



# INTERVENTION NAME

Intervention Contacts (list phones and emails)

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**Total amount granted from 5HF:  
\$4,000**

**Total expenses paid with 5HF funds\*:  
\$4,000**

\* If full amount of the grant was not necessary to provide the approved services, a check from the fiscal agent must be enclosed for any unused funds over \$100-Please make check payable to 5 Healthy Towns Foundation- Include a Final Expense Report

**Intervention start date:**  
June 19<sup>th</sup>, 2017

**Intervention end date:**  
August 11<sup>th</sup>, 2017

**Date funding received:**  
June 7<sup>th</sup>, 2017

**Element:**  
Move More

# Continuing Intervention (only complete this slide if this is a continuing intervention)

## Funding Intervention also funded in:

- Plan 1: \$2,000
- Plan 2: \$2,000
- Plan 3: \$2,000
- Plan 4: \$4,000
- Plan 5: \$4,000

- Has the intervention made any improvements/changes from past year(s)?

Yes

Each year we look at our programming and learn how to improve it. This year we began focusing on those independent (or near independent) riders, teaching them more advanced riding skills to advance their skills more.

- If the amount requested has changed from the previous year please explain.

Please explain

## Key Evaluation Data

Please record and include the key evaluation data collected for this intervention

Units of Engagement (no units of engagement for infrastructure)

- Number of participants (P)
  - 32 (P)
- Time each participant worked on or spent at each event (T-in hours)
  - 1 (H)
- Number of classes/events held (N)
  - 15 (N)
- $P \times T \times N = \text{units of engagement}$ 
  - $32 (P) \times 1(H) \times 15 (N) = 480 \text{ hours of engagement}$

*Note – if this is an infrastructure intervention, units of engagement may not be applicable*

Other measures may include, but are not limited to:

- Student goals included: Riding independently on a two-wheel bike, riding with family members in the community on tandems, learning community riding skills on a variety of bikes (hand cycles, two-wheel, trikes), among others.

For each goal provide the following information:

## Goal 1: The individuals enrolled in our program will develop and achieve/work towards his/her cycling goal(s).

Did the intervention meet specific goals listed on the intervention table?	Yes, each of our students who attended the program created a cycling goal. We spent each lesson work towards/achieving those goals.
State what you tried to accomplish	We worked to give independence to individuals with disabilities through their cycling education in our program. We treasure each our students goals as sacred, and worked tirelessly to make gains towards those goals.
How did you measure progress towards the goal?	PEAC staff members kept a progress log for each student measuring progress towards their goal. On this document we also noted what future activities should be in order to accomplish their goals long term.
Was the goal attainable?	Yes, we fundamentally believe that <i>Everyone Can Ride</i> and make gains toward each students goals. Some lessons we made greater progress than others, however we worked to ensure students always left our program will more safe cycling knowledge than before.
Describe how the goal was relevant to the coalition and community wellness related needs	This goal, and that of our students, focuses on active involvement tin their community, promoting a healthy mind & body, and healthy weight through exercise.

## Overall were there any major accomplishments?

### Yes

- Our students gained a greater knowledge of cycling. Each student worked towards a different goal; for example riding a two wheeler, riding a trike in Dexter safely, being able to do a recreational activity with their family in the community among many others.

# Setbacks

Were there any setback encountered during the implementation of this intervention?

Yes

**If yes, please describe setbacks and how they were addressed below:**

Setbacks or issues identified	How they were addressed
Excessive heat during program	We often had to shorten lessons in order to successful run the program when days reached towards 100o F

**How will you improve or avoid these issues in the future?**

We will resolve this problem in the same way, ensuring that when days get extra hot, our students and staff are protected.

# Media

- Provide the following documentation:
  - Acknowledgement of your grant from 5HF in any of your organization's publications such as printed programs, news releases, banners, flyers, annual reports, t-shirts, hats, etc.
  - Links to news articles or websites that cover the intervention
  - Photos of the intervention

Please include an itemized expense report (not budget) that demonstrates how the grant funds were used

- Please insert a table of your final expense report. Table should be broken into 3 section:
  - Expenses
  - Revenue
  - In-kind
    - In-Kind non-cash may can include volunteer hours, use of space, items, etc
- Please indicate items that were funded by 5HF with \*



# Final Expense Report

Expense	Total Amount	Revenue	Total Amount
Staff Training	\$453	Dexter Wellness	\$4,000
Staff Salaries	\$9,871	Registration Fee's	\$1,400
Supplies/ Equipment	\$4,505	New Belgium Brewing	\$357.14
Administrative	\$1,533	DMUM	\$8,272
Marketing/Promotion	\$182	PEAC Fundraisers	\$2,515.86
<b>Total</b>	<b>\$16,545</b>	<b>Total</b>	<b>\$16,545</b>

## **End of Coalition Presentation**

Please complete information for the entire slide deck (slides 1-18). The slide deck will be used as your intervention evaluation report for the 5 Healthy Towns Foundation. Please use your intervention table as a reference when completing the slide deck.

**For the Coalition meeting you will only need to present on slides 1-11\***

\*Note: You do not need to complete slide 2 if this was the first year you implemented your intervention using 5HF funds. Slides 4-7 will also vary depending on the number of goals you had for your intervention.

# Intervention Information

## Brief Intervention Description

- I. Primary goal
  - I. Empower individuals in the Dexter Community with disabilities through cycling education.
- II. Brief description of program
  - I. PEAC believes that Everyone Can Ride. Participants set individual cycling goals coming into the summer program, and PEAC instructors work with students to reach these goals. We know that cycling looks different everyone, and we meet the students where their ability is, and push them to grow it.
- III. Target population
  - I. Individuals ages 5+ with cognitive, developmental, behavioral, or physical disabilities.

## Please include the key evaluation data collected for this intervention

- Survey templates and combined results
  - \*Survey has not been published yet, however once results are in I can send it.

# Collaborations

Did your intervention involve collaboration with any other organizations

- Yes. For our funding resources we worked with Dance Marathon at the University of Michigan as well as the New Belgium Brewing Company.

Please comment on the value of the collaboration

Collaboration is key to the success of our program in the community. We are continually searching for new resources as well as community partners to work with.

# Collaborations

Will the collaboration continue if the intervention continues?

- **Yes, these two funding sources as well as Dexter Community School for our location will be expected to continue.**

Are there additional collaborators you could work with in the future?

- **We are interested in connecting with new groups in Dexter and its surrounding communities to help continue and expand our intervention.**

# Sustainability

- Does your intervention have a sustainability plan?
  - Yes
- What steps are being taken to ensure sustainability of the intervention beyond 5HF funding?

- We are continually looking into new funding options and groups to begin working with. We'd like to speak with coalition members who have connections with other community groups to begin developing relationships.