 <p>The Community Foundation Serving Riverside and San Bernardino Counties</p>	<h2>S.L. Gimbel Foundation Fund</h2> <p>Grant Evaluation Form</p>
Grant Period:	November 1, 2011 through October 31, 2012

Organization: East Valley Adult Resources

Contact Name: Dan Taylor

Title: CEO

Phone Number: (480) 964-9014

Grant Period: November 1, 2011 – October 31, 2012

Award Amount: \$12,500

Grant Number: 2011731

- **Describe the project’s key outcomes and results based on your goals and objectives. Provide the number of clients served and other relevant statistics.**

Older adults deserve to age with dignity and maintain a quality lifestyle, which East Valley Adult Resources (EVAR) promotes through its Vital Signs healthy living program. EVAR provided its weekly health and wellness program to ages 55+ throughout the year at each of its three active adult centers; thus servicing thousands of older adults in the East Valley including Mesa, Apache Junction, Gold Canyon and the surrounding areas. The Vital Signs healthy living program connected and contributed to the lives of older adults seeking to maintain an active, healthier, and independent life. Providing a caring, health relevant program included addressing participants’ desire for excellent resources along with interactive sessions. A combination of physical and informational resources was provided with EVAR’s healthy promotions program.

Vital Signs class components included physical activity, nutrition and diet, as well as emotional health topics. Providing an all inclusive aspect of health and wellness; the Vital Signs program has enabled older adults to actively participate in life-long learning interactive health and wellness presentations.

Each week, Vital Signs presented vast topics relevant to healthy aging - 136 classes presented to 2,040 persons. Surveying the participants were key in developing these topics: Managing Chronic Disease, Medication Management, Addressing Low Back Pain-Hip Pain, Fall Prevention, What to Expect in the Second 50 Years, How to Remain Independent in Your Home, Cooking Healthy, How Foot Pain Affects Overall Health and Laughter Yoga. The practice of healthy behaviors has been reinforced through direct access to health and wellness speakers participating in Vital Signs-Healthy Living Talk. Over 75 professionals ranging from seasoned pharmacists, wellness directors, nurses, physicians, home health representatives, hearing representatives to physical therapists were included as presenters this year providing 544 in-kind hours.

During the year, Vital Signs healthy promotions included free health screenings such as hearing, blood pressure, and depression screenings. The Healthy Living Expo drew over 600 attendees through media exposure, direct mailing, and promotional material to senior communities to showcase this comprehensive event (attached). This interactive event included physical activity, nutrition and diet, as well as emotional health topics.

Vital Signs expanded the choices of physical activity with exercise classes and informational resources which allowed older adults to enjoy an active lifestyle. EVAR's three active adult centers presented daily exercise classes designed to strengthen the body and decrease injury and illness among older adults. Exercise classes included, Power Walking, Enhanced Fitness, Yoga, Tai Chi, Zumba Gold, Stretching and Toning. Each center offered choices of no less than three exercise activities daily and generating yearly participation of 24,000 (duplicated).

- **What were the challenges and obstacles you encountered (if any) in attaining your goals and objectives? How did you overcome and /or address the challenges and obstacles? What were the lessons learned?**

EVAR learned that grouping a series of Vital Sign presentation topics and its presenters often cultivated easier scheduling and garnered increased attendance.

EVAR learned that the name of the topic needed to be easily understood and identified. Utilizing the term, "health focused self-management techniques" was not effective without a definite disease focus, i.e., diabetics.

Providing incentives to attend at least two programs monthly was successful, i.e., gift baskets with nutritional items.

- **Describe any unintended positive outcomes as a result of the efforts supported by this grant.** Participants of Vital Signs often learned of a volunteer opportunity or another educational class they could participate in thus expanding their lifestyle choices.
- **Describe the overall effect this grant has had on your organization.** The overall effect of this grant has been significant by providing the resources to continue to develop and coordinate a large array of healthy living options to our current participants and throughout the community. The direct staff support coordinated our comprehensive approach to healthy living at three different Centers and in the community. EVAR has recently completed an organizational strategic plan focusing on the development of opportunities and services for the current and next generation of 55+ adults. The following components have become the focal point of the plan: expanding volunteer engagement opportunities; development of new

directions of working with the fit, frail and fragile; focusing on ensuring no one goes hungry; and promoting healthy lifestyles.

Promoting healthy lifestyles is a consistent focus for EVAR. In 2011 EVAR received a Research Award through National Institute of Senior Centers for Sign Chi Do, meditative exercise combined with sign language. EVAR's dynamic organizational team enabled staff to raise program awareness and allows EVAR to offer a true continuum of supportive services for older adults who are at risk of losing their independence. Two national evidence-based programs, Enhanced Fitness and the Matter of Balance program helped participants maintain ongoing emotional and physical balance in their lives. These programs have been successfully offered over the last year with average attendance of 20-25 participants per session.

- **Tell us a few success stories that made an impact on your organization and/or community as a result of this grant.**

Forging collaborative relationships with agencies and organizations within the community such as the American Lung Association addressing COPD (chronic obstructive pulmonary disease) and the Mesa Police Department addressing, "How to Avoid Scams toward Seniors", have created vital ongoing resources to older adults within the community. A "Breathers" Support Group and other community support groups continue to evolve from original presentations with Vital Signs.

Vital Signs now has a component to its title which includes Healthy Living Talk. The descriptive title Vital Signs-Healthy Living Talk provides a view of interactive content versus procedural.

Reward driven motivation is combined with face to face Vital Signs program feedback.

Success story examples include the following:

During an emotional wellness general session, a participant was asked what makes her happy, what makes her smile.

She replied, "Nothing is good in my life, nothing makes me happy."

The instructor stopped the session and turned to the participant and said, "Today is the beginning of good in your life. You are worthy. You have done something good for yourself (self-management) by coming to class today. You should be proud of yourself."

The instructor applauded the participant and the class began to do so as well.

The participant smiled widely and continues to join Vital Signs presentations.

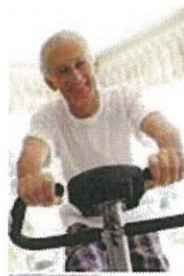
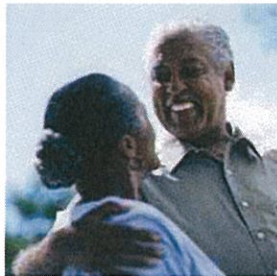
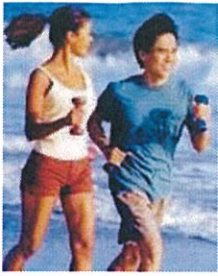
A participant attending Vital Signs asked her husband to come to class and wait with her.

The class was a COPD discussion session presented by American Lung Association. It turned out that her husband had COPD and has been attending Vital Signs ever since.

Local media has also become more interested in Vital Signs presentations and what is offered to older adults.

- Provide a financial report on the use of your grant funds (expenditures).

Project Line Item Expenses	Project Expenses
Staff Salaries and Benefits	\$29,368.51
Supplies	\$584.00
In –Kind Presenters 544 hours @ \$21.79	\$11,853.76
Travel	\$118.50
Postage	\$207.30
Printing	\$97.75
Other: Space	\$1,200
Other: Communications	\$578.00
TOTAL EXPENSES	\$44,007.82



**EAST VALLEY
ADULT RESOURCES**

Opportunities to Connect, Contribute and Care for Each Other

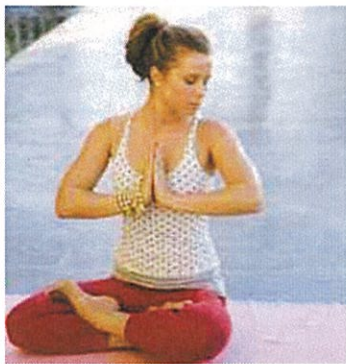
The Art of Healthy Living Expo

Free Admission

**Thursday, March 29, 2012
9am – Noon**

**Red Mountain Multigenerational Center
7550 East Adobe Street Mesa, Arizona 85207
Expo Contact: 480-964-9014 ext. 106**

Please Join Us!



Healthy Fun

- Free Health Screenings
- Interactive Demonstrations



Booth Giveaways

- Healthy Tastings
- Resources
- And More !

