



Mansfield Community Center Health and Well-Being Programs

Case Statement

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Mansfield Area Community Betterment Organization Background

In 1997, a group of Mansfield Citizens saw a need for an organized effort towards total community development in our small rural town. There were many good organizations in existence but they each had very specific agendas that did not address total community development. The purpose of the organization has been to determine major areas of concern, review community resources, set goals and priorities, develop the necessary volunteers and committees to carry out its purpose, and to establish a centralized location for youth, adult and senior activities.

The Missouri Community Betterment Program seemed to provide the structure needed and thus the Mansfield Area Community Betterment Organization (MACBO) obtained a Certificate of Incorporation and non-profit status from the State of Missouri in March 1998 and secured Internal Revenue Service 501C3 status in October 1998. Memberships of the organization include all people from the community who express an interest in community betterment and are willing to participate in organization activities. A member shall be any legally competent person of good character who signs the official membership register. No dues are being charged at this time.

The board contains nine members with varied backgrounds representing a cross section of people within the community who have been able and willing to continue to lend their expertise to this organization. The MACBO Mission Statement is “Fostering community betterment by providing organization and program development, as well as motivation, coordination, and evaluation of community projects, programs, and resources.”

MACBO makes a concentrated effort to stay involved with other organizations; we have formed partnerships with the Mansfield Area Chamber of Commerce, City of Mansfield, the Mansfield R-IV School District, and Mansfield Senior Citizens Club.

On December 24, 2002 the Mansfield Community Center (MCC) opened its doors. The building was funded in part by using the Missouri Neighborhood Assistance Program, Community Block Grant, privately donated funds, and a building loan. Since opening, the community center has become a hub of activity for kids and seniors alike.

MACBO donates use of the facilities to several school organizations to practice after school. MCC coordinates summer youth baseball and softball leagues, basketball leagues, Miss Mansfield Pageant, Santa’s Workshop, and Breakfast with Santa. MACBO formed a community betterment youth group in spring 2008. The group is named S.M.A.R.T., Students Making A Real Transformation. The group took first place in their category at the Missouri Community Betterment Conference in 2008 and 2009.

The Senior Citizens Club moved into the center in December 2008; with that partnership the Senior Citizens Club has been on field trips, has Senior Movie Afternoons, has access to Monthly Senior Foot Clinics, and has weekly pot luck dinners at the community center. The

group volunteers for the center as part of their agreement with MACBO. Some of their members help pack backpacks for the Lions Share Weekend Backpack Program.

The Lions Share Program is a weekend food program in partnership with Mansfield Schools that addresses the needs of hungry children within the school system. Teachers and school faculty recommend to the Lions Share board students that they feel may not have enough food over the weekend. If the board determines there is a need, a letter is sent home to parents. The school notifies MCC of the number of backpacks needed so everything is done anonymously. During the 2008-2009 school year, the program averaged 18 kids reaching that number around Christmas of 2008. During the 2009-2010 school year, the program was sending home 18 backpacks each week by October.

As well as concern for the health and wellness of community children, MACBO also is concerned for the health and wellness of adult community members. MACBO has approached and been approached by several businesses about Health and Wellness Programs for employees. Most insurance companies offer up to a 6% discount to employers who initiate such a program for their employees. MACBO currently partners with these area businesses in this capacity: Bank of Mansfield, Copeland, Hutchens Industries, City of Mansfield, Se-Ma-No, and Thomason Brothers, Inc. MACBO also participates in the national fitness program Silver Sneakers. Silver Sneakers provides instructors with training who then bring back that knowledge to teach aerobics classes to senior citizens at MCC. Two levels of aerobics are offered and during the summer months, water aerobics are also offered. Apart from Silver Sneakers, a high impact aerobics class is available. All aerobic classes are free to MCC members.

MACBO continues to look for new ways to improve the overall well-being of our community and its residents. With this purpose in mind, MACBO is seeking funding to implement a before and after school program using the PE4Life fitness program, implement health and nutrition programs for adults, and create a computer lab for public use. This document contains the case statement, an executive summary, and proposed budgets for the implementation of these programs.

Mansfield Community Center Health and Well-Being Programs

Executive Summary

Type of Organization

501 (c) 3

Date of Incorporation

Mansfield Area Community Betterment Organization was established March 23, 1998

Governing Body

Mansfield Area Community Betterment Organization Board of Directors

Location

The programs will be implemented at the Mansfield Community Center, 205 N. Missouri Avenue, Mansfield, MO 65704

Target Audience

The Mansfield Community Center will provide programs for all ages but will especially focus on the targeted populations of kindergarten through ninth grade children and youth, and adults 18 and older.

Scope

MACBO intends to provide opportunities for the children, youth and adults in the Mansfield community to improve the quality of their health and education through programs and services offered through the Mansfield Community Center including: 1) children and youth programs offered before and after school during the regular school year and all day through the summer months that features structured, researched and data-driven activities to increase academic skills and to increase health while reducing obesity; 2) on-going, researched, data-driven adult physical fitness training and nutrition education to increase health while reducing obesity; and 3) on-going, researched and data-driven assistance that addresses the educational needs of adults in the community including instruction and tutoring for those seeking GED's, for those enrolled in college, vocational, or continuing education courses, or needing help and/or access to computers and printers for creating resumes, letters of inquiry or introduction and applications.

Alliances

The Mansfield R-IV School District, the City of Mansfield, and the Mansfield Area Chamber of Commerce have joined together with the Mansfield Area Community Betterment Organization and the Department of Economic Development's Neighborhood assistance Program to develop these programs.

Budget

Neighborhood Assistance Program Tax Credit Donations - \$106,700 (yearly)

Annual Operating Budget - \$167,000



Case Summary

Mansfield Community Center Health and Well-Being Programs

Case Summary

PURPOSE

The proposed project of the Mansfield Community Center will provide opportunities for the children, youth and adults in the Mansfield community to improve the quality of their health and education through programs and services offered through MCC.

BACKGROUND

MCC has made concerted efforts to ask the community and their customers specifically what they feel is needed by using questionnaires and surveys conducted by the school, the local newspaper and the Mansfield Community Center itself. In addition, MACBO board members and committee members reviewed data generated by MCDC, CLIKS, and the Missouri Department of Elementary and Secondary Education that provided information regarding the health of the community; together, this information insures there is a need for the proposed project.

PROBLEM

Currently, the public school district is the only area organization that addresses the physical and educational needs of the youth in the community. However, although students receive physical education in the school curriculum, the amount of time devoted to physical activity in that setting is minimal, for by the time students are allotted time to change into their P.E. clothes and shoes and then to change back into their regular clothes and shoes, much of the 30 minutes for the elementary students and the 50 minutes for the seventh through ninth grade students is lost. Using the PE4Life curriculum, the daycare instructors will implement the physical fitness curriculum to help decrease the rising obesity rates of the children and youth. In addition, just as students need more physical activity than can be offered in the school, students need more tutoring than the school can offer. At most, students receive 30-40 minutes of tutoring after school four days a week. No nutritional education is provided. Tenth through twelfth grades have not been included as performance targets because students of this age would not typically participate in a daycare program, they have numerous opportunities to participate in high school physical fitness programs, and they have opportunities to participate in alternative or at-risk programs that meet their academic needs. There are no local alternative programs for those students younger than the tenth grade. In addition, there are no daycare facilities for school-age children other than a few childcare providers for non-school-age children. These babysitters will provide after-school supervision for a price tag of \$10-\$15 per child per day. The Community Center will propose a \$5 per child per day fee. Also, there is no tutoring or career-oriented assistance offered locally to adults enrolled in GED or any other courses.

At the present time, area residents would have to travel approximately 45 miles into Springfield to receive similar services offered at the Center. There are YMCA facilities in towns 11 miles to the west and 18 miles to the east of Mansfield that do offer some of the same services but the travel distance would prevent many youth and seniors access to the programs. In actuality, many of the residents in the Mansfield community live an additional 10-20 miles from their rural homes to the city limits of Mansfield, which substantially increases the travel distance.

RESPONSE

The project will feature the following three programs:

- A. Daycare available from 6 a.m. to 8 a.m. and from 3:30 p.m. to 6:30 p.m. during the regular school year and from 6 a.m. to 6:30 p.m. during the summer months for school-age children the 1) addresses nutritional needs through instruction and healthy, tasty snacks to fuel children prior to attending school and re-energize them immediately after school; 2) using PE4Life curriculum, address physical fitness needs through activities that are strenuous enough to reduce obesity rates and improve overall physical health but also “fun” enough to keep the children and youth wanting to participate; and 3) address educational needs through tutoring and monitoring homework, test preparation, and providing remedial instruction as identified by the teachers and parents of the children and youth. During the planning stages of the daycare program, planners kept in mind that to obtain a high level of participation, the daycare program must be available at parental-driven hours, affordable, and capable of holding the interest of the participants who live in an instant gratification society.
- B. On-going adult physical fitness training and nutrition education based on whole group and individual instruction developed with input from health care providers after physicals have been completed by personal physicians.
- C. On-going assistance that addresses the educational needs of adults in the community, including instruction and tutoring for those seeking GED’s, enrolled in college or vocational courses or needing help and/or access to computers and printers for creating résumés, letters of inquiry or introduction and applications.

In addition, MCC already participates in the Silver Sneakers Program, a nationally recognized fitness program designed for seniors. The on staff instructors for the program and classes attend training courses annual and as needed.

The following describes the organization's planned efforts to keep the community and other organizations involved:

Mansfield Area Community Betterment Organization will form an Advisory Panel in committee form. MACBO will seek advisors from the Mansfield R-IV School District, Wright County Health Department, Mansfield Clinic, St. John's Health System, and CoxHealth, as well as other possible persons and entities supporting health, well-being, and education missions.

THE PROGRAMS

The programs to be implemented in order to promote health and well-being within the Mansfield community:

- Before and After School Programs
- Computer Lab
- PE4Life Curriculum

THE STAFF AND FACILITY

Staffing

At the current time, MCC employs one full-time person and as many as 7-10 part-time employees depending on the season. The proposed project will require additional employees to direct and supervise the daycare programs including at least three people at each of the age levels, K-3, 4-6, and 7-9. In addition, additional personnel will be employed to instruct and supervise nutrition, cardiovascular exercise and weight training as well as personnel to work with adults seeking educational assistance.

Facility

MCC is a 22,000 square foot facility which includes a meeting room, kitchen, youth area, reception area, weight room, gymnasium, exercise room, restrooms, showers, two offices, and networked computer-ready computer station areas. Equipment needed to set up rooms to meet the educational needs of all participants, to help with educational programs, to generate materials to promote the Project and the programs within the Project, and to ensure sanitary conditions when addressing nutritional needs of the participants:

- Room dividers
- Tables
- Computers
- Projector
- Podium
- Color copy machine
- Dishwasher

EVALUATION

Outcomes will be measured by:

Verification for Performance Targets for children and youth:

- Attendance will be recorded and filed daily by a designated daycare instructor
- Quarterly pre- and post-documentation of the activity and obesity levels of each participant will be recorded by a program instructor
- Quarterly pre- and post-documentation of the core academic grades of each participant will be recorded by a program instructor

Verification for Performance Targets for adults:

- Quarterly pre- and post-documentation of the participants obesity levels will be recorded by a program instructor
- Documentation of enrollment in a GED course, online college or vocational course or attendance at career-oriented workshops at MCC.

Not only will attendance in the daycare be recorded daily, but also absenteeism will be followed up with phone calls or other means of contact to relay to parents/guardians the importance of the individual child or youth and the real concern that MCC has for the health and education of the community's children and youth.

In addition, all data recorded on a quarterly basis by the program's personnel who have received confidentiality training, will be analyzed to determine the effectiveness of each activity. Those activities determined to be ineffective will be modified or replaced by activities identified as more effective.

SUMMARY

The Mansfield Community Center seeks to address the ever growing problem of childhood and adult obesity through education and physical activity through an affordable daycare program and a PE4Life curriculum that will also be utilized for adult education and activities. Beyond the PE4Life curriculum, the computer lab will provide education and job search opportunities which are not available elsewhere in this community.



Tax Credit Program

NEIGHBORHOOD ASSISTANCE
TAX CREDIT PROGRAM
MISSOURI DEPARTMENT OF ECONOMIC DEVELOPMENT

PURPOSE

Provide assistance to community-based organizations that enables them to implement community or neighborhood projects in the areas of community service, education, crime prevention, job training and physical revitalization.

AUTHORIZATION

Sections 32.100 to 32.125, RSMo

ELIGIBLE AREAS

Statewide

ELIGIBLE APPLICANTS

- Not-for-profit corporations organized under Chapter 355, RSMo;
- Organizations holding a 501(c)(3) ruling from the IRS; and
- Missouri businesses.

ELIGIBLE DONORS

Businesses only - individuals who operate a sole proprietorship, operate a farm, have rental property or have royalty income are also eligible, as well as a shareholder in an S-corporation, a partner in a Partnership or a member of a Limited Liability Corporation.

ELIGIBILITY CRITERIA

The Department of Economic Development (DED) will issue 50% or 70% tax credits to an eligible taxpayer who makes a qualified contribution to an approved Neighborhood Assistance Program (NAP) project.

PROGRAM BENEFITS/ELIGIBLE USES

This tax credit can be applied to:

- Ch. 143 – Income tax, excluding withholding tax
- Ch. 147 – Corporate franchise tax
- Ch. 148 –
 - Bank Tax
 - Insurance Premium Tax
 - Other Financial Institution Tax

- Ch. 153 – Express Companies Tax

This credit's special attributes:

- Carry forward 5 years

FUNDING LIMITS

The maximum amount of tax credits available is \$18 million per fiscal year. The tax credits are allocated at the discretion of DED and are subject to change:

- \$12,000,000 million in 50% credits
- \$6,000,000 million in 70% credits (reserved for projects in certain lower population or unincorporated areas).

Applicant organizations may request a maximum of \$250,000 in 50% tax credits per year or \$350,000 in 70% tax credits per year if the organization is located in a qualifying rural area.

APPLICATION/APPROVAL PROCEDURE

There is no deadline for applying. Applications are reviewed as received until funding is depleted. NAP staff is available to provide technical assistance to organizations making application to the program.

REPORTING REQUIREMENTS

Quarterly reports, final report, final audit for projects using \$25,000 or more in tax credits, and 1099 reporting.

SPECIAL PROGRAM REQUIREMENTS

Preference is given to projects addressing specified program outcomes. The NAP also seeks projects located in distressed communities and in target communities as determined by the department.

CONTACT

Missouri Department of Economic Development

Division of Business and Community Services

Finance Management Team

301 West High Street, Room 770

P.O. Box 118

Jefferson City, MO 65102

Phone: 573-751-4539 Fax: 573-522-4322

E-mail: dedfin@ded.mo.gov

Example of a tax credit donation of \$1,000.00

(Using a 28% tax bracket)

1. Make a \$1,000.00 donation to the Mansfield Community Center Health and Well-Being Programs.
2. Because of the Neighborhood Assistance Program (NAP), you receive 70% Missouri tax credit, therefore you've reduced your real cost to \$300.
3. MACBO and MCC is a not-for-profit organization, therefore your \$1,000.00 donation is qualified as a federal tax deduction, (28%) for example would be a \$280 deduction.
4. Now add your \$700 deduction from Missouri taxes, and your \$280 deduction from federal taxes, and you receive refunds of \$980. Your donation has cost you only \$20. (\$980 worth of deductions from your \$1,000 donation)
5. Check with your tax accountant to be sure, but some donors may be able to deduct an additional percentage from their Missouri taxes. Missouri individual tax rate is 6%.
6. We'll use 6% for this illustration. Multiply your \$1,000 donation by 6% = \$60 additional refund.

You could* receive \$40 more in tax refunds than your donation.

*depends on type of corporation



Budget

BUDGET

Mansfield Community Center Health and Well-Being Programs

PROJECT EXPENSES

Salaries

Project Director	\$18,750	
(\$25,000 x 25% of time x 3 yrs)		
Project Assistant Director	\$45,000	
(\$15,000 x 3 yrs)		
Child/Youth Instructors	\$94,500	
(((1050 hrs x \$15 per hr.) x 2) x 3yrs]		
Adult Instructors/Trainers	\$43,200	
[(960 hrs x \$15 per hr) x 3 yrs]		
Salaries Total		\$201,450

Contract

Audit	\$3,000	
Seminars/Workshops/Special Speakers	\$7,500	
(\$2,500 x 3 yrs)		
Contract Total		\$10,000

Travel

Missouri Community Development Conference	\$3,000	
[((\$2,000 x 50%) x 3 yrs]		
Travel Total		\$3,000

Equipment

Computers	\$12,000	
(\$1,000 x 12)		
Projector	\$1,200	
Dishwasher	\$750	
Room Dividers	\$25,000	
(\$12,500 x 2)		
Treadmills	\$20,000	
(\$5,000 x 4)		
Portable Platform	\$5,000	
Color Copier	\$12,000	
Tables	\$1,200	
(\$60 x 20)		
Equipment Total		\$77,150

Other Costs

Utilities	\$16,000	
Insurance	\$12,000	
Other Costs Total		\$28,000

PROJECTED PROJECT TOTAL

\$320,100