



## Notice of Funding Availability-- Request For Proposals

To: Central Ohio Community Organizations  
 From: Katie White, Director, COAAA  
 Date: December 9, 2022

Re: FY2023 Funds supported by American Rescue Plan Act (ARPA). Proposals request for Evidence-Based Strength Training Program, **Geri-Fit**. Licensing for this opportunity is paid by COAAA.

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The Central Ohio Area Agency on Aging (COAAA) is expanding promotion of evidence-based older adult health workshops by sponsoring the strength training workshop, **Geri-Fit**. Four grants of up to \$1000.00 are offered to achieve this effort in priority counties. With the support of ARPA funds, COAAA is requesting partners to implement the evidence-based strength training workshop series, Geri-Fit. Qualified organizations will agree to provide one (1) staff person to be trained in the Geri-Fit program and act as a SITE for implementation. COAAA has purchased a multi-site license to be able to bring this program to the central Ohio community. Included in this opportunity, each qualified organization selected by COAAA for this partnership will receive license coverage, training opportunity and a set of workshop materials. Preference will be given to applicants who are able to offer this series in the priority counties of Fairfield, Licking, Madison and Pickaway counties. Other counties served by COAAA may be considered if qualified applications are not received from priority counties. All workshops must be open to the general community. Only in-person workshops of this series will be supported at this time. For a detailed summary of Geri-Fit please visit [https://www.gerifit.com/pdfs\\_new/yyrMMZOTTsyC.pdf](https://www.gerifit.com/pdfs_new/yyrMMZOTTsyC.pdf)

The grant funds may be used for staff implementation time, promotion and the purchase of other workshop materials (i.e. weights).

To be considered, organizations must submit the required contact information and narrative responses. Narrative responses shall include information that documents how the organization is qualified to provide the workshop series, how the organization plans to deliver the workshop series and attain the goal of a minimum of two workshops in the calendar year. Points will be awarded based on the thoroughness of the responses. Activities must be completed by December 31, 2023.

Interested applicants should complete the narrative included with this notice and submit by **5:00 pm January 4, 2023**. Notice of award may be made by January 9, 2023. Questions about this process and the workshop series should be directed to Jane Acri at [Jacri@coaaa.org](mailto:Jacri@coaaa.org) or 614-645-3866.

Applications can be mailed, faxed or emailed to:

Attn: Jane E. Acri, LSW  
 Fax: (614) 645-3866  
 Central Ohio Area Agency on Aging  
 3776 S. High Street Columbus, Ohio 43207