



The Momentum Fund | Program Guidelines

Overview

Tufts Health Plan Foundation's mission is to improve the health and wellness of the diverse communities we serve, with a focus on healthy aging. At the core of our work is the belief that older people are a critical asset to building and sustaining vibrant and healthy communities.

The Foundation's Momentum Fund is a mini-grant program designed to build on our region's energy, experiences and insights to create cities and towns that are great places to grow up and grow old. Momentum Fund mini-grants support communities in Connecticut, Massachusetts, New Hampshire and Rhode Island promoting healthy aging. One-year mini-grants of up to \$10,000 will be awarded.

We welcome the opportunity to connect about your idea before the application deadline. Please email kimberly_blakemore@tufts-health.com to schedule a time to speak.

Project Characteristics

All projects **must**:

- Address healthy aging or issues important to older people
- Be community-led

What this means:

- Older people's participation and input should inform the work
- The project should be responsive to needs the community has defined and prioritized

Preference will be given to projects that:

- Make a community more age-friendly/dementia-friendly
- Advance promising solutions prioritized by the community
- Feature collaboration
- Address inequities

What this means:

- Communities seeking to become more age-friendly and/or dementia-friendly address factors influencing the health and wellbeing of older people. This may include areas like the built environment, transportation, employment and social inclusion. There are many cross-cutting determinants that influence active aging,

and we encourage you to look at the resources included at the end of this document for more information.

- “Promising” solutions are specific to, and can be different for, each community. See below for examples of grantee projects that highlight the range of ideas funded through the Momentum Fund.
- We are all aging, and all people, organizations and sectors can contribute to conversations about healthy aging. We value projects that bring together diverse stakeholders to collaborate and achieve a common goal.
- Not all communities—and not all people within a community—have equal access to resources and supports. These inequities affect health and wellbeing, and disparities can become more pronounced as we age. The Foundation values projects that address the needs of diverse populations including: racial or ethnic groups; women; immigrants and/or refugees; those with low income, disabilities, mental health conditions or limited English proficiency; those who identify as LGBTQ; or those who live in rural communities.

Examples of Grantee Projects

Momentum Fund mini-grants supported a wide range of organizations and projects in 2018, including projects that:

- Engage Black women in intergenerational and cross-sector dialogue to transform the healthcare conversation (Massachusetts)
- Recruit, train and develop a network of volunteers who are able to escort and serve as a bridge between older LGBTQ people and medical providers (Massachusetts)
- Bring a new electronic documentation system to community/parish nurses serving older people in rural communities (New Hampshire)
- Expand skill-building, collaborative arts programming to encourage social connections for older people (New Hampshire)
- Train and certify elder case managers and municipal workers across the state as Dementia Practitioners (Rhode Island)
- Enhance access to the PACE model of care (Rhode Island)

Other examples of projects we might consider include:

- Conducting a needs assessment engaging diverse community voices
- Adapting a promising or established best practice to the needs of your community
- Taking a risk to explore a new approach to service delivery

View the complete list of 2018 Momentum Fund grantees:

http://tuftshealthplanfoundation.org/pdf/2018_CommunityInvestments2.pdf

Eligibility

Eligible organizations should have current 501(c)(3) nonprofit status or have a 501(c)(3) fiscal agent.

We do not fund:

- Capital projects or campaigns
- Current Tufts Health Plan Foundation grantees
 - An organization can only hold one active grant with the Foundation. Please email the Foundation to discuss.
- Endowments
- Fundraising events
- General operating expenses
- Individuals, including candidates for public office
- Lobbying
- Municipalities or government agencies
 - However, they are welcome to partner with an eligible organization.
- Organizations that advocate, support or practice discrimination based on race, color, religion, age, national origin, language, gender, gender identity, sexual orientation, disability, veteran status or other characteristic protected by law
- Private foundations
- Religious organizations for religious purposes
- Research for specific diseases or conditions
- Underwriting of medical expenses

Key Dates

2019 Grant Cycle

- August 22, 2:00 PM..... Webinar information session
- September 19, 4:00 PM..... Application deadline
- Week of October 28..... Applicants notified of decisions
- November 1..... Grant award begins

Grant Details

- **Grant size:** up to \$10,000
- **Grant duration:** 12 months
 - Effective date: November 1, 2019
 - Conclusion date: October 31, 2020
- **Special note for current Momentum Fund grantees**
 - Organizations are limited to two back-to-back Momentum Fund mini-grants. Current Momentum Fund grantees can apply for a second Momentum Fund mini-grant if prior grant funds will be fully spent by October 31.
 - After receiving two consecutive Momentum Fund mini-grants, an organization can seek additional support through the Foundation's other grant programs.

How to Apply

- Log into our CyberGrants system:
<https://www.cybergrants.com/thpf/momentumfund>
 - If your organization is new to Tufts Health Plan Foundation, create an account.
 - If your organization has applied to Tufts Health Plan Foundation in the past, log into your existing account.
- Submit your application by the deadline.
- Save a copy of your application.

Helpful Resources

AGE-FRIENDLY/ DEMENTIA-FRIENDLY COMMUNITY RESOURCES

[AARP Livable Communities](#)

[AARP: The Maine Guide](#)

[AARP Livability Index](#)

[Dementia Friendly America](#)

[Dementia Friendly America Sector Guides](#)

[Frameworks Institute: ReFraming Aging](#)

[Grantmakers in Aging Age-Friendly Resources](#)

[Mid-America Regional Council: Community AGenda resources](#)

[WHO: Ageing and Life Course – Age-Friendly Environments](#)

[WHO Checklist of Essential Features of Age-Friendly Cities](#)

CONNECTICUT RESOURCES

[Age Well Connecticut](#)

[Connecticut Commission on Women, Children and Seniors: Livable Communities](#)

[The Connecticut Healthy Living Collective](#)

MASSACHUSETTS RESOURCES

[AARP Massachusetts](#)

[Dementia-Friendly Massachusetts Initiative](#)

[Executive Office of Elder Affairs](#)

[Massachusetts Healthy Aging Collaborative](#)

Massachusetts Healthy Aging Data Report

NEW HAMPSHIRE RESOURCES

[AARP New Hampshire](#)

[Alliance for Healthy Aging](#)

[Tri-State Learning Collaborative Age-Friendly Toolkit](#)

RHODE ISLAND RESOURCES

[AARP Rhode Island](#)

[Building Age-Friendly Rhode Island](#)

[Rhode Island Healthy Aging Data Report](#)