



CFMC Grant Application

COMPLETE THIS APPLICATION FOR FUNDING REQUESTS FOR THE Community Foundation of Middlesex County Competitive Cycle.

Instructions: Complete the application on the website. You may "Save and Continue Later" - the site will email you a link which is active for 30 days. Review instructions document for full details before completing. Complete all questions.

Section V requires certain documents to be uploaded to the form - see the Application Instructions Document for a list of the required items. All items must be uploaded as PDF Files. The required Project Budget form is available on the website in Word. This document must be submitted as PDF file as well.

I. Application Information

Legal Name of Organization

Valley Shore YMCA, Inc

Division or Department Name (if applicable)

Are you a 501(c)3 Organization

Yes

Other Tax Exempt Entity?

EIN #

06-064-6979

If your organization is not a 501(c) 3 tax exempt entity or division/department of a 170(c)1 government agency or religious organization, please contact Thayer Talbott, 860.347.0025, for further information before completing the application.

Dollar Amount Requested \$

\$1,500

Total Cost associated with request \$

\$2,223

Summary Statement

The goal of Move for Better Balance is to reduce the number of falls or near falls in seniors. Seniors who fall see significantly poorer health outcomes, including extended hospital stays, depression, and ongoing pain.

II. Funding Request Information

1. Proposal / Purpose

Every 14 seconds, a senior is treated in the ER from a fall. With Americans aged 65+ to double by 2050, this becomes a major medical and financial concern. It is particularly visible in our rural Valley Shore area, where nearly 40% of our YMCA membership is over 55. Due to the nature of rural living, strength, and balance needed for independence in the home are vital. By serving the seniors in our 13 towns, SRAAA will fulfill the priority area of Health, allowing them to remain in their homes and live independent, healthy lives without the increased fall risk, as well as reduce societal costs.

"Moving For Better Balance" is an evidence-based Fall Prevention program developed by researchers at the Oregon Research Institute and supported by the United States Centers for Disease Control and Prevention. The program uses the principles and movements of Tai Chi in helping older adults improve their balance, prevent falls, and increase their confidence in doing everyday activities.

The program is built on the principles of Tai Chi, but teaches movements modified especially for fall prevention. It is shown to significantly improve strength, balance, and mobility, leading to better functioning in daily activities.

2. Sustainability and Assessing Impact

Our commitment to seniors and active older adults is a core part of our mission to serve "all" in our community. We offer many classes that specifically support the needs of our aging population, and this class is an important part of that portfolio. This funding allows us to offer additional classes and stay within our membership budget.

It is our long-term plan to incorporate this into our "Forever Active" campaign to provide scholarships and programs for seniors at low or no cost to them.

We judge the program's success by tracking class enrollment, as well as a short self-reporting survey tracking falls or near falls. We expect to have 15 participants per 12-week cycle. The class enrollment has been so successful that we are adding a second class to our program schedule.

III. Grant Program / Project Information

Organization Area of Impact (choose ONE)

Community Health (Health/Medical/Hospital Care)

Grant Type (choose ONE)

Program Development/Implementation

Target Demographics (Select all that apply):

- Adults
- Other

Other Demographic:

Seniors ages 65+

Geographic Area(s) Served By This Application:

- Chester

- Clinton
- Deep River
- Essex
- Killingworth
- Old Saybrook
- Westbrook

Total Number of People in Middlesex County Personally Impacted

As an organization, we serve approximately 8,000 residents from our communities annually. This program would serve approximately 60 unique individuals annually.

IV. Organization Information

Board of Directors / Trustees Information

Total Number of Directors/Trustees:

15

Percent (%) of Directors/Trustees who contribute annually to Operations

100%

Average number attending in person:

13

Total Number of Board meetings held last year:

10

Date most recent IRS Form 990 was filed:

June 2020

Year of Return:

2019

Organization's Fiscal Year

Jan 1 - Dec 31

Organization's Total Operating Budget

1197089

Division Operating Budget Information

National Organization Chapter Information

2

Have you APPLIED for funding from CFMC previously?

Yes

Did you RECEIVE a competitive process grant in the:

- 2020-2021 cycle

Brief Background Statement of the Organization:

In the early years, the Middlesex County YMCA served people through programs at local beaches and schools. In 1975, the Valley Shore YMCA came to be when a community fundraising effort funded a brand new facility which included a building and pool on 26 acres in Westbrook near access to Route I-95. In 1982, a gymnasium, fitness center, and childcare center were added. Nowadays, the Valley Shore YMCA serves 10,000 Y members and nearly 60,000 additional people in our surrounding community who benefit from our life-enriching programs. A brief overview of current programs includes chronic disease programs, summer camp, childcare, aquatics and water safety lessons, wellness activities for all ages, and various other recreational activities.

V. Additional Information To Be Included with the Application

Please Note: Additional information requested below MUST be uploaded in PDF files. Other document formats will not be accepted by the application form. Attempts to upload other file formats could result in a loss of all application data entered.

A. CFMC Application Budget Summary Form:

- 2021_Summary-Budget-Valley-Shore-YMCA.pdf

B. Current Organization Operations Budget

- Combined-2021-Budget.pdf

C. Board of Directors and Officers List YMCA-

- Board-of-Directors.pdf

D. IRS Tax Exempt Determination Letter Valley-

- Shore-YMCA-tax-exempt-certificate.pdf

E. PPP / EIDL / Other Loan Information

Loan/Grant Type (ie. PPP, EIDL)	Amount Received	Forgiveable or Repayment
PPP	565000	Forgiveable
EIDL	150000	Repayment
ERTC	316000	Forgiveable
State of CT Summer Camp Expansion Grant	25000	Forgiveable
CT Stabilization for Childcare Grant (for 2021-2022 Childcare staffing)	52000	Forgiveable

F. America Rescue Plan Act (ARPA)

No

Additional financial documentation, including the organization's most recent audit, annual report, and IRS Form 990 may also be required. Only provide this information if requested.

For programs or projects which are collaborations among two or more organizations or where an organization provides in-school or after-school programming for schools, the Community Foundation requires a list of organizations or schools partnering with your organization as well as Letters of Support.

For the purposes of this application, collaborations are defined as partnerships where two or more agencies are committed through staffing, funding, and resource allocation to the goals and objectives of the program described. Because the nature of the collaboration requires two or more entities to work together, for the purposes of funding, only one organization may complete the application, and in doing so, accepts responsibility for all evaluative and fiduciary reporting.

For all collaborations, the Community Foundation requires letters of support from the non-applicant organization(s) and/or from the school(s) and school district(s) at which the applicant organization is the program.

Is this application a collaboration of two or more

Is this application in collaboration with a School(s) or

nonprofit organizations (NOT schools)?

No

School Districts?

If Yes, is this a New or On-Going Collaboration?

If this is an On-Going Collaboration, how long has the collaboration existed?

List of Collaborators

Letters of Support (if a collaboration with schools or other nonprofits)

VI. Organization Contact Information

Are you a new nonprofit applicant to the Community Foundation?

No

Executive Officer's Name

Chris Pallatto

Title

CEO

Phone

(860) 399-3139

Executive Officer Email

cpallatto@vsymca.org

Contact Person

Title

Phone

Application Contact Email

Mailing Address

201 Spencer Plains Road
PO Box 694
Westbrook, Connecticut 06498
United States

Street Address

Connecticut
United States

Website

www.vsymca.org

Social Media Channels

<https://www.facebook.com/valleyshoreymca/>

VII. Non-Funding Needs

We currently participate in the Non-Profit CEO cohort coordinated by CFMC. That group has been a tremendous resource for information sharing, networking, and professional development.

VIII. Marketing and Public Relations

Organizations receiving grants from the Community Foundation of Middlesex County must promote their funding awards according to the marketing and public relations guidelines established by the Community Foundation. By signing the application below, the CEO/Executive Director understands the Community Foundation's marketing and public relations requirements if awarded a grant. The Community Foundation will host a seminar on marketing guidelines and tips for grantees annually. The Community Foundation's Grantee Communications Kit may be downloaded on our website in the Nonprofit Resources section, middlesexcountycf.org/nonprofits/resources/forms-pr-guidelines/.

IX. Tax Exempt Standing and Use of Grant Funding Certification

By signing this application, the CEO/Executive Director/Board President is certifying that your organization is a qualified 501c3 organization or other charitable organization recognized and currently in good standing with the IRS, or 170(c)(1) governmental agencies. Should a grant be approved by the Community Foundation of Middlesex County, these funds may only be used for the purpose outlined in your original application; you must notify us if you are unable to do so. If grant funding is provided, you may only use these funds for charitable purpose as described in Section 170(c)2 of the IRS code, and funds may not be used for any political or lobbying activity. In addition, no tangible benefits, goods or services may be received by our donors or by staff members of the Community Foundation of Middlesex County in exchange for grant funding.

Signature Certification

I certify that my printed name as stated and assigned below constitutes my signature and may be accepted as such.

Printed Name

Chris Pallatto

Title

CEO

Date

09/21/2021

2019-2020 YMCA Board of Directors

Vickie Adorno, Owner, Dignity Care Mgt Solutions

Ken Biega, O& Construction (Old Lyme)

Brian Boyd, Shore Publishing (Deep River)

David Brown, Brown & Knapp (Lyme)

Candace Fuchs, 4 Catalyzer (Old Lyme)

Lenny Goldberg, Lenny & Joes Fishtale (Westbrook)

Lisa LeMonte, GSB, retired (Old Saybrook)

Susan Malan, Remax Realty (Essex)

Robert Merrick, Lee Company (Westbrook)

Melissa Ozols, CT News Junkie (Ivoryton)

Frank Squillante, IBM, retired (Old Saybrook)

Gail Stanton, community volunteer (Chester)

Jacquelyn Waddock, Webster Bank, (Madison)

Ethan Weiner, Pfizer, retired (East Lyme)

John Gamble, UHC (Clinton)

James Spallone, State of CT (Centerbrook)