



CITY OF CALISTOGA

**COMMUNITY ENRICHMENT GRANTS
FY 2016-2017 APPLICATION**

Deadline: Friday, July 15, 2016 at 4:30 P.M.

Submit to: City Clerk's Office
1232 Washington St
Calistoga, CA 94515
Attn: Kathy Flamson

**CITY OF CALISTOGA
CITY CLERK**

JUL 13 2016

Please complete the following. You may attach additional pages if necessary.

RECEIVED

Name of the Program: UpValley Family Centers enrichment programs for youth, adults, seniors

Name of Applicant/Organization: UpValley Family Centers

Address: 1500 Cedar Street, Calistoga, CA 94515

Phone: (707) 942 -6206 FAX (707) 942-9382

Contact 1) Jenny Ocon (707) 942 -6206
name phone
jocon@upvalleyfamilycenters.org
e-mail

Contact 2) Mary Stuard (707) 942-5215
name phone
mstuard@sbcglobal.net
e-mail

Non-Profit Corporation Designation, if any: 501c3

Federal Tax ID # or Social Security #: 80-0023012

Amount of Grant Request*: \$ 5,300

(*This amount should include the value of any requested City fee or permit waivers and/or staff time)

Eligibility Requirements:

Please answer the following questions:

- | | Yes | No |
|--|--------------------------|-------------------------------------|
| 1. Have you or will you be receiving funding in 2016 for this program from other City sources? | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 2. Are you aware of any other City program providing this service? If so, which one? _____ | <input type="checkbox"/> | <input checked="" type="checkbox"/> |

If you answered yes to any of these questions, your request may not be eligible for this grant program. Please contact Amanda Davis at the City of Calistoga at (707) 942-2807 for further information, if desired.

Program Description/Scope *(please use additional pages if necessary):*

Describe your program:

The UpValley Family Centers proposes to offer three distinct community enrichment opportunities to Calistoga residents over the 2016-17 year. The three opportunities are: 1) field trips for Calistoga teens in middle school or high school who are participating in our CLARO/CLARA youth mentoring program; 2) free interactive social dinners for Calistoga seniors; 3) free nutrition classes in Spanish, coordinated by local Promotoras. Each opportunity is described below. These proposed opportunities take into account a recent town hall gathering in February 2016, where the primary recommendation among residents of all ages was to have more recreational things to do.

CLARO/CLARA

Challenging Latinos to Access Resources and Opportunities known as CLARO, and Challenging Latinas through Awareness, Resources and Action, known as CLARA, are youth mentoring programs provided by the UpValley Family Centers (UVFC) to help young Latinas and Latinos build positive identities. These programs offer culturally-based youth development activities through weekly group sessions led by positive role models. Sessions are focused on developing skills related to decision-making, conflict resolution, communication, self-reflection and increasing awareness of one's cultural identity. The prevention-oriented groups foster positive connections among peers, build students' engagement in school and in the community, strengthen self-identity, and develop leadership skills. In addition to weekly group meetings, we organize field trips and college visits for the participants as funding permits. The program is offered at the Calistoga Junior Senior High School, and reaches 50-70 Calistoga students each year. The Community Enrichment grant will provide resources for the students to participate in fun and educational field trips including transportation, food, and entrance fees. One of the plans this year is for the youth to attend a Ropes Course in Napa.

Senior Social Dinners

UpValley Family Centers provides information and referral services to over 200 Calistoga seniors annually. We assist isolated and low-income seniors to access resources such as counseling, legal assistance, and other services through a case management process. We propose hosting two social dinners over the winter months – designed to build social connections and reduce isolation. Each social dinner will accommodate 16 people – one dinner will be held for Spanish speakers and one for English speakers. Our Senior Services Manager will conduct the outreach, coordinate the set-up of the dinners and organize interactive activities for the guests to enjoy themselves. The Community Enrichment grant will provide resources for food, decorations, interactive games/small prizes, and staff time to plan the events.

Spanish Nutrition Classes

UpValley Family Centers has coordinated a Promotoras program comprised of Hispanic women in the local community who have been trained in various health and wellness topics and provide outreach and education to the Spanish speaking community. For this activity, our Promotoras will conduct outreach and recruit 10 Hispanic residents interested in taking an 8-week nutrition class to be offered in Spanish. We are planning to hold the classes at one of the school cafeterias of Calistoga Joint Unified School District. The Community Enrichment grant will provide resources for nutrition instruction, food, and recipe materials. During these classes, we will also provide education on healthy eating and active living to address the increasing obesity rates in Napa County.

How will this program benefit the Calistoga Community? How will the program address the following City Council's adopted Enrichment Objectives

"Will the activity or program...":

1. Provide services to the elder community?
2. Provide services to youth in the community?
3. Expand services to members of the Hispanic community?
4. Provide community specific environmental enhancements?
5. Enhance the appearance of the community?

CLARO and CLARA benefits Hispanic youth in the Calistoga community (items 2 and 3 above).

Although Latinos and Latinas are our focus, these programs are offered to any students who are interested to increase cultural awareness and create an appreciation for cultural diversity and inclusion. Program evaluation results demonstrate that the program has a positive impact on students. Survey highlights from 2014-15 are as follows:

- 88% reported having a better understanding of their cultural identity
- 86% reported they have more skills to help them solve problems
- 81% reported they engage in fewer risky behaviors and 80% reported they engage in more healthy behaviors
- 80% reported having more positive relationships with their family and 78% reported having more positive relationships with other students
- 73% reported volunteering their time for their community
- The majority of participants report positive perceptions on the program and facilitators.

This program benefits the Calistoga Community by providing middle and high school aged Hispanic and other youth with inspiring group experiences where they can: 1) explore their cultural identity in a safe environment, 2) form positive friendships, 3) express themselves, ask questions and learn about a variety of topics facing youth, and 4) build confidence as young people who are increasingly making their own decisions. Most of our participants are low-income and are financially challenged to participate in planned field trips without this grant.

Senior social dinners will benefit the elder community by providing socialization opportunities and a warm meal. According to a 2015 Napa County Older Adults study led by the Healthy Aging Population Initiative, many seniors face isolation that can lead to depression and mental health challenges. 42% of Napa seniors live alone and 10% reported seldom seeing friends or family. According to the State of Aging and Health in America (2013), social ties are one of the strongest predictors of well-being, yet 12% of adults aged 65 and older report that they rarely or never receive the social and emotional support they need. According to the Calistoga Mobile Home Report of 2014, 39% of senior residents surveyed said increasing rent and bills caused them to make difficult spending choices (i.e. food vs. paying a bill). The social dinners that are planned are an opportunity for isolated seniors to have an enjoyable evening, interact with others, share a nice meal together and make connections that increase social ties.

The nutrition classes in Spanish are in response to our local volunteer Promotoras who have taken leadership for other health and wellness activities in the community – and who have expressed a desire to offer these classes to Hispanic residents. According to the 2013 Napa County Health Assessment, 63% of low-income adults are obese in Napa County and nearly 40% of 5th, 7th and 9th graders are overweight or obese. Only about half of Napa County children and adults eat the recommended servings of fruits and vegetables daily. Further, Latino residents in the county reported having fair or poor health at nearly 3 times the frequency of non-Latino white residents. The nutrition classes that are planned are an opportunity to educate and change dietary habits of interested local families.

Funding Request

Identify the funding requested and the proposed use of funds.

- Cash
- In-kind funding (fee waivers, staff time cost waiver, rental fee waivers, etc.)

UVFC respectfully requests a Community Enrichment Grant in the amount of \$5,300. Amounts are broken down by activity below and a line item budget is attached.

We request \$2,500 for field trips that extend learning and knowledge on key issues the CLARO/CLARA groups are addressing throughout the year. Field trip options include: Latino Heritage Month events (Sept-Oct); Napa Ropes Course, college visits that could include a theater performance or men's/women's college sports events. When possible, field trips will be combined with a visit and tour of a nearby college campus. Funds would be used to cover ticket admission, transportation costs, and food for participants and chaperones/staff.

We request \$1,103 for two senior social dinners. The funds will cover staff time to organize the events, food for the dinners reaching 32 people (estimated at \$14/person), decorations, incentives, supplies and copies.

We request \$1,697 for the nutrition classes. The funds will cover nutrition class trainer time, food for classes for 10 students over 8 weeks, recipe materials, supplies and copies.

What will be the estimated percent of Calistoga Residents Served by this program 100%

Applicant Background:

This applicant is a (an):

- | | |
|--|---|
| <input checked="" type="checkbox"/> Non - Profit | <input type="checkbox"/> For-Profit |
| <input type="checkbox"/> Local Public Agency | <input type="checkbox"/> State or other Public Agency |
| <input type="checkbox"/> Individual | <input type="checkbox"/> Other _____ |

Years in Business or providing this program: 17 years in business

Number of Employees: 16

Number of Volunteers: 110

(Please attach an organization chart, if available.)

Names of all Officers and Board of Directors:

<u>Name:</u>	<u>Position in Organization and Contact Number:</u>
Mary Stuard	President, 707-246-3168
Christine Hayne	Treasurer, 707-689-0915
Michael Caldarola	Secretary, 707-652-4423
Karen Cakebread	
Laurie Claudon	
Randy Gnagy	
Elaine Jones	
Susan Krausz	
Rob Morrow	

Experience in Program Area:

The UpValley Family Centers has 17 years of experience serving youth and families in the Calistoga community. We have been leading CLARO/CLARA groups at Calistoga Junior/Senior High School for over seven years. Our bicultural staff mentors leading the groups have knowledge of the Calistoga community, Latino culture, and youth development principles. UVFC's staff have successfully established positive role-model relationships with local youth, and we also have a strong partnership with the school district on all of our programs, including CLARO/CLARA. Our Senior Service Program has been in place since 2012 and our Senior Services Manager is trusted by local seniors and when the budget has allowed has organized senior social dinners over the years to help reduce isolation and depression. Our Promotoras have been organizing health and wellness classes for over 5 years, have received numerous trainings and are enthusiastic about offering nutrition classes for Spanish speakers in Calistoga.

Previous City funding received or requested in the past three years:

The UpValley Family Centers has received \$10,000 per year for the past three years for Community Health, Education and Outreach Services and received \$20,000/year for Senior Services in 2013-14, 2014-15 and 2015-16. In 2013-14 we received a \$1,500 Community Enrichment Grant; in 14-15 UVFC received a \$2,500 Community Enrichment Grant and in 15-16 we received a \$2,500 Community Enrichment Grant.

(Please attach a budget for program request including funding schedule.)



Reporting Requirements:

A report on how the funds were spent will be required to be filed with the City annually, or when funds are spent, whichever comes first. Proof of program expenses are required to be held for two years during which time the City reserves the right to audit the records.

We agree to adhere to the reporting requirements described above. Yes No

Certification:

We, the undersigned, do hereby attest that the above information is true and correct to the best of our knowledge. **(Two signatures required)**

	Executive Director	7/12/16
Signature	Title	Date
	Board President	7/12/16
Signature	Title	Date

City of Calistoga - Community Enrichment Grant
 July 1, 2017-June 30, 2017

UVFC Program Budget

CLARO and CLARA Field Trips, Nutrition Classes and Senior Social Dinners

	Total	Hours/we ek or equivalent weeks	# of weeks	Rate per hour	Benefits	Total rate per hour
Expenses						
Nutrition Class Facilitator	\$ 467.00	3.5	8	15	1.68	16.68
Senior Socials Facilitator	\$ 325.00	5	2	25.5	6.936	32.436
Food Supplies Nutrition Classes	\$ 800.00	100	8			
Food Social Dinners	\$ 448.00	14	2	16		
Materials	\$ 400.00					
Copies	\$ 160.00					
Office Supplies	\$ 200.00					
Field Trips	\$ 2,500.00					
Total expenses	\$ 5,300.00					

Tribune Calistoga

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February 26, 2016

▶ **JOHNNY'S**
New sports bar coming to
Mount View Hotel

Below

▶ **LIBRARY WORK**
Anxious to return to
renodeled building soon

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▶ **DIAMONDS IN PLAY**
Baseball, softball teams open
season next week

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Good vibe, emergency services top values

■ Groups discuss what makes Calistoga special

By **Claudia Aceves**

Tribune Club Reporter

Despite the heavy rains and town-wide 60 minute power outage last Wednesday, the Upvalley Family Centers hosted a full house of community members hoping

to contribute to the conversation on how to make a healthier Calistoga.

Upvalley Family Center's Community Schools Manager Andy Mughannam led the discussion. Participants were instructed to divide into nine groups with one bilingual facilitator per group to initiate the conversation.

During the discussions, par-

ticipants answered two questions: what they love about Calistoga, and how they think Calistoga can improve.

"If we can build an ongoing dialogue, we can build stronger connections," said Mughannam. "Stronger connections can lead to partners making more opportunities available, and also people leveraging their assets."

Mughannam says that the Napa County Health and Human Services Agency is bringing more place-based services to Calistoga and also wanted to engage the community in a conversation to determine how to improve life in Calistoga.

"Since we coordinate with so many partners and community members, it makes sense to get everyone together, and there has

been a lot of support to make it happen, especially from Napa County," said Mughannam.

Among the responses discussed, most groups agreed that what they love about Calistoga is the small community vibe and that although you may not know

See **CONVERSATION** page 3



PHOTO BY CLAUDIA ACEVES

It was a full house last week when the UpValley Family Centers and Napa County agencies hosted a conversation about a healthier Calistoga.

CONVERSATION

Continued from page 1

everyone personally, you can always usually recognize one another.

Additionally, community members also like police and fire safety and their rapid responses, communication between teachers and parents at schools, easy transportation, and Calistoga's calm and peaceful nature.

Some needed improvements included more jobs for youth, more tools for teachers at schools and resources for students, affordable housing, more street lighting, activities for youth and

families, and almost all of the groups discussed the idea of a movie theater.

"This is a great place to live and work, I was happy to hear the appreciation for both the Fire Department and the Police departments for our services," said Police Chief Mitch Celaya. "These comments were particularly gratifying considering the challenges we faced this year, specific to the firestorm in Lake County and the staffing challenges we have been facing."

The Napa County Health and

Human Services Agency will run a full report on the collected feedback from Wednesday's discussion.

Mughannam says the family center will then coordinate another event to review the results with the community and begin an action planning process. The Family Centers will determine what is within their control and how it can

prioritize and mobilize.

"We will definitely have conversations about the report and see how our current practices fit into the communicated needs," Mughannam said.

"If we can build an ongoing dialogue, we can build stronger connections," said Mughannam.
