

Memorandum of Understanding

For Mindful Aging Project (The Project)

About The Project:

Mindful Aging Project (MAP) aims to bring immigrant elders from diverse communities together for socialization, personal well-being, greater serenity and health through community produce and meditation gardening so that they can connect with peers and lay down roots. MAP will help senior immigrants adjust to their new environment and sooner integrate into their new society by respecting their past and their homeland and providing opportunities to exchange stories, learn sustainable land use gardening skills and meet new people from diverse cultures. This will enable them to contribute to their communities and attain a greater sense of belonging, inclusion, mastery and empowerment.

MAP will be implemented in 2 phases. Phase I will start as soon as The Project receives funding. The core activities in Phase I are identifying, recruiting and educating elder immigrants in the project's objectives. It will include touring community produce and meditation gardens and designing their future gardens. Phase II involves building the gardens and extending the project by including meditation, socialization, and awareness of the nutritional benefits of eating fresh food from a community/personal garden. Phase II will start programming when the physical site of The Core Companies' proposed 6-acre residential and urban agriculture project (the "Proposed Development") at 90 North Winchester Blvd. is completed (estimated approximately 2018).

This Memorandum of Understanding (MOU) provides for a cooperative agreement among Family Alliance for Tools and Resolutions (FACTR), African Community Health Institute (ACHI, California Native Garden Foundation (CNGF), Dr. Guang Yue Chen, Valley Verde, and Core (Core Winchester, LLC) to form a partnership for the development of MAP.

The partnership building process will enable the above -mentioned organizations to develop MAP based on the needs of senior immigrants and refugees residing throughout the County of Santa Clara. Any senior immigrant is welcome to attend the program. Partner agencies are able to meet the demands of diverse groups of senior immigrants from the ethnic groups speaking English, Spanish, Russian, Arabic, Polish, Bosnian, Chinese, Tigrigna, Amharic, Pashto, Dari, Turkish, Azerbaijani, various Indian languages, Vietnamese, Tagalog, and other languages.

Signatories to this memorandum of Understanding agree to the following:

- I. **Family Alliance for Counseling Tools and Resolution** (hereafter FACTR) agrees to serve as lead to:
 1. Establish communications among partnership members to better understand the demands and needs of immigrant elders in order to better serve them.

2. Design and direct the planning process for the formation of a partnership which will combine skills resulting in better service to the senior immigrant population of Santa Clara County.
3. Design and conduct a needs assessment through various methods to identify the needs of the senior immigrant population for services related to socialization, personal well-being, nutrition and health.
4. Recruit 40 to 50 immigrant elders among the above- identified ethnic groups.
5. Organize activities that will be carried out during each of the project phases.
6. In Phase I, organize elder tours of community and meditation gardens in the greater San Jose region to acquaint the seniors with existing, sustainable land use community produce and meditation gardens in the San Jose' area and inspire them about design elements for the gardens proposed in Phase II.
7. In Phase I, initiate mindfulness practice activities, such as meditation, Tai Chi, and Yoga.
8. Provide gardening orientation and arrange education workshops in sustainable and safe gardening practices for targeted senior immigrant population groups.
9. Provide case management (information and referral services) and mental health counseling services to meet the demands and needs of the identified population groups.
10. Evaluate and monitor outcomes of the Project.
11. Conduct Program Evaluation for the project and disseminate outcome findings to the immigrant providers' networks.
12. Facilitate translation and interpretation services for immigrant elders when required.
13. Share client information, as appropriate, maintaining strict adherence to rules of client confidentiality as delineated by the California Department of Social Services (CDSS) Welfare and Institutions Code.
14. Provide training to FACTR staff members on mindfulness practice and to staff members of the partnership agencies on the issues of cultural competency, mindfulness and well-being.
15. Provide Clinical Social Work supervision on clinical and psychosocial needs of elder participants.
16. Provide all administrative oversight of the project and complete all necessary reports and updates.
17. Provide ongoing reports on outcomes with other parties to this MOU for MAP and to funders as the design is implemented for its aesthetic, nutritional and general well-being benefits.
18. Ensure quality levels are maintained in accordance with the overall Proposed Development guidelines as established by Core.

II. African Community Health Institute (hereafter ACHI) agrees to the following:

1. Participate in the conceptual planning, development and design of the project, including the search and request for funding.

2. Educate immigrant elders on healthy eating and encourage them to attend nutrition and cooking classes.
3. Provide a place for nutrition and cooking classes during Phase I of the project.
4. Conduct nutrition classes once a week and cooking classes twice a week in Phases, I and II.
5. Recruit immigrants from African communities as participants in MAP.
6. Assist in the ongoing program evaluation.
7. Participate in Program evaluation efforts by assisting in the documentation of improvements among the African elders participating in MAP and disseminate these results through their networks and publications (web-site, newsletters, etc.).
8. Provide translation and interpretation services for immigrant elders from African communities when required.
9. Provide training to the staff members of the partnership agencies on the issues of cultural competency with respect to various African cultures, and the specific needs of this client population.
10. Maintain strict adherence to rules of client confidentiality as delineated by the California Department of Social Services (CDSS) Welfare and Institutions Code.

III. **California Native Garden Foundation (hereafter CNGF)** agrees to the following during Phase I of the Project:

1. To host the participants of the Mindful Aging project in their demonstration garden and directly acquaint immigrant elders with a sustainable land use garden:
 - a. Host participants in their headquarters for entertainment, social events, and testing food prepared from locally grown vegetables.
 - b. Educate elder immigrants about sustainable land use gardening principles
2. Provide ongoing consultation to participants of MAP with an emphasis on implementing the aforementioned nutritional benefits.
3. Consult participants in the design of their produce and meditation gardens for implementation in Phase II of the project.

IV. **Dr. Guang Yue Chen** agrees to the following, during Phase I of the Project:

1. Host participants at her clinic on Williams St., San Jose, once a week for one-hour of Tai Chi and Yoga classes for chronic pain relief, better sleep, increased energy, the discovery of ancient healing secrets, cognitive fitness, improved agility and movement, and revitalization of their inner power for faster recovery from chronic illness.

During Phase II of the project, Dr. Guang Yue Chen will:

1. Teach a one-hour class in Tai Chi and Yoga once a week at the location of the Proposed Development.

V. **Valley Verde** agrees to the following during the Phase I of the project:

1. Using a workshop format, teach immigrant elders on how to use gardening tools and equipment safely and learn practical elements of sustainable gardening.

During the Phase II of the Project Valley Verde will:

1. Provide the Mindful Aging Project with gardening tools, equipment, soil and supplies.
2. Instruct and consult immigrant elders on the safe use of gardening tools and equipment for their specific garden; teach and assist them in raised bed gardening.
3. Provide guidance as needed during gardening sessions.

VI. **Garden to Table** agrees to the following during Phase I of the project:

1. Host an educational touring visit of the participants of project to their garden on Taylor Street.
2. Stimulate ideas in participants on how to cultivate their own fruits and vegetables in accord with sustainable land use methods and consider how they might earn supplemental income from their produce..

VII. **Core (Core Winchester, LLC)** agrees to the following during the Phase I of the Project:

1. Work in good faith with MAP partners to develop an Access Agreement memorializing, and guiding partnership in Phase II, addressing the operational, maintenance of any potential planting areas, and financial rights and responsibilities of the produce.
2. Through coordination with the third party property managers of other properties owned or controlled Core, make reasonable efforts to provide space in their other Housing sites for program activities for nutrition, cooking and socialization activities.

Core agrees to the following during Phase II of the Project:

1. Facilitate access to indoor and outdoor community space for MAP programs, such as gardening, senior workshops, nutrition classes, yoga and Tai Chi classes. Indoor space may be located in an affordable senior apartment building's community rooms. Factr will be responsible for and provide any ancillary equipment that may be required to facilitate the programs. Provided there are properties which have acceptable space for cooking classes, these areas may also be included for MAP programs.

Partnership Organization Signatures:

Family Alliance for Counseling Tools and Resolution (hereafter FACTR)

Signed: Karita M. Hummer, LCSW 10/05/16

Print Name: Karita M. Hummer

Title: FACTR, President, Clinical Director and Chief Program Officer

African Community Health Institute (hereafter ACHI)

Signed: _____

Print Name: _____

Title: _____

Date: _____

California Native Garden Foundation

Signed: _____

Print Name: _____

Title: _____

Date: _____

Dr. Guang Yue Chen

Signed: _____

Print Name: _____

Title: _____

Date: _____

Valley Verde

Signed: _____

Print Name: _____

Title: _____

Date: _____

Garden to Table

Signed: _____

Print Name: _____

Title: _____

Date: _____

Core (Core Winchester, LLC)

Signed: Paul Ring

Print Name: Paul Ring

Title: VP of Development

Date: 11-2-16