



**Florida Disabled Outdoors Association** is proud to announce a partnership with Goodwill Industries of the Big Bend to provide fitness and wellness activities for people with a disability or other disadvantage. This new collaborative effort is located at:

**Fred G. Shelfer Prosperity Center**  
**300 Mabry Street**  
**Tallahassee, FL 32304**



The benefits of physical activity and active leisure are physical, mental, emotional, social and vocational long term wellness.

As with the general population, people with disabilities benefit from active leisure and wellness programs. The need is possibly even greater for people who live with a disability.

FDOA works to overcome and prevent many of the disabilities and secondary health conditions that arise as a result of a sedentary life style including: diabetes, heart disease, respiratory conditions, and obesity.

The Community Fitness and Wellness Center at the Goodwill Prosperity Center in collaboration with the Florida Disabled Outdoors Association will provide individuals with disabilities or disadvantages the opportunity to be 'fit and well'. This fully equipped facility will service all of their fitness needs with over 20 pieces of fitness equipment, group classes, and health and wellness educational sessions. This program will be designed to be inclusive for individuals with disabilities or disadvantages to improve cardiovascular/aerobic fitness, muscular strengthening and flexibility.

# GRAND OPENING

Goodwill Industries – Big Bend, Inc  
**Invites you to the Grand Opening of our new**

## PROSPERITY CENTER



*June 5, 2014*

*Ribbon Cutting at 10:00 am*

*300 Mabry Street*

*Jallahassee, Florida 32304*

Creating happier, healthier and more productive lives through an onsite, accessible fitness center, wellness classes, financial literacy, youth mentoring, and individual and group musical instruction.

**For more information contact**

[prmanager@goodwillbigbend.com](mailto:prmanager@goodwillbigbend.com)

**Goodwill**   
Industries – Big Bend, Inc.



## Get listed in 'Living Here'

Living Here, an essential guide to Tallahassee published each August, covers everything you should know about the city. This year will feature an extended dining section. Make sure your group's information is included. Submit entries at [Tallahassee.com/livingsubmit](http://Tallahassee.com/livingsubmit). The deadline is June 9. Email [ratwood@tallahassee.com](mailto:ratwood@tallahassee.com) or [Rlutz@tallahassee.com](mailto:Rlutz@tallahassee.com) with questions.

## Electronic format in the works for CHSP

Grant process now easier for nonprofits

**N**onprofits, rejoice: The Community Human Services Partnership is finally going digital.

No longer will groups race to drop off mounds of paper or flash-drive applications for a share in thousands of dollars that shrinks and becomes more competitive each year, despite growing demands.



**TaMaryn Waters**  
Democrat staff writer

Going paperless eases burden for nonprofits, and hopefully, helps avoid the indelible act of missing the annual rock-solid deadline.

Such was the case this year for the

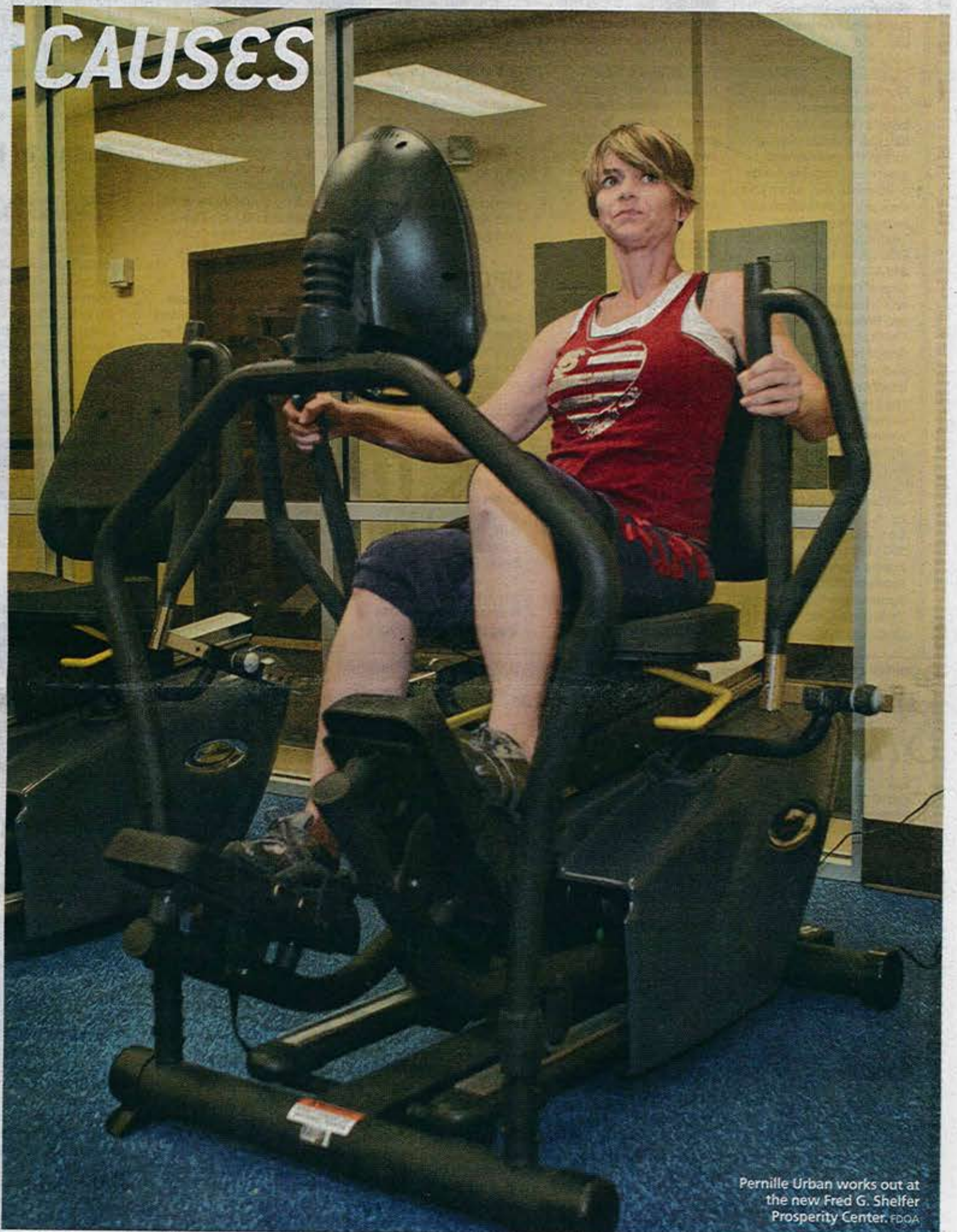
Oasis Center for Women and Girls and America's Second Harvest of the Big Bend. Oasis, which last year received \$23,374 through CHSP, missed the deadline by an hour. Second Harvest, awarded \$163,339 last year, missed it by 10 minutes.

The new method will be in place for the 2015-16 fiscal year applications.

Funding for the online application system, estimated at \$108,360, will be shared by the CHSP's money partners: city of Tallahassee, Leon County and the United Way of the Big Bend. The United Way is pitching in \$40,000. City commissioners on Wednesday agreed to commit \$39,300 and county commissioners will vote on their contribution at the June 10 meeting.

City Commissioner Gil Ziffer said funding through CHSP is too essential for nonprofits to miss if someone was late to turn it in.

"It should help eliminate issues we've had over the



Pernille Urban works out at the new Fred G. Shelfer Prosperity Center. FDOA

# FIT AND ACTIVE

men contribution at the June 10 meeting.

City Commissioner Gil Ziffer said funding through CHSP is too essential for nonprofits to miss if someone was late to turn it in.

"It should help eliminate issues we've had over the last couple of years where we've had potential grant participants late or had some problem with getting it in," Ziffer said. "That will no longer be a problem because of traffic, or a train crossing or because someone was late to work, since you can just transmit it electronically."

The move toward an electronic format was a recommendation three years ago by the CHSP Process Committee, an appointed body by the Joint Planning Board that provided oversight over the 17-year funding process.

Pat Holliday, human services manager for the city, said the online process will help nonprofits, especially short-staffed groups challenged by the laborious requirements.

She also said electronic applications create a never-before-had database on information submitted by applicants and a method for tracking contracts, including performances and payments.

# FIT AND ACTIVE



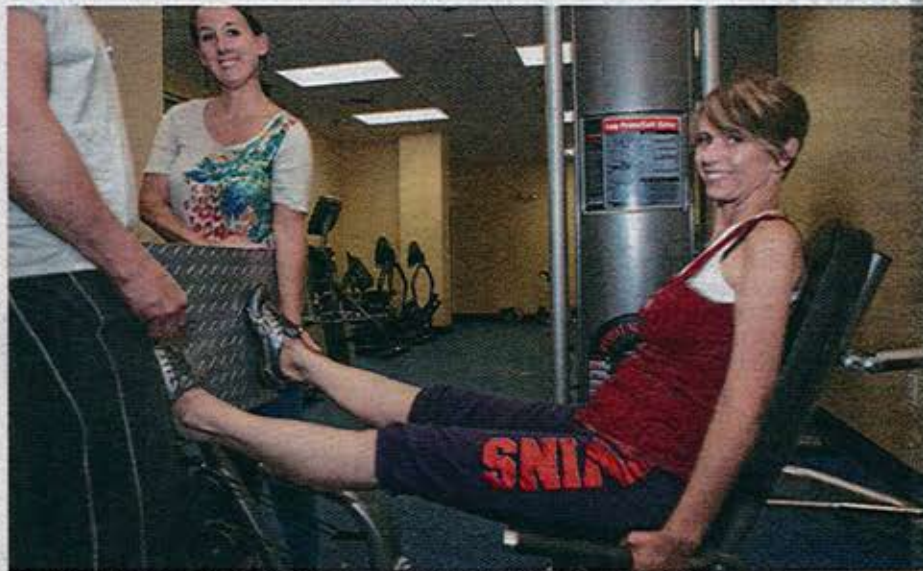
Ellen Piekalkiewicz  
TLH blogger

## Florida Disabled Outdoors Association partners with Goodwill to create fitness site

Pernille Urban was sitting at home, embarrassed that she had been diagnosed with muscular dystrophy and didn't have information on how to be active and participate in wellness activities. She was getting depressed.

When she and her husband came to Springtime Tallahassee and saw a float for the Florida Disabled Outdoors Association, her world opened up. She came out to SportsAbility and tried kayaking, sit water-skiing, horseback riding and more.

She learned that she may have to do things a little differently, but being fit and active is possible. Over time she joined the Florida Disabled Outdoors Association Advisory Board and is currently completing her Master of Social Work degree from



Pernille Urban works out at the new Fred G. Shelfer Prosperity Center at 300 Mabry St. FDOA

Florida State University.

Florida Disabled Outdoors Association (FDOA), founded in 1990 with the goal of enriching lives through accessible, inclusive recreation for all, helps people learn about health and wellness through recreation and active leisure.

According to the Centers for Disease Control, "Adults with disabilities who get no

physical activity are 50 percent more likely to have certain chronic diseases than those who get the recommended amount of physical activity. Aerobic physical activity can help all adults avoid costly and deadly chronic diseases such as heart disease, stroke, diabetes, and

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## Center

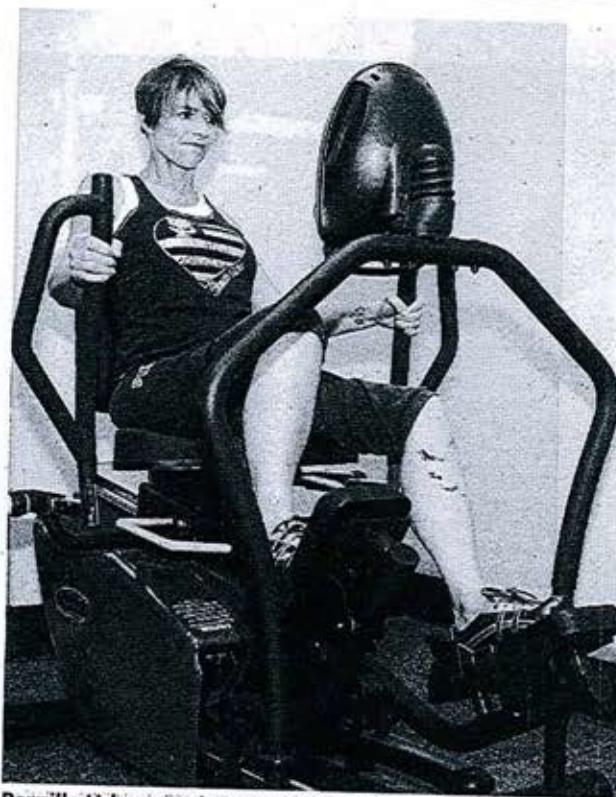
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some cancers."

The good news is that the Florida Disabled Outdoors Association has more than 20 years of experience and a number of programs to help people get and stay healthier, happier and more productive. FDOA is now partnering with Goodwill Industries of the Big Bend to provide fitness and wellness activities for people with a disability or other disadvantage.

The new Fred G. Shelfer Prosperity Center will open Thursday at 300 Mabry Street. This fully equipped facility will have 20 pieces of exercise equipment, group classes, fitness and wellness education, motivation and supports. It is designed for individuals with disabilities or disadvantages to improve fitness, muscular strengthening and flexibility.

Fitness and wellness



Pernille Urban works out at the new Fred G. Shelfer Prosperity Center. FDOA

providers are invited to share their programs at the new center. The public is invited to come and see how they can get involved.

Ellen Piekalkiewicz is the executive director of United Partners for Human Services. She has more than 25 years of experience working for statewide organizations, local nonprofits and federal agencies.