

# 2026 HFI FUNDING REQUEST

## REQUESTING ORGANIZATION

JAM CENTER (GARRETT COMMUNITY CENTER, INC)

Address: 1200 E Houston St. Garrett, IN 46738

Phone: (260)222-0140

## SIGNATORY

Cheryl Nicole

## MISSION STATEMENT

The mission of the JAM Center is to celebrate and strengthen our vibrant community by connecting people and organizations through activities that improve the quality of life for the greater Garrett area. Within this mission we focus on strengthening families, promoting wellness, and developing partnerships. The JAM Center is more than being about families...we are family! We are committed to making a difference in the lives we touch. We do this inclusively...uniquely delivering hope, direction, empowerment, and support bundled in a healthy mix of wellness, education, and fun!

## PROJECT:

The program uses trauma-informed, prevention-based wellness strategies rooted in mind-body practices. Prenatal yoga classes will be taught by a certified yoga therapist and delivered both in person and online to reduce barriers to access. Sessions will include movement, breathwork, and stress reduction techniques. Fall prevention sessions will combine one-on-one or small-group yoga therapy with personalized assessments, education, and functional movement training. Youth wellness education will include weekly, age-appropriate lessons on physical health, mental/emotional well-being, nutrition, mindfulness, and healthy decision-making. Lessons will be delivered in person and supported with interactive engagement tools and small incentives.

## TARGET POPULATION:

This project targets three underserved health subgroups: Pregnant individuals (primarily low-income mothers): 20 participants will receive scholarships for an 8-week prenatal yoga series. Older adults or adults at risk of falling: 24 on-site sessions will serve scholarships for 40 individuals, offering personalized yoga therapy sessions focused on fall prevention. Youth in grades 5–12 (ages approx. 10–18): Up to 120 students will participate in the wellness education program. The majority of participants will be from the Garrett Keyser Butler Region, with additional participants from DeKalb County and the surrounding areas. These communities are characterized by diverse socioeconomic backgrounds, with many individuals lacking access to preventative wellness services.

## OUTCOMES:

Youth Wellness: JAM Center will serve 120 students in the 2026 year; At least 80% of those students will report that they feel more competent through various dimensions of wellness covered within our free programming; JAM will serve 20 pregnant women through prenatal yoga therapy; 90% of these participants will report their participation in the program positively impacted their pregnancy and overall wellness; Within 12 Months, JAM will serve 40 seniors in Yoga Therapy, Movement, and Breathing for Fall Prevention Classes ; Within 12 Months, 80% of participants will report improved mobility, balance, and/or awareness of fall prevention exercises, techniques

#### HEALTH EQUITY STATEMENT:

This program directly addresses health equity by eliminating cost barriers and providing services in multiple formats (in-person and online) to increase accessibility. Underinsured and uninsured pregnant individuals often lack access to therapeutic wellness services that support physical and mental health during pregnancy. This program provides certified, trauma-informed care at no cost. Older adults, particularly those on fixed incomes, may not be able to afford individualized fall prevention programs. Our scholarship-funded model allows them to access specialized movement therapy that could prevent injury and costly hospitalizations. Students from underserved schools or households may have limited access to health education. This initiative delivers free, structured, and consistent wellness education over the course of the school year. Together, these programs work to reduce disparities in maternal health, senior injury prevention, and youth health education.

#### BUDGET REQUEST:

\$45,566.00

#### BUDGET JUSTIFICATION:

Youth Wellness Initiative: \$6571 to cover salary and benefits of the youth wellness initiative; \$600 to cover \$5 incentives per student; \$4800 to cover 24 on-site yoga therapy for fall prevention and/or stepping on training sessions; \$4500 to cover 20 scholarships for prenatal yoga therapy series. Total funding request: \$16,471

#### SUSTAINABILITY PLAN:

To sustain the program beyond the grant period, we aim to evaluate and develop the following: Develop partnerships with schools, healthcare providers, and local organizations to embed wellness into existing services. Pursue ongoing funding through local sponsors, healthcare partners, and future grants. Collect outcome data to demonstrate impact and support future funding efforts. Train staff and volunteers to support continued program delivery. Introduce sliding-scale options and discounts to generate partial revenue while maintaining access.

#### DIGITAL SIGNATURE:

*Kierra Boylan*