

RESPONSE #106308315 SUBMITTED ON 02/10/2018 03:14:05 PM

Florida Health Literacy Initiative - Grant Application

Organization Name	Learn to Read of St. Johns County, Inc.
Program Name	English for Speakers of Other Languages Adult Learners
Address	70 South Dixie Highway, St. Augustine, FL 32084
Contact Person (Name and Title)	Ann Breidenstein, Executive Director
Phone	386-538-9360
Fax	<i>No answer given</i>
Email	annb@learntoreadstjohns.org
Website	www.LearnToReadStJohns.org
Organization Type (select one)	Nonprofit Community-based Organization

Program Details

Organization's total operating budget (school districts and community colleges may use the adult education program budget.)	117,627.88
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Does your organization charge a fee for instructional services?	No
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Number of adult ESOL and/or family literacy students provided instruction during fiscal year 2017	114
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Number of volunteers (if none, enter "0")	49
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Number of paid instructors (if none, enter "0")	<i>No answer given</i>
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Number of students to be provided with instructional services under this grant	80
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Are you a 2017 recipient of this grant?	Yes
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County or counties served by this grant	St. Johns
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Directions for Completing Narrative and Budget

Below are the guidelines for completing the narrative and budget, which should be limited to five pages and submitted as one document.

Part I: Narrative

The narrative **MUST** be formatted using the following sections:

1) Project Abstract/Summary

Health Literacy is more than just basic understanding of living a healthy lifestyle; it is a safety and prevention issue for our students and their families. Helping them to understand how to access health care (available medical resources in the community (we have an income-eligible free health/dental clinic organization that is a non-profit, for example), how to effectively communicate with medical professionals, not understanding prescription dosages or health alerts (water boil alerts, for example) could lead to tragic results. Florida Blue's Health Literacy initiative improved the health and well-being of our students and their families as they are better informed and better prepared to prevent or address health-related emergencies.

2) History and Accomplishments

Briefly describe the organization's history, mission, current programs/activities, and students served.

Learn to Read of St. Johns County, established in 1986 by members of the American Association of University Women and incorporated in 1990, is celebrating its 32nd Anniversary this year providing free literacy tutoring in St. Johns County! Our mission is: To remove barriers to employment and higher education, improve quality of life, and prepare individuals for community and civic participation.

Learn to Read provides free one-on-one and class instruction to individuals 16 years of age and older who wish to improve their reading, writing, language, communication, math skills, prepare for the TABE Test (Test of Adult Basic Education), GED exam, study for certificate programs, acquire job-related skills necessary for advancement at the workplace, help children with homework, read to their children, attend college, or for ESOL students, improve English speaking skills and/or obtain US Citizenship.

Our ESOL students, in particular, go on field trips to learn more about the community and we have guest speakers on a variety of subjects –domestic abuse awareness, substance abuse prevention and intervention, how to navigate our transportation system, a

better understanding our voting (beneficial to our new citizens or soon to become US citizens), the Superintendent of Schools explaining the programs available for their children in the public school system are some examples.

Trained volunteers provide free one-on-one tutoring or class instruction. Tutor sessions are generally twice a week for 1.5 hours each session. Our ESOL day classes are meeting five times a week for 3 hours each week. We also provide 3 evening classes for 1.5 hours plus one-one ESOL classes during the day for several of our students wanting advanced instruction or US Citizenship preparation.

3) Needs Statement

Please identify the population to be served, the problem(s) it faces, and why the project is necessary.

We are applying to serve approximately 80 students throughout the year who are 16 years of age and older: 61% ESOL 38% ABE Students many of whom are parents of young children. We are particularly concerned with the majority of our students who have very low literacy skills who do not have sufficient literacy skills to read prescription bottles, health notice alerts (water boiling notices, as previously noted), basic nutrition (a number are overweight or obese), and who have children who may be affected by their lack of knowledge in basic health care. Many of our ESOL students faithfully attend at least four classes a week; some attend additional one-on-one classes a week for reading/writing and/or US Citizenship Exam preparation. We have added additional day/evening ESOL classes on and offsite to meet the increasing demand.

4) Objectives

Please describe how the proposed project will address the problem(s) identified in the Needs Statement. Objectives should be stated in clear, measurable terms. Be sure to include the anticipated number of students to be served and the approximate amount of instruction that they will receive.

The objective of the proposed project is to improve our students and their families overall health through the understanding of healthy nutrition, active lifestyles, how to navigate the medical system, improved communication with health professionals and the importance of preventative care (Staying Healthy instruction). The project's components will include a minimum of 30 minutes per ESOL class per session (twice a week for most classes) and 10 to 20 minutes per one-on-one tutor session twice a week with our ESOL students and adult literacy students using the Staying Healthy curriculum, special speakers and group projects. We hope to reach approximately 80 students throughout the grant cycle.

We will have a presentation on Diabetes prevention with an emphasis on healthy nutrition through gardening and presentations by health professionals. The Agriculture Center has identified a Master Gardener who has volunteered to help with our garden. Home fire prevention – smoke alarms, proper use of fire extinguishers, having a family emergency plan. Discussion and provision of a Disaster Plan (Hurricane Preparedness)

5) Project Description

This section offers an overview of the project. Please provide a clear description of the project's components as well as the curriculum and/or teaching materials to be used. Descriptions should also include: 1) the student population that will be served; 2) how, when, and where health literacy instructional services will be provided; 3) how your program will work with adult learners to identify and develop a suitable project-based learning activity.

Student Population: Our ESOL students will participate in:

Instructional Materials: Staying Healthy Curriculum – both Beginners and Advanced.

Projects: “Let’s Get Moving” Program– walking challenge with weekly reporting. Pedometers will be provided to participating students. Special recognition will be given to those who complete the challenge by the end of the grant cycle (Students as a group will decide the distance goal to be accomplished during the grant cycle). CPR/First Aid courses – some will need to be recertified who took the class two years ago. Speaker presentation on Breast Cancer Awareness – while most of our students are female, male students will benefit. Breast Cancer strikes both females and males. Speaker presentation on Diabetes prevention and speaker presentation on stress management. There will be an emphasis on healthy nutrition via a vegetable garden and presentations by health professionals. The Agriculture Center has identified a Master Gardner who has volunteered to help with our garden. Home fire prevention – how to avoid a fire (most home fires are due to carelessness) smoke alarms, proper use of fire extinguishers, having a family emergency plan in the event of a house fire. Discussion and provision of a Disaster Plan (Hurricane Preparedness) will launch the grant cycle in June.

In 2017 our greatest challenge was Hurricane Irma which followed Hurricane Michael in 2016. Classes were disrupted, students and tutors were impacted and our outside was flooded and damaged. In addition, our Master Gardner (and board member) passed away unexpectedly which was a very sad setback in many ways. However, we are on the upswing, recruited a Master Gardner and classes have gained in momentum and numbers. We completed our American Heart Association certified CPR/First Aid classes, have conducted pre-assessments, expanding the program to new ESOL classes and had a presentation on substance abuse by a non-profit professional. We anticipate a very busy next few months with field trips, presentations, and the garden.

6) Collaboration and Partnerships

Please state how the program plans to collaborate with outside partners to recruit students, deliver instruction, and/or promote health literacy.

We have an excellent relationship with our public school system, local health department, psychologists in the community, Flagler Hospital staff, American Red Cross, Council on Aging (two ESOL Classes onsite at two COA centers) and other non-profits in the community. We also serve residents in abuse shelters and residents of transitional, homeless, senior citizen, and homes for unwed mothers.

7) Recognition

We have numerous ways to thank and recognize Florida Blue! Our website, my email signature area, and our letterhead all have the Florida Blue logo displayed, our Thank you sponsor board which is prominently displayed in our office reception area, local United Way; Social Media, newspaper PSA's, newspaper articles on literacy during September's National Literacy Month, radio interviews, and community presentations throughout the year. We have received many congratulatory responses to our social medial and PSA announcements about Florida Blue's Health Literacy Grant!

8) Timeline

Please outline the steps and time needed to develop and implement the proposed program.

We would anticipate, upon approval, beginning the project in June 2018 our ABE students and our ESOL students no later than September. All projects will be completed by May 2018.

9) Evaluation

Please document how the objectives and outcomes of the proposed project will be measured. (Please see required assessment tools in the Guidelines section.)

Pre and post-tests as per the Staying Healthy for Beginners/Staying Healthy Advanced curriculum. Monthly tutor session hours, progress reports and evaluations. "Let's Get Moving" results. Student and tutor surveys.

Part II: Budget

Please provide a program budget, ensuring that items in the budget are supported in the program description. Below are instructions for each section of the budget. An example budget is on the following page; feel free to format in a spreadsheet document if preferred.

2018-2019 BUDGET FORMAT

REVENUE	Amount
Florida Health Literacy Initiative Grant	5000
TOTAL REVENUE	5000

PROJECT EXPENSES	Grant Amount
Salaries and Benefits	

Florida Health Literacy Initiative 2018 Grant Application

Coordinator \$14 @ 4 hours a week for 40 weeks	2240
Payroll Taxes	210
Total Salaries and Benefits	
Other Expenses	
CPR/First Aid Class for 12 @ \$45 per student	540
Fire Extinguisher Course for 16 (\$25 per student)	500
Fire Extinguishers for participating students \$20 per student	320
Gardening Materials, water costs	400
Pedometers at \$25 each (14 students)	340
Florida Literacy Council Annual Conference	450
TOTAL EXPENSES	

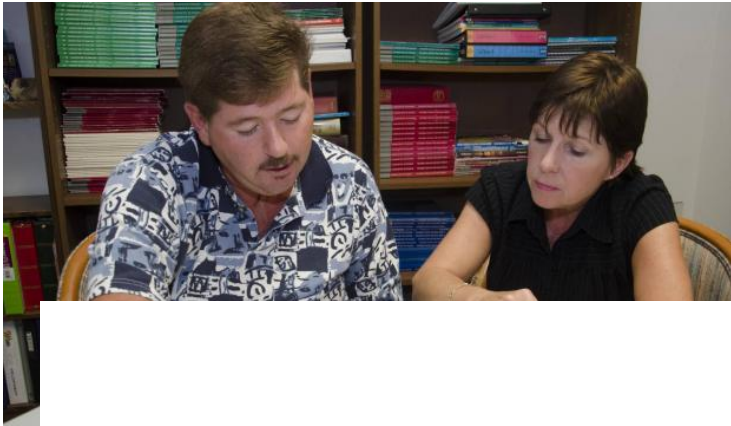
IN-KIND RESOURCES	
Description	Amount
Tutor In-Kind (approximate)	14,484
Office Space, Electric, Maintenance, Housekeeping	700
Office supplies (copies, printing, recognition)	350
TOTAL IN-KIND RESOURCES	15534

Thank you!

Posted August 14, 2017 05:31 pm

By CONTRIBUTED (http://prod.staugustine.com/authors/contributed-1)

Learn to Read receives \$5K health literacy grant



Learn to Read of St. Johns County was awarded a one-year, \$5,000 grant in July from Florida Blue Foundation and the Florida Literacy Coalition.

The funds will be used to implement a health literacy program to benefit its English Speakers of other Languages (ESOL) classes. The program's focus is to help students acquire the knowledge, literacy skills and resources to help them navigate the medical system and make informed health decisions. Learn to Read Executive Director Ann Breidenstein said the grant will help ESOL students concentrate on the importance of nutrition for themselves and their families. "They will plant and tend a vegetable garden, as well as learn healthy cooking methods for their harvest," Breidenstein said. "Field trips will include a visit to an agricultural center to learn tips for vegetable gardening and to learn about the variety of resources the center has to o help them learn how to make healthy food choices." Adults with low literacy levels often fail to engage in early detection and preventive health care, Breidenstein said. They also have signi navigating the health care system and following their doctors' treatment plans. Florida ranks 33 out of 50 states in the 2011 study "America's Health Rankings."

Learn to Read is a volunteer-based organization that has provided free literacy skills assessment and tutoring in basic literacy and math to St. Johns County adults 16 years of age and older for 31 years. Learn to Read works with St. Francis House, the Homeless Coalition, transitional and emergency shelters, and other social services agencies to identify adult students who want to improve their literacy skills, so they can change their lives. For information about becoming a tutor, call Charlotte at 826-0011.