



United Way
of Monroe County

Outcomes Report Template – 2010-2011 Application Process

NOTE: Each program is required to have at least one outcome. Programs that received prior year United Way funding are required to provide up to 3 years of outcome information: 1. the most recent completed outcome year (actual); 2. outcome progress in the current funding year; and 3. an outcome for funds being requested (proposed) for each outcome. Programs with multiple outcomes - please use a separate sheet for each outcome.

Program Name: Direct Membership Scholarship – Seniors Organization Name: Pocono Family YMCA

Measurable Outcomes (results you intend to achieve) - List the outputs, past or proposed outcomes, indicators and planned results.

<i>Time Frames</i>	<i>Outputs (number served)</i>	<i>Outcomes (change accomplished or expected)</i>	<i>Indicators (measurement tool)</i>	<i>Year to Date Results</i>
Actual 7/08-6/09	18 Seniors received membership scholarships	Facility usage by seniors continued to increase this year. Our 14 scholarship recipients visited the facility 1098 times during this time frame. Utilizing our tracking sheets and class attendance sheets these seniors participated in land group exercise classes including yoga, qigong, arthritis classes, bellydancing, and stretch and tone classes. They also utilized the fitness center for cardio equipment and weight training. The pool was used for water group exercise classes, lap swimming and recreational swim. Participation in this program has allowed our senior recipients to continue to be active participants of our community, remain self sufficient, and improve their overall health and well-being.	Tracking of usage is done through swipe cards, scholarship tracking sheets, and testimonials from the members	13 out of 18 seniors regularly use the YMCA with an average of 2 visits a week. There has been no regression of their physical capabilities noted. Testimonials have been received noting their progress.

<p><u>Current</u> 7/09-6/10</p>	<p>14 Seniors received membership scholarships</p>	<p>Facility usage remains constant. We currently continue to offer 14 scholarships to seniors who visit the facility regularly with a total of 688 visits to date. Both land and water classes continue to attract our senior members; with attendance in the yoga, stretch and tone, arthritis, and pool classes increasing. Use of the fitness center remains constant. Participation in the program continues to provide an opportunity for a healthy lifestyle, socialization, and self sufficiency for our senior members.</p>	<p>Tracking of usage is done through swipe cards, scholarship tracking sheets, and testimonials from the members. A new assessment tool will be utilized in March with a fitness assessment done on members and recipients to evaluate range of motion, cardio/respiratory capabilities, strength and flexibility.</p>	<p>9 out of 14 seniors regularly use the YMCA with an average of 2.5 visits a week. There has been no regression of their physical capabilities noted.</p>
<p><u>Proposed</u> 7/10-6/11</p>	<p>20 Seniors to receive membership scholarships</p>	<p>To continue to offer programming to allow seniors to continue to be self sufficient, to remain active and play a vital role in their community. We will continue to offer exercise classes both at the YMCA and the Stroud Mall that are geared to our senior participants.</p>	<p>Facility tracking with membership software and scholarship tracking sheets will continue to be used. Fitness assessments will be done in September that will be compared to the March assessments to track physical outcomes. Testimonials from our participants remain a vital tool to our organization.</p>	<p>It is hoped that at least 15 out of the 20 participants will continue to regularly use the YMCA with at least an average of 2.5 visits a week and that as a result of our assessments there will be no regression noted.</p>