

**SOCIAL AND VOLUNTARY SERVICES COMMISSION FUNDING
REQUEST**

Legal Name of Agency: Among Friends Activity Center, Inc.
Mailing Address: 1185 E. Main St., Norman 73071
Application completed by: Cathe Fox, Executive Director
Telephone Number: 701-2121 or 364-8118
Email Address: cathefox@cox.net

Amount of Funding Request: \$5,040.00

*****Please note that agency project funding will be on a reimbursement basis. Payment will be made as invoices with appropriate documentation are provided.**

In what year was your Agency incorporated: 2003

Are you associated with a national organization: No

Number of volunteers: 5 plus OU students

How many hours do volunteers donate: 4000

How much money do volunteers save the agency: \$30,000 to \$40,000

Has your Agency applied for SVSC funds before: yes

Year 2013 Amount \$4,250 Purpose Meal Cost

Year 2012 Amount \$2,500 Purpose Exercise equipment

Year 2011 Amount \$1,500 Purpose Games, i-pads, Art supplies

Year 2009 Amount \$485 Purpose Purchase folding chairs.

Year 2008 Amount \$2,500 Purpose Client' meal costs

Financial Information from the last fiscal year:

Percent of the budget which was spent on fund-raising:

Percent of budget spent on programs:

Percent of budget spent on administrative expenses:

	<u>3%</u>
	<u>76%</u>
	<u>11%</u>

Percentage of Organizational funding:

Religious Organizations

Civic Clubs

Corporate Donors

Endowment/Interest Income

Fees for services/products

Government Grants

Government Contracts

Individual Donors

Private Foundations

Special Events (based on net earnings) fundraisers

United Way

Other - *Interest And misc.*

	<u> </u>
	<u> </u>
	<u>3%</u>
	<u> </u>
	<u>25%</u>
	<u>5%</u>
	<u> </u>
	<u>8%</u>
	<u> </u>
	<u>29%</u>
	<u>29%</u>
	<u>1%</u>

Overall Mission of Agency

Please provide a one page narrative in 10 or 12 point type describing the mission of your agency. List the client population (income, age, geographic location – percentage of City of Norman residents) and describe all programs and services offered currently by your agency. Include any duplication of services in our area and the percentage increase or decrease projected in staff numbers over previous year.

Specific project for which funding is being requested

Please provide a one page narrative in 10 or 12 point type describing the project for which funds are requested including programs, staff positions, salaries, equipment, office supplies and other expenses. Please address what similar services are available through other local agencies, why this program is unique, how many will benefit and why it would be appropriate for City of Norman funds to be used to support this program.

Financial Information

Please provide a description of internal financial evaluation procedures, control processes and performance review procedure including the percentage increase or decrease of total budget over previous fiscal year budget. Attach previous year budget summary and projected budget to include in kind contributions and budget assumptions. An independent audit (not an internal audit) is required for any organization that has assets, an annual budget or annual income of \$100,000 or more. For an organization below the \$100,000 level, if no audit is available, so state and provide a signed financial statement (signature of the Board Treasurer or the organizations' chief financial officer) for the most recent fiscal year.

Required Attachments to this application:

- ✓ Narrative describing Overall Mission of Agency
- ✓ Narrative describing Specific Project for which Funding is being requested
- ✓ Financial Information as previously outlined
- ✓ Budget summary and projected budget 2014 + 2015
- ✓ Copy of most recent Audit 2013
- ✓ Copy of IRS tax exempt status letter or your application for tax exempt status
- ✓ List of current board members including names and professions
- ✓ List of current staff members and their position titles

Social & Voluntary Services Commission Funding Request 2014
AMONG FRIENDS ACTIVITY CENTER, Inc.

OVERALL MISSION & PROGRAMS OF AGENCY:

The Mission of Among Friends Activity Center is to provide a safe and friendly place for adults with special needs and disabilities for fun, learning, and friendships; offering opportunities and hope for a better life. The daily focus is to offer encouragement and support, helping each member to move toward more self-reliance and independence. The long-term Outcome Goal of Among Friends is that people with disabilities, along with their family and caregivers, have improved well-being and quality of life.

Among Friends charges a monthly Membership fee of \$50 that entitles members to full access to all the activities and programs of Among Friends. Among Friends is an independent program and does not take State or Federal funds. Most of our members are on very minimal fixed incomes receiving SSI (Social Security Income) or SSDI (Social Security Disability Income). 32% of our members receive Dept. of Human Services care and some come with their HTS worker. Among Friends has 53 members, age 20 to 60, with 83% being from the Norman/Cleveland County area.

75% of our members live at home with family members as caregivers, and Among Friends gives the family/caregiver a much needed break from their caregiver duties. It is very stressful for families who must care for their child throughout their adult lives. We have siblings & grandparents of disabled adults who inherit the care of their loved one, and they need support, information, and help navigating the system and services available to them. 98% of the family/caregivers surveyed in our 2014 Family/Caregiver Survey, said their well being had improved, and they feel they have more support and information. We offer our family members a monthly support group to get information, support, and socialization with others in their situation. Some of the comments from the family members on our 2014 Family/Caregiver Survey were..."I really enjoy having time to myself to run errands, go to lunch, or just rest"; "My son is so much happier since having a place to go he likes"; and "I am able to continue working now that I have a safe place for my son to go each day, and he loves going to Among Friends and riding the CART each day".

Among Friends offers activities to the members like games, art, crafts, movies, music, dances, Wii & computer games, parties, therapy dogs, and much more. We provide a safe, friendly environment that is fully accessible for everyone, including wheelchairs and walkers. We currently have 16 members who are in wheelchairs, use walkers, or are visually or hearing impaired. With our large open area and multiple rooms, we are able to accommodate everyone.

Among Friends offers a healthy, well-balanced lunch; opportunities for exercise and recreation; information about healthy living & nutrition; and help accessing services available to them in our community. Many of our members use the CART system in Norman. We opened the Among Friends Health & Wellness Center in February, 2014 (an additional 2200 sq.ft.) for our members to have a regular exercise program to improve their health & well being.

The most important thing we offer our members is a chance to break the cycle of loneliness and depression by encouraging friendships, independence, and self-reliance. Our activities are designed to offer opportunities for our members to develop new skills and self-confidence. 100% of our members surveyed in our 2014 Member Survey said they feel their well being had improved since coming to Among Friends.

Among Friends is open to anyone who would like to attend, with special attention to the disabled population in our community who do not qualify for any of the other programs in our area because of their disability or their not receiving State services. We accept all disabilities, physical & mental, and allow aides/HTS workers to bring clients who are severely disabled and require one-on-one care. We offer all these services at a very minimal cost to our members. NO OTHER AGENCY IN OUR COMMUNITY OFFER THESE KIND OF SERVICES.

Among Friends has increased their staff from 2 to 3 this year to serve the increasing members who attend Among Friends on a daily basis. We also have volunteers (4) who help regularly and we welcome OU students throughout the year. Our Goal is to add another program assistant to help with our members.

Social & Voluntary Services Commission Funding Request 2014
AMONG FRIENDS ACTIVITY CENTER, Inc.

SPECIFIC PROJECT FOR WHICH FUNDING IS REQUESTED:

Among Friends is open Monday through Friday, 10:00am to 2:00pm, with extended activities until 4:00. Each day a hot, well-balanced meal is served to our members at a small cost of \$3.00 per meal. Our meals are provided by Aging Services at a cost of \$4.65 per meal. This is our second biggest cost after our Activity Center rent and we are asking for funds to help with this meal cost.

Among Friends believes that a healthy diet is very important to our members. Because of their disabilities and often low incomes, they tend to have poor eating habits. We not only try to give them a nutritious, well-balanced meal, but also encourage good eating habits at home. Some of our members have chronic health issues like diabetes and obesity, and eat too much fast, junk food, which is inexpensive and easily accessible. A good meal at the center with fruits, vegetables, and protein, and limited carbs & fat, helps them develop better choices and meal planning skills. We are trying to educate by example and information. With our Health & Wellness Program, we not only offer them access to good workout equipment and exercise, but also offer Nutrition and Healthy Living Classes. We had an 8 week Nutrition Class sponsored by the OSU County Extension office. 16 members participated and really got interested in foods, nutrition, cooking, and buying; they had some really good questions and ideas.

Our Program Director oversees the meals and Health & Wellness Program. The Program Assistant manages the kitchen and works directly with members to help them when needed. Occasionally, volunteers or professionals from other organizations (like the County Extension office, Aging Services, or community service groups) come in and lead or help with special programs, holidays, and activities.

The projected cost for meals for 2015 is \$14,400 (about a 10% increase over this year to allow for cost increases and increase in meals ordered). Members will pay about 65% of this cost, \$9,360.00. Among Friends must pay the remaining costs \$5,040.00 (35% of total meal costs) plus supplies, drinks, and other miscellaneous meal costs.

The amount of money we are requesting from the Social & Voluntary Services Commission is **\$ 5,040.00** to help pay for our meal cost.

Without help paying for these meals, we may have to increase the cost our members pay and this will be hard on many of our members who have such limited funds. We are asking for help paying for this very important service for our members to help improve their health and well being; and to continue to provide a place for them to come each day. A safe, accessible activity center, healthy meals, exercise, and fun activity all go together to improve the lives of people in our community with special needs & disabilities.