

RESPONSE #107539658 - SUBMITTED ON 03/22/2018 12:42:34 PM (GMT-4)

Florida Health Literacy Initiative - Grant Application

Organization Name

Family Literacy Academy at Lake Wales

Program Name

No answer given

Address

31 Oak St

Contact Person (Name and Title)

deming Cowles Executive Director

Phone

8636048012

Fax

No answer given

Email

demingcowles@aol.com

Website

www.flalw.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.)

165,000.

Does your organization charge a fee for instructional services?

No

Number of adult ESOL and/or family literacy students provided instruction during fiscal year 2017

75

Number of volunteers (if none, enter "0")

15

Number of paid instructors (if none, enter "0")

12

Number of students to be provided with instructional services under this grant

35

Are you a 2017 recipient of this grant?

No

County or counties served by this grant

Polk

Upload Your Documents

Choose a file to upload

Narrative

1) Project Abstract/Summary

The goal of this project is to provide lessons on healthy diets, smart shopping and the importance of physical fitness to the families enrolled in the Academy. Instruction will include learning to prepare healthy meals and snacks; the preventative and other health benefits of healthy foods and developing healthy alternatives to fast food; learning measurement and portion control; practicing exercise, comparison food shopping, and creating a food budget. The project will include instruction on healthy diets and physical fitness for children and adults. Classes will allow families to work in small groups and hands on activities that will include cooking classes, smart shopping, and exercise. Our project is designed to improve the health and well being of families enrolled in the Academy and else where in the community most of whom are at or below the poverty level. The project equips the enrollees with the knowledge and tools they need for providing their families with a healthy diet, proper sleep patterns and daily exercise. The project will provide a health curriculum (Healthy Living) integrated into the parenting classes and PACT time. Classes will include smart shopping reading label tips, cooking lessons, physical exercise and safety lessons that will include bicycle safety, rules for pedestrians, etc. Consultants will provide 2 hour session, once a month, dieticians and athletic coaches will work with small group/individual families for accountability. Upon enrollment the enrollees will be given a healthy lifestyle questionnaire that will be used to evaluate their family's health profile. Enrollees will receive incentives as they meet the objectives of the project. Such incentives will include food cards, cookbooks, cooking utensils and fitness equipment such as basketballs, baseball equipment, jump ropes, hula hoops, bike helmets, and bicycles. A very important component of the project is the intergenerational activities (parent time and parent and child together). Children will be taught healthy eating habits, the importance of daily exercise and the need for adequate sleep. Pact time will be built into the monthly sessions so together families will practice daily healthy life style. The Academy's executive director will oversee the project and work with the community through the Family Literacy Coalition to provide support to the enrollees.

2) History and Accomplishments

The mission of The Family Literacy Academy at Lake Wales (The Academy) is to provide a fully-integrated, comprehensive educational program for adults and their families to empower them to become more productive citizens and life-long learners.

The Academy is structured to improve academic skills of participants, including preparation for GED attainment, basic adult education (ABE), ESL services, and preparation for employment and/or postsecondary education. The Academy provides up to 15 hours academic instruction per week at daytime and evening sites. The program employs certified teachers and uses qualified volunteer tutors in the following areas: 1.) GED

preparation, with whole and small group instruction in math, reading, language arts, and writing. This includes, as well, individual or small group tutoring, and instructional materials for in-class and at-home use; 2) ABE, to include teaching basic reading and math skills with small group or one-on-one instruction and tutoring; and, 3) ESL instruction by a certified instructor, to include pre and post CASAS testing, individualized instructional materials for in-class and at-home use, and one-on-one tutoring. Other services provided to enrolled families include transportation or transportation assistance to and from class, breakfast and dinner meals for attendees at the daytime and evening classes. Family counseling and social service assistance are provided to address such issues as health, housing, legal, and financial literacy. Academy counselors assist with referral and interface with social service agencies.

The Family Literacy Academy at Lake Wales (FLALW) provides family literacy services to 50-60 adults/families in the Lake Wales area at two separate locations including a county facility for the day classes and a elementary school for the evening classes. The services include adult education, GED preparation and testing; tutoring to improve basic math reading comprehension skills; ESL classes and childhood education including skills expectations for newborns, toddlers, and school-age children (school readiness). In addition to the four family literacy components, opportunities for enrolled families include life and employability skills training, and family activities to improve relationships and communication among family members. Professional services and consultation are available as needed The Academy has had 89 graduates and more than 35 of them have enrolled in college. One of our graduates is teaching at a local elementary school and another is will receive her teaching degree soon..

3) Needs Statement

The Academy serves a largely rural area in Eastern Polk County, located in Central Florida. The economy is primarily based on agriculture with few jobs available, especially those which pay a living wage. The program serves communities within a 30 miles radius of Lake Wales to include Frostproof, Babson Park, Davenport, Dundee, Poinciana, Winter Haven, Wahneta, Indian Lake Estates, and Haines City. The Lake Wales/Polk County, Florida unemployment rate is approximately 12% although there are pockets within the immediate Lake Wales area that exceed 60%.

The high school graduation rate at Lake Wales and adjacent communities is approximately 65%. (Only 27% of local 10th graders read on grade level.)

The high school drop-out rate in Lake Wales and adjacent communities is in excess of 40%. Our local High School has improved their graduate rate this past year..

The Brookings Institution has recently reported that Polk County is the 5th poorest suburban county in the country. The poverty level in Lake Wales and surrounding areas is approximately 40%. Most of our families are unemployed or underemployed. Their children are largely free and reduced lunch eligible.

The literacy rate in Lake Wales and neighboring communities is approximately 65%

4) Objectives

At the completion of the initial 9 month project the 35 Adult/Families will be able to meet the following objectives: 1)Adults will understand health care and how to stay healthy 2)Adults/families will be able to cook healthy meals and snacks with family members and to use these opportunities to teach language, reading, math skills 3)Adults/families will use comparison shopping to save money and purchase healthy foods 4)Adults/families will learn the importance of routine exercise 1) 80% of the adults/families will attend a 2 hour-session once a month on healthy living 2) 80% of the adults/families will participate in cooking classes where they will create healthy meals and snacks, use this time to teach their children math, science and reading (vocabulary, language, comprehension skills) 3)80% of the adults/families will participate in routine exercise that is fun and provide quality time together as a family 5) 80% of the adults/families will have routine bed times that will provide adequate rest

5) Project Description

Our project is designed to improve the health and well being of families enrolled in the Academy and elsewhere in the community most of whom are at or below the poverty level. The project equips the enrollees with the knowledge and tools they need for providing their families with a healthy diet, proper sleep patterns and daily exercise. The project will provide a health curriculum integrated into the parenting classes and PACT time. Classes will include smart shopping reading labels, healthy cooking lessons, physical exercise and safety lessons that will include bicycle safety, rules for pedestrians, etc. Consultants will provide 2 hour session, once a month, dieticians and athletic coaches will work with small group/individual families for accountability. Upon enrollment the enrollees will be given a healthy lifestyle questionnaire that will be used to evaluate their family's health profile. Enrollees will receive incentives as they meet the objectives of the project. Such incentives will include food cards, cookbooks, cooking utensils and fitness equipment such as basketballs, baseball equipment, jump ropes, hula hoops, bike helmets, and bicycles. A very important component of the project is the intergenerational activities (parent time and parent and child together). Children will be taught healthy eating habits, the importance of daily exercise and the need for adequate sleep. Pact time will be built into the monthly sessions so together families will practice daily healthy life style. The Academy's executive director will oversee the project and work with the community through the Family Literacy Coalition to provide support to the enrollees.

6) Collaboration and Partnerships

We have discovered, in our twelve years of operation, that our families cannot succeed without the continuing support of the community which includes f the 65 member organizations of the Lake Wales Family Literacy Coalition. There are a number of partners upon whom we will rely to carry out our goals and objectives under this grant. Lake Wales Medical Center provides evening meals for the Academy and provides nutritional classes, and participates in health fairs in the community where our day classes are held.Lake Wales Charter Schools provide the evening school site, with its substantial facilities, at Janie Howard Wilson Elementary. Polk

County Board of County Commissioners provides the daytime school site, with its numerous amenities at its Mary Campbell Resource Center. Lake Wales Care Center will provide social service assistance and referrals, including help with such challenges as utility bills, food, and housing for new adult enrollees. Lake Wales Public Library will provide library and technology services. Polk County Extension will provide classes on healthy eating. Polk State College will provide the ability for graduates to transition to post secondary education, including vocational training, financial assistance, work study opportunities, and general educational guidance. Each of these partners, in addition to the other members of the Coalition, play a critical role in improving the education and employment opportunities of the academy's

7) Recognition

Please describe how Florida Blue will be recognized for supporting the initiative and/or be involved in the proposed project. (See Guidelines) The announcement of the receiving the grant will be announced in the local paper and Family Literacy Academy web page, Facebook and our monthly newsletter, Health Fairs will be open to the public. Florida Blue logo will be included on instructional material for the Healthy Living grant

8) Timeline

The Family Literacy Academy coincides with the public school calendar. Classes begin in August and conclude in May. The Family Health Fitness project will run throughout the year at both our day evening classes. The Health classes will be part of our parenting/pact time classes. Consultants will provide a 2 hour session, once a month, dieticians and athletic coaches will work with small group/individual families for accountability. Small group and individual health counseling will be ongoing and dietians and fitness coaches will be available as needed with adults/families to ensure their success.

9) Evaluation

Success will be measured by the degree to which we met objectives. The project will be considered successful if: 1) 80% of the enrollees will complete each monthly session of the Health, Fitness classes which includes PACT time. 2) 80% of the enrollees will create and maintain for a min of 4months, daily healthy meals, participate in daily exercise and have regular bed times.

The effectiveness of the healthy lifestyle project will be measured by the results of the pre and post healthy living questionnaire, weekly menus that provide nutritious meals, weekly food budgets and the family weekly physical fitness routine. Local dieticians and physical fitness coaches will mentor families throughout the duration of the project. Consultant/Counselor/Educator will be responsible for interpreting the results of the questionnaires and keeping records and documentation of enrollees meeting their goal and the objectives of the project.

At the end of the Florida Health Literacy funding period the Academy will have at least 80% of the enrollees that have attended a minimum of six sessions of the healthy living classes and daily served healthy meals, participate in physical exercise, and get adequate sleep for a minimum of 4months. Enrollees will show an increase in healthy living habits on the post healthy living questionnaire.

Part III: Budget

Description

REVENUE	Amount
Florida Health Literacy Initiative Grant	\$5000.00
TOTAL REVENUE	\$5000.00

PROJECT EXPENSES	Grant Amount
Salaries and Benefits	
Health instructor(\$20.00 per hr for 2hr per month for 9months)	\$360.00
Instructor FICA benefits	\$ 50.00
Instructor for ESOL Students (\$20.00 per hr for 2hr per month for 9months)	\$360.00
Instructor for ESOL FICA benefits	\$50.00
Total Salaries and Benefits	\$820.00
Instructional materials(to supplement the Healthy Living)for PACT time activities that will include multiple copies of cook books, supplies for cooking healthy meals, supplies for health care in the home such as thermometers, first aid kits, supplies for fitness classes such as jump ropes, bicycle helmets, basketballs, baseballs, etc.	\$3000.00
Food cards for incentives to attend classes	730.00
Staff to attend 2018 Florida Literacy Conf	\$450.00
Total Non-Staff Expenses	\$4180.00
TOTAL EXPENSES	\$5,000.00

IN-KIND RESOURCES	
Description	Amount
Health Fairs Medical Center	\$200.
Rent for 2 sites	\$10,000
Healthy Meals 2x a week Medical Center	\$11,000.
Volunteers	\$4,596.84
TOTAL IN-KIND RESOURCES	25,796.00

The Family Literacy Academy at Lake Wales provides a fully-integrated, comprehensive educational program with wide-spread community support.

Our efforts include:

- **Adult Education** – Improving academic skills, including preparation for GED attainment and job preparation
- **Early Childhood Education** – Readiness Skills (birth -4 years old) and Academic tutoring for school-age children.
- **Parent Groups** – Learn to help your child with homework, address discipline concerns and other parenting skills, and explore financial literacy, employment, housing and health –related issues.
- **Parent and Child Time Together (PACT)** – Families learning together



Take a look at what we're up to now!

Make plans to get involved today!

FREE GED & ESOL CLASSES
Evening Classes

Mondays & Thursdays 5:00 –
8:00 p.m.

Dinner, Childcare and Tutoring
provided

Classes held at:

Janie Howard Wilson Elementary

Daytime Classes

Tuesdays, Wednesdays &
Thursdays 9AM-Noon
Child Care Provided

Classes held at:

Mary Campbell Community
Center (Highland Manor)

For more information, contact:

Deming Cowles
demingcowles@aol.com
www.flalw.org
863-604-8012

Please check the appropriate box and complete the form below, then tear it off and send it to us!

- Yes! I have a school-age child and would like to earn my GED!***
- Not me, but I know someone who would be interested!***

Yes! I would like to participate in the Volunteer Programs. I can tutor in math, reading, or writing, or I can help with other needs of the program.

- I want to tutor!***
- I want to help with other needs!***

Contact Information

Name: _____

Address: _____

Phone: _____

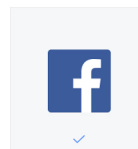
(best time to reach me): _____

Email: _____

Return to:

Family Literacy Academy at Lake Wales
c/o Janie Howard Wilson Elementary
306 Florida Ave
Lake Wales, FL 33853

Visit us on



Lake Wales Family Literacy Coalition with representatives of:

American Association of University Women/Lake Wales
Austin Community Center
B Street Community Center
Babson Park Community Church
Babson Park Woman's Club
Big Brothers/Big Sisters
Bob Evans Restaurant
Bok Tower Gardens
Boys and Girls Club
Breakfast Rotary Club of Lake Wales
Mary Campbell Community Center
Cemex
City of Lake Wales
Circle of Friends
Citizen's Bank and Trust
Chili's Restaurant
Comcast
Daughters of the American Revolution
Early Learning Coalition of Polk County
East Area Adult School
Epps Radio
Family Fundamentals Center
First United Methodist Church
Florida Bipartisan Civic Affairs Group
Florida's Natural Growers
Florida's Natural Growers Foundation
Green and Gold Foundation
Healthy Families
Healthy Start
Heartland for Children
Highland Park Manor Community
High Point Church of God
Holy Spirit Church
Keystone Challenge Fund
Kimbrough & Associates
Kiwanis Club of Lake Wales
Lake Ashton Community
Lake of the Hills Community
Lake Wales Arts Center
Lake Wales Breakfast Rotary Club
Lake Wales Care Center
Lake Wales Charter Schools

Lake Wales Chamber of Commerce
Lake Wales Depot Museum
Lake Wales Historical Society
Lake Wales Housing Authority
Lake Wales Lions Club
Lake Wales Literacy Council
Lake Wales Little Theater
Lake Wales Kiwanis Club
Lake Wales Medical Center
Lake Wales Ministerial Association
Lake Wales Noon Rotary Club
Lake Wales Police Department
Lake Wales Public Library
Lake Wales YMCA
Learning Resource Center
Lowe's
McCance Foundation
McLaughlin Middle School
Mount Calvary CME Church
Victory Ridge Academy
Polk County Board of County Commissioners
Polk County Department of Health
Polk County Parks and Recreation
Polk County School Board
Polk Education Foundation
Polk State College
Duke Energy
Publix
St. Thomas Holiness Church
Bolet Salud & Associates
Spook Hill Elementary
United Way of Central Florida
Unity in Community
Vanguard School
Verizon Foundation
Warner University
Webber International University
Winn Dixie

Recipient of the 2007 Excellence in Education Award from the Florida Literacy Coalition

In Conjunction with

Mountain Lake Service Community
McCance Foundation
Florida's Natural Growers Foundation

**DOLLAR
GENERAL**

Six Good Practices for Families

Take the Time – Those moments talking at evening meals, in the car, or at the library or park make a difference.

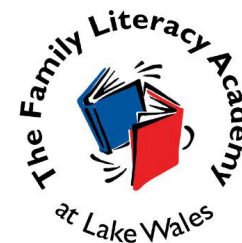
Read Together – It's the starting point of all learning! Read With your youngsters, and share a good book with your teens.

Use TV Wisely – Limit viewing to no more than two hours on a school day.

Work With Your Child's Teacher – Check homework every day. Volunteer at your child's school. Encourage your children to take challenging courses.

Know Where Your Children Are – Especially watch your teens. Encourage them to join youth groups. Support community efforts to start after-school and summer programs.

Talk With Your Children – Discuss the values you want them to have and the dangers of drugs, alcohol and tobacco.



Family Literacy Academy At Lake Wales

In Partnership with



POLK STATE
Lake Wales





Family Literacy Academy at Lake Wales

Newsletter
September
2017

Executive Director's Message

The Time has come for the start of the 2017-18 school year at the Academy, our 12th! We have record numbers of students in all classes— daytime GED (14), nighttime GED(50) and ESOL (25), and children of all ages (some 75 total). On top of this, we are working on the opening of daytime ESOL class, initially at the Mary Campbell Center with the hopes of moving that program to a site in town. We anticipate lots of progress by both our adults and their children, with several GEDs in both the daytime and nighttime classes, and lots of academic gains all the way around. With the help of volunteers from the community, We have a wonderful group of dedicated and creative experienced teachers (please see the article on one of them, Betsy Gauss).

We start the year with mixed feelings concerning our partner, Polk State. We will miss the long and strong support of Dr. Eileen Holden, who encouraged our students in 2006 to look beyond their GEDs to the possibilities of college. But we will gain a new start with our exciting new president, (please see the article within). We look forward to our scheduled meeting to set up our long-time relationship.

We held a staff meeting recently to prepare for the new school year.

During that meeting, we held a session discussing our many accomplishments last year and plans for the upcoming year (please see the pertinent article and follow us each month as we unveil our new initiatives).

Reading continues to be our greatest objective. It is the basis of all communication and learning. We know that reading together strengthens families. Children who read will do better in school than children who do not like to spend extra time reading. We believe so much in an emphasis on reading that we are restructuring our children's nighttime schedules to begin each night with 30 minutes of reading after their recreation time and before they tackle their homework. We are working on a reading program for adults. All of this is a work in progress, and we can expect some bumps on the road to getting to our reading goals. However, with perseverance our adults will all be reading with enthralled children.

Newsletter Contents

- ⇒ **Executive Director's Message & Board Member Spotlight**
- ⇒ **Board of Directors & Meet Our Staff**
- ⇒ **Updates & Articles**
- ⇒ **Sponsors, Contact Us, Coalition Meetings**

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Nancy Hoyt

Advisory

Dr. Eileen Holden

Honorary Member

Executive Director

Deming Cowles Esq.

PAST ACCOMPLISHMENTS:

At a recent staff meeting to prepare for the new year, time was taken to review last year's accomplishments and to discuss program improvements and new initiatives for the upcoming school year. Below is a list of identified accomplishments. During the year, we will report on our new efforts to improve the delivery our services to our students and the community.

ACCOMPLISHMENTS:

- Four new GEDs, increasing our program total to 82 while several more adults made great gains towards their goals
- Significant gains by many children
- Significant gains among our ESOL students, including three who moved on to start their GED
- Active Facebook presence, improving program awareness
- Monthly newsletters to increase program awareness
- Increase in community participation in our annual fundraising, including from local organizations, businesses and individuals
- Implementing the research based Nemour Curriculum for our preschoolers
- Recognition by United Way of progress among our pre-schoolers and proposed increases in ESOL efforts (both findings and funding)
- Successful health classes for both GED and ESOL students
- Coloring book produced by our families and reflecting lessons from nutrition classes, for
- distribution throughout the community
- Fundraising projects for diaper distribution and for help of family in need
- Aluminum Can Drive
- Christmas Pajama Project by United Methodist Church and Presbyterian Sunday School Class
- Pioneer Day Tent Children Activities