

Hello Ashley,

MAH is pleased to award the Somerville COA with the \$5,000 to provide seniors and residents with the Ageless Brain Health Fitness Program.

Best Regards,  
Mary

*Mary DeCoursey*  
*Director, Community Benefits*  
*Mount Auburn Hospital*  
*330 Mount Auburn Street*  
*Cambridge, MA 02138*  
*617-499-5625*  
[mountauburnhospital.org](http://mountauburnhospital.org)

Beth Israel Lahey Health   
Mount Auburn Hospital

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**Mount Auburn Hospital Non-competitive Mini Grant Funding Application  
For Local Health Departments  
January 11, 2021**

Mount Auburn Hospital (MAH) is again offering a **one-time, non-competitive grant opportunity** for cities and towns in the MAH Community Benefit area: Arlington, Belmont, Cambridge, Somerville, Waltham and Watertown. This funding is not state or federal funding.

**Eligible Applicants:**

Cities/towns can apply for funding via the health department. Health departments can designate another municipal department or a local community-based organization to apply for all or part of this funding. If the health department does designate another municipal department or organization, please note this on the application form.

**Purpose of Funding:**

In 2018, MAH completed a community health needs assessment (available online at [www.mountauburnhospital.org](http://www.mountauburnhospital.org)) of the six cities and towns within the hospital's community benefit service area. This funding must be used to address one or more of the top health concerns identified in this assessment. MAH is also requesting these funds be used to benefit the priority populations identified in the 2018 community health needs assessment.

Priority Health Issues include:

- Chronic/Complex Diseases and their Risk Factors
- Healthy Aging
- Mental Health
- Substance Use

Priority Populations identified include:

- Immigrants
- LGBTQ (+) Population
- Low Income Populations
- Non-English Speakers and/or Limited English Speakers
- Older Adults
- Racial/Ethnic Minorities

This year Mount Auburn Hospital will be awarding \$5,000 to each Local Health Department in the hospital's service area. Grant period runs from February 17, 2021 - August 31, 2021

### Question Title

#### \* 1. What Department are you located?

Somerville Health and Human Services--Council o

### Question Title

#### \* 2. Project contact information

Name \* Ashley Speliotis

Address \* 167 Holland Street

City/Town Somerville

State/Province \* MA

ZIP/Postal Code \* 02144

Email Address \* aspeliotis@somervillema.gov

Phone Number \* 617-625-6600 ext. 2310

### Question Title

#### 3. Applicant Federal Tax ID number

046-001-414

### Question Title

#### \* 4. Check off which priority area/s your project will impact

- Mental Health
- Substance Use
- Chronic Conditions and their risk factors
- Healthy Aging
- Social Determinants of Health
- Health Systems Issues
- COVID 19 Response

### Question Title

#### \* 5. Will your project be focused on any of these priority populations?

- Racial/Ethnic Minorities
- Immigrants

- Low Income populations
- Older Adults
- Non-English Speakers or Limited English Speakers
- LGBTQ (+) Community
- Other (please specify)

**Question Title**

**\* 6. Please provide a brief description of the project.**

Funding will be used to introduce the Ageless Grace Brain Health Fitness Program to the Council on Aging. While this is a cardio program, most of the movements are intended to be completed while seated making this program ideal for participants of all abilities. Rather than exercises, movements are described as “play” with the intention of creating new neuropathways. The Ageless Grace program is based on neuroplasticity which activates our brains while also addressing 21 physical skills needed for lifelong optimal fitness. Session will last for 40 minutes and will be led by a bilingual (English/Spanish) instructor; March thru July. In response to COVID-19, this program will be offered via Zoom with the hope it can also be shown on City Cable and the City YouTube Channel.

**Question Title**

**\* 7. List at least one goal you hope to achieve with this project.**

Goal 1: Promote healthy aging thru the Ageless Grace Brain Health Fitness Program. A program that is based on neuroplasticity that activates the 5 functions of the brain and addresses 21 physical skills needed for lifelong optimal fitness.

Goal 2: Combat social isolation caused by COVID-19 by expanding Zoom programming