

Small-Group Application – Hypothetical Project

Describe the proposed Project overview, need, and importance

Title: Keeping active, well and social

Detailed description:

The Project will be continued after an absence of 18 months due to the COVID-19 pandemic. Starting in January 2022, we will call each member to do a wellness check-in and assess what is needed to re-start activities. We will determine how many can drive, who needs transport, then coordinate transport for them all. We will organize the space and the plan around the suggestions of the seniors. It is important to them to have feedback, but the biggest issue is transportation.

Suggested activities that we will propose are: Bento and Japanese food purchases, Hanafuda games, exercise classes, Japanese movies, trip to the Museum, guest speaker from Landscapes of Injustice, Wellness activities, and financial advice.

Describe how this Project will directly benefit survivors in terms of health and/or wellness and the number of survivors directly benefiting?

Our group has 35 members, of which 21 are Japanese Canadian survivors. Some of these 35 members would come more regularly if they could obtain a ride, and others may be encouraged to come out if they knew we could arrange transportation. Meeting and sharing many things in common, including volunteering, eating Japanese food, age-related things, and camaraderie, are very important to this group to stay mentally and emotionally healthy. They will also get fresh air and exercise by coming out, getting dressed for the occasion, and walking to and fro. The Project will expand the services to those who, due to age and infirmity, cannot drive or take public transit any longer.

Describe how survivors will be involved in the proposed Project?

The majority of our group are survivors. All our survivors will be involved to provide suggestions, either help with transportation and be transported, and participate in social and wellness activities.

Provide a budget and explanation of expenditures. Please attach quotes to justify the budget.

Explanation:

We plan to meet for 10 months of the year and twice per month, totaling 20 meeting dates. There are 35 members in our organization. We plan to have guest speakers every other month, so we need five speakers. For the 20 meetings, we will subsidize drivers' gas but not mileage.

Budget:

Facility Rental $\$60 \times 20 = \1200 (past facility receipt attached).

Bento $35 \times \$25 = \875 (based on prices on website Bento Plus Restaurant www.bentoplus.ca)

Guest Speaker Honoraria $5 \times \$100 = \500

Gas for volunteer drivers $\$30 \times 20 = \600

TOTAL = $\$3175$ (requesting $\$3000$)

Our membership fees will cover the balance.

Explain what provisions could be made if only partial funding was awarded.

If only partial funding is awarded, we will have to charge a nominal fee for participation or scale back the guest speakers. The intent is that the survivors will not have to pay a fee for one year.