

Application: 3007 | General

Hidalgo County Judge's Office

Started at: 3/15/2022 04:46 PM - Finalized at: 3/16/2022 11:51 AM

<b>Page: Basic Information</b>
<b>1. Common name of Applicant Organization</b> Hidalgo County Judge's Office
<b>Legal Name of Applicant Org</b> Hidalgo County Judge's Office
<b>2. Amount of Grant Request</b> 18295
<b>3. Organization Profile</b> <p>The Hidalgo County Judge’s Office located in Edinburg, Texas is well-known for creating community programs that promote healthier living for everyone, especially adults older than the age of 50. In Hidalgo County, many older adults struggled to find reliable transportation to receive a Covid-19 vaccine. Our office created the Homebound Vaccination Initiative as a solution to better serve elderly and homebound vaccine seekers. The Covid-19 pandemic affected many elderly residents financially, many of who were already experiencing food insecurity across the county. To provide 8,000 families and the over 50 population relief during the holidays, large-scale food distribution events were held in all four precincts by Judge Cortez. Moreover, Hidalgo County is prone to various severe weather conditions where residents struggle every year to preserve groceries and prepare healthy meals. The Hidalgo County Judge’s Office created the Cooking School for Emergencies which consists of food demonstrations and emergency preparation resources that integrate comprehensive guidance for these situations. This program’s focus is to prepare nutritious meals without electricity or water and remind residents to create a disaster plan. Lastly, our office hosted its first-ever Paws at the Park event that encouraged residents of all ages to engage in physical activity with their pets. Moreover, Judge Cortez’s office has also created and published a resource guide to assist veterans.</p>
<b>Street Address</b> 100 East Cano St
<b>Street Address Line 2</b>

**City**

Edinburg

**State**

Texas

**Zip / Postal Code**

78539

**5. Organization tax status**

Another unit of government

**6. Organization Tax Identification Number**

74-6000717

**7. Organization Website**

www.hidalgocounty.us

**8. Organization Twitter Handle**

@JudgeCortez

**9. Organization Facebook name**

Richard Cortez, Hidalgo County Judge

**10. Did your organization apply for an AARP Community Challenge Grant in 2017, 2018, 2019, 2020, or 2021?**

No - Did not apply

**11. How did you hear about this grant opportunity?**

Other

**Please specify**

Texas Grant Watch website

**Name**

Maria Hilda Salinas

**Title**

Assistant Chief of Staff

**Phone**

+1 956-318-2600

**Email**

maria.salinas@co.hidalgo.tx.us

**Page: Community Details****13. Name of Municipality where project will be physically located/delivered**

McAllen, TX

**Note:** This information is for AARP's analysis purposes only, and will not be used in award information, etc.

**Address**

3401 Jordan Rd

**City**

McAllen

**State**

Texas

**Zip Code**

78503

**15. Approximate population for the city/town/area where the project will be delivered**

141968

**16. Would you describe this community as:**

Suburban

**Page: Project Details**

- Partisan, political or election related activities
- Planning activities, assessments or surveys of communities without tangible engagement
- Studies with no follow-up action
- Publication of books or reports
- The acquisition of land and/or buildings or a vehicle (such as a car or truck) purchase
- Solely to sponsor other organizations' events or activities
- Research and development for a nonprofit endeavor
- Research and development for a for-profit endeavor
- The promotion of a for-profit entity and/or its products and service

## **17. Project Description**

In order to promote healthier living and easy access to accessible park equipment, Hidalgo County is proposing to add the "Classic 90 Senior Exercise Park Equipment" in an area that has been disproportionately affected by COVID-19 and has been identified as a Qualified Census Tract. Hidalgo County, located in the Rio Grande Valley, is home to nearly 1 million people, of which about 25% are over the age of 50. The City of McAllen has a population of 141,968 of which 30% are over the age of 50. Last year, the McAllen-Edinburg-Mission metroplex was ranked number one in the "Most Overweight and Obese Cities in the U.S" (McCann, 2021). The COVID-19 pandemic has been especially devastating on the elder population in this area with nearly 75% of deaths coming from people over the age of 50. Our project aims to curb negative health habits and promote a more active lifestyle. The accessible park equipment is meant to give our elderly residents a space where they can exercise in a comfortable and secure manner. The "Classic 90" will help residents develop and maintain balance, coordination, and agility. Our plan is to install the equipment next to the Palm View Community Center which offers a variety of free activities for people over the age of 50. The center is ideally situated adjacent to Palm View Community Park and near a community of homes built for people that are retired and over the age of 50. The park is located within qualified census tract 205.04 (QCT). Fifty percent of households in this community have incomes below 60% of the Average Median Income (AMI). The "Classic 90 Senior Accessible Park Equipment" would be the first of its kind in Hidalgo County. The equipment was chosen for its ability to facilitate exercise for adults over the age of 50 which allows them to achieve and strengthen and maintain usual daily activities such as opening doors, using mobile phones, walking uneven terrain, and navigating hard-to-walk areas.

## **18. Project Short Summary**

Hidalgo County is focused on enhancing the quality of life for adults over the age of 50 by adding accessible fitness equipment. This addition at Palm View Community Center aims to engage a more active lifestyle for older adults.

## **19. Upload one attachment if needed.**

Download File (<https://vo-general.s3.amazonaws.com/87b50262-0a33-4200-bad5-cf3d546b4520/2262acc1-c17c-4765-bdb0-82f282c37ce0?AWSAccessKeyId=AKIAJ4PRWO26HAX3IOCA&Expires=1733759528&response-content-disposition=inline%3B%20filename%3D%22Application%20Documents.pdf%22&response-content-type=application%2Fpdf&Signature=yN6FAKSMPVsUkQpfgmyxFoo58s4%3D>)

## **20. Social Impact Goal**

improving the health and wellness of older adults and all residents of the community (with a focus on people age 50 and older)

## 21. Project Category

Create vibrant public places in the community through permanent or temporary solutions that improve open spaces, parks and access to other amenities for residents (especially those 50-plus)

### Public Places Subcategory

Park enhancements to serve all residents with emphasis on people 50-plus (e.g., accessible park equipment improvements, new structures, dog parks)

## 22. Project Deliverables

### Deliverables

**Deliverable:** Hidalgo County will purchase the Classic 90 Senior Accessible Park Equipment from Specified Play Equipment Co and install the structure at Palm View Community Center, 3401 Jordan Rd. McAllen, TX 78501.

**Quantity:** 1

**Deliverable:** Hidalgo County will hold a groundbreaking event on June 29, 2022, at Palm View Community Center.

**Quantity:** 1

**Deliverable:** Hidalgo County groundbreaking event has a goal of 100 attendees. Promotional signage will be distributed for the groundbreaking event to include AARP branding and language (50 flyers, and 3 social media platforms).

**Quantity:** 1

**Deliverable:** Hidalgo County will create a media press release and disseminate infographics across all social media platforms to promote the groundbreaking (1 media press release, 3 social media platforms).

**Quantity:** 1

**Deliverable:** Hidalgo County will disseminate images of the groundbreaking after the event across all social media platforms (3 platforms).

**Quantity:** 1

**Deliverable:** Hidalgo County's goal is to hold a grand opening event on November 1, 2022. Promotional signage will be distributed for the grand opening/ribbon-cutting event to include AARP branding and language (20 posters, 50 flyers, and 1 social media post on each platform).

**Quantity:** 1

**Deliverable:** Hidalgo County will create a media press release and disseminate infographics across all social media platforms to promote the ribbon cutting for the new equipment before the event (100 attendees, 1 media press release, and 3 social media platforms).

**Quantity:** 1

**Deliverable:** Hidalgo County will disseminate images of the ribbon-cutting after the event across all social media platforms (3 social media platforms).

**Quantity:** 1

**Deliverable:** Hidalgo County will create a video to promote the project/ribbon-cutting event to include AARP branding and language (1 video, 3 social media platforms).

**Quantity:** 1

**Deliverable:** Hidalgo County will monitor and track the community usage for a designated period as allowable by the After-Action submission report timeline.

**Quantity:** 1

- *The Organization will purchase and install structures with LED lighting with custom side panels at (ADDRESS)*
  - *Quantity: 3*
- *The Organization will purchase and install ADA compliant benches at (ADDRESS)*
  - *Quantity: 7*
- *The Organization will purchase and install AARP branded signage at (ADDRESS)*
  - *Quantity: 15*
- *The Organization will purchase and install accessible raised garden beds*
  - *Quantity: 10*
- *The Organization will hold event on (DATE) (event examples: workshops, hackathon, trainings)*
  - *Quantity: 1*
- *The Organization's goal is to have community members to be trained at workshops on 50+ issues*
  - *Quantity: 250, including at least 125 people age 50 and older*
- *The Organization will hold a (kick-off, ribbon cutting, etc.) event on November 1, 2022.*
  - *Quantity: 1*
- *The Organization has a goal of attendees at event*
  - *Quantity: 400, including at least 200 people age 50 and older*
- *The Organization will engage volunteers over the course of the project – including painting accessible benches made of outdoor materials, installation, and the kick-off event*
  - *Quantity: goal of 70, including at least 35 people age 50 and older*

### **23. Project Type**

Permanent physical improvements in the community

**Page: Project Narrative**

## **24. Livable Communities Activities**

The City of McAllen opened the Palm View Community Center in 2001 to provide access to information, leisure activities, education, and programs for the community. As part of that process, they currently host free senior activities for members of the community over the age of 50. These activities include exercising such as walking, yoga, and line dancing. Additional classes include painting, ceramics, crochet, dominos, bingo, and even English classes. Our project will allow the community center to expand outdoor activities into Palm View Community Park via a Classic 90 exercise course which will teach community members how to use the structure. Our goal is to have members use this equipment to help maintain a healthy lifestyle. The accessible features of the equipment will help teach older members of the community how to navigate tasks, support balance, and improve their coordination.

## **25. Community Engagement**

Older adults living in this community are no strangers to Palm View park. The adjacent Palm View Community Center provides free weekly leisure activities, education, and recreational programs. Currently, a range of health and fitness classes are ongoing to promote independence and well-being for adults over the age of 50. Amigos del Valle, a trusted community organization, contributes to the nutritional support of adults 50 years of age or older by providing them with healthy meals on-site. The installation of the "Classic 90 Senior Fitness Equipment" would enhance the Palm View Community Center's current senior program by creating a new outdoor senior class to improve balance, coordination, and agility.

## **26. Role of Volunteers**

Yes

### **Please Describe**

Attendees at all three McAllen Community Centers will be given invitations for the groundbreaking and grand opening/ribbon cutting of the equipment to distribute to their family, friends, and neighbors. Additionally, flyers and invitations will be dropped off at all six Hidalgo County Veterans of Foreign Wars posts and area adult daycare centers.

## **27. Older Adults**

The Hidalgo County Judge's Office conducted a Fitness Survey to evaluate the need for adult over 50 accessible fitness equipment around the community. Survey results indicated that 100% of participants would utilize fitness equipment if available at the Palm View Community Center. The 72 participants involved in the survey were all older than 50 years of age and actively attend the Palm View and Las Palmas Community Center in McAllen, TX. The Classic 90 Senior Fitness Equipment would benefit numerous older adults in the community by improving their mobility, balance, agility, and coordination. It will also encourage socialization and help them maintain their daily activities.

## **28. Diversity and Inclusion**

Yes

### **Please select the one or two who will be primarily impacted below**

Hispanic/Latino

**Please describe:**

The project supports and impacts a specific multicultural population of Hidalgo County and the City of McAllen. Hidalgo County has a Hispanic and Latino population of 93% followed by McAllen's 85%, according to the latest US Census. The Palm View Community Park which is located on US Census tract 205.04 has a Hispanic and Latino population of 97% and 50% of households in this community have incomes below 60% of the Average Median Income (AMI). The project aims to educate and engage the community to gain healthy habits involving physical activity with the integration of the "Classic 90 Senior Accessible Fitness Equipment." The implementation of this project aims to improve physical activity throughout the Hispanic community. "Pre-existing cultural expectations about older age may contribute to one becoming increasingly inactive with age and may compound the ill effects of other factors, such as low levels of acculturation and education and diminished social support (Piedra et al., 2018)." The project provides an opportunity for Hispanics to participate in fitness that may involve all their family members and friends. The Latino community has trust in the programs offered by the local community centers which have the potential to encourage adults over 50 to engage in activities leading to a healthier lifestyle and better quality of life.

**29. Disparities**

Yes

**Please describe:**

Our project aims to improve the quality of life of our elder population by incorporating exercise equipment specific to adults over 50 and providing the resources necessary for a healthier lifestyle. Hidalgo County was and continues to be disproportionately affected by COVID-19. With a population of over 800,000, Hidalgo County (Texas) has recorded 3,854 fatalities as of March 15, 2022. Over 80% of those deaths were people 50 years of age or older. To put the disparity in perspective, Harris County (Texas) lost less than twice the amount of people than Hidalgo County, however, Harris County has more than four times the population. The metropolitan area situated in Hidalgo County, McAllen-Edinburg-Mission, was named the most overweight and obese area in the United States (McCann, 2021). Our project is aimed at giving an accessible resource to members of the community that will encourage them to exercise and lead a healthier lifestyle. The pandemic has shown that our county and our communities desperately need resources that promote physical activity. Resources facilitating healthy lifestyles will be needed in this area for years to come. Resources such as Classic 90, senior accessible park equipment, will make a definitive impact in this community.

**30. Veterans and Military Families**

Yes

**Please describe:**

The project’s target population includes adults 50 years of age or older as well as veterans suffering from mobility issues and musculoskeletal ailments. Veterans are no strangers to the City of McAllen as this is the location of the McAllen Veterans Affairs Clinic. Hidalgo County has about 16,846 veterans with 2,203 residing in McAllen, TX. Inclusive senior accessible fitness equipment is suitable for veterans because it maintains and develops balance, motor skills, walking ability, lower body strength, and general fitness. Veterans will have the opportunity to greatly benefit from the fitness equipment, especially those suffering from mobility and activity risk factors such as functional deficits and physical limitations from previous injuries.

**31. Federal Investments**

No

**Page: Budget**

Please specify all expenses that will be covered by this grant. Itemize anticipated expenses and income (if any) for this proposal. *Please ensure that the Total Grant Amount Requested below matches the amount you entered in Question #2 at the beginning of this application.*

**CONTRACTED SERVICE COSTS**

**Expense**

18295

**Additional Information**

Classic 90 equipment, freight and packaging cost

**STAFF COSTS (IF ANY)**

*NOTE: AARP will typically only award grants that spend 0-15% on staff costs. However, AARP reserves the right to award compelling projects that go beyond this range.*

**Expense**

0

**Additional Information**

**MATERIALS & SUPPLIES (IF ANY)**

**Expense**

0

**Additional Information**

**TRAVEL EXPENSES (IF ANY)**

**Expense**

0

**Additional Information**

**TOTAL GRANT AMOUNT REQUESTED**

*Please ensure that the Total Grant Amount Requested below matches the amount you entered in Question #2 at the beginning of this application.*

**Total Grant Amount**

18295

**Additional Information**

*Matching funds are NOT required.* Please detail any matching/supporting funds or in-kind support the organization will receive to contribute toward this project. Include volunteer/donated work as in-kind support.

**NONPROFIT**

**Matching Funds (\$)**

0

**In-Kind Support**

**PRIVATE**

**Matching Funds (\$)**

0

**In-Kind Support**

**PUBLIC**

**Matching Funds (\$)**

**In-Kind Support**

\$5,980 (installation of the equipment by the City of McAllen).

**34. How will you use AARP branding?**

Hidalgo County will promote the Classic 90 Senior Fitness Equipment groundbreaking, grand opening/ribbon cutting, and project by disseminating social media graphics and a video that includes AARP logos. A media press release will also be disseminated detailing the grant award. AARP local staff, if available, will be invited and asked to speak at the groundbreaking ceremony.

**35. Other Funding**

No

**An opportunity for other possible AARP funding.** Please note that by submitting a proposal for the AARP Community Challenge initiative, you and your organization give AARP permission to reach out to you and others at your organization about other possible AARP funding opportunities that your proposal may be eligible for based on the AARP Community Challenge criteria. However, please note that AARP is not obligated in any way to consider your proposal for any additional AARP funding.

**Page: Notification**

**When you SUBMIT this application, you will receive a confirmation email within the hour. If you do NOT receive a submission confirmation, you may not have submitted successfully. Please go back and make sure you completed ALL required questions and did not go over the text box character limits.**

All applicants will be notified of their funding status by email in May. To receive funding, selected applicants must execute and return a binding Memorandum of Understanding and completed financial forms to the AARP National office in a timely manner.