

UNITED WAY OF COLQUITT COUNTY
Community Impact Grant Application
Years 2021 - 2024 September - August Fiscal Years

APPLICATION COVER SHEET

Organization Information

Date of Application: May 20, 2021

Agency/Organization: Colquitt County Arts Center

Executive Director/CEO: Connie Fritz

Project Title: heART Smart

Project Director/Contact Person: Kim Yarbrough

Mailing Address: 401 7th Ave Sw

City: Moultrie **State:** GA **Zip:** 31768

Phone: 985-1922 **Fax:** _____

Contact Person's Email: kimyarbrougharts@gmail.com

Your agency's mission statement:

"The Colquitt County Arts Center is a creative cultural resource that makes quality visual and performing art available to a diverse population. The Arts Center provides engaging arts education for children and adults, acts as a steward of permanent collections, and maintains a landmark facility that enriches the whole community."

2. Total agency operating budget last fiscal year \$ 457,742

Total agency operating budget current fiscal year \$ 449,562

Eligibility

Applicant is a division of:

Non-Profit

State Government

Local Government

Educational Institution

Other _____

Applicant is a 501©3 organization as determined by the IRS for at least one year?

Yes

No

Applicant is incorporated in the state of Georgia for at least one year?

Yes

No

Total Cost of Program \$ 24,000

Grant Amount Requested \$ 24,000

If other funds are needed what is the source of your additional funding?

Certification

This application requires two different signatures by the organization’s leadership in blue ink.

With their signatures each affirms:

“I certify that the information in this application is true and accurate to the best of my knowledge and belief.”

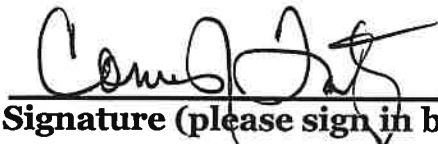
Highest-Ranking Executive Staff or Highest-Ranking Corporate Official

Connie Fritz

Executive Director

Print Name

Title



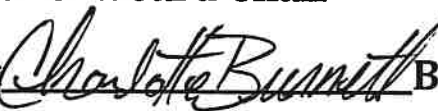
5/24/2021

Signature (please sign in blue ink)

Date

Chief Volunteer Officer or Board Chair

Charlotte Burnett



Board Chair



Print Name

Title



5-24-21

Signature (please sign in blue ink)

Date

Program Name

_heART Smart_____

Focus Area and Strategy

_HEALTH_____

1. Engage family members in supporting and participating in children's healthy eating and physical activity

2. Preventing or managing chronic health conditions among children and adults.

A. Program description – provide the narrative on a separate sheet of paper labeled A to include the following.

Description of the program

Area of need the program will address – your goals and objectives.

How this program will address this need

Number of individuals expected to be served by this program.

Are services free or fee based? If fee based, will there be a needs test or sliding fee scale?

Who are the key leaders for the program and how will it be supported?

Will you partner with other organizations on this program? Who and in what capacity?

How does this program address your mission statement?

If you plan to utilize volunteers – how do you identify and screen your volunteers?

Specific ways you will measure success of the program – This information will be reported in your annual and mid-year reports.

B. Outreach/Marketing – provide information on sheet labeled B.

How will you reach your target audience?

What media forms will you use, how, frequency, etc.?

Specific outreach to underserved individuals.

Is your program accessible to all parts of the community or does it target a specific neighborhood or population?

C. Budget

Complete the attached budget for your program.

Attach a narrative explaining funding sources for this program labeled C.

D. Additional Requirements (applicable to your organization) – label attachments as D.

Proof of nonprofit or government status

List of Board of Directors with addresses

Copy of anti-discrimination policy.

Copy of audit or annual review (Unless already provided this year)

Copy of 990 (Unless already provided this year)
Secretary of State registration as charitable organization
Current year operating budget for UW non-member agencies & non-governmental agencies.

A. Program description

Description

Colquitt County Arts Center would like to bring heART Smart to our community. heART Smart will address health issues in our community in three ways. We plan to help families create low cost, healthy meals, strengthen their bodies through yoga, and improve mental health with art journaling. Once per month, community members can register, for free, for a 2-hour heART Smart, either in the evening after work hours or on Saturday. Participants will start either in the ballroom or Vereen Gallery and will be given a journal. They will begin by writing or drawing how they feel in the areas of physical, emotional/mental, and spiritual well-being. After, they will participate in a yoga session where they will work on breath, quieting the mind, and moving their bodies for more flexibility and strength. An alternative yoga, called adaptive yoga, will also be offered for participants with disabilities, older participants or those who are obese or have little range of motion. After yoga, participants will move to the kitchen where they will discuss a healthy recipe, prepare and cook a meal, and enjoy the meal together. Afterwards they will use their art journals again, to describe how they feel physically and emotionally after the program. Participants will be encouraged to continue to use their journals, practice yoga at home, and make the meal again. The menu for the meal will be posted on our website and social media for everyone to enjoy.

Area of Need

Colquitt County has a great need for physical and mental health interventions and services.

The Georgia Department of Public Health reports that 30% of adults in Colquitt County are obese.

www.countyhealthrankings.org reported in 2020 that Colquitt County ranks at the bottom of Georgia counties, falling in the bottom at 133 out of 159 counties for health. Only 38-57% of Colquitt County's population has access to exercise opportunities.

35.5% of children under 18 years of age live in poverty in Colquitt County, according to the U.S. Census Bureau. This means many families rely on high-calorie, low-nutrient or unhealthy foods because they are on tight budgets.

According to the non-profit Mental Health America of Georgia, the state ranks 47 out of 50 for access to mental health care, resources and insurance. In Moultrie, for 2018 alone, sheriff's deputies provided 368 mental transports — an average of one a day — which led to 357 admissions to inpatient facilities. Thirty-seven of the admissions were by court order; 320 were by physician certificates.

The National Alliance on Mental Illness (NAMI) reports that in February 2021, 44.3% of adults in Georgia reported symptoms of anxiety or depression. 29.4% were unable to get needed counseling or therapy.

How this program will address this need

heART Smart will address the need for physical and mental health resources by offering programming that provides healthy and inexpensive meal planning and preparation, yoga for physical and mental health, and art journaling for mental health. All three of these services that participants will experience can be taken back into community homes and used again and again with their families and friends.

Number of individuals expected to be served

We hope to open the program to 10-12 people per month, due to the size of our kitchen. 10-12 per month, over 3 years, will impact up to 432 people in our community.

Are services free or fee based? If fee based, will there be a needs test or sliding fee scale?

Services are free to the community.

Who are the key leaders for the program and how will it be supported?

The key leaders for this program start with Arts Center staff. The program director has a history of creating community support systems and involving community leaders in programming. Referrals for participants will be elicited from SW GA Community Action Council, Inc., local churches, and even the YMCA or other fitness centers who have clients who have been identified as someone who would benefit from healthy meal planning, yoga and art journaling for healthier lifestyles.

Will you partner with other organizations on this program? Who and in what capacity?

Referrals for participants will be elicited from SW GA Community Action Council, Inc., Turning Point and NAMI, local churches, and even the YMCA or other fitness centers who have clients who have been identified as needing guidance on healthy meal planning and the physical and mental benefits of yoga and art journaling for healthier lifestyles.

How does this program address your mission statement?

Mission statement: "The Colquitt County Arts Center is a creative cultural resource that makes quality visual and performing art available to a diverse population. The Arts Center provides engaging arts education for children and adults, acts as a steward of permanent collections, and maintains a landmark facility that enriches the whole community."

heART Smart will provide quality programming to a diverse population in our community as well as engage families in education that will benefit their physical and mental health.

If you plan to utilize volunteers – how do you identify and screen your volunteers?

We do not plan to use volunteers.

Specific ways you will measure success of the program – This information will be reported in your annual and mid-year reports.

Colquitt County Arts Center will provide surveys at the end of each heART Smart class in order to gather data on the program. We will also keep contact information from participants and follow up by phone or email with another survey with the year to see if they have made the meal again, have practiced yoga or are using their art journals. Survey attached.

B. Outreach/Marketing

How will you reach your target audience?

The program will be on our website for online registration. It will be posted on our social media. Program and registration information will be in the newspaper and radio ads will be run periodically. Program information will also be mailed to organizations we partner with. Our marketing director will create posters and flyers that can be placed around town and at our community partner organizations.

What media forms will you use, how, frequency, etc.?

Newspaper, Facebook and Instagram for each monthly class. Social media posts will be boosted as needed. Radio as often as we are allowed to record ads.

Specific outreach to underserved individuals.

We will work with community partners such as SW GA Community Action, Inc., Turning Point and NAMI, YMCA, or local fitness centers, and local churches to market the program and seek out community members in need of this service. We'll ask that they also share our marketing materials via social media. We will drop off flyers at these locations as well.

Is your program accessible to all parts of the community or does it target a specific neighborhood or population?

The program is accessible to all parts of the community who are in need of physically and mentally healthier lifestyles.

C.

Program Funding Request Form *Attach a detailed explanation of each item over \$500.**

Program Revenue – specific to the program for which you seek funding - September – August Expense & Income categories may be changed to fit your specific needs.	2021 - 2022	2022 - 2023	2023 - 2024	
1. United Way Grant	<u>\$8,000</u>	<u>\$8,000</u>	<u>\$8,000</u>	
2. Government Support				
3. Foundations/Private Grants				
4. Client/Program Service Fees				
5. Contributions				
6. Sales of Materials				
7. Fundraising Events/Other Income				
8. Investment Income				
TOTAL PROGRAM REVENUE				
Program Expenses specific to the program for which you seek funding.	2021 - 2022	2022 - 2023	2023 - 2024	
1. Salaries (program staff)	\$300	\$300	\$300	
2. Contract Labor	\$3300	\$3300	\$3300	
3. Benefits/Taxes				
4. Professional Fees				
5. Supplies	\$2600	\$2600	\$2600	
6. Travel				
7. Communication (phone, fax, printing)				
8. Occupancy (utilities, etc)	\$600	\$600	\$600	
9. Affiliate Payments				
10. Major Property/Equipment Acquisition				
11. Conference/Training				
12. Program Administration	\$800	\$800	\$800	
13. Postage/Shipping/Printing	\$100	\$100	\$100	
14. Other – list separately (newspaper and boosted social media posts)	\$300	\$300	\$300	
TOTAL PROGRAM EXPENSES	\$8000	\$8000	\$8000	

C.

The United Way will be the only funding source for this program.

Items over \$500

Contract Labor

\$3300

Each month, the "chef" will be paid to find a recipe, order and pick up the ingredients for the meals as well as for his/her time to work with participants to prepare and cook the meals.

\$150 per month

Also, each month, the yoga instructor and/or art journaling instructor will be paid \$125 for his/her instruction time.

Supplies

\$2600

Supplies, such as pots, pans, utensils, mixing bowls, plates, etc will be purchased up front in the amount of approximately \$400.

Art Journals will be purchased for about \$5 each for each of the 10-12 participants each month for a total of \$750 per year.

12 yoga mats will be purchased for approximately \$250.

We are estimating that ingredients will be approximately \$8 or less per participant for a total of approximately \$96 per month or \$1200 per year.

Occupancy

\$600

The kitchen and ballroom or a gallery will be used for each heART Smart class. \$600 will go towards electricity, refrigeration, and the gas for cooking/baking for the year.

Program Administration

\$800 or 10% of grant

This will go towards administration of grant, organizing each event, contacting the instructors, ordering supplies, gathering materials, working with the marketing director to create graphics and market the program, etc.

D.
Internal Revenue Service
District Director

Department of the Treasury

Date: DEC 28 1984

Our Letter Dated:
September 21, 1983
Person to Contact:
Cheryl Mahle/rh
Contact Telephone Number:
(404) 221-4516
Employer Identification Number:
58-1492386
File Folder Number:
580009903

► Colquitt County Arts Council, Inc.
401 Seventh Avenue, SW
Moultrie, Georgia 31768

Dear Sir or Madam:

This modifies our letter of the above date in which we stated that you would be treated as an organization which is not a private foundation until the expiration of your advance ruling period.

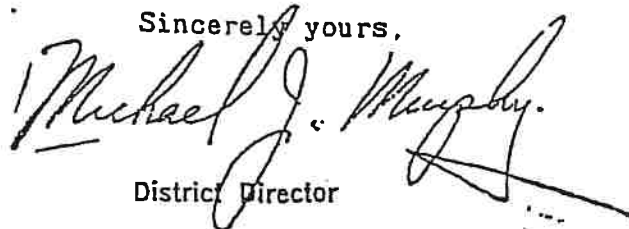
Based on the information you submitted, we have determined that you are not a private foundation within the meaning of section 509(a) of the Internal Revenue Code, because you are an organization of the type described in section ____*. Your exempt status under section 501(c)(3) of the code is still in effect.

Grantors and contributors may rely on this determination until the Internal Revenue Service publishes notice to the contrary. However, a grantor or a contributor may not rely on this determination if he or she was in part responsible for, or was aware of, the act or failure to act that resulted in your loss of section ____* status, or acquired knowledge that the Internal Revenue Service had given notice that you would be removed from classification as a section ____* organization.

Because this letter could help resolve any questions about your private foundation status, please keep it in your permanent records.

If you have any questions, please contact the person whose name and telephone number are shown above.

Sincerely yours,


District Director

* 170(b)(1)(A)(vi) & 509(a)(1)

Leamon Madison (2021)

286 Seminole Drive
Moultrie, GA 31768
229-873-6189

leamon.madison@colquitt.k12.ga.us
Educator/Administration

Barbara June Meyer (2022) Treasurer

4079 GA Highway 33N
Moultrie, GA 31768
229-386-5882 x226
989-280-4447

barb.meyer@nutrien.com
Credit Manager, Nutrien Ag Solutions
National Association of Credit Managers,
Moose Lodge #1158, GA Farm Bureau

Susan A. McCranie (2021) Secretary

428 Suber Road
Moultrie, Georgia 31768
229-891-2190

sam3345@windstream.net
Retired Nutritionist

Preston Mobley (2022) Vice-President

7 Cherokee Road
Moultrie, GA 31768
229-921-2224

pmobley@internationalforest.co
President IFCO

Tori Murray (Fuller) (2023)

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Moultrie, GA 31768
229-921-4065

tori@bidweeks.com
Realtor at Weeks Auction Group

Michael Nixon (2023)

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Moultrie, GA 31768
(229) 921-4676

mcnixon@colquittregional.com
Assistant Director Materials-Management CRMC

Neil Shumans (2021)

339 Drury Lane
Meigs, GA 31765
229-225-8756

neil.shumans@sgefc.com
Southwest Georgia Bank Officer

ADVISORY BOARD MEMBERS

William Fallin (2020)

76 Lower Meigs Road
Moultrie, GA 31768
229-985-3343
wgf@moultriega.net
Attorney/Civic Leader

Jerry Vereen

Dogwood Drive
Moultrie, GA. 31768
229-985-5441
wivereen@windstream.net
President, Riverside Properties
Holding Corp.
Boys & Girls Club, Kiwanis,
Civic Leader

Jonathan Vines

610 Paul Murphy Road
Moultrie, GA 31768
229-454-0412
jonathanvines@windstream.net
State Registered Landscape Architect

d) Equal Employment Opportunity and Harassment

The Colquitt County Arts Center will make all employment decisions (including decisions about hiring, promotion, transfer, demotion, evaluation, compensation, and termination) without regard to race, color, national origin, citizenship, sex, pregnancy, religion, age (age 40 and over), disability, any classification protected by federal, state or local law.

The Colquitt County Arts Center does not and will not permit personnel to engage in unlawful discriminatory practices, sexual harassment, or harassment based on sex, race, color, religion, national origin, age, or disability. Personnel and their work environment should be free from all forms of unlawful harassment, discrimination, and intimidation.



The Office of Secretary of State
Securities & Charities Division

Date of Notice: November 12, 2020

Mailed To:

Colquitt County Arts Center, Inc.
401 7th Ave., S.W.
Moultrie GA 31768

Registrant #: CH07212
Effective Date: 02/06/2021
Expiration Date: 02/06/2023

CHARITABLE ORGANIZATION PERMIT

The Charitable Organization identified above, having complied with the filing requirements of O.C.G.A. § 43-17-5, is registered as a Charitable Organization in Georgia.

The issuance of this permit in no way relieves said Charitable Organization from complying with the Georgia Charitable Solicitations Act of 1988, including the requirement to maintain current information on file with the Secretary of State.

The registration is effective on the date set forth above and such registration shall expire on the expiration date set above unless all reports are filed and the registration is renewed as required by law.

The issuance of this permit does not mean that the Secretary of State has passed, in any way, upon the truth, completeness, or accuracy of the information filed, and the merits of the Charitable Organization.



401 Seventh Avenue Southwest
Moultrie, Georgia 31768
229-985-1922

heART Smart Survey – Day of Class

Name _____ Date _____

May we contact you in the future to see if you have made the meal again?

Yes

No

Contact information

Phone _____ Email _____

Which healthy meal did you make today? _____

1. How did you hear about heART Smart?

a. Social media

b. Newspaper

c. Radio

d. Poster/flyer - location: _____

e. Other _____

2. Did you enjoy yoga?

Yes

No

3. Do you think you'll practice yoga again?

Yes

No

4. Do you think you'll use your art journal at home?

Yes

No

5. Did you enjoy the healthy meal?

Yes

No

6. Was the meal easy to make?

Yes

No

7. Do you think you will make this meal again or use the healthy ingredients in another meal?

Yes

No

8. Would you register for another heART Smart class?

Yes

No If not, why? _____

Rate your heART Smart class experience

Poor Fair Good Excellent

Rate your cooking instruction today

Poor Fair Good Excellent

Rate your yoga instruction today

Poor Fair Good Excellent

Rate your art journaling instruction today

Poor Fair Good Excellent

What can the Arts Center do to improve heART Smart?



401 Seventh Avenue Southwest
Moultrie, Georgia 31768
229-985-1922

heART Smart Survey – After class follow up questions either by phone or email

Name _____ Date _____

1. Which healthy meal did you make in heART Smart?

2. Have you made the meal again or used the same ingredients in another meal?

Yes

No

3. Have you checked into other healthy meals since attending heART Smart?

Yes

No

4. Have you seen the Arts Center's healthy recipes posted on social media and our website?

Yes

No

5. Are you eating healthier than you were before you attended heART Smart?

Yes

No If not, why?

A. Cost of healthy ingredients

B. Transportation to get healthy ingredients

C. No interest in eating healthier

D. Lack of time/busy schedule

E. Other or please explain any of your
answers _____

6. Have you practiced yoga since attending heART Smart?

Yes

No If no, why not? _____

7. Have you used your art journal?

Yes

No If no, why not? _____

8. Do you believe either your physical or mental health have improved since heART Smart?

Yes

No If not, why? _____