

**City of Rapid City
Community Development Block Grant (CDBG) Program
Application for Funding**

A. General Information:

Agency Name: Western Resources for dis-ABLED Independence (WRDI)
Address: 405 E. Omaha St., Suite A, Rapid City, SD 57701
Address of Project: as above and other public locations in Rapid City (described under G below)
Agency Director: Ann Van Loan Phone: 718-1930
Board President: Betty Coon Phone: 342-8625

B. Purpose of the organization: WRDI is a non-profit agency that provides assistance to people with physical, mental, or emotional disabilities: training in independent living skills, peer support, and information pertaining to independent living and disability related issues, including referrals to appropriate service agencies. WRDI offers home and community-based services at no cost to low and middle income people with disabilities. To assist people to achieve full community participation, WRDI works with existing community resources and strives to provide outreach and education, service coordination, workshops, and recreation and socialization opportunities to people with disabilities.

C. History of the organization: WRDI was established in Rapid City as an Independent Living Center (ILC) in 1989. Providing services for people of all ages who have disabilities, WRDI serves consumers in Rapid City and in the surrounding 17 western South Dakota counties.

D. Agency/Organization Goals: The goals of WRDI are to advocate for the rights of equal inclusion of people with disabilities in all aspects community life; to identify and promote access to existing resources and the development of new resources which may enable people with disabilities to live more independently; to assist those with disabilities to develop their highest potential, thus supporting the opportunity to live life to its fullest.

E. Program/Project Benefit:

1. Number of clients served during the last twelve (12) months: 245
2. Number of clients served in Rapid City: 76 Outside Rapid City: 169
3. Maximum number of clients your agency can serve at any one point in time: No limit
4. Does the agency have income eligibility requirements which limit services or activities exclusively to low/moderate income persons: Yes: X No:
5. Does your agency serve any of the following specific groups of clientele?

<u> </u> Abused and/or neglected children	<u>X</u> Homeless persons
<u>X</u> Elderly persons	<u>X</u> Disabled persons
<u>X</u> Battered spouse	<u>X</u> Illiterate persons
6. Does your agency require information on the following?

<u>X</u> Family size and income
<u>X</u> Very low income (income below 30% of area median income)
<u>X</u> Low income (income between 31% - 50% of area median income)
<u> </u> Above 80% of median income

7. If the benefits or service that your agency provides is open to all persons in the area regardless of income, list the boundaries of the entire area served. This can be census tracts, block groups, street boundaries, or other officially recognized boundaries. Not applicable

8. If the project or activity for which CDBG funds are requested will create new or be used to improve permanent residential structures that will be occupied by low and moderate income households upon completion, please state how many will be: Not applicable

Completed ____ New ____ Improved ____

Will the rental amounts remain affordable as per HUD guidelines? Yes ____ No ____ NA

Will the program beneficiaries be limited to low and moderate income households?

Yes X No ____

F. Fee schedule for services, if applicable, please attach: Not applicable

G. Purpose and description of program/project for which funds are requested:

The purpose of the project, *Living Well*, is two-fold: 1. It will promote healthy living skills for people with disabilities; 2. It will promote economic development in Rapid City by increasing the customer base for businesses that provide health and wellness services and recreational activities. By matching people who have disabilities with local businesses, it will contribute to empowerment and self-sufficiency for low-income persons with disabilities.

Rod, a 38-year old man who was abused as a child, struggles with hearing loss, depression, a lack of literacy, and isolation. Tom, who has suffered from mental and emotional problems for most of his life, is finally accepting assistance to help him overcome the isolation and squalor that he has lived in for years. Jane, a 58-year old woman, who is blind in one eye and partially blind in the other, has been diagnosed with diabetes. Many people with disabilities in Rapid City live as these people do, confined to isolation because of their disabilities and struggling with health impairments. Their disabilities contribute to secondary conditions, such as depression, poor health, and increased mortality rates. Such health issues are a major obstacle to the fulfillment of WRDI's mission to assist people with disabilities to live independently and achieve their highest potential.

Living Well is a health promotion program provided by Rural Institute on Disabilities at the University of Montana for adults with disabilities. Its purpose is to teach skills for making healthy lifestyle changes, keeping health problems under control, developing physical fitness, overcoming depression, and developing and maintaining healthy relationships. Participants will have access to counselor services at WRDI and will also learn to access existing health, wellness, and recreation services in Rapid City. Participation in health promotion and wellness programs has been shown to improve quality of life and overall health, reduce medical care costs, and lower mortality rates.

H. Describe how funds will be used:

The funds will be used for training costs for five individuals to become *Living Well* facilitators for workshops for current and future WRDI clients; for operational costs (promotion and participant recruitment, transportation for clients to the workshops and to businesses providing services,

facilitator wages, workbooks and associated materials); for guest presenter fees and charges from businesses providing services, and for counseling for participants who are taking or have completed the *Living Well* program.

I. Please state program/project start and completion dates:

April 1, 2004 through March 31, 2005. Facilitator training: April 5 – 16, 2004. Eight-week workshops for 5 to 10 persons with disabilities will be offered every eight weeks beginning April 19, 2004.

J. If funds requested are for building expansion, renovation or a new facility, please complete the following information: Not applicable

K. Funding sources for the program/project:

Community Development Block Grant Funds Requested	\$38,648
Other Funding Sources:	
Rapid City YMCA (introductory fitness training)	\$ 270
SunCatcher Therapeutic Riding Academy (introductory training)	\$ 100
Western South Dakota Community Action Agency, Inc. (materials)	\$1000
WRDI (office space and utilities for facilitator training and workshops)	\$1375
WRDI (administrative, accounting, and clerical support)	<u>\$5312</u>
<i>Living Well</i> Project Total:	\$46,705

L. Financial Information:

Statements attached: Financial Statements and Independent Auditor's Report, May 31, 2003
Living Well proposed budget

Ann Van Loan
Signature of Agency Director

Date: 11/14/03

Dee J. Coon
Signature of Board President

Date: 11-14-03

Attachments: List of Board Members
Financial Statements
Articles of Incorporation and By-laws