

 <p><b>The Community Foundation</b> Serving the Counties of Riverside and San Bernardino</p>	<p align="center"><b>S.L. Gimbel Foundation Fund Grant Evaluation Form</b></p>
<p><b>Grant Period: November 15, 2012 through November 30, 2013</b></p>	<p align="center"><b>Evaluation Due Date: December 15, 2013</b></p>

**Stroke Recovery Center**

<p>Organization: _____</p>	
<p>Contact Name: Beverly Greer</p>	<p>Title: CEO</p>
<p>Phone Number: 760-323-7676</p>	<p>Grant Period: Nov 15, 2012 – Nov 30, 2013</p>
<p>Award Amount: \$25,000</p>	<p>Grant Number: 2012879</p>

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

The goal of the Exercise Therapy program at the Stroke Recovery Center (SRC) is to provide an environment where stroke and traumatic brain injury survivors can receive physical exercise and education that is tailored to their individual needs thereby maintaining or increasing their level of functional mobility.

Exercise Therapy services are measured both qualitatively and quantitatively in meeting program goals and objectives. Quantitatively, the services are measured through weekly attendance records and documented use of the gym. Qualitatively, the services are evaluated by individual interviews with participants and therapists documentation of health outcomes in the process of treatment and rehabilitation.

Attendance Statistics: November 2012 through November 2013.

<u>Total Clients</u>	<u>ET Visits</u>	<u>Daily Average</u>	<u>Volunteer Hours</u>
181	6985	27	1283

Exercise Therapy clients average over 5 visits per month with 36 clients averaging 8 or more times per month. Program staff encourages all clients to attend as often and frequently as possible to facilitate repetition. This is the key to potential improvement.

Grant funds supported core staff expenses for the Exercise Therapy program to provide client education in the areas of: balance, bed mobility, transfer safety, edema control, and reduction contractors with positioning and stretching.

Part-time Program Manager, Brenda "Bootsie" Crawford's general daily duties include:

Daily documentation and evaluation of client participation in exercise therapy to track progress or identify possible problem areas in order to help them reach and maintain their maximum potential.

Administers exercise therapy to SRC clients per authorization of their physician.

Supervise and train volunteers who assist clients during treatment sessions.

Implements contracture and range of motion assessment program to identify and treat clients who are at risk for joint contractures due to high tone, spasticity and overall loss of function to the affected extremity.

Attend client outings in order to assess community based mobility and safety awareness, allowing the Exercise Therapy Department to focus on problem areas during the client's treatment session.

Provides each client with a personalized home exercise program to meet their individual needs, and stresses the importance of follow through with their home program.

Provides one-on-one caregiver training in the areas of range of motion, strengthening and mobility.

Part-time Exercise Therapist, Scott Van Alstine's duties include:

Hands-on fitness training with emphasis on strength, flexibility, stretching, balance, and massage.

Assist clients with walking practice, stand-up/sit down exercises, leg movement exercises, and shoulder strength and stretching.

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

The overall number of patients served through the program collaboration with Inland Empire Health Plan (IEHP) was slow to grow due to the government process to get the demonstration project started. It was delayed a number of time until finally it will be initiated in January 2014. There was no way to put pressure on the government to move faster. The IEHP contract has been completed and provider faxes started to go out December 2013. Starting January 1, 2014, IEHP patients will be asked to select their new program. Those CVA patients who choose IEHP will be offered SRC rehabilitation services as an add-on to their coverage. Enrollment is expected to be completed by April 2014.

Client growth projections are still on track to expand our patient base to the prepaid MediCal handicapped who reside in the Coachella Valley area. We have internally prepared for the patient base expansion with IEHP by upgrading program computer equipment for integrated billing and for medical record tracking capabilities through staff training sessions with IEHP. The physical expansion of our new Exercise Gym is moving forward. The building permitting process has taken longer than projected which is a benefit since the expansion project has grown in scope to include the total patient population of CVA in the IEHP as opposed to just the demonstration project for medi/medi. In fact we have increase the new gym floor space by 1400 sq ft to accommodate expected growth. The new gym construction project received approval from the Airport Land Use Commission earlier this year in September and now awaits final approval from the City of Palm Springs Building Department before construction can begin.

- **Describe any unintended positive outcomes as a result of the efforts supported by this grant.** We have continued to grow our regular business – popularity of the exercise program is as strong as ever. We have actually started to see a few IEHP patients but expect the volume to

grow significantly once the government program is in place by March 2014. Going forward we will need to add time or numbers of part time staff if the volumes hit what IEHP expect in 2014. However, it is important not to get too far ahead of the market on this since the government is very changeable on these new demonstration projects. Emphasis is placed on the need to make sure our program is well funded so there is flexibility in staffing and space utilization until the new gym facility construction is completed.

- **Describe the overall effect this grant has had on your organization.**

Grant funds supporting core-program expenses to provide the necessary staffing of trained professionals to screen, evaluate, and implement individual exercise therapy programs for an additional 61 new clients during the reporting period. Out of the total 260 clients served by the Center during the grant period, 70% of all clients seeking rehabilitation services received Exercise Therapy, maintaining our target percentage goal of active client participation in Exercise Therapy services.

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

Patient program testimonials are attached as program qualitative measurements of health outcomes for individuals served by the program.

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

Financial expense report for grant funds (expenditures) is attached.

- ❖ Please send copies of publicity and other promotional materials.
- ❖ All variances or time extensions must be approved by The Community Foundation's Grant Committee. Please contact us at 951-684-4194, ext. 114 immediately if a variance or extension becomes necessary.

**Please return the completed form to:**

Celia Cudiamat, Executive Vice President  
3700 Sixth St., Suite 200, Riverside, CA 92501 or fax to 951-684-1911  
Or email to: [ccudiamat@thecommunityfoundation.net](mailto:ccudiamat@thecommunityfoundation.net)

**STROKE RECOVERY CENTER**  
**Exercise Therapy Program**  
November 2012 through November 2013

<u>Date</u>	<u>Name</u>	<u>Memo</u>	<u>Amount</u>
<b>6000.00 · Salary &amp; Wages</b>			
<b>6000.17 · Wages-Fitness Trainer</b>			
11/15/2012	B. Scott Van Alstine	NOV. 15, 2012 PAYROLL	543.84
11/30/2012	B. Scott Van Alstine	NOV 30, 2012 PAYROLL	725.12
12/14/2012	B. Scott Van Alstine	DEC. 14, 2012 PAYROLL	543.84
12/31/2012	B. Scott Van Alstine	DEC. 31, 2012 PAYROLL	725.12
01/14/2013	B. Scott Van Alstine	JAN. 15, 2013 PAYROLL	634.48
01/31/2013	B. Scott Van Alstine	JAN. 31, 2013 PAYROLL	634.48
02/15/2013	B. Scott Van Alstine	FEB 15, 2013 PAYROLL	543.84
02/28/2013	B. Scott Van Alstine	FEB 28, 2013 PAYROLL	453.20
03/15/2013	B. Scott Van Alstine	MAR 15, 2013 PAYROLL	634.48
03/29/2013	B. Scott Van Alstine	MAR 29, 2013 PAYROLL	543.84
04/15/2013	B. Scott Van Alstine	APRIL 15, 2013 PAYROLL	634.48
04/30/2013	B. Scott Van Alstine	APRIL 30, 2013 PAYROLL	543.84
05/15/2013	B. Scott Van Alstine	MAY 15, 2013 PAYROLL	634.48
05/31/2013	B. Scott Van Alstine	MAY 31, 2013 PAYROLL	634.48
06/14/2013	B. Scott Van Alstine	JUNE 14, 2013 PAYROLL	543.84
06/28/2013	B. Scott Van Alstine	JUNE 30, 2013 PAYROLL	543.84
07/15/2013	B. Scott Van Alstine	JULY 15, 2013 PAYROLL	725.12
07/31/2013	B. Scott Van Alstine	JULY 31, 2013 PAYROLL	634.48
08/15/2013	B. Scott Van Alstine	AUG. 15, 2013 PAYROLL	543.84
08/30/2013	B. Scott Van Alstine	AUG. 30, 2013 PAYROLL	634.48
09/13/2013	B. Scott Van Alstine	SEPT 13, 2013 PAYROLL	543.84
09/27/2013	B. Scott Van Alstine	SEPT 30, 2013 PAYROLL	634.48
10/15/2013	B. Scott Van Alstine	OCT. 15, 2013 PAYROLL	543.84
10/31/2013	B. Scott Van Alstine	OCT. 31, 2013 PAYROLL	634.48
11/14/2013	B. Scott Van Alstine	NOV 15, 2013 PAYROLL	634.48
11/29/2013	B. Scott Van Alstine	NOV. 29, 2013 PAYROLL	634.48
Total 6000.17 · Wages-Fitness Trainer			<u>15,680.72</u>
<b>6000.18 · Wages-Exercise Therapist</b>			
11/15/2012	Brenda L. Crawford	NOV. 15, 2012 PAYROLL	1,221.66
11/30/2012	Brenda L. Crawford	NOV 30, 2012 PAYROLL	1,221.66
12/14/2012	Brenda L. Crawford	DEC. 14, 2012 PAYROLL	1,110.60
12/31/2012	Brenda L. Crawford	DEC. 31, 2012 PAYROLL	1,221.66
01/14/2013	Brenda L. Crawford	JAN. 15, 2013 PAYROLL	1,221.66
01/31/2013	Brenda L. Crawford	JAN. 31, 2013 PAYROLL	1,332.72
02/15/2013	Brenda L. Crawford	FEB 15, 2013 PAYROLL	1,221.66
02/28/2013	Brenda L. Crawford	FEB 28, 2013 PAYROLL	999.54
03/15/2013	Brenda L. Crawford	MAR 15, 2013 PAYROLL	1,221.66
03/29/2013	Brenda L. Crawford	MAR 29, 2013 PAYROLL	1,110.60
04/15/2013	Brenda L. Crawford	APRIL 15, 2013 PAYROLL	1,221.66

**STROKE RECOVERY CENTER**  
**Exercise Therapy Program**  
**November 2012 through November 2013**

<u>Date</u>	<u>Name</u>	<u>Memo</u>	<u>Amount</u>
04/30/2013	Brenda L. Crawford	APRIL 30, 2013 PAYROLL	1,221.66
05/15/2013	Brenda L. Crawford	MAY 15, 2013 PAYROLL	1,221.66
05/31/2013	Brenda L. Crawford	MAY 31, 2013 PAYROLL	1,332.72
06/14/2013	Brenda L. Crawford	JUNE 14, 2013 PAYROLL	1,110.00
06/28/2013	Brenda L. Crawford	JUNE 30, 2013 PAYROLL	1,110.60
07/15/2013	Brenda L. Crawford	JULY 15, 2013 PAYROLL	1,221.66
07/31/2013	Brenda L. Crawford	JULY 31, 2013 PAYROLL	1,332.72
08/15/2013	Brenda L. Crawford	AUG. 15, 2013 PAYROLL	1,221.66
08/30/2013	Brenda L. Crawford	AUG. 30, 2013 PAYROLL	1,221.66
09/13/2013	Brenda L. Crawford	SEPT 13, 2013 PAYROLL	1,110.60
09/27/2013	Brenda L. Crawford	SEPT 30, 2013 PAYROLL	1,221.66
10/15/2013	Brenda L. Crawford	OCT. 15, 2013 PAYROLL	1,221.66
10/31/2013	Brenda L. Crawford	OCT. 31, 2013 PAYROLL	1,332.72
11/14/2013	Brenda L. Crawford	NOV 15, 2013 PAYROLL	1,221.66
11/29/2013	Brenda L. Crawford	NOV. 29, 2013 PAYROLL	1,110.60
Total 6000.18 · Wages-Exercise Therapist			<u>31,318.32</u>
Total 6000.00 · Salary & Wages			46,999.04



## ***STROKE RECOVERY CENTER***

### **Exercise Therapy – Client Progress Notes**

Naomi Bailie has been a client of the Stroke Center since 2009. She works diligently here at the center as well as attending Pegasus Riding Academy and Tai Chi classes. She suffered from an uneven left hip so she works out on the therapy ball for posture, balance, strength and coordination. She sometimes displays “no hands” to show how steady she has become.



Rushie “Shime” Collins started coming to the center in August 2013. She is extremely limited in the use of her lower body. Shime uses the loosening program on the Motomed bike, which can manipulate the lower or upper body extremities for the client until they are strong enough to pedal on their own. She has progressed to the Nustep elliptical machine which is a manual machine, with a push and pull action, that the client has to do on their own. She has been able to maintain a speed of 50 RPM for over 20 minutes.

Roberta Hinch focuses therapy on her right hand. Since her stroke on 2008 she has recovered approximately 90% in body function, but still has issues in the closure and opening of the fingers. She spends quite a bit of time using the peg board for dexterity and eye/hand coordination. The pegs are placed on the board in color coordinated rows and columns. She picks up each peg using one finger and thumb, alternating with other fingers as she makes progress.



**Don Frantz** has been coming to the center since May 2008 after having survived a stroke in 2007. Don attends regularly, coming five days a week and participates in the Let's Get Physical (group physical activity). One area Don has been working on is his stride; originally it was more of a short shuffle. Now, with some encouragement from Exercise Therapy staff and his own determination, Don's stride has improved to the point that he no longer shuffles along. Don states that the camaraderie at the center can't be matched anywhere else. Don's laughter is contagious; making others in the Let's Get Physical group light up and have a wonderful time.