



CommonBond
COMMUNITIES

Advantage Services Annual Plan

Site: Unity Square Townhomes

Timeframe: 2018

Staff person completing plan: Shinita Crawley

Service Intensity Level/staffing structure: Comprehensive/Full-time CommonBond Advantage Services Coordinator

Core Programs Offered:

- Eviction prevention
- Adult Education and Advancement
- Study Buddies
- Teen Programs
- Summer Fun
- Homework Center
- Health and Wellness Classes
- Community Building Events
- Resident Leadership training

Customized Programs to be offered:

One on One Individual Services

Offering One on One individual services for: housing stability support including eviction prevention, referrals, home management issues, lease education and connections to tenant support resources; employment services from work-readiness preparation through job placement and advancement; and financial literacy coaching and education.

Community Building and Engagement Events

“Welcome to Summer” event. “Welcome to Summer” is a day where we invite local community organizations out to share with us who they are and what they have to offer the residents of Unity

Square Townhomes. This is a family fun event that allows our residents to enjoy time with their family at no cost and they are exposed to resources that will help them to become self-sufficient.

Partnering with Unity Neighborhood Association for National Night Out and Neighborhood Clean-up

Unity Square will be partnering with KBBG 88.1 FM Radio to have our residents children (ages 3 – 8) that can read fluently participate in Zoe’s Book Club. Each week a resident has the opportunity to read their favorite book on the radio.

Residents participating in programs hosted by the Jesse Cosby Center i.e. Financial Literacy and Budgeting programs.

Family Programs

“Welcome to Summer” event. “Welcome to Summer” is a day where we invite local community organizations out to share with us who they are and what they have to offer the residents of Unity Square Townhomes. This is a family fun event that allows our residents to enjoy time with their family at no cost and is exposed to resources that will help them to become self-sufficient.

Fall Festival and Winter Wonderland. The purpose of the Fall Festival and Winter Wonderland parties are to give parents and children an opportunity to bond.

Other activities include: movie nights; arts and crafts; and Fire Safety Programs by Waterloo Fire Station

Youth Programs

Homework Center. The Homework Center meets twice per week. At Homework Center, the participants work on their homework for the first half, then they have a nutritious snack and for the second half, they do educational games on the computer or reading corner activities. The computer games usually focus on the math, sight words and science.

Health and Fitness Youth Program. This program is a partnership between Iowa State Extension and CommonBond’s Mercy Advantage Center to offer a Health and Fitness Youth Program. Lesson topics included: building a healthier plate with a focus on the five food groups and the difference between healthy and unhealthy snacks. Lessons also include nutrition education, tasting of a recipe and physical activity.

Going Back to School giveaways include school supplies and depending on donations gift cards for uniforms.

Summer Fun youth programming. Programming is usually theme based and changed every year. Summer activities include guest speakers, arts and crafts, puzzles, and games, and field trips.

Summer Olympics. The goal of the Olympics was to teach the children unity, togetherness and peace among each other. Kids team up to play Olympic based games, have and eat a special lunch.

Peoples Clinic Dental Hygienist. A dental Hygienist is invited to speak with the children on proper dental care and they learn how to properly care for their teeth. The children receive free dental floss, toothbrushes and toothpaste.

Adult Education and Advancement

Unity Square Townhomes Job Fairs. Major businesses and companies are invited to come and share about employment opportunities. Residents are given assistance in completing applications and able to ask employers questions about prospective positions. This event is always open to the public.

Annual Education Fair. The purpose of the education fair is to inform the residents of educational opportunities for them and their families. Participants of the fair included Financial Literacy classes. The classes covered the following topics: Understanding financial abuse; understanding assets, debts and liabilities; Credit Basics – Understanding your credit report; Building a foundation and how to create a habit for saving. This event is always open to the public

Health and Wellness

Unity Square Fitness Club. The purpose of the Unity Square Fitness Club is to get the residents healthy mentally and physically. Parents play a key role in making healthy choices for their children and teaching their children to make healthy choices for themselves. So as a part of the fitness club, we offer parents the tools, support and information they need to make healthier choices for themselves and their families while learning how to deal with stress and other challenging life circumstances.

“Eating Smart, Being Active” program which was offered as a component of our Fitness Club. “Eating Smart, Being Active” is an 8 week Nutrition program that teaches families how to make healthier choices. Lessons topics included: Get Moving; Plan, Shop and Save; Vary Your Veggies. Focus on Fruit; Make Half Your Grains Whole; Build Strong Bones; Go Lean with Protein; and Make a Change. Lessons also included tasting of recipes, physical activities and nutrition education. Offered once per year.

Partnerships:

Iowa State Extension, Hy-Vee, YWCA, Hawkeye Community College, University of Northern Iowa - Educational Opportunity Center, Tri County Child and Family and the Waterloo Public Library, KBBG 88.1 FM Radio, Unity Neighborhood Association, Neighborhood Hub, UNI School of Music, Operation Threshold, Bakari Behavioral Services, Hy-Vee, GMAC/ALLY, Target Distribution, and KWIK STAR, Allen College, Hawkeye Community College, University of Northern Iowa - Educational Opportunity Center, Tri County Child and Family and Upper Iowa University, People’s Clinic.

Additional Considerations for the year:

Women’s Health Retreat topics include Meditation, Conflict Resolution, Financial Health, Stress Management, Domestic Violence, Health and Wellness topics.

Coffee and Pastries for Elderly Residents

Golden Bingo for Elderly Residents

Volunteer Fairs – UNI and Hawkeye

Girl's Circle. The Girls Circle curriculum includes various aspects to encourage our younger girls to feel empowered and grow up healthy and happy. We will be offering the "Friendship" curriculum which will be open to girls ages 9 and up. "Friendship" curriculum is a groundbreaking guide that addresses exclusion, intolerance, and feuding. This program confronts relational aggression and shores girls up with strong interpersonal skills; knocks down barriers to pride, confidence and empathy. Themes include topics such as "Being included, Being Left Out," & "Feuds, Followers & Fairness." This curriculum also increases caring and relational competence. Offered once per year.

Participation and outcome goals:

Stability & Independence	
% of households prevented from eviction/negative turnover	90%
Of those seniors screened as "at risk" in the past 12 months, % maintaining housing	70%
Education & Advancement-Adult	
# of job placement - adults (over 18)	10
% of adults retaining employment - one year	65%
# of Career Ladders	4
\$ Average wage at employment	\$11.50
Education & Advancement - Youth	
# Youth that participate in Youth Education & Advancement Programs (<i>Total unduplicated</i>)	20
# Homework Center participation	20
# Summer Fun program participation	15
# of youth who attend at least 30 sessions of Homework Center	10
% of youth who attend at least 30 sessions of Homework Center	50%
# of youth who attend at least 50% of Homework Center sessions offered	10
% of youth who attend at least 50% of Homework Center sessions offered	50%
% of high school seniors in programs who graduate from high school	80%
% of high school seniors in programs that have post-secondary plan	80%
Health & Wellness	
# that participate in Health & Wellness Programs (<i>Total unduplicated</i>)	15
# of individuals participating in other health and wellness activities	8
% of participants that attended regularly (65% of offerings)	65%
Community Building & Engagement	
# of residents that participate in community building events	30

Budget: For sharing purposes, all proprietary information has been removed from the example budget below. For a full CORES application, we do request that the applicant provides budget information.

Date Range: 01/2018 -12/2018

Description	2018
	Budget WS

REVENUE

Contribution Revenue

Contributions	--
Release of Restrictions	--

Total Contribution Revenue	--
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Fee Revenue

Government Grant Fees

Grant Service Fees-State	--
Grant Service Fees-County	--
Grant Service Fees-City	--
Grant Service Fees-Other	--

Total Government Grant Fees	--
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Management & Services Fees

Advantage Service Fees	--
Other Service Fees	--

Total Management & Services Fees	--
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Total Fee Revenue	--
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TOTAL REVENUE	--
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EXPENSES

Operating Expenses

Administrative Expenses

Advertising	--
Marketing & Printing Expenses	--
Business Travel	--
Dues & Memberships	--

Pre-Employment Testing	--
Staff & Board Development	--
Salaries-Office	--
General Office Supplies	--
Computer Equipment, Software, Supplies & Maintenance	--
Consulting Contract	--
Legal Services	--
Telephone & Answering Services	--
Retirement Contribution	--
Total Administrative Expenses	--
Taxes & Insurance Expenses	
Taxes	
Payroll Taxes	--
Total Taxes	--
Insurance	
Workers' Compensation	--
Employee Insurances	--
Directors Liability Insurance	--
Total Insurance	--
Total Taxes & Insurance Expenses	--
Program Expenses	
Advantage Service Programs	
Education & Advancement-Adult	--
Community Building & Engagement	--
Health & Wellness	--
Education & Advancement-Youth	--
Translation/Interpretation Expense	--
Total Advantage Service Programs	--
Total Program Expenses	--
Total Operating Expenses	--
TOTAL EXPENSES	--
Total Surplus (Loss)	--