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COMPLETE

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Q1 Name of your organization.

Peppermint Ridge

Q2 Grant #

39687

Q3 Grant Period

September 1, 2015 to August 31, 2016

Q4 Location of your organization

City	Corona
State	California

Q5 Name and Title of person completing evaluation.

Tracy Mauser

Q6 Phone Number:

9512737329

Q7 Email address.

tmauser@PeppermintRidge.org

Page 2: Key Outcomes and Results

Q8 Total number of clients served through this grant funding:

100

Q9 Describe the project's key outcomes and results based on the goals and objectives. Use the following format: State the Goal: State Objective 1: Describe the Activities, Results and Outcomes for Objective 1: State Objective 2 (if applicable): Describe the Activities, Results and Outcomes for Objective 2: State Objective 3 (if applicable): Describe the Activities, Results and Outcomes for Objective 3:

This grant award of \$24,527 made it possible for Peppermint Ridge to improve the lives of our residents in many ways: 1) We were able to replace some aging plumbing in three on campus homes to ensure the safety of residents and reduce continuous maintenance and repair bills, 2) We provided a variety of educational and physical activities for residents, and 3) renovated a kitchen in one on campus home.

The plumbing in three homes was redone as a result of this grant. Roger Home which serves six residents was repiped in November of 2015 and Del Park and Conner Home were repiped in October of 2016. Del Park and Conner each serve 12 residents. The staff and clients are very happy to have reliable hot and cold water.

The kitchen in Evergreen Estate on the main had not been updated since the 1980s. The gift of \$7,988 benefited 12 residents and about 14 staff members. The staff and clients love having a newly renovated kitchen in which to work.

The gift of \$4,539 which was allocated to a variety of activities allowed Peppermint Ridge to continue to enhance or maintain resident's physical and mental acuity. (Awarded a total of \$4,539 broken up in the following way: Yoga Class Instructor: \$480, Yoga Class Supplies \$406 Horseback Riding Scholarships: \$2,940, Art Class Instructor: \$475 and Art Supplies \$238).

The Activity Program at PR is thriving. Yoga class was taught once a week with an average attendance of 18 people. Residents that are wheelchair users have become comfortable on the yoga mat and those that use walkers have become more agile and stable in the yoga poses. When we first started yoga, it was very rudimentary in nature and the clients had a very difficult time settling down and being quiet. They also did not understand what you were supposed to do. Today, they understand the culture of the "yoga studio" and are quiet when they come in as they take off their shoes, lay on the mat and wait for class to begin. Most have grown to benefit from a more advanced level. They are able to accomplish more difficult poses, have a longer attention span and they are able to focus and take direction.

Between September 2015 and August 2016, a total of \$1,110 was spent on about eight art, letter writing and journaling classes. For every session about 20 residents attended. The letter writing gave residents an opportunity to write letters to friends, family and community members. For example, letters of thanks were written to Veterans to thank them for their service. The journaling process was designed to allow them explore the things that make them happy and sad. For those residents who are unable to write, a staff member transcribed the things they said. These classes are very popular and have been continued on a regular basis. The purchase of art supplies allowed the residents to paint pictures that were shown in a three week long art exhibit in the Corona library, ornaments and mugs were also painted. The residents were so proud of their work. Two drawings was selected to be made into Christmas cards and note cards for purchase. All funds generated from these sales goes into the Activity Fund.

Between September 2015 and August 2016, The Ridge spent \$3,640 on horseback riding scholarships this allowed five riders and then four (one got hurt during the course of the year) to continue to ride on a monthly basis. Through this therapeutic exercise, the riders worked on balance, sequencing, following directions. All of these skills are beneficial on and off the horse. The residents were also able to show off their skills at the NDR annual Horse Show in June.

Q10 Please describe any challenges/obstacles the organization encountered (if any) in attaining goals & objectives.

The biggest challenge was scheduling the repiping of the homes. Because of scheduling conflicts of the plumbers and staff scheduling in the homes, the projects were delayed longer than they should have been.

Q11 How did you overcome and/or address the challenges and obstacles?

Thankfully, The Community Foundation granted an extension and we were able to get the jobs completed in the homes. The lesson is that better communication needs to occur between all parties concerned so that the work can get done on time.

Q12 Describe any unintended positive outcomes as a result of the efforts supported by this grant.

The kitchen and plumbing will certainly help keep the “plant” in good shape while the activities will benefit the lives of the residents. The camaraderie that is seen as residents attend activities is proof that they, like their able bodied counterparts, enjoy activities and being with friends. The advance in skill level that was achieved in horseback riding, yoga, and the art classes all demonstrate the value in challenging residents to learn and grow.

Q13 Briefly describe the impact this grant has had on the organization and community served.

We are so grateful that the S. L. Gimbel Foundation chose to help the Ridgers again. Over the last year, we have increase the variety of activities offered to residents and the gift from Gimbel made that possible.

Page 3: Budget

Q14 Please provide a budget expenditure report of the approved line items. Include a brief narrative on how the funds were used to fulfill grant objectives.

The funds were used to purchase supplies and expertise to fulfill the purpose of the grant. The goal was to provide the residents with a myriad of activities to maintain or improve mental acuity, to renovate a kitchen, and to update plumbing in three homes. Please see detailed outline of expenses and receipts for further explanation.

Please Note: Shortly after the grant cycle began, the yoga instructor became the Activites Director. The yoga instructor money (\$480) was applied to her general salary, because she was still the yoga instructor as part of her Activity Director duties.

Page 4: Success Stories

Q15 Please relate a success story:

Lyandra, a wheelchair user who has been at Peppermint Ridge for less than a year, has really enjoyed participating in yoga. She gets out of her wheelchair and does modified poses as best as she can. During the meditation her body relaxes and she has a lower level of spasticity. She also has had a wonderful time swimming. She finds it is much easier to move in the pool and looks forward to her swimming outings.

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Q16 Please relate a success story here:

John M., a 52 year old man, has lived at the Ridge since he was four years old. He has lived at Roger for many years and is very happy. He has some medical issues that need to be monitored. He goes to day program regularly and participates in a variety of activities at the Ridge.

Q17 Please relate a success story here:

Respondent skipped this question

Page 5: Organizational Information

Q18 Which category best describes the organization. Please choose only one.

Residential/Recovery

Q19 What is the organization's primary program area of interest?

Disabled/Access

Q20 Percentage of clients served through grant in each ethnic group category. Total must equal 100%

African American	2
Asian/Pacific Islander	2
Caucasian	91
Native American	1
Hispanic Latino	4

Q21 Approximate percentage of clients served from grant funds in each age category.

Children Birth-05 years of age	0
Children ages 06-12 years of age	0
Youth ages 13-18	0
Young Adults (18-24)	3
Adults	82
Senior Citizens	15

Q22 Approximate percentage of clients served with disabilities from grant funds.

Mentally/Emotionally Disabled 100

Q23 Approximate percentage of clients served in each economic group.

At/Below Poverty Level 100

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Q24 Approximate percentage of clients served from grant funds in each population category.

Single Adults	100
Families	0
Single Parent Families	0
Disabled	100
Ethnic Minority	6
LGBTG	0
Abused Women/Children	0
Homeless/Indigent	0
Immigrants	0
Military	0
Parolees	0
Students	0
Elderly	15
Children/Youth (those not included in Family)	0
