

Senior Citizens Activities Inc. Summary Report

Information about the Applicant

Senior Citizens Activities, Inc. (SCAI) also known as the Senior Center of West Bend has been an important part of the West Bend community since 1967 and incorporated in 1969. SCAI is dedicated to providing a place where seniors (now accommodating age 50+) in the West Bend area can find friends, fitness activities, education, and volunteer opportunities. Because many of our participants are in the low to moderate income category, there is no fee to join the Center and each activity is offered at a nominal fee. SCAI's mission statement is 'To enrich the lives of adults 50+ through wellness opportunities, social interaction, recreational activities & community involvement'. Core values/purpose(s) is 'to be the resource of choice supporting the varied interests of adults 50+ in the community'. Accomplishments over the past 50 years has been average (or less than average), however, as a result of my directorship over the past five years, SCAI is now known for being progressive! We address the fitness and wellness needs head-on and early-on. Currently, there are 910 participants and new participants are joining weekly as our Center gains more visibility within the community.

Statement of Need

There is a large segment of individuals that are over 65 that have a disability or limited mobility. According to a report by the CDC (2016), Prevalence of Disabilities and Health Care Access by Disability Status and Type Among Adults, disabilities are more common among adults 65 years of age and older; approximately 2 in 5 adults in this age group have a disability. Everybody needs physical activity for good health, well-being, and quality of life. Individuals who may suffer a disability may face barriers that may limit their ability to perform certain physical activities. Some of the barriers that people with disabilities face are-an inaccessible physical environment, lack of accessible equipment or technology, and services, systems, or policies that are not inclusive to people with physical disabilities or mobility issues. Clients who suffer from disorders like Arthritis, Muscular Sclerosis, Cerebral Palsy & Parkinson's Disease can be helped even though weighing up to 420 lbs.

Senior Citizens Activities Inc. is seeking a grant for \$10,000.00 to institute a bungee fitness class to provide an opportunity for fitness for participants with limited ability for physical activity. The Bungee Fitness system is an innovative fitness experience. The individual wears a customizable harness so the individual is fully supported. The individual then can perform various activities in a very low-impact manner. While wearing the harness individuals can work on strengthening, cardio, balance, etc. The ultimate goal of the program is to increase overall physical fitness, balance, strength, flexibility; as well as increasing their overall confidence, mental health, and well-being, not to mention help to prevent falls. Falls are the leading cause of fatal and non-fatal injuries for seniors so as they feel more knowledgeable and in control, they are more than likely to build feelings of security, safety, and confidence in the knowledge of one's own physical abilities and limitations.

Project Goals and Expected Benefits

Physical disabilities or mobility issues can prevent people from performing simple daily tasks to participating in physical activity. The goal of the bungee fitness program is to increase range of motion, flexibility, strength, balance, and the overall well-being of participants.

The expected outcome of the program is determined based on what the client's goals and expectations are at the beginning of the program. Generally, the participant can expect to see an increase in range of motion, flexibility, strength, and overall physical fitness. Also, the participant may experience an increase in confidence and general well-being.

Project Implementation Plan

When awarded sufficient funds, it is projected the Bungee Fitness for Seniors equipment could be installed by local reputable contractors as early as Spring of 2023. The project installation will be overseen by me, Executive Director until completion as well as the Bungee Fitness for Seniors training of instructors. When installation is in progress, a survey, promotional message and invitation to learn about Bungee Fitness for Seniors will be sent to each Center participant.

Evaluation Plan

Every individual participating in the Bungee Fitness program will fill out a health questionnaire and will have a physical assessment. This health questionnaire will incorporate questions regarding current physical limitations, as well as what they hope to achieve after finishing the six-week program. Also, a short physical assessment with a trained instructor will be performed. This will include an assessment of posture, strength, flexibility, and balance. If the client agrees, a short video will be taken during the assessment, so the client can gauge their progress after the first six-week session is complete. After the six-week program is completed, another questionnaire will be given to each participant regarding their progress. Also, a short video of the client will be performed while again testing the same criteria at the beginning of the program. The client will have the opportunity to see and feel the progress that they have achieved over the six weeks.

Budget

Bungee Fitness for Seniors Budget				
EXPENSES				
Bungee Equipment	Each	#	Total	
Bungee Rehab System	\$1,500	3	\$4,500	WisPact Foundation
Additional Bungee Cords	\$35	20	\$700	WisPact Foundation
Various Hardware/Accessories, Padded Waistbands	\$200		\$200	WisPact Foundation
Purchase/installation of full length mirrors	\$1,100		\$1,100	WisPact Foundation
Installation of Bungee Rehab Systems	\$500		\$500	WisPact Foundation
			\$7,000	
	Cost per class	# of classes	Total	
Initial <i>Train the Trainers</i> Instruction Classes Expense	\$1,500	2	\$3,000	WisPact Foundation
<i>Bungee Fitness for Seniors</i> Personal Instructors Fees	\$100	40	\$4,000	
			\$7,000	
FACILITIES COST				
Facilities (Rent/Utilities)			\$7,000	
GRAND TOTAL			\$21,000	\$10,000

Staff Recommendation

The grant can be recommended for approval. The proceeds will allow for the institution of a program with this bring access to physical exercise to disabled individuals with limited access to participation.

The equipment will provide a direct benefit to the disabled participants and aligns with the initiatives of the foundation.