

# John and Dianne Connor Parkinson's Exercise Fund

## Implementation Plan:

- This fund will be used to support Central Coast exercise-related programs for those challenged with Parkinson's Disease.
- The fund will be administered by the Central Coast Parkinson Association Board of Directors. Twice a year the Board will review and process requests for funds with the option to review special requests as needed. Funded programs are limited to no more than \$2,000 per request without special approvals.
- Information and details on how to apply will be available on the Central Coast Parkinson Association website. A notice will be distributed to providers twice a year sharing the purpose and how to apply.

Funds can be used for the following and other needs as approved by the CCPA Board:

1. To provide Parkinson-specific community-based exercise classes:
  - Exercise class subsidies
  - Free classes for a specific period
  - Discounted class fees
  - Special exercise clinics
  - Individual scholarships
  - Equipment purchases
  - Support group expenses related to exercise education
  - Other needs as determined by the CCPA Board of Directors
2. Promotion of the therapeutic value of exercise programs to the local Parkinson's community
3. Exercise certification for Group Exercise Instructors or Therapists

The process for fund distribution -Submit funding requests detailing needs

- Entity requesting funds
- Amount requested
- Date needed
- Purpose
- Expected outcomes
- Details
- Point of contact

A subcommittee of the Central Coast Parkinson Association Board of Directors will review requests and make recommendations to the full board for review, input, and approval. If approved, funds will be disbursed within 30 days. Recipients of funds will be required to submit a report within 30 days of the conclusion of the funded program to the Central Coast Parkinson Association board of directors. The report must detail how funds were used and what outcomes were achieved. Any funds distributed over \$600 will result in a 1099 being filed, and a W-9 form will be required before distribution of funding.