

PART I - FACE SHEET

APPLICATION FOR FEDERAL ASSISTANCE		1. TYPE OF SUBMISSION: Application <input checked="" type="checkbox"/> Non-Construction														
Modified Standard Form 424 (Rev.02/07 to confirm to the Corporation's eGrants System)																
2a. DATE SUBMITTED TO CORPORATION FOR NATIONAL AND COMMUNITY SERVICE (CNCS): 10/21/12	3. DATE RECEIVED BY STATE:	STATE APPLICATION IDENTIFIER:														
2b. APPLICATION ID: 13SR143780	4. DATE RECEIVED BY FEDERAL AGENCY: 10/21/12	FEDERAL IDENTIFIER:														
5. APPLICATION INFORMATION																
LEGAL NAME: Mobile County Commission DUNS NUMBER: 040671521	NAME AND CONTACT INFORMATION FOR PROJECT DIRECTOR OR OTHER PERSON TO BE CONTACTED ON MATTERS INVOLVING THIS APPLICATION (give area codes): NAME: Terri S. Grodsky															
ADDRESS (give street address, city, state, zip code and county): PO Box 1443 Mobile AL 36633 - 1443 County:	TELEPHONE NUMBER: (251) 574-7787 FAX NUMBER: (251) 574-7789 INTERNET E-MAIL ADDRESS: terri_grodsky@bellsouth.net															
6. EMPLOYER IDENTIFICATION NUMBER (EIN): 636001644	7. TYPE OF APPLICANT: 7a. Local Government - County 7b. Local Government, Municipal															
8. TYPE OF APPLICATION (Check appropriate box). <input checked="" type="checkbox"/> NEW <input type="checkbox"/> NEW/PREVIOUS GRANTEE <input type="checkbox"/> CONTINUATION <input type="checkbox"/> AMENDMENT If Amendment, enter appropriate letter(s) in box(es): <input type="text"/> <input type="text"/> A. AUGMENTATION B. BUDGET REVISION C. NO COST EXTENSION D. OTHER (specify below):	9. NAME OF FEDERAL AGENCY: Corporation for National and Community Service															
10a. CATALOG OF FEDERAL DOMESTIC ASSISTANCE NUMBER: 94.002 10b. TITLE: Retired and Senior Volunteer Program	11.a. DESCRIPTIVE TITLE OF APPLICANT'S PROJECT: RSVP of Mobile County															
12. AREAS AFFECTED BY PROJECT (List Cities, Counties, States, etc): RSVP serves Mobile County and is located in the City of Mobile. Alabama Opportunity #4.	11.b. CNCS PROGRAM INITIATIVE (IF ANY):															
13. PROPOSED PROJECT: START DATE: 04/01/13 END DATE: 03/31/16	14. CONGRESSIONAL DISTRICT OF: a.Applicant <input type="text" value="AL 001"/> b.Program <input type="text" value="AL 001"/>															
15. ESTIMATED FUNDING: Year #: 1	16. IS APPLICATION SUBJECT TO REVIEW BY STATE EXECUTIVE ORDER 12372 PROCESS? <input type="checkbox"/> YES. THIS PREAPPLICATION/APPLICATION WAS MADE AVAILABLE TO THE STATE EXECUTIVE ORDER 12372 PROCESS FOR REVIEW ON: DATE: <input checked="" type="checkbox"/> NO. PROGRAM IS NOT COVERED BY E.O. 12372															
<table border="1" style="width: 100%; border-collapse: collapse; font-size: small;"> <tr> <td style="width: 20%;">a. FEDERAL</td> <td style="text-align: right;">\$ 57,500.00</td> </tr> <tr> <td>b. APPLICANT</td> <td style="text-align: right;">\$ 104,188.00</td> </tr> <tr> <td>c. STATE</td> <td style="text-align: right;">\$ 5,000.00</td> </tr> <tr> <td>d. LOCAL</td> <td style="text-align: right;">\$ 93,455.00</td> </tr> <tr> <td>e. OTHER</td> <td style="text-align: right;">\$ 5,733.00</td> </tr> <tr> <td>f. PROGRAM INCOME</td> <td style="text-align: right;">\$ 0.00</td> </tr> <tr> <td>g. TOTAL</td> <td style="text-align: right;">\$ 161,688.00</td> </tr> </table>	a. FEDERAL	\$ 57,500.00	b. APPLICANT	\$ 104,188.00	c. STATE	\$ 5,000.00	d. LOCAL	\$ 93,455.00	e. OTHER	\$ 5,733.00	f. PROGRAM INCOME	\$ 0.00	g. TOTAL	\$ 161,688.00	17. IS THE APPLICANT DELINQUENT ON ANY FEDERAL DEBT? <input type="checkbox"/> YES if "Yes," attach an explanation. <input checked="" type="checkbox"/> NO	
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18. TO THE BEST OF MY KNOWLEDGE AND BELIEF, ALL DATA IN THIS APPLICATION/PREAPPLICATION ARE TRUE AND CORRECT, THE DOCUMENT HAS BEEN DULY AUTHORIZED BY THE GOVERNING BODY OF THE APPLICANT AND THE APPLICANT WILL COMPLY WITH THE ATTACHED ASSURANCES IF THE ASSISTANCE IS AWARDED.																
a. TYPED NAME OF AUTHORIZED REPRESENTATIVE: Connie Hudson	b. TITLE:	c. TELEPHONE NUMBER: (251) 574-1000														
d. SIGNATURE OF AUTHORIZED REPRESENTATIVE:		e. DATE SIGNED: 10/21/12														

Narratives

Executive Summary

RSVP Summary

The Mobile County Commission has sponsored RSVP since 1993. The Commission is a governmental entity with three County Commissioners that makes daily decisions to enhance the County's infrastructure and the area's economic, shipping and seafood industries. Mobile RSVP began in Mobile in 1971 and is now in its 40th year. RSVP will maintain 500 unduplicated volunteers who will assist 98 volunteer stations. Stations have been developed to give volunteers a broad choice of opportunities in community priorities including those with leadership opportunities. RSVP of Mobile County will adapt to specific CNS focus areas in Education, Healthy Futures, Veterans and Military Families, Environmental Stewardship, Economic Opportunity and Disaster Services.

The primary focus of this project is Healthy Futures. Volunteers with service activities to help homebound or older adults and individuals with disabilities with food delivery, transportation, access to free medications through the Ozanam Charitable Pharmacy and companionship so that they can live independently. They will help to provide respite care through adult day care programs and a Hospice program in the home. Volunteers will help to establish a community garden at a low income senior residence and will place volunteers with the SNAP program at the Bay Area Food Bank to spread the word that many seniors are eligible for food stamps. They will help with a local rape crisis hotline and distribute health information on Benefits Check-up, the Yellow Dot Program, Widowed Persons Services and Community Health Advisor to reduce the incidence of breast, cervical and ovarian cancers. They will help to prevent elder abuse through the Volunteer Guardian program. Volunteers will help with health education programs in Medicare Fraud, SHIP, Look Good Feel Better, NAMI and will lead classes in Matter of Balance and Living Well. At the end of the three year grant,

Narratives

RSVP anticipates that the outcomes of the chosen performance measures will be 14 in Healthy Futures helping at Ozanam Charitable Pharmacy to help people to get free medications; 25 volunteer in Education K-12 to improve literacy; 6 volunteers helping pre-school children get ready for school and 6 volunteers to mentor children so that they will have increased academic achievement..

Mobile's fiscal year has been changed from an October through September time period to April through March. Our request for federal funding is \$57,500 to be supplemented by \$104,188 in non-federal resources from the sponsor, Mobile County Commission, the City of Mobile, State of Alabama and local fund-raising.

Strengthening Communities

As of the 2010 census, Mobile County's population is 412,992 with urban/suburban/rural areas. In 2009, 18.7% were below poverty level, 12.5% were 65 years old and over and 25.9% were under 18. The median income is \$39,190 with 20.13% having an income less than \$15,000. On Mobile Bay, Mobile is the most southwest county in Alabama and is at high risk for major hurricanes and related disasters from the Gulf of Mexico. It is the 2nd largest metro area in the state with urban issues like homelessness, a school drop out rate of 45%, poverty and crime -- but is also the cultural center south of Montgomery. The southernmost part of Mobile is a fishing village where 1/3 of the population is Southeast Asian. Mobile had one of the faster growing economies in the U.S. but has been affected by the economic downturn and the Gulf of Mexico oil spill. The jobless rate went from 4.2% in May 2008, 12.6% in June 2011 and is now 9.10% compared to the U.S. figure of 8.60%. With shrinking tax revenues and donations down to non-profits, local governments and non-profits are struggling. United Way has cut funding to member organizations and agencies funded by the City or County have been cut. According to the Alabama Department of Senior Services and the Area Agency on Aging of the South Alabama Regional Planning Commission, the most recent needs assessment

Narratives

showed the top three services ranked as most important by seniors in Mobile, Baldwin and Escambia Counties in South Alabama were nursing care or physical therapy at home, information on diseases and health problems and information on keeping a healthy mind. The top three personal barriers were poor health and mobility, lack of transportation and loss of financial security. The top three service barriers listed by professional were long waiting lists/insufficient funding for programs and services; cumbersome/lengthy eligibility determination process or bureaucratic barriers that inhibit organizations from providing services and the lack of volunteers.

Mobile RSVP has chosen Healthy Futures as its primary focus area as there are many health issues to be addressed and RSVP volunteers can make a difference. RSVP will have most involvement with "Access to Care" (H2: increasing information on health insurance, health care access and health benefits). The leading causes of deaths in Mobile County are heart disease, cancers, accidents and chronic lower respiratory disease. Two communities, Mobile and Prichard, have a higher than average incidence of breast, colon and cervical cancer and there is a need to increase awareness and testing for the citizens in these areas. RSVP will increase the number of volunteers in the Community Health Advisor Program of the American Cancer Society that was developed for this reason. Volunteers will help distribute information and talk to seniors about the BCU (Benefits Check-Up Program) to make sure that as many seniors as possible know about the benefits to which they are entitled. In the past few years, the BCU program has been able to refer many seniors to local programs where they received benefits that improved their lives. A high percentage of the elderly and disabled were found to be unaware of help that is available to them. Some of the agencies to which seniors will be given information and referred are Medicare Savings Program (MSP), Low Income Subsidy (LIS) legal assistance, weatherization Medicaid, food stamps and prescription assistance. The Regional coordinator for the SHIP and SMP program at the South Alabama Regional Planning Commission states that CMS designates areas of unmet need per zip code as tiers. In our region, Theodore and

Narratives

Saraland represent tier 1 communities for Mobile County meaning that a high unmet need area of beneficiaries eligible for LIS services but not enrolled -- has been identified.

Volunteers who have had a similar life experience will help people to adjust to the death of a spouse through the Widowed Persons Services Program and thus alleviate depression and anxiety. The Mobile County Sheriff's Office operates the Yellow Dot Program that ensures that seniors have health information in their vehicles accessible to first responders in case of an accident. An RSVP volunteer coordinates this program and distributes information to senior clubs and groups throughout Mobile County. RSVP volunteers staff the Rape Crisis Hotline and help young women through the difficult aftermath of an attack with information and advice. RSVP volunteers will get involved with a new emphasis area of the Area Agency on Aging, SMP: Senior Medicare Patrol. The mission of this program is to "empower and assist Medicare beneficiaries, their families and caregivers to prevent, detect and report health care fraud, error and abuse through outreach, counseling and education." This program will make seniors better consumers by Medicare beneficiaries being able to check their own bills to detect overcharges and /or mistakes and can save the community millions of dollars. RSVP volunteers can improve the lives of so many by active participation in these health initiatives.

RSVP involvement in other aspects of Access to Care (H4: health education programs) will further improve health care in Mobile. Volunteers will be involved with NAMI (National Alliance for the Mentally Ill) an area of health that is neglected. They will train families to cope with mentally ill family members and teach aspects of specific illnesses. The South Alabama Regional Planning Commission has begun two programs to address major causes of death and disability -- a Matter of Balance Fall Prevention program and the Chronic Disease Self-Management program (Living Well) which addresses the major chronic diseases. Both programs train volunteers to be able to teach the programs to seniors. Matter of Balance volunteer coaches receive 8 hours of training from Master Trainers certified by the Partnership for MaineHealth and are observed during the first classes they

Narratives

teach by the Master Trainers at the AAA. One RSVP volunteer has been trained to be a trainer for Matter of Balance classes and was trained in program evaluation and outcomes. This program is an evidence based program which emphasizes strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors and exercise to increase strength and balance. Volunteers with the Chronic Disease Self-Management Program receive at least 16 hours of classroom instruction by Master Trainers at AAA (trained by Stanford University). This is also an evidence based program designed to enhance regular treatment and disease specific education such as Better Breathers, cardiac rehabilitation or diabetes instruction. This program gives participants the skills to coordinate all the things needed to manage their health, particularly if they have more than one chronic condition and to help them to give active.

RSVP has had many of its volunteers involved in areas of health for many years. With Healthy Futures now being the primary focus area of RSVP, there will be increased opportunities for our involvement in many programs and areas that will improve the lives and health of RSVP volunteers, the clients and agencies with which they volunteer and the community as a whole. RSVP has also partnered with a new volunteer station, the Biloxi VA Medical Center and will begin to recruit volunteers to meet some of the transportation needs of veterans in this area who do not have sufficient access to health care.

Recruitment and Development

RSVP assures a high quality experience for volunteers by carefully matching volunteers, agencies and assignments. An increased emphasis will be placed on target recruiting for specific focus areas for which volunteers have not signed up. Placing volunteers includes personal interviews, visiting stations and follow-up to ensure satisfaction. The development of stations and assignments according to community needs and volunteer interests lets volunteers use old or build new skills. RSVP will

Narratives

continue to value the importance of having opportunities for all skill, education and interest levels. The Special Events Corps benefits "boomer" volunteers looking for short term opportunities with community projects needing enthusiastic helpers. RSVP volunteers serve as leaders, instructors, motivators, mentors and recruiters. Several volunteers have attended the Area Agency on Aging, Legacy Leadership Institute for Older Adults. After training, volunteers can help with AAA programs benefiting seniors such as teaching fall prevention and helping with benefits check-up for low income seniors. There are many training opportunities in RSVP's primary focus area, Healthy Futures, A Matter of Balance, Chronic Disease Self Management, SHIP and Senior Medicare Patrol for preventing fraud. Intensive training is given to volunteers at stations such as Court Appointed Special Advocate (CASA), Rape Crisis, Tax Counseling for the Elderly, Mobile Museum of Art and adult literacy. Every fall, volunteers are recruited for specific volunteer assignments that include training in different areas. Training for volunteer assignments gives volunteers an opportunity to pursue new interests and gain new skills.

Other leadership opportunities are as instructors for other tax volunteers, as coordinators and tech support for the electronic filing program, as lead ushers for the ballet and opera; as volunteer Coordinator of the Event Support Committee for the Saenger Theater. Several have served in leadership positions at stations and represent RSVP on local TV shows. RSVP receives a majority of positive responses from volunteer surveys saying that their lives are enhanced by volunteer service that is challenging, enriching, and meaningful.

Mobile is racially and educationally diverse which is reflected in the mix of our volunteers: 351 Caucasian, 146 African American, 1 native Hawaiian, 2 Latino-Hispanic and 122 males - who are attracted by word of mouth and public awareness efforts at churches, health fairs, community events. Volunteers vary in educational background: doctors to school drop-outs and all skill levels. RSVP reaches out to the entire population. Volunteers represent the diversity of the community in all ways

Narratives

including those with disabilities, socio-economic, racial, ethnicity and differences in sexual orientation and religion. We added a check-off on our volunteer application so that we can keep track of our veteran volunteers. Our office is in a low income, majority African American senior housing complex which provides opportunity for recruitment. Stations and assignments vary greatly as well. RSVP has recently had greater success in increasing the numbers of volunteers in assignments that respect and assist the disabled. By providing volunteer opportunities that are varied, diverse volunteers are attracted and if they find satisfaction, they recruit their friends. All can find a way to contribute.

The key to volunteer retention has been by making sure that the volunteer gets a feeling of satisfaction and that they relate to the need of their volunteer assignment. If they do not and are not placed in another assignment -- they will quickly disappear. All volunteers are recognized in many ways. RSVP and stations say "thank you" by phone, notes and recognition events. RSVP and volunteers have been featured in newspaper stories and stations nominate volunteers for local awards. An annual Halloween luncheon to welcome new members and their friends also helps with recruitment. A Valentine Party has been held at the art museum which donated the space for free, in appreciation for having excellent RSVP volunteers. Local and state elected officials are invited; local celebrities often emcee and entertainment is donated. Volunteers have been acknowledged with certificates, gifts and Presidential (34 Lifetime) and Gold Awards. Due to lack of funds last year, recognition had to be creative and consisted of a free dress rehearsal donated by a local theater group that uses RSVP volunteers, with baked goods from the Advisory Council. Acknowledging volunteer contributions is essential.

Program Management

RSVP strongly believes that it has recruited and managed volunteer stations in compliance with RSVP program regulations that address specified unmet community needs. Volunteers have had the opportunity to address urban problems through stations and assignments. They help at a pharmacy

Narratives

giving free medicine and a clinic providing low/no cost health care for workers without insurance. AAA needs assessment states that the cost of medicine was rated as "very important" by 96.2% of respondents. America Reads and Goodwill volunteers help children and adults improve reading and address low literacy. Several stations like Child Advocacy Center, CASA, Big Brother/Big Sister, work with at-risk kids. RSVP has volunteer opportunities for boomers including the AAA Leadership Institute for Older Adults. Volunteers work with homeless, battered women, transitional housing, programs to teach parenting and help with disaster relief. In a struggling economy, the benefit of getting more funds to the community through the tax program is significant. Work plans for tourism and special events address the importance of Mobile for tourism and as a cultural center and support "quality of life" issues. The City of Mobile has experienced a deficit of \$29 million; the County, the State of Alabama and our United Way have also experienced budget shortfalls. It is therefore more important than ever to support our local community and its citizens. One role of the Advisory Council is to approve new stations and remove others. RSVP has assessed its volunteer station partners on a regular basis and has eliminated stations due to their lack of need for RSVP volunteers, their non-compliance with RSVP regulations or our volunteer's lack of interest in them. RSVP has also added new stations, the latest being the Biloxi VA Medical Center. RSVP's goal remains to have satisfied volunteers and stations, good matches and assignment choices that meet community needs and have impact.

RSVP will collect information to measure National Performance Measure outcomes and outputs. It will be a challenge to get additional information and surveys from stations as some of the requirements are more detailed than in the past and volunteer stations have less personnel and teachers at area public schools are not accessible. Monthly time sheets will be collected that include dates, hours of service, assignment and signatures to have accurate information on volunteer activities.

Narratives

Attention is paid to stations, volunteers, fiscal management and record keeping. RSVP manages project resources to ensure accountability and efficient and effective use of available resources. All funds first go to the sponsor and then RSVP. The Director approves all bills and signs off. Checks have two signatures: RSVP Director, County liaison or an Advisory Council member, who check the checks against the bills. Bank statements are reconciled by the sponsor and the RSVP bookkeeper. The budget is approved by the County, RSVP Executive Committee and Council. Part of the salary of RSVP Director and Bookkeeper is under excess funds as federal funds can't be used for fund-raising or grant writing. An application is submitted to Mobile Housing Board to request free rent and utilities. When VISTA support ended, RSVP developed resources to continue the America Reads program with a 10 hour a week coordinator. Stations provide lunch, trips and "perks" to volunteers. RSVP seeks support for recognition, particularly every 5th year when table sponsors are needed for a more special anniversary celebration. Advisory Council is increasingly involved in fund-raising; grants have been received for America Reads, TCE, Recycling/Energy Conservation, disaster kits. RSVP goes before the City each year to request funds which are passed through to RSVP via AAA. Additional funds are from the State through RSVP State Association (although these funds have been severely reduced).

Organizational Capability

RSVP, in its 40th year has had 2 sponsors since 1973; Senior Citizens Services (United Way) and since 1993, the Mobile County Commission. It has managed grant funds, re-budgeted when funds were cut, maintained programs and volunteer numbers, applied for additional grants as needed, received good comments on submitted reports, maintained good book-keeping and record-keeping practices. The Commission has the capacity to be the local sponsor of RSVP having finance, grant and legal departments, staff, funding and management capability. It has experience with senior programs and has been the sponsor of SCP since 1980 and FGP since 1993. The County has a staff member assigned

Narratives

to the management of these programs. The Commission provides services for seniors throughout the county, helping to construct senior centers in at least 5 municipalities, providing funds for senior programs/centers and vans for senior programs.

The RSVP staff consists of a full time director who began in 1980 after having worked at Senior Citizens Services with older adults. She has a Masters in Counseling and a social service background. The full time secretary/book-keeper started in 1981 after working in the credit department of 2 local retail stores for over 6 years handling billing, payment and customer accounts and accounts payable and receivable. The full time volunteer coordinator/receptionist came in 1982 and is adept at dealing with the public as she has helped to run her family business for the past 30 years. The PT Special Events coordinator came to RSVP in 1995 with a background as the Volunteer Coordinator at Bellingrath Gardens. As State and Federal funds have been drastically reduced, RSVP's Advisory Council is attempting to raise sufficient funds to keep this position. The 10 hour position of America Reads Coordinator has had to be eliminated. Job descriptions are on file. Staff is committed to RSVP and volunteers. When funds are available, staff attends training, conferences and related events to enhance skills, stay involved with the local community and learn more about aging issues and volunteerism.

RSVP's has chosen the Healthy Futures Focus Area and has been heavily involved in this area for many years. Because the Corporation emphasis is now quite different than it has been in the past, RSVP will also have to redirect its focus. Although involved in health education and most recently in programs such as Matter of Balance and Wellness Programs, volunteers were also very involved in direct service such as helping to operate a charitable pharmacy. We will now get more involved with Medicare Fraud and SHIP programs. Although our Food Bank does an impressive job of reducing food insecurity in over 24 counties and 200 locations in Mobile County alone -- it does not give food to individuals and therefore did not fit in the Healthy Futures Category. RSVP will get more involved

Narratives

with the Food Bank SNAP education program for seniors. Programming for Impact has helped RSVP to evaluate its effect on the community and volunteers and has allowed the County to become better aware of how RSVP affects the community

Management of RSVP is assigned to the County Director of Supportive Services as well as the County Finance Department. The Commission has managed multiple grant funds for numerous years. RSVP, a sponsored agency of the Mobile County Commission, is included in the annual audit of the County Commission performed by the State of Alabama. The County complies with all applicable state and federal regulations. RSVP does not have a separate audit as it is not required for the budget amount received. The County gives matching funds for the RSVP grant, makes sure that staff has benefits and provides program oversight. RSVP communicates as needed with the Finance Department, County administrator and assistant County administrator. Policies such as travel, leave, expense reports are established by the County. The annual budget is reviewed by the County Finance Department, County liaison, RSVP executive committee and advisory council and is brought before the Mobile County Commission meeting for approval.

Mobile Housing Board provides free rent and utilities and RSVP reciprocates with services to senior residents. A resource provided by the county is computer technical support. It provided RSVP's first DSL line and installed a new telephone system when the old one became obsolete. As this had not been budgeted, the county appropriated extra funds. The sponsor provides support for purchasing and management procedures. The County liaison is accessible, giving information and advice as needed, participating in RSVP programs, advisory council meetings and the annual awards event. A quarterly meeting for RSVP, SCP and FGP is held to give updates on county policies. County Commissioners attend events when possible.

Satisfaction surveys of volunteers have been taken and of stations and the community. Informal communication with stations and volunteers gives needed feedback. PPR performance

Narratives

measures are evaluated to see if RSVP is on target. RSVP, Mobile County Commission and advisory council assess RSVP annually. Our liaison evaluates the director on an annual basis; the director evaluates other staff members.

The Advisory Council ensures input from the community and has recently helped with essential fundraising to support RSVP. With a very involved sponsor, the Mobile County Commission, and its Advisory Council, RSVP will sustain the proposed required non-federal share -- although these are difficult times. RSVP receives City funds and due to an active State Association, RSVP remains in our state budget.

Other

n/a

PNS Amendment (if applicable)

n/a