

Appendix A Checklist

The proposal narrative, timeline, and budget should be submitted in the following order. This checklist is for your use only and does not need to be submitted with your proposal.

- Cover Sheet (Appendix B)
- Narrative
- Timeline (Appendix C)
- Budget (Appendix D)
- Resumes/CV's or principal investigator
- Photo(s) of Project staff and/or Library staff

Please send an electronic (Microsoft Word) copy of your proposal to Siobhan Champ-Blackwell and your TC4C representative listed below by **November 1, 2007**.

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TC4C Community-Based Partnerships Project

I. Narrative Instructions

In your narrative, please include the following information: (Please note that your narrative should not exceed 3 pages)

- Your institution's mission
- Question (What question or problem does your project address? Include:
 - Why this question/problem exists
 - How you determined that the problem exists
 - How Addressing this question/problem will help achieve the library's long range goals
- Objectives (What are the objectives of your project?) Include information as applicable:
 - Who will benefit as a result of your project?
 - What will change as a result of your project?
 - How will the situation change as a result of your project?
 - How will this change be measured
 - When will the situation change or over what time period will the situation change?
- Methodology/Action Plan (How will you accomplish the objectives of your project?)
- Personnel (Describe the people who will be carrying out the project) Provide:
 - Name
 - Title
 - Role in carrying out the project
 - Qualifications for their project responsibilities
 - Time to be spent on the project for each person named as a percentage of a 40 - hour week (Ex: 20 hours a week would be 50% time).
 - If you will be training someone, include the job description and requirements for the job.
- Outcome (How you will know whether your project is a success?) Discuss:
 - How will you know whether your objectives have been achieved?
 - How will you bring the project and results of the project to the attention of your administrator or others who have a stake in the success of your project?

II. Budget and Budget Narrative

Complete the budget form (Appendix D). Indirect costs (IDC), also known as Overhead, is not allowable.

A budget narrative should be included providing a brief explanation of each budget item.

Appendix B

Cover Sheet

Name of Principal Investigator:
Germaine Simonson
Name of Institution:
Hardcock Council on Substance Abuse, Inc.
Web address
Address:
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Date:
October 31, 2007

The Hardrock Council on Substance Abuse, Inc. (HCOSA) is a non-profit community organization located in Hardrock, Arizona. The mission of the organization is to ***“help the Hardrock community become aware of and to re-awaken the mental, spiritual, and physical aspects of life to focus on life’s priorities, so that we can all choose healthier lifestyles”***.

The Hardrock community lies in the heart of the 27,000 square mile boundary of the Navajo Nation and is part of the Navajo County in northeastern Arizona. Health disparities are critical health issues for this isolated rural community especially because of its unique history- it is one of eleven Navajo communities who experienced federal relocation, land loss, and livestock reduction as a result of the 1974 Navajo-Hopi Land Settlement Act.

Access to health care is a major problem for the Hardrock community for two reasons: 1) the distance to hospitals and clinics is over 21 miles and the community has severely limited and/or nonexistent mental and behavioral health service providers; 2) Indian Health Service boundary jurisdictional policy issues exacerbate the problem because Hardrock Chapter is divided between two, IHS service units. As such, the Hardrock community is located in an officially designated health professional shortage area (HPSAs).

The Native American populations have the highest incidence of diabetes. The community of Hardrock is not any different. HCOSA formalized in 2000, as a non-profit agency to address health and human service needs. It was decided then to create prevention programs for the community for all age groups. We have been successful in utilizing federal grants in producing programs such as the Hardrock Youth Wellness Program, and the Substance Abuse Prevention Program. Therefore, we would like to expand and enhance an existing walking program that was formed a few years ago which, currently operates on a limited budget and volunteer time. As a wellness team comprised of Injury Prevention, University of Arizona College of Public Health - Project EXPORT(see below for a description), Hardrock Chapter officials and others, we have created a program entitled, “Hardrock Family Walking Club”.

Regular physical activity is important for overall health and well-being. The Healthier.us.gov recommends an individual to be active for 30-60 minutes to build strength and fitness, relax and reduce stress, gain more energy, and improve your sleep. These health benefits all contribute to decreasing one's risk of heart disease, colon cancer, diabetes, osteoporosis, and high blood pressure.

We would like to present the "*Hardrock Family Walking Club*" for funding consideration from *TC4C Community-Based Partnership Project* for the amount of \$10,000.00. The walking program will begin July 7, 2008 and end September 14, 2008. Participants will be encouraged to walk 1-mile per day and a community walking day will be scheduled bi-weekly in different parts of the community. Each site's activities will include a presentation of Native food prepared by the host, a 1-mile/2 mile walk or run, and a 20 minute reading of the book, "You, on a diet" by Dr. Oz. Following each session we would like to have a discussion among the group on the activities and readings that were presented for the day. Finally, we will be using Global Positioning Systems (GPS), as a scavenger hunt tool to create support systems through cooperative games. The program will be free of charge and open to anyone from birth to the elderly.

We would like to see the following changes: More families walking together, healthier choices in food consumption, initiative in learning more about health issues through reading. The goal for the youth would be to understand the importance of living a physically active lifestyle, understand the dangers of fast foods and fried foods. The adults will learn where to access accurate health and nutrition information. . The TC4C liaison, Pat Auflick, will provide training on Medlineplus, the Native American database from the University of New Mexico, and other pertinent resources to coordinator of the project who in turn will identify information to share with project participants. They will set the example for their children in forming lifelong wellness habits. We would like for the elders to share more knowledge of traditional foods that are rich in nutrients. When families start making these changes, they will first and foremost feel

positive about themselves. This is empowering for individuals and the more they feel good about themselves, they will more likely be able to help their children and relatives in making healthy choices around their lifestyles.

We would like to track the progress of this program in a variety of ways. First, we would like to keep record of attendance, provide a pre/post evaluation, and check blood pressure and weight. This program is a product of various individuals who work as a wellness team in the community of Hardrock. The lead coordinator of the project will be Germaine Simonson and her coordinating team will include, Mary R.Begay, Injury Prevention Coordinator, Bernice Bert, IP assistant, Monti White, Youth Program Director, Lorraine Herder, Senior Center Manager, and Jessica Jelle, Rocky Ridge School Physical Education teacher.

Germaine Simonson is currently the Program Coordinator for the University of Arizona, Project EXPORT, a grant funded program to develop community-based substance abuse and diabetes prevention programs. Ms. Simonson is a Native American Fitness Leader and she will work on the project 20 hours per week. Other members will contribute at least 4-10 hours per week from May through September.

We will know our project has been successful when the first person has signed up for the program. We will have a timeline which we will follow and assess each community walk thoroughly so that the next walk is even more enjoyable. The attendance rate, and the results from the pre/post test will assist in evaluating our project. Finally, we would like to hear feedback from our participants on the program and to see more interest in similar programs after the summer.

We would like to share the program with our agency Health Promotion programs so that they can see the benefit of a local program instead of driving 21 miles or more to participate in wellness center programs. This will be added documentation for the need for more health and human service resources in our remote community.

Appendix C: Timeline

Activity	Start Date	End Date	Person Responsible
<p>Pre-project training: Pat Auflick will travel to Hard Rock to provide training on Medlineplus, Native American database, and nutrition resources</p> <p>Recruiting members: Coordinator and staff will create flyers and distribute throughout the community. We will be responsible for setting up small booths at community gatherings and start enrolling members for the walking program. Recruitment and enrollment will continue through May.</p>	June 2, 2008	June 27, 2008	Pat Auflick Germaine Simonson, Mary R. Begay, Bernice Bert, & Monti White
<p>Kick Off: This will be the first meet of the walking program. We will take about 45 minutes to talk about the program, we will begin with a small health fair where participants will be able to have their blood pressure, weight and BMI checked. Health information on the benefits of walking and good nutrition will be distributed. We will provide a schedule for the 10-week program. Participants will play ice-breaker games and rules will be explained i.e., recording and keeping mileage on an honor system, etc.</p> <p>* The goal will be to recruit at least 50 participants.</p>	July 7, 2008	July 7, 2008	Germaine Simonson, Mary R. Begay, Bernice Bert, Monti White, local Community Health Representative, Navajo Nation Special Diabetes Program, Health Promotion/Disease Prevention, and Northern Arizona University Diabetes Prevention & Healing Gardens Program.
<p>Bi-weekly meets: Participants will come together every two weeks to report their mileage, get blood pressure checks, and weight. Education on healthy food choices will provided, a healthy food demonstration including cultural foods, 1 or 2 mile walk/jog, and GPS scavenger hunt, reading sections of Dr.Oz and discussion.</p>	07/18 08/1 08/15 08/29 09/13-14		Germaine Simonson, and coordinating crew in addition to other tribal, state or other health agencies.
<p>Finale: This will be the final event which will be 2-days long which will include an overnight campout. Participants will leave from the Chapter either by walking, jogging, horseback, or bike to a designated location in the Hardrock community. Location will be selected by cultural significance and families will camp for the night. Meals will be potluck style, and we will celebrate our accomplishments. Incentives will be distributed to participants.</p>	Sept. 13,2008	Sept. 14,2008.	Germaine Simonson, and coordinating crew.

Appendix D

Budget

Organization: Hardrock Council on Substance Abuse, Inc.

Period Covered: July 7, 2008-September 14, 2008

Expenditure Category	Amount	Justification
<p>Supplies: Waterbottles (800.00), (25) books Dr. Oz : "You, on a diet" (500.00), Water filtration system (500.00), and (12) GPS (1200.00) , Incentives for participants (1500.00), & material (poster, paper, markers, ink for printer, etc) 500.00.</p>	<p>\$4,200.00</p>	<p>Waterbottles will be purchased and given to participants at the kick-off, participants will be encouraged to carry these water bottles throughout the program. The water filtration system will be installed at the Chapter to encourage staff and participants to refill their water bottles. 25 books of Dr. Oz will be purchased for the group readings at the community sites. GPS devices will be used for on-site cooperative games that integrate physical activity & problem solving skills. Activities will be intergenerational and emphasize diversity. (150) t-shirts and 5 raffle prizes will be purchased, participants will enter their names bi-weekly during the meets for a chance to win one of 5 prizes.</p>
<p>Travel: For mileage reimbursement @ .485 cents will be set aside for staff members who travel to purchase supplies and material.</p>	<p>\$2,000.00</p>	<p>The nearest town is about 120 miles one way (Flagstaff, AZ) from which we purchase supplies for programs. Mountain bikes will be taken to Flagstaff for repairs and maintenance. Staff will also be reimbursed for local travel within the community when they coordinate the group walks.</p>
<p>Reproduction: Supplies to create calendars & professional printing.</p>	<p>\$1,000.00</p>	<p>100 calendars will be created by community members, the theme will be wellness and the participants will provide photographs. The calendar will include health tips, cultural food recipes, and it will also recognize Nationally delared months such as the Diabetes month for the month of November. The final product will be taken to professional printing.</p>
<p>Consultants: To be paid to community members for preparing walking sites and to assist in facilitating the bi-weekly walking program. 11 mountain bikes will be taken in for repairs & maintenance.</p>	<p>\$2,800.00</p>	<p>For the 5 community walking sites we will recruit an individual who will host that site in preparing the walking/running route, selecting a meeting area and providing a short history of the area and sharing a cultural food recipe/demonstration. We would like to invite 2 motivational speakers for the program. The wellness program bikes will be taken in for repairs and maintenance, these bikes will be used throughout the program for spotters, and also during the finale.</p>
<p>TOTAL</p>	<p>\$10,000.00</p>	

Germaine Simonson

- Objective** To provide prevention education, promote healthy lifestyles, maintain traditional culture, language and values while carrying out the duties of Program Coordinator for the Hardrock Family Walking Club.
- Education**
- 1999-2003 Arizona State University Tempe, AZ
M.S.W., Master Of Social Work
- 1997-1998 Northern Arizona University Flagstaff, AZ
B.S.W., Bachelors of Social Work
- Graduated *Magna Cum Laude*
- Work experience**
- 01/2004-Present University of Arizona COPH Hardrock, AZ
Native American Liaison
- Implemented the Hardrock Youth Wellness Program.
 - Collaborate with various tribal and non-tribal entities to promote health and well-being in Hardrock.
 - Assist and participate in the collation of several successful grants submitted to federal and non-federal agencies.
 - Increase skills on communication and building rapport with community members essential for community organization.
- 02/2003-06/2003 Salt River Pima-Maricopa Comm. Scottsdale, AZ
Social Worker Intern- Social Services
- Managed 7 cases involving youth and their families.
 - Developed case plans, court reports, and case staffing reports as necessary.
 - Referred children for psychological evaluation and psychiatric care.
 - Placed children in homes appropriate for their needs according to psychosocial history and current diagnosis.
- 1999-2003 Salt River Pima-Maricopa Comm. Scottsdale, AZ
Cash Assistance Case Manager- Family Assistance Division
- Determine TANF eligibility for clients using the State AZTECS system.
 - Knowledge of Federal, State, and Tribal polices on Family Assistance programs.

- Cross trained to be an employment and training case manager.
- Tested education level of clients, assessed career options and developed case plan for educational training or employment.
- Assessed barriers such as childcare, transportation, legal issues, family issues and linked clients to appropriate resources.
- Completed monthly reports on work participation hours and recommended sanctions for those who did not comply.

Interests and activities

HCOSA board member, gardening, beading, reading, traveling, and active community volunteering.