



UG-Hollywood Casino Grant Fund
2013 – Final Grant Reports

Unified Government Hollywood Casino Grant Fund
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Grantee:
Associated Youth Services

Project Name:
Healthy, Fit and Informed Dottes

Total Grant Amount:
\$50,000

Amount Expended:
\$50,000

Purpose of Grant:

Healthy, Fit and Informed Dottes (HFI Dottes) is a two component effort that focuses on multiple health behaviors including three interwoven issues; physical activity, nutrition choices, use of alcohol, tobacco and other drugs and other lifestyle choices.

The first component is the expansion of SPORT for Health and Fitness. This is a program to increase healthy behaviors involving youth in personal goal setting to improve multiple health habits, positive self-identity, and physical activity.

The second component is an expansion of AYS' Youth Health Days which provides health screenings and interactive health information to students in all of the KCK School District's Middle and Senior High Schools.

Outcomes:

In their grant application, AYS identified eight outcomes: 1) 80% of students will increase levels of physical activity as documented by Goal Plan tracking sheets. 2) 90% of students will reduce/avoid drinking alcohol, smoking cigarettes or marijuana as documented by self-reports. 3) 90% of students will increase the number of healthy/nutritious foods they consume for snacks as documented by Goal Plan tracking sheets. 4) 80% of students will eat a healthy breakfast as documented by Goal Plan Tracking Sheet. 5) 75% of students will increase the number of hours of sleep per night as documented by Goal Plan Tracking Sheet. 6) 80 % of students will increase knowledge about healthy lifestyle choices. 7) 75% of students will receive information about their blood pressure, oral health and body mass index. 8) 75% of parents and students will receive case management contacts to inform and refer to community providers for issues needing intervention documented through written case notations and an Excel spreadsheet.

Outcomes Update:

Did you achieve these outcomes, yes or no? If no, please explain.

We were successful in meeting the programs Outcomes. However, although we saw change in a positive direction on the amount of sleep our teens are getting, this area still needs more improvement.

SPORT Outcomes

1. 93% of students increased levels of physical activity as documented by Goal Plan tracking sheets.
2. 93% of students reduced/or avoid drinking alcohol, smoking cigarettes or marijuana as documented by self-report.

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3. 93% of students increased the number of healthy/nutritious foods they consume for snacks as documented by Goal Plan tracking sheets.
4. 93% of students eat a healthy breakfast as documented by Goal Plan Tracking Sheet.
5. 74% of students increased the number of hours of sleep per night as documented by Goal Plan Tracking Sheet. This number is 1% lower than our goal, however it is up 16% of the initial baseline so we feel the program did have some impact in this area.

Youth Health Days Outcomes as indicated on post reflective survey

- A. 82 % of students increased knowledge about healthy lifestyle choices
- B. 92% of students got blood pressure, oral health or body mass index screenings and information.
- C. 75% of parents and students will receive case management contacts to inform and refer to community providers for issues needing intervention documented through written case notations and an Excel spreadsheet. This outcome is still in progress. Our staff have focused on identified urgent dental needs. Phone calls or letters have been sent to parents of all students whose oral screenings indicated an urgent need for dental care. Staff have assisted families in finding low cost care making appointments. Thirteen youth were helped to apply for scholarships for orthodontia services.

Measuring Progress:

Please describe how you measured progress towards your stated outcomes and any evidence that demonstrates achievement toward your stated outcomes (please note that activities and customer satisfaction do not equal outcomes).

Pre/Post measures were used to measure progress towards stated goals. At the very first sessions with the youth we did baseline measures on attitudes and actions towards certain habits that reflected on lifestyle choices, eating habits and the amount of exercise and active movement the young people engaged in on a regular basis. After doing some interactive educational presentations with the youth we asked them to set some personal goals towards a healthier lifestyle. Each student kept a personal journal that documented eating, sleeping, exercising, and other chosen daily activities including their main goals. The progress of the chosen goals were measured at the end of the twelve week session for each student. During weekly sessions the students had opportunities to discuss and/or to work on goals with the staff. Progress towards goals was also noted at times during contacts with parents as follow-up calls were made during the course of the program. Students were encouraged to break some goals into steps if their goals were lofty to help ensure they did not get discouraged if progress seemed slow.

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Activities Update:

Referring to the original proposal, did you complete your stated activities, yes or no?
Please provide a brief update on the status of your activities.

We were successful in completing the activities we proposed in the original grant. Over the course of the grant we served 125 unduplicated youth in SPORT. A number of youth who had completed their 12 weeks continued to come and served as student assistants while continuing to work on new goals for themselves. Staff attended two Advocacy Days at Northwest, one at the beginning of each semester, to meet with parents, explain the program and do recruitment. This initial contact with parents helped to ensure parental buy-in to the program. Staff meets weekly on Wednesdays at Northwest and Thursdays at the Boys and Girls Club.

An unanticipated bonus was two students from Rockhurst University enrolled in Exercise Physiology who heard about SPORT through our Youth Health Days, volunteered to help with the program. They committed to come to Northwest weekly and were a great help to our staff.

We completed all 14 Youth Health Days and saw over 4,000 students with the support of 15 community agencies, 4 student nursing program, 2 local dentist and a number of community volunteers. Exit surveys from students and comments from teachers and administrators verify that the Youth Health Days are a valued activity for the students.

On May 21st we had our SPORT Round-up, a Field Day Celebrating the Culmination of the Years Activities for all participants and parents from Northwest and the Boys and Girls Club. The event was held at Northwest's track. We had games, races badminton, volleyball, croquette and the highlight of the day were relays on adult size trikes. Everyone was treated to a healthy picnic lunch and plenty of ice water -- (no sugary soda!)

June began the planning for our family gardens. Our youth have been talking throughout the program about trying to add more veggies to their diets. The home gardens are giving our families a chance to grow a few vegetables themselves. Letters were send out to all parents encouraging them to contact Mr. Johnson to express their interest in getting supplies to do one or more raised bed gardens at their home. Staff made follow-up calls as most of our parents seemed hesitant to give gardening a try. We explained they would get instructions and everything they need to grow the vegetables of their choice. We had a pizza orientation night with Shea Bergman of the Kansas City Community Gardens who explained to the parents attending about how the raised beds would be constructed and that he personally would come out and help select the best spot for the garden. We watched video with more information and tips and then parents got to select the 5 veggie or flowers they would like to start with. Families will have the opportunity to have a warm season and a fall/cool season planting.

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During the remainder of the summer staff will be presenting the SPORT program to the young men at HomeTies, the Youth Residential Center at AYS and the Boys and Girls Club.

All SPORT participants will be encouraged to attend Night Hoops Beginning June 27 -- August 8th, through a partnership between AYS, the YMCA and Leadership; a Friday night activity to give Wyandotte youth a safe place to have a fun activity filled evening focused on health and leadership development.

Individual Examples:

the students were happy to have something to do after school. one sixth grader told me that if he didn't have an afterschool activity, he would have to go home and take care of his nieces (babysit). his mom had children at three schools and she was trying to navigate between the three schools and get everyone picked up from school on time, while holding down a job.

they were enthusiastic about all the activities we suggested: yoga, zumba, calisthenics, basketball, volleyball, kickball, line dance, and soccer. the 6th graders were hopeful that they would improve their skills so they could make the school teams next year.

the parents were also grateful that their children were supervised and participating in some wholesome activities, as many of them were working during the 3 -- 5 pm time after school. they expressed appreciation for the fliers that were mailed and said it was helpful to remind them to talk with their kids about health and dangers of alcohol and drugs. the hispanic parents benefitted from their kids reading the fliers to them and opening up the subject for discussion. (many of the students had learned english quickly and could translate for parents.)

the school staff supported our efforts and commented on the sports curriculum: "i wish all the kids could have this information. teachers too could benefit from this program," was one northwest teacher's comment, after sitting in on a session.

in addition to the benefits from the coaching on wellness, students became more confident in expressing their ideas and speaking before a group. one lesson on 7 steps to achieve your goals was particularly helpful to the kids. one step was to take a risk. when asked to tell about a time when they took a risk, they came up with some excellent examples. one 7th grader said he was afraid to perform a musical solo in an assembly, but overcame his fear. the others remembered his performance and praised him for being so brave. other students then remembered similar experiences and shared with the group (trying out for the basketball team, etc.) group discussion was a good way to help motivate students to realize their goals.

sharon talked about a student who was learning to increase her nutrition in very small steps, she was slowly reducing her salty snacks, day by day, and replacing with healthy ones.

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one student has a medical condition "dwarfism" and is very short stature but it doesn't keep him from participating in everything the other kids do. he runs right along and keeps up with others on the basketball court. he was one of the participants in clay's basketball camp and did very well. he loves basketball and stated his primary goal in the sport program is "improve my basketball skills." he is a favorite friend among the group and like a typical teenager he likes to tease the other boys at his table. when clay reminded him, "don't be a bully," he smiled and seemed to feel like "one of the guys." because he is short, he could be overlooked on the court, but he is always included and the others make sure he has a chance to handle the ball. he is the first on the court and the last off.

Client Information:

66101
66102
66103
66104
66105
66106
66112

Other Information:

Is there anything else you would like to include in this grant report?

This grant has had the an impact not on the the primary student but also on other family members. It is our hope that there will be more communication in homes now as families talk about all of the different things that go together to make a healthy lifestyle.

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Grantee:
Bethel Neighborhood Center

Project Name:
Youth Fit 4 Life

Total Grant Amount:
\$50,000.00

Amount Expended:
\$50,000.00

Purpose of Grant:

The Bethel 'Youth Fit 4 Life Project' seeks to address two pressing needs among the students they serve, healthy eating and active living. The purpose of the project is to educate and motivate youth to avoid diabetes and obesity. In addition to learning the importance of eating healthy foods and doing physical activities, students will put their new knowledge into action.

Outcomes:

In their grant application Bethel identified five outcomes:

1. Students will know healthy and unhealthy foods/snacks: 90% of students will be able to differentiate between healthy and unhealthy food/snacks and will be able to tell their impacts on our bodies, measured by pretests and post-tests at the beginning and end of summer youth enrichment program and also in the after school program in fall 2013 and spring 2014.
2. Students will know healthy and unhealthy foods/snacks: 90% of students will know the food pyramid and will be able to prepare at least five healthy snacks/food from the recipes Bethel Neighborhood Center will provide.
3. Students will consume more fruits and vegetables: 90% of students will self-report that they eat more fruits and vegetables and asked their parents to buy them more often. In addition, Bethel will keep records of how many fruits and vegetables are served to students at Bethel and how many bags of groceries are handed out to the community from the First Baptist Church of Stilwell's weekly food donation and fresh produce picked up from the Harvesters.
4. Students will do more physical activities and exercise: Bethel will keep a log of the recreation time at Bethel and make sure that the students are involved in one hour of physical activities each time they participate in the program.
5. Students will do more physical activities and exercise: Bike Club participants will ride their bikes more to school, to Bethel and in their neighborhoods. The measure will be self-report by students. To help them reach this outcome while remaining safe, 95% of Bike Club participants will repair two bikes (one for themselves to take home and the other one for younger kids at Bethel) and be able to complete the safety classes.

Outcomes Update:

Did you achieve these outcomes, yes or no? If no, please explain.

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Yes, we achieved these outcomes and we are very pleased with our success.

Measuring Progress:

Please describe how you measured progress towards your stated outcomes and any evidence that demonstrates achievement toward your stated outcomes (please note that activities and customer satisfaction do not equal outcomes).

We measured progress towards our stated outcomes by the appropriate measuring tools we proposed in the application.

1. The pretests and post-tests conducted at the beginning and end of our summer and after school programs in 2013 and spring 2014 showed increase in percentage of students who could differentiate between healthy and unhealthy foods after each semester. While 93% of our students could differentiate between healthy and unhealthy foods and 90% of our students could tell their impacts on our bodies in 2013; at the end of spring 2014, 98% of our students could differentiate between healthy and unhealthy foods and 96% could tell the bad impacts on our bodies .

2. 98% of our students know the food pyramid. With the help of a K-State Research Extension staff and the two Bethel staff she trained, our students learned and prepared 14 healthy food/snacks - 6 during summer 2013, 4 in fall 2013, and 4 in spring 2014.

3. From the students' self-report and our record, 96% of our students eat more fruits and vegetables. All the meals we served the students came through Harvesters and they were prepared using the food pyramid requirements from the USDA. From the interim report last year, we had a 3% increase among our students who reported asking their parents to buy more fruits. Therefore, 93% of our students reported asking their parents to buy more fruits and vegetables.

4. Our physical activities log showed 95% of our students engaged in physical activities such as, playing soccer, kickball, basketball, catch the flags, swimming, hiking, four square, and Zumba dance.

5. 95% of our students self-reported riding their bikes more to their friends' houses, parks, school, and to Bethel Neighborhood Center. 98% of Bike club participants repaired two bikes and completed the Bike safety classes.

Activities Update

Referring to the original proposal, did you complete your stated activities, yes or no? Please provide a brief update on the status of your activities.

Yes, we completed our stated activities. The activities we did to complete our stated activities to achieve the stated outcomes were as under:

1. A staff member from K-State Research Extension, the Bethel nurse, and two Bethel staff members (trained by the K-State Research Extension to teach nutritional classes) taught our youth healthy and unhealthy foods and the impacts they have on our bodies.

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Twenty-seven classes were devoted to teaching healthy and unhealthy foods during our summer and fall programs in 2013, and the after school program in spring 2014.

2. We taught food pyramid and the importance of each item in the food to our students. Since the Harvesters' food we serve to our students have all the items in the food pyramid, it has been easier to teach about food pyramid to our students. Although we proposed to prepare five healthy food/snacks, we ended up preparing 15 healthy snacks with our students.
3. In addition to the fruits and vegetables our students get with their meals, we have been serving fruits like apple, pears, grapes, honey dew, orange, and cantaloupe as snacks. The weekly donation of food from First Baptist Church of Stilwell, Kansas have helped us to hand out more healthy foods to our families. We continue to encourage our students and their families to eat more fruits and vegetables to have better health.
4. Our students are engaged in physical activities like playing soccer, volleyball, kickball, catch the flags, swimming, hiking, roller skating, tag games, four squares, and Zumba dance. We made schedule in such a way that they get enough physical activities while they are at Bethel Neighborhood Center.
5. Our partnership with 'FreeWheels for Kids' provided more than fifty bikes to our students. They are found to ride their bikes to school, friends' house, to parks, and to Bethel Center. We completed two Bike clubs last summer, one in fall 2013, and another one in spring 2014. Ninety-eight percent of our students self reported riding their bikes regularly, and ninety-six percent reported as confident to fix their bikes if they have problems.

Individual Examples:

'Youth Fit 4 Life' program gave us many opportunities to interact and work not only with our students but also with their families throughout the year. Hearing frequently about food pyramid and the importance of eating healthy foods and exercise from their children, the Bethel parents were eager to learn more about preventable diseases, healthy foods/snacks, and exercise. They came and participated in our activities willingly whenever we invite them. Eighty-eight percent of our students reported asking their parents to buy more fruits/vegetables and cooking from the recipes they received at Bethel.

The mother of two new students said, "Almost every evening, my daughters told me the new things they learned about healthy and unhealthy foods at Bethel and the importance of exercise. They want my family to be healthy and eat healthy foods and not to drink soda pop. I am happy to know that they are in a safe place learning so many things. They encourage me to try to do more physical activities instead of just doing cooking and staying at home. I am also very happy that my kids are learning about other cultures."

A father said, "My kids came and told me about food pyramid but I did not really understand what they meant by it. Every time we go for grocery shopping with them,

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they asked us to buy apples and other fruits and asked me and my wife not to buy too much meat. So we are buying and eating more apples and vegetables and staying away from foods that are not good for our bodies."

Another parent said, "My daughter and son are encouraging me to move around more at home. They said Bethel teachers told them that exercise can be done at home too. They also mentioned to me the importance of moving our body. When I stay at home I am moving around more."

The percentage of our students who reported taking home the materials they learned at Bethel, talking to their parents and succeeded in reducing eating unhealthy foods and do more exercise increased from 55% at the time of the interim report to 85% at the end of spring 2014. The health related teaching we did, the supervised physical activities and bike classes at Bethel helped our students to understand the importance of eating healthy and break their sedentary lives. Teaching our students why we do what we do has helped them to understand better the importance of healthy eating and engaging in games and other physical activities. In addition to helping our students and their families to become healthier and improve their lives, this program helped the Bethel staff members and volunteers too. Some staff members stopped drinking energy drinks and soda pop and they are watching what they eat and are exercising more.

Client Information:

We track progress and outcomes for our programs throughout the year. For 'Youth Fit 4 Life,' 90% of our clients come from 66101 and 10% come from 66102 zip code.

Other Information:

Is there anything else you would like to include in this grant report?

In the interim report, we reported about doing Zumba dance several times for exercise, fun, and to learn new dance moves. Since the families of our students responded well to our invitation to participate in Zumba dance, bowling, and other health related classes and activities, we will continue to invite and include them in our 'Youth Fit 4 Life' activities in the future. We are very excited to see the possibilities of working not only with the students but also with their parents and other family members. The new knowledge our students and their family members received and the new healthy behaviors they have started, we believe, will be a great help to them as well as to our community.

We are very grateful to our funders for the funds and opportunity to continue this helpful program in 2014-2015. We look forward to having another great year!

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PROJECT TITLE: *Youth Fit 4 Life*

FINAL BUDGET REPORT - UNIFIED GOVERNMENT HOLLYWOOD CASINO GRANT FUND (UGHCGF) 2013-2014.

Received from UGHC GRANT FUND	Funding from Other Sources	In-Kind	Total	
Net Revenue				
UGHC GRANT FUND	50,000		50,000	
*Churches and Individuals	0	30,500	2,000	32,500
Total Net Revenue	50,000	30,500	2,000	82,500
Expenses				
Salary	27,160	26,680	0	53,840
Benefits & Payroll Taxes	2,362	2,320	0	4,682
Total	29,522	29,000	0	58,522
Compensation Supplies/Materials	17,950	0	2,705	20,655
Transportation (Gas, fieltrip etc.,)	2,528	1,500	0	4,028
Sub-total (Expense)	50,000	30,500	2,705	83,205
Indirect Expense-	0	0	0	0
Total Expenses	50,000	30,500	2,705	83,205

Youth Fit 4 Life Expenses Explanation

Salary for seven Bethel staff members 27,160 26,680 **53,840**

Total Benefits and Payroll taxes 2,362 2,320 **4,682**

Note: payroll taxes was lesser than budgeted but we spent the amount under compensation spending more on the salary but not spending over the total compensation.

In Kind - volunteers' time and donation of game materials 2,705 **2,705**

Note: we received 25 new high quality soccer balls and more volunteers than expected.

Bike classes, food items, vegetables and fruits for nutrition classes and for distribution to the children 15,250 **15,250**

Prizes/incentives, refreshments for 3 orientations for students and parents, celebration of students' achievements & game materials 2,700 **2,700**

Gas/fuel, field trips 2,528 1,500 **4,028**

Total Expenses 50,000 30,500 2,705 83,205

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Grantee:
Caritas Clinic-Duchesne Clinic

Project Name:
Better Choices for People with Diabetes

Total Grant Amount:
\$47,600.00

Amount Expended:
\$47,600.00

Purpose of Grant:

Duchesne Clinic with their Better Choices for People with Diabetes program will provide qualified, culturally competent bilingual diabetes education in the clinic setting three half-days per week. This multi-dimensional program will include an R.N. providing one-on-one, onsite education, coordinated with patients' provider appointments.

In addition, twice per month, diet and exercise education will occur in a group class setting; once a month in English and once a month in Spanish. To reinforce lessons learned in class, successful participants will receive fresh fruits and vegetables and other healthy groceries, as well as oral and foot care supplies provided by one of several local church groups

Outcomes:

In their grant application, Duchesne Clinic identified three outcomes: 1) blood sugar control over time (A1C); 2) blood pressure control and 3) control of "bad" (LDL) cholesterol.

Outcomes Update:

Did you achieve these outcomes, yes or no? If no, please explain.
Yes

Measuring Progress:

Please describe how you measured progress towards your stated outcomes and any evidence that demonstrates achievement toward your stated outcomes (please note that activities and customer satisfaction do not equal outcomes).

During this grant period, Duchesne Clinic improved health outcomes for patients with diabetes, as measured by control of blood sugar, cholesterol and blood pressure. Among patients with diabetes, 72% demonstrate moderate to good control of long-term blood sugar levels, as measured by A1C tests. That is an improvement of 11% from the previous year.

Similarly, 94% of patients have blood pressure levels less than 140/90, a 5% improvement over the previous year. Among the same population, control of cholesterol levels remains constant at 80%.

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Among participants in this project, 54% of participants who attended at least one one-on-one education session, and at least two class sessions demonstrated an improvement in A1C levels (long-term blood sugar levels), averaging .66 point improvement. Even more remarkable, 50% of participants who completed a 1:1 session and at least 3 class sessions achieved A1C levels indicating moderate to good control of long-term blood sugar levels.

Activities Update:

Referring to the original proposal, did you complete your stated activities, yes or no?
Please provide a brief update on the status of your activities.

Yes. Duchesne Clinic provided an equivalent of 12 hours per week of one-on-one education and group-based classes for our patients with diabetes. Duchesne Clinic served 251 patients with 390 instances of service -- one-on-one intensive education sessions, in-exam consultations, group settings and phone coaching and follow-up. In the first 12 months of this project, 13 patients completed both at least one one-on-one education session and all 6 class sessions, effectively "graduating" from the program. Please note that on July 17, 6 more patients "graduated" from the program.

We do allow patients to repeat the class sessions, and have seen anecdotal benefits from this (see Individual Examples, below). However, due to limited resources, we are considering limiting the number of times patients can repeat the six-week session.

Throughout this project, we shifted focus to enabling more repeated interactions and saw success among patients we were able to engage in repeated sessions.

As discussed below, no-show and rescheduling rates of 30-40% seemed high to us, until we read more about these types of interventions in pubmed literature reviews.

Individual Examples:

Our bilingual diabetes educator has identified a few key trends from this project related to the idea that behavior change requires a support system. (1) Patients choose to include family members in group and even one-on-one education sessions. As an example, one married couple who went through the classes together (both are patients at Duchesne Clinic) indicated that they did not think they would be able to change their habits. However, through education and nutrition incentives, they report shifting snacks toward fresh fruits and vegetables, and eating smaller portions of their favorite high-starch foods. He is lifting weights (canned goods and bags of flour) and she is climbing stairs in the house every day to increase their physical activity. Both have measured improvements in A1C levels and report feeling better physically and emotionally.

In another example, a 53 year-old grandmother was hesitant to exercise, indicating that as a caregiver for her grandchildren, she has no time to exercise. After the classes and hearing other patients' testimony, she started taking 3 10-minute walks with her dog and grandchildren each day and has lost 4 pounds in 6 weeks.

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Patients "repeat" group sessions and engage in peer coaching and support. One patient, a 61 year-old woman, repeated the six-week session. At a class during her second session, she reported that she lost 10 pounds during her first six-week session. Her blood sugar levels were over 180 in the morning, and now are 100-120. She reports walking 60 minutes per day, spread out over 2-4 walks, and reports having much more energy.

The bilingual diabetes educator reports that incentives work: "Time has value, and for people with few resources, time can be especially valuable. To engage low-income patients, we need to supplement potential long-term gains (improvement in health) with immediate short-term gains (a bag of fresh, healthy groceries) to encourage participation. The additional benefit is that our participants get to try new foods and practice what we encourage."

Client Information:

If you are currently tracking, please provide the zip codes of the clients your program/projects serve.

66101, 66102, 66103, 66104, 66105, 66106, 66109, 66111, and 66112.

Other Information:

Duchesne Clinic believes that we provide a much-needed quality education program, as demonstrated by these strong results. As was expected, we saw a high number of participants (40%) begin and then drop the program prior to completing the six-week session, and almost 30% of patients scheduled for one-on-one sessions did not keep their appointment. However, a review of the medical literature indicates that these are normal challenges and can be planned around.

In a one-year program, it is of course challenging to help patients make behavior and lifestyle changes and measure whether they maintain those changes. Duchesne Clinic is pleased to report that we have, in collaboration with Riverview Health Services, requested and received three-year funding from the United Way of Wyandotte County to maintain this basic program, enabling funding from the Unified Government / Hollywood Casino Grant to be used to pilot an expansion project targeted at pre-diabetic patients with metabolic syndrome.

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**Knowledge is Power:
Diet and Exercise Diabetes Education for the Uninsured
Final Budget Report through 6/30/2014**

Line Item/Purpose	Award	Expended
Bilingual Diabetes Education: One-on-one care for 500 patients	\$28,800	\$28,800
Bilingual Diabetes Education: Bi-monthly classes	\$6,500	\$6,500
Spanish-language diabetes support worker	\$4,000	\$4,000
Curriculum materials and supports	\$4,000	\$4,000
Indirect @ 10%	\$4,300	\$4,300
TOTAL	\$47,600	\$47,600

Budget Report Narrative:

One-on-one appointments are scheduled in collaboration with patient’s care team, to match patient appointments or lab visits, when possible. Care teams have also requested and received in-exam consultations from diabetes educator – another example of care integration stemming from this project.

Bi-monthly classes have continued with a six-week “cycle” of classes to meet patient scheduling needs. This format has worked well; those completing six-week sessions demonstrate significant improvements in health outcomes – see narrative.

Curriculum materials and supports include nutritious incentives for the weekly classes and educational materials.

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Grantee:
Catholic Charities of NE Kansas

Project Name:
New Roots for Refugees Program

Total Grant Amount:
\$50,000.00

Amount Expended:
\$50,000.00

Purpose of Grant:

The New Roots for Refugees Program will increase food production and access among vulnerable refugees and community residents. This program seeks to make produce accessible and affordable in Wyandotte County.

Status of Grant:

In their grant application, Catholic Charities identified that the primary result achieved through the initiative is increased access to healthy foods via community gardens, sales at farmers' markets and distribution via the Emergency Assistance Center/mobile Resource Bus to homebound elderly. Catholic Charities also indicated that there would be 135 unique access points to healthy foods.

Outcomes:

Referring to your Grant Agreement or your most recent outcomes as agreed upon between your organization and the Community Foundation; list the stated outcomes that your organization committed to achieving.

The primary result achieved by this initiative is increased access to healthy foods via Community Gardens, sales at farmers' markets, distribution via the Emergency Assistance Center/mobile Resource Bus to homebound elderly. The initiative culminates in 135 unique access points that would not exist without the program. Access points translate into additional servings of fresh produce on the plates of residents of food deserts, including under-sourced refugees, farmers' markets customers, clients of the Emergency Assistance Program and home-bound elderly that reside at Sunrise Towers. The efforts total to a combined 9.6 acres of farmable land that per acre yield an average output of 12,000 pounds of produce. Cumulatively this equates to an output of 115,200 pounds of ethnically appropriate, in-community, accessible produce. At a recommended daily consumption of 1.5 pounds of vegetables/adult, the initiative yields 76,800 daily servings of produce to at-risk individuals with limited access.

Partner organizations go to great lengths to assure that output is maximized. At all sites, weekly field walks occur where agricultural experts provide guidance on and assure that productivity is as high as possible. Staff have daily and/or weekly contact with farmers to answer questions, help them access supplies, demonstrate production methods, and view progress.

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For New Roots farmers, the program tracks attendance throughout the 32-week entrepreneurial training and production skill courses. Staff track pre-and post-test scores on vocabulary necessary for production and interaction at farmers' markets. Each farmer sets production and sales goals by which program staff measure and verify program success. Measuring sales regularly, staff determine if farmers are acquiring and increasing skills. These measurements help determine if the program is on course and allows opportunities to provide individualized training and technical assistance. Annually, Catholic Charities and Cultivate KC engages each participant in a 360-degree-evaluation to review continued participation.

Emergency Assistance clients who benefit from produce distributed via the Wyandotte County Center and the mobile Resource Bus will be entered into the Mid America Assistance Coalition's database, MAACLInk. As fresh produce is not currently available via these access points, every individual receiving produce will be benefiting from a new point of access.

Outcomes Update:

Did you achieve these outcomes, yes or no? If no, please explain.

Yes--these outcomes were achieved and success measures explained in the section below.

Measuring Progress:

Please describe how you measured progress towards your stated outcomes and any evidence that demonstrates achievement toward your stated outcomes (please note that activities and customer satisfaction do not equal outcomes).

The Healthy Communities Wyandotte assessment indicated that a major barrier to improving consumption of healthy produce was access to produce, particularly in food desert tracts. The New Roots for Refugees program address this barrier by improving access through access points imbedded in the Wyandotte County community. The measurement utilized to show increased access to healthy foods is through tabulating access points. Access points translate into additional servings of fresh produce on the plates of residents of food deserts, including under-sourced refugees, farmers' markets customers, clients of the Emergency Assistance Program and home-bound elderly that reside at Sunrise Towers. As stated previously, 112 unique access points were created through the initiative. Access points are considered to be the number of New Roots/New Roots graduate "stalls" (vendor points) at a farmers' markets across Wyandotte County (21 total), the number of families growing at and consuming produce from each of the three Community Gardens (62 total), the number of New Roots/New Roots graduate families that consume produce grown by New Roots/New Roots graduates (25), and the distribution of produce via Catholic Charities' Wyandotte County Emergency Assistance Center and housing projects in Wyandotte County (three housing project sites and the Center, for a total of four access points). During the grant period, 1,216 unduplicated individuals benefited from fresh New Roots produce via the Wyandotte County Center and three housing project sites.

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An additional barrier identified by Healthy Communities Wyandotte assessment is the affordability of produce and healthy food, which are frequently out of the purchasing reach of at-risk Wyandotte County residents. The New Roots for Refugees initiative makes produce affordable to Wyandotte County residents who are able to utilize SNAP benefits/Senior Vouchers and, via Beans&Greens, receive a two-for-one match. To measure progress in regard to this achievement, the program tracks the value in SNAP/Beans&Greens/Senior Voucher sales, the number of SNAP users, and their ZIP codes.

In the 2013 growing season, New Roots Farmers sold over \$39,000 in SNAP and Senior Vouchers (Kansas Senior Farmers Market Nutrition Program). Markets for the 2014 growing season are now underway, and while the program is collecting SNAP usage data it is too early to aggregate it for meaningful results. Already this season, many customers have expressed surprise at the ability to double SNAP via the Beans and Greens Program. In addition, the program has added three vendors to the City Market (downtown KCMO) that attracts a significant number of refugees who reside in Wyandotte County and use SNAP to make purchases. With these two factors combined, the potential for growth in specifically SNAP sales is significant.

Activities Update:

Referring to the original proposal, did you complete your stated activities, yes or no? Please provide a brief update on the status of your activities.

While the 2014 growing season is underway and markets are bustling with New Roots farmers, much of the groundwork was laid over the winter months, when refugee farmers participate in 32 weeks of intensive linguistic and entrepreneurial training. Over the winter months, individual volunteers spent a combined 48+ hours providing weekly, one-on-one English practice with farmers. The program also has a volunteer working for two hours weekly over the summer with one of the 2013 graduates who is still developing confidence with her English skills. All of the farmers who participated in English over the winter have said they feel more confident with English, relative to their beginning skills.

In the 2014 growing season, there are 17 farmers engaged in farming at the Juniper Gardens Training Farm. These farmers and their families are enjoying produce grown at the farm, with tremendous cost-savings and increased consumption of culturally relevant produce. In addition, these farmers are selling produce at 21 Wyandotte County, SNAP-accessible farmers' markets.

Their produce is also being "sold" to Catholic Charities Wyandotte County Emergency Assistance Center where it is distributed in the food pantry. Produce was also distributed alongside commodity items to three Wyandotte County senior housing project sites. During the grant year, a total of 1,216 unduplicated individuals benefited from this disbursement. Emergency Assistance case managers indicate that individuals who access the food pantry are overjoyed at the sight of fresh produce as opposed to the canned

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goods they are accustomed to having to select. This is particularly true with older individuals or foreign-born individuals who are more accustomed to eating fresh items or preparing vegetables themselves as opposed to consuming canned goods

The program continues to "graduate" farmers onto independent business ownership, with all farmers to date either purchasing or working land in Wyandotte County. An additional three farmers graduated at the conclusion of the 2013 growing season, with eight graduates still actively engaged in agricultural business ownership. Many have purchased land in Wyandotte County and re-purposed it for agriculture.

Program leadership continue to seek new marketing opportunities for farmers and grow the city-wide number of farmers market sites--this year farmers are present at eleven distinct markets across the Metro. The culmination of increased markets, a growing pool of graduate farmers and the inspirational ambition of participating farmers, the program has set a sales goal of \$180,000 for the 2014 growing season. It should be emphasized that, as all participants in the program are Wyandotte County residents, the county as a whole benefits from increased income enjoyed by farmers.

Finally, Community Garden sites are flourishing. 26 families are cultivating land at the Kansas Bhutanese Community Gardens, 21 at the Somali Bantu Community Garden, 10 at the Juniper Gardens Community Garden (comprised primarily of residents of Juniper Gardens), and five families in scatter-site gardens. The Somali-Bantu Garden is particularly impressive, with an elaborate terrace system built on a difficult plot of land.

Individual Examples:

Give a brief example of individuals, families or other specific programmatic success this funding has helped recently. How was the individuals, family or program success made better through the work of this program/project?

There are many examples demonstrating the New Roots for Refugees Program is bringing success to individual farmers participating as well as to the Wyandotte County community as a whole. On the farmer side, demand for participation is so high that the program maintains a waiting list and applicants must undergo a competitive interview process for participation. That so many want to reap the benefits (despite all of the laborious work involved) speaks to the opportunity the program offers.

This is evident with Sar Mu Na, a Karen farmer in her second year participating in the program and growing at the Juniper Gardens Training Farm. Originally from Burma, Sar Mu Na's older sisters, Beh Paw Gaw and Pay Lay, are graduates of the New Roots program, and together they now own a farm called Ki Koko ("two sisters" in Karen, their native language) which grossed just over \$30,000 in produce sales last year. Ki Koko farms sits proudly on a tract of Wyandotte County land once filled with trash and overgrown brush--now it is producing so much more.

Sar Mu Na moved to Kansas City in 2011 to follow in her sisters' footsteps and join the New Roots program. In her first year, she made just over \$3,000 (about average for a first year farmer). Inspirational ambition is a family characteristic--during her evaluation at

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the conclusion of the 2013 growing season, Sar Mu Na set a sales goal of \$5,000. She also sought to sell produce at the high-volume Overland Park farmers market.

Sar Mu Na has demonstrated growth in other areas. Her confidence is observable-- particularly because she has been dutifully practicing English at the market. She also was one of the only women on the farm who jumped at the chance to learn how to use the tractor in one of the program's workshops. Sar Mu Na has taken initiative to transport herself independently to market (something rarely done by second-year farmers). While at first she was nervously doing so every other week, by the third week she took the initiative to contact program leadership and tell them she no longer needed staff help to get there. This year her confidence and independence have grown, and program leadership look forward to seeing her sales match the personal growth!

Client Information:

If you are currently tracking, please provide the zip codes of the clients your program/projects serve.

Zip code 66101 is home to access points including Juniper Gardens Training Farm (where the 17 current New Roots for Refugees farmers farm and the KCK Greenmarket at Juniper Gardens takes place), the Somali Bantu Community Garden, Banda Family Farm (a graduate site), and the KCK Greenmarket at Strawberry Hill.

Zip code 66102 is home to access points including Catholic Charities' Wyandotte County Emergency Assistance Center that serves as two access points (the Center's food pantry and also the site of the KCK Greenmarket at Central Avenue), Sunrise Towers (a housing project where the Resource Bus distributes produce), the Bhutanese Community Garden, the Garden of Peace (graduate site), and Pelagie's backyard garden (a modestly-sized graduate site).

Zip code 66104 is also home to access points including Wellborn Villa (a housing project where the Resource Bus distributes produce); and KiKoko Farms, Mama Tu's Family Farm, Karen Fresh (all three are graduate farm sites).

Finally, zip code 66112 has an access point through Plaza Towers (a housing project where the Resource Bus distributes produce).

Program leadership acknowledge that individuals from across Wyandotte County travel to access points and that consumers often reside in zip codes that are different than the point where they access produce. To address this, the program tracked the zip codes of where individuals who utilized SNAP benefits to purchase produce actually reside. Following is a listing of zip codes and the value of produce received via SNAP benefits for residents in the 2013 growing season (data not yet tabulated for the 2014 growing season): 66101- \$4,686; 66102- \$10,049; 66103- \$490; 66104- \$503; 66106- \$1,657; 66112- \$9,696.

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Other Information:

Is there anything else you would like to include in this grant report?

The invaluable partnership between Cultivate Kansas City, Catholic Charities of Northeast Kansas, the Unified Government and the Hollywood Casino Grant, and the tireless dedication, ingenuity and efforts of participating farmers are yielding tremendous results. This program is slowly transforming the Wyandotte County physical landscape through the prevalence of community gardens while providing a solution to the food desert phenomenon that formerly characterized the county. The program yields a combined 16.55 acres of productive, organically treated farmable land (up from 9.6 at the time the original proposal was written!). At an average output of 12,000 pounds of produce/acre, this signifies 198,600 pounds of ethnically appropriate, in-community, accessible produce. At a recommended daily consumption of 1.5 pounds of vegetables/adult, the initiative yields 132,400 daily servings of produce to at-risk individuals with limited access.

On behalf of the New Roots for Refugees farmers, thank you to the Unified Government and members of the Hollywood Casino Grants Committee for your faith in this program and belief that refugee farmers have much to contribute to make Wyandotte County flourish.

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New Roots for Refugees Program			
<i>Note: this is a combined budget representing both Catholic Charities of Northeast Kansas' and Cultivate Kansas City's contribution to the program</i>			
	Current Year Project Budget	Actuals through 05.31.14	Narrative
Government Grants	180,407	106,291	Current year funds have been secured from the USDA Community Food Projects, North Central SARE, USDA RAPP
Private Grants	132,750	171,042	Current year funds have been secured from BPU, Master Craftsmen Foundation, Women's Foundation of Greater Kansas City, State Street Foundation, Port Authority, Amerigroup Foundation, Oppenstein Foundation, Bank of America, Health Care Foundation of Greater Kansas City, Presbyterian Hunger Program, Farm Aid. Grants pending with Women's Foundation 360 Degrees of Giving, Kansas Health Foundation, Shumaker Foundation, Port Authority, Allen Foundation.
Contributions	28,375	47,286	Individual donations and special events income.
United Way	20,014	10,000	Share of undesignated United Way Contributions (Catholic Charities) and a grant from the United Way of Wyandotte County (Cultivate Kansas City)
Earned Income	66,291	64,428	Reflects contracting fees paid to Cultivate Kansas City (current year includes estimated \$59,163) from USDA Beginning Farmers and Ranchers grant.
TOTAL REVENUE	427,838	399,046	
Salaries	196,042	174,505	This includes staff for both agencies, for Catholic Charities: Program Coordinator, Program Support, and program's share of Administrative functions, for Cultivate Kansas City includes Program Manager, Program Staff, and share of Administrative/Development staff. Staffing costs was kept at a minimum and volunteer usage maximized to keep costs low. This is reflected as well in less-than-anticipated costs for benefits.
Payroll Taxes	16,672	23,917	
Benefits	20,329	12,308	
Contract Services	119,486	89,369	Includes Mennonite Voluntary Services that provide vital services to New Roots and Community Gardens, bookkeeping, etc.
Assistance to Individuals	1,000	10,209	Direct financial assistance to refugees as required. Surpassed budget due to costs of establishing graduate farm sites.
Professional Services	3,452	1,990	
Occupancy	22,984	18,640	Includes water costs for irrigation and washing, portable toilet for field sites, other field costs in addition to office occupancy costs.
Depreciation	7,775	12,879	
Insurance	2,887	3,331	
Equipment Rent & Maint.	4,746	7,043	
Telephone	7,345	4,533	Includes information technology including internet access, communications, etc.
Supplies	70,142	42,382	Primarily agricultural inputs.
Printing	2,547	929	
Postage	959	422	
Local Travel	8,190	4,171	
Vehicle Expense	5,032	2,847	
Staff Development	3,903	1,708	
Dues & Subscriptions	6,772	5,547	
Volunteer Expense	549	59	
Miscellaneous	1,130	992	
TOTAL EXPENSE	501,941	417,781	
MARGIN	(74,103)	(18,735)	This margin comes from Catholic Charities' share of the program. The margin/loss is offset through undesignated funds received by the organizations through proceeds from Snow Ball, Golf, and other undesignated funds.

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Grantee:
Cross-Lines Cooperative Council

Project Name:
Be Healthy, Live Better Wyandotte

Total Grant Amount:
\$26,950.00

Amount Expended:
\$26,950.00

Purpose of Grant:

The Be Healthy, Live Better Wyandotte is an educational project designed for the underserved Wyandotte County residents living in low income Housing Towers. The program encourages healthy lifestyles through a diverse approach including food demonstrations and distribution, exercise and socialization. The program will be offered monthly for 10 months to residents in four different Housing Towers throughout Wyandotte County. Each class will focus on nutrition (healthy snack or recipe tasting), exercise (class activity), participant input (feedback and discussion time) and a take-away incentive.

Status of Grant:

In their grant application Cross-Lines Cooperative identified the following three outcomes: 1) Increase socialization for those isolated individuals in the Housing Towers; 2) Increase physical activity and introduce new exercise to those with limited mobility and 3) Encourage healthier eating through education, food demonstrations and healthy food distribution. Cross-Lines stated that a base-line would be established during the first class and progress would be measured each month with more detailed reporting at the mid-point and end of program year.

Outcomes:

Referring to your Grant Agreement or your most recent outcomes as agreed upon between your organization and the Community Foundation; list the stated outcomes that your organization committed to achieving.

Increased socialization for those isolated individuals in the Housing Towers

Increase physical activity and introduce new exercises to those with limited mobility

Encourage healthier eating through education, food demonstrations and healthy food distribution

Outcomes Update:

Did you achieve these outcomes, yes or no? If no, please explain.

Yes

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Measuring Progress:

Please describe how you measured progress towards your stated outcomes and any evidence that demonstrates achievement toward your stated outcomes (please note that activities and customer satisfaction do not equal outcomes).

The outcomes were obtained through self-reported pre, mid, and post surveys. The Stages of Change Model used by Cross-Lines begins with a questionnaire to establish a base-line. At the first session, participants were given a questionnaire that determined knowledge, current behavior, and confidence regarding the three outcomes, healthy eating, physical activity, and socialization. The same questionnaire was administered to participants at the fifth class session and at the final session.

The baseline data shows 77% - 89% of the participants correctly answered questions which deal with their level of knowledge. However, the answers to questions relating to actual behavior and habits indicate that while the knowledge is present, they are not practicing a healthy lifestyle. The final questions indicate the level of confidence a person has to make changes in their actions that would lead to a healthy lifestyle. With all percentages in this area being about 40%, the indication is positive that this population is willing to establishing new habits.

In determining the achievement of our stated outcomes, we compared the baseline data to the data from the final questionnaire. Through the Stages of Change Model, we expected to see participants indicate an increase their behaviors as well as their knowledge and confidence in each outcome area. We compared each participant's pre survey to their post survey to determine how many participants actually increased their knowledge and behavior.

In the area of physical activity, 60% of participants indicated an increase of physical activity on a regular basis. In the area of nutrition and healthy eating, 70% of participant indicated an increase of healthy eating habits. The questions relating to nutrition knowledge all saw an increase of 10-15%. The area of socialization saw the least amount of improvement with 20% of participants indicating an increased level of social interaction.

The mid-point questionnaire along with monthly self reporting done in class helped guide the instructor on what topics and areas needed specific attention. One aspect that we realized needed more attention was regarding water intake and hydration. Through the initial survey, we realized participants were not drinking enough water. In order to address this issue, we focused on staying hydrated and drinking water and gave each participant a reusable water bottle to encourage drinking water. Throughout the program, participants were encouraged to share successes and struggles. This method of reporting through sharing has been of benefit to those who need some encouragement and to see that others are making progress. The majority of persons in each group are reported positive gains in at least one area, and usually in multiple ones.

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Activities Update:

Referring to the original proposal, did you complete your stated activities, yes or no? Please provide a brief update on the status of your activities.

Yes. As we stated in the grant proposal, we provided the program for 10 months at 4 different low-income housing facilities in Wyandotte County, for a total of 40 sessions throughout the course of the grant cycle. We projected to have 60-80 participants each month, but we did not have as much participation at each site as we anticipated. We averaged 40-45 participants (10-12 per site) per month. After completing the program, we realize that 10-12 participants per site is an ideal number. Due to the significant amount of class participation and questions by the participants, we were able to encourage everyone to get involved and make sure everyone's questions were answered. We had consistent attendance and our staff was able to give all participants the attention they needed.

Each class focused on one or more of the stated outcome goals: socialization, physical activity, and healthy eating. Each participant learned about healthy nutrition and eating on a budget. We had cooking demonstrations in class with recipes that included healthy fruit smoothies, colorful quesadillas, and peanut butter fruit dip. After learning each recipe, participants received the fresh food and tools needed to prepare the recipes at home.

Most class sessions ended with a chair exercise video that the entire class participated in together. Although many of the participants were resistant to exercise, by the end of the grant cycle, most participants participated and participated longer than they did at the first session. Additionally, class participants learned exercises they could do at home with exercise resistant bands.

We also covered topic such as staying hydrated, eating different varieties of fruits and vegetables, growing herb gardens inside, and eating nutritiously on a budget. Classes were very interactive and participants stayed engaged in the learning process. This setting provided an on-going venue for socialization and provided a reason for participants to get out of their apartments.

Individual Examples:

Give a brief example of individuals, families or other specific programmatic success this funding has helped recently. How was the individuals, family or program success made better through the work of this program/project?

This program was well loved and enjoyed by the program participants. Not only did participants get to increase their knowledge and enjoy healthy food, they were connected to Cross-Lines in ways that they were not able to connect before. Several participants were able to sign up for our other programs like the Hope Tote, Commodities, eye glasses assistance, and utility assistance.

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One of the apartment managers has expressed how important this program became to her residents. They are working with us to secure funding to continue the program on an ongoing basis.

Here are some comments from some of the participants.

"I learned how to buy fruit that is good for you to eat"

"I learned how to eat and live a more active lifestyle"

"I learned how to eat and exercise, grow herbs and how to enjoy my neighbors"

"I enjoyed meeting with other people in the building"

"I understand the teacher and what she is teaching us about healthy foods"

"I loved the different recipes and learning to cook with new foods and spices"

"I didn't think I liked healthy food, but now I do!"

Client Information:

If you are currently tracking, please provide the zip codes of the clients your program/projects serve.

66112, 66104, 66106, 66112

Other Information:

N/A

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Project Title: Cross-Lines Community Outreach, Inc.

ONE YEAR - FUNDING REQUESTED FROM FOUNDATION

Requested from U.G. of Wyandotte County	Final Expenses	In-Kind	
Net Revenue			
United Government	26,950	0	0
Cross-Lines garden produce			500
Cross-Lines -translation services	0	0	1,000
26,950		0	1,500
			Expense
Salary	10,000	10,000	0
Benefits & Payroll Taxes	2,400	2,400	0
Total Compensation	12,400	12,400	0
*Equipment	0	0	0
Supplies	11,600	11,600	0
Other Direct Expense	500	500	0
Sub-total (Expense)	24,500	24,500	0
**Indirect Expense (10%)	2,450	2,450	0
Total Expense	26,950	26,950	1,500

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Grantee:
El Centro, Inc.

Project Name:
Promotores de Salud II-Quinceaneras

Total Grant Amount:
\$13,737.34

Amount Expended:
\$13,737.34

Purpose of Grant:

El Centro's Promotores Program is a grassroots program geared toward involving and engaging individuals towards integration of Latino residents and reducing healthcare disparities for all. This program will expand by preparing the next generation of young Latinos as Promotores de Salud. Promotores will be a part of this project, engaging their own teens, from 13 to 17 years old, to be Teen Promotores, with each team guided by an adult Promotores. This model will keep the trained Promotores "engaged" as volunteers, and, at the same time, they are co-trainers to the Teen Promotores.

Status of Grant:

In their grant application El Centro listed the following eight outcomes:

1. 80% of the trained Adult and Teen Promotores increase their knowledge of health-related issues using pre-/post-test.
2. 80% of Trained Teen Promotores institute at least three changes in their daily lifestyle to achieve better health via self-reporting.
3. Adult and Teen Promotores inform 1,000+ adults and teens at neighborhood and community events, making them aware of specific health issues.
4. Adult and Teen Promotores connect at least 100 people to available community health services including safety-net clinics, health insurance, or in-house referrals to El Centro's other health programs, using our Connect-to-Care forms (described below).
5. 100% of our Promotores feel a stronger connection to the Wyandotte County validated via a survey
6. 80% of Teen Promotores will increase school attendance and academic achievement, verified by reviewing report cards
7. 80% of Teen Promotores will be provided with opportunities to attend school board meetings, Unified Government meetings and Liveable Neighborhood meetings via attendance records
8. 30% of the trained Teen and Adult Promotores provide reflections on their efforts or testimony in discussions at community venues.

Outcomes:

Referring to your Grant Agreement or your most recent outcomes as agreed upon between your organization and the Community Foundation; list the stated outcomes that your organization committed to achieving.

Our outcomes include:

- 80% of trained Adult and Youth Promotores will increase their knowledge of health-related issues using pre-/post-test.

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- 80% of trained Youth Promotores will institute at least three changes in their daily lifestyles to achieve better health via self-reporting.
- Adult and Youth Promotores will connect at least 100 people to available community health services including safety-net clinics, health insurance or in-house referrals to El Centro's other health programs, using our Connect-to-Care forms described below.
- 100% of our Promotores will feel a stronger connection to Wyandotte County via a survey
- 80% of Youth Promotores will increase school attendance and academic achievement, by review of report cards
- 80% of Youth Promotores will be provided with opportunities to attend school board meetings, Unified Government meetings, and Liveable Neighborhood meetings via attendance records
- 30% of trained Youth and Adult Promotores will provide reflections on their efforts or testimony in discussions at community venues.

At the end of the 12-month period, all trained Adult and Youth Promotores who complete the program will participate in a "Community Quinceañera" sponsored by El Centro and partners, aimed at celebrating their journey towards a healthier lifestyle.

Outcomes Update:

At the end of the program period, 36 teens participated in the Youth Promotores program.

At this moment, all outcomes were achieved (success rates from 92%-100%). As mentioned during the midterm report, during the first six months we worked with the Siloe Church (Rainbow Boulevard and 43th Street) for the recruitment and training of the youth. After that, we started a new collaboration in January 2014 with the free student-based healthcare center at Wyandotte High School in the Nurse's Office. This clinic is sponsored by the KU Medical Facilities and Cerner. After the many years El Centro has collaborated on many CBPR grants with KU, this seemed like a natural partnership to serve the community of Wyandotte County. All the participants from the high school were very interested and eager to participate, as they were already in favor of Healthy Lifestyles. Where the Adult Promotores served the most with the Youth Promotores is through the areas of leadership and advocacy. This coming school year, we will continue our partnership with the clinic and the six participants who are still at WHS. Eighty-four percent of the total Youth Promotores participants were sophomores and are planning to run for positions for Student Council and other leadership position within the community.

Measuring Progress:

Please describe how you measured progress towards your stated outcomes and any evidence that demonstrates achievement toward your stated outcomes (please note that activities and customer satisfaction do not equal outcomes).

From the 36 trained Youth Promotores:

- 100% of the trained Adult and Youth Promotores have increased their knowledge of health-related issues using pre-/post-test. (pre-/post-evaluation)

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- 97% of trained Youth Promotores have instituted at least three changes in their daily lifestyles to achieve better health via self-reporting (increase daily portions of fruit and vegetables from two to at least five, increase to a minimum of 30 minutes a week of physical activity, and increase the amount of water consumption from one glass to at least four a day)
- Adult and Youth Promotores have connected (to date) 167 families/(318 individuals) to available community health services including safety-net clinics, health insurance or in-house referrals to El Centro's other health programs, using our Connect-to-Care forms.
- 100% of our Promotores feel a stronger connection to Wyandotte County via survey responses
- 99% of Youth Promotores have increased school attendance and academic achievements; through reviewing report cards (the WHS shared their final grades with us and reported that all surpassed their own expectations, although we cannot rule out other sources of positive risk factors.)
- All Youth Promotores will be provided with opportunities to attend meetings of the school board, Unified Government, and Liveable Neighborhood via attendance records. 100% of the WHS participants have attended at least one leadership events, accompanied by the Adult Promotores. As mentioned above, six students will be running for Student Council.
- 50%% of trained Youth and Adult Promotores have provided reflections on their efforts or testimony in discussions at community venues. The students and the four Adult Promotores have prepared a Photo voice project providing a snapshot of their community and will be the basis for the next generation of Youth Promotores and helping to raise awareness among the teens' families and circles of friends.

Activities Update:

Referring to the original proposal, did you complete your stated activities, yes or no? Please provide a brief update on the status of your activities.

Regardless of the incorporation of another venue, we were able to complete all the activities with the exception of the final "Community Quinceañera" sponsored by El Centro and partners, aimed to celebrate their journey towards a healthier lifestyle; that has been planned to occurred by the end of the summer, when all the youth are back from vacations and before the start of the new academic year. This will not only be a celebration of what has been accomplished, but also a kick-start to a new year of Promotores de Salud.

Individual Examples:

Give a brief example of individuals, families or other specific programmatic success this funding has helped recently. How was the individuals, family or program success made better through the work of this program/project?

Working with young Latinas and Latinos, most of whom are the children of new immigrant families, has been not only a great experience for the Promotores in general, who have been exercising their leadership skills, but more importantly it has been a conduit of understanding and identification among generations. The difference among generations in nothing new, but the difference between immigrant parents, with no

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command of the language or of the culture and without integration into mainstream society, and their children who are being educated by mainstream values and behaviors is an almost unbridgeable gulf. This dichotomy is not only a culture shock within the family itself, but is the root cause for the lack of belonging prevalent among the immigrant adolescents. Practicing a common language and interest and having an open mind to understand the new culture and the old culture at the same time has been very beneficial.

Client Information:

If you are currently tracking, please provide the zip codes of the clients your program/projects serve.

33101, 66102, 66103, 66104, 66105, 66106, 66109, 66111, and 66112.

Other Information:

Is there anything else you would like to include in this grant report?

Important lessons learned were that some topics, not part of the curriculum, could prevent the incorporation of healthy lifestyles among the youth. The topics came as result of their list of priorities and a survey applied to the participants during the training. These topics are:

- o Suicidal idealization (22%)
- o Alcohol consumption (33%)
- o Bullying (in person or electronically) (50%)

We are working to find community experts who can train both the Adult and Youth Promotores in these issues.

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El Centro, Inc.

Statement of Activities From 5/23/2013 Through 5/22/2014

Promotores De Salud

Revenues

Foundation Grants		157,237
United Way	—	<u>14,373</u>
Total Revenue		171,610

Expenses

Salaries		51,487
Salaries - Indirect		17,097
Employer Social Security		3,947
Employer Medicare		923
State Unemployment		626
Medical/Dental Insurance		4,576
Retirement funded by Agency		1,574
Life Insurance		51
Disability Insurance		286
Workers Comp Insurance		381
Benefits Adm Fees		243
Building repair/maintenance		1,412
Building supplies		308
Grounds maintenance		92
Janitorial		194
Electric & Water		2,881
Gas		760
Trash Dumpsters	133	
Personal Property Taxes		38
Postage		126
Office Supplies		126
Internet Service		629
Local Phone		564
Long Distance Phone		16
Equipment Rental		12
Equipment Repair/Maintenance		51
Copier Lease/Overages		750
Technical Network Supplies		106
Travel (Airfare & Lodging)		50
Other Travel Mileage,		50
Parking, Tolls Program		1,733
Supplies Specific		7,403
Assistance Stipends	<u>130</u>	
Licenses, Permits, & Main Fees		2,486
Dues and Memberships		106
Participation (Other Orgs)		625
General Liability Prop Insur		75
Payroll Service		775
Technical Computer Consultant		134
Food and Refreshments		88
Advertising		0
Interest Expense - Capital Lea		1,388
Total Expenses		50
		<u>131</u>
		105,40

Change in Net Assets **66,205**

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Grantee:
Episcopal Community Services

Project Name:
Nutrition Action Initiative

Total Grant Amount:
\$49,949.00

Amount Expended to Date:
\$48,334.00

Purpose of Grant:

Episcopal Community Services program plans to expand healthy food alternatives through their food pantry in Wyandotte County located at St. Paul's Episcopal Church on 18th Street. This initiative would add a Fresh Market Pantry Section with expanded access to produce, an on-site pantry garden, culturally sensitive and multi-lingual healthy recipe guides, and healthy cooking classes for the neighborhood. This program seeks to provide a healthier eating platform for a population that typically has a higher incidence of hypertension, diabetes, nutrition related stress disorders, and other nutrition based disease. They also plan to combine these nutrition initiatives with additional on-site health information sessions through collaborative programs with health care providers.

Outcomes/Status of Grant:

In their grant application Episcopal Community Services listed the following four outcomes: A) Increase the availability of fresh produce and other healthy food alternatives for at-risk and in-need communities in Wyandotte County; B) Increase the acceptance and use of fresh produce among the at-risk and in-need communities in Wyandotte County. C) Improved education for healthy choices. D) Improved health for the participants

Outcomes Update:

Did you achieve these outcomes, yes or no? If no, please explain.

Yes, we are progressing well. In two specific areas of results we have in fact done much better than we even expected to do. The increase in healthy foods provided has grown significantly for a steadily increasing number of families and seniors visiting that pantry. We fully expect that our hunger relief outcomes for this pantry in 2014 will be more than a 75 % increase over people served in 2012. The sad thing is that there is so much need, The wonderful thing is that so many people have been able to be served with the help of this grant. We have been able to identify a very significant increase in acceptance and use of fresh produce by the pantry neighbors, and it appears that showing works better than telling. We continue to work in collaborative relationships in building a library of nutritional information for our pantry neighbors. However, what is most effective is when we can provide recipes and samples of freshly prepared food, especially when we can do so with some cultural connectivity to the neighborhood. As far as improved education and advocacy, we have become leaders in this, This ranges from the Mayor's Food Summit in spring, to a contingent of more than 70 people that visited the St. Paul's KCK Pantry August 8. The visitors to the food pantry in that meeting in August

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had the combined purposed of education and advocacy, adding volunteers and functioning as a pre-launch to the "Youth in Transition" program.

Measuring Progress:

Please describe how you measured progress towards your stated outcomes and any evidence that demonstrates achievement toward your stated outcomes (please note that activities and customer satisfaction do not equal outcomes).

We have a specific log for fresh produce and other food rescue product distributed to our pantries. Those records show an increase in produce distribution especially to the Wyandotte County area. We obviously do not yet have a completed report for 2014, but will attach a report for 2013 under separate cover. We are anticipating an increase of about 15%. However, we plan to expand that significantly in early 2014 due to both some reorganization under in terms of the gleaning landscape in Kansas City. and also due to some capacity building elements of this grant that have not yet been fully implemented. We have virtually eliminated waste at these pantries. In other words, more than 95% of the produce is accepted and taken by the clients. We are working on a system for more precise measurement of these factors starting on January 1, 2015 in order to start accurately tracking this on a full year basis.

Activities Updates:

Referring to the original proposal, did you complete your stated activities, yes or no? Please provide a brief update on the status of your activities.

We are just beginning. In all seriousness, as we have shared in the past, this will be a continuing and evolving project. The one area that has experienced some delays is creating the linkage between gleaning fresh produce and processing that produce for off season storage (i.e. excess fresh tomatoes . . . is processed into tomato sauce or pasta sauce . . . and frozen and vacuum sealed for use in our Kansas City Februaries. Doing this in large scale reduces food waste, provides more nutritious food for the KCK/UG neighbors visiting our food pantries, and leverages your investment by decreasing the amount of food that needs to be purchased. This part of the project has been delayed or two reasons. First, the major source of fresh produce through Gleaning has seen some organizational changes in the KC area, that we have been active in trying to help work this though.

Individual Examples:

Give a brief example of individuals, families or other specific programmatic success this funding has helped recently. How was the individuals, family or program success made better through the work of this program/project?

We are going to give a very different story to illustrate the breadth of the impact of this program. This comes from one of our funding partners for this project that provided leveraging to the generous funds provided by UG. Brenda Calvin, one of the program officers for the Health Care Foundation of Greater Kansas City, visited St. Paul's Food Pantry in Kansas City, KS on a site visit. At the end of her visit, Brenda stopped to speak

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with one of the pantry guests, and I stepped back to give them some privacy. While one of our volunteers was helping move her selections for the day from her grocery cart to boxes, they talked. Afterwards, Brenda shared with me that there were two things in particular that impressed her. Brenda said that the education piece is definitely getting through because that grocery cart was far more nutritionally balanced than what Brenda would have had at her own mainstream grocer where she shopped. But Brenda said she saw and heard something else -- the power of shopping. By having a shopping floor pantry, our customer felt that she was doing something good for her children. . . she was making right choices for her children . . . she was taking care of them . . . she was giving them better meals. Yes, she knew that the food was being donated . . . but being able to choose better food was an act of love and provided that parent with an additional gift of dignity. So . . . feeding the hungry is obviously important. But the quality of the food, the way that is done, makes a tremendous difference.

Client Information:

If you are currently tracking, please provide the zip codes of the clients your program/projects serve.

Primarily, clients are in 66102 and 66104. However, we are also continuing to expand our services into the 66103 area. All clients are low income. Many are in poor health and have limited access to health services. Most troubling is the degree to which we are seeing more and more senior at our pantry. This has gotten to the point where we are trying to create a more convenient senior access.

Other Information:

Is there anything else you would like to include in this grant report?

Unexpected Consequences can sometimes be fantastic. We will email under separate cover a summary of a new program. This program, "Youth in Transition" is a combined initiative that truly moves us as a community from a goal of feeding the hungry to truly ground-up healthy lifestyles. The incubation of this program is a direct outcome of this UG Grant. It is a collaboration between St. Paul's KCK, Mayor Holland's office, several of the area schools, and many others in the community.

Side personal note from John Hornbeck: Mayra, there is so much more that I would like to include with this report. Once I am past these ridiculous medical issues I would love to host a site visit for you, selected invitees from the UG, and others.

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UNIFIED GOVERNMENT - Hollywood Casino Grant Fund						
Episcopal Community Services						
Establishing a Nutritionally Sensitive "Hunger Relief Food System"						
Net Revenue						
	Total funding from the Foundation and other sources are as follows:	Indicate whether funding is SECURED (S), or PENDING (P)	UG Grant		Balance	
	Unified Government - Wyandotte County	This Application	\$49,949			
	In-Kind	N/A	\$0			
	Total Revenue		\$49,949	\$0	\$0	
Salary						
	The project will pay a portion of the salary for the following staff: (e.g. Exec. Director, Intake Specialist, etc.)	Annual Salary/Rate	Indicate FTE portion being requested from UG (eg .50 FTE)	UG Portion	This Grant Spent Thus Far	Balance
	Executive Director (existing)	60000	0.06	\$3,600	\$3,600	\$0
	Dir, Community Engagement/Development (existing)	42000	0.06	\$2,520	\$2,520	\$0
	Culinary Director (existing)	40000	0.06	\$2,400	\$2,400	\$0
	KCCK Kitchen Manager (Existing)	30000	0.05	\$1,500	\$1,500	\$0
	Hunger Relief Network Coordinator (new)	30000	0.2	\$6,000	\$6,000	\$0
	Grant Writer - Health and Government (new PT)	30000	0	\$0	\$0	\$0
	Nutritional Intern (new Part Time position)	15000	0.1	\$1,500	\$0	\$1,500
	Food Pick-up and Delivery Driver (add-on PT)	30000	0.3	\$9,000	\$9,000	\$0
	Total Salary	\$277,000		\$26,520	\$25,020	\$1,500
Benefits and Payroll Taxes						
	The project will pay the following benefits and payroll taxes for the above staff (e.g. FICA, Health, Dental, Life Insurance, etc.):		Benefit % rate of total salary expense (e.g. 20%)	UG	This Grant Spent Thus Far	Balance
	FICA	17,174.00		1,644.24	1,551.24	\$93
	Medicare	4,016.50		384.54	362.79	\$22
	Total Benefits and Payroll Taxes	\$21,191		\$2,029	\$1,914	\$115
Other Direct Expense:						
	(e.g. Training Expenses, Consulting Fees, etc.)			UG	This Grant Spent Thus Far	Balance
	Information Collection for Nutrition Gap Study	5,000		\$1,500	\$1,500	\$0
	Data analysis and report for Study	10,000		\$2,000	\$2,000	\$0
	Nutritional Recipe Development and Testing	7,500		\$1,500	\$1,500	\$0
	Additional vehicle usage costs for expansion (fuel, maintenance etc.)	10,000		\$4,000	\$4,000	\$0
	Collected and Distributed Food (lbs*\$.16)	224,000		\$0	\$0	
	Volunteers: Produce Collection and Distribution					
	Total Other Direct	\$256,500		\$9,000	\$9,000	\$0

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Grantee:

Kansas City Community Gardens

Project Name:

Healthy Gardeners Wyandotte

Total Grant Amount:

\$50,000.00

Amount Expended:

\$50,000.00

Purpose of Grant:

Kansas City Community Gardens (KCCG) and its affiliate, The Giving Grove will partner to improve healthy food access for low-income individuals in Wyandotte County through home and community gardening. The joint project will help Wyandotte County residents, schools, and community groups establish fruit and vegetable gardens during the coming year.

Status of Grant:

In their grant application KCCG listed three outcomes: 1) increase the amount of fruits and vegetables consumed by Wyandotte County residents who garden with assistance from KCCG and The Giving Grove; 2) increase the level of physical activity of Wyandotte County residents who garden with assistance from KCCG, and 3) improve healthy food access and changing the physical environment by creating fruit and vegetable gardens in Wyandotte County. These results will be measured through the following: 1) Wyandotte County residents will harvest produce from their gardens (95% or greater); 2) Wyandotte County residents will self-report eating more daily servings of fruits and vegetables due to gardening (85% or greater); and 3) Wyandotte County residents will self-report increasing physical activity because of their garden duties (85% or greater).

Outcomes:

Referring to your Grant Agreement or your most recent outcomes as agreed upon between your organization and the Community Foundation; list the stated outcomes that your organization committed to achieving.

Kansas City Community Gardens (KCCG) and The Giving Grove received support from the Unified Government of Wyandotte County to implement the Healthy Gardeners Wyandotte partnership project. The goal of this project is to improve health outcomes for Wyandotte County residents by establishing and supporting community garden and edible tree garden projects that are increasing access to healthy food in Wyandotte County. KCCG and The Giving Grove have proposed to improve Wyandotte County's health rankings by changing the physical environment to improve access to healthy foods and by creating positive change in healthy behaviors among residents, including physical activity.

Anticipated program outcomes for this project include the following: (1) increasing the amount of fruits and vegetables consumed by Wyandotte County residents who garden

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with assistance from KCCG and The Giving Grove; (2) increasing the level of physical activity of Wyandotte County residents who garden with assistance from KCCG; and (3) improving healthy food access and changing the physical environment by creating fruit and vegetable gardens in Wyandotte County.

Outcomes Update:

Did you achieve these outcomes, yes or no? If no, please explain.

Yes. With the generous support of the Unified Government Hollywood Casino Grant Fund, KCCG and The Giving Grove exceeded many of the outcomes originally proposed for this grant, resulting in better health for participating Wyandotte County residents.

Of total school enrollment in Wyandotte County (both public and private), KCCG fell just short of the goal of 40 schools, a 60% increase, with 38 Wyandotte County schools enrolling as KCCG Schoolyard Gardens during the grant period. KCCG and The Giving Grove met or exceeded all other goals as originally proposed, including doubling the total number of public schools enrolled.

Measuring Progress:

Please describe how you measured progress towards your stated outcomes and any evidence that demonstrates achievement toward your stated outcomes (please note that activities and customer satisfaction do not equal outcomes).

By establishing and supporting a unique combination of community, home, and school gardens alongside "edible tree gardens" that will bear fruit for many years, the KCCG and The Giving Grove partnership is demonstrating both short-term and long-term health impact in Wyandotte County.

For instance, by enrolling primarily low-income Wyandotte County residents in KCCG's Self-Help Gardening program, KCCG has committed to achieving the following targets by the end of the grant period:

(1) Wyandotte County residents will harvest produce from their gardens (95% or greater); (2) Wyandotte County residents will self-report eating more daily servings of fruits and vegetables due to gardening (85% or greater); and (3) Wyandotte County residents will self-report increasing physical activity because of their garden duties (85% or greater).

KCCG surveyed Wyandotte County gardeners throughout the spring of 2014 to determine whether KCCG's garden programs are leading to positive health outcomes for participating gardeners. Of the 42 KCCG Community Partner Gardens surveyed, 30 responded. Of these, 91% responded yes to all three questions. Of 109 Wyandotte County low-income home gardeners surveyed, 48 responded. Of these, 97% responded yes to the three questions. These initial survey results indicate that participating Wyandotte gardeners who gardened during summer 2013 are (1) successfully harvesting produce; (2) increasing their consumption of fresh fruits and vegetables, and (3) increasing physical activity due to gardening.

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In addition, The Giving Grove tracked income status at all of the locations where Hollywood Casino Grant Fund support was instrumental in establishing edible tree gardens. This will ensure that as fruit trees mature, fresh produce will be used either directly to feed low-income residents or donated to serve this population. The Giving Grove anticipates that, in the years to come, an anticipated 17 tons of fresh fruit (based on average yield data provided by University of Missouri Research and Extension) will benefit a total of 8,979 low-income residents collectively served by the agencies where Giving Grove edible tree gardens have been established.

Meanwhile, KCCG Community Partner Gardens and school gardens are also reporting successful harvests, leading to additional produce donated to the community and improved knowledge of nutrition among Wyandotte County students.

Activities Update:

Referring to the original proposal, did you complete your stated activities, yes or no? Please provide a brief update on the status of your activities.

Yes. During the grant period, KCCG staff provided 21 garden skills workshops and presentations at Wyandotte County locations including Bethany Community Center, the Rosedale Development Association, and various neighborhood association meetings. Topics included raised bed gardening, starting a community garden, season extension, growing tomatoes and sweet potatoes, and cooking from the garden. In addition, KCCG held 5 seed and plant distribution days at Bethany Community Center to better serve Wyandotte residents unable to travel to KCCG's administrative office in Swope Park, Kansas City, Missouri. In addition, KCCG staff made three presentations at the Unified Government's Liveable Neighborhoods forum, and contributed an article to the Livable Neighborhoods newsletter. Meanwhile, KCCG's partner agency, the Latino Health for All Coalition, provided Spanish translation and worked with KCCG staff to distribute flyers about the new Northrup Park Community Garden, which opened May 3, 2014.

During the grant period, KCCG assisted 40 Wyandotte County community groups and schools with building raised beds and/or amending ground plot soil with compost. Grant funds from the Unified Government's Hollywood Casino Grant Fund were used to build or improve gardens at 23 of these sites. KCCG provided materials and led students in the garden construction process at schools such as New Chelsea Elementary, Bonner Springs Elementary, KCK Community College Childcare Center and Harmon High School as part of KCCG's Schoolyard Gardens program. Grant funds have also helped to support several KCCG Community Partner Gardens in Wyandotte County, including: providing compost for the Bhutanese Community Garden and raised beds at Donnelly College and the Delevan and Villas at Ridgepoint low-income and senior housing communities. Working with the Latino Health for All Coalition, KCCG also constructed raised beds to create home gardens for four low-income Wyandotte County families who were not able to access a nearby community garden site.

KCCG set the goal of enrolling, from Wyandotte County, 100% more low-income households (146), 60% more schools (40) and 60% more neighborhood

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organizations/nonprofits (40) from Wyandotte County in KCCG's gardening programs during the grant period. To date there are 156 home gardeners, 42 neighborhood organizations/nonprofits (Community Partner Gardens), and 38 schools enrolled in KCCG's gardening programs from Wyandotte County. In addition, KCCG staff have exceeded the goal of doubling the number of school gardens in the Kansas City, Kansas public school district, bringing the number of participating Kansas City, Kansas, public schools from 12 to 28.

KCCG's project partner and affiliate organization, The Giving Grove, has been extremely active in establishing edible tree gardens, or micro-orchards, that are anticipated to improve healthy food access and prevent hunger for Wyandotte County residents for years to come.

For this grant period, The Giving Grove committed to planting 8-12 edible tree garden projects in Wyandotte County, serving at least 15-25 clients for a total of 120-130 or more Wyandotte County residents impacted by these projects. The Giving Grove completed 9 projects serving a total of 8,979 low-income residents, dramatically exceeding the goal for number of low-income residents whose food security will improve because of these projects. In addition, The Giving Grove used grant funds to target edible tree garden projects where at minimum, 50% of the trees' produce would be used for hunger prevention and relief. Based on the survey results from the 9 projects completed during the grant period, produce from these sites will be distributed to community residents, of which 93% fall within low income guidelines. The anticipated produce (fruits & berries) generated from the grant-supported Giving Grove projects is in excess of 17 tons per year. This is based on the average production yield data provided by the local extension agency. Using a third pound per serving, these 17 tons of produce translates to over 106,000 healthy servings of fresh fruit per year.

Individual Examples:

Give a brief example of individuals, families or other specific programmatic success this funding has helped recently. How was the individuals, family or program success made better through the work of this program/project?

Delavan Townhomes, located north of Quindaro off of 27th Street, provides low-income housing for individuals and families. In August 2013, KCCG staff worked with the site coordinator and residents to put in six raised bed gardens. Many of the children at Delavan attend the summer and afterschool programs held at the on-site community center. These children work with the site coordinator and KCCG staff to help plant, care for and harvest produce from the garden. With multiple shootings at Delavan already in 2014, the garden has become a safe place for the students to spend time and become exposed to the wonders of nature. With limited access to healthy food and many families living in crisis, the abundance of produce harvested from the garden has had a positive impact on the availability of fresh fruits and vegetables. The site coordinator is also using the produce to help prepare healthy summer meals and afterschool snacks for the children, supplementing the dry goods provided by Harvesters. By exposing these

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children to healthy food at a young age, this project is helping to establish healthy eating habits for the rest of their lives.

Students at Harmon High School built a garden as just one piece of their initiative to make the Harmon community and the Argentine community a healthier, more connected place. This student-led initiative includes a garden, along with plans for a future orchard and a walking trail on the campus. The garden provides students and their families the opportunity to grow and share food together. Built in the later part of spring 2014, Harmon students planted the garden with a variety of tomatoes, peppers, sweet potatoes and squash. This summer the school staff and students' families are caring for the garden. In the fall, science students will continue working in the garden.

The Giving Grove's edible tree gardens are establishing a long-term source of fresh fruit that is anticipated to have an impact on the health of Wyandotte County residents for years to come. Support from the Unified Government has made it possible to create 9 Giving Grove micro-orchards with a total of 95 fruit trees, 122 strawberry plants, and 58 additional bramble berry plants such as raspberries and blackberries. At the Rosedale Community Garden, strategically located near the 390-person Rosedale Ridge housing complex, 5 fruit trees will feed the residents and help 272 of the families living here to reduce reliance on public assistance. At the Waterstone urban apartment community located in Southeastern Wyandotte County, 9 fruit trees and 48 fruit plants will help to feed and improve nutrition for a highly diverse population of 1,100 residents, including 40% low-income families. At Glanville Towers independent living facility in Kansas City, Kansas, Giving Grove project staff expanded the existing community garden beds to include 3 Asian Pears and 3 Semi-Dwarf Apple trees.

The Giving Grove used Hollywood Casino Grant Funds not only to establish new micro-orchard projects, but also to add fruit trees and berry bushes to existing community garden projects in Wyandotte County. These include: 4 fruit trees and 5 berry bushes at the Strawberry Hill Community Garden at 7th and Sandusky, and 18 fruit trees at the Turner Community Garden, where much of the excess produce is donated to Harvesters, St. Mary's Soup Kitchen, The Rosedale Rainbow, Sumner Academy, and to other agencies serving families in need in Wyandotte County. At Crosslines Community Outreach, when 14 fruit trees and 22 strawberry plants planted by The Giving Grove mature, they will provide fresh produce for more than 2,800 families receiving emergency food assistance.

At the one-acre Bhutanese Garden, the new Giving Grove is a shared community space, and will be the joint responsibility of several garden leaders with the produce from 9 fruit trees and 84 berry plants shared among 36 low-income families. Wyandotte Countians Against Crime (WCAC) in Central Kansas City, Kansas, partnered with The Giving Grove to create an edible tree garden in a road intersection median at 21st and Central, a neighborhood primarily consisting of low-income residents. In addition to providing healthy food, the project is an excellent fit with the WCAC mission to help prevent crime and beautify neighborhoods. Finally, Quindaro Gardens is an organization in Central Kansas City, Kansas dedicated to supporting the neighborhood with better access to

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healthy food. The 7 fruit trees planted as part of this project will be watered from a rainwater harvesting system that will collect water from the rooftop of the adjoining property.

Client Information:

If you are currently tracking, please provide the zip codes of the clients your program/projects serve.

66101 32%
66102 22%
66103 14%
66104 16%
66105 1%
66106 7%
66109 2%
66111 3%
66112 2.50%
66160 0.05%

Other Information:

Is there anything else you would like to include in this grant report?

KCCG and The Giving Grove gratefully acknowledge the Unified Government of Wyandotte County's crucial role in making these results possible through the Hollywood Casino Grant Fund. With support from the Unified Government, community, home, and school gardening continues to demonstrate a positive health impact for the residents of Wyandotte County. The Giving Grove and KCCG look forward to our continued partnership with the Unified Government to continue the Healthy Gardeners Wyandotte project in the coming year, and appreciate the opportunity to help empower Wyandotte County residents to take charge of their own food security by growing their own fresh fruits and vegetables.

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Healthy Gardeners Wyandotte
Unified Government of Wyandotte County, Hollywood Casino Grant Fund
Final Project Report (as of 5/31/14)

Income:

Hollywood Casino Grant Fund \$50,000

Expenses:

Kansas City Community Gardens

Personnel: \$10,000

Program Director Andrea Mathew, Garden Manager Phil Meyer,
Get Growing KC Team Member Sharon Goldstein,
(\$22/hour salaries and benefits * 456 total staff hours)

Supplies: \$15,000

Garden construction - \$10,830
 Raised Bed lumber and supplies - \$4,263.60
 Raised Bed soil - \$2,886.36
 Compost for amending ground plots - \$3,680.90
Vegetable seeds and plants - \$4,020
Community outreach materials (printing) - \$150.00

Subtotal (KCCG Expenditures as of 5/31/14) \$25,000

The Giving Grove

Personnel (\$22.03/hour salaries and benefits * 586 total staff hours) \$12,887
Executive Director Rob Reiman
Horticulture Assistant Lani Meyer
Horticulturalist Matt Bunch

Supplies \$12,113

Fruit Trees (104 * \$30.00= \$3,120)
 Soil (12.7 yards @ \$31.00= \$392.67)
Soil Delivery (4 loads @ \$50.00= \$200)
Brambles (58 @ \$12 = \$696)
Bramble Beds (10 @ \$64 = \$640)
Strawberries (122 @ \$4 = \$488)
Educational curriculum for volunteer stewards (120 units @ \$21.50 = \$2,580)
Printing (outreach) \$346
Tools/Traps/Bamboo/Smart Pots \$3,650

Subtotal (The Giving Grove Expenditures) \$25,000

Total \$50,000

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Grantee: **Kansas University Endowment Association**

Project Name: KCK Organic Teaching Gardens

Total Grant Amount:
\$50,000.00

Amount Expended:
\$50,000.00

Purpose of Grant:

The KCK Organic Teaching Gardens are living laboratories for science, healthy lifestyles, nutrition, land use and environmental awareness. The Teaching Gardens provide 130 raised bed gardens for three middle school and four elementary school communities in the urban core of Kansas City, Kansas. The Teaching Gardens program offers workshops with 21 different topic modules.

Status of Grant:

In their grant application KU Endowment listed six outcomes for the project as follows:

1. Increase consumption of fruit and vegetables, as measured through comparison of the number of servings of fruits and vegetables each student ate during the day prior to participation in the Salsa or Seed Workshop and the number of servings eaten in one day during the week after the workshop. It is expected that 26 Salsa and 26 Seed workshops will be conducted, reaching 1,300 students.
2. Increase knowledge about plants, insects, and the environment, as measured through the number of students who demonstrate their knowledge. Project staff will poll the students and record.
3. Increase student involvement in gardening, as measured through the number of students actively gardening. Project staff will determine via record review and record.
4. Increase physical activity of participants, as measured through the number of students actively gardening. Project staff will determine via record review and record.
5. Increase student knowledge of historical and cultural foods and traditions. Project staff will poll participants and record.
6. Increase resources for Kansas standards-based instruction. Project staff will determine via record review the number of classrooms, students, and schools provided with increased resources and record.

Outcomes:

Referring to your Grant Agreement or your most recent outcomes as agreed upon between your organization and the Community Foundation; list the stated outcomes that your organization committed to achieving.

1. Increased consumption of fruit and vegetables
2. Increased knowledge about plants, insects, and the environment
3. Increased student involvement in gardening
4. Increased physical activity of participants
5. Increased student knowledge of historical and cultural foods and traditions
6. Increased resources for Kansas standards-based instruction

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7. Increased availability of fruits and vegetables
8. Increased student gardening skill development

Outcomes Update:

Did you achieve these outcomes, yes or no? If no, please explain.

Yes, All outcomes were achieved.

1. Increased consumption of fruit and vegetables

Student participants showed a statistically significant increase in the number of servings of fruits and vegetables consumed the day prior to their first fall workshop to the number consumed the day prior to their last spring workshop (valid sample size=343; $p \leq .001$).

2. Increased knowledge about plants, insects, and the environment

90% of participants (n=828) reported increased knowledge of plants, insects, and the environment.

3. Increased student involvement in gardening

1103 participants increased their involvement in gardening.

4. Increased physical activity of participants

1103 participants increased their physical activity while gardening.

5. Increased student knowledge of historical and cultural foods and traditions

87% of participants (n=853) reported increased knowledge of historical and cultural foods and traditions.

6. Increased resources for Kansas standards-based instruction

Increased resources provided for 37 classrooms, 24 teachers, 1103 students, and 7 schools.

7. Increased availability of fruits and vegetables

The project provided 2,384.50 pounds of produce valued at \$7,617.66 to participating students and their families. After using produce in spring workshops, 400 sacks of produce were distributed to students and families.

8. Increased student gardening skill development

1103 participants increased their physical activity while gardening.

Measuring Progress:

Please describe how you measured progress towards your stated outcomes and any evidence that demonstrates achievement toward your stated outcomes (please note that activities and customer satisfaction do not equal outcomes).

1. Increased consumption of fruit and vegetables

Student participants showed a statistically significant increase in the number of servings of fruits and vegetables consumed the day prior to their first fall workshop to the number

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consumed the day prior to their last spring workshop (valid sample size=343; $p \leq .001$). During their first fall workshops pre-programming data were collected. Students recorded on an index card the number of servings of fruits and vegetables they had consumed the previous day (for consistency in data workshops were initially scheduled so no workshops fell on Mondays and all students would be responding with a school day the previous day). Students sealed their index cards in an envelope and put their name on the outside of the envelope. During the last spring workshops, the envelopes were redistributed to the students who then wrote on the outside of the envelope the number of servings of fruits and vegetables they consumed the previous day (post-programming data). Paired data were entered by the evaluator into an SPSS file with no student numbers, names, or identifiers needed for matching since the data were paired using the envelopes. Envelopes and index cards were destroyed. SPSS statistical software was used to examine results.

2. Increased knowledge about plants, insects, and the environment

90% of participants (n=828) reported increased knowledge of plants, insects, and the environment. Participants were asked if they learned anything new about plants, insects, or the environment during the garden workshops. Project staff recorded results of a hands-up survey in a computer data file. Data were entered by the evaluator into an Excel file. Descriptive statistics were to determine results.

3. Increased student involvement in gardening

1103 participants increased their involvement in gardening. An unduplicated count of the number of students participating in each lesson was kept by project staff.

4. Increased physical activity of participants

1103 participants increased their physical activity. An unduplicated count of the number of students participating in each lesson was kept by project staff.

5. Increased student knowledge of historical and cultural foods and traditions

87% of participants (n=853) reported increased knowledge of historical and cultural foods and traditions. 90% of participants (n=828) reported increased knowledge of plants, insects, Participants were asked if they learned anything new about historical and cultural foods and traditions during the garden workshops (ex. the salsa workshop). Project staff recorded results of a hands-up survey in a computer data file. Data were entered by the evaluator into an Excel file. Descriptive statistics were to determine results.

6. Increased resources for Kansas standards-based instruction

Increased resources provided for 37 classrooms, 24 teachers, 1103 students, and 7 schools. Project staff collected the unduplicated number of classrooms, students. And schools provided with increased resources for Kansas state standards-based instruction.

7. Increased availability of fruits and vegetables

Through May 31, 2014 the Gardens project made available fresh produce to participating students and their families. Produce harvested from the gardens were sent home with individual students as well as prepared and served at family events at individual schools.

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The prices used to compute the value of the food provided to the community were determined via a price check at a Kansas City, KS grocery store on November 21, 2013. No organic produce were available at the store. Prices for the spring harvest were determined via a price check at a Westport, MO grocery store on June 12, 2014. The project provided 2,384.50 pounds of produce valued at \$7,617.66 to participating students and their families. After using produce in spring workshops, 400 sacks of produce were distributed to students and families.

8. Increased student gardening skill development

1103 participants increased their physical activity while gardening. An unduplicated count of the number of students participating in each lesson was kept by project staff.

Activities Update:

Referring to the original proposal, did you complete your stated activities, yes or no? Please provide a brief update on the status of your activities.

All stated activities were completed for the school year, and a project-end meeting was held with the garden director and evaluator.

Individual Examples:

Give a brief example of individuals, families or other specific programmatic success this funding has helped recently. How was the individuals, family or program success made better through the work of this program/project?

Students are provided daily contact with the gardens as they attend school each day. This ongoing awareness of health and positive land use changes how the students see food. The care and nurturing of the garden and sometimes failure to thrive all teach lessons in life. One of our students asked if she could bring home the organic vegetables to her father being treated with chemotherapy for cancer. They wanted him to be his strongest for treatment. Mr. Manning packed her sack of vegetables all through the growing season for Mr. Valenzuela. The students and family growth parallels the garden growth. The gardens are harvested in their neighborhood during the summer and families can reap the harvest by providing community service in the gardens. Having access to the health and wellness organic foods connects to the history of each family and their farming heritage. To know these gardens provide the outstanding outcomes of our students eating more vegetable at the end of their program involvement than at the beginning is truly remarkable. Little ones and middle school students planting, nurturing and harvesting the gardens to eat in workshop and take home the vegetables they grew brings new hope for health, growth and self-worth in the children we serve.

The KCK Organic Teaching Gardens provide curriculum content to each participating teacher. They can replicate the workshops as we provide the original curriculum for each teacher. The high school science teachers of Olathe School District were trained in the Rosedale KCK Organic Teaching Gardens by the KCK Organic Gardens facilitator on health and nutrition and how to use food in science curriculum. The KCK Students in a medical camp participated in a garden workshop that dealt with health and wellness as

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well as sustainability in land use, (crop rotation, etc.) High school students who were first introduced to the gardens in elementary school now come back to serve the students through the gardens. Tasha remarked how she learned her first home made recipe through the gardens. It was from the Salsa Workshop. When asked to bring a homemade dish to her high school class, she brought her homemade salsa. The garden initiative changed how she sees herself in relationship to food and the importance of healthy organic food to keep her growing strong.

Client Information:

If you are currently tracking, please provide the zip codes of the clients your program/projects serve.

Frank Rushton Elementary, 138, 66103
Rosedale Middle, 260, 66103
Quindaro Elementary, 128, 66104
ME Pearson Elementary, 102, 66102
Argentine Middle, 85, 66106
Northwest Middle, 299, 66104
Banneker Elementary, 91, 66101

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2013-14 Teaching Garden Final Budget Report

Revenue	Grants	Internal Funds	Total
Hollywood Casino grant	\$50,000.00		\$50,000.00
KU Medical Center support	\$2,700.00		\$2,700.00
Total:	\$50,000.00	\$2,700.00	\$52,700.00
Expenses	Casino Grant	KUMC	Total
Garden Facilitator's Salary	\$40,000.00		\$40,000.00
Garden Workshops	\$10,000.00		\$10,000.00
Transportation for weekly Community Service Day	\$200.00		\$200.00
RDI Evaluation	\$2,500.00		\$2,500.00
Total:	\$50,000.00	\$2,700.00	\$52,700.00

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Grantee: **Oak Ridge Youth Development Corp.**

Project Name: Oak Ridge Integrated Health Curriculum

Total Grant Amount:
\$50,000.00

Amount Expended:
\$50,000.00

Purpose of Grant:

Oak Ridge has developed an Integrated Health Curriculum (IHC) that will be incorporated into their summer enrichment program. IHC is a partnership between Oak Ridge, and KU's Healthy Hawks Program to provide a comprehensive program to help children, adolescents and their families overcome issues related to obesity. Oak Ridge will provide students (K-12) and their families with information about making healthy changes to eliminate obesity, create better eating habits, increase exercise to at least 60 minutes per day, create healthier, more informed families and improve the mental health and self-esteem of our students. Oak Ridge will also partner with Oak Ridge Baptist Church in providing a Back to School Health Fair. Students will receive free, back to school sports physicals, backpacks and school supplies. Healthy Hawks will provide BMI screening and educational materials about their program.

Status of Grant:

In their application Oak Ridge states the following for determining success of their project: KU will measure outcomes from the BMI screenings taken at the beginning and the end of the program and provide a report. This will not only be an indicator of the success of the exercise program, but of the healthy foods program impact, as well. We will also use surveys taken at the beginning of the program and at the end to determine changes in attitudes about exercise and eating habits from the students. The Fitness Coordinator will provide a report of all of the findings. Their therapist is conducting pre and post-tests for depression. They will use that data to determine if the program is having an impact on their students. In addition to the analysis of the pre and post-test results, the therapist will provide a report on class attendance, participation in discussions and any referrals made for counseling as a result of the class.

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OAK RIDGE YOUTH DEVELOPMENT CORPORATION
UNIFIED GOVERNMENT -HOLLYWOOD CASINO GRANT FUND
FINANCIAL REPORT FOR GRANT YEAR 2013

INCOME	
Unified Government Hollywood Grant	\$ 50,000.00
Oak Ridge Youth Development Match	\$ 43,002.09
EXPENSES	

PERSONNEL

NAME	Title	SALARY	ORYDC MATCH	TOTAL SPENT	BALANCE
Jackie Tomlin	Project Director	\$ 3,500.00	\$ 3,500.00	\$ 7,000.00	
Rebecca Martin	Site Coordinator	\$ 2,500.00	\$ 2,500.00	\$ 5,000.00	
Gwendolyn Childs	Servant Leader Interns	\$ 22,500.00	\$ 27,700.00	\$ 50,200.00	
KU Healthty Hawks	Culinary Coordinator	\$ 2,500.00	\$ 500.00	\$ 3,000.00	
Jamel Sims		\$ 4,000.00		\$ 4,000.00	
	Fitness Coordinator	\$ 4,000.00		\$ 4,000.00	
Carita Logan	Senior Level Therapist	\$ 2,000.00		\$ 2,000.00	

NON PERSONNEL

Food	\$ 6,500.00	\$ 8,802.09	\$ 15,302.09	\$ 976.09
Physical Fitness Equipment	\$ 1,000.00		\$ 23.91	\$ 904.40
Rolling Food Bar	\$ 1,500.00		\$ 904.40	\$ 595.60
TOTAL	\$ 50,000.00	\$ 43,002.09	\$ 91,430.40	\$ 1,571.69

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Grantee:
Resurrection Catholic School

Project Name:
Fit For Our Future

Total Grant Amount:
\$17,000.00

Amount Expended to Date:
\$16,996.51

Purpose of Grant:

The "Fit For Our Future" project at Resurrection Catholic School will use technology to encourage, promote and track the health and wellness of their students. Technology will be purchased to supply an entire classroom with "FitBits" and laptops that will measure steps, distance and calories burned through exercise. It will also track progress and measure the success of each student's fitness level. Resurrection will partner with Score 1 For Health who offers free comprehensive health screenings to do pre-health assessments of children and establish a baseline for measurement.

Status of Grant:

In their application Resurrection states the following for determining success of their project: all participants will have a free comprehensive health screening provided by Score 1 For Health that will establish a health baseline. The use of "FitBits" by participants will provide a dashboard where students can see a full picture of progress over time and achieve what they set out to do. Information is automatically synced to the computer and students can see real time results and success. A quarterly report will be provided to parents so they can see how their child is progressing through the program and how they can offer encouragement at home.

Outcomes:

Referring to your Grant Agreement or your most recent outcomes as agreed upon between your organization and the Community Foundation; list the stated outcomes that your organization committed to achieving.

Resurrection Catholic School committed to using technology to track the fitness outcomes and achievements of our students and teachers. Through the Fitbit Dashboard we were able to see weekly exercise results and use incentives to keep on track of our fitness goals. Results were checked by students during computer times and we were able to share achievements with family members and fellow students through the dashboard and email communications. The outcome of the Fit For Our Future Program was to promote life long healthy students and the FitBits are a tool that has encouraged and promoted our students to make healthy lifestyle choices.

Outcomes Update:

Did you achieve these outcomes, yes or no? If no, please explain.

We are achieving these outcomes as evidenced by the survey that went out to teachers, students and parents that overwhelming wanted to continue the program throughout the summer and into the next school year.

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Measuring Progress:

Please describe how you measured progress towards your stated outcomes and any evidence that demonstrates achievement toward your stated outcomes (please note that activities and customer satisfaction do not equal outcomes).

We measured the progress towards our stated outcomes by monitoring the students Fitbit Dashboard to ensure they were tracking their fitness goals and wearing their Fitbits to collect data. We also saw an increase in participation in our before school fitness program and we were able to complete a post assessment to check the height and weight of each student and give each family an overview of what they have accomplished.

Activities Update:

Referring to the original proposal, did you complete your stated activities, yes or no? Please provide a brief update on the status of your activities.

We were able to complete most of our stated activities however our program will be ongoing and we will continue with the program although we will receive no additional funding. We are still working on a grant through the Sunflower Foundation to provide a trail for recreation activity. We achieved funding for a before school exercise program through BOKS (Build Our Kids Success) sponsored by Reebok and promoted by Michelle Obama. Google technology came to Kansas City, Kansas and enabled us to run the Fitbit software on our new technology at a faster speed.

Individual Examples:

Give a brief example of individuals, families or other specific programmatic success this funding has helped recently. How was the individuals, family or program success made better through the work of this program/project?

One of the teachers participating in the Fit For Our Future program has lost over 50 pounds and will attest to a positive change in lifestyle. Our school lunch program made several changes to promote healthy eating and our students responded positively and we allowed input to future meal planning. Parents overwhelming supported the program and helped students achieve their weekly fitness goals by participating to family exercises.

Client Information:

If you are currently tracking, please provide the zip codes of the clients your program/projects serve.

All participants are served in the 66102 zip code

Other Information:

Is there anything else you would like to include in this grant report?

We are extremely grateful for the grant to support our school and our program to impact the health and fitness of the students at Resurrection Catholic School. We will continue to promote our overall goals of promoting life long healthy individuals and will continue on our quest to serve our students in the ministry of Sacrament and Word and serve the people in the urban core of Kansas City, Kansas.

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Fit For Our Future

Budget:

60 FitBits \$4800.00

8 Aria Smart Scales \$887.00

2 Blood Pressure Cuffs \$92.15

2 Mobile Laptop Charging Stations \$1939.11

30 Chromebook Laptops \$8039.67

Google Chromebook License \$900

Yoga Mats \$253.58

Awards \$85.00

Total \$16996.51

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Grantee:
Rosedale Development Association

Project Name:
Rosedale Healthy Kids

Total Grant Amount:
\$19,846.00

Amount Expended:
\$19,846.00

Purpose of Grant:

The Rosedale Healthy Kids program will expand and continue their bicycle and pedestrian efforts in Rosedale. This is a community-based project to improve access to affordable healthy food and increase opportunities for physical activity for children and their families in Rosedale.

Status of Grant:

In their grant application Rosedale listed six outcomes for the project as follows:

1. Educate the public about two infrastructure improvement projects and about area bicycle-pedestrian opportunities through comprehensive public awareness campaigns.
2. Conduct three bicycle-pedestrian counts apiece along Southwest Boulevard and at the Rosedale Middle School trailhead to gauge usage over time. Distribute 300-500 community surveys and aggregate data to gauge feelings about local bicycle and pedestrian infrastructure.
3. Deliver services to 50 area resident's bikes over the course of the grant cycle through a Rosedale community bike workstation providing Wyandotte County neighbors access to tools, and free or low cost repairs, parts, safety equipment, etc.
4. Procure items for a bicycle tool set to be available for community member use and for use by RDA staff and partners in direct support of the Rosedale community bike workstation and existing bike repair courses that RDA offers and supports. This will include but not be limited to: professional toolkits, portable wheel truing stand, portable bicycle work stands, portable air pumps, and other assorted tools and supplies.
5. Secure bicycle and pedestrian safety items/equipment to directly support the Rosedale community bike workstation and existing bike repair and pedestrian safety courses that RDA offers and supports. This will include but not be limited to: bicycle tubes of various sizes, bicycle tires of various sizes, brakes and brake pads, youth and adult helmets, bike locks, front/rear blinking safety lights, and other safety items and equipment necessary to carry out the program.
6. Obtain/install resources for indoor bicycle workstation, including but not limited to: workbenches, bike stands, organizational racks, large tool box.

Outcomes:

Referring to your Grant Agreement or your most recent outcomes as agreed upon between your organization and the Community Foundation; list the stated outcomes that your organization committed to achieving.

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1. Provide comprehensive public awareness campaign for two infrastructure projects that provide new accommodations for physical activity: (1) after UG Public Works completes Phase 1 of Southwest Boulevard Bike Lanes and (2) after RDA and partners complete a multi-use nature trail behind Rosedale Middle School.
2. Conduct community surveys and temporally evaluate pedestrian/cyclist use before/during/after implementation of aforementioned infrastructure projects using bicycle/pedestrian count technology available from MARC.
3. Deliver ten hours/month of new services through a Rosedale community bike workstation providing Wyandotte County residents free labor on repairs, free/low-cost parts, and workspace/mechanical equipment by appointment (during dedicated community bike workstation or normal RDA hours).
4. Secure bicycle mechanical tools for community member use by appointment as described above. The tools will also be used by RDA staff/partners to directly support the Rosedale community bike workstation and existing bike repair courses that RDA offers/supports.
5. Acquire bicycle/pedestrian safety items/equipment, including brakes, tubes, helmets, locks, etc. This equipment will directly support the Rosedale community bike workstation and existing RDA bike repair and pedestrian safety courses.
6. Obtain/install resources for an indoor bicycle workstation, including workbenches, stands, organizational racks, etc. for community member use by appointment. The indoor bicycle workstation will directly support the Rosedale community bike workstation. Existing space in the RDA offices will be retrofitted to accommodate the community bike workstation.

Outcomes Update:

Did you achieve these outcomes, yes or no? If no, please explain.

1. Yes. The consultant we hired through this project designed complete a public awareness campaign to educate the public about the new infrastructure improvements on Southwest Boulevard (completed July 15, 2013). Campaign elements were unveiled at the RDA annual meeting on December 17. Campaign elements and new "Live Complete" branding for the corridor were used throughout Bike Month events promoting the new infrastructure improvements. "Live Complete" Street banners have been printed and are awaiting hanging along the corridor. The first phase of the multi-use nature trail was completed by the end of 2013. A Grand Opening event for the 1.5 mile trail was held on 5/31 using tools from the campaign. Information about both infrastructure projects has been regularly shared through RDA mailing lists, social media, and website.
2. Yes. We conducted bicycle/pedestrian counts in May and August 2013 (during construction), November 2013 (after completion of Phase 1), and February and May 2014, and compared all counts to baseline data. Count times and dates were varied to capture commuter and recreational riders. As explained in the interim report, the bicycle/pedestrian count technology was not available as planned, so these numbers reflect manual counts conducted by staff. Although we originally planned to track trail usage with a user log at the trailhead, further research suggested we could obtain a more accurate count with an electronic wildlife counting device. We are also on track to count

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usages of the nature trail project. The device has been purchased and was installed after the trail Grand Opening. We intend to collect and analyze the data regularly.

3. Yes. We have purchased all tools and safety equipment needed for the community bike workstation, and retrofitted an existing space at RDA to serve as a workstation. We also used community bike workstation equipment as a "mobile bike workstation" to provide bike repair and safety equipment at a number of community events. During the grant period we distributed 200 helmets and repaired 140 bicycles through the community bike workstation. The community bike workstation is open weekly on Thursday afternoons from 4-6pm and by appointment and now sees steady traffic each week.

4. Yes. We have all of the needed tools to supply the community bike workstation.

5. Yes. We have purchased all needed safety items and equipment. Due to higher-than-anticipated demand, we have now distributed all the helmets we purchased and had donated, and are working to acquire more.

6. Yes. We have secured donations and expended grant funds allocated for resources for the community bike workstation and retrofitting. Due to discounts from local businesses, this item was slightly under budget, and remaining funds were moved to the public awareness campaign with the approval of GKCCF. We have installed a secure door on the space designated for the workstation, purchased a shed and organization racks to store items, and purchased the workbenches and stands needed. We created a temporary workstation in the RDA community room during the first months of the grant period, and completed the permanent indoor workstation in February 2014.

Measuring Progress:

Please describe how you measured progress towards your stated outcomes and any evidence that demonstrates achievement toward your stated outcomes (please note that activities and customer satisfaction do not equal outcomes).

1. We measured progress toward this outcome through: Attendance at one public meeting regarding the trail (8 community members) and attendance at one focus group for the public awareness campaign (10 community members). Invitations to the public meeting were distributed by door to door fliers, neighborhood group contacts and personal invitation. Focus group participants were selected to represent a broad cross section of businesses, residents, churches/nonprofits and schools along the corridor. We further measured achievement by completion of the campaign plan and completing the production of the campaign elements. Finally, we measured the number of individuals (460) served by Bike Month events, including the Grand Opening Event for the trail, which included elements of the public awareness campaign.

2. We measured progress toward this outcome by tracking bicycle/pedestrian usage of Southwest Boulevard before, during, and after Phase 1 of the infrastructure project. Baseline usage was measured at 9 riders and 0 walkers in May 2013 before construction began, rose to 10 riders and 2 walkers during August 2013, and was measured at 3 riders and 13 walkers in November 2013, 4 riders and 9 walkers in February 2014, and 16 riders and 10 walkers in May 2014. We are further measuring achievement of this outcome through tracking usage of the new multi-use trail behind Rosedale Middle School through a wildlife counter.

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3. We measured progress toward this outcome by keeping track of individuals who receive services (140 total).
4. We measured progress toward this outcome by keeping track of tools purchased and funds used. We expended all of the funds allocated for tools.
5. We measured progress toward this outcome by keeping track of safety items and equipment purchased and funds used. We expended all of the funds allocated for safety items and equipment.
6. We measured progress toward this goal by keeping track of workstation items purchased and funds expended for retrofitting. We expended all of the funds allocated for the indoor workstation.

Activities Update:

Referring to the original proposal, did you complete your stated activities, yes or no? Please provide a brief update on the status of your activities.

1. Yes. The public awareness campaign plan and design elements are complete, the public awareness campaign is in the implementation stage.
2. Yes. 5 of 5 planned bicycle/pedestrian counts on Southwest Boulevard have been completed at the point. We are tracking use of the nature trail now that it is open to the public.
3. Yes. We provided helmets to 200 individuals and bicycle repair services to 140 individuals during the grant period. The community bike workstation is available ten hours/month and receives steady traffic.
4. Yes. We have purchased all of the tools needed for the community bike workstation.
5. Yes. We have purchased all of the safety items and equipment needed for the community bike workstation.
6. Yes. We have retrofitted the space, purchased all needed supplies, and completed and opened the community bike workstation.

Individual Examples:

Give a brief example of individuals, families or other specific programmatic success this funding has helped recently. How was the individuals, family or program success made better through the work of this program/project?

The Community Bike Workstation was utilized by members of the community ages 4 to 80. A few of the stories of the 140 people who received services are below.

McKayla, age 4, brought her bike in with her grandma after the Frank Rushton bike rodeo. Her big brothers had been using it, and the training wheels broke off - leaving McKayla sad and bike-less. We fixed her bike up, replaced the training wheels, raised the seat ("she's getting so tall," her grandma exclaimed!) and sent her home with a new bike helmet and a promise to wear it every time she rode.

Ian, a long time Rosedale resident in his 80s, rode his wife's vintage Schwinn 10 speed to the bike workstation. We installed new brake cables, tuned it up and lubed the chain, and sent him home with new helmets for each of them.

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Mrs. Davis brought her grandchildren's bikes into the bike workstation after receiving a flier at school. We tuned them up and sent her home with new helmets for the grandkids!

Additionally, over 600 volunteer hours by 101 separate volunteers were put toward trail construction during the project cycle. Two miles of trail (1 mile at Mt. Marty and 1 mile at Mission Cliffs) were completed, and an additional 1 mile is currently under construction. We have heard from neighbors, Rosedale Middle School and KUMC students and local businesses how excited they are about the addition of trails to the neighborhood. While after the grant cycle ended, we celebrated the grand opening of the Rozarks trails on May 31, 2014 with over 85 people and sponsorships from seven local businesses and organizations, Healthy Communities Wyandotte and the U.G. Parks and Recreation department!

Client Information:

If you are currently tracking, please provide the zip codes of the clients your program/projects serve.

All our programs and projects take place in the 66103 zip code, however we do not limit services to residents of our area. All of the recipients of bike repair and bike safety equipment thus far have been 66103 residents. We do not track zip codes of bike lane users or consumers of our public awareness materials.

Other Information:

Is there anything else you would like to include in this grant report?

The ultimate, long-term outcome of this grant is to create a culture of bicycling and walking in Rosedale. The public awareness campaign is already engaging Rosedalians in a conversation about what it means to "Live Complete," and how a complete street really looks and feels. We expect that conversation to continue and grow, and for complete streets to become an important part of the Rosedale neighborhood's identity. As we build new infrastructure and remove barriers like lack of equipment and damaged bicycles, Rosedalians will be able to make the healthy choice to bike and walk.

Additionally, we have photos from our various events and programs we would like to share. Please let us know if there is a preferred way to submit them.

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Rosedale Development Association: Rosedale Healthy Kids
 Unified Government - Hollywood Casino Final Grant Report
 Grant Period: May 22, '13 - May 31, 14

	Awarded	Expended
Program Manager 5%	\$1,856.00	\$1,856.00
Bicycle/Pedestrian Coordinator 20%	\$6,186.00	\$6,186.00
Consultant & Public Awareness Campaign	\$5,000.00	\$5,571.24
Bicycle & Pedestrian Safety Items/Equipment	\$1,500.00	\$1,499.83
Bicycle Tools	\$1,000.00	\$1,178.93
Indoor Bike Workstation	\$2,500.00	\$1,750.00
Indirect 10%	\$1,804.00	\$1,804.00
TOTAL	\$19,846.00	\$19,846.00

Budget Narrative

Line items for the staff time of the Program Manager and Bicycle Pedestrian Coordinator were expended as anticipated. The budget report goes through May 31, 2014 since some staff time under the grant was included in the May 31 paycheck.

The Consultant and Public Awareness campaign went over slightly due to the reallocation of \$571.24 from the Indoor Bike Workstation to the cost of the "Live Complete" street banners (with the permission of GKCCF.) The line item at the end of the grant was \$5,571.24.

Bicycle and Pedestrian Safety Items and Equipment were on budget as anticipated. Bicycle tools went over \$178.93, which was reallocated from the Indoor Bike Workstation line item.

Indoor Bike Workstation costs were slightly lower than anticipated at \$1,750. This is due to the discounts given to us by local businesses, including Strasser Hardware and Lowe's, and volunteer labor. With the permission of GKCCF, we moved the remaining \$750 to the bicycle tools and public awareness line items.

Indirect expenses were utilized as anticipated.

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Grantee:
The Family Conservancy

Project Name:
Healthy Parents, Healthy Kids

Total Grant Amount:
\$18,000.00

Amount Expended:
\$18,000.00

Purpose of Grant:

Healthy Parents, Healthy Kids Program supports parental education to strengthen families and enhance positive growth and development of children at Juniper Gardens and St. Margaret's Park public housing developments in Wyandotte County. Programming focuses on helping parents: manage health and stress, implement appropriate parenting strategies, form connections with other families and gain trusted resources for information and services.

Outcomes:

Referring to your Grant Agreement or your most recent outcomes as agreed upon between your organization and the Community Foundation; list the stated outcomes that your organization committed to achieving.

1. Outcome 1: Parents and caregivers make healthier food choices for their families
Measurement Tool: Increased scores on pre and post surveys
Success Goal: 50% increase in the number of participants who report they are eating/serving healthier options
2. Outcome 2: Increase physical activity among participants
Measurement Tool: Increased scores on pre and post surveys
Success Goal: 75% increase in the number of participants who report an increase in weekly physical activity outside of class; 50% increase in ongoing physical activity
3. Outcome 3: Participants have access to health services and family support services
Measurement Tool: Number of community partners reporting a participant has followed through on a referral
Success Goal: 50% of consultants report a participant followed-through on a referral
4. Outcome 4: Decreased social isolation and increased access to support networks among the program's participants
Measurement Tool: Positive responses to pre and post surveys developed and administered by K-State
Success Goal: 75% increase in the number of participants who say they know where to turn in times of need (population size differences from the pre-test and the post-test will be accounted for)
5. Outcome 5: Pregnant participants attend at least one prenatal doctor's visit
Measurement Tool: Health department records, participant reports

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Success Goal: 75% of participants report having at least one prenatal doctor's visit

6. Outcome 6: Infants born to program participants have positive birth outcomes
Measurement Tool: Health department records of birth weights
Success Goal: 100% of births to program participants have healthy birth weights of at least 5.5 pounds

7. Outcome 7: Participants who give birth will breastfeed for at least the first month of life
Measurement Tool: WIC records, Survey of the participants at the beginning of programming to ask the following: For those who have children, have you breastfed in the past? For women, who are first-time mothers, are you planning to breastfeed?
Success Goal: 75% of participants who did not intend to breastfeed before the prenatal programming began, will breastfeed for at least the first month

Outcomes Update:

Did you achieve these outcomes, yes or no? If no, please explain.

Yes.

Measuring Progress:

Please describe how you measured progress towards your stated outcomes and any evidence that demonstrates achievement toward your stated outcomes (please note that activities and customer satisfaction do not equal outcomes).

Of pre-test participants, 60% reported serving fruits and vegetables at each meal and 40% of participants reported serving healthy snacks twice daily. At the time of the interim grant report, in November, 100% of participants reported serving fruits and vegetables and 90% of participants reported giving two healthy snacks to their children daily. In the post-test, 100% of families were reporting better food choices in both areas.

In the pre-test, 46% of participants reported participating in regular physical activity. Post-test results illustrated that 91% of individuals were participating in regular physical activity outside of class and 68% of participants showed an increase in physical activity since the beginning of class. (Participants continue to face challenges to being physically active outside of class due to feeling unsafe outside in their community alone and not having access to exercise equipment.)

Collecting data on community partners continued to be a challenge throughout the grant period. This was TFC's first attempt in tracking the feedback loop of referrals for the Healthy Parents, Healthy Kids program. Throughout the project, our agency discovered that many referrals are much easier to track than others. For example, utility assistance was easy to track because The Family Conservancy must approve the request. Fourteen participants utilized utility assistance from The Family Conservancy. Bus passes were purchased monthly for participants to use and the average use was four times (round trip) a week to access resources. Unfortunately, access to many educational and health

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referrals, such as G.E.D. assistance or doctor appointments, were difficult due to track. Healthy Parents, Healthy Kids staff estimate that throughout the project period, they were able to track 80% of the referrals. Of the 80% of tracked referrals, approximately 60% of clients successfully utilized the referral.

Only 50% of families revealed having support from others in class in the pre-test. At the time of the post-test, 75% of participants reported having someone to talk to in times of need.

Eight babies were born during the grant period, all with birth weights of at least 5.5 pounds and six of the eight babies are currently being breastfed. At the end of the project period, the program was serving seven pregnant participants and before joining programming, 66% reported they had attended a prenatal doctor's visit. After joining programming, 100% of expecting participants have attended at least one regularly scheduled prenatal visit.

Activities Update:

Referring to the original proposal, did you complete your stated activities, yes or no? Please provide a brief update on the status of your activities.

Yes. Throughout the grant period, programming occurred weekly on-site at both Juniper Gardens and St. Margaret's Park public housing communities. A community health fair was held at both locations in the Spring. Prenatal and parenting programming all had a focus on nutrition. Additionally, there was a fifteen minute physical activity during each class. K-State Research and Extension and Wyandotte County Health Department staff, assisted in classes by presenting or by providing class-related resources. Throughout the project period, families participated together in healthy cooking demonstrations. One of the class's favorite cooking demonstrations was led by two participating Liberian families. This was exciting because the dish was not only healthy but allowed participants to try something new. TFC staff were especially interested in this cooking demonstration because the Liberian families taught everyone new ways to utilize herbs in lieu of salt.

Individual Examples:

Give a brief example of individuals, families or other specific programmatic success this funding has helped recently. How was the individuals, family or program success made better through the work of this program/project?

After one mom gave birth during the first quarter of 2014, she was very motivated to lead a healthy lifestyle. She was extra mindful of her nutrition because she was breastfeeding and she was also eager to lose some of the weight she had gained while being pregnant. Over three months, the mom lost 15 pounds. This mom was so motivated that she even requested to checkout a hula hoop from class so that she could continue her fitness activities at home. Healthy Parents, Healthy Kids program staff and other class participants were very encouraging to this mom on her journey towards leading a healthy lifestyle. She in turn became a role model for other class participants.

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This was the first year that Healthy Parents, Healthy Kids program participants participated in the "Walk Kansas" eight-week program. The participants enjoyed the competition and feeling like they were a part of the larger Kansas community. Healthy Parents, Healthy Kids program staff noticed that participants were more mindful of their nutrition during the Walk Kansas Program as well. Due to the success this year, TFC plans to continue having Healthy Parents, Healthy Kids program participants join the Walk Kansas program in 2015.

Client Information:

If you are currently tracking, please provide the zip codes of the clients your program/projects serve.

All participants are residents of either Juniper Gardens or St. Margaret's Park public housing communities in the "66101" zip code of Wyandotte County.

Other Information:

Is there anything else you would like to include in this grant report?

Thank you for supporting The Family Conservancy's Healthy Parents, Healthy Kids program!

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The Family Conservancy
Healthy Parents, Healthy Kids Program

Final Grant Report for
Hollywood Casino
6/1/13-5/31/14

Salary & Benefits	11,044
Emergency Financial Assistance	212
Nutrition & Prenatal Supplies	688
Professional Fees including Childcare & Interpretation	1,038
Local Travel	75
Promotion & Website	1,749
Occupancy related	1,162
HR, Finance & other administration	<u>2,032</u>
	18,000