

## APENDIX I

### OUTREMONT COVID -19 PROGRAMS Proposed Weekly Budget

COVID 19 MEAL PROGRAMS	EXPENSES	
SENIORS	Fresh Produce	450
FAMILIES	Fish	250
NEW MOTHERS	Chicken	In kind contribution
	Non-Perishables	200
<b>COVID – 19 RECREATIONAL PROGRAMMING</b>		
SENIOR BIWEEKLY LUNCH	18 x 7\$	252
SENIORS RECREATIONAL KITS(WEEKLY)	18 x 10\$	180
SENIORS TELECONFERENCE AND PHYSICAL ACTIVITIES	Conference line and programing 2 x30 GeriatricCertified Instructor 2x 45\$	60
<b>FINANCIAL AID Aids House Keeping</b>	Note this program is subsidised for those whoare affected with COID-19 and are not able to assist Their elderly parents or family member that is immune compromised,physically or mentally challenged	90
		400
	<b>WEEKLY TOTAL</b>	<b>1,882</b>
	<b>TOTAL FOR 4 WEEKS</b>	<b>7,528</b>

## OUTREMONT COVID -19 EMERGENCY GRANT

### Outcomes identified

Break the isolation of seniors who are homebound due to self-quarantine and keep them motivated and help seniors cope during the current COVID – 19 situation.

- Decrease in social isolation experienced by seniors, who are disconnected from community.
- Increase social interaction amongst their peers and community
- Promote healthy eating and wellness.

### Inputs

1 Coordinator to coordinate meals and deliveries and facilitate delivery twice a week – 6 hours a week

2 Program Directors To develop a content, activities and coordinate all components- purchasing of supplies, putting together all kits. Arrange facilitators for phone broadcast.

1 intake worker communicates with seniors weekly and sets up the bi- weekly phone broadcast and writes newsletters.

### Activities

Exercise with Gracia – Prerecorded a 45 minutes exercise session with an accredited geriatric physical ed instructor. All members of the Sunshine Club received a copy of a DVD and those who did not have a computer were provided with new DVD players. Seniors are reminded Bi- Weekly via the teleconference to do their exercise.

### DIY KITS

- Fancy Baked Apples
- Decorate your own cookies
- Design your own Découpage plate
- Bake your own Homentashen
- Ceramic painting – flower pots
- Ceramic painting Coffee mugs
- Door Name Plates
- Crepe paper Design (Flowers)

### Outputs

Average of 19 – 21 women participated in the Sunshine Club twice a week from the comfort of their own home.

This program will be ongoing for the duration of the COVID- 19 restrictions.

Participants surveyed informally via the intake worker report that the seniors are pleased with the programming are enjoying the meals and are happy to engage and collaborate in the content of broadcasts and interests they want from the program.

Timeframe/ Date of completion February 1 – 28, 2021

Program was so successful that we will be ongoing until members will be able to safely return to the Sunshine Club regular programming.