

Under Title III of the Older Americans Act
Fiscal Year July 1, 2025 through June 30, 2026

Project Description Sheet

(Please fill out a ***Project Description Sheet*** for each service provided.
Attach additional pages if necessary to complete the following questions.)

1. Service or Project name: **Fitness/Health**

2. Provide a description of how your program will spend the Title III funding.

We continue to see rapid growth in our fitness/health classes. We continue joining with the Gallatin Health Department to bring Stepping On, S.A.I.L., flu clinics and hypertension workshops to our folks. We also offer 4 full body workouts, Zumba, 2-line dancing classes, ballroom dancing and yoga each week. During the summer months, we offer hiking and walking clubs and encourage our folks to take advantage of our walking park in the back of the center. We were able to move our larger classes to a school gym nearby which has helped us welcome more folks into these classes. We are still able to hold smaller classes at the center.

The funding will be used to pay for our contracted instructors, purchase supplies, and pay for a portion of the center's utilities.

3. Statement of how your project will coordinate services with other community programs. (Include a description of referral systems.)

The following list reflects resources and sources of referrals for the Belgrade Senior Center demonstrating the collaborative and reciprocal working relationships established in the local community. Many of these agencies work with older adults and refer clients to us for health and wellness, educational programs or home delivered meals. In turn we rely on these organizations as resources to refer our seniors to when their expertise is required.

Gallatin County Health Department	Greater Gallatin United Way
AARP Tax Aide & Driver Safety	Rocky Mountain Hospice
Gallatin Garden Club	Galavan
Belgrade Chamber of Commerce	Gallatin Valley Food Bank
First Security Bank	Adult Protective Services
Local School Districts	City of Belgrade
Bozeman Deaconess Hospital	Area Case Management Organizations
Love, Inc.	Gallatin Mental Health Center
Local Home Health Providers	Veterans Administration
Urgent Care of Belgrade	
Belgrade Community Library	
MT Gerontology Society	
Montana Nonprofit Association	
Bozeman Health	
Gallatin County Nursing Home	
Habitat for Humanity	
Area IV Agency on Aging	
HRDC	

4. Statement of how your project will fulfill the mission of the Older Americans Act. (Include a description of criteria for selection of clients, outreach and targeting activities and how the project fulfills the objectives of the Older Americans Act.)

Regular physical exercise is so important. We also know that social interaction is equally important to help our seniors enjoy healthier lives. We continue to put together fitness and health programs that help with both issues. There is no cost to our seniors for any of our fitness/health programs, ensuring that they are available to anyone who would like to participate. Our fitness programs are developed for all stages of physical fitness. Each class is taught with the option of high or low impact. Seniors can even sit during the class and still benefit if they have limited abilities. Many seniors who come to our fitness classes join us for lunch also.

Through the Gallatin Health Depart we regularly can offer Stepping On, S.A.I.L. and Hypertension workshops to help round out our services. We are looking forward to more collaboration with this organization.

5. If extra funding was available, what would you do to increase services and how would you plan to spend the money?

We now have access to the school gym for many of our fitness classes so with additional funds we would be able to hire more instructors and add more fitness options to help cover more fitness level needs.

The Older Americans Act requirements state that aging providers are supposed to “target resources from all appropriate sources to meet the needs of older persons with the greatest economic or social need, with particular attention to low income, low income minority, those residing in rural areas, and elders who are disabled and frail. Providers are also required to ensure access to service based on certain economic, demographic and geographic factors.”

6. Please provide letters of support from other local community-based and/or institutional programs, agencies or organizations involved with older adults.
7. List wage range of all employees funded in full or in part by this contract: \$ 20.00 to \$ 50.00.
8. Is this project covered by liability insurance? Yes How much? 1.5 Million
8. How many years has this project received Title III funds: 4
10. Please provide a **detailed** estimated budget for this Title III service for the fiscal year 2025-2026 as follows (list appropriate estimated resources):

PLEASE FILL IN THE FORM BELOW, YOU MAY SUBMIT ADDITIONAL SUPPORTING DOCUMENTATION IF NECESSARY.
(Your expenses should equal your resources)

Expenses:

Personnel and fringe:	_____
Supplies:	<u>500</u>
Raw food/meals:	_____
Commodities:	_____
Communications:	<u>100</u>
Utilities:	<u>350</u>
Repairs/maintenance:	_____
Travel/training:	_____
Building space:	_____
Insurance:	_____
Equipment:	<u>250</u>
Contracted services:	<u>3250</u>
Audit:	_____
Other:	_____
TOTAL:	\$ <u>4450</u>

Resources:

Area IV Funds:	<u>2500</u>
Project income:	_____
Other Resources:	_____
Cash in Lieu:	_____
Commodities:	_____
Match:	<u>1950</u>
Other:	_____
Other:	_____
TOTAL:	\$ <u>4450</u>

Application deadline - The electronic application and 2 copies must be received by Rocky before 4 p.m. Friday, March 28, 2025. Applications received after this deadline date will not be considered for funding.

The contractor presentations will be on Zoom again this year.

The date of the Area IV Board Meeting is May 15, 2025 at 9:00am.



Cherie Murbach, PT, DPT, MPH
Health Promotion Specialist
Gallatin City-County Health Department
March 18, 2024

To whom it may concern,

I am writing to express my enthusiastic support for the Belgrade Senior Center, which plays a vital role in meeting the needs of older adults in the Belgrade community and beyond. As a Health Promotion Specialist within the Chronic Condition Prevention Program at the Gallatin City-County Health Department, I have seen firsthand the positive impact the Belgrade Senior Center has on the health and wellbeing within their community.

The Belgrade Senior Center not only offers nutritious meals to community members, but also a wide range of services, programs, and classes that promote both physical health and social connection. I have had the privilege of collaborating with the Senior Center by participating in wellness fairs, hypertension prevention classes, arthritis management classes, and fall prevention programs. These initiatives not only improve participants' physical health but also address the critical issue of social isolation and loneliness among older adults.

I wholeheartedly commend the Belgrade Senior Center team for their ongoing dedication and commitment to serving the community, and I am proud to offer my full support for their efforts. I look forward to continuing our partnership and working together to improve the health and wellbeing of older adults within Gallatin County.

Sincerely,

Cherie Murbach, PT, DPT, MPH
Health Promotion Specialist
Gallatin City-County Health Department



March 5, 2025

Diane C. Shearer

203 W. Rosebud Avenue

Belgrade, MT 59714

Letter of Support for the Belgrade Senior Center Grant Application.

I am writing to express my wholehearted support for the programs offered at the Belgrade Senior Center. Although I am 73 years old and have been a member of the Belgrade Senior Center for a few years, I only started participating in their programs this past September. Since then, I've enjoyed their Western Line Dancing and Zumba classes. My main reason for beginning classes was to strengthen my legs and knees after a knee replacement. It's been 16 months since my replacement. I was in physical therapy for five months after surgery. Physical therapy was very painful for me. The degree of bend they wanted me to reach was not within my ability. Doing Steps was particularly difficult. I thought dancing and exercising could help me to strengthen my leg and improve my range of motion. After six months of regular attendance at the Belgrade Senior Citizens dance programs, my leg has improved tremendously. Steps are no longer painful. Riding my stationary bike is no longer painful. The classes have more than exceeded my expectations. I cannot say enough as to how these programs have improved my life. Plus, the instructors and everyone I've met at the Belgrade Senior Center are so very friendly, cheerful, and enthusiastic. The social interaction and welcoming individuals I consider an additional bonus.

Please seriously consider the Belgrade Senior Center as a viable recipient of your generous grant funds. From everything I've seen and experienced, it will be used judiciously and enrich many wonderful Belgrade residents.

Thank you,



Diane C. Shearer

200 Secretariat Street
Belgrade, MT 59714
March 7, 2025

To Whom It May Concern:

I am writing to you to express my enthusiastic support for the Belgrade Senior Center programs. I have been participating in the fitness and art programs regularly. I lead the yoga class and attend the Full Body exercise classes and substitute for one of the leaders when she is not available. I also enjoy the meals and fellowship at the Senior Center.

The exercise classes have robust attendance and participants have expressed how much the camaraderie and connection before, during and after exercising has improved their mental and emotional health. As someone who has consistently experienced these things myself, I can personally attest to the urgent need for additional funding to keep these wonderful programs going, especially as we continue to see more people attending.

Sincerely,

A handwritten signature in cursive script that reads "Mardie Louis". The signature is written in dark ink and is positioned below the word "Sincerely,".

Mardie Louis