

#11

JUN 14 2012



Chandler • Arizona
Where Values Make The Difference

Memorandum

Memo: MC12-018

DATE: June 4, 2012

TO: MAYOR AND CITY COUNCIL

FROM: DAVE BIGOS, MAYOR AND COUNCIL ASSISTANT *DB*

THRU: RICH DLUGAS, CITY MANAGER *RD*
NACHIE MARQUEZ, COMMUNICATIONS & PUBLIC AFFAIRS DIR. *NM*

SUBJECT: Resolution No. 4605

RECOMMENDATION:

Request approval of Resolution No. 4605 authorizing the submittal of a \$38,590 Pass-Through Indian Gaming Grant application from Dignity Health Foundation, East Valley, to the Gila River Indian Community.

BACKGROUND/DISCUSSION:

The grant funding sought by Dignity Health Foundation, East Valley, is intended to provide a combination of chronic disease management classes and long-term support and education for adopting healthy living habits as an approach to managing chronic disease. The attached Tribal application provides a detailed account of the request.

PROPOSED MOTION:

Move to approve Resolution No. 4605 authorizing the submittal of a \$38,590 Grant application from Dignity Health Foundation, East Valley, to the Gila River Indian Community.

Attachments:

Resolution 4605

City Application

Tribal Application and/or Related Documentation on behalf of Dignity Health Foundation, East Valley

RESOLUTION NO. 4605

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF CHANDLER, ARIZONA, AUTHORIZING THE MAYOR TO SUBMIT AN APPLICATION FOR AN INDIAN GAMING REVENUE SHARING GRANT TO GILA RIVER INDIAN COMMUNITY ON BEHALF OF DIGNITY HEALTH FOUNDATION, EAST VALLEY, IN THE AMOUNT OF \$38,590

WHEREAS, pursuant to A.R.S. § 5-601.02, Indian tribes entering into a tribal-state gaming compact shall contribute monies to “. . . cities, towns and counties . . . for government services that benefit the general public, including public safety, mitigation of impacts of gaming, and promotion of commerce and economic development”; and

WHEREAS, those Indian tribes entering into a tribal-state gaming compact have various grant application procedures for evaluating which cities, towns and counties, and which government services, will receive gaming revenue sharing contributions pursuant to A.R.S. § 5-601.02; and

WHEREAS, it has become a relatively common practice for cities to authorize the submission of grant applications for such Indian gaming revenue sharing grants on behalf of 501(c)(3) nonprofit organizations that are deemed to be providing government related services that benefit the general public; and

WHEREAS, Dignity Health Foundation, East Valley, a 501(c)(3) nonprofit organization, has requested that the City authorize the submission of an application for such Indian gaming revenue sharing grant funding to Gila River Indian Community on its behalf in the amount of \$38,590; and

WHEREAS, the deadline for accepting applications for grant funding by Gila River Indian Community is June 30, 2012; and

WHEREAS, the funding sought by Dignity Health Foundation, East Valley, is intended to provide a combination of chronic disease management classes and long-term support and education for adopting healthy living habits as an approach to managing chronic disease; and

WHEREAS, the City Manager’s Office has reviewed the application materials prepared by Dignity Health Foundation, East Valley, and believes that the funding request described in such application materials qualifies as being for government related services that benefit the general public and is consistent with the City’s Administrative Regulation regarding such grant applications.

NOW, THEREFORE, BE IT RESOLVED by the City Council of the City of Chandler, Arizona, that:

1. Dignity Health Foundation, East Valley, is hereby authorized to submit the application materials prepared by Dignity Health Foundation, East Valley, that are attached hereto, together with this Resolution, to Gila River Indian Community.
2. The Mayor is hereby authorized to execute the application, in the form attached hereto, in conjunction with the grant application to be submitted to Gila River Indian Community on behalf of Dignity Health Foundation, East Valley.
3. Within ten (10) days of the City's receipt of any grant funds from Gila River Indian Community pursuant to a grant application submitted on behalf of Dignity Health Foundation, East Valley, City staff is directed to mail a check to Dignity Health Foundation, East Valley, covering one hundred percent (100%) of the funds received by the City from Gila River Indian Community pursuant to such application.
4. The City, by virtue of this Resolution, is simply acting as a financial conduit between the Gila River Indian Community and Dignity Health Foundation, East Valley, and is in no way:
 - (a) Agreeing or obligating itself to monitor or report on the expenditure of any grant funding distributed to or on behalf of Dignity Health Foundation, East Valley; or
 - (b) Guaranteeing or warranting the accuracy, completeness or truthfulness of the information set forth in the application materials prepared by Dignity Health Foundation, East Valley; or
 - (c) Supervising, or taking any responsibility regarding, the actions or activities undertaken by Dignity Health Foundation, East Valley; or
 - (d) Representing that Dignity Health Foundation, East Valley, either has, or does not have, other sources of funding relating to the intended use of grant funding set forth in this Resolution, including funding from grant applications made on behalf of Dignity Health Foundation, East Valley, to other Indian tribes.

PASSED AND ADOPTED by the City Council of the City of Chandler, Arizona, this ____ day of _____, 2012.

ATTEST:

CITY CLERK
APPROVED AS TO FORM:

MAYOR

CITY ATTORNEY *pk*

CERTIFICATION

I HEREBY CERTIFY that the above and foregoing Resolution No. 4605 was duly passed and adopted by the City Council of the City of Chandler, Arizona, at a regular meeting held on the ____ day of _____, 2012, and that a quorum was present thereat.

CITY CLERK

PRELIMINARY INFORMATION REGARDING REQUEST
THAT THE CITY OF CHANDLER PASS-THROUGH AN
APPLICATION FOR AN INDIAN GAMING REVENUE
SHARING GRANT ON BEHALF OF NON-PROFIT
ORGANIZATION

1. Requestor Name: Dignity Health Foundation East Valley
2. Address: 1727 West Frye Road, Suite 230, Chandler, AZ 85224
3. Contact Person and Contact Information: Diane Abraham, 1727 W. Frye Road Suite 230, Chandler, AZ 85224, (480) 728-3931, diane.abraham@dignityhealth.org. Program Contact: Kathleen Dowler, 1760 E. Pecos Rd., Suite 235, Gilbert, AZ 85295, (480) 861-4239
4. Date of obtaining 501(c)(3) non-profit organizational status and verification of such status at time of the request. July 10, 1986
5. Describe the nexus between Requestor and the City of Chandler and its residents. Dignity Health and the City of Chandler have collaborated on projects to benefit Chandler residents including implementation of Dignity Health's Children's Dental Clinic, Building Blocks, and previous grants from the Gila River Indian Community.
6. Specifically, but concisely, describe how the grant funding sought by Requestor will be utilized (please do not just refer to general description included in the application materials). Dignity Health will use funding from Gila River Indian Community to provide a combination of chronic disease management classes and long-term support and education for adopting healthy living habits to provide a comprehensive approach to managing chronic diseases.
7. Describe how the use for which funding is sought will provide "government (related) services that benefit the general public, including public safety, mitigation of impact of gaming and promotion of commerce and economic development". (See A.R.S. § 5-601.02(H)(4)). Through the combined Chronic Disease Management Program and the Healthy Eating Active Living (HEAL) programs, Dignity Health will provide increased access to health care, improved health outcomes, and reduced costs of healthcare to individuals and the community.
8. Describe how the use for which funding is sought will benefit Chandler residents as a whole rather than simply benefiting a particular individual, entity or class of individuals. This program will be available to all Chandler residents. The target population for the program are individuals throughout the community who want to learn how to successfully manage a chronic disease for themselves, a family member, or to prevent future disease.

9. Verify that no portion of the funding sought will be used to in any way promote or teach any religious or political viewpoint or cause. na (initial)

10. Identify the Tribe that Requestor wishes the City to submit application materials on Requestor's behalf, and the deadline for such application submittal. Dignity Health requests that the City submit these application materials to the Gila River Indian Community with a deadline date of June 30, 2012.

11. Identify any application for Indian gaming revenue sharing grant submitted on Requestor's behalf by another city, town or county, and the amount of funding sought. Dignity Health requests no other funding from another city.

12. Attach to the request all information that is to be submitted to the Tribe on Requestor's behalf.

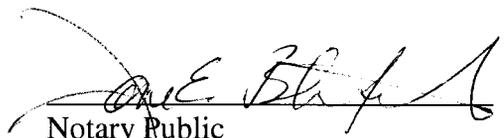
13. Agree that, to the fullest extent permitted by law, Requestor shall defend, indemnify and hold harmless the City of Chandler, its Mayor and Council, officials, officers and employees from and against all losses, claims, suits, actions, payments and judgments, demands, expenses, damages, including consequential damages and loss of productivity, attorney's fees, defense costs or actions of any kind and nature relating to, arising out of, or alleged to have resulted from the City of Chandler's processing or consideration of this request to pass through an application for an Indian gaming revenue sharing grant on behalf of Requestor, or in passing through any grant funds awarded pursuant to such application.
na (initial)

By signing below, Diane Abraham, asserts that he or she has the authority to execute the application on behalf of Requestor, has read, understands and agrees to be bound by Sections 9 and 13 of this application, and otherwise certifies that the information provided herein is believed to be true and correct.

Diane Abraham
 (Signature)
Diane Abraham
 (Print)
President and VP of Philanthropy
 (Title)
4-26-12
 (Date)

STATE OF ARIZONA)
)ss
County of Maricopa)

SUBSCRIBED AND SWORN to before me this 26th day of April,
2012 by Diane Abraham.


Notary Public

My Commission Expires: May 5, 2014



Gila River Indian Community Grant Application

Municipality Information

Date of Application: April 27, 2012
Name of City, Town or County: City of Chandler
Mayor or Board of Supervisor's Chairman: Mayor Jay Tibshraeny
Mailing Address: P.O. Box 4008
City: Chandler State: AZ Zip Code: 85224-4008

Department/Non-Profit Information

Department or Organization Name: Dignity Health Foundation East Valley
Mailing Address: 1727 W. Frye Road, Ste. 230 City: Chandler State: AZ Zip Code: 85224
Contact Person*: Diane Abraham or Kathleen Dowler Title: President and Director
Phone Number: (480) 728-3931 or (480-728-3458 E-mail Address:
diane.abraham@dignityhealth.org or kathleen.dowler@dignityhealth.org
*The individual listed here will be our direct point of contact for grant-related questions or requests for information.
Duplicates of all grant correspondence will be sent to the contact person.

Grant Information

Program or Project Name: Living Well Chronic Disease Self-Management Program and Healthy Eating Active Living (HEAL)
Purpose of Grant: Chronic disease self-management classes and activities to help adults maintain and improve their health.
Beginning and ending dates of Program or Project: 11/1/2012 to October 31, 2013
Amount Requested: \$38,590.00 Total Project Cost: 80,252
 Multi-year Request – If checked, # of years requested: Amount/year:
Priority Funding Area:
 Economic Development Education Healthcare Public Safety Transportation
Geographic Area Served: Maricopa County

Signature:
Mayor OR Chairman BOS: _____ Date: _____

Typed Name and Title: **Mayor Jay Tibshraeny**

**Dignity Health Foundation East Valley
Living Well Chronic Disease Self-Management Program
Healthy Eating Active Living**

1. Purpose of Grant

a) Describe the proposed program or project

Dignity Health, consisting of Chandler Regional Medical Center, Mercy Gilbert Medical Center, and Dignity Health Foundation East Valley are pleased to introduce the Gila River Indian Community to our innovative chronic disease self management program. The goal of this program is to meet the need for community-based service programs that will increasingly play a critical role in helping adults to maintain and even improve their health.

Dignity Health understands that community-based, peer-led self-management programs provide adults with the opportunity to improve the quality of their lives. These programs encourage individuals to take charge of their health by monitoring their conditions, educating themselves about their specific conditions, knowing what management and treatment options are available to them, and partnering with their doctors in tracking the progression of their disease.

Dignity Health, through a combination of disease management classes and long-term support and education for adopting healthy living habits, will provide a comprehensive approach to managing chronic diseases. The Living Well Chronic Disease Self-Management Workshops (Living Well) and the Healthy Eating Active Living (HEAL) education and support program utilizing the resources of Chandler Regional and Mercy Gilbert Medical Centers and community partnerships have been separately serving the community during the past year. Now, as a pilot project we will combine the programs in an effort to offer patients ongoing support while meeting the challenges involved in increasing access to care, improving outcomes, and reducing costs.

Dignity Health in partnership with the Gila River Indian Community, will offer Living Well and HEAL to the community as part of a seamless transition continuum providing tools, resources and knowledge that allows individuals to gain self-confidence in their ability to control symptoms and manage the progression of often several long-term, chronic illnesses.

Living Well is a six week workshop given in two and a half hour sessions each week. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic disease themselves.

Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercises for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and 6) how to evaluate new treatments. Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life With Chronic Conditions* and an audio relaxation tape, *Time for Healing*.*

It is the process in which the program is presented that makes it effective. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

The HEAL program, offered through Dignity Health's Center for Diabetes Management, is designed specifically to encourage personal empowerment by giving people the opportunity to make meaningful changes that will enable them to achieve a more physically active and healthy lifestyle. Cornerstones of the program include nutrition information to support mindful eating; activity choices including walking programs and pedometers; exploring possible reasons for over-eating and learning new alternatives; and behavioral and environmental activities, resources and opportunities to support goals.

Each HEAL member receives:

- Pre and post cholesterol panel
- Body measurement, composition, and weight status
- Quality of life survey
- Glucose levels
- Weekly walking programs
- Resting metabolic rate testing for precise calorie needs. Dignity Health has negotiated a reduced rate for this test resulting in a \$30 savings per test.

Participants have weekly contact with a Registered Dietitian for the first six months and the opportunity to attend two onsite educational classes, one virtual webinar and one video tip each month.

b) Describe how the proposed program or project satisfies one or more of the “priority areas” identified by the Gila River Indian Community.

This project addresses Gila River Indian Community's priority funding area of Health Care Services. Dignity Health seeks community partnerships and support from organizations such as the Gila River Indian Community, who have a shared vision and mission that includes a desire to strengthen the health and well being of communities by improving the quality of life for people. Dignity Health is pleased to partner with the Gila River Indian Community to provide quality healthcare to those in need through emphasis on Dignity Health Core Community Benefit principles of access to care for the disenfranchised, primary prevention, continuum of

care, capacity building, and collaborative governance. At the same time that health care costs are increasing, availability of resources to community members to manage their health are decreasing. Dignity Health is dedicated to providing community-based access to preventive health services.

c.) Identify the needs and problems to be addressed, target population and number of persons to be served by this project.

- Chronic diseases—such as heart disease, cancer, and diabetes—are the leading causes of death and disability in the United States. Chronic diseases account for 70% of all deaths in the U.S., which is 1.7 million each year. Per the Center for Disease Control (CDC) these diseases also cause major limitations in daily living for almost 1 out of 10 Americans or about 25 million people. In 2005, 133 million Americans – almost 1 out of every 2 adults – had at least one chronic illness. About one-fourth of people with chronic conditions have one or more daily activity limitations.
- Arthritis is the most common cause of disability, with nearly 19 million Americans reporting activity limitations.
- Diabetes affects approximately 26 million Americans and continues to be the leading cause of kidney failure, non-traumatic lower-extremity amputations, and blindness among adults, aged 20-74.
- Obesity has become a major health concern and can worsen the symptoms of various other chronic diseases. 1 in every 3 adults is obese and almost 1 in 5 youth between the ages of 6 and 19 is obese. Obesity can limit physical activity for some people, increase blood pressure and increase insulin resistance, thus increasing blood sugar.

This grant program targets people in the general community living with one or more chronic illnesses, including obesity, as a co-morbidity. Emphasis will be on low income, underinsured or uninsured participants who are predominantly from the city of Chandler. Populations may also include populations from the Dignity Health East Valley service area that includes Chandler, Gilbert, Queen Creek, and Gila River.

According to the Dignity Health 2009 community needs assessment Chronic Diseases accounted for several of the top ten reasons for admission into Chandler Regional and Mercy Gilbert Medical Centers. Chronic diseases included heart disease, chronic lower respiratory diseases, Diabetes, Chronic liver disease, and hypertension. Of the chronic diseases, heart disease and diabetes were most prevalent among people between the ages of 45-84.

The Dignity Health Community needs assessment further stated that although disease, especially chronic disease, varies in its clinical and economic impact to individuals and the community, preventive efforts provide opportunity for intervention to reduce both the development and worsening of conditions.

Through this grant, an anticipated 54 individuals will be served, with a potential of more than 100 benefitting from information brought home to families. A maximum of 18 people can participate per 7 week cycle of classes. Class size is limited based on the Stanford University research-based model demonstrating that classes should have between 12 and 18 participants to enhance the group dynamic and allow for appropriate participation by all members.

In the first year of the grant, time will be allocated for recruiting and training of staff. Once staff is in place, three series of classes will be offered. All participants will then be referred to the 6 month HEAL program for continuation of education, enhancement of life skills, and ongoing support. While ideally, we would like all participants to join HEAL, Dignity Health realizes not all patients will be able or ready to make the 6 month commitment to HEAL. Therefore, we have planned for 30 of the 54 participants to continue from Living Well into the HEAL program. We also know that while limited participants may join HEAL, the effects of the class are far reaching. Typically, when one person in the household is making healthier food choices and becoming more physically active, it positively influences others to make changes at the same time. Dignity Health anticipates that success from the first year pilot will translate into larger numbers of participants in both the Living Well and HEAL program during year two.

d.) Describe the project goals and objectives, and your plan to meet them.

The Chronic Disease Self Management Program was developed based on several assumptions: that people with chronic conditions have similar concerns and problems and that people living with chronic conditions must deal not only with their disease(s), but also with the impact these conditions have on their lives and emotions.

Please see attached "Project Goals, Objectives, and Timeline."

f) Identify other organizations, partners or funders participating in the project and their roles.

Please see attached "Fundors/Potential Funders."

g) Indicate any application to and/or awards made by a Tribe other than the Gila River Indian Community.

Dignity Health has not applied to nor received any other awards for this project or any other project from another Tribe.

h) Provide a timetable for implementation.

Please see attached "Project Goals, Objectives, and Timeline."

i) Identify long-term funding resources or project sustainability.

The Board of Directors and the Executive Director of Dignity Health Foundation East Valley along with our partners will continue to build a solid fundraising program which strengthens its relationships with private and public donors, volunteers and community partners to assist in funding. Various funding

strategies include, but are not limited to, mail appeals and individual, major and planned gift opportunities as well as seeking corporate and foundation support. Dignity Health is committed to the establishment of long-term sustainability and growth.

2. Reports

Describe your plan to document progress and results. Interim and final reports will be required for every grant awarded.

- Track number of participants
- Document number of sessions of chronic disease management classes attended
- Survey participants 6 months post participation to determine if any hospitalizations have occurred
- Document the number of patients referred to HEAL.
- For HEAL participants, track pre/post weight, BP, lipids, percentage of body fat and Hemoglobin A1c (if diabetic)
- Document results of behavioral changes identified by participants

Project Goals, Objectives, and Timeline

Goal Evaluation	Objective	Action Items	Timeline	Measures and Techniques
<p><u>Client Centered Goal:</u> The client will complete the Living Well workshop defined as attending four of the six sessions offered and may then transition into the HEAL Program at any point in the 6-month program</p>	<p>A. Provide comfortable environment in which to hold workshop and HEAL classes</p> <p>B. The client will express feeling welcomed and having needs met</p> <p>C. The client will express knowledge about the purpose of the workshop and HEAL Program</p>	<p>A. Evaluate and Arrange use of Center for Diabetes Management classroom space and community-based space as needed.</p> <p>B. The Lay Facilitator (LF) will contact each Living Well registrant prior to workshop start date and will welcome and determine existence of any special requirements or requests</p> <p>C. Schedule Session 0 to explain workshop, give demonstration of techniques and complete registration requirements.</p>	<p>A. Have space reserved to accommodate 20 with oversize seating and tables by second week in January 2013</p> <p>B. Resource Link will mail welcome letter with registration confirmation and map to facility to arrive one week prior to starting date of either offering – March 2013</p> <p>C. Schedule Session 0 one to two weeks prior to Session 1. - March 2013</p>	<p>A. Measure the number of attendees by collecting rosters at each workshop</p> <p>B. Determine receipt of letter and map by asking during pre-workshop phone call and/or at Session 0 and provide if necessary.</p>
<p><u>Client-Centered Goal:</u> The client will increase his/her confidence rating on the processes related to positively managing health behaviors, health status, health care utilization and self-efficacy by establishing action plans that support the client's healthier lifestyle goals.</p>	<p>Participants will learn and be able to identify self management techniques that will allow them to positively manage their chronic condition and develop an action plan.</p> <p>Each client will establish action plans as part of self-management plan toward a healthier lifestyle. Individual action plan may include</p>	<p>Provide the evaluation tool and the assessments per protocol</p>	<p>Before starting first session or class and before leaving the last session or class</p>	<p>100% of participants will receive assessments and evaluations.</p> <p>Participants will list the step of the problem solving process.</p> <p>Participants will self report positive use of an action planning when follow-up calls are made at 6 months after workshop.</p>

	<p>adoption of one to two healthy eating or physical activity goals towards healthier habits that will improve overall health</p> <p>Each client will complete an evaluation tool that will reflect an increase in confidence levels</p> <p>Each client in the HEAL Program will participate in pre and post assessments that indicate a positive trend toward improved health</p>			<p>Assessments and Evaluations will be obtained during first and last sessions of Living Well CDSMP and the HEAL Program and data will be evaluated and</p> <p>70% of clients will demonstrate an improvement in healthier lifestyles</p> <p>70 % of clients will demonstrate an improvement in chronic disease self management</p>
Goal Evaluation	Objective	Action Items	Timeline	Measures and Techniques
<p><u>Client-Centered Goal:</u> The client will report no hospital admissions as of 6-months post program</p>	<p>The client will self-report hospital admissions in the six-month period following completion of the program</p>	<p>Each client documented as successfully completing the program will receive a follow-up contact to check on their continued success and to report any hospital admissions that occurred during this time</p>	<p>To be contacted within six-months of program completion</p>	<p>Attempts will be made to contact 100% of Participants by phone for self reporting of admissions.</p> <p>Results of follow-up contact will be placed in evaluation data</p>

				base Admission rate will be at less than 15%.
<p><u>Program Implementation Goal:</u> To provide the community-based services that will assist program participants to gain tools to successfully self-manage their chronic condition</p>	Living Well will be offered to community members with a chronic condition or caring for someone with a chronic condition, three times during the year with a focus on the adult who is disenfranchised, uninsured and underinsured	<p><u>Marketing and Materials</u> 1.Obtain marketing materials 2.Contact partners to provide information about free workshop 3..Enlist aid of resource link with registering client and providing confirmation information letter and materials 4.Contact service-area physician practices to inform of program</p>	<p>Upon receipt of grant funds with all completed by March class date</p> <p>Repeat as needed at subsequent workshop dates</p>	<p>First workshop will begin in the month of March 2013</p> <p>Second Workshop will begin in May, 2013</p> <p>Third Workshop will begin in September 2013</p>
		<p><u>Space and Supplies</u> 1. Reserve room space for three workshops 2. Purchase books, tapes, flipcharts, markers 3. Provide service-area physicians with referral pads to refer their patients to the program</p>	<p>Upon receipt of grant funds with all completed by March class date</p> <p>Repeat as needed at subsequent workshop dates</p>	<p>First workshop will begin in the month of March 2013</p> <p>Second Workshop will begin in May, 2013</p> <p>Third Workshop will begin in September 2013</p>
Goal Evaluation	Objective	Action Items	Timeline	Measures and Techniques
		<p><u>Personnel</u> 1. Seek and hire or transfer lay leader program coordinator. 2.Provide training as certified lay leader</p>	<p>Upon receipt of grant funds with all completed by March class date</p>	<p>First workshop will begin in the month of March 2013</p> <p>Second</p>

Budget Item	Amount Requested from GRIC	Amount secured from other funders	In-Kind Expense - Dignity Health	Total Budget
Chronic Disease Management				
RN Program Nurse 50 weeks, 10 hr/wk @\$36.00	\$ 18,000.00			
Lay class facilitator 45 weeks, 6 hours/wk @ \$20	\$ 5,400.00			
Program manager's salary 10 hr/wk @ 40			\$ 20,800.00	\$ 20,800.00
Program manager's benefits			\$ 6,656.00	\$ 6,656.00
Program director's salary			\$ 12,476.00	\$ 12,476.00
Registered Dietitian's salary 10 hours per month @\$36.00	\$ 4,320.00			\$ 4,320.00
Marketing and advertising	\$ 500.00		\$ 250.00	\$ 750.00
Printed Materials	\$ 400.00		\$ 100.00	\$ 500.00
LCD Projector and Screen	\$1,900.00			\$ 1,900.00
Internet Access			\$ 780.00	\$ 780.00
Laptop	\$ 2,200.00			\$ 2,200.00
Snacks/water	\$ 250.00		\$ 250.00	\$ 500.00
Teaching supplies			\$100.00	
Educational materials				
54 books @\$15	\$ 810.00			\$ 810.00
54 CDs @ \$10	\$ 540.00			\$ 540.00
Facilitator Training	\$ 750.00			\$ 750.00
Mileage	\$ 250.00		\$ 250.00	\$ 500.00
HEAL Patient Incentives				
30 pedometers @ \$23	\$ 690.00			
30 cookbooks @ \$16.00	\$ 480.00			
30 Resting Metabolic Tests @ \$70	\$ 2,100.00			
TOTAL	\$ 38,590.00		\$ 41,662.00	\$ 80,252.00

MOS 20-Item Short-Form Health Survey (SF-20)*

PATIENT QUESTIONNAIRE

Thank you for filling out this questionnaire.

1. Please start right away and fill out as much of Part 1 as you can before your visit.
2. Keep the questionnaire with you and finish it after your visit, but before you leave the office.
3. When you are finished, seal the questionnaire in the envelope and leave it with the nurse or receptionist on your way out.

STATEMENT OF CONFIDENTIALITY

All information that would permit identification of clinicians or their patients will be regarded as strictly confidential, will be used only for the purposes of operating and evaluation the study, and will not be disclosed or released for any other purposes without prior consent, except as required by law.

DIRECTIONS:

- PLEASE USE A NO. 2 PENCIL ONLY. Do not use ink, felt-tip or ballpoint pen.
- Fill the circle entirely
- Erase errors completely.
- Avoid stray marks or notes. (There's a space at the end for your comments.)

EXAMPLE:

0 0 ● 0
RIGHT

. 0 ● ● 0
WRONG

-
2. In general, would you say your health is:

1-0	Excellent
2-0	Very Good
3-0	Good
4-0	Fair
5-0	Poor

* Taken from Patient Questionnaire (Screening Form SP2). Questions used in SF-20 are depicted in order as they appeared on the original screener.

16. For how long (if at all) has your health limited you in each of the following activities?

(Mark One Circle on Each Line)

	1	2	3
	Limited for more than 3 months	Limited for 3 months or less	Not limited at all
a. The kinds or amounts of <u>vigorous</u> activities you can do, like lifting heavy objects, running or participating in strenuous sports	0	0	0
b. The kinds or amounts of <u>moderate</u> activities you can do, like moving a table, carrying groceries or bowling	0	0	0
c. Walking uphill or climbing a few flights of stairs	0	0	0
d. Bending, lifting or stooping	0	0	0
e. Walking one block	0	0	0
f. Eating, dressing, bathing, or using the toilet	0	0	0

17. How much bodily pain have you had during the past 4 weeks?

- 1-0 None
- 2-0 Very mild
- 3-0 Mild
- 4-0 Moderate
- 5-0 Severe
- 6-0 Very Severe

18. Does your health keep you from working at a job, doing work around the house or going to school?

- 1-0 YES, for more than 3 months
- 2-0 YES, for 3 months or less
- 3-0 NO

19. Have you been unable to do certain kinds or amounts of work, housework or schoolwork because of your health?

- 1-0 YES, for more than 3 months
- 2-0 YES, for 3 months or less
- 3-0 NO

For each of the following questions, please mark the circle for the one answer that comes closest to the way you have been feeling during the past month.

(Mark One Circle on Each Line)

	1	2	3	4	5	6
	All of the Time	Most of the Time	A Good Bit of the Time	Some of the Time	A Little of the Time	None of the Time
20. How much of the time, during the past month, has your <u>health limited your social activities</u> (like visiting with friends or close relatives)?	0	0	0	0	0	0
21. How much of the time, during the past month, have you been a <u>very nervous person</u> ?	0	0	0	0	0	0
22. During the past month, how much of the time have you felt <u>calm and peaceful</u> ?	0	0	0	0	0	0
23. How much of the time, during the past month, have you felt <u>downhearted and blue</u> ?	0	0	0	0	0	0
24. During the past month, how much of the time have you been a <u>happy person</u> ?	0	0	0	0	0	0
25. How often, during the past month, have you felt so <u>down in the dumps that nothing could cheer you up</u> ?	0	0	0	0	0	0

26. Please mark the circle that best describes whether each of the following statements is true or false for you.

(Mark One Circle on Each Line)

	1	2	3	4	5
	Definitely True	Mostly True	Not Sure	Mostly False	Definitely False
a. I am somewhat ill	0	0	0	0	0
b. I am as healthy as anybody I know	0	0	0	0	0
c. My health is excellent	0	0	0	0	0
d. I have been feeling bad lately	0	0	0	0	0

**Gila River Indian Community Grant
Dignity Health - Funders / Potential Funders**

Secured Funding

- Dignity Health in-kind project support

Potential Funding

- Federal grants
- Private community grants
- Individual donors

Community Partners

Locations within the community – provide referrals and program support through in-kind donations:

- Arizona Foundation for Eye Health
- Asian Pacific Community In Action
- Chandler Education Foundation
- Chandler Gilbert YMCA
- Hope Community Health Center
- Maricopa County Asthma Coalition
- Mercy Housing
- Mission of Mercy
- National Kidney Foundation
- Tzu Chi Foundation
- Well Care Foundation
- Chandler Christian Community Center
- Chandler Transition Clinic
- Page Commons
- Arizona Living Well Institute



To: Kathleen Dowler

Director Community Integration
Chandler Regional and Mercy Gilbert Medical Centers
Dignity Health Members
1760 East Pecos Road
Suite 235
Gilbert Arizona 85295

From: Rev. David Engel, President
Hope Community Health Center
312 N Alma School Rd Ste 9C
Chandler, AZ 85224

Re: Chronic Disease Management Dignity Health Foundation – East Valley

Dear Mrs. Dowler:

Hope Community Health Center (HCHC) supports the application from Dignity Health for the Chronic Disease Management proposal. The Proposal will address improving education and support to patients living with a chronic disease. The Chronic Disease Management Program is unique in that the program offers two programs in one for both short term and long term support .

The Chronic Disease Self Management Program is a best practice program developed by Stanford University. The program includes a workshop given two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom have a chronic disease or are associated closely with someone who has a chronic disease.

The Chronic Disease Self-Management Program will not conflict with existing programs or treatment. It is designed to enhance regular treatment and disease-specific education such as cardiac rehabilitation, or diabetes instruction. In addition, many people have more than one chronic condition. The program is especially helpful for these people, as it gives them the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives.

A second element of the Chronic Disease Management Program is the Healthy Eating Active Living (HEAL) Program. The HEAL Program is designed specifically to offer the opportunity to make a meaningful and positive healthful impact by focusing on nutrition, activity, healing, and environment and behavioral change. Program elements include: Weekly contact with a registered dietitian through biweekly education and support class, , webinar session, and video tips. In addition, program participants will be offered walking program, and resting metabolic rate (RMR) testing.

We look forward to working with Dignity Health and support their work in the community as well as the partners in this proposal. HCHC strongly supports this application.

Sincerely,

A handwritten signature in black ink, appearing to read "Rev. David Engel".

Rev. David Engel, President



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kathleen Dowler

Director Community Integration

Chandler Regional and Mercy Gilbert Medical Centers

Dignity Health Members

1760 East Pecos Road, Suite 235

Gilbert, Arizona 85295

Re: **Chronic Disease Management Dignity Health Foundation – East Valley**

Dear Mrs. Dowler:

The Chandler/Gilbert Family YMCA supports the application from Dignity Health for the Chronic Disease Management proposal. The Proposal will address improving education and support to patients living with a chronic disease. The Chronic Disease Management Program is unique in that the program offers two programs in one for both short term and long term support.

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We look forward to working with Dignity Health and support their work in the community as well as the partners in this proposal. The Chandler/Gilbert Family YMCA strongly supports this application.

Sincerely,

Steve Hewitt

Executive Director

CHANDLER/GILBERT FAMILY YMCA

1655 W. Frye Road, Chandler, AZ 85224

480.899.9622 fax 480.899.5883 valleyYMCA.org



April 24, 2012

Kathleen Dowler
Director Community Integration
Chandler Regional and Mercy Gilbert Medical Centers
Dignity Health Members
1760 East Pecos Road, Suite 235
Gilbert Arizona 85295

Re: Chronic Disease Management Dignity Health Foundation – East Valley

Dear Mrs. Dowler:

Chandler Christian Community Center (CCCC) supports the application from Dignity Health for the Chronic Disease Management proposal. CCCC changes lives by nourishing minds and bodies to create a connected, thriving community. We appreciate our current partnership with Dignity Health on a variety of programs and we look forward to working with you through this program. The Proposal will address improving education and support to patients living with a chronic disease. The Chronic Disease Management Program is unique in that the program offers two programs in one for both short term and long term support .

The Chronic Disease Self Management Program is a best practice program developed by Stanford University. The program includes a workshop given two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom have a chronic disease or are associated closely with someone who has a chronic disease.

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We look forward to working with Dignity Health and support their work in the community as well as the partners in this proposal. Chandler Christian Community Center strongly supports this application.

Sincerely,

A handwritten signature in black ink, appearing to read "Trinity Donovan".

Trinity Donovan
Executive Director

HEAL "Healthy Eating Active Living"

For more information on cost of the six month class series, please call 480.728.3535 or visit MercyGilbert.org.



MERCY GILBERT MEDICAL CENTER

Center for Diabetes Management
1760 E. Pecos Road, Suite 235
Gilbert, Arizona 85295
Phone: 480.728.3535
Fax: 602.798.0775



"An environment where helping others makes a difference."

The HEAL program is designed specifically to offer the opportunity to make a meaningful and positive impact to achieve a more physically active and healthy lifestyle.

CORNERSTONES OF THE PROGRAM

- **Nutrition** – Choosing foods to support healthy, mindful eating, meal planning for busy people and families.
- **Activity** – Lifestyle awareness and strategies to implement exercise, walking programs and pedometers for participants.
- **Healing** – Exploring reasons for eating (not due to physical hunger), problem solving new alternatives, stress reduction and fulfilled living.
- **Environment and Behavior Change** – Various practical activities, resources and opportunities to support a member's goals.



ASSESSMENTS

HEAL members receive pre and post:

- Cholesterol panel
- Body measurements
- Body composition
- Weight status
- Quality of life survey
- Glucose levels

EXCEPTIONAL SUPPORT

Participants have weekly contact with a Registered Dietitian for the first six months:

- Two onsite educational classes
- One virtual webinar
- One video tip

ADDITIONAL OPTIONS

- Weekly walking program
- Resting metabolic testing for precise calorie needs

