



## **Spring Grant Program 2017**

Community & Social Development is inviting proposals from local non-profit organizations for project funding of not more than \$5700. The following criteria apply:

- The grant is a special projects grant for preventive social services that enrich and strengthen family and community life.
- The project applied for must not be a duplication of an existing service or program.
- Thirty percent of the total cost of the project must be supported by the organization through available funds, volunteer hours (\$10.20/hr), and/or in-kind donations.
- The funds may support new initiatives or special projects that support or enhance the delivery of preventive social service programs.
- The funding may be seed funding for a long-term project.

For more information call:  
Connie Smigielski, Manager of Community Strategy  
780-470-0607

Under the Family & Community Support Services Grant Program, the emphasis is on preventive programming. Prevention is a proactive process which empowers individuals and systems to meet the challenges of life events and transitions by creating and reinforcing conditions that promote healthy behaviors and lifestyles.

Please review your project to ensure that it falls within this definition.

### **SECTION A – Organization Information**

1. Name of Organization St. Albert Community Information & Volunteer Centre
2. Mailing Address 215 Carnegie Drive, St. Albert, AB  
Postal Code T8N 5B1
3. President/Chair Kyla Prystupa  
Mailing Address 215 Carnegie Drive, St. Albert, AB  
Telephone 780-459-6666 Postal Code T8N 5B1
4. Primary Contact Person:  
Name Ryan Mullan Position Director, Information & Referral  
Telephone 780-459-6666
5. Registered Society Number and/or Registered Charity Number  
Registered society # - 502326234  
Registered charity # - 119287183RR0001  
Date of Registration January 1980

### **SECTION B – Project Definition**

1. Please explain the project for which you are requesting funding and how it fits within the definition of prevention. Explain the need that is to be met.

#### The Need for a Project to address Seniors in Isolation

The lack of social support should be added to the 'short list' of risk factors for an early grave. Analysis of more than 300,000 people, suggest social isolation is as bad for your health as smoking 15 cigarettes a day or being an alcoholic. It also does more damage to your health than not exercising, and is twice as harmful as obesity. (CORNWELL, E. Y., & WAITE, L. J., 2009).

The number of seniors calling St. Albert their home is on a steady rise. The Seniors Working Group members have expressed concern that there a growing number of older adults who live alone and are not connected with community programs and/ or have limited support networks. According to the Seniors Outreach Coordinator at the St. Albert Seniors Association, there are many local seniors who have not yet been to Red Willow Place and are unaware of the many programs offered there and through other agencies in St. Albert. One of the 2017 priorities for the Seniors Working Group is to prevent isolation in seniors within our community. An information subcommittee was formed with the intention of raising awareness of this issue and promoting local St. Albert resources for those who are at risk for being isolated.

### Our Proposed Project:

The information subcommittee would like to produce brochures and newspaper ads which highlight nine real life scenarios (which were developed by a practicum student) where seniors appear to be struggling and neighbours offer support by sharing local St. Albert resources (for example the St. Albert Library's Homebound Service). The Spring Grant would support the production and printing of the brochures and cost of featuring the ads in the newspaper. Also included in this initiative, are ten dollar activity coupons for the St. Albert Seniors Association. These coupons will be distributed to seniors who are at risk of isolation through programs such as meals on wheels, seniors' transportation and the Christmas packages. Seniors activity coupons would be given to seniors who are at risk of isolation to encourage socialization. Promotional items such as magnifying glasses would be distributed at the Seniors Expo, Lifestyle Expo, Farmer's Market and events during Seniors Week to bring awareness to the issue of seniors living in isolation and provide local contact numbers for support available to the residents of St. Albert.

CORNWELL, E. Y., & WAITE, L. J. (2009). Social Disconnectedness, Perceived Isolation, and Health among Older Adults. *Journal of Health and Social Behavior*, 50(1), 31–48.

2. What project outcomes do you hope to achieve with these grant funds and how will you know you have achieved them?

Older adults and those who support them will have an increased understanding of the local supports available to seniors to prevent isolation. We will know we achieved our outcome by the number of brochures distributed, and increased calls to the St. Albert Seniors Association requesting to speak with the Seniors Outreach Coordinator on isolation concerns. We also anticipate an increase in the participation of older adult programs and services in St. Albert. The Seniors Working Group members will be tracking their interactions with older adults who may be at risk of isolation between July 1, 2017 and October 1, 2017. We will then track the number of interactions with this at risk population one year later to see if the number has changed. Additionally, a code will be entered for every ten dollar coupon that is received by the Seniors Association. Once a senior has attended a program at Red Willow Place, they are more likely to continue attending which would decrease their chance of becoming socially isolated.

3. How will the project incorporate voluntarism and community support?

Members of the information committee are willing to donate their time to create this brochure. The organizations on this committee include: RCMP, CIVC, Senior's Association, Further Education, St. Albert Library and Community & Social Development. Citizens on Patrol and Neighbourhood Watch have been consulted and both committees are in support of this project. Older Adults in St. Albert have been asked for their feedback on the draft brochure at the Senior's Working Group booth at the May 2017 Seniors Expo. Additionally, after the brochures and promotional items are produced they will be distributed by volunteers in the community.

4. Are you aware of similar services being provided by other groups in the community? If yes, please explain how your project differs from, or complements, these services.

There is no current resource in St Albert which focuses solely on preventing isolation in seniors and features local supports available. There is a Seniors directory, however we feel that its necessary to address isolation and by giving scenarios we will raise awareness and demonstrate how easily community members can assist older adults in connecting with others and preventing isolation. We confirmed that no similar resource is available in Edmonton.

5. Describe the implications of not receiving (or receiving less of) the grant funding requested for the project. What is your organization's contribution to the project?

If the requested funding is not received it will be difficult to develop the brochure and our printing will be very limited. Our members are stretched thin financially therefore there is no extra funds from the

committee. Additionally, we will not be able to produce any promotional items to raise awareness of seniors in isolation.

If we are successful in obtaining the Spring Grant our committee members are committed to writing the brochure as well distributing them throughout the community. We will ensure that the graphic design is professionally done and the printing is of high quality. CIVC has confirmed the time and capacity to assume the banker role for this project.

**SECTION C – Financial Information for the Project**

Budget Information (please be as accurate as possible)

**Revenue (including 30% organization contribution – cash, volunteer hours, in-kind donations):**

<u>Volunteer hours (Committee) 55 hrs x 15/hr</u>	\$825.00
<u>Distribution of the brochures (SWG) 10 hrs x \$15/hr</u>	\$150.00
<u>Funding from Neighbourhood Watch</u>	\$500.00
<u>Communications and marketing 8 hrs x \$24/hr</u>	\$192.00

\* Citizens on Patrol may also contribute to this project if we require additional funds

**Total Revenue:** \$1,667.00

**Expenditures:**

<u>Graphic Artist</u>	\$500.00
<u>Printing</u>	\$800.00
<u>Promotional items</u>	\$800.00
<u>Seniors Program Coupons (for fitness/activities)</u>	\$500.00
<u>Display stands (for offices) and banner stand for events</u>	\$400.00
<u>Newspaper Ads (5 ad series @ \$415 each)</u>	\$2,075.00

**Total Expenditures:** \$5,075.00

**Net for Project:** \$6,742.00

Grant Funding requested \$3,408.00

Is your organization presently receiving any financial assistance from The City of St. Albert (including FCSS)?

Yes  No

Is your organization presently receiving any financial assistance from other levels of government?

Yes \$ \_\_\_\_\_ X No  
From \_\_\_\_\_ to fund \_\_\_\_\_.

Is your organization applying for other grants for this project?

Yes – To cover the same costs? -or- To fund which other components of the project?

\$500 from Neighbourhood Watch (they will cover a portion of the printing costs)

No – Why? \_\_\_\_\_

...Please attach additional supporting documents:

- a) Current Board List
- b) Minutes of meeting at which the grant application was approved
- c) Last year's financial audited statement

## **DECLARATION**

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We, the undersigned, do hereby certify that this statement contains a full and accurate account of all matters stated herein:

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Board Chair

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Contact Person

Forward application to

**Manager of Community Strategy  
Community & Social Development  
City of St. Albert  
100, 43 St. Thomas Street  
St. Albert, Alberta T8N 6Z1  
Phone: 780-470-0607**

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A complete application consists of an  
**APPLICATION FORM AND SUPPORTING DOCUMENTS**

**ALL GRANT APPLICATIONS MUST BE RETURNED BY  
March 31, 2017**

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### Freedom of Information and Protection of Privacy Act

The collection of the personal information being collected is in accordance with Section 33(c) of the Freedom of Information and Protection of Privacy Act. The personal information being collected is for the purposes of providing operating grants in response to your application. This information will not be shared with any third party without your permission. If you have any questions about the collection or use of this information, please contact the City's FOIP Coordinator, City of St. Albert, 5 St. Anne Street, St. Albert, AB T8N 3Z9 or by telephone (780) 459- 1500.

**In submitting your application, if there is any information you do not want made public, this information should be clearly marked and you are required to indicate why this information needs to be protected.**