



PROJECT PROPOSAL

The D.R.E.A.M Program, spearheaded by Somebody Who Cares Destiny Empowerment Center, stands as a comprehensive initiative dedicated to catering to the needs of individuals grappling with diabetes. This impactful program operates in collaboration with healthcare experts, placing a strong emphasis on shared knowledge, community support, and a holistic approach to diabetes management. The primary objective is to empower participants through personalized guidance on essential aspects such as dietary choices, gardening, and meal planning.

The integration of The D.R.E.A.M. Smart Wellness Community Park will signify a pivotal step towards creating a transformative space that not only prioritizes holistic health but also fosters community engagement. The park's design will incorporate three strategically positioned containers, each serving a unique purpose. The versatile Community Hub will facilitate cooking classes and communal meals, promoting a sense of togetherness. Meanwhile, the dedicated Fitness Center will boast state-of-the-art equipment, encouraging physical well-being. The Education and Training hub will be designed for health seminars and workshops, aiming to enhance participants' knowledge about diabetes management.

Furthermore, the park will include a one-mile walking track, that will be enveloped by lush greenery, and provide a scenic setting for physical activity, community walks, and

outdoor events. The inclusion of available bikes for group fitness rides will amplify the community's accessibility to health-promoting resources. This multifunctional space transcends the boundaries of physical health, delving into the realms of social, educational, and community-building aspects. By doing so, it cultivates a sense of well-being and unity within the community.

Aligned seamlessly with The D.R.E.A.M. Program's holistic approach, this innovative initiative promises a lasting impact on the health and vitality of the community. It envisions a brighter and healthier future achieved through shared knowledge and active community engagement. As an integral part of this holistic endeavor, participants will actively engage in gardening activities at the Wellness Park, contributing to the overall theme of "Greening Our Community, Growing Our Well-being." This phrase encapsulates the essence of the initiative, highlighting its commitment not only to physical health but also to the broader well-being and prosperity of the community.

In addition to the existing components, the Gardening side of the wellness park will introduce individual plots for community members to plant vegetables. This initiative provides an opportunity for hands-on gardening experience and fresh produce, enhancing the park's focus on holistic well-being. This new addition aligns with the DREAM Wellness Park's vision of providing a comprehensive approach to health and community development. The gardening program offers participants the chance to cultivate their own vegetables, fostering a deeper connection to nature and encouraging sustainable, healthy choices.

Transportation Accessibility

"Breaking Barriers: Ensuring Access for All"

Recognizing the importance of inclusivity, The D.R.E.A.M Program and Wellness Community Fitness Park commit to breaking transportation barriers for low-income

participants. In line with this commitment, participants will be provided with transportation to and from the program. Our program ensures that lack of transportation will not hinder access for those who need it most. This initiative reflects our dedication to making holistic health and community engagement accessible to everyone, fostering a sense of well-being, unity, and shared empowerment within the community.

12-Month Timeline Plan: The DREAM Community Wellness Park Implementation

Month 1-2: Project Planning and Feasibility Study

- Conduct a comprehensive feasibility study for land acquisition, evaluating potential sites for the Wellness Park.
- Engage with architects, planners, and community stakeholders to outline the park's design and features.
- Initiate discussions with local government and zoning boards to ensure alignment with regulations.

Month 3-4: Land Acquisition and Legal Processes

- Identify suitable 2-3 acre land parcels based on the feasibility study.
- Begin negotiations for land acquisition, taking into account budget considerations.
- Commence the legal processes for acquiring the land, securing necessary permits and approvals.

Month 5-6: Fundraising and Grant Applications

- Launch a community awareness campaign about the Wellness Park project.
- Develop and implement a fundraising strategy to secure additional financial support.
- Begin grant applications targeting both public and private funding sources.

Month 7-8: Architectural Design and Planning

- Finalize the architectural design of the Wellness Park, incorporating feedback from stakeholders.
- Develop detailed plans for the three containers (Community Hub, Fitness Center, Education and Training Hub).
- Seek input from landscape architects for the one-mile walking track and greenery.

Month 9-10: Construction and Infrastructure Development

- Begin construction of the Fitness Center, Community Hub, and Education and Training Hub containers.
- Develop the one-mile walking track and surrounding greenery.
- Install necessary infrastructure, including utilities and amenities.

Month 11: Equipment Acquisition and Program Implementation

- Purchase state-of-the-art fitness equipment for the Fitness Center.
- Set up the commercial-grade kitchen in the Community Hub.
- Acquire gardening tools and materials for the gardening program.
- Develop a detailed curriculum for health seminars, workshops, and gardening activities.

Month 12: Program Launch and Community Engagement

- Officially launch The DREAM Community Wellness Park with a community event.
- Initiate The D.R.E.A.M. Program and Wellness Park activities, including gardening initiatives.
- Implement transportation accessibility services for participants.
- Start community engagement programs, including group fitness rides and outdoor events.
- Monitor and evaluate the program's initial impact and gather feedback for continuous improvement.

This 12-month timeline outlines the phased approach to planning, development, and implementation of The DREAM Community Wellness Park. Each step is designed to ensure a thoughtful and inclusive process, aligning with the project's holistic vision of fostering well-being, unity, and shared empowerment within the community.

OUTCOME

The D.R.E.A.M. Program anticipates significant outcomes, including improved diabetes management with measurable reductions in HbA1c levels and enhanced health literacy demonstrated by increased knowledge assessment scores. The program aims for increased access to healthcare, fostering comprehensive and timely medical support, and higher community engagement reflected in increased participation at events, support groups, and interactive sessions. Observable changes in dietary habits, improved physical fitness levels, and a decrease in health disparities within the target population are also expected. Furthermore, the program aims to empower participants, achieve cost-effective impact, compare outcomes to benchmarks, ensure long-term impact, and celebrate successes, collectively contributing to a lasting positive impact on underserved and low income individuals.

EVALUATION:

Evaluating the D.R.E.A.M. Program is vital for gauging its effectiveness and ensuring alignment with objectives. This ongoing process involves defining SMART objectives, collecting baseline data, and implementing continuous data collection on participant health, program activities, and feedback. The evaluation assesses clinical outcomes, knowledge, behavior change, and includes qualitative assessments through interviews and participant satisfaction feedback. Monitoring program implementation, cost-effectiveness analysis, comparison to benchmarks, stakeholder engagement, regular reporting, adaptation based on results, long-term evaluations, and celebrating successes contribute to a comprehensive evaluation process that ensures the program's responsiveness, impact, and continual improvement.

