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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2020-2021 WALK WITH EASE GRANT

NEW YORK STATE YMCA FOUNDATION
NEW YORK STATE DEPARTMENT OF HEALTH

INFORMATIONAL WEBINAR

**WEBINAR RECORDING: [HTTPS://YMCANYS-
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November 9, 2020



WELCOME & INTRODUCTIONS

New York State Department of Health

- Katie Potestio, Arthritis Program Manager
- Nettie Romanzo-Smith, Disability and Health Program Manager
- Caitlin Gurney, Intervention Coordinator

Alliance of New York State YMCAs

- Paige Hughes, Director of Healthy Living

AGENDA



BACKGROUND &
HISTORY



WHAT IS WALK
WITH EASE?



YMCA WALK WITH
EASE GRANT



Q&A

BRIEF HISTORY

New York State Department of Health 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 physical activity program developed by the Arthritis Foundation
- Motivates people to start walking and stay active
- 6-week program, participants walk at least 3 times per week
- Led by a trained leader using a manualized approach
- Class size of 12-15 participants
- Supplemental materials: online tools guidebook, educational information



SELF-DIRECTED ENHANCED VS. GROUP

Self-Directed Enhanced

- Participants begin and finish the program at the same time, but walk on their own
- Self-paced
- Trained leader coordinates communication (via e-mail, phone or webinar) among participants
- Optional: Group walks, stretching or shared lecturettes

Group-Directed

- Participants meet in-person 3x week for 45-60 minutes
- Small supportive group setting
- Class size of 12-15 participants
- Led by trained leader
- Follow important safety protocols for COVID-19

WWE AUDIENCE

- Adults with arthritis
- Adults with mobility issues or other chronic conditions
- Adults looking to become and/or stay active

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 (as safety protocols allow)



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

YMCA WWE GRANT

- Up to six (6) awards of \$3,000 will be made to YMCA Associations for the 6-month contract period (1/1/21-6/30/21)

# 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 the Y's grant award
- Leader must deliver at least one WWE class per year to stay certified

STAFF TRAINING: DATA PLATFORMS

Workshop Wizard

- Used for: Group-Directed format
- Training conducted by Caitlin (NYSDOH)



Osteoarthritis Action Alliance (OAAA) Portal

- Used for: Self-Directed Enhanced format
- Training conducted by the OAAA



STAFF TRAINING: DATA COLLECTION

Data to be Collected:

- Pre-Survey (Participant Information Survey)
- Post-Survey (Participant Satisfaction Survey)
- Attendance

NEW! GRANT APPLICATION PORTAL



Exit

Please Sign In

- If you have an account, please log in using your E-mail Address and Password.
- To create an account, please use the "New Applicant" link found below.
- This grant application system uses the following email domain: mail@grantapplication.com. Please add it to your safe-senders list to be sure you receive all communications.

E-mail Password

[New Applicant?](#) [Forgot Password?](#)

Login

- Link to Grant Portal is available on the Alliance website at <http://www.ymcanys.org/walk-with-ease-program/>
- Each applicant must first create their account by clicking "New Applicant?" before viewing or starting a WWE Grant Application
- After creating your account, you will have access to save and submit applications on behalf of your YMCA Association at any time

APPLICATION FORM

About Your YMCA

* YMCA Association Name

Address

City

State

Postal Code

Phone

Website

Request Primary Contact - This person will serve as the lead contact for this application

First Name

Last Name

Title

E-mail

Direct Phone

Application Details

Project Title

2020-2021 Walk With Ease Grant Funding Application

* 1. Which Walk With Ease format does your YMCA plan to deliver?

* 2. Does your YMCA have previous experience delivering Walk With Ease?

(2 points)

2a. If yes, how many certified Walk With Ease instructors does your YMCA have?

* 3. What has compelled your YMCA to pursue Walk With Ease delivery?

(2 points)

* 4. The New York State Department of Health Arthritis Programs target adults within underserved populations who are disproportionately reach the target number of participants (24-30 unique individuals over two sessions).

(5 points)

* 5. Describe your YMCA's capacity to train Walk With Ease instructors, design marketing materials, implement the program, and

(5 points)

BUDGET FORM

Budget Justification

* 11. How does your YMCA plan to use grant funds to implement Walk With Ease? Using [THIS DOWNLOADABLE BUDGET TEMPLATE](#), fill in all categories and include a thorough and concise justification. 1 (2 points)

No file chosen

- Downloadable Word document from Alliance website (at <http://www.ymcanys.org/walk-with-ease-program/>) or on the application in the Grant Portal
- Complete the document and upload directly to Grant Portal
- Budget totals cannot exceed \$3,000

APPLICANT EXPECTATIONS

1. Application (Scored out of 35)

- Use evidence and specific examples throughout application

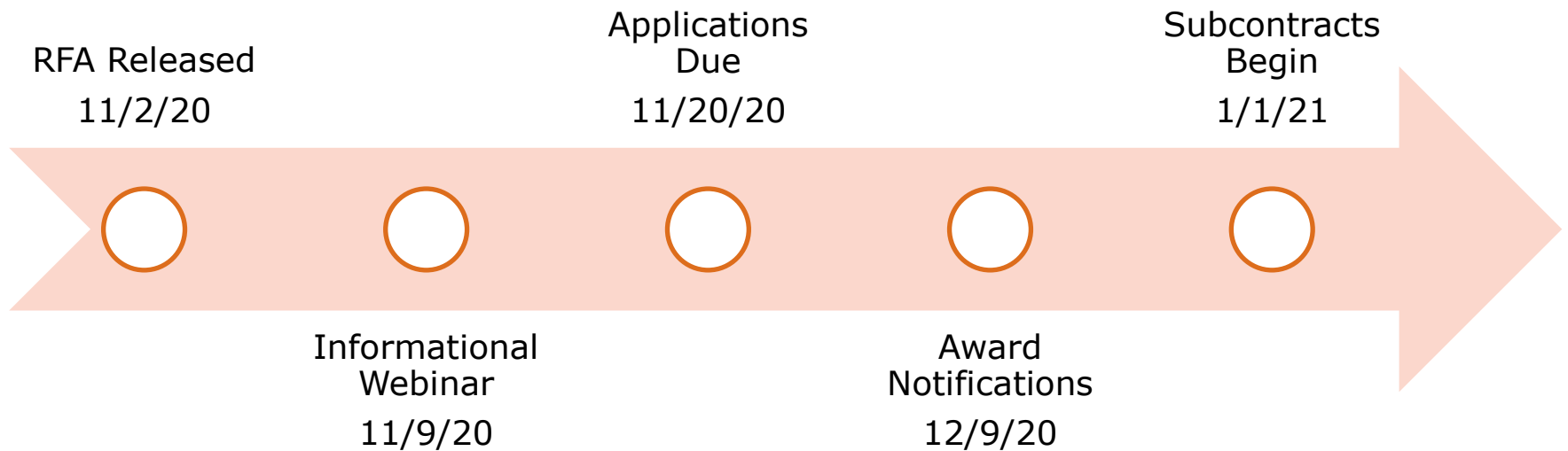
2. Budget (scored as part of the application)

- 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**)

GRANTEE EXPECTATIONS

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

TIMELINE



REMINDERS

- All awards are six-month cost-reimbursable contracts (1/1/21-6/30/21)
- YMCA Associations will be required to submit **monthly** invoices to the NYS YMCA Foundation
- Applications are available at <http://www.ymcanys.org/walk-with-ease-program/>
- Applications must be completed in the portal **by 5:00 PM on November 20, 2020**



NEXT STEPS

- Complete and submit application **by November 20th**
- Identify staff to be trained as WWE Leaders
- Obtain prerequisites courses (CPR)
- Brainstorm potential WWE delivery sites (Group format)
- Brainstorm distribution plan for WWE guidebooks (for Self-Directed Enhanced format)

QUESTIONS?



THANK YOU

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