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Santa Clara Valley Open Space Authority

2020 Urban Grant Program

Deadline: 7/1/2020

Family Alliance for Counseling Tools and Resolution **Mindful Aging Project Phase I (2020-2021)**

Jump to: [Project Description](#) [Documents Upload](#)

\$ 38,579.00 Requested

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Project Description [top](#)

Applicant Type

1. What type of organization is this?

- Public Agency
- School or School District
- 501(c)3 Nonprofit
- Eligible organization acting as Fiscal Sponsor for another organization

2. Does the application include a fiscal sponsor?

If the project includes a fiscal sponsor, the fiscal sponsor must be the applicant.

- YES
- NO

Overview

3. Which type of grant are you requesting?

- Small (\$10,000 - \$39,999)
- Large (\$40,000 - \$250,000)

4. Grant category (check all that apply)

- Environmental Stewardship and Restoration
- Parks, Trails, and Public Access
- Environmental Education
- Urban Agriculture / Food Systems

5. Type of project (check all that apply)

- Capital improvement (Large projects only)
- Planning
- Program

6. Project Location: Address / Neighborhood

What is the physical location of the project? If there is no physical location, please enter "N/A." If the project will be in multiple locations, please list all. Note: project location(s) must be within the Authority's jurisdiction.

Project Location 1: FACTR MAP project main office, 475 N. First Street, 2nd Floor, San Jose CA , San Jose, CA 95112. This location will hold most of the project administrative tasks.

Project Location 2: ACHI main office, 304 N 6th Street, San Jose, CA 95112. Mostly will hold classes and larger meetings

Additional - multiple community garden sites have been proposed as potential locations for community garden tours throughout the project. The list of locations is attached separately to this application

7. Project Location: Open Space Authority District (check all that apply)

A detailed map of the Authority Districts can be found under the Library tab, or online at <https://www.openspaceauthority.org/public-information/board-of-directors.html>.

- Authority District 1
- Authority District 2
- Authority District 3
- Authority District 4
- Authority District 5
- Authority District 6
- Authority District 7

8. Who does the project serve? Please indicate which Open Space Authority Districts are served (check all that apply)

A detailed map of the Authority Districts can be found under the Library tab, or online at <https://www.openspaceauthority.org/public-information/board-of-directors.html>.

- Authority District 1
- Authority District 2
- Authority District 3
- Authority District 4
- Authority District 5

- Authority District 6
- Authority District 7

9. Project Abstract

(Brief, 3-4 sentences)

The Mindful Aging Project (MAP) strives to improve immigrant elder health by utilizing community gardens to host healthy initiatives including produce gardening, nutrition classes, and eco-mindful exercises. The common intention is to improve the mind, body, and spirit of participants while introducing them to sustainable gardening principles. In turn, we hope the program builds community pride and spreads knowledge regarding sustainable land use.

Project Planning (20 points)

10. Describe the proposed project.

Mindful Aging Project (MAP) is an initiative to bring immigrant elders from diverse communities together for socialization, personal well-being, greater serenity and health through community and meditation gardening activities. This project will use simple and practical approaches to address both elderly care and environmental issues. MAP will train and provide access to a group of elderly immigrants each year, which will allow the participants to voluntarily become involved in developing their own gardens in their neighborhoods individually or in groups. The training integrates both holistic (physical, mental and social) health education and traditional community gardening principles. These community gardening principles are intended to teach environmental sustainability by bringing the participants in closer connection with the Earth. The MAP program aims to help immigrant elders care for themselves mentally, physically and spiritually while simultaneously becoming stewards and independent champions for the environment.

MAP will focus on visiting local community garden sites in 2021. Programs will focus on monthly site visits and workshops at different community garden sites in and around the Santa Clara Valley. Workshops include, but are not limited to: Yoga and Tai-Chi Classes, Healthy Eating/Nutrition Classes, Garden Tours, Garden Development, and Recreation/Socialization activities.

In the longer term, we hope to leverage multiple years of experience at various local gardens into a dedicated program based at the upcoming Agrihood/Win6 Village site (slated for completion in Q1 2023). The new site is prospectively intended to include multiple gardens that serve as venues for group activities, socialization, community-building, and the showcasing of immigrant cultural traditions.

The ultimate long term vision of MAP is to develop a self-sustaining multi-year commitment program with new yearly recruitments of qualified elderly immigrants for environmental stewardship and better quality of life and values.

For the initial phase that will be covered by this grant proposal in 2021, the project will operate with full dedication and collaboration of The Family Alliance for Counseling Tools and Resolution (FACTR) and African Counsel Health Initiative (ACHI). Both FACTR and ACHI have initiated the Mindful Aging Project (MAP) and have been advocating for the project for several years during their long collaborative experience serving the low-income and immigrant population. FACTR and ACHI will also leverage existing partner relationships with Community Native Garden Foundation (CNGF) and Core Companies throughout the initial phase of the project. CNGF has hosted prior pilot demonstration garden groups and is expected to be heavily involved in future development at the Agrihood site in 2023. Core Companies is the developer of the Agrihood site and has agreed to host MAP-related activities in the lead up to Agrihood's completion.

11. Describe key project deliverables and estimated completion dates.

Planning and Program Development (July 2020 – March 2021): The parties intend to begin planning straight

away starting in the summer of 2020. Planning involves baseline project management, budget management, recruiting of staff/volunteers, curriculum development, and the coordination of partnerships necessary to ensure the success of the program.

Orientation/Kickoff: By February 15, 2021, it is expected that MAP will have launched its initial program-wide orientation. By this date all personnel should be acclimated and on-boarded. We also expect to have selected our first cohort of 20-30 immigrant elders - who will have been recruited and screened prior to participating in our kickoff event.

Group Activities and Events (Feb-Nov 2021): The bulk of our programming will occur from February through November 2021. During this timeframe, we are targeting a minimum of 2 half day (3-5 hour) workshops and/or community garden tours per month. For community garden sites, a list of prospective locations has been attached to this application. Workshops involve various mindfulness activities including, but not limited to: farmers market visits, regenerative gardening instruction, nutrition classes, meditation and mindfulness exercises, demonstration garden presentations/showcases, at-home garden project virtual demonstrations, and participation in the design of a future urban farm at Agrihood.

Final Evaluation (Nov-Dec 2021): Finally, the project will conclude with an evaluation and wrap-up phase in November/December 2021, though aspects of evaluation will have occurred throughout the year. The wrap-up will involve aggregating participant feedback regarding individual activities as well as the program as a whole. Quantitative feedback will be obtained through the use of wellness surveys from participants while qualitative feedback will involve interviewing program participants.

12. Does this project require permission, permits, or other approvals? If so, please describe the status of these.

This project does not require permission, permits or other approvals.

13. What is the lifetime of this project? If applicable, describe plans for operating and maintaining the project in the future.

The initial phase of the MAP project covered within this grant application is expected to last through 2023. Pre-2023 the project will essentially involve continued growth and expansion of our elders cohort in preparation for a home base at the new Agrihood development site. In these initial stages funding will come through a combination of grant awards, in-kind volunteering, donations, and applicable organizational coverage of expenses from FACTR/ACHI.

Longer term, especially once the project gains enough traction and expands to Phase II at a newly established home base, the program will look to explore multiple additional avenues for funding:

-Farmers Market Micro-Enterprise: We would hope to leverage micro-enterprise sales of produce and possibly arts/crafts to help fund program expenses.

-Community Events: A well-established community would lead to the hosting of regular events such as Elder Storytelling and Theatrical dramatizations. Donations/ contributions

-Ongoing Community Services: Services hosted at our future site, such as community garden tours or ongoing workshops and classes (i.e. yoga, nutrition and cooking classes) would either involve a small fee for outside participants or a suggested donation.

-Other fundraising options: Community harvest fundraisers, corporate fundraising for transportation services, and crowd-funding

14. Describe the project's readiness for implementation.

As FACTR and ACHI have successfully implemented events related to the Mindful Aging Project, this effort is quite ready for implementation.

Over the past few years, ACHI has led a group of 15 immigrant elders through a demonstration garden project in collaboration with the California Native Garden Foundation (CNGF). 9 out of 15 recruited clients fully participated in the project for a full 2 years. The group met 3 times a week on Monday, Wednesday and Friday to learn and perform gardening activities. During their time in the program, community elders successfully grew common produce products along with herbs native to their countries of origin. Along with gardening activities, the program regularly included an hour of exercise led by volunteers. The elders also enjoyed tea/coffee and socialization at the conclusion of the daily program. The program also included health and nutrition classes - where participants learned to incorporate organic produce into meals. Towards the end of the program, participants have experienced noticeable improvement with their health and wellness, and have also expressed interest in participating in similar programs in the future.

By leveraging prior experience, participants, connections, partnerships and personnel from pilot versions of the Mindful Aging Project, both FACTR/ACHI are prepared to take the next step forward.

Project Budget (15 points)

15. Budget Summary - Grant Request

This is a budget summary only; a detailed Project Budget must be submitted using the Documents Upload tab. Please enter dollar amount. Note: after the application is submitted, the software will automatically add a TOTAL.

7667	Grant request: Personnel
12000	Grant request: Contracted Services
5075	Grant request: Supplies / Materials
12000	Grant request: Other Direct Costs
1837	Grant request: Indirect Costs
38,579.00	TOTAL

16. Budget Summary - Matching Funds

This is a budget summary only; a detailed Project Budget must be submitted using the Documents Upload tab. Please enter dollar amount. Note: after the application is submitted, the software will automatically add a TOTAL.

18342	Total Matching Funds
18,342.00	TOTAL

17. Budget Narrative

Provide a brief budget narrative to explain the expenses listed in each of the budget categories (e.g. Personnel).

Personnel (\$24,485) - Personnel costs will mostly be covered by in-kind volunteer hours (\$16,818), but will be partially covered by this grant request (\$7667). Personnel includes a Project Director, Coordinator, and Community Outreach Associate (Volunteer Support). Please note that though we list each role as a single individual, we intend for each role to act as a simplified guideline for our budget as opposed to a defined number for personnel. For example, we will likely have multiple volunteers under the "Community Outreach Associate" heading, but the collective effort for our volunteer pool will equate to the same fixed \$ value. We have allocated a budget of 5% of \$100,000 for the Director role, 15% of \$70,000 for the Project Coordinator, and 15% of \$59,900 for Volunteers. Note that \$59,900 comes from the volunteer hour dollar value established in the grant guidelines (\$29.95/hour, equating to roughly 59,900 for a full time employee annually).

Contracted Services (\$12K) - Our contracted services entail instructors for our various workshops and activities. We intend to subcontract half the budget to ACHI (\$6000) for a general pool of nutrition, cooking and other wellness instruction. The other half of the budget is divided into \$3K for CNGF-related gardening instruction and \$3K for a wellness exercise instructor.

Supplies and Materials (\$5075) - Our Supplies and Materials consist of marketing supplies (flyers/brochures/business cards) as well as program activity supplies (\$3500).

Other Direct Costs (\$13,524) - The majority of direct costs constitute \$11K for a dedicated client transportation assistance based off a preliminary quote of \$550/roundtrip. Transportation involves a group shuttle that will pick up/drop off participants from their residences to the community garden and/or workshop activity venues. Program-specific liability insurance has been quoted at \$1000. The rest includes \$1524 in matching funds for rent and staff transportation fees.

Indirect Costs (\$1837) - This is simply a 5% overhead calculation from the grant request totals.

Project Goals (15 points)

18. Describe the specific problems, issues, or unserved needs the project will address.

The social goal of MAP is to bring elder refugees and immigrants from diverse cultures together for socialization while doing gardening activities in order to enhance health, prevent social isolation, and reduce depression. In today's political climate, the immigrant and refugee community is more vulnerable than ever. Tightening restrictions on immigration policy by the federal government, increased deportation raids, prolonged detention periods, and the rise of anti-immigrant sentiment in society are concerning factors in the lives of immigrants and refugees. Newcomers and their families face a variety of challenges. Socio-economic factors such as language barriers, maintaining their immigrant/refugee status, the ability to find meaningful work, economic insecurity, safe and affordable housing, and raising families in a new culture are all important elements to consider when addressing the mental health and overall well being of the immigrant and refugee community.

MAP also seeks to address the needs of the rapidly-growing aging elderly population. According to a United States of Aging Survey (2012), nearly half of the low and Moderate income elderly, which includes most elder immigrants, face severe financial hardship. This study also indicates that older adults who routinely seek healthcare, economic assistance and other support services often have very low self-confidence and usually are very stressed from the fear of not getting the help they may need while aging. Small reductions in elderly income or benefits can be devastating to health and well being. This has forced many individuals to seek early care elderly care services including costly rehab that may be avoided or delayed. By providing community support and wellness programs for the elderly, MAP will empower older individuals and reduce their dependence on elderly care services.

The environmental goal of MAP is to educate elder refugees and immigrants to preserve the natural environment, maintain ecological integrity in the Santa Clara Valley, safeguard water sources, preserve and restore natural plants and wildlife, plant native plants that use less water, encourage growing/eating healthy produce, and achieving healthy communities. The reason for this is that this segment of the population lacks this type of education and we feel that their lifestyle and community can benefit from this knowledge. It gives them a reason to come out into the community and upon learning new things, they can find pride in being able to share that knowledge with others.

19. How does this project serve the community?

These metrics are required for all projects. Project-specific metrics can be added under Question 20 below. Note: after the application is submitted, the software will automatically add a TOTAL that will not be used.

20-30	Number of people served
0	Number of youth served (under 18 years)
1	Number of programs provided
1.00	TOTAL

20. In what other ways does the project serve the community? Please list the project-specific goals (both social and environmental).

Please list any additional goals and how they will be measured (e.g. surveys, field measurements, attendance sheets, etc.).

Program-Related Goals:

-Recruit a cohort of 20-30 elder immigrant participants. Participants will need to be screened and undergo insurance verification prior to participating

-Successfully organize and implement 18-20 half day workshops and/or community garden tours over the course of 10 months.

Participant-Related Goals:

-Improve the mental health/wellness of program participants - this will be evaluated with Pre/Post Well-Being Scales including the 42-item Stanford Psychological Well Being Scale. We hope to see improvement in the pre/post well-being survey scores for 75% of program participants.

-Ensure participants are engaged and participate actively and consistently - this will be evaluated with activity evaluations, post-program interviews, and attendance sheets. We are expecting program participants to attend at least 75% of program events.

-Ensure participants put gardening education and community garden visit experience to use - this will be evaluated with participant garden plot showcases. Participants will also be expected to help plan and design the site of the future community garden plot at Agrihood.

Impact (15 points)

21. Describe the lasting impact of the project.

The project will begin to directly and indirectly educate a segment of newcomers (i.e. immigrants) and their families to the need for conservation and sustainable land use practice, with the expected result that their own environmental resource footprint impact will be considerably reduced. By publicizing the project in ethnic newspapers and at ethnic community gatherings, the immigrant community will be brought in to a greater awareness of best practices for sustainable land use, for organic gardening and personal enjoyment. Thus, a relatively new community will be added to the pool of community stewards for the environment of the region. This project will be sustainable, environmentally friendly, unpolluted, water safeguarded, and disability friendly.

The project will demonstrate the benefits of community gardening, education in healthy eating and good nutrition, and mindfulness practices, where nature is a central component to the mindful practice, for formerly isolated and stressed elder immigrants, resulting in significantly improved health and greater sense of well-being for participants. By disseminating the resulting health benefits information to health professionals and immigrant service providers, it is expected that the project will be replicated in our region, the state and beyond, on behalf of refugee and immigrant populations, which now is a large swath of the region and state. The essential place of Vitamin "N" (for nature), for general well-being, and reducing "nature deficit", as Nature-for-Health Pioneer, Richard Louv describes it, will be reinforced for younger and older

generations of immigrants alike!

In summary, We expect that MAP will be a powerful tool for elders via

- Reduced stress and negative emotions by overcoming cultural change
- Developing a physical, emotional, and mental connection to the surrounding environment
- Increasing a sense of “rootedness” while eliminating feelings of isolation and insecurity
- Empowering individuals in finding comfort in community engagement
- Restoring spirit and cultural pride

We hope to accomplish

1. Reduced senior immigrant isolation, disorientation, anxiety and reluctance , which often lead to severe health issues.
2. Performing pilot study for the effectiveness of connecting nature to the lifestyle of elders for their wellness, happiness and practicing mindfulness
3. Promoting mind, body and spirit individually and in a group setting.
4. Increasing awareness of elders and other communities on the use of community gardens and its environmental benefits such as concerns on CO2 emissions and pollution.

Community Engagement / Stakeholder Support (10 points)

22. Describe the community support and/or community engagement process.

Please submit letters using the Documents Upload tab.

Historically ACHI/FACTR have previously obtained support and engagement from several key local community partners. In 2016, ACHI and FACTR signed the original Memorandum of Understanding for the MAP project with two other primary community partners: California Native Garden Foundation (CNGF) and Core Companies (Core). This original MOU is included with this grant application. CNGF has historically provided space for prior demonstration garden activities and intends to participate in the future development of the Agrihood urban farm. Core Companies is responsible for the development of the Agrihood site located at 90 North Winchester Blvd, Santa Clara, CA. Once completed, Agrihood will be composed of Urban Affordable Housing units as well as a community farm.

Community Support and Engagement will also leverage ACHI and FACTR’s pre-existing partners in the immigrant/refugee sector. Program referrals will be pulled via partnership with the Refugee and Immigrant Forum of Santa Clara County (RIF). The RIF is composed of 30 different organizations that have agreed to work together to support the “successful integration of refugees and immigrants into our local communities.” Participants vary from nonprofits such as the American Red Cross to government/county agencies like the Santa Clara County Office of Immigrant Affairs.

Leadership & Innovation (10 points)

23. Describe how this project employs innovative approaches or encourages collaboration and partnerships.

If there are project partners, please upload partner letters on the Documents Upload tab.

MAP encourages collaboration and partnership in the field of urban agriculture, land conservation and environmental education. Though part of the project targets the mental, emotional and physical well-being of the participants, MAP brings out a segment of the population into an open natural space, to immerse themselves into working with the earth and learn to become stewards of our planet. They get an environmental education with MAP, that without it, they wouldn't and the knowledge they acquire is knowledge that the participants will be encouraged to share with their immediate communities.

MAP teaches the concept of urban agriculture and the value of growing and eating fresh produce. Urban agriculture is something that most immigrants may not be familiar with and that will enhance their lives and their environment as they put it to practice on their own. The spaces that are chosen for the purposes of MAP are open spaces that are meant to stay as such. So in a way, you could say that MAP helps conserve open space. These spaces are designed to feed the soul, the body and beautify even further the existing space.

Organizational Capacity (15 points)

24. Briefly describe the organization and its ability to successfully implement this project. This might include successful past projects, key staff qualifications, financial resources, etc.

If the applicant is a Fiscal Sponsor, please describe both the Fiscal Sponsor and the sponsored organization.

In addition to the successful pilot phase implementation of this program outlined in question 14, FACTR/ACHI have a long history of partnership. Both organizations will sponsor and lead the MAP project based on their experiences serving immigrant communities. While both organizations will work together on the implementation of the activities of the project, FACTR will manage the finance and reporting as outlined in the attached MOUs.

FACTR promotes the resilience and well-being of immigrants and refugees through counseling, advocacy, therapy, forensic services, educational workshops and opportunities for cultural exchange with the larger community. Besides mindful aging, the core services of FACTR also include forensic mental health and child development.

The founder and CEO of FACTR, Karita M. Hammer is a licensed clinical social worker with extensive professional experience in working on behalf of refugees and immigrants who are victims of war trauma and psycho-political torture. Karita graduated with an MSW degree from the University of Pittsburgh and has a Certificate from the Chicago Institute for Psychoanalysis, Child and Adolescent Psychotherapy Program. Karita has lectured widely on the subject of Childhood Bereavement, Divorce, Psychological Trauma and Refugee Mental Health.

The African Community Health Institute (ACHI) was established with the mission and vision to create a social, cultural, and physical environment that promotes health and eliminates health disparities. ACHI's primary goal is to address the unmet social, emotional, and physical health needs of vulnerable African Immigrants and Refugee communities. ACHI embodies a philosophy of community-building across cultures to build both individual and group identity. ACHI strives to address issues of community health as well as physical and mental health. ACHI has a broad scope of programs and services including: information and referral, public health education, vocational training, family and parenting services, and special senior and women programs.

Founder and Executive Director of ACHI, Manna Teclemariam, is an MPH in public health and has been working in public health for twenty years. She is a Stress Management Specialist, and is the leader of the Eritrean Women's Association and Founder/Program Director for the African Community Health Institute. She is a former counselor on behalf of the immigrant community, and has previously organized educational and community services for Eritrean children in Santa Clara County as well as formerly on behalf of orphaned children and youth in Eritrea.

BONUS POINTS: Underserved Communities (10 points)

25. Describe how the project addresses open space needs for sensitive populations such as residents of park-poor neighborhoods, underserved or disadvantaged communities, youth, seniors, persons with disabilities, or is located within a Deep Engagement Community (DEC).

This question is optional; please answer if applicable, otherwise enter "N/A." A map of the DEC's can be found by clicking on "Apply" at <https://www.openspaceauthority.org/urban>.

MAP will serve underserved elders, senior refugees and immigrants from diverse cultures who suffer from social isolation due to language barriers and the fear to move about independently in their new community. MAP will recruit such seniors and will bring them together for health, education, socialization and gardening activities. MAP will also provide environmental education concerning healthy and sustainable land use. Without this project, the participants would have scant knowledge of sustainable land use methods, native plant use and organic and drought tolerant gardening. Their extended families will be indirectly exposed to the environmental concepts the elders will be learning and will benefit from their healthy organic produce in their homes. The project will be publicized broadly in immigrant ethnic communities. Thus, immigrant ethnic communities of considerable size will gain a much needed, greater awareness about environmental needs and sustainable land use practices for the greater environmental benefit of the whole region.

BONUS POINTS: Community Building (10 points)

26. Describe how this project actively encourages community building by engaging or accommodating local residents in novel and creative ways.

This question is optional; please answer if applicable, otherwise enter "N/A."

MAP encourages its participants to be creative and produce native plants that use less water and conserve land for a worthy public purpose. It gives elder immigrants a grounding and foothold in their relatively new community and literally makes them stewards of their new environment - thus giving them greater purpose and adding them to the pool of community advocates for conservation and open space. The Project inherently encourages community exchange between the relative newcomer elders and the broader community through an invitation to join them in open house tours of community garden sites and to learn about what the elders have accomplished in their demonstration gardens. An inter-generational focus with an encouragement of the participation of the elders' adolescent grandchildren in the planting and care of the gardens and assistance in the sale of the grandparents' produce will instill pride, knowledge and new awareness of the environmental needs of the region in a second generation of immigrant youth. The elders will regain their rightful role in their families by imparting a love of nature and wisdom about how to care for our natural habitat to their grandchildren, thus increasing their sense of contribution to future generations. In every sense of the phrase, this project is, at its core, a "community building" project.

BONUS POINTS: Climate Resilience (5 points)

27. How does this project enhance and/or raise awareness about climate resilience?

This question is optional; please answer if applicable, otherwise enter "N/A."

N/A

Documents Upload [top](#)

Documents Requested *

Financial Statement

Project Budget

[download template](#)

Required? Attached Documents *



[FACTR 990-N](#)

[FACTR CT-TR-1 Financial Statement](#)

[FACTR RRF1 Financial Statement](#)

[FACTR - Statement of Financial Position](#)



[MAP Phase I Budget](#)

Fiscal Sponsorship Agreement[download template](#)Site Control Documentation[download template](#)CEQA Compliance Certification Form[download template](#)Letters of Support[Letter of Support - Core Companies](#)Project Partner Letters[MOU 2016 - FACTR/ACHI/CORE/CNGF](#)[FACTR/ACHI 2020 MOU](#)Maps and Site PlansPhotographsOther[Proposed Community Garden/Farmers
Market Sites](#)

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