

# 2018 Youth and Adult Fitness Program Guidelines

**Please read the following guidelines carefully, as we have made some changes.**

## HEALTH & HUMAN SERVICES DIVISION — COMMUNITY HEALTH

### CONTACT PERSON for Fitness and N7 Shoes

DeeDee Plaep  
Health Programs Assistant  
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### DIRECTOR INFORMATION:

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Health Service Director  
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PROGRAM TITLE:                    **YOUTH & ADULT FITNESS**

APPLICATION/FORMS REQUIRED:    **Registration Required;** separate forms for Adult Fitness and Youth Fitness will need to be completed and returned to DeeDee Plaep.

SPECIAL CONSIDERATIONS OR RESTRICTIONS:    Payment receipts, invoices are required. Individual funds are restricted to that individual's use only. **NOTE:** All 2017 receipts must be turned in for reimbursement by Friday, January 12, 2018; **2017 receipts or reimbursement requests will not be accepted after the deadline.**

### **ADULT FITNESS PROGRAM:**

#### SERVICE(S) PROVIDED:

Covers the cost of fitness center membership and fees with an annual cap of \$500. Weight loss/management programs may qualify up to the \$500 annual benefit; call DeeDee for more information. Equipment benefit for adults is \$250; clothing is not reimbursable, other than sport specific shoes. Benefits are for the individual and may not be combined. Adult participants may use up to \$65 to purchase the new Nike N7 shoes—limit of one pair annually. Adults with risk factors for diabetes may be eligible for a second pair of Nike N7 shoes (free) through the Diabetes grant—fill out the screening tool on the application. Some examples of where fitness funds may be used: athletic clubs, YMCA, tennis clubs, golf clubs, swimming pools. **Note: Benefits may not be used for medical expenses, such as physical therapy.**

ELIGIBILITY CRITERIA:    CTCLUSI Tribal members and their non-Tribal member spouses (must be legally married; will be required to submit a copy of marriage certificate if one is not already on file).

### **YOUTH FITNESS PROGRAM:**

#### SERVICE(S) PROVIDED:

Covers the cost of organized sports or activities such as softball, baseball, swimming, soccer, karate, gymnastics, etc., with an annual cap of \$300 for youth 5 and younger and \$500 for youth 6 through 17 years of age. Also covers purchases such as fees, clothing and special equipment necessary to participate in chosen sport. The Tribes will pay up to \$300 for equipment necessary to participate in the sport or activity of the Tribal youth's choice. Equipment cost is part of \$300/\$500 annual benefit. The Tribes will also pay the school's "pay to play" participation fee. Funds can also be used at athletic clubs, swimming pools, YMCA, tennis clubs, golf clubs, sports or fitness camps, etc.

ELIGIBILITY CRITERIA:    CTCLUSI Tribal youth 17 years of age and younger, or Senior in high school.