BARNSTABLE COUNTY FY22 LICENSE PLATE GRANT PROGRAM APPLICATION

COVID-19 RECOVERY AND RESILIENCY PROJECTS

MAY 2021

The Cape Cod Commission (Commission), on behalf of Barnstable County and the Barnstable County Economic Development Council (BCEDC), is seeking proposals from local or regional governmental or nonprofit agencies for projects that support recovery efforts from the COVID-19 pandemic and resiliency to such impacts in the future.

Approximately $150,000 has been allocated for grants up to $25,000 in FY22. Funds will be provided on a reimbursement basis. Match funds are not required but are considered during application scoring. The full request for proposals, including evaluation criteria, is available at this link: https://capecodcommission.org/our-work/license-plate-grant/

Submission Requirements

All applications are to be submitted as a pdf by e-mail to bcedc@barnstablecounty.org. Applicants are required to fill out each section of the application (contact information, project information, scope of work, budget, and staffing plan) on the following pages and attach letters of support from project partners completing any work on the grant.

Applications are due no later than July 9, 2021. Selected applicants will be notified in August 2021.

CAPE COD COMMISSION

FY22 Barnstable County
License Plate Grant Program Application

CONTACT INFORMATION

Organization Name: Health Ministry, Inc.

Location: 70 Center Street, Hyannis, MA 02601

Project Manager:

Name Michael Mecenas

Title CEO/ President

Email healthministryusa@gmail.com

Project Partners:

For each project partner, please provide a short description of their role in implementing the project. If you need more space, please attach an additional sheet.

PROJECT INFORMATION

Name of Project: Wellness Spark

Brief Project Description (100 words):

To provide various no cost programs to the broader diverse community of Cape Cod that will stimulate health and healing for mental health. The programs will be as follows: Women's self defense, BJJ for all ages, Taekwondo for children, Karate for children, Fitness dance, Boot camp for adults, Women's Fitness, counseling groups, and alcoholic anonymous meetings.

How does the project align with the 2019 Regional CEDS Goals and/or CEDS Action Plan:

This program aligns with the Infrastructure Funding goal by helping persons in the immigrant community on Cape Cod to better their mental health and allow them to have a better quality of life.

How does this project help diversify the regional economy, advance economic resiliency, and achieve long-term economic sustainability in the region?

By providing no cost fitness and support programs to the immigrant community on Cape Cod it will allow them to better sustain a better quality of life in being year round residents and employees on Cape Cod.

What specific pandemic-induced economic development needs/priorities will this project address?

The COVID-19 pandemic has put great mental stress on persons of all ages and all cultural backgrounds. We feel that if we can offer no cost programs to immigrants on Cape Cod this will help to stimulate better mental health and it will help people to mentally recover. It is especially more impactful if the classes are taught in their native language.

What is the anticipated impact of this project on these economic development needs/priorities? How will this project support Cape Cod's response and resilience to the economic effects of COVID-19?

We anticipate to reach more immigrants in our community to help them to be able to have a healthier lifestyle in all aspects of their lives. Let them know that the community is there for them no matter what country they are from or what language they speak. We want to help to fill the gaps and help people where they feel there is no help for them.

Are there any anticipated challenges to implementing the project within 12 months of the award date? If the grant is awarded in August 2021, would the project be ready to be implemented?

The only challenge we anticipate is getting the word out to the immigrant community and letting them know that this is a safe place for them to come and participate in these programs. We have already began to implement these programs and expect for them to grown in participants and frequency.

SCOPE OF WORK & PROJECT TIMELINE

Please fill in the task name, a brief description, and the deliverable/final product. If you have more than 5 tasks, please attach an additional sheet, not to exceed one page.

Task 1:

Description: Fully implement the fitness programs

Deliverable: Get the word out to the immigrant community and increase the number of participants and hopefully the frequency of classes.

Estimated Completion Date: June 2022

Task 2:

Description: Offer counseling sessions

Deliverable: Allow the community to know of this free service and increase the number of participants and hopefully the frequency of sessions

Estimated Completion Date: June 2022

Task 3:

Description: Offer AA and NA meetings

Deliverable: Allow the community to know of this service being held in their own languages and increase the frequency of sessions.

Estimated Completion Date: June 2022

Task 4:

Description:

Deliverable:

Estimated Completion Date:

Task 5:

Description:

Deliverable:

Estimated Completion Date:

STAFFING PLAN

For each individual participating in this project, please share their name, title, associated hourly rate, and number of hours. If you need additional space, please attach an additional sheet, not to exceed one page.

Staff Name and Title	Hourly Rate	Number of Hours	Total Project Cost	Amount Requested	Match Amount
Example: Jane Doe	*$25.00*	*15*	*$375.00*	*$281.25*	*$93.75*
Rodrigo Souza Martial Art Instructor	$ 28.54	240.00	$ 6,849.60	$ 6,849.60	0.00
Andrezza Araujo Martial Art Instructor	$ 28.54	192.00	$ 5,479.68	$ 5,479.68	0.00
Rogerio Matildes BJJ instructor	$ 28.54	144.00	$ 4,109.76	$ 4,109.76	0.00
Sensei Anderson Karate Instructor	$ 28.54	48.00	$ 1,369.92	$ 1,369.92	0.00
Andreia Novais Fitness Instructor	$ 28.54	48.00	$ 1,369.92	$ 1,369.92	0.00
Diego Rezende Fitness Instructor	$ 28.54	96.00	$ 2,739.84	$ 2,739.84	0.00
Eduardo Avelar AA Counselor	$ 28.54	96.00	$ 2,739.84	$ 2,739.84	0.00
Michael Mecenas Life Coach/Counselor	$ 28.54	240.00	$ 6,849.60	$ 6,849.60	0.00
Total Personnel		1,104.00	$ 31,508.16	$ 31,508.16	$ 0.00
Fringe (enter fringe rate as percent):	%				
TOTAL:			31,508.16	31,508.16	$ 0.00

Please list the tasks that each staff member/volunteer will participate in on the following page.

Staff Name and Title	Tasks/Responsibilities
Rodrigo Souza Martial Art Instructor	Brazilian Jiu Jitsu program manager Brazilian Jiu Jitsu instructor Women's Self Defense program manager and instructor
Andrezza Araujo Martial Art Instructor	Taekwondo program manager Taekwondo instructor Women's Self Defense instructor
Rogerio Matildes Martial Art Instructor	Brazilian jiu jitsu instructor
Sensie Anderson Martial Art Instructor	Karate instructor
Andreia Novais Fitness Instructor	Dance Fitness Instructor
Diego Rezende Personal Fitness Instructor	Boot Camp Instructor and personal fitness program director
Eduardo Avelar AA Counselor	AA program director
Michael Mecenas Counselor	Life Coaching/Counseling director

BUDGET

Please fill in all budget categories relevant for your proposed project, including a brief description of the funds requested. The total amount requested should equal the total amount noted in the scope of work (see last section). All project expenses are provided on a reimbursement basis.

Category	Amount Requested	Match Amount (optional)	Total Project Cost	Budget Narrative
Personnel/Labor *(from Staffing Plan)*	$ 31,508.16	$ 0.00	$ 31,508.16	Staff hours to implement a year's worth of programming
Fringe Benefits *(from Staffing Plan)*			$ 0.00	
Travel			$ 0.00	
Equipment			$ 0.00	
Supplies			$ 0.00	
Contractual/Consulting			$ 0.00	
Other			$ 0.00	
Total Direct Cost	$ 31,508.16	$ 0.00	$ 31,508.16	
Indirect Costs*			$ 0.00	
Total	$ 31,508.16	$ 0.00	$ 31,508.16	

**Maximum of 10% of project direct cost unless the project applicant has a Negotiated Indirect Cost Rate Agreement.*