. There are many contributed factors to this phenomenon. Indicators have shown that our current political climate is one such factor. Students and their families are faced with a lot of challenges related to immigration. The uncertainty of their family’s predicament have caused some students to exhibit all sort of maladaptive behaviors as it relates to their mental health. Most children do not know how to process their feelings of such experiences, whereby manifesting into anxiety, depression, self-harming, aggression etc. Although RHES have partnered with Advance Behavioral Health Inc. with an assigned onsite therapist, the services they provide are limited.

In the State of Maryland, resources for families with children who struggle with mental health conditions overall are limited. In appendix B, there is a chart that showing the results from demography survey about children with mental health issues. The Behavioral Health Administration (BHA) operates one

psychiatric forensic facility and two residential facilities for youth known as Regional Institutes for Children and Adolescent (Ricas). The Department of Health 2018/19 report for the Block Grants on Community Mental Health services indicated that they were some identified needs/gaps i.e. need for a model of care for youth/from a youth perspective and increased workforce with a better understanding and training of youth-based disorders; a need for improved relationships in the community between behavioral health providers, social services, hospitals and law enforcement; lack of consistent follow-up care and stabilization services in some jurisdictions.

**Proposal:** In order to ensure that students in the Port Towns community have the tools to reduce the barriers associated with accessing mental health resources, we would like to implement a “Mindfulness Project”. The rationale for this project is to induce awareness and serve as an early intervention strategy to provide resources for intensive services to students and their families. This project would be offered to about 150, 3<sup>rd</sup> to 6<sup>th</sup> grade students from both RHES and the neighboring school of Port Towns Elementary, who were referred to the CSC for behavioral health concerns. It will comprise of 8 weeks afterschool sessions, each lasting for 2 hours, from 3pm until 5 pm, Tuesdays and Fridays. The purpose for those two particular days, are to conduct check-ins on how they are doing and the other is to prepare them for whatever experiences they may encounter over the weekend.

The first and last sessions will be our parent nights where families with younger siblings will have the opportunity to be placed in a playroom with paid staff to offer supervision. The first parent night will be an introduction of the program to students and their parent. Our onsite therapist will conduct a psycho-educational, “talk circle”, to bring awareness and understanding about what mental illness is and how its impacts an individual overall wellbeing. The last session will be a close-out to decipher what families learned from the program, its efficacy (if any) and continuance of the program. Food will also be provided to induce maximum participation.

The other sessions will consist of the therapist conducting psycho-educational “talk circle” and “check-ins” the 1<sup>st</sup> hours and then during the 2<sup>nd</sup> hour the practice of interventions i.e. teaching techniques such as yoga, tai chi, and meditation to better regulate their emotions and experiences. These techniques are said to have many

health benefits i.e. boost self-esteem, induce self-acceptance, reduce stress and anxiety, improve mood and energy, strengthen the immune system, and enhance alertness and focus. Snacks will also be provided for each session.

This program will also offer resources about different organizations that provide free or reduced mental health and immigration services within community.

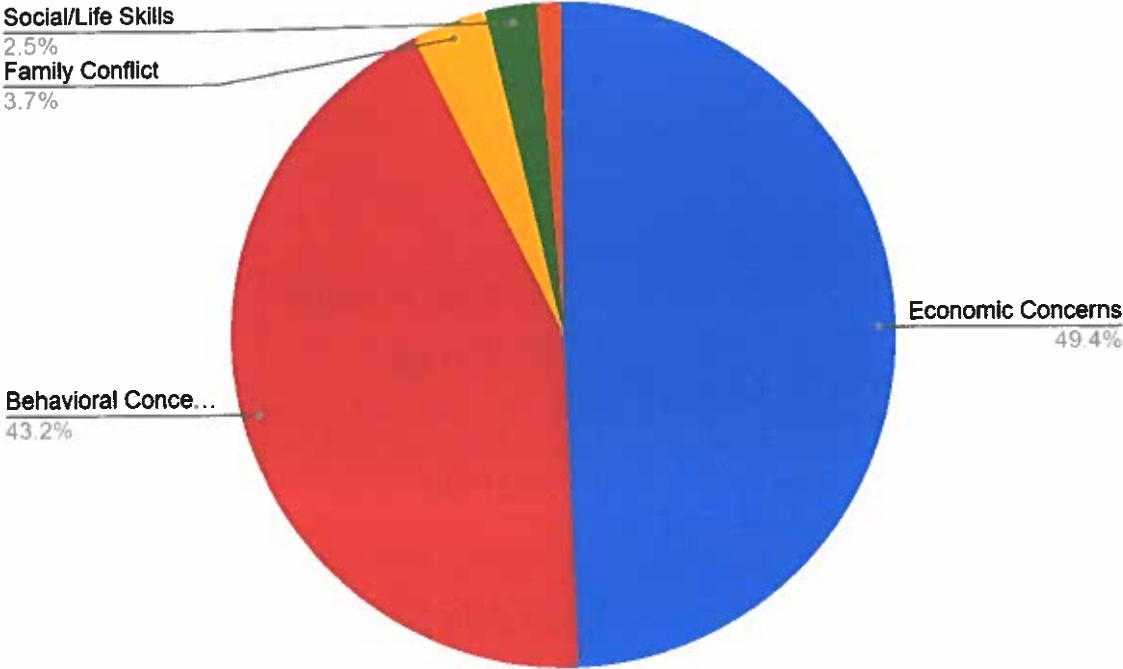
**Budget:**

<b>Budget Item</b>	<b>Item Cost</b>	<b>Budget Amount</b>
<b>3 PGCPs Staff (required)</b>	$\$75 \text{ (per dlem)} \times 2 \text{ (hrs.)} \times 2 \text{ (days)} \times 8 \text{ (wks.)} =$	<b>\$7,200.00</b>
<b>1 Staff member for each Parent Night (child care)</b>	$1 \text{ (Pro.Part.)} \times \$50 \times 2 \text{ (hrs.)} \times 2 \text{ (days)} =$	<b>\$200.00</b>
<b>Dancing Silence, Inc.</b>	$\$75 \text{ (per hr.)} \times 2 \text{ (days)} \times 8 \text{ (wks.)} =$	<b>\$1,200.00</b>
<b>Parent Night(2) Food: Three Brothers Pizza</b>	$\$10 \text{ (per pizza)} \times 25 \text{ pizzas}$ $\$3.99 \text{ water (per case)} \times 6 \text{ cases}$	<b>250.00</b> <b>25.00</b>
<b>Transportation</b>	$\$75 \text{ (per. hr.)} \times 2 \text{ (hrs.)} \times 2 \text{ (days)} \times 8 \text{ (wks.)} =$	<b>\$4,800.00</b>
<b>PGCPs Bulk Foods: Snacks</b>	<b>chips, cookies, water</b>	<b>\$2,500.00</b>
	<b>Total \$</b>	<b>\$16,175.00</b>



**Appendix A**

**Referrals Overview:**



## **Appendix B**

		<b>Child Mental Health</b>
<b>Age</b>	<10	33%
	10-12	32%
	13+	35%
	16-34 years	
	35-64 years	
	65+ years	
<b>Race</b>	African American	43%
	American Indian	3%
	Asian	4%
	Pacific Islander	<1%
	White	52%
	Other	11%
<b>Hispanic</b>	Yes	14%
	No	86%
<b>Gender</b>	Male	57%
	Female	43%