

Dynamic Drum Circle for Life

2017 Seward Community Foundation Mini-Grant Program

Seward Senior Center

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Application Form

Instructions

The Seward Community Foundation (SCF), an Affiliate of The Alaska Community Foundation (ACF), seeks applications from qualified, tax exempt 501(c)(3) organizations (or equivalents, such as Tribal entities, schools, and faith-based organizations) that support charitable organizations and programs in the **Seward/Moose Pass** area. Mini-grants of up to \$1,000 are intended to be a flexible funding opportunity that can support a broad range of community needs throughout the year, including health and wellness, education, the great outdoors, arts and culture, and community development.

Grant projects must be completed within one year of award and are subject to the grantee completing an online grant agreement signifying acceptance of the terms and conditions of the grant. A final grant report and any other outstanding follow ups must also be submitted online before the grantee will be eligible for future grant opportunities from SCF. Due dates and the forms to submit for these follow ups can be found by logging into the online grant system.

Grant applications must be submitted online and the Seward Community Foundation's Advisory Board will review them at their next scheduled meeting. **The deadline to submit a mini-grant application for consideration is the first Wednesday of each month.** Any outstanding follow ups for previous grant awards from ACF and its Affiliates must also be submitted using the online grant system prior to the deadline for the current application to be considered.

Please review SCF's Mini-Grant Guidelines to determine your eligibility before applying.

Please direct **programmatic and general questions** to SCF's Program Manager, Allison Fong, at afong@alaskacf.org. Please direct **eligibility and technical questions** about the online grant system to ACF's Affiliate Program Officer, Shawn Rivera, at srivera@alaskacf.org or 907-274-6708.

Organization Information

Name of Organization*

Seward Senior Center

Organization's EIN*

92-0072425

Organization Type*

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your organization's eligibility, please contact ACF's Affiliate Program Officer, Shawn Rivera, at srivera@alaskacf.org or 907-274-6708.

501(c)(3)

Organization's Location*

Is your organization located in the Seward/Moose Pass area? If not, will your project/program benefit this area?

Yes

Benefits to Area (optional)

If your organization is not located in the area but you believe your proposed project/program will benefit area residents, please explain how.

Mission Statement*

What is your organization's mission statement?

To insure honor, dignity, security and independence for the older Alaskan through support services to assist them in maintaining meaningful, quality lives.

Description of Organization (optional)

Please provide any additional information about your organization that you wish to share.

In 2018, the Seward Senior Center will celebrate 40 years of serving the essential needs of our aging populations, providing unduplicated services, to ensure seniors that they might live out their lives within their own home.

Over the past 10 years, the center has added onto our services, piece by piece, evidence based programs, that empower, enrich and enable seniors to stay involved in their activities of daily living amongst peers and friends at the center. We have added more celebration to a seniors life by supporting monthly birthday parties, providing services that are requested and necessary to improve the lives of the low income seniors and those seniors who live without family due to age related death.

Previous Grant Award Details (if applicable/known)

Please list the project title and date of your most recent grant award, if applicable/known.

Fruit of the Month club, November 2017

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Please contact ACF's Affiliate Program Officer, Shawn Rivera, at srivera@alaskacf.org or 907-274-6708 before continuing your application if you have not or are unsure if you have completed a grant report for a previous grant award.

Project/Program Information

Project/Program Name*

Dynamic Drum Circle for Life

Project/Program Start Date*

When will your proposed project/program begin?

02/01/2018

Project/Program End Date*

When will your proposed project/program end? **Please note that awarded grant projects must be completed within one year of receiving a grant.**

12/31/2021

Project/Program Description*

Please describe your proposed project/program, including a discussion of the community need and if you are planning to collaborate/partner with other community organizations or entities.

In partnership with Seaview Community Services, Independent Living Center and the senior center, we propose to support and maintain a weekly drum circle at the center, arranged around the lunch program, when accessible transportation is available as well.

After hosting an after work voluntary drum circle last summer, we met individuals who are very interested in leading a drum circle and providing a wonderful, safe space for individuals to gather and drum as a collective group.

Results include enhanced skills in

- Communication
- Cooperation
- Creativity
- Confidence
- Inclusion
- Unity

Drumcircles encourage participants to express their creativity and develop skills in social and emotional development as well as musical and rhythmic understanding. A drumcircle is accessible to all participants at any level of entry. It is the all of these agencies intention to provide healthy and invigorating opportunities for community and those clients that we extend our services to on a daily basis, to improve their outlook on life, meet new people, and build empathy for our neighbors through active participation and recreational opportunities.

Project/Program Goals*

Please describe the goals of your proposed project/program, including what outcomes you hope to achieve.

Sometimes you don't know where to turn or how to deal with life's adverse conditions, the loss of a loved one, loss of a career or just not sure where to turn for support.

Simply put a drum circle or rhythm circle is a group of people from a few to many sitting with chairs arranged in a circle experiencing the spontaneous creation of music on a variety of drums and percussion instruments.

Why A Circle? Because It's FUN. Drum circles are a popular form of music therapy. In such a situation, each person is able to express themselves through their individual instrument while simultaneously participating as part of a larger whole. Such groups can range from just a few people to literally thousands of individuals.

Drum circles have no beginning or end, no top or bottom. Such a construction places every participant on equal footing, another important component in a therapeutic situation. Drum circles may be facilitated, meaning that they are, to some degree, guided by a facilitator who encourages the participants.

Although many might assume that drum therapy is a fairly recent advent, this is not necessarily the case. Some proponents advocate that drum therapy is an ancient technique and evidence of its history may be found in both Asia and Africa, where some of the world's oldest civilizations reside.

While it may be true that drum therapy has been around for thousands of years, it is also true that in the 20th and 21st centuries, science has been used in an attempt to verify the therapeutic effects of drum therapy and its rhythm techniques.

The ultimate goal is to bring people of all ages (multi-generational) together, in a non threatening environment; to learn to play and work together in the simple form of drumming. A great form of play!

Project/Program Benefits*

Please describe the benefits of your proposed project/program. What will improve on in the Seward/Moose Pass area as a result of this project/program? Who and how many individuals will benefit from this program/project?

Much to the delight of drummers everywhere, some studies indeed show that drumming accelerates physical healing, boosts the immune system, produces feelings of well being and even has a calming effect on people suffering from Autism, Alzheimer's and various traumatic experiences.

A drum circle is a fun, exciting and powerful way to bring individuals together through music.

A facilitated drum circle promotes a safe, stress free and entertaining environment to empower participants.

A drum circle will enhance an individuals experience through visual, auditory and kinesthetic ways of learning.

As the participants relax, enjoy and explore the music, their natural creativity and curiosity emerges and the rhythms grow and change.

Measuring Success*

Please describe the outcomes that will define if your project/program is successful, including how your organization plans to track and report on these outcomes. Please also describe how your proposed project/program will continue beyond the original grant term, if applicable.

A sense of community facilitated drum circles are a practical example of:

- Teamwork
- Togetherness

- Respect
- Community

Drum circles encourage participants to express their creativity and develop skills in social and emotional development as well as musical and rhythmic understanding. A drum circle is accessible to all participants at any level of entry.

- Personal, Social and Emotional Skills
- Creativity, Ingenuity and Quick Thinking
- Awareness of Self Within the Organization
- Cooperation vs. Competition
- Personal Integrity
- Creative Thought Process
- Emotional Intelligence
- Leadership Skills

Drum Circles Inspire:

- Playfulness
- Camaraderie
- Academic Development
- Motivational Learning
- Social Inclusion
- Citizenship
- Integrity

Drum circles are nothing new to our society or the world at large. They are an impressive and incredible opportunity for individuals to learn the art of music, rhythm, and playing well with other, in a non threatening environment.

Project/Program Budget

Total Project/Program Budget*

\$1,195.00

Amount Requested*

Please note that individual grant amounts will be awarded up to \$1,000.

\$995.00

Project/Program Budget Form*

Please download, complete, and upload the Project/Program Budget Form below. At the bottom of the form, please also list other sources of funding you are seeking and the status of those requests.

Project/Program Budget Form

In the box below, please describe the line items from the budget worksheet in detail.

Drumming -Project-Budget-Form.xls

The budget items listed are the musical instruments that we can acquire to support a recreational music program, with in-kind facilitation by many community members.

Optional Documentation

Other Useful Information (optional)

Please provide any other useful information that could help the SCF Grants Committee evaluate your grant application. If desired, you can also upload letters of support and other documentation below.

Electronic Signature

Authorized Signature*

By typing my name below, I certify that the information provided in this grant application is accurate and complete to the best of my knowledge, and that I am authorized to submit this application on behalf of my organization.

I authorize The Alaska Community Foundation to verify any information submitted as part of this application. I also agree to allow any information on this application (unless otherwise noted) to be released for publication.

Dana Paperman

Title*

Executive Director

Date*

12/17/2017

Please complete the grant application process by clicking the [Submit Application] button below.

File Attachment Summary

Applicant File Uploads

- Drumming -Project-Budget-Form.xls

Furniture for PASSAGES transitional housing program

2018 Seward Community Foundation Mini-Grant Program

SeaView Community Services

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Application Form

Instructions

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Organization Information

Name of Organization*

SeaView Community Services

Organization's EIN*

92-0043803

Organization Type*

Only qualified, tax-exempt 501(c)(3) organizations (or equivalents, such as Tribal entities, schools, and faith-based organizations) that support charitable organizations and programs in the **Seward/Moose Pass** area are eligible to apply. Please review SCF's Mini-Grant Guidelines to determine your eligibility **before applying.** If you are unsure of your organization's eligibility, please contact ACF's Affiliate Program Officer, Shawn Rivera, at srivera@alaskacf.org or 907-274-6708.

501(c)(3)

Organization's Location*

Is your organization located in the Seward/Moose Pass area? If not, will your project/program benefit this area?

Yes

Benefits to Area (optional)

If your organization is not located in the area but you believe your proposed project/program will benefit area residents, please explain how.

NA

Mission Statement*

What is your organization's mission statement?

To provide community based services that strengthen families, foster self-sufficiency and enhance quality of life.

Description of Organization (optional)

Please provide any additional information about your organization that you wish to share.

SeaView Community Services has been serving Seward area residents since 1972. SeaView currently provides behavioral health services that include outpatient substance use treatment, community support and rehabilitative services for the seriously mentally ill, general mental health and family counseling services. The continuum of behavioral health services includes residential group home/assisted living and temporary transitional housing for those experiencing serious mental illness. SeaView also provides disability services that include supported living, day habilitation and respite for adult and child Medicaid recipients. For many years, through the Infant Learning Program, SeaView has been providing screenings, assessments, early intervention and support for families with children 0-3 who may be experiencing developmental delays. SeaView also provides advocacy and victim services for survivors of domestic violence and sexual assault (DVSA). SeaView staff are on call 24/7 to respond to mental health emergencies and DVSA through the crisis lines for each service.

Previous Grant Award Details (if applicable/known)

Please list the project title and date of your most recent grant award, if applicable/known.

Furniture for Group Home Residents 3/29/2107 and Empowering Families Through Parent Support and Educations 3/29/2017

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Project/Program Information

Project/Program Name*

Furniture for PASSAGES transitional housing program

Project/Program Start Date*

When will your proposed project/program begin?

02/01/2018

Project/Program End Date*

When will your proposed project/program end? **Please note that awarded grant projects must be completed within one year of receiving a grant.**

02/15/2018

Project/Program Description*

Please describe your proposed project/program, including a discussion of the community need and if you are planning to collaborate/partner with other community organizations or entities.

In mid-February, SeaView is launching a new 16-week transitional housing program for those experiencing serious mental illness. The temporary residents will participate in intensive therapy and skill building designed to foster self-sufficiency in acquiring and maintaining independent housing. SeaView will be furnishing 3 two-bedroom apartments and is seeking assistance with funding to help defray the cost of furnishings needed for program launch.

Project/Program Goals*

Please describe the goals of your proposed project/program, including what outcomes you hope to achieve.

PASSAGES is a newly developed sixteen-week residential program designed to promote wellness and recovery by assisting seriously mentally ill individuals learn to manage their illness, develop their own goals for recovery and make informed decisions about their treatment by educating and supporting them in their movement toward a successful and fulfilling life. Participants will reside in SeaView's transitional housing apartments in Seward, Alaska, supported by psychiatric, individual and group therapy while completing a skill building curriculum.

The curriculum "Living Skills" is designed to provide basic education and application of key skills that shape how one responds to the world. Practical guidance focuses on skills that contribute to achieving a fulfilling life. Using best-practices in the field, the exercises, discussion, and role plays in the Living Skills program address the underlying emotional, behavioral and cognitive barriers that might otherwise prevent

continued progress toward a healthy and fulfilling life. Residents will participate in modules that include; Values and Responsibilities, Interpersonal Relations, Refusal Skills, Making Decisions, Setting and Attaining Goals, Parenting and Child Development, Hygiene and Self-Care, Sexual Health, Managing Money, Securing Housing and Medication Management.

PASSAGES support staff are trained in Supported Employment and, as applicable to individual goals, will assist with attaining employment and housing. Those with educational goals will be assisted with developing or enhancing skills needed to further their education. Each participant will be assisted with preparing financials and applications for permanent housing. Staff will collaborate with the participant and other behavioral health providers to arrange follow up services to assist the participant with sustaining employment and housing in their community of choice.

SeaView owns a 4-plex apartment in the heart of Seward, within walking distance to SeaView outpatient clinic, hospital, primary care facilities, AVTEC, stores, post office, parks and waterfront. Since the mid-1980's, the recently renovated bay view building has been dedicated to transitional housing support for those experiencing serious mental illness.

Prior to the development of the PASSAGES Program, each two-bedroom apartment was generally occupied by a single long-term resident. To meet the need for more individuals to develop skills to attain independent housing, education and employment, SeaView has redesigned its treatment program to a targeted timeframe, and doubled the occupancy for each apartment. The fourth apartment is occupied by an onsite PASSAGES Clinical Manager who will help participants develop skills for shared living arrangements.

Also prior to the development of PASSAGES, SeaView staff assisted residents to obtain grants from the Alaska Mental Health Trust for furniture and household items. The furnishings went with the resident when they transitioned to independent housing. To support PASSAGES shorter-term rotational structure, SeaView is requesting funding to help with the purchase of mattresses and box springs for the apartments. SeaView will continue to assist residents with obtaining grants through the Mental Health Trust for personal furnishings for their transition to independent housing after PASSAGES program completion.

Project/Program Benefits*

Please describe the benefits of your proposed project/program. What will improve on in the Seward/Moose Pass area as a result of this project/program? Who and how many individuals will benefit from this program/project?

Those with serious mental illness frequently experience difficulty in obtaining and sustaining independent housing. Evictions, threat of eviction and homelessness often result. This initiative will help foster self-sufficiency and improve quality of life for program participants by acquiring the knowledge, skills and therapeutic supports needed to sustain long term housing.

The maximum annual capacity of the program is 18. Three 2-bedroom apartments can accommodate a maximum of 6 individuals for three 16-week program rotations each year.

Measuring Success*

Please describe the outcomes that will define if your project/program is successful, including how your organization plans to track and report on these outcomes. Please also describe how your proposed project/program will continue beyond the original grant term, if applicable.

Measures for success of the program will include; the percentage of individuals completing the program, percentage who obtain and sustain independent housing, and percentage of those demonstrating improvement as indicated by measures defined in therapeutic functional assessment tools such as DLA-20.

Project/Program Budget

Total Project/Program Budget*

\$7,172.00

Amount Requested*

Please note that individual grant amounts will be awarded up to \$1,000.

\$1,000.00

Project/Program Budget Form*

Please download, complete, and upload the Project/Program Budget Form below. At the bottom of the form, please also list other sources of funding you are seeking and the status of those requests.

Project/Program Budget Form

In the box below, please describe the line items from the budget worksheet in detail.

4-plex Furnishing Budget List.xlsx

SeaView estimates that each apartment can be minimally furnished for approximately \$2500/each. SeaView is currently seeking donations of used furniture in good condition to defray the start-up costs. The items needed include beds, bureaus, couches (non-upholstered washable fabrics), end tables, coffee tables, kitchen table/chairs, pots & pans, dishes, silverware, bed linens, towels and lamps. However, SeaView will purchase new beds for each bedroom. SeaView is seeking financial assistance from SCF to help defray the cost of furnishing the 4-plex apartments.

Optional Documentation

Other Useful Information (optional)

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Electronic Signature

Authorized Signature*

By typing my name below, I certify that the information provided in this grant application is accurate and complete to the best of my knowledge, and that I am authorized to submit this application on behalf of my organization.

I authorize The Alaska Community Foundation to verify any information submitted as part of this application. I also agree to allow any information on this application (unless otherwise noted) to be released for publication.

Christine Sheehan

Title*

Executive Director

Date*

01/08/2018

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File Attachment Summary

Applicant File Uploads

- 4-plex Furnishing Budget List.xlsx

4-Plex Furnishings Budget List

<u>Description</u>	<u>Price</u>
Smart Base Mattress Foundation/Bed Frame	59.00
Memory Foam 12" Mattress, Full size	219.00
Bed-in-a-bag	39.19
Sauder Night Stand	27.88
5-Piece Square Dining Set	251.67
Larkinhurst Sofa	514.99
Coffe Table & 2 End Tables	57.21

Total Furniture

All items on Amazon and ship for free to Seward
Mattresses have 10 year life

Miscellaneous Household Items

<u>Description</u>	<u>Price</u>
Dish Cloth and Dish Towel Set	10.99
Oven Mitt & Potholders	7.00
Bath Towel Set	17.99
Kitchen 59 piece Combo Set	39.99
8 pc San Plastic Tumblers	19.99
16 pc Dinnerware Set Service for 4	27.99
LED Side Table or Desk Lamp	29.99
Misc: curtains, rods, blinds, shower curtains, rugs, mats, coffee/tea pot, etc.	500.00

Total Household Items

Grand Total

<u>Qty</u>	<u>Ext.</u>
6	354.00
6	1,314.00
12	470.28
6	167.28
3	755.01
3	1,544.97
3	171.63
	4,777.17

<u>Qty</u>	<u>Ext.</u>
3	32.97
3	21.00
12	215.88
3	119.97
3	59.97
3	83.97
12	359.88
3	1,500.00
	2,393.64
	<u>7,170.81</u>

Diabetes Prevention Program - Take Care of Your Diabetes conference

*2018 Seward Community Foundation Mini-
Grant Program*

Wellness For All

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Ms Micheley Kowalski

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Application Form

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Organization Information

Name of Organization*

Wellness For All

Organization's EIN*

47-5624328

Organization Type*

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501(c)(3)

Organization's Location*

Is your organization located in the Seward/Moose Pass area? If not, will your project/program benefit this area?

Yes

Benefits to Area (optional)

If your organization is not located in the area but you believe your proposed project/program will benefit area residents, please explain how.

Mission Statement*

What is your organization's mission statement?

To create and encourage healthy families and individuals in our community.

Description of Organization (optional)

Please provide any additional information about your organization that you wish to share.

Wellness For All (WFA) is a “branch” of the Seward Prevention Coalition. In 2016 WFA received a Providence Seward community benefit partnership grant to implement the CDC's PreventT2 Diabetes Prevention Program in the community. In the last year and a half WFA has worked to reestablish its place in the Seward community as a leader in health and wellness initiatives. WFA has brought the Seward Strong community planning event to Seward, and supported the Seward Community Health Center in its Back to School Backpack program, the Skip and Marie Fletcher Winter Movie Series, low income family tickets for the local production of Charlie Brown, the Qutekack Native Tribe Annual Potlatch, and new volleyball net and equipment for the volleyball team.

Previous Grant Award Details (if applicable/known)

Please list the project title and date of your most recent grant award, if applicable/known.

Diabetes Prevention Program - Healthy Meals Preparation	Dec 2017	Seward Strong
March 2017		

Any outstanding follow ups for previous grant awards from ACF and its Affiliates must be submitted using the online grant system prior to the deadline for the current application to be considered.

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Project/Program Information

Project/Program Name*

Diabetes Prevention Program - Take Care of Your Diabetes conference

Project/Program Start Date*

When will your proposed project/program begin?

02/02/2018

Project/Program End Date*

When will your proposed project/program end? **Please note that awarded grant projects must be completed within one year of receiving a grant.**

02/04/2018

Project/Program Description*

Please describe your proposed project/program, including a discussion of the community need and if you are planning to collaborate/partner with other community organizations or entities.

The Providence grant for the PreventT2 program provided funding for the year long CDC diabetes prevention program. Wellness For All is asking the Seward Community Foundation to support sending our coordinator to the Take Care of Your Diabetes (TCOYD) conference in Anchorage on Saturday February 3rd 2018. One of the lead physicians that created the PreventT2 program will be presenting at this conference.

Project/Program Goals*

Please describe the goals of your proposed project/program, including what outcomes you hope to achieve.

Our goal is to gain knowledge about living with Type 2 Diabetes as well as preventing Type 2 diabetes.

Project/Program Benefits*

Please describe the benefits of your proposed project/program. What will improve on in the Seward/Moose Pass area as a result of this project/program? Who and how many individuals will benefit from this program/project?

Three of the community participants in the diabetes prevention program will be attending the TCOYD conference in Anchorage. WFA is paying for their registration and the participants are covering their own transportation and hotel costs. If funding is secured to send our coordinator as well, this would benefit the entire group in that the coordinator can bring back information and have a facilitated discussion with the entire cohort.

Measuring Success*

Please describe the outcomes that will define if your project/program is successful, including how your organization plans to track and report on these outcomes. Please also describe how your proposed project/program will continue beyond the original grant term, if applicable.

A written summary of the days events with highlights will be produced and shared with the cohort as well as information packets for each participant from the Health Fair.

Below is the full day schedule:

Welcome and Introduction

You CAN Always Get What you Want... Good Health & A long Life with Diabetes - Steven V. Edelman, MD

Sweet & Not-So-Sweet Emotions - William Polonsky, PhD, CDE

Do you Know Your ABCs? A1c, Blood Pressure & Cholesterol - Melissa Magwire, RN, CDE

Every BODY Can Exercise - Angela Manderfeld, RD, LD, CDE

Lighten Up Your Plate - Chef Robert Lewis

Afternoon Workshops (1 of 2)

* Take the Mystery Out of Carb Counting & Nutrition Label Reading - Young A. Fisher, RD, LD, CDE

* Help for Those Who Are Newly Diagnosed or at Risk - Patrick Nolan, DO

* Why Am I So Tired? Do I Have Sleep Apnea? - Paul Raymond, MD

Afternoon Workshops (2 of 2)

* "My Doctor Doesn't Get It!" "My Patients Don't Listen!"

* We're Loving These New Diabetes Meds: Stable Blood Sugars, Weight Loss & Healthier Hearts - J. Ross Tanner, DO, FACP

* Meter Readings: High, Low...Now What? - Melissa Magwire, RN, CDE

Riding on Insulin - Sean Busby, Champion Snowboarder

Raffle & Wrap Up

A Diabetes specific Health Fair takes place throughout the day.

Project/Program Budget

Total Project/Program Budget*

\$846.12

Amount Requested*

Please note that individual grant amounts will be awarded up to \$1,000.

\$846.12

Project/Program Budget Form*

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Project/Program Budget Form

In the box below, please describe the line items from the budget worksheet in detail.

SCF-Project-Budget-Form (2).xls

Coordinator Time: 12 hours @ \$20/hour (4 hours travel, 8 hours conference) Early Bird Registration: 4 participants @ \$25 each Hotel for Coordinator: Friday night and Saturday night Mileage for Coordinator: 126 miles each way at 0.55/mile Per Diem for Coordinator: \$60 for two days (Friday 1/2 day, Saturday, Sunday 1/2 day)

Optional Documentation

Other Useful Information (optional)

Please provide any other useful information that could help the SCF Grants Committee evaluate your grant application. If desired, you can also upload letters of support and other documentation below.

TCOYD brochure.docx

Electronic Signature

Authorized Signature*

By typing my name below, I certify that the information provided in this grant application is accurate and complete to the best of my knowledge, and that I am authorized to submit this application on behalf of my organization.

I authorize The Alaska Community Foundation to verify any information submitted as part of this application. I also agree to allow any information on this application (unless otherwise noted) to be released for publication.

Jeremy Moore

Title*

Certified Lifestyle Coach

Date*

01/12/2018

Please complete the grant application process by clicking the [Submit Application] button below.

File Attachment Summary

Applicant File Uploads

- SCF-Project-Budget-Form (2).xls
- TCOYD brochure.docx



A **life-changing** conference experience

For Type 1s, Type 2s, & Those Who Care

CUTTING-EDGE diabetes information
DIABETES SPECIALISTS, Physicians & Researchers
Important **HEALTH SCREENINGS**
EXPERT Speakers
Interactive & **INNOVATIVE HEALTH FAIR**
One-On-One **"ASK AN EXPERT"** Sit Downs
Delicious & Healthy **LUNCH INCLUDED**

For details, topics, and speakers
visit www.tcoyd.org/anchorage18

EDUCATION . MOTIVATION . EMPOWERMENT

MORE INFO & REGISTRATION:
www.tcoyd.org/anchorage18
800.998.2693

\$30 per person
before Jan 30, 2018
\$25 per person
when registering
two or more

Saturday, February 3, 2018
9:00AM - 5:00PM
William A. Egan Civic & Convention Center
Anchorage, AK



...the most **cutting-edge information** on the latest technologies, treatments & research

Typical Type 1 lecture and workshop topics include:

- Devices: Continuous Glucose Monitors, Insulin Pumps, The Artificial Pancreas -
- Latest Medications: Basal Insulins, Ultra Rapid Insulins, Therapies Other Than Insulin -
- Addressing Related Conditions: Autoimmune and Musculoskeletal -
- Lifestyle Choices: Exercise, Nutrition, Mindfulness, Diabetes Burnout -
- ...and much more!

see website for specific lecture and workshop topics offered in your city

WHAT CAN TYPE 1s EXPECT?



...**practical** easy to understand information & **education** that you can put into action **now**

Typical Type 2 lecture and workshop topics include:

- Cutting Edge Treatments / Devices: Medications, Continuous Glucose Monitors, Meters
- Preventing Complications: Heart, Kidneys, Nerves, Eyes, Feet
- Instilling LIFE-LONG Healthy Habits: Fitness, Eating Right, Weight Loss
- Felling Good: Removing Emotional Barriers, Mindfulness, Motivational Talks
- ...and much more!

see website for specific lecture and workshop topics offered in your city

WHAT CAN TYPE 2s EXPECT?

...help and advice for people who **love & care for someone** with diabetes

Typical Type 3 lecture and workshop topics include:

- Supporting Your Loved One with Type 1 or Type 2 -
- How Not to Be the Diabetes Police -
- Diabetes Etiquette -
- Cooking Classes -
- ...and much more!

see website for specific lecture and workshop topics offered in your city

WHAT ABOUT THE TYPE 3s?



“This conference **changed everything** for me.”

- San Diego, CA Conference Participant, Type 1



ENGAGING & INTERACTIVE HEALTH FAIR

...a variety of **exhibitors** and **diabetes specialists** at your fingertips ready to answer **your** questions



- **Ask A Specialist** – One on one consultations with diabetes experts
- **Important Health Screenings** – A variety of complimentary health screenings
- **Fun Fitness** – Try new ways to be active without the gym
- **Cooking Demos** – Healthy and delicious, our experts will teach you how it's done
- **State-of-the art** device companies
- **Innovative** pharmaceuticals and treatment options
- **Local Support** programs
- **Healthy Lifestyle** options

HEALTH FAIR Exhibitors* & Sponsors



*Exhibitors vary in each city.

Meet the TCOYD Team



Steven Edelman, MD

Endocrinologist, Founder & Director, TCOYD
Clinical Professor of Medicine, UCSD School of Medicine,
Director, Diabetes Care Clinic, VA Medical Center San Diego
"When I was diagnosed with diabetes back in 1970 I was told that I would be dead in 20 years. Surprise! I'm still alive and thriving! I have dedicated my medical career to bringing the most up to date & practical diabetes management and care strategies directly to the people who need it the most: YOU and your loved ones."



Jeremy Pettus, MD

Endocrinologist, Type 1 Track Co-Director, TCOYD
Assistant Professor of Medicine, UCSD School of Medicine
"Call me a human guinea pig. Since I'm a doctor and I have type 1 diabetes, I actually get to test all of the latest technologies and medications. Through my first hand experiences I can report back to you with exciting advancements that actually better my life and hopefully will better your life too."



Tricia Santos, MD

Endocrinologist, Type 2 Track Co-Director, TCOYD
Associate Clinical Professor of Medicine, UCSD School of Medicine
"Diabetes is my specialty. I research it day in and day out. My job is to debunk the myths and teach you the truths about this disease."



William Polonsky, PhD, CDE

Clinical Psychologist
Founder & CEO, Behavioral Diabetes Institute
"You often hear scary stories surrounding diabetes, but try to remember that well controlled diabetes is the leading cause of nothing. We at TCOYD can help you stay in control."

In addition to the above specialists, we bring together a network of local diabetes experts from your community.

"The TCOYD conference has given me so much **hope & encouragement.**"

- St. Louis, MO Conference Participant
Type 2



Lemonade Day Alaska 2018

2018 Seward Community Foundation Mini-Grant Program

Lemonade Day Alaska

Mr. Jonathan Bittner
1901 Bragaw Street
Suite 199
Anchorage, Alaska 99517

lemonadedayalaska@gmail.com
O: 907-786-7276

Ms. Harley Tennant

1901 Bragaw Street
Suite 199
Anchorage, Alaska 99508

lemonadedayalaska@gmail.com
O: 907-786-7276

Application Form

Instructions

The Seward Community Foundation (SCF), an Affiliate of The Alaska Community Foundation (ACF), seeks applications from qualified, tax exempt 501(c)(3) organizations (or equivalents, such as Tribal entities, schools, and faith-based organizations) that support charitable organizations and programs in the **Seward/Moose Pass** area. Mini-grants of up to \$1,000 are intended to be a flexible funding opportunity that may support a broad range of community needs throughout the year, including but not limited to health and wellness, education, the great outdoors, arts and culture, and community development.

Grant projects must be completed within one year of award and are subject to the grantee completing an online grant agreement signifying acceptance of the terms and conditions of the grant. A final grant report and any other outstanding follow ups must also be submitted online before the grantee will be eligible for future grant opportunities from SCF. Due dates and the forms to submit for these follow ups can be found by logging into the online grant system.

Grant applications must be submitted online. The Seward Community Foundation's Advisory Board reviews mini-grant applications at their monthly meeting and the **deadline to submit an application for consideration is the first Wednesday of each month.** Any overdue grant reports or other follow ups for previous grant awards from ACF and its Affiliates must also be submitted using the online grant system prior to the deadline for the current application to be considered.

Please review SCF's Mini-Grant Guidelines to determine your eligibility before applying.

Please direct **general questions** to SCF's Program Manager, Allison Fong, at afong@alaskacf.org. Please direct **eligibility and technical questions** about the online grant system to ACF's Affiliate Program Officer, Shawn Rivera, at srivera@alaskacf.org or 907-274-6708.

Organization Information

Name of Organization*

Lemonade Day Alaska

Organization's EIN*

23-7394620

Organization Type*

Only qualified, tax-exempt 501(c)(3) organizations (or equivalents, such as Tribal entities, schools, and faith-based organizations) that support charitable organizations and programs in the **Seward/Moose Pass** area are eligible to apply. Please review SCF's Mini-Grant Guidelines to determine your eligibility **before applying.** If you are unsure of your organization's eligibility, please contact ACF's Affiliate Program Officer, Shawn Rivera, at srivera@alaskacf.org or 907-274-6708.

Other

Organization's Location*

Is your organization located in the Seward/Moose Pass area? If not, will your project/program benefit this area?

No, but project/program will benefit the area (please explain below)

Benefits to Area (optional)

If your organization is not located in the area but you believe your proposed project/program will benefit area residents, please explain how.

Lemonade Day is a free, community and state-wide educational event providing children with the opportunity to learn and apply entrepreneurial thinking and create a foundation for success in the global economy. The program exists to infuse today's youth with the spirit of enterprise, teaching the basic business and entrepreneurial skills necessary to become successful, contributing members of their communities. Lemonade Day Alaska is a program under the Alaska Small Business Development Center which serves the entire state through 7 regional offices in Anchorage, Wasilla, Ketchikan, Juneau, Fairbanks, Soldotna, and Homer. Through these business hubs, training, events, and support are provided and led by the Lemonade Day Alaska State Office in Anchorage.

Mission Statement*

What is your organization's mission statement?

Our mission is to help prepare youth for life through fun, proactive and experiential programs infused with life skills, character education, and entrepreneurship. Every child in America is introduced to entrepreneurship through the real world experience of starting their own business – a lemonade stand. The foremost objective is to help today's youth become the business leaders, social advocates, community volunteers and forward-thinking citizens of tomorrow. We want to build self-esteem and new mindsets that can propel youth to success they likely would not have pursued otherwise.

Description of Organization (optional)

Please provide any additional information about your organization that you wish to share.

Lemonade Day was brought to Alaska in 2011 as a way to teach the importance of business skills to Alaska youth by supporting the fun, hands-on, interactive experience of running a lemonade stand. Since then, we've watched as more than 16,500 young entrepreneurs in over 30 communities across Alaska have sold an estimated \$3 million worth of lemonade. Lemonade Day has a core philosophy of Spend, Save, and Share that is implemented by teaching children how to start, own and operate a business, learn goal-setting, develop a business plan, establish a budget, seek investors, provide customer service and give back to the community.

Previous Grant Award Details (if applicable/known)

Please list the project title and date of your most recent grant award, if applicable/known.

[Unanswered]

Any outstanding follow ups for previous grant awards from ACF and its Affiliates must be submitted using the online grant system prior to the deadline for the current application to be considered.

Please contact ACF's Affiliate Program Officer, Shawn Rivera, at srivera@alaskacf.org or 907-274-6708 before continuing your application if you have not or are unsure if you have completed a grant report for a previous grant award.

Project/Program Information

Project/Program Name*

Lemonade Day Alaska 2018

Project/Program Start Date*

When will your proposed project/program begin?

06/09/2018

Project/Program End Date*

When will your proposed project/program end? **Please note that awarded grant projects must be completed within one year of receiving a grant.**

06/09/2018

Project/Program Description*

Please describe your proposed project/program, including a discussion of the community need and if you are planning to collaborate/partner with other community organizations or entities.

The initiative will impact Alaskan communities by promoting entrepreneurship, financial literacy, social responsibility and life skills. As Alaska, particularly rural Alaska, faces an economic recession due to declines in oil revenue and state spending, it's crucial to start developing these skills in the next generation of community leaders.

Project/Program Goals*

Please describe the goals of your proposed project/program, including what outcomes you hope to achieve.

Lemonade Day is a strategic lesson-based program that walks youth from a dream to a business plan while teaching them the same principles required to start any big company. Our goal is to inspire kids to work hard and learn how to make a profit while spending some, saving some, and sharing some by giving back to their community. Through this program, our hope is that by providing K-12 kids across the state with training

and experience in starting a business, managing money, setting goals and giving back, we are laying the groundwork for a diversified and stronger economy and community for tomorrow.

Project/Program Benefits*

Please describe the benefits of your proposed project/program. What will improve on in the Seward/Moose Pass area as a result of this project/program? Who and how many individuals will benefit from this program/project?

In 2017, Alaskan participants averaged \$230 per stand with 40% of their proceeds donated to charities. In one day, this translates to \$205,900 earned by youth entrepreneurs for saving and spending and \$137,200 of their profit being donated to charities. On Saturday, June 9, 2018, Lemonade Day Alaska will once again celebrate thousands of young entrepreneurs as they participate in a step-by-step program designed to help them plan, launch, and grow their own lemonade stand. From this, a series of recruitment, training, and outreach opportunities will culminate in a one-day event that shines a spotlight on our youth, their future, small businesses, and the American Dream.

Measuring Success*

Please describe the outcomes that will define if your project/program is successful, including how your organization plans to track and report on these outcomes. Please also describe how your proposed project/program will continue beyond the original grant term, if applicable.

Lemonade Day Alaska has a strong commitment to continuous quality improvement. To that end, each year Lemonade Day Alaska distributes business results surveys to Lemonade Day Alaska participants and in six years, Lemonade Day Alaska has registered 14, 523 participants in over 35 communities. The average lemonade day stand sees a revenue of \$172, a profit of \$119, with an average of \$59 donated to charity.

In 2017, participants were 2,250 Lemonade Day Alaska youth aged 0-17 across the state. A majority of the participants were female (59%) and 41% were male. Additionally, a majority of the participants identified as Caucasian (35%), 27% were American Indian/Alaska Native, 20% identified with two or more races, 7% were African American, 6% were Asian, and 5% Hispanic or Latino. These business results provide valuable information on the performance of youth lemonade stands, as well as lessons learned by the participant, such as whether or not they donated to charity, whether they chose to deposit a portion of their earnings in a bank account, and whether or not they would participate in Lemonade Day again the following year.

In addition to these measures, Lemonade Day National (of which Alaska is an affiliate) provides additional support by distributing surveys to parents and mentors who participate in the program, providing another valuable piece of information concerning the efficacy of the program. With these measures in place, Lemonade Day Alaska can continue to monitor the success of its program, with a constant eye for improvement and growth.

Project/Program Budget

Total Project/Program Budget*

\$110,000.00

Amount Requested*

Please note that individual grant amounts will be awarded up to \$1,000.

\$4,000.00

Project/Program Budget Form*

Please download, complete, and upload the Project/Program Budget Form below. At the bottom of the form, please also list other sources of funding you are seeking and the status of those requests.

Project/Program Budget Form

In the box below, please describe the line items from the budget worksheet in detail.

Lemonade Day Alaska 2018 Projected Budget Form.xls

1) Lemonade Day Alaska purchases an annual licensing fee from Lemonade Day National in order to use their branded content, messaging, logos, etc. 2) Travel costs are for statewide outreach as well as attending the national Lemonade Day conference/training in Texas 3) The online material license allows for an interactive and educational program designed to walk participants through writing a business plan, learning about money management, and planning their lemonade stand 4) Business bag items are typically in-kind and can include pens, pencils, paper pads, and other "business" related tools for the young entrepreneur to use 5) Event registrations are for manning a booth at events such as Kid's Day Alaska to meet kids, parents, guardians, teachers, etc., and inform them about the program or register kids 6) Workshop expenses can be refreshments, tech assistance, etc. for Lemonade Day training and classes Advertising is done on social media, news outlets, People Mover, etc. 7) Personnel costs include time contributions for staff Business bags include custom printing for stewards of the program, this also includes general shipping costs 8) Shipping includes receiving materials from Lemonade Day National as well as shipping materials out across the state

Optional Documentation

Other Useful Information (optional)

Please provide any other useful information that could help the SCF Grants Committee evaluate your grant application. If desired, you can also upload letters of support and other documentation below.

While Lemonade Day Alaska's goal is to spark entrepreneurship in Alaska's children, this is only part of the story. Lemonade Day Alaska believes that entrepreneurship provides an avenue for the development of a number of skills in today's youth. Lemonade Day Alaska helps youth to build self-confidence, financial literacy skills, social skills, and an improved understanding of business and economics. The skills participants learn through Lemonade Day will stick with them throughout their lives.

Beyond simply entrepreneurship, Lemonade Day operates on the mantra of "spend a little, save a little, and share a little." While youth are allowed to keep all the money that they earn, they are encouraged to practice sound financial stewardship by opening a savings account and are encouraged to give back to the community by donating a portion of their earnings. In the past, kids have chosen to donate to causes such as the Leukemia and Lymphoma Society, the Relay for Life, the Wounded Warrior Project, local animal shelters, and much more. In fact, in 2015, 80% of Lemonade Day Alaska participants deposited a portion of their earnings into a savings account, and 60% chose to donate a portion of their earnings to charity.

2017 Alaska Results Summary and Demographic Results.pdf

Lemonade Day Stewardship Packet.compressed.pdf

Electronic Signature

Authorized Signature*

By typing my name below, I certify that the information provided in this grant application is accurate and complete to the best of my knowledge, and that I am authorized to submit this application on behalf of my organization.

I authorize The Alaska Community Foundation to verify any information submitted as part of this application. I also agree to allow any information on this application (unless otherwise noted) to be released for publication.

Harley Tennant

Title*

Lemonade Day Alaska Manager

Date*

01/09/2018

Please complete the grant application process by clicking the [Submit Application] button below.

File Attachment Summary

Applicant File Uploads

- Lemonade Day Alaska 2018 Projected Budget Form.xls
- 2017 Alaska Results Summary and Demographic Results.pdf
- Lemonade Day Stewardship Packet.compressed.pdf



Project/Program Budget	Please list each budget line item for the project/program along with funds you are asking from the Greater Sitka Legacy Fund and any other funds involved.		
Budget Line Item	Funds you are requesting from the Greater Sitka Legacy Fund	Other Funding Sources/In-kind that you are budgeting for this project	Total Project Budget
Licensing Fee for AK			15,000
Travel for Training			5,000
Online Material License	\$4,000		4,000
Business Bag Items		Usually In-Kind	5,000
Event Registrations			1,000
Workshop Expenses			2,000
Advertising		Partially In-Kind	\$5,000
Personnel/Staff costs			70,500
Business Bags for kids			8,000
Shipping		Potentially In-Kind	9,500
			0
			0
			0
			0
			0
			0
			0
Totals	4000	0	110000

Sources of other funds	Amount	Status of funds (already secured, uncertain, etc.)
Wells Fargo	20,000	Already secured
Carr Foundation	5,000	Already secured
Hilcorp Alaska, Inc	5,000	Pending



Lemonade Day!™

ALASKA

2017 Results

Big Picture

Registered Kids 2,245

Stand Stats

Avg. Total Revenue \$230.76

Avg. Profit \$156.61

Looking at Lessons

Paid Back Investor 60%

Spent Some Profit 48%

Saved Some Profit 51%

Opened a Savings Account 14%

Avg. Amount Saved \$45.26

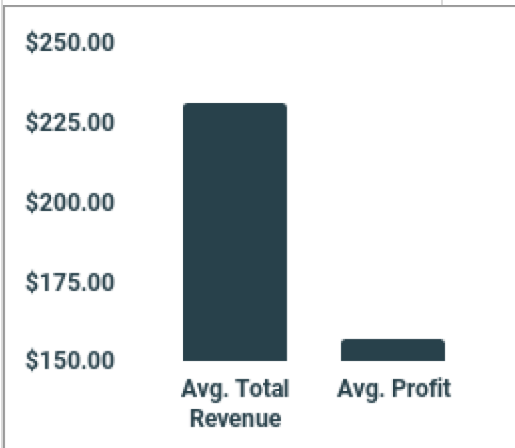
Donated to Charity 40%

Avg. Amount Donated \$70.64

Met Their Goal 78%

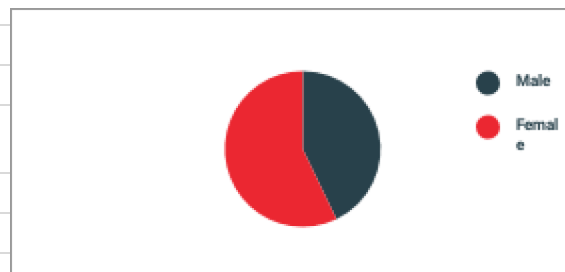
Plan on Participating Next Year 81%

Stand Stats

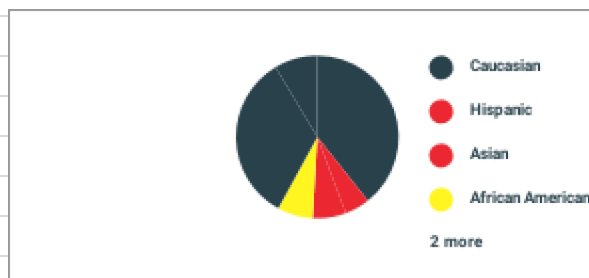


Participant Demographics

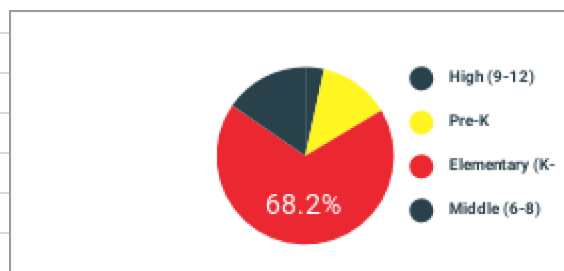
Gender



Ethnicity



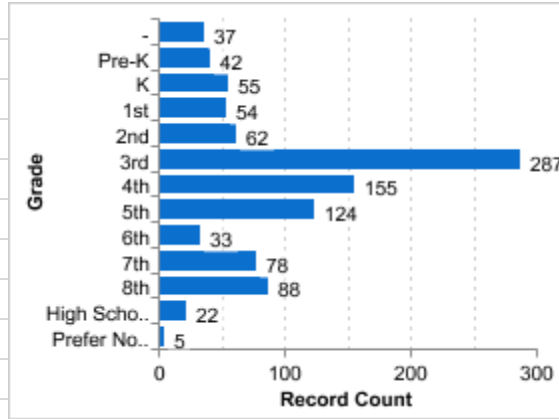
Grade



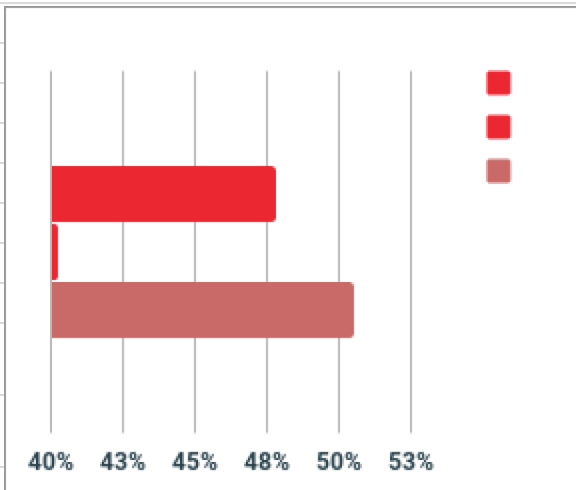


Looking at Lessons

Gender	Total
Male	294
Female	392
Ethnicity	Total
Caucasian	756
Hispanic	96
Asian	127
African American	136
Alaska Native	643
Other	165



Grade	Total
High (9-12)	69
Pre-K	264
Elementary (K-5)	1,381
Middle (6-8)	311
Registered Participants	Total
Sum of Number of Participants Registered	2,245
Sum of Additional Reported Registrations	
Sum of Total Number of Participants	2,245



PLEASE JOIN US FOR ALASKA'S 8TH ANNUAL

Lemonade Day!™



ALASKA

SATURDAY, JUNE 9, 2018

STEWARDSHIP OPPORTUNITIES



Alaska Small Business
Development Center

UAA BUSINESS ENTERPRISE INSTITUTE





Alaska Small Business
Development Center
UAA BUSINESS ENTERPRISE INSTITUTE

HELP EMPOWER TODAY'S YOUTH TO BE TOMORROW'S ENTREPRENEURS.

Dear Friends,

How do you teach Alaska's future generation the thrill of entrepreneurship, the importance of financial management and the value of running a business?

By helping them start and operate a lemonade stand!

Lemonade Day was brought to Alaska in 2011 as a way to teach important business skills to Alaska youth by supporting the fun, hands-on, interactive experience of running a lemonade stand. Since then, we've watched as more than 16,500 young entrepreneurs in over 30 communities across Alaska have sold an estimated \$3 million worth of lemonade.

That's a lot of lemonade, and a lot of budding entrepreneurs!

On Saturday, June 9, 2018, Lemonade Day Alaska will once again celebrate thousands of young entrepreneurs as they participate in a step-by-step program designed to help them plan, launch, and grow their own lemonade stand. A series of recruitment, training and outreach opportunities will culminate in this one day event that will shine a spotlight on our youth, their future, small businesses, and the American dream.

As part of a national initiative, Lemonade Day Alaska invites and welcomes entire communities to come together and focus on the long-term investment of youth entrepreneurship. It also shows young Alaskans how they can create future jobs and turn their ideas into reality by providing hands-on business experience.

Lemonade Day Alaska is made possible because of support and sponsorship from organizations like yours. Please join us, as we work together to spark the spirit of entrepreneurship in Alaska!

Sincerely,

Jonathan Bittner
Executive Director
Alaska Small Business Development Center

Harley Tennant
Lemonade Day Manager
Lemonade Day Alaska

3211 Providence Dr. BOC 3-199, Anchorage, AK 99508
lemonadeday.org/alaska P: 907.786.7276
Tax ID: 23-739-4620

STEWARDSHIP OPPORTUNITIES FOR 2018

*Pending sponsor



\$20,000

MAIN SQUEEZE

- Official presenter of 2018 Lemonade Day Alaska
- Prominent logo placement on all Lemonade Day Alaska promo material
- Print advertising*
- Radio advertising*
- Television advertising*
- Logo recognition at Lemonade Day Alaska trainings
- Business as official Lemonade Day kit pick-up location
- Opportunity to advertise as 2018 Lemonade Day Alaska supporter
- Logo on Lemonade Day Alaska website
- Logo on Lemonade Day Alaska Facebook page Event Photo Gallery

\$10,000

FRESH SQUEEZE

- Logo placement on Lemonade Day Alaska promo material
- Print advertising*
- Television advertising*
- Logo recognition at Lemonade Day Alaska trainings
- Business as official Lemonade Day kit pick-up location
- Opportunity to advertise as 2018 Lemonade Day Alaska supporter
- Logo on Lemonade Day Alaska website
- Logo on Lemonade Day Alaska Facebook page Event Photo Gallery

\$5,000

LEMON BAR

- Print advertising*
- Logo recognition at Lemonade Day Alaska trainings
- Business as official Lemonade Day kit pick-up location
- Opportunity to advertise as 2018 Lemonade Day Alaska supporter
- Logo on Lemonade Day Alaska website
- Logo on Lemonade Day Alaska Facebook page Event Photo Gallery

\$2,500

LEMON DROP

- Logo recognition at Lemonade Day Alaska trainings
- Business as official Lemonade Day kit pick-up location
- Opportunity to advertise as 2018 Lemonade Day Alaska supporter
- Logo on Lemonade Day Alaska website
- Logo on Lemonade Day Alaska Facebook page Event Photo Gallery

\$1,000

PUCKER PAL

- Business as official Lemonade Day kit pick-up location
- Opportunity to advertise as 2018 Lemonade Day Alaska supporter
- Logo on Lemonade Day Alaska website
- Logo on Lemonade Day Alaska Facebook page Event Photo Gallery

\$500

SPOONFUL OF SUGAR

- Opportunity to advertise as 2018 Lemonade Day Alaska supporter
- Logo on Lemonade Day Alaska website
- Logo on Lemonade Day Alaska Facebook page Event Photo Gallery



Lemonade Day!™



ALASKA

2017 STATS

2,245 children registered to participate in Lemonade Day in **30** communities across Alaska, generating **\$230.76** in average revenues and **\$156.62** in average profits per stand.

VALUABLE LESSONS LEARNED:

60% of Lemonade Day's entrepreneurs paid back their investors.

51% saved an average of **\$45.26** in profits, and **14%** opened a savings account.

40% donated an average of **\$70.64** to charity.

48% supported the economy by spending some of their profit.

78% of our young entrepreneurs met their goal!

81% of last year's participants indicated they will be participating in 2018.



Please join us for 2018, as we help empower today's youth to be tomorrow's entrepreneurs!



Alaska Small Business Development Center

UAA BUSINESS ENTERPRISE INSTITUTE