

Keep On Moving Oberlin

BALANCE AND
MOVEMENT
FOR SENIORS

Below is the text of the proposal submitted to Kendal Charitable Funds' Kendal Affiliate Grant Program on October 11, 2014. The grant program aims to support activities of Kendal affiliates that enrich the lives of seniors, including residents and community members. We thank the many residents, staff, and community members who helped to shape this proposal.

Kendal Affiliate Grant Program Committee: Dick Baznik,
Anne Helm, Toni Merleno, Priscilla Steinberg

Project Name: Keep on Moving Oberlin: Balance and Movement for Seniors

Project Description

Kendal at Oberlin, including its administration and its residents association, will organize and cosponsor a series of four free fairs for its own residents and other seniors from the Oberlin area to share information about balance, mobility, use of assistive devices, and programs to help them as they encounter difficulties in getting around. The events will also offer opportunities for attendees to enroll in continuing programs. Some attendees may already have been diagnosed with Parkinson's Disease or other mobility issues, while others will simply be seeking some help to be able to maintain their current lifestyle and residence. In addition to Oberlin residents who have no direct ties to Kendal,

we will target members of Kendal at Home who live in the immediate area.

The events will include screening of needs and capabilities, some light training, and considerable additional information for attendees. We will provide transportation via a Kendal shuttle to pick up and drop off persons from the community who cannot attend the events on their own, and refreshments will be served throughout each of the fairs. There will be ample space for seating and activities at the fairs.

Our principal collaborator for this program will be Neighborhood Alliance Senior Enrichment Services of Oberlin, better known as the Oberlin Senior Center, a well-established community center with a good following among area residents. Other local agencies cooperating in the program will include Oberlin Community Services, Mt. Zion Baptist Church, and the Oberlin Public Library, each of which has offered the use of their space for one or more fairs. In addition, we have a pledge of support from Fairhill Partners, a multidisciplinary agency in Cleveland that focuses on successful aging. Fairhill Partners is the group that funds a balance program offered by the woman who directs the Senior Enrichment Services of Oberlin, with support that originates with the Ohio Department of Aging.

Amount Requested: \$5,000

Project Rationale and Description

The fairs will be organized to accomplish three objectives, each subjected to both quantitative and qualitative measures:

- Share information with attendees about mobility issues and techniques for dealing with them. Metrics: Numbers of attendees engaging in discussion with presenters, and the extent to which those discussions provide information that they previously did not have.
- Respond to questions attendees and their caregivers may have about mobility issues and related techniques and devices. Metrics: Numbers of questions directed at presenters by attendees and caregivers, and the extent to which these questions are made more manageable by face-to-face communication.
- Offer opportunities for follow-up sessions and enrollment in continuing programs. Metrics: Numbers of registrations for follow-up sessions and enrollments in programs, and the extent to which these follow-ups actually take place.

The rationale behind the program is that, as our population ages, the number of people experiencing mobility issues is growing out of proportion to the overall population. These people will often try to retain employment and remain in their homes longer in order to reduce expenses and retain their independence. Suggestions that they need help, or efforts to impose limitations on their activities, are often unwelcome. By designing the fairs for persons of all abilities and shaping the program contents in ways that verify that, we hope that people who can benefit from the advice offered will choose to attend.

Specific elements of the program contents tentatively include:

- “A Matter of Balance: Managing Concerns about Falls,” an evidence-based training program that originated at Boston University. The director of Senior Enrichment Services of Oberlin is an accredited trainer in this balance program, which is funded by the Ohio Department of Aging through the Western Reserve Area Agency on Aging, and in turn via Fairhill Partners. Attendees who wish to enroll in the formal eight-week program may do so at no charge.
- Screening and training in the use of assistive devices by physical therapy staff associated with Kendal at Oberlin. Attendees will receive immediate feedback during the event, though only Kendal residents may schedule follow-up sessions with these staff members. We expect that some of those seeking or needing information about assistive devices will have started to use them on their own, without prescription or guidance from health professionals.
- Dance for People with Mobility Issues, a program based on an approach developed by the Mark Morris Dance Group that promotes dance-based movement for participants with Parkinson’s Disease and other conditions that limit their mobility. Two Kendal members have been trained by MMDG to lead these sessions, and a third has been successfully enrolled in a similar program elsewhere. Attendees who wish to enroll in the formal program may be asked to pay a fee.
- Other resources will be integrated in the program contents as well, including the staff member who specializes in assistive devices at the nearby Discount DrugMart, the on-campus yoga program, and the resident-managed program of regularly scheduled walks in nearby parks. We expect that our collaborators will have additional offerings to be identified as the program is finalized.

This proposal has been endorsed both by Kendal at Oberlin Executive Director Barbara Thomas and by the Kendal at Oberlin Residents Association (KORA), whose letter of support follows.

October 10, 2014

Kendal Charitable Funds,

Kendal at Oberlin Residents Association (KORA) endorses with enthusiasm the Ad Hoc Committee's proposal: Keep On Moving Oberlin: Balance and Movement for Seniors.

The proposal responds directly to needs expressed by Kendal at Oberlin residents and others in the community for assistance in maintaining mobility through training in techniques for maintaining balance and mobility, and instruction in using mobility-enhancing devices.

The proposal, if accepted, will both build on and strengthen existing ties with several Oberlin community organizations.

KORA will name a resident as co-chair of the program, and share ongoing oversight with Kendal at Oberlin as needed. KORA has limited reserve funds, and could consider modest additions to the program budget if unanticipated needs or opportunities arise.

To an even greater extent than we anticipated, our process for selecting this program for our application generated a

dozen or more other worthy program ideas that will receive further KORA consideration.

So we thank Kendal Charitable Funds for the opportunity to apply for this grant, and for the stimulus in stretching our search for cooperative ventures with the community of Oberlin.

We look forward to your favorable consideration of our application.

Sincerely,
Don Reeves, President
Kendal at Oberlin Residents Association

Project Impact

As noted above, achievement of each of the program's three objectives will be measured both quantitatively and qualitatively:

- Quantitative measures: Resident observers will monitor each station in the room where the fairs are held to count the number of attendees who visit each station, talk with the representatives at each station, and enroll in follow-on activities when they are offered by a station.
- Qualitative measures: A resident observer assigned to each station will monitor the conversations at that station to assess the extent to which the information provided to attendees visiting that station is new to them, and the extent to which the face-to-face format made the

information easier to request and digest. In addition, a post-session review with each presenter offering follow-on activities will determine the share of attendees registering for those sessions that actually participate in them.

We also plan to provide an evaluation sheet to each attendee to pass along individual comments on the event.

The results of these measurements will be used after each session to make improvements in the sessions to follow.

Timeline

- October 2014: Confirm participation.
- November 2014-February 2015: Establish dates, start communications.
- March, June, September, December 2015: Tentative months for fairs.
- After each fair: Assessment/improvement.

Budget

Funds will be spent in approximately equal amount in each of the four quarters of 2015, when each of the fairs will take place. Major expenses for each event include (these are preliminary estimates):

Posters, flyers, ads, etc.	\$350
Transportation	\$280
Room set-up, break-down	\$TBD

A/V operator	\$TBD
Physical therapy staff	\$285
"A Matter of Balance" leader	donated
"Dance for Mobility" leaders	donated
Refreshments/wait staff	\$235
Space charges	donated
Follow-up mailing to attendees	\$100
Total per event	<u>\$1,250</u>
Total for all four events	<u>\$5,000</u>

A more detailed budget breakdown is being developed.

Persons Involved

The proposal identifies several roles necessary to achieve the series of events planned for 2015. These include:

Overall coordinator: Patty Hill Holcomb (Senior Independence)

Kendal resident co-chair: TBD

Kendal at Home co-chair: TBD

Component leaders:

- Marlene Telegdy (Senior Enrichment Center), "A Matter of Balance"
- Eileen Dettman (resident) and Nancy Roth (Kendal at Home), "Dance for Mobility"
- Physical therapy staff (Health Pro Ohio) – TBD
- Assistive devices staff: Discount DrugMart – TBD