

L.I.F.E.

Life Information for Everyone!

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MISSION

L.I.F.E is a resource center dedicated to serving, educating, connecting and empowering the community of Hamilton County, Chattanooga. This will be accomplished through education, prevention, and intervention services. The center will provide a range of classes in relation to nutrition, life skills, employment preparation, and life after combat just to name a few. This organization seeks to serve all residents in the area: children, teenagers, Veterans, even senior citizens.

VISION

As an organization L.I.F.E seeks to collaborate with other agencies and entities in the surrounding area to inform the community of resources and events that they can get involved with. In partnership with community members it L.I.F.E will be centrally located so all can have access to the center and gather together.



3 Interesting Facts

- 1) There are certain guidelines to follow in order to teach a sex education class.
- 2) The need for an array of services and programs to be offered at one location
- 3) Effective ways to be culturally competent and humble to better serve the growing diversity of Chattanooga

POPULATION

LIFE will offer services from the ages of 6 years old and up. The services/ classes provided will assist all ages of the community with various life skills that are needed in everyday living. The groups will be classified through age and needs such as:

- Veteran Services- Ages 18+
- Basic First Aid ages 17+
- Self-Care-21+
- Teen Pregnancy Prevention-Ages 13-20
- Financial Skills-Ages 16+.
- Senior Citizen- Age 55 and over.
- Cooking Skills-Ages 6+



SERVICES

Services will be delivered via staff and volunteers in the community. Staff and/or volunteers will know the information for each class in order for it to be accurately educational. Participants will come to the center once a week based upon the day of week for the service(s) they are interested in.

L.I.F.E Classes

- Financial Skills
- Teen Pregnancy Prevention
- Veteran Services
- Cooking Skills
- Counseling for all ages
- Basic First Aid
- Self-Care



L.I.F.E Classes- Veteran Services

- **Veteran Services -Social Work Volunteers and counseling experts will address:**
- **Mental health or behavioral adjustment disorders**
- **SUDs (Stressors of Military Services)**
- **PTSD(Post Traumatic Stress Disorder**
- **Depression**
- **Suicide.**



L.I.F.E Classes- Financial Skills

- **Basic Budgeting**
- **Bank Account Basics**
- **Wants vs. Needs**
- **The Importance of Saving for Emergencies**
- **How to Develop a Positive Credit History**



L.I.F.E Classes- Teen Pregnancy Prevention

- **Free pregnancy testing**
- **Sex education class**
- **license nutritionist**
- **what is happening to your body & baby during labor**
- **Dad to be program**
- **Testimonials and much more!**



L.I.F.E Classes- Cooking skills

Kids Cooking Class

Beginner Class (Adult)

Intermediate Class (Adult)



L.I.F.E Classes- Basic First Aid

- **CPR training**
- **First Aid**
- **AED**
- **Lifeguard**
- **Babysitting**
- **Swimming and Water Training**



**CPR AND
FIRST AID
CLASSES**

L.I.F.E Classes- Senior Citizen Saturday

- Breakfast, lunch, and dinner.
- Tax Counseling between January-April.
- Information on affordable hearing aids and dentures.
- Online classes
- Sign up for meal on wheels
- LIFE center will have social hour between 6pm-8pm!
- Prescription drugs and much more !!!

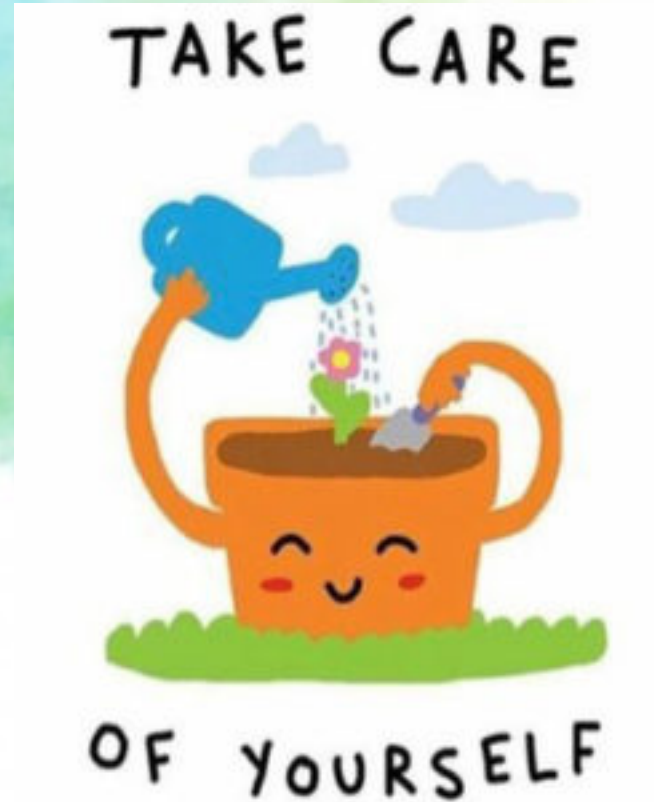


L.I.F.E Classes- Self Care classes

Self-Care for productivity

Self Motivation

Mindfulness for relaxation



GOALS- Types of Goals

- **Institutional**
 - **Marketing**
 - **Partner**
 - **Volunteer and staff**
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GOALS- Institutional

Goal 1: Secure \$300,000 from Local and State Grants every 3 years.

Goal 2: Secure \$400,000 from Individuals and Corporations by December 2020.

Goal 3: Secure \$50,000 from foundations by December 2020.

GOALS- Marketing Campaign goals

- Inform and attract current and future clients
- “L.I.F.E. points” for New Clients
- “L.I.F.E Points” for Current clients



GOALS- Community Partners

- Erlanger
- Meals on wheels
- The Senior Health Insurance Assistance Program (SHIP)
- Patient Assistance Programs, or PAPs
- Red Cross
- Local banks



GOALS- Volunteers and Staff

- **National Nutrition Month**
- **Erlanger sponsored**



IMPACT

- Gain new members
 - Encourage current members to continue
 - Educate community about L.I.F.E. Center
 - Gain new partners
 - Current partners feel appreciated
 - Healthy, happy, and productive staff
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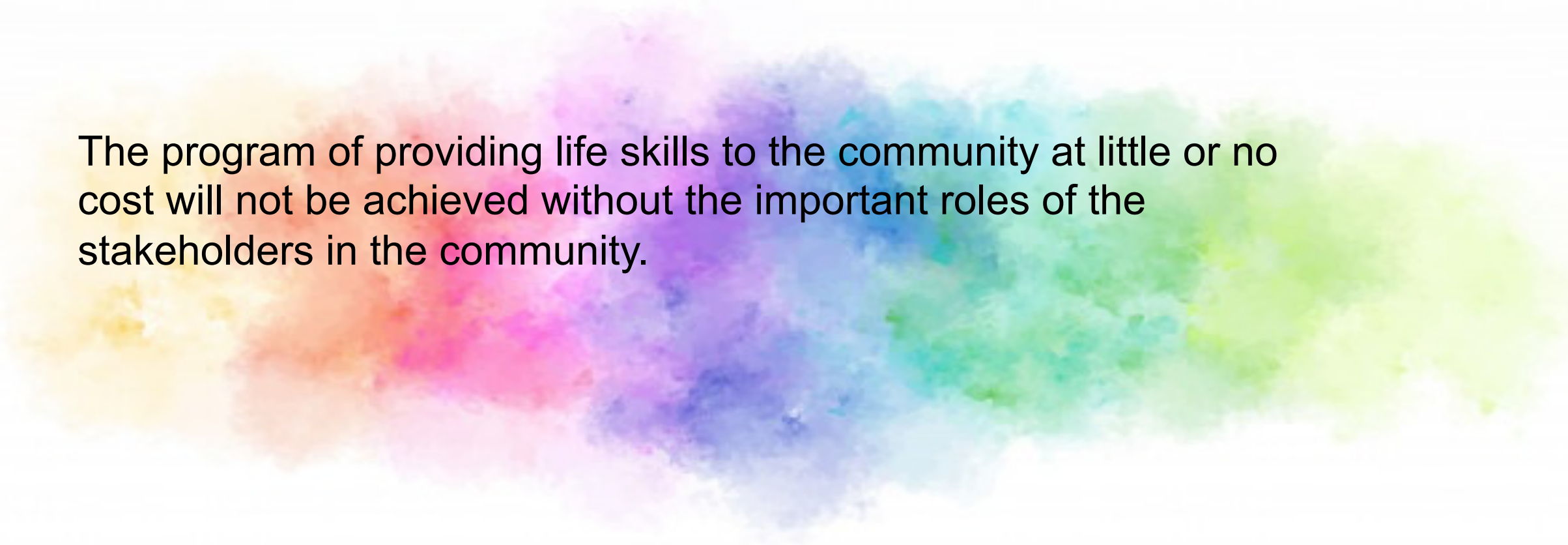
EVALUATION

- To ensure positive interactions and experiences
- Regular evaluation of volunteers

Unite for Sight. (2015).

CONCLUSION

The program of providing life skills to the community at little or no cost will not be achieved without the important roles of the stakeholders in the community.



REFERENCES

Unite for Sight. (2015). *Effective Involvement of Volunteers*. Retrieved March 22, 2019, from Unite for Sight: www.uniteforsight.org/effective-program-development/module8