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Department
of Health



New York State YMCA Walk With Ease Grant INFORMATIONAL WEBINAR

New York State Department of Health Arthritis Program

New York State YMCA Foundation, Inc.

Welcome and Introductions

- New York State Department of Health
 - Nancy Katagiri, Arthritis Program Manager
 - Celeste Harp, Intervention Coordinator
- New York State YMCA Foundation, Inc.
 - Paige Hughes, Director of Healthy Living



Overview

- Background & History
- What is Walk With Ease?
- YMCA Walk With Ease Grant
- Q&A



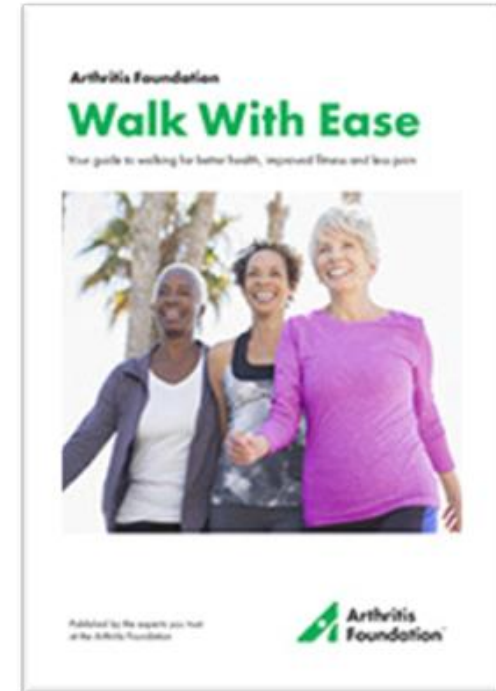
Brief History

- NYSDOH Arthritis Program & New York State YMCA Foundation Partnership
 - Enhance®Fitness
 - Chronic Disease Self-Management Program (CDSMP)
 - Walk With Ease



What is Walk With Ease (WWE)?

- Evidence-based program developed by the Arthritis Foundation
- Motivates people to start walking and stay active
- 6-week program, group meets 3 times per week to walk together
- Group led by a trained leader using a manualized approach
- Class size of 12-15 participants
- Supplemental materials: guidebook, online tools



WWE Structure



- 45-60 minute class session
 - Pre-walk discussion about related health topics
 - Warm-up exercises and stretches
 - 10-30 minute walk in a local community setting
 - Cool-down exercises

WWE Audience

- Adults with arthritis
- Adults with mobility issues or other chronic conditions
- Adults looking to get and stay active
- Prerequisite: ability to be on ones feet for at least 10 minutes without feeling increased pain



WWE Site Locations

- Warmer months – outdoor locations:
 - Local public parks with accessible trails/paths, rail trails, community walking loops, safe town or village sidewalks, tracks
- Cooler months – indoor locations:
 - YMCA facilities, local schools, shopping malls



WWE Benefits

Participant Benefits

- Reduce arthritis symptoms such as pain, stiffness and fatigue
- Improve strength, balance and walking pace
- Reduce disability
- Increase confidence in the ability to manage arthritis and other chronic conditions

Organizational Benefits

- Broad appeal: appropriate for a variety of audiences
- Easy to implement
- Low cost
- Evidence-based: effects are tested and proven



New York WWE YMCA Grant

- Up to six (6) awards of \$3,000 will be made to YMCA Associations for the 10-month contract period (9/1/19-6/30/20)

# of WWE Sites	# of 6-week WWE Sessions	Award Amount	Total Required Reach
1	2	\$3,000	24-30 unique individuals



Staff Training

- WWE Leader Training
 - Pre-requisites: CPR Training
 - Additional funding is earmarked to cover at least three (3) staff to complete the online WWE Leader Training per YMCA Association (\$89 per leader)
 - Funding is separate from Y's grant award
 - Leader must deliver at least one WWE class per year to stay certified



Staff Training (Cont.)

- Workshop Wizard Training
 - NYSDOH online data system for reporting WWE program data
 - Offered to Ys free of charge
 - Ys can train as many staff members as they would like in Workshop Wizard



Applicant Expectations

- Application (Scored out of 100)
 - Use evidence and specific examples throughout application
- Budget (Scored out of 100)
 - Program start-up (equipment, recruitment of participants, supplies)
 - Operations (facility rentals, kick-off events)
 - Staff expenses (salary for staff delivering WWE and/or performing data entry **ONLY**)

APPLICATION FOR FUNDING

Please complete the fields below.

Name	
Title	
YMCA Association	
Address	
Phone	
Email	

1. Disease burden is a description of a disease community. Please summarize the burden of the community including: the number of people affected, how the disease impacts their quality of life, and overall healthcare costs.
2. Describe your target population.
3. It is vital that the YMCA Association embrace prevention and management work as a strategic, organizational priority.

Please provide examples of any or all of the above. YMCA leadership and/or staff efforts are related to your strategic plan or mission that have been taken in accordance with your plan. (5 points)
4. What has compelled your YMCA Association to take action? What are your reasons and how is it related to your plan or mission? What are your YMCA's goals?

BUDGET TEMPLATE

Using the template below, complete a budget for how the grant funds will be used to implement Walk with Ease at your YMCA Association. Please use your best judgment when estimating program expenses.

- Complete all categories in the table shown below. If there are any budget item lines that you are not including in your budget, please leave them blank.
- For each of the budget items listed, please explain how the funds for this line item will be spent and how the amount was determined. (100 points)

BUDGET ITEM	AMOUNT REQUESTED	JUSTIFICATION (Please be thorough and concise in your responses)
Salary	\$	
Fringe	\$	
Supplies	\$	
Travel	\$	
Equipment	\$	
Miscellaneous	\$	
TOTAL	\$	

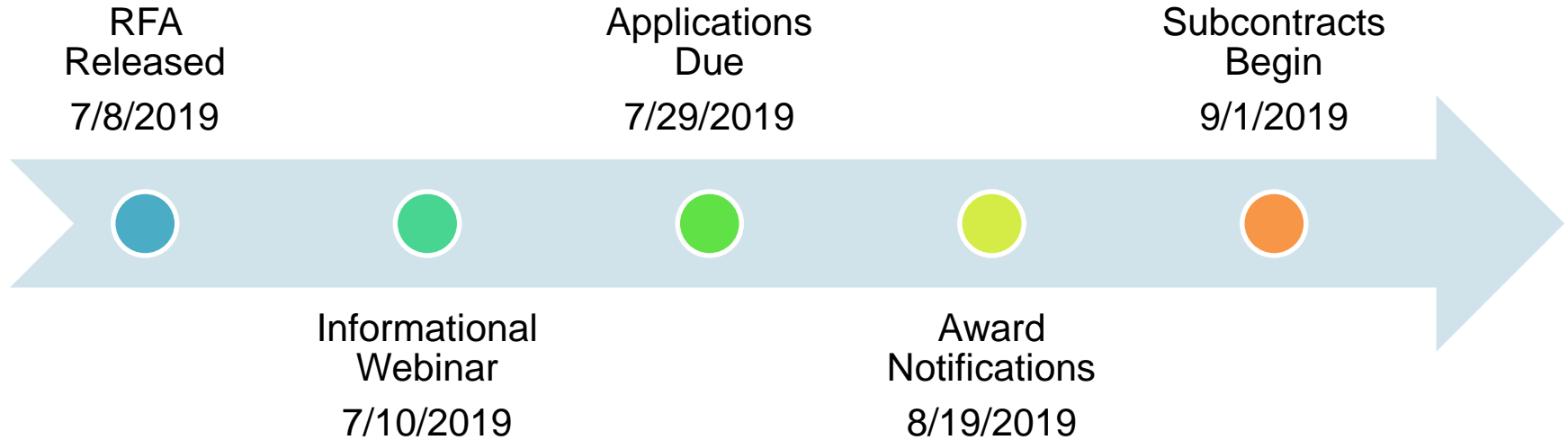


Grantee Expectations

- Submit a workplan with delivery dates
- Train appropriate staff in Workshop Wizard and as WWE Leaders
- Input participant data into Workshop Wizard
- Submit monthly invoices for reimbursement
- Participate in conference calls
 - (September, December, March, June)
- Complete midway and final progress reports



Timeline



Reminders

- All awards are cost-reimbursable contracts
 - YMCA Associations will be required to submit **monthly** invoices to the NYS YMCA Foundation
- This is a 10-month contract (9/1/19-6/30/20)
- Applications are available at <http://www.ymcanys.org/walk-with-ease-program/>
- Applications are due via email to phughes@ymcanys.org **by COB July 29, 2019**



Next Steps

- Next Steps
 - Complete and submit application **by July 29th**
 - Identify staff to be trained as WWE Leaders
 - Obtain prerequisites courses (CPR)
 - Brainstorm potential WWE delivery sites



Questions?



Thank you!

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