

Colorado Rural Health Care

GRANT PROGRAM



FINAL REPORT TEMPLATE

This form must be signed and returned with the Grant Report Narrative. Please complete and return this report by October 1, 2009. No further grant requests from your organization can be considered until this report has been completed and returned.

Name of organization reporting: Spanish Peaks Regional Health Center Outreach Clinic

Dates covered by this grant: from July 2009 to July 2010

Executive Director: Debbie Channel, Clinic Manager

Phone and Email: 719-738-2718 dchannel@sprhc.org

Contact person: (If different from Executive Director) _____

Title: _____

Phone and Email: _____

Mailing Address: 129 Kansas Avenue

City/State/Zip: Walsenburg, CO 81089

Fax Number: 719-738-2732

Amount of Grant: \$49,597

Purpose of Grant: Our project was to stabilize our 90 year old building and renovate the top floor for mental health counseling and healthy activities.

I hereby certify that the above and attached statements are true and accurate.

Signature of Executive Director or Authorized Board Officer

Date

I. NARRATIVE (maximum of 3 pages, exclusive of photographs and testimonials)

A. Results/Outcomes

1. Please describe the progress made toward the stated goals and objectives related to this specific grant.

I would like to begin by thanking you for your generous funding that has enabled us to “Improve the Lives We Touch” with our ability to offer more opportunities for our community to engage in healthy activities. We have utilized all of the funding (a ledger of expenditures is attached) and completed the project well within our time frame with results that will have a positive long term outcome on the health of our residents.

2. What difference did this grant make in your community or neighborhood and for the population you are serving? Please discuss evidence of effect (e.g. numbers served, demographic information, community indicators, outcomes, client satisfaction survey results, etc.). *Note: If you have evaluation materials that document outcomes and impacts of your work, feel free to attach in lieu of answering this or other questions.*

This project has had an extremely positive impact on our community. What had once been a building that provided a place for the community to congregate, over time, had turned into a storage unit for the Spanish Peaks Hospital. With a great deal of pride, we have reached our goal of creating an area that can provide additional health and wellness programs to our community.

We have been able to stabilize the exterior of the 90 year old building and restore the interior to a level that can be utilized for many new health programs. Once the contractors identified and repaired all of the external leaks they were able to power wash and stain the exterior bricks. After the water problem was resolved the project moved to the interior of the building. The third floor had been used for over 25 years as a storage area. We were able to haul about half of the stuff to the dump. The remaining contents were dispersed to other places (an old doctor’s exam table and equipment was donated to the local museum). The often two foot wide chunks of lathe and plaster that had fallen off the walls and ceiling were a challenge for the contractors but they did a nice job of filling them in and painting. The electricity had been pulled out of the area so new wiring was required for overhead lights and wall sconces, outlets and exit lighting. After so many years of being used as storage with little traffic, the floors were in relatively good shape and we were able to strip them and refinish for a reasonable cost.

We have completed the project well within our one year time line and are providing several new services to our youth and their families. A mental health counselor is meeting with youth in our new counseling office. Parents are pleased to have an autonomous place for their children. We also anticipate using this space for chronic disease counseling sessions. Clients could utilize the Wii Fitness as part of their health plan.

This space will not only be used for counseling services but will also provide a place for youth and adults to participate in healthy activities. We will be able to utilize the

space for community events much like the Kid's Carnival we just hosted showing off the many health and wellness programs being offered in the building.(see attached article) This event was very well attended and we were able to share information about our many services. We heard many stories about the "old days" in the building.

There is interest in adult aerobics classes that we will be encouraging. The hospital Wellness Committee has visited and is interested in wellness programs that can be provided there for hospital employees. We also requested and received funding from our local Parks and Recreation District and the Colorado Health Foundation to help with many of the final touches.

3. Describe collaborations, if any, related to the work funded by this grant and how it impacted your efforts.

We utilized funding from Huerfano County Parks and Recreation to cover the additional costs that your funding did not cover. We have worked with Huerfano County Youth Services providing them space for their Karate and Wii Fitness Classes. We have contracted with Spanish Peaks Mental Health for the counseling services and are also using private counselors.

B. Photographs and Testimonials

1. Please provide any photographs or testimonials that demonstrate the impact the project has had on the community. See Attached

2. Please provide an example of a success story that demonstrates the benefit of the project to your community.

The community use has been everything we had hoped for. There are 26 kids that meet for Karate classes twice a week and between 10-12 kids coming in twice a week for Wii fitness classes. A "healthy library" is available for parents to look through as they wait for their kids. In addition, with all of the attention in the paper about the wonderful programs we are offering and our need for a dentist; we had a dentist start in April!

C. Future Plans

1. What are the plans for sustaining the impact of the use of these funds?

We will continue to increase healthy activities as well as continue using the space for mental health services. Community members are beginning to utilize the space for other activities. For instance we have an adult tap dance class that meets weekly. The Hospital's wellness committee is planning to begin some health programs in the fall.

2. What plans do you have to communicate your outcomes and lessons learned with others?

We advertise in the local papers about our facility. Word of mouth has been incredible.

3. If you have identified areas where increased collaboration between organizations or sectors would lead to increased positive outcomes for your constituents, briefly describe your ideas.

D. Other Comments

1. Please share with us any recommendations you have for our grant making or reporting process.

You have been wonderful to work with. Thank you.

II. FINANCIALS

1. Please provide income and expenditure information compared to the approved budget for that project or program. If there are any major variances, please explain.

The Beginning of the Project Spanish Peaks Renovation Project



The Outside of the building is stained and the windows are broken and not sealed.



Once we got started on the outside,
we had to get rid of everything on the inside!

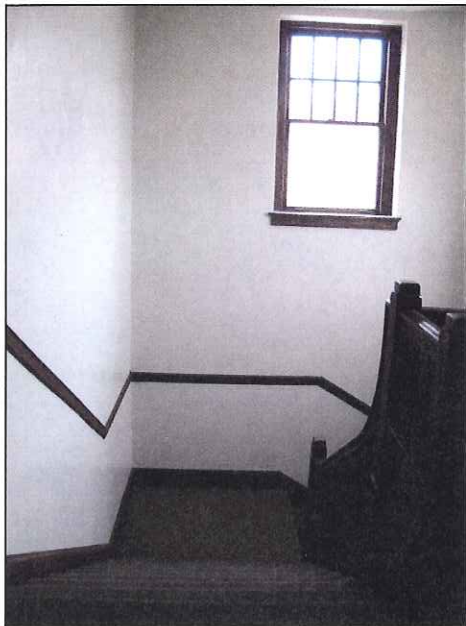


The walls were destroyed by the leakage from the exterior.
Chunks of plaster had fallen from numerous places.

The results of the project! Spanish Peaks Outreach Clinic's Crowning Jewel



The "Ballroom" evolves!!

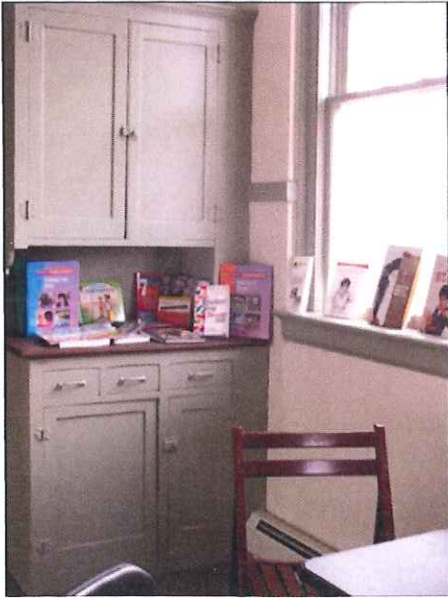


The Hallway looking down from the doorway to the comfortable mental health office.



The solid oak floors are simply beautiful and provide a great place for Karate and Wii Fitness. Community members are excited to begin using the facility.

Spanish Peaks Renovation Project



The "Healthy" Library



The bricks and windows have a new shine!



This is the same room before and after.
It is the new after school
Health program director's office.

First annual Kids Carnival big hit

Lots of kids, lots of fun — and healthy, too

By Rachel Martinez
Huerfano County Youth Services

WALSENBURG—Kids and their parents found a good way to have fun and learn about healthy living on Feb. 13. They spent that Saturday afternoon at the first annual Caring for Kids Carnival at the Spanish Peaks Outreach Clinic.

According to Rachel Martinez of the Huerfano County Youth Service, a part of the Outreach Clinic, more than 200 people attended the carnival.

"I would like to thank everyone who came to our Caring for Kids Carnival. I was so glad to see the people who kept pouring in our ballroom," Martinez said. "This is the first time we've done this activity and I was a little worried people wouldn't show, but was I wrong."

The center for the activities was in the newly renovated "Ball Room" on the second floor of the clinic. The room offered a spacious setting for kids and their parents to enjoy the many learning activities that were offered.

The carnival was part fundraiser and part showcase for the many services that both Huerfano County Youth Services and the Outreach Clinic offer to residents in Huerfano County. The carnival raised more than \$250 in donations while hosting 20 vendor booths that sponsored some type of game or activity while handing out information.

One of the more popular activities was the "bingo" game. As visitors entered the building they were given a carnival bingo card with pictures representing the different booths. When they visited each booth they got a mark on their card. When the card was

full they were able to turn it in for one of the prizes donated by businesses across the county.

Food for the carnival was some of George's green chili.

"All in all, for being worried no one would show, I would have to say we had a wonderful turn out and I again would like to say thank you to everyone who came," Martinez said.

The following businesses either donated prizes or participated in the carnival: Boise-Ortega Funeral Home, Final Step Floors, Charlie's Market, Katelen's Health Education, First National Bank of Trinidad, Chipita's, Pizza Hut, Grandma & Grandpa's This 'N That.

George's Drive Inn provided the green chili. Star Drug, Assets for Colorado Youth, Jo's Country Store, HULA, Medco, Spanish Peaks Library District, Census 2010, BOCES and the San Isabel Electric Association also participated.

Calvary Church, Rachel's Wrappers, CREW, Play Group, Headstart, Peachtree Gifts, Huerfano County Department of Social Services, and all of the employees of Spanish Peaks Regional Health Center and the Huerfano County Youth Services helped make the event a success.



Photo courtesy of Rachel Martinez

Even business owner and Chamber of Commerce President Nancy Lave volunteered for the Kids Carnival.



Caring for Kids

By William Beverly,
Ph.D.

WALSENBURG- The Spanish Peaks Regional Health Outreach Clinic/Huerfano Youth Services building quickly filled up on Saturday afternoon for the well attended Caring For Kids Carnival. Many kids and their adults were in attendance as well as representatives from numerous related agencies and businesses.

Many fun, helpful and educational resources and activities were available for children and parents alike. Activities included puppet making, painting, kids bean-bag toss, go fish, finger-painting, and play dough making as well as many many more.



Top: Miguel and Mariah Rivera paint with Kylee Jo Farris. Above: Carnival organizers Cindy Campbell, and Rachel and Rich Martinez

Agencies attending included Huerfano County Head Start, South Central BOCES (Board of Cooperative Services) Early Childhood Program, Spanish Peaks Library, the Wii Fitness Program, Huerfano County Social Services, the U.S. Census Bureau, Spanish Peaks Outreach Clinic and San Juan Electric Association.

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