2021-2022 WALK WITH EASE GRANT

NEW YORK STATE YMCA FOUNDATION
NEW YORK STATE DEPARTMENT OF HEALTH

KICKOFF WEBINAR

February 1, 2022
WELCOME
INTRODUCTIONS

New York State Department of Health
• Katie Potestio, Arthritis Program Manager
• Caitlin Gurney, Intervention Coordinator

Alliance of New York State YMCAs
• Kyle Stewart, Executive Director
• Drew Caldwell, Director of Youth Development
• Joann Donnelly, Consultant
YOUR TURN!

Please share your...

• Name
• YMCA Association
• Walk With Ease Delivery Format (Group-Directed, Self-Directed Enhanced, Both)
• One thing you hope to learn from this kick-off call
TODAY’S AGENDA
AGENDA

1. OVERVIEW OF AWARDS
2. DELIVERABLES
3. GRANT AWARDS
4. NEXT STEPS
5. Q&A
OVERVIEW OF AWARDS
SELF-DIRECTED ENHANCED VS. GROUP-DIRECTED FORMATS

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
- Class size determined by leaders, but minimum of 12 participants
- Optional: Group walks, stretching or shared lecturetes

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
AWARD REQUIREMENTS

• Subcontract is between your YMCA Association and the New York State YMCA Foundation

• Contract period: January 1, 2022-June 30, 2022

<table>
<thead>
<tr>
<th>Award Amount</th>
<th># of Required 6-week WWE Sessions</th>
<th>Total Required Reach</th>
</tr>
</thead>
<tbody>
<tr>
<td>$3,000</td>
<td>2</td>
<td>24-30 unique individuals (12-15 participants per session)</td>
</tr>
</tbody>
</table>
AWARD DETAILS

Allowable costs:

• Staff Time (training, program delivery or data entry)

• Supplies (WWE guidebooks, participant incentives/giveaways)

• Travel (to/from WWE site for instructors)

• Miscellaneous (facility rentals/fees, recruitment events/activities, additional instructor training fees)
COVID-19 CONSIDERATIONS

For WWE Group-Directed Format...

• Follow New York State and local health department guidelines, including group size, mask use, and physical distancing

• To reach the 12-15 participant goal per session you can either:
  • Offer two, smaller in-person sessions that add up to 12-15 participants, or
  • Offer the WWE Self-Directed Enhanced format
REVIEW OF DELIVERABLES
GRANT DELIVERABLES

1. Identify a YMCA staff member to serve as the lead contact and coordinator for the grant

2. Complete a revised budget and initial project workplan, including projected program delivery dates

3. Train up to three (3) staff members as Walk With Ease instructors (Note: this training will be paid for by the Foundation)

4. Train appropriate staff members in Workshop Wizard and/or the NYS WWE Online Portal

5. Deliver at least two (2) six-week sessions of the Arthritis Foundation Walk With Ease Program (Self-Directed Enhanced or Group-Directed Format) in one site, engaging 12-15 participants per session
6. Collect and submit program and participant data via Workshop Wizard and/or the NYS WWE Online Portal(s) in a timely fashion.

7. Train the appropriate staff in the Medical Community Partnerships 101 and 201 eLearnings, available on LCDC.

8. Attend and participate in conference calls with YMCA colleagues, the New York State YMCA Foundation and the New York State Department of Health Arthritis Program (dates and times to be determined).

9. Complete one midway report and one final report on the progress of your YMCA’s Walk With Ease program.

10. Commit to sustaining and embedding the Walk With Ease program into routine YMCA operations.
## OVERVIEW OF TRAININGS: INSTRUCTORS

<table>
<thead>
<tr>
<th>Training</th>
<th>Cost</th>
<th>Approximate Time to Complete</th>
<th>Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current CPR Certification</td>
<td>Varies</td>
<td>Varies</td>
<td>ASAP</td>
</tr>
<tr>
<td>Walk With Ease Online Instructor Training (AFAA)</td>
<td>$89</td>
<td>3 hours</td>
<td>February 14, 2022</td>
</tr>
<tr>
<td>Medical Community Partnerships 101 (LCDC)</td>
<td>$20</td>
<td>45 minutes</td>
<td>March 31, 2022</td>
</tr>
<tr>
<td>Medical Community Partnerships 201 (LCDC)</td>
<td>$20</td>
<td>45 minutes</td>
<td>March 31, 2022</td>
</tr>
<tr>
<td>Review the Arthritis Foundation’s Self-Directed Enhanced Toolkit</td>
<td>Free</td>
<td>30 minutes</td>
<td>ASAP</td>
</tr>
</tbody>
</table>

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## DATA TRAINING

### Walk With Ease Instructors or Data Entry Staff

<table>
<thead>
<tr>
<th>Training</th>
<th>Cost</th>
<th>Duration</th>
<th>Link to Register</th>
<th>Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>NYSDOH Workshop Wizard Tutorial (Group format only)</td>
<td>Free</td>
<td>30 minutes</td>
<td><a href="#">Link to register</a></td>
<td>February 8, 2022</td>
</tr>
<tr>
<td>NYS Walk With Ease Online Portal Tutorial (Self-Directed Enhanced format only)</td>
<td>Free</td>
<td>30 minutes</td>
<td><a href="#">Link to register</a></td>
<td>February 10, 2022</td>
</tr>
</tbody>
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DATA COLLECTION

Data to be Collected

- Pre-Survey (Participant Information Survey)
- Post-Survey (Participant Satisfaction Survey)
- Attendance
PEER CONFERENCE CALLS

• Peer Conference Calls give YMCA grantees the opportunity to share their program delivery experiences

• Themes and/or topics will be identified for each call

• Calls are ideal for WWE Program Managers and Instructors

• Date/Time will be determined with a Doodle poll (plan for March and May 2022)
REPORTING

• Two reports will be due during the contract period:
  o Midway Report Due Date: April 15, 2022
  o Final Report Due Date: June 30, 2022

• Report templates will be sent at least one month in advance from the Grant Portal

• Reports will include, but not limited to:
  o Name and location of site(s)
  o Current progress of workplan activities
  o Successes and challenges of program delivery
  o Testimonials and impact stories
GRANT AWARDS
PAYMENT OF AWARDS

• By now, YMCAs should have received their 2022 grant awards in a lump sum ($3,000)

• Please keep all receipts and documentation for all expenses associated with this project in the case they are requested by the New York State Department of Health, the Foundation, or your auditors

• All grant awards must be spent by June 30, 2022
NEXT STEPS
NEXT STEPS: FOUNDATION + NYSDOH

Following today’s call, we will send each YMCA...

- Slide deck and recording
- Workshop Wizard and NYS WWE Online Portal Training details
- Workshop Wizard Agreement Form
  - Due by the date of the Workshop Wizard training, February 8th
- Request for lead contact and staff entering data
  - Will need to create user IDs and send pre/post surveys
- WWE Leader Training details
- WWE Participant Guidebook purchase instructions – **important:** all participants should have their own copy!
- Doodle Poll to determine the dates of Peer Conference Calls
NEXT STEPS: YMCA GRANTEES

1. Identify staff to be trained as WWE Leaders
   *A maximum of three (3) staff are eligible for full reimbursement of their $89 course registration fee through AFAA*

2. Obtain prerequisites courses (CPR/AED)
   *Must be a live, hands-on skills course verified by a qualified CPR instructor. Virtual certifications are not permitted*

3. Register staff for **Walk With Ease Leader Training** through AFAA

4. Register staff for Workshop Wizard Training and NYS WWE Online Portal through NYSDOH

5. Begin **Medical Community Partnerships 101** and **201** eLearns on LCDC

6. Order **WWE Participant Guidebooks** (discount code: **WWECCBO**)
TO RECAP…

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>DEADLINE</th>
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<tbody>
<tr>
<td>Contracts Begin</td>
<td>January 1</td>
</tr>
<tr>
<td>Complete Workplan and Budget; email to <a href="mailto:Caitlin.Gurney@health.ny.gov">Caitlin.Gurney@health.ny.gov</a></td>
<td>January 24</td>
</tr>
<tr>
<td>Kickoff Webinar</td>
<td>February 1</td>
</tr>
<tr>
<td>Complete Required Trainings:</td>
<td></td>
</tr>
<tr>
<td>1. CPR/AED Certification</td>
<td>1. ASAP</td>
</tr>
<tr>
<td>2. AFAA Walk With Ease Leader Training</td>
<td>2. February 14</td>
</tr>
<tr>
<td>3. Workshop Wizard Training</td>
<td>3. February 8</td>
</tr>
<tr>
<td>4. NYS WWE Online Portal Training</td>
<td>4. February 10</td>
</tr>
<tr>
<td>5. Medical Community Partnerships 101 and 201 eLearnings on LCDC</td>
<td>5. March 31</td>
</tr>
<tr>
<td>Complete Progress Report #1; upload to the Grant Portal</td>
<td>April 15</td>
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<tr>
<td>Contracts End</td>
<td>June 30</td>
</tr>
<tr>
<td>Complete Progress Report #2; upload to the Grant Portal</td>
<td>July 15</td>
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<tr>
<td><strong>TBD – Peer Cohort Calls</strong></td>
<td><strong>TBD – March &amp; May</strong></td>
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QUESTIONS?
THANK YOU!

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