Introduction to Be Well Fox Valley AmeriCorps Information Session
• Overview of AmeriCorps & BWFV
• Overview of BWFV AmeriCorps
• Who are the members?
• Host site information
• Application overview
• Wrap up
Overview of AmeriCorps
• What is AmeriCorps (Ameri-core)?
  • Federally funded agency
  • Funds programs that utilize members (through service) to address identified areas of need within the nation/community, etc.
  • Members = individual who serves in an AmeriCorps program
• Some issues that AmeriCorps can address:
  • Child and Adult Education
  • Community Development
  • Disaster Relief
  • Environmental Issues
  • Health and Human Services
  • Homeland Security
  • Mentoring
  • Senior Care
  • Service Learning
Overview of BWFV
• Mission:
  • Partnering to advance a culture of health and well-being for all

• Vision:
  • The Fox Valley is a place where all people have the opportunity to live longer, healthier, and happier
5 Goals:

1. A vibrant regional food system that provides access to healthy, affordable food for all people.
2. A cohesive and connective multi-model network that provides recreational and transportation options for all people.
3. Local settings (hospitals, communities and neighborhoods, schools, early care centers, worksites, and faith institutions) that promote healthy choices and behaviors.
4. Strong community-clinical partnerships that help prevent and manage chronic disease.
5. Inclusive public spaces that foster social connection.
Overview of BWFV AmeriCorps
• What:
  • Members expand capacity and provide education:
    • that support/focus on physical, mental, social health and wellbeing
    • OR COVID-19 response/relief efforts
  • Member activities will:
    • align with 1 of 5 BWFV goals OR COVID-19 response/relief efforts
    • Support BWFV, host site organizations, and/or community members
  • Grant funded = 9/1-8/31
  • United Way Fox Cities = housing and fiscal agency to BWFV and BWFV AC
Where:

- BWFV AmeriCorps jurisdiction = Calumet, Outagamie, Winnebago Counties*
  - COVID-19 response/relief efforts may occur outside of the three counties
- Host site = organization that has a member serving their time
- Members serve at eligible host site organizations:
  - Federally Recognized Indian Tribes
  - Educational Institutions
  - Governments Agencies
  - Nonprofit Organizations
• Where:
  • Examples of past and current host sites:
    • 3 local health departments: Calumet, Outagamie, and Winnebago Counties
    • Local health systems/clinics: Ascension, Aurora, ThedaCare, Mosaic Family Health
    • BWFV
    • Community Clothes Closet
    • Feeding America Eastern WI
    • First Five Fox Valley
    • Fox Valley Advance Care Planning Partnership
    • Menasha Joint School District
    • Pillars
    • Riverview Gardens
    • SOAR Fox Cities
    • UW-O Head Start
    • UWFC
    • YMCA
• When: Summer 2020 term

<table>
<thead>
<tr>
<th>Service Term Option</th>
<th>Service Term Start-End Dates</th>
<th># weeks</th>
<th>Types of member positions available for the Term Option.</th>
<th>Host Site Cash Match Amounts</th>
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| Option 6: Summer Term | 6/1/2021-8/31/2021 | 13 weeks | • Quarter-Time: 450 hours Average 35-40 hrs/wk  
• Minimum-Time: 300 hours Average 25-30 hrs/wk | • QT: $2,437.50  
• MT: $1,755 |
### Overview of BWFV AmeriCorps

#### When: for the 2021-2022 service term

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| Option 1: Yearlong  | 9/1/2021-8/31/2022          | 52      | • 1700 hour position: Average 35-40 hrs/wk  
                                             • 900 hour position: Average 18-25 hrs/wk | • 1,700 hour: $9,750  
                                             • 900 hour: $5,161.76 |
| Option 2: First quarter term | 9/1/2021-12/15/2021   | 15      | • 450 hour position: Average 30-40 hrs/wk  
                                             • 300 hour position: Average 20-30 hrs/wk | • 450 hour: $2,580.88  
                                             • 300 hour: $1,720.59 |
| Option 3: First Half Service Term | 9/1/2021-2/28/2022 | 26      | • 900 hour position: Average 35-40 hrs/wk  
                                             • 450 hour position: Average 18-25 hrs/wk | • 900 hour: $5,161.76  
                                             • 450 hour: $2,580.88 |
| Option 4: 2022 Service Term | 1/4/2022-8/31/2022 | 34      | • 900 hour position: Average 26-32 hrs/wk | • 900 hour: $5,161.76 |
| Option 5: Spring Term | 1/24/2022-5/6/2022    | 15      | • 450 hour position: Average 30-40 hrs/wk  
                                             • 300 hour position: Average 20-30 hrs/wk | • 450 hour: $2,580.88  
                                             • 300 hour: $1,720.59 |
| Option 6: Second Half Service Term | 3/01/2022-8/31/2022 | 26      | • 900 hour position: Average 35-40 hrs/wk  
                                             • 450 hour position: Average 18-25 hrs/wk | • 900 hour: $5,161.76  
                                             • 450 hour: $2,580.88 |
| Option 7: Summer Term | 6/1/2022-8/31/2022   | 13      | • 450 hours: Average 35-40 hrs/wk  
                                             • 300 hours: Average 25-30 hrs/wk | • 450 hour: $2,580.88  
                                             • 300 hour: $1,720.59 |
• How:
  • Activities align with at least 1 of 5 BWFV Goals (unless in response to COVID-19)
  • Members can perform at least one (or a combination) of the following activities:
    • Health education
    • Capacity building services
    • Volunteer management
    • Education and capacity building services that address health and safety needs as a result of COVID-19***
• How:
  • Health education:
    • **Definition:** health education focused on health and well-being that aligns with at least 1 of the 5 BWFV goals.
      • Minimum dosage and length: one session, lasting 30 minutes or more in length OR 2 or more sessions, lasting 15 minutes or more in length.
    • **Goal of health education:** increase knowledge about the topic/objective
• How:
  • Health education:
    • **Examples of health education topics:**
      • Nutrition education (i.e. Farm to School/Farm to Early Care topics, meal prep, grocery store tours, beverage choices, etc.)
      • Physical activity
      • Importance of sleep
      • Practice mindfulness
      • Chronic disease prevention
      • Resources to help improve health and well-being (i.e. apps, nutrition/sleep, physical activity logs)
      • Community resources to help address social determinants of health (i.e. transportation resources, local food pantries, basic needs assistance)
      • How to start, maintain, grow, harvest a garden
      • Healthy donations to food pantries
      • Importance of social connection/barriers of social isolation
• **How:**
  • **Health education:**
    • **Examples of where health education may occur:**
      • Schools
      • early care centers
      • non-profit/public agency workplaces
      • Health care centers (i.e. waiting rooms, prevention programs, etc.)
      • YMCAs
      • Boys and Girls Clubs
      • food pantries
      • Urban/school/community farms/gardens
      • Community events
      • ADRC facilities
• **How:**
  • Capacity building services
    • **Definition:**
      • Expand the scale, reach, efficiency, and/or effectiveness of host site’s programs and/or initiatives that align with at least 1 of the 5 BWFV goals
    • **Goal:**
      • Positive increase in scale, reach, efficiency, and/or effectiveness of host site’s programs and/or initiatives that align with at least 1 of the 5 BWFV goals.
• How:
  • Capacity building services
    • Examples:
      1. Helped create, run, and support a new Prevent Type II Diabetes Program → completed and analyzed community needs surveys, created new educational materials for participants in the program, provided one-on-one support to the participants in the program, and assisted with program evaluation.
      2. Coordinated and lead new health and wellness programs and activities for worksite wellness programs.
      3. Created a curriculum library for worksite wellness resources → trained staff on the resources, where to find them within their filing systems, etc.
      4. Coordinated and led new health and wellness programs and activities for Special Olympic athletes and other individuals with disabilities.
      5. Coordinate and lead fruit and vegetable taste tests in new early care centers, elementary, middle, and high school students.
• How:
  • Capacity building services
    • Examples continued:
      1. Update current marketing plans to include new social media platforms and revised public newsletters.
      2. Help organize and update a client intake process to improve case management.
      3. Updated a standard opportunity procedure manual for organization’s volunteer practices.
      4. Implemented new volunteer tracking software system ➔ created operations manual and trained staff and volunteers how to use the system.
How:

Volunteer management

Definition:
- Members directly manage volunteers to help with their service activities
- Directly recruit volunteers to support the host site health and wellness programs and/or initiatives

Goal: increase community engagement and service involvement

Examples:
- Recruiting and using volunteers to help run a fruit and vegetable taste test during a lunch hour at a local school
- Recruiting and using volunteers to help maintain a school or community garden/non-profit urban farm
- Recruiting and using volunteers to help an outdoor 5k that a member helped coordinate
• How:
  • COVID-19 response/relief support
    • **Definition:** Education and capacity building services that address health and safety needs as a result of COVID-19***
      • Contingent on approval from both Serve Wisconsin and AmeriCorps.
    • **Goal:** Provide support and relief during challenging times.
      • Positive increase in scale, reach, efficiency, and/or effectiveness of host site’s programs and/or initiatives that align with at least 1 of the 5 BWFV goals
• **How:**
  • COVID-19 response/relief support
    • **Examples:**
      • Coordinated and supported contactless local food pantries → volunteer coordination, set-up, food distribution, and clean-up.
      • Community outreach to educate community members about FoodShare.
      • Answer COVID-19 and basic needs calls for the 2-1-1 call center/COVID-19 call centers
      • Help manage and update websites with COVID-19 information, local needs, and local volunteer opportunities.
      • Help organize and update a client intake process to improve case management for homeless prevention and diversion program (high demand due to COVID-19)
      • Assisting with COVID-19 vaccination clinics
How:

• NOTE: Per federal prohibited activities, members can’t:
  • Take the place of or work of existing employee/volunteer
  • Partake in political engagement/lobbying/activism
  • support/promote/deter unions or collective bargaining agreements
  • Lead/coordinate religious instruction/worship, etc.
  • provide a direct benefit to a for-profit
  • help with census or voter registration activities
  • refer clients to abortion services
  • Raise federal funds
  • Raise funds for host site’s general revenue streams
Member Info-who are they, benefits, etc.
Member Info:

- **Who are the members?**
  - **Background:**
    - must at minimum have high school diploma and be 18 or older at start of service
  - **Typical requirements for BWFV AC members:**
    - Associates/Bachelor’s Degree (or upper level students) in Health/Human Services, Community Health, Health Promotion and Wellness or similar field
    - Members DO NOT have to be recent college grads!!!
  - Host site will set member background/education requirements, interview, and select their member
Member info:

- Member benefits:
  - Receive living allowance → taxable!
  - Education award: federally qualified student loans; Future tuition costs; transferable if older than 55 yrs old at start of service
  - Student loans in forbearance during service term
  - 1,700 hour positions = health care and childcare benefits
  - Professional and personal development
Host site info: Benefits/expectations, etc.
• Host site benefits:
  • Member will serve/support your organization’s health and well-being goals and/or response initiatives to the ongoing COVID-19 pandemic.
    • Programs, ideas, projects, goals that need dedicated person or more resources,
  • Low cost to your organization!! BWFV member costs less than less than hiring an employee
  • No HR hassle!
  • Host sites can select the service term and member position that aligns best with their needs.
  • Host sites recruit interview, select, train their AmeriCorps member
  • BWFV AmeriCorps will provide training, support, etc. to site supervisors and members
• Host site obligations/responsibilities
  • Provide member with workspace and essential office supplies
  • Identify supervisor who will:
    • Help recruit, interview, select, and train/orient member
    • Attend AmeriCorps trainings
    • Provide clear direction/oversight to member throughout their term
    • Monitor hours/approve timecards
    • Complete required paperwork
Host site obligations/responsibilities

- Host site cash match:
  - supports living allowance, benefits
  - Non-federal source

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2020-2021 Grant Period:
2021 Summer Term

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2021-2022 Grant Period:
2021-2022 Service Year
Host site application
• Applications:
  • Found on [website](#)
  • Summer 2021 Application due by 4/30.
    • *Sooner applications submitted = better. More time for recruitment!!*
  • 2021-2022 Application:
    • Applications accepted on rolling basis. Due dates vary based on service term option
  • Please review the associated program information document before completing the application.
Wrap up:
• Visit our website: bewellfoxvalley.org → AmeriCorps tab
• Contact me with questions:
  • Amanda.Ross@unitedwayfoxcities.org
  • 608-387-6533 OR 920-735-5479