

I. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL SUMMARY SHEET

One page only. This page will be shared electronically with Grant Committee Members & Fund Advisors.

Note: If Philanthropy Network of Greater Philadelphia's Common Grant Application is used, the Community Foundation's Summary Sheet **MUST** accompany application.

To obtain an electronic version of this application, visit www.chescocf.org

Contact Information

Date: 3-12-2019

Organization Name: Friends Home in Kennett Executive Director Name: Christine McDonald
 Address: 147 W. State St., Kennett Square, PA 19348 Exec. Director E-mail: cmcdonald@fhkennett.org
 Phone: 610-444-2577 Bd. Chair Name: Deborah Brumbaugh(clerk)
 Website: www.fhkennett.org Primary Contact Name: Wright Horne
 Year Incorporated: 1898/1957 Primary Contact E-mail: whorne@fhkennett.org

Has your nonprofit ever applied to the Community Foundation? Yes No Not Sure
 Has your nonprofit ever received funding from the Community Foundation? Yes No Not Sure
 Donor Advised Fund(s) ___ Fund for Chester County ___ Don't know/Not sure

Field/s of Interest:

Arts, Culture & Humanities ___ Environment/Animal Welfare ___ Education
 Health Human Services ___ Religion

Organization Information:

Geographic Area Served (If not all of Chester County, specify primary Chester County regions served):

All of Chester County

Describe Population Served and Annual Number of People Served:

Friends Home in Kennett serves older men and women of modest means. Our current average age is 89. In 2017 we served 124 Independent Living, Personal Care and Skilled Nursing residents. This number continues to increase because of our short-term respite and give-it-a-try programs. (We do not yet have figures for 2018)

Mission:

Friends Home in Kennett (FHK) is a non-profit organization dedicated to providing quality care in a homelike atmosphere for older men and women of modest means. We encourage independence and we respect the individuality and dignity of all in keeping with the values of the Religious Society of Friends.

Proposal Summary:

Friends Home asks for a grant to help support our exercise program with the local YMCA. Last year, we received grants that allowed us to buy our first exercise machine. We also offered residents memberships in the Kennett Area YMCA so we could transport them there for exercise classes. That effort has not born a great deal of fruit, so instead we have made arrangements for a professional exercise instructor from the Y to come to Friends Home. By having the instructor come to Friends Home, we are able to offer advanced exercise classes to more residents than before, and the "peer pressure" factor comes into play, as residents encourage each other to join in. We now are seeking funding for this ongoing initiative.

Annual Budget \$4,032,880	<input type="checkbox"/> 61 ___ # of Full-Time Equivalent Paid Staff
<input checked="" type="checkbox"/> 82 ___ % of budget for program expenses	<input type="checkbox"/> 10 ___ # of Board Volunteers
<input type="checkbox"/> 16 ___ % of budget for administrative expenses	<input type="checkbox"/> 65 ___ # of Active Non-Board Volunteers
<input type="checkbox"/> 2 ___ % of budget for fundraising expenses	<input type="checkbox"/> 980 ___ # of Volunteer Hours
100 % total	

Top 3-5 funding sources - 2018:

W.W. Smith, \$39,500; Crystal Trust, \$32,000; Quaker Buildings and Programs, \$32,000; Marmot Fdn., \$15,000

Grant Amount Requested from the Community Foundation: Each week of YMCA instruction costs \$110 for twice-weekly sessions, or **\$5,720** for the year.

II. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL NARRATIVE

Provide clear, concise information. 3 pages maximum.

1. Organization's history, goals, key achievements and distinctiveness

History

Friends Home in Kennett was founded in 1898 by members of the Religious Society of Friends (Quakers) in response to the need for a home for elderly Friends, and operated as a boarding home for many years. The Home began offering personal care services in the 1970s and skilled nursing care in 1980 to better serve the community's needs. Today, Friends Home in Kennett continues to be guided by Quaker values and serves older adults regardless of their religious affiliation.

Goals

- Continue to assess and respond to the community's need to provide services for older adults
- Stay true to our mission, and to our tradition and history of service to community members of modest means while keeping current with innovations in providing compassionate care, such as campus-wide programming for those with cognitive difficulties.

Key Achievements

- Maintaining a high quality of care that consistently receives high marks from the PA Department of Health and the PA Department of Human Services during their annual unannounced surveys
- Recruiting, retaining and continued training of a professional, experienced and compassionate staff
- Providing a more modest alternative for senior living for those who prefer a simpler lifestyle
- Instituting Montessori Inspired Lifestyle for those in cognitive decline that tailors resident care in answer to the question, "How can we connect with the person who is still there?"

Distinctiveness

Friends Home in Kennett is an independent living and personal care residence, with a separate skilled nursing unit, for older adults of limited means and those who prefer a simpler lifestyle. Our historic buildings and our central location in Historic Kennett Square give our programs the homelike feel and casual comfort for which the Home is known. The relatively small size of our campus allows our staff to serve as a "community of care" to respond more intimately with residents.

2. Funding request

• Description of key initiatives

A consistent exercise schedule is associated with decreased mortality and age-related morbidity in older adults. In addition, a study by the Journal of the American Geriatrics Society examined exercise in the elderly and found that training led to improvements in functional reach and balance and reduced the participants' fear of falling.

Friends Home has endeavored to provide new opportunities for exercise. Last year, we received grants that allowed us to buy our first exercise machine. We also tried to get residents to take memberships in the Kennett Area YMCA so we could transport them there for exercise classes. That effort has not born a great deal of fruit, so instead we have made arrangements for a professional physical exercise instructor from the Y to come to Friends Home, thus solving the transportation issue, and the hesitancy problem.

By having the instructor come to Friends Home, we are able to offer advanced exercise classes to more residents than before, and the "peer pressure" factor comes into play, as residents encourage each other to join in.

- **Specific needs and issues to be addressed**

Seniors whose physical abilities are limited by medical conditions or general frailty have to go about exercise more carefully than others, but they do not have to dismiss it entirely. With proper instruction and guidance, the elderly can learn activities and exercises that improve mobility and strength. Exercise is even more important for frail individuals since they are the most prone to falling and broken bones.

Costs: Each week of YMCA instruction costs \$110 for twice-weekly sessions, or **\$5,720** for the year.

- **Why it is important to fund this now**

In order to keep serving men and women of limited means, and to therefore keep our rates as reasonable as possible (we did not raise rates for 2019), we combine careful budgeting, grant writing, fundraising and prudent investing. We also subsidize operations as much as our revenue stream allows, and we offer further financial assistance to residents who are in danger of outliving their financial resources. We reach out to funding organizations for help in this mission on projects of mutual interest.

3. How impact and results will be demonstrated

Measurements of success will be largely subjective. Attendance and effectiveness of the program will be indicators, as will the anecdotal responses from residents. Our average census of the Personal Care Unit is 45, and we hope for participation at some level by 25 residents.

III. ATTACHMENTS

E-mail or mail this support information

1. Copy of 501 (c) (3) federal tax-exempt letter
2. List of Board of Directors, with their affiliations
3. Most recent annual report and financial statement, audited if available
4. Itemized organizational operating budget with actual results for prior fiscal year and current fiscal year to date
5. If capacity building initiative, itemized budget (including external consultant's proposal, if applicable)
6. Current strategic plan. If your nonprofit does not have a current strategic plan, explain why.

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E-mail completed proposals to grants@chescocf.org
Please contact Kevin Baffa or Beth Harper Briglia at (610) 696-8211 or grants@chescocf.org
if you have any questions. Thank you.

Chester County
COMMUNITY FOUNDATION
*Connecting people who care with causes that matter,
so their legacies make a difference.*