



A program and/or initiative funded by the Community Foundation for the Alleghenies' 2019 Youth Philanthropy Internship through The Heinz Endowments

Applications Due: August 2, 2019 at 11:59pm



COMMUNITY FOUNDATION
FOR THE ALLEGHENIES

Statement of Need:

Wellness, defined by the World Health Organization as a state of complete physical, mental, and social well-being, is imperative for economic and civic growth in the Alleghenies. Research by the Centers for Disease Control and Prevention (CDC) found that more health benefits are achieved when working toward wellness at the community level rather than alone. Also, gaps in health that arise from differences in race, ethnicity, socioeconomic levels, and location are lessened by community connection. In our area, a lack of this connection has contributed to more mental distress, a higher obesity rate, and higher levels of physical inactivity compared to national and state averages. While exploring our region and speaking with area leaders, a common weakness surfaced: there is a lack of community involvement and wellness, specifically among adults.

According to Timothy Carney's research in his book *Alienated America*, adult participation in social activities is indicative of not only happy, healthy, and thriving communities but individuals as well. While children and teenagers have many opportunities for social engagement through school-related activities, we found that programs for adults are deficient. A project that promotes more community involvement among adults and/or their families will minimize the negative perception surrounding blight, the drug epidemic, and the belief there is a lack of recreational activities in our region. These engaged adults will then pass this new, positive perspective to future generations and current community members. New community connections will also increase inclusivity and diversity, while helping to sustain healthy lifestyles in our population.

For instance, Dr. Pamela Rackow from the Institute of Applied Health Sciences at the University of Aberdeen found that those who exercise with a partner exercise more frequently because of increased social support. Just as exercise is healthy for the body, civic involvement is healthy for the community. Katie Kinka, Cambria County Planning Commission senior planner, explained, "When people are invited to be a part of something, rather than pressured, and when they are given a platform and a microphone to express that voice, that's when you create the projects that will have the lasting impact you're looking for—the kind of projects that represent the needs and dreams of people who live and grow here." Consequently, we are searching for a physical and/or mental wellness program or initiative that incorporates socialization among adults and/or families. Our goal is to empower healthy living in the Alleghenies through the inspiration of a vibrant and engaged population.

Funding Opportunity:

The Community Foundation for the Alleghenies' 2019 Youth Philanthropy Internship Program is requesting applications from I.R.S. designated 501(c)(3) nonprofit organizations, governmental entities, or religious organizations. We are seeking programs and/or initiatives that support or promote physical and mental wellness within the Alleghenies while building social

and community relations. The program/initiative should strive to build connections among the citizens in the counties of Cambria, Somerset, Bedford, and/or Indiana. It should also contribute to the residents' physical and mental wellness, creating a stronger sense of self. We hope, through this grant, that citizens will feel more connected to themselves and to their community, therefore, giving the people in our region a more positive outlook.

The National Wellness Institute recognizes six key areas of wellness that promote fulfillment in life. We would like to support a program/initiative that encompasses as many of these ideals as possible:

- Physical
- Intellectual
- Emotional
- Spiritual
- Social
- Occupational

We anticipate that one organization will be awarded one grant of \$25,000; however, budgets should not be inflated to meet the grant amount. We will also give consideration to awarding multiple smaller grants (totaling no more than \$25,000) to several organizations.

Primary Goals:

- Increase participation in community events with a focus on adult engagement
- Create or sustain opportunities and events for community members to grow not only individually, but united as a community
- Develop and/or strengthen programs/initiatives that put adult physical, mental, and social wellness at the forefront
- Form or sustain programs/initiatives to promote social and community health

Preferences (not limitations):

- Partnerships between two or more organizations to further the mission of the project and build on the idea of community collaboration
- Ability to provide a plan/method of marketing for program/initiative
- Sustainable for at least 3 years
- No preference will be shown regarding new programs/initiatives or enhancing/expanding existing programs/initiatives.
- Press clippings and/or marketing materials

Who May Apply:

Applications may be submitted by a single organization, but partnerships and collaborations will also be considered. The applicant must meet the following criteria:

- A 501(c)(3) organization serving Cambria, Somerset, Bedford, and/or Indiana County.
 - In full compliance with federal, state, county, and local requirements and laws pertaining to nonprofits, including the U.S.A Patriot Act and other counterterrorism laws.
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How to Apply:

Applicants must submit the following:

- Agency information and answers to the application questions
- Detailed project budget including line item expenses and all sources of revenue
- Organization's most recent annual financial statements
- Organization's most recent audit
- List of board of directors
- I.R.S 501(c)(3) determination letter

Organization Information:

Organization Name:

Street Address: _____

City: _____ State: _____ Zip Code: _____

Organization Website:

Primary Contact Name and Title:

Primary Contact's Phone Number:

Alternate Phone Number:

Primary Contact's Email:

Project Information:

Project Name:

Funding Request (Up to \$25,000):

Total Project Budget:

Relationship with other organization(s) relevant to this project (if applicable):

Questions:

Please complete the following questions in a separate document.

1. Give a brief description of your organization and its history, including any previous projects relevant to this proposal.
 2. Explain your idea for a program/initiative that promotes wellness and community connection in the region.
 3. Describe how you plan to implement the program/initiative as well as your goals.
 4. Provide a timeline for planning, implementing, maintaining, and evaluating the program/initiative. In what ways will you adhere to your timeline? (i.e. benchmarks, goals, etc.)
 5. What do you hope participants will gain from your program/initiative?
 6. What makes your program/initiative unique?
 7. What challenges do you expect to face, and how will you address them?
 8. How long will this grant funding be used to sustain your program/initiative? How do you plan to maintain success in the future?
 9. If the full amount of the grant requested is not awarded, how will this program/initiative be impacted?
 10. How will you market your program/initiative?
 11. Please give any additional relevant information that you believe is important for your application.
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Formatting:

- (1) Title Page
 - (Includes: organization name, project name, name, and contact information in the event of questions regarding the application)
- (2) Question responses in numbered order
- (3) All other required materials

Please drop off or mail proposals to:

Community Foundation for the Alleghenies
ATTN: 2019 Youth Philanthropy Internship Program
216 Franklin Street, Suite 400, Johnstown, PA 15901

Or submit proposals electronically to:

aberzonski@cfalleghenies.org

Questions? 814-792-5203 mblaisdell@cfalleghenies.org

Proposals Due: Friday, August 2, 2019, at 11:59PM

**Grant award winners will be personally notified by Wednesday, August 7th, 2019
and recognized publicly on the evening of Thursday, August 8th, 2019, at the
Community Foundation for the Alleghenies' Founders' Day Event.**