



**Alzheimer's Association
Healthy Brain Initiative Road Map Strategies: Jan 2025 – Sept 2025**

Request For Application
September 2024

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Statement of Purpose

The goal of participating in the Healthy Brain Initiative (HBI) Road Map Strategists program is to enhance Fort Bend County Health and Human Services' (FBC HHS) capacity to address Alzheimer's and other dementias as chronic conditions by integrating the HBI Road Map strategies into existing public health initiatives. With an average life expectancy of 81.4 years in Fort Bend County (FBC), and age 65 and older being a significant risk factor for Alzheimer's and dementia, at least 12% of the county's population is currently at higher risk for Alzheimer's and dementia.¹ According to the Centers for Disease Control and Prevention (CDC), the leading causes of death in FBC in 2020 were heart disease, cancer, COVID-19, cerebrovascular disease (stroke), and accidents or unintentional injuries – further elevate the risk for developing Alzheimer's and dementia among our county's aging population.¹

National data shows that Black Americans are twice as likely, and Hispanics are one and a half times as likely, to develop Alzheimer's or dementia compared to their white counterparts.² However, updated findings from our 2022 Community Health Assessment reveal different local trends, with Alzheimer's disease ranking as the fourth leading cause among Non-Hispanic Whites, sixth among Non-Hispanic Blacks, and eighth among Hispanic. This further justifies our equitable and inclusive approach to reaching Fort Bend County residents with risk reduction messaging and efforts. The Social Vulnerability Index (SVI) underscores the critical need for prioritized risk reduction efforts, as approximately 12% of FBC seniors are affected by dementia, a number expected to rise significantly. The condition severely impacts quality of life, leading to cognitive decline, loss of independence, and places significant emotional, physical, and financial burden on families and caregivers. Healthcare costs for dementia patients often exceed \$50,000 annually.³ Despite these challenges, there are gaps in awareness, early detection, and availability of services such memory care and specialized programs.

To address these issues, FBC HHS will focus on risk reduction, with an emphasis on health equity. Minority groups, particularly African Americans and Hispanics, face higher risks due to social and structural determinants of health. FBC HHS efforts will prioritize promoting brain health, raising awareness, providing education, and encouraging lifestyle changes such as physical activity and improved diet, which studies show can reduce the risk of cognitive decline by up to 35%.⁴

Health equity will guide our approach, ensuring that all community members - regardless of race, ethnicity, or socioeconomic status - have access to the resources and support needed to better maintain cognitive health. By addressing social and structural determinants, we aim to reduce disparities in dementia risk and outcomes. Strategic actions, including deepening local partnerships, improved data collection, and enhanced coordinated care, will be crucial to managing and mitigating the impact of dementia.

FBC HHS is fully committed to actively participating in and completing the Road Map Strategist program. We will dedicate the necessary resources, including the appointment of a qualified Road Map Strategist, to ensure the successful implementation of the HBI Road Map strategies within our community.

Capacity

Department Capacity

We have numerous opportunities across FBC to integrate HBI priorities, particularly risk reduction, into our community initiatives, especially those centered around disease prevention and management. For the past two years, FBC HHS' Chronic Disease team has actively participated in the Senior Trade Shows held throughout Fort Bend County. These Trade Shows are designed to connect seniors with resources to

¹ Fort Bend County Health and Human Services. (2022). *2022 Fort Bend County Community Health Assessment*. Retrieved August 2024, from https://www.fortbendcountytx.gov/sites/default/files/document-central/document-central/health-human-services-documents/2022-FBCHHS-CHA_2.pdf

² NAPA, HHS, & ASPE. 2022. Federal Efforts to Address Racial and Ethnic Disparities in Alzheimer's Disease and Related Dementias. [Report]. <https://aspe.hhs.gov/sites/default/files/documents/5f3fc5aa6ae780f739265d40f20fc456/federal-racial-ethnic-disparities-adrd.pdf>

³ Wimo, A., et al. (2017). The worldwide costs of dementia. *Alzheimer's & dementia: the Journal of the Alzheimer's Association*, 13(1), 1-7. <https://doi.org/10.1016/j.jalz.2016.07.150>

⁴ Livingston, G., et al. (2020). Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. [https://doi.org/10.1016/S0140-6736\(20\)30367-6](https://doi.org/10.1016/S0140-6736(20)30367-6)

help them make informed decisions. The events, held in person, also include an online component that connects businesses, organizations, and community resources to the senior population.

Our participation at these Trade Shows has included providing attendees with health screenings, such as Hemoglobin A1C tests, blood pressure checks, and health and nutrition education. We also provided recommendations for physical activity and referrals to healthcare providers, food access programs, and additional health screenings when necessary. Senior Trade Shows have been held throughout FBC cities such as Katy, Missouri City, Rosenberg, and Stafford, with hundreds of aging adults attending these events each year. At the Senior Trade Shows events in 2023, we provided health screenings to 124 attendees, and in 2024, we screened 143. The total number of Fort Bend County residents screened overall in 2023 were 521 and 291 thus far in 2024. Additionally, we distributed, explained, and answered questions about health literature, including Alzheimer's-related information, following the recent training of eight FBC HHS team members as community educators through the Alzheimer's Association's program.

While health screenings at the Senior Trade Shows reach older adults, we are reaching other community members by providing this service at additional community events, including but not limited to the Diabetes Self-Management Education and Support (DSMES) classes we teach to faith-based organizations and the community, the Festival of One – held at Fort Bend County's newest and largest venue, the Epi Center – Heart Health Month events and activities, and faith-based organizations' community health fairs, including vaccine-related events.

Community events like the Senior Trade Shows, vaccination events, and health fairs not only educate FBC residents about their and their loved ones' health but also address loneliness, which can exacerbate existing medical conditions. These community events FBC HHS host and participates in provide a safe, social, and interactive environment where seniors can connect, and often share meals, enhancing their overall experience.

Capacity to Integrate Current Efforts with HBI Grant Funding

1. Increase access to target audiences at increased risk for Alzheimer's and dementia:

Through continued participation and increased involvement in the Senior Trade Shows across Fort Bend County (Rosenberg, Katy, Stafford, and Missouri City), we can create a platform to share shortened versions of three Alzheimer's and dementia sessions at each event between the 10:00 am to 2:00 pm event timeframe. The sessions include but are not limited to, based on the organizer's requests, *Understanding Alzheimer's and Dementia*; *Healthy Living for Your Brain and Body*; and *The 10 Warning Signs of Alzheimer's*.

2. Improve and expand community health screenings:

While community residents and partners have appreciated and benefited from the blood pressure checks and Hemoglobin A1C/diabetes screenings we have provided, there is an opportunity to offer a more comprehensive health screening. With the financial assistance to purchase **cholesterol analyzer test kits and Hemoglobin A1C test kits**, we can provide lipid screenings for the current and expanded population we serve. This effort, part of our educational strategy to help individuals "know their numbers" and enable them to act, would give community members a more in-depth awareness of their risk for heart disease and diabetes as well as counseling and nutrition education.

Some partners with whom we coordinated to provide Community Health Screenings:

- Our Lady of Guadalupe Catholic Church
- Pilgrim Journey Baptist Church
- Abiding Faith Baptist Church
- Fondren Seventh Day Adventist Church
- Transformation Church
- Hispanic Heritage Month

Some partners with whom we coordinated to provide Community Education and Engagement:

- Child Advocates of Fort Bend
- Fort Bend ISD
- Fort Bend ISD SHAC
- Lamar Consolidated ISD
- Texas State Technical College
- Houston Community College
- Wharton County Junior College

We also host our own Community Baby Shower and Breast Cancer Walk annually, as well as multiple mammogram and blood donation events.

3. Cultivate community outreach and engagement efforts across the lifespan:

Our Communication Team will collaborate with the Chronic Disease Team to develop new materials in accordance with CLAS protocols and **translate** them for not only the target audience but also other age groups. Community members across the lifespan should be made aware of ways to reduce ways of risk injury and improve brain health. These materials will educate the community on risk factors and reduction strategies, including symptom awareness, the importance of early diagnosis, intervention methods, and available resources – especially those vetted by the Alzheimer’s Association.

Additionally, FBC HHS will continue to strengthen partnerships with organizations like Texas A&M AgriLife, the Fort Bend Medical Society, and Reaching Richmond to promote injury prevention efforts, such as seatbelt usage, bike helmet safety, and bike safety in general. We will also work closely with the Parks and Recreation Department and elected officials to encourage safe physical activity in County-governed spaces, ensuring safe sidewalks and trails. A portion of the HBI Road Map Strategist Grant will fund the initial production and translation of these new materials, along with printing supplies and promotional items for distribution at various community events.

To effectively reach those most in need, we will use the SVI for FBC ZIP Codes. The SVI considers households’ socioeconomic status, characteristics of individuals (including those aged 65 and older), racial/ethnic minorities, and housing/transportation factors. By addressing three of the SVI themes, we will prioritize certain ZIP Codes and collaborate with community partners to target the populations most at risk. This data-driven approach will help us optimize outreach and engagement efforts, ensuring that vulnerable communities receive the necessary resources and support.

Organization Capacity

FBC HHS is a multi-division health department with the capacity to support a wide range of community health initiatives, including efforts to address Alzheimer’s and dementia. Its integrated structure allows for seamless referrals within the department, enhancing the ability to connect individuals with needed services. FBC HHS includes a Social Services Division and an Indigent Health Care Program, both of which are closely linked to external social service agencies through networks such as Fort Bend Connect, Reaching Richmond, Fit Fort Bend, and the Health Equity Collective of Greater Houston. These coalitions foster strong community partnerships that can support Alzheimer’s and dementia-related initiatives.

FBC HHS also operates an Outreach Program, initially established in response to the COVID-19 pandemic, which continues to intentionally engage underserved communities in impactful ways. This program leverages relationships with trusted community leaders and organizations to facilitate access to care and build trust. Additionally, the department comprises several key divisions that can provide further support to community or individual needs, including Animal Services, Clinical Health Services

(Immunizations, TB, HIV, STIs), EMS, Public Health Preparedness and Response, and Performance Improvement and Innovation.

FBC HHS has a longstanding history of collaborative partnerships aimed at improving community health. For over a decade, the department worked with local Federally Qualified Health Centers (FQHCs), Behavioral Health Services, EMS, the Sheriff's Office, and a local hospital to implement Delivery System Reform Incentive Payment projects as part of the Medicaid 1115 Transformation Waiver. These projects addressed various community health needs, including Care Coordination and Crisis Intervention Teams. Additionally, FBC HHS partnered with the FQHC in the Community-Centered Health Homes project.

The department established the Chronic Disease Prevention Program (CDPP) in 2022, which, alongside Mental Health Services, falls under the Community Health and Wellness Division. The HBI Roadmap Strategist project will be housed within this program. The CDPP, led by an experienced Division Manager, will collaborate with internal divisions such as Outreach, Health Disparities/Equity, and Social Services, as well as external partners, to implement the HBI project.

Although we are confident in how we can integrate this HBI Roadmap work into our existing prevention and risk reduction programming, we are equally confident that the training and technical assistance provided by the grant will positively impact FBC residents. It will enhance our capacity to move closer to achieving Health People 2023's dementia objectives. With FBC HHS's strong organizational and administrative structure, the department is well-positioned to serve as the fiscal and operational lead, ensuring successful project execution and sustainability.

Road Map Strategists

Gwen Sims is the Community Health and Wellness Division Manager at FBC HHS, a role she has held since March of this year but previously served in a similar role for almost six years at Harris County Public Health. In this position, Gwen oversees critical community programs, including the Chronic Disease Prevention Program and Mental Health Services. She is responsible for ensuring the quality and effectiveness of these programs, supervision of personnel, and collaboration with both internal and external partners to maintain safe and efficient clinical operations. Her focus on quality improvement is evident in her efforts to meet performance metrics and enhance the overall impact of the division's work.

Gwen also services as a Community Educator for the Alzheimer's Association and facilitates the Diabetes Self-Management Education and Support (DSMES) class, demonstrating her commitment to public health education and chronic disease prevention programs, evaluating health promotion activities, and supporting program planning through evidence-based research.

Before joining Fort Bend County, Gwen held several significant roles in public health and nutrition, including Director of Food for Change at the Houston Food Bank and various leadership positions at Harris County Public Health (see Appendix 2 for further details). However, her current work at FBC HHS highlights her dedication to advancing public health in the local community, particularly in managing and improving programs that directly impact the well-being of residents.

Gwen holds a Master of Education and a Bachelor of Science in Foods and Nutrition from Southern University and is a Registered Dietitian (RD) and Licensed Dietitian (LD) in Texas. Her extensive experience and involvement in public health committees and boards, such as the American Heart Association and NACCHO, further underscore her expertise and leadership in the field.

Contact for Application

Name: Gwendolyn Sims

Title: Community Health and Wellness Division Manager

Agency Division/Unit: Fort Bend County Health and Human Services

Telephone: 281-725-7334

Email: Gwendolyn.Sims@fortbendcountytexas.gov

Appendix 1: Local Health Department Statement of Commitment



Fort Bend County Health & Human Services

Letosha Gale-Lowe, MD | Director & Local Health Authority

Local Health Department Statement of Commitment

September 16, 2024

To Whom It May Concern,

As the Director of Health and Human Services of Fort Bend County, I am writing to formally commit our department to the objectives outlined in the Healthy Brain Initiative Road Map Strategist program. Our department recognizes the importance of this initiative and is fully prepared to support its implementation, particularly in focusing on risk reduction strategies to enhance public health services within our community.

Commitment Details:

1. Primary Worksite and Workplace Provisions:

Fort Bend County will serve as the primary worksite for the designated Road Map Strategist. We will provide a dedicated workspace equipped with the necessary resources and tools to ensure the Strategist can perform their duties effectively.

2. Active Support for the Road Map Strategist:

We commit to actively supporting the Road Map Strategist in their role as a subject matter expert within our department. This includes providing the Strategist with access to relevant departmental resources, facilitating introductions to key stakeholders, sharing pertinent information, and supporting data analysis efforts as needed.

3. Selection and Implementation of Road Map Actions:

Fort Bend County HHS will collaborate with the Road Map Strategist to select relevant Road Map actions with a focus on risk reduction that aligns with our department's goals and community needs. We will ensure the implementation of at least two selected Road Map actions during the project period.

4. Periodic Evaluations:

We commit to participating in periodic evaluations as required by the Alzheimer's Association and the National Association of County and City Health Officials (NACCHO). These evaluations will be crucial for measuring the attainment of program objectives, particularly around risk reduction, and for identifying areas of improvement to enhance future program offerings.

By signing this statement, Fort Bend County HHS affirms our dedication to the success of the Healthy Brain Initiative Road Map Strategist program and our commitment to supporting the Strategist in achieving the program's goals.

Sincerely,

A handwritten signature in black ink, appearing to be "Letosha Gale-Lowe".

Letosha Gale-Lowe, MD

Health Director and Local Health Authority
Fort Bend County

September 24, 2024

Recipient:

Alzheimer's Association
225 N Michigan Ave FL18
Chicago, IL 60601

Copy To:

Meghan Fadel
mlfadel@alz.org
Alzheimer's Association

Re: Alzheimer's Association - Healthy Brain Initiative Road Map Strategist

To Whom It May Concern,

Fort Bend County is committed to enhancing the quality of life for our constituents. With a steadfast dedication to excellence, we are eager to participate in initiatives that align with our mission and vision of moving Fort Bend forward.

This letter has been prepared by Health and Human Services, on behalf of Fort Bend County, to announce our organization's intention to apply for a grant opportunity from Alzheimer's Association. On behalf of Fort Bend County, I, KP George, County Judge, present this letter of intent and authorize Health and Human Services to continue with the application process.

Our primary application point of contact, Ketan Inamdar, will serve as the liaison for all communication related to this grant application. Ketan Inamdar can be reached at 4520 Reading Rd – Suite A-100, Rosenberg, TX 77471, or via email at Ketan.Inamdar@fortbendcountytexas.gov.

Thank you for your consideration to this Letter of Intent. We look forward to the opportunity to submit a comprehensive grant application and collaborate closely with your esteemed organization to advance our shared goals of improving Fort Bend County.

Sincerely,

KP George
Fort Bend County Judge

Appendix 2: Resume of Proposed Strategist

GWENDOLYN J. SIMS, MEd, RD, LD

Stafford, Texas 77477 | Email: gjsims89@yahoo.com | Cell: (281) 903-6808

PROFESSIONAL EXPERIENCE

FORT BEND COUNTY HEALTH & HUMAN SERVICES

Rosenberg, TX

Division Manager, Community Health & Wellness

March 2024 - Present

- Provides supervision and programmatic oversight of community programs including but not limited to Chronic Disease Prevention Program and Mental Health Services.
- Responsible for program design and operations; personnel supervision; clinical operations, including ensuring optimal quality and fiduciary management.
- Works collaboratively with internal and external partners to ensure safe and efficient clinical operations/activities.
- Monitors and analyzes quality improvement efforts as well as meets goals and performance metrics, including the overall effectiveness of community health & wellness programs.
- Represents the division as a technical expert, especially as it relates to advocacy, communications, education, and engagement to ensure services are adequately and equitably shared with the Fort Bend County Community. This includes serving as a Community Educator for the Alzheimer's Association and a Facilitator for the Diabetes Self-Management Education and Support (DSMES) class.

Program Manager, Chronic Disease

February 2023 – February 2024

- Supervises chronic disease prevention programs and assists with the development, implementation, and evaluation of health promotion programs for chronic diseases.
- Participates in planning of programs, policies or objectives for own work group and department.
- Evaluates health promotion activities and outreach for chronic diseases to determine the efficiency and effectiveness of the services and initiates quality improvement processes when necessary.
- Provides evidence-based research to support program planning, development, and evaluation for chronic disease prevention.

HOUSTON FOOD BANK

Houston, TX

Director, Food for Change

July 2022 – February 2023

- Provided strategic direction and oversight of the Food for Change programming, including the Community Resource Center (onsite), Equity Manager, Health Partnerships Manager, Economic Partnerships Manager, their teams & the Data Analyst.
- Assisted Development Team with grant writing that pertained to Food for Change and Food is Medicine initiatives, especially partnerships.
- Continued as a contributor for the Food is Medicine project.
- Ensured the Community Resource Center operated efficiently with staff and volunteers with online ordering and curbside service.
- Oversaw adequate sourcing of incoming donations appropriate to families disproportionately impacted and those participating in our Food for Change programs (food scholarship and food prescription programs).
- Served as part of the Leadership Team for the Houston Food Bank.
- Performed site visits to partners to ensure service compliance and equity.

Contractor, Food is Medicine Project

March 2022 – July 2022

- Educated healthcare community on Medically Tailored Meals Pilot that Houston Food Bank was undertaking.
- Assisted with drafting the business case for the Houston Food Bank about the benefits of nutrition as a medical intervention.
- Completed the FIMC (Food is Medicine Coalition) Modules and attended all required training, including out of state.
- Drafted business case, logic model and program impact documents.
- Studied best practices from other providers and reported learning to the core team.
- Worked with program team to draft and disseminate MTM intervention presentation to payors and secure contracts for pilot program.

HARRIS COUNTY PUBLIC HEALTH

Houston, TX

Deputy Director

March 2020 – November 2021

- Plan, direct, manage, and oversee all functions, operations, and programs of the Public Health Department per county ordinance and state mandates.
- Direct and monitor budget of a variable mix of \$120 million in county general fund, grants, and special revenue.
- Direct and provide oversight to strategic planning and personnel management.
- Build and maintain collaboration with local, regional, and state partners to achieve Department strategic goals.
- Represent Department and County on local, regional, and statewide commissions and committees.

- Responsible for the supervision and oversight of the Divisional and Office Directors - Executive Leadership at Harris County Public Health (HCPH).
- Responsible for oversight and implementation of Commissioners Court process.
- Responsible for identifying, coordinating, and aligning core infrastructure resources to support key public health initiatives and programs (as prioritized through HCPH strategic planning activities).

Interim Executive Director

December 2020 – May 2021

- Provided leadership of Harris County Public Health during the search for a new Executive Director, including, but not limited to serving as Incident Commander for the COVID-19 response.
- Simultaneously performed the duties as the Deputy Director.
- Reported to the Harris County Commissioners Court.

Division Director, Nutrition & Chronic Disease Prevention

September 2014 – February 2020

- Provided supervision of the Nutrition and Chronic Disease Prevention Division including, but not limited to the following departments: Nutrition and Women, Infants and Children (WIC) Services, Chronic Disease Prevention Unit (Asthma Management, Diabetes Prevention/ Management, Healthy Aging/ Senior Health), Behavioral/ Mental Health, Health Education & Related Programs, and the Healthy Living Matters (HLM) Childhood Obesity Collaborative
- Provided consultation to the Obesity Reduction and Tobacco Cessation Programs led by the HCPH Community Outreach Team
- Evaluated and monitored operations and governing regulations of grant and general funded projects/programs.
- Established relationships and provided continuous engagement with community partners to promote health.
- Ensured that financial processes were implemented within each program and budgets were adequately managed to improve cost effectiveness and efficiency of operations.
- Oversaw and participated in the organization's Strategic Planning Process as well as its implementation.
- Promoted staff development for personnel by organizing and participating in educational and training events.
- Participated on the Executive Leadership Team and assisted with the development of policies, procedures, and programs.
- Actively involved in the recruitment, hiring and retention of personnel to ensure adequate staffing of departments within the division.
- Collaborated on special projects with other divisions, offices, and health-related organizations.
- Represented HCPH on committees, workgroups, and advisory boards, as well as professional and community-related events locally, statewide, and nationally.
- Provided leadership and guidance to ensure quality of services delivered throughout NCDP Division
- Analyzed and evaluated program operations and procedures, and made changes as needed to improve efficiency and effectiveness of programs.
- Served as liaison for technical content expertise within HCPH NCDP Division, for both clinical and administrative functions, as well as for other HCPH departmental areas and community.

Chief, Nutrition & WIC Services (NWS/ WIC Director)

June 2012 – September 2014

- Actively participated and lead key programmatic activities such as setting of program goals and priorities, implementing strategies, evaluating outcomes, and ensuring coordination of NWS activities
- Developed, reviewed, and updated policies and procedures for the NWS Section
- Prepared reports and correspondence, including statistical analysis of WIC activities.
- Developed and supervised the implementation and evaluation of WIC grant compliance, including specific WIC-related annual plans.
- Oversaw programmatic budget preparation and management of WIC funding.
- Assured vendors/landlords were solicited according to relevant policies and requirements.
- Assured revenues and expenditures were monitored closely and funds were expended in a cost-effective and timely manner.
- Supervised the NWS supervisory staff to ensure smooth and seamless operation of all NWS- related activities.
- Scheduled, assigned, and reviewed work of personnel and staff, as required.
- Assured appropriate staff development, including activities related to achieving effective and competent program staff.

Assistant WIC Director

January 2006 – June 2012

- Provided direct supervision of 5 Administrative Supervisors/Coordinators, including the Nutrition Education Coordinator, Breastfeeding Promotion Coordinator, Call Center Supervisor and Field Supervisors.
- Provided indirect supervision of up to 192 employees.
- Reviewed and created performance appraisals and oversaw the disciplinary process, including verbal and written documentation.
- Assisted with analysis of spending trends at grant year end to help plan financial budget for upcoming grant year.
- Assisted with the development and implementation of the financial budget for the WIC Program by utilizing IFAS to enter purchase requests, approve purchase requests, submit, and approve invoices.
- Oversaw staffing (interviewing, hiring, training, scheduling).
- Oversaw up to 13 WIC Clinics, including facility issues and daily operations.
- Responsible for WIC Agency quality assurance to ensure compliance with HCPH, Local and State Agency policies and

procedures.

- Oversaw resolution of client complaints by communicating with local agency WIC clients and State Agency WIC staff.
- Provided coverage in the absence of the Chief of Nutrition and WIC Services/WIC Director.

Staff Development/ Training Coordinator

March 1999 – January 2006

- Responsible for developing and implementing both the annual Training and Nutrition Education Plan.
- Coordinated and provided orientation as well as continuing education for both clerical and professional WIC staff.
- Served as facilitator for State and USDA sponsored teleconferences.
- Supervised Trainer/ Nutrition Education Specialist and Trainer/ Lab Specialist.
- Approved the issuance of non-contract formula.
- Investigated and brought resolution to client complaints.
- Provided Individual Assessment and Individual Counseling In-Service for Nutrition Educators and Senior Nutrition Assistants (train-the-trainer).
- Coordinated and implemented monthly meetings/trainings for professional and clerical WIC staff.
- Monitored compliance and effectiveness of training efforts.
- Oversaw the quality assurance and monitoring of the work performance at 8 permanent and 6 satellite WIC clinics.
- Worked as a clinic nutritionist/ Certifying Authority as needed for clinic staff coverage.

TEXANA MHMRA/PROJECT G.R.O.W. – EARLY CHILDHOOD INTERVENTION (ECI) **Fort Bend County, TX**
Nutrition Consultant ***October 2002 – October 2003***

- Evaluated nutritional status of referred ECI clients.
- Made home visits to perform in depth patient interviews and assessment followed by counseling and recommendations.
- Devised and assisted with implementation of client specific nutrition care plan.
- Discussed nutritional recommendations with parent/guardian/caregiver of ECI client.
- Compiled documentation/progress notes for each client visit.

HARRIS COUNTY PUBLIC HEALTH – WIC PROGRAM

Houston, TX

Nutrition Education Coordinator

January 1997 – March 1993

- Responsible for developing and implementing both the annual Training and Nutrition Education Plan.
- Provided WIC individual nutrition assessment, counseling to Women, Infant and Children accompanied by adequate documentation.
- Provided orientation as well as continuing education for both clerical and professional WIC staff.
- Provided new employee orientation and training for all staff upon hire and thereafter.
- Worked as a clinic nutritionist, providing assessment and counseling as needed.
- Actively participated as a member of the WIC Administrative team.

NEOMEDICA DIALYSIS

Chicago, IL

Renal Dietitian

July 1996 – December 1996

- Performed nutritional assessment of patients upon admission and monthly, thereafter.
- Provided individual diet prescriptions with detailed diet instructions to patients and their families.
- Participated in multidisciplinary care plans.
- Prepared computer-assisted kinetic modeling reports, results, and recommendations.
- Assessed monthly lab values of 170 (average) patients.
- Recommended appropriate enteral, parenteral, and vitamin/mineral supplements.

UNIVERSITY OF TEXAS – WIC PROGRAM

Houston, TX

Clinic Manager/ Nutritionist

January 1996 – May 1996

- Supervised the first official WIC Travel Team in the city of Houston and surrounding areas.
- Coordinated operation of 8 WIC satellite offices, including outreach and public relations.
- Provided program participants with individual and family nutrition, general health, and breastfeeding counseling.
- Performed financial and nutritional assessment of potentially eligible participants.
- Operated database Texas-WIN System.
- Referred program participants to health care, food assistance and social services programs.

UNIVERSITY OF WISCONSIN – UNIVERSITY HEALTH SERVICES

Madison, WI

Health Educator/ Dietitian – Health Promotion Program

November 1993 – June 1995

- Designed the first nutrition and fitness program, which provided assessment, evaluation, and follow-up at University Health Services.
- Developed nutrition education materials (programs, pamphlets, etc.).
- Assisted with campus-wide community outreach education efforts.

- Implemented several nutrition software programs for diet analysis and meal planning.
- Supervised 6+ student peer health educators, 1 dietetic technician student and 2 dietetic intern students.
- Provided individual clinical counseling and group nutrition education.

AMERICAN HOUSING FOUNDATION – JULIA TEMPLE CENTER NURSING HOME **Englewood, CO**
Assistant Dietary Manager **August 1992 – July 1993**

- Served in a troubleshooting/consultant capacity for the dietary department on a part-time basis.
- Regulated and improved quality assurance programs based on OSHA, OBRA and state regulations.
- Assessed and evaluated nutrition status of an average of 60 residents per month.
- Performed chart review and documentation on patients' nutritional status.

Dietary Manager **February 1991 – August 1992**

- Supervised food and nutrition services of a 180-bed long-term facility.
- Decreased food costs by 70% PPD.
- Implemented several quality assurance monitoring tools for the dietary department.
- Oversaw preparation for State audit and brought dietary department performance up to standards Assisted dietary department of nursing home in Boulder, Colorado to prepare for State audit.

COMMITTEES, WORKGROUPS, & BOARDS

- Advancing Science and Practice in the Retail Environment (ASPiRE) Community Advisory Board
- American Heart Association
 - Hypertension Taskforce
- BridgeUp at Menninger
- Cancer Alliance of Texas (Member-At-Large/Executive Committee)
 - Tobacco Workgroup
- Cities Changing Diabetes
- Delivery System Reform Incentive Payment (DSRIP) Advisory Team
- Harris County Maternal Mortality and Morbidity Taskforce
- HCPH Change Advisory Board
- Healthy Vending Project
- Healthy Living Matters (HLM) Collaborative (Project Director)
- Houston Recovery Center (HRC) ◦ Technical Advisory Group
- Houston Supplemental Nutrition Assistance Program (SNAP) Taskforce
- Improving Maternal Health Taskforce – Houston/Harris County
- Leadership, Engagement, Advocacy, and Development (LEAD) 360
- L.I.F.E. Houston – Board Member
- Noontime Activity Lecture Series
- National Association of County and City Health Officials (NACCHO) ◦ Healthy Living and Prevention Workgroup
- Position Fulfillment and Evaluation Team Champion
- Public Health Associate Mentorship Program
- Senior Fellow of American Leadership Forum – Houston/Gulf Coast Chapter
- Strategic Workgroup(s)
 - Chronic Disease Tag-Up - Champion/Sponsor
 - Drug Abuse Prevention (DAP) Taskforce
 - Collaborative Activities, Recognition & Events (CARE) Workgroup – Champion
 - Injury and Violence Prevention Tag-Up - Champion
 - Social, Emotional and Mental Well-Being Tag-Up
 - Maternal & Child Wellness Taskforce
 - Workforce Development, Recruitment and Diversity

EDUCATION

Verification in Program, Approved Preprofessional Practice Program	July 1993
Tri-County Health Department	Englewood, CO
Master of Education	December 1990
Southern University	Baton Rouge, LA
Bachelor of Science, Foods and Nutrition	July 1989
Southern University	Baton Rouge, LA

LICENSES & CERTIFICATIONS

Registered Dietitian (RD)
 Commission on Dietetic Registration (CDR)
 Academy of Nutrition and Dietetics (AND)

Licensed Dietitian (LD)
 Texas State Board of Examiners of Dietitians

Appendix 3: Proposed Budget

Project Budget Narrative	Total
a. Personnel	\$0.00
(0.2 FTE) Chronic Disease Program Manager	In-Kind
b. Fringe Benefits (55.99%- FICA, Health Insurance, Workman Comps etc.)	-
c. Travel	\$0.00
Local mileage reimbursement for project staff @ \$0.67 per miles, total 0 miles	-
d. Equipment	\$0.00
N/A	-
e. Supplies	\$24,000.00
Cholesterol Test Kits	\$3,600.00
Hemoglobin A1C Test Kits	\$2,700.00
Printing & Printing Supplies	\$6,700.00
Promotional Items - for community events, including outreach & ed across lifespan	\$6,000.00
Creation of new materials & translation of many	\$5,000.00
f. Contractual	\$24,000.00
Senior Trade Shows Sponsorship	\$24,000.00
g. Construction	\$0.00
N/A	-
h. Other	\$0.00
N/A	-
i. Total Direct Charges (sum of a-h)	\$48,000.00
j. Indirect Charges	\$0.00
k. TOTALS (sum of i and j)	\$48,000.00

**Budget Justification
Fort Bend County
HBI Road Map Strategist Grant Program**

Budget Narrative:	Total \$48,000
Personnel	In-Kind
Travel	\$0
Equipment	\$0
Supplies	\$24,000
○ <i>Cholesterol Analyzer Test Kits</i>	<i>\$3,600</i>
○ <i>Hemoglobin A1C Analyzer Test Kits</i>	<i>\$2,700</i>
Financial assistance for lipid and Hemoglobin A1C test kits will expand screenings for aging adults in FBC. These additional test kits will complement our current glucose and blood pressure screenings, providing a more complete health assessment for attendees and enhancing the counseling, education, and referrals we already offer.	
○ <i>Printing and printing supplies</i>	<i>\$6,7000</i>
For community events, including but not limited to the Senior Trade Shows	
○ <i>Promotional items</i>	<i>\$6,000</i>
Including those that assist with memory related to ADLs (activities of daily living) etc. to support other community engagement efforts across the lifespan.	
○ <i>Creation of new materials, resources, and translation</i>	<i>\$5,000</i>
To emphasize risk reduction and expand community resource lists for distribution to more than one target audience (including age and racial/ethnicity demographics) as well as translation.	
<i>Note:</i> Translation costs range from \$.09 to .40/word, averaging \$.25/word. A document, including a trifold, averages 200-350 words. Using the higher estimated cost/word and words maximum, $\$5,000 \div \$140 = 35$ documents for translation which can be separated by intended target audiences for FBC events—school aged kids, parents, older adults, parents of preschool children, etc.	
Contractual	\$24,000
○ <i>Sponsorship of Senior Trade Shows (4 events)</i>	<i>\$24,000</i>
Senior Event Marketing in Pearland, TX - Senior Resource Fairs (seniortradeshow.com)	
3,000 individuals X \$8.00/person attending the Senior Trade Shows = \$24,000	
Construction	\$0
Other	\$0
Total Direct Charges	\$48,000
Indirect Charges	\$0
TOTALS	\$48,000

Appendix 4: Letter of Commitment from Regional Alzheimer's Association

www.alz.org/texas

Houston & Southeast Texas Chapter

6055 South Loop East
Houston, TX 77087

713-314-1313 phone
800-272-3900 helpline
713-314-1312 fax

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Directors Emeritus
Al Malyn (1913-2004)
Harry Walker (1919-2008)

Chief Executive Officer
Richard C. Elbein



Fort Bend County Health & Human Services
Attn: Chronic Disease Prevention Program
4520 Reading Rd – Suite A-100
Rosenberg, TX 77471

Dear Dr. Gale-Lowe,

On behalf of the Alzheimer's Association Houston & Southeast Texas Chapter, I am writing to express our support of the Fort Bend County Health & Human Services (FBC HHS) application for the Healthy Brain Initiative Road Map Strategists Grant.

This grant represents an opportunity to develop and strengthen your public health department's capacity to address dementia, impact your community to improve brain health across the life course and support caregivers.

The Alzheimer's Association works on a national and local level to provide care and support for all those affected by Alzheimer's and other dementias. We are committed to partnering with community partners to implement the Healthy Brain Initiative in their communities. Our goals are improved access to relevant, person-centered care and services, reduced stigma and bias about cognitive decline and increased public knowledge about brain health, risk factors for dementia and benefits of early detection and diagnosis.

The Alzheimer's Association Houston & Southeast Texas Chapter has over the last year trained eight FBC HHS staff members as Association Community Educators through the HHS' Community Health and Wellness/Chronic Disease Prevention Program. We know that the funding from the Healthy Brain Initiative Road Map Strategists Grant, will strengthen the ability of FBC HHS to respond to gaps in health literacy about Brain Health, and Alzheimer's disease, increase public knowledge and use of services for people living with dementia and their caregivers and increase knowledge and skills of the current and future workforce.

We strongly commit our support to Fort Bend County Health and Human Services and their efforts to improve healthy aging for our community.

AnnMarie McDonald

Ann Marie McDonald

Chief Program Officer

Alzheimer's Association Houston & Southeast Texas Chapter

Appendix 5: Additional Letters of Support



CONNECTING SENIORS TO INVALUABLE RESOURCES

Fort Bend County Health & Human Services
Attn: Chronic Disease Prevention Program
4520 Reading Rd – Suite A-100
Rosenberg, TX 77471
9/12/2024

Dear Dr. Gale-Lowe,

With funding from the Healthy Brain Initiative Road Map Strategists Grant, we will collaborate with Fort Bend County Health & Human Services (FBC HHS) to continue providing the services they offer to community members who attend our Senior Trade Shows, while also addressing the needs of those who are at risk for or are experiencing loneliness.

For the past two years, the Senior Trade Shows has been delighted to partner with FBC HHS as they provided community health screening services at our Senior Trade Shows held in various areas of Fort Bend County, including Rosenberg, Stafford, and Missouri City. Their health screening services included Hemoglobin A1C screenings, blood pressure checks, health education, and nutrition education, along with recommendations for physical activity and referrals to health care providers, food access programs, screenings for other health conditions, etc. as needed. Hundreds of aging adults in Fort Bend County attend these events for the health screenings and health education services provided by FBC HHS, as well as for social support services, some of which are also provided by HHS, such as Social Services, Mental Health, and Indigent Healthcare programs. These events help connect residents with a variety of resources both within and around Fort Bend County.

This partnership reflects a shared dedication to enhancing the well-being of the community, with a particular focus on the aging population. The comprehensive health screening services provided by FBC HHS at the Senior Trade Shows are invaluable, offering vital checks and educational resources that contribute to the overall health of Fort Bend County residents. The collaboration has already demonstrated success in connecting seniors with essential services and fostering a network of support. With potential funding from the grant, it is anticipated that these efforts will not only continue but expand, particularly in addressing the challenges of loneliness among the elderly. This initiative is a prime example of how community organizations can work together to create a positive impact on public health and improve quality of life for all community members.

We strongly commit our support to Fort Bend County Health and Human Services and their efforts to decrease community members' risk of developing Alzheimer's and dementia in Fort Bend County.

Sincerely,

Esther Iwunze
Founder/Event Director,
Senior Trade Shows



+1-855-238-7274



INFO@SENIORTRADESHOWS.NET



PARKS DEPARTMENT
DARREN McCARTHY, DIRECTOR

(832) 471-2583

September 9, 2024

Fort Bend County Health & Human Services
Attn: Chronic Disease Prevention Program
4520 Reading Rd – Suite A-100
Rosenberg, TX 77471

Dear Dr. Gale-Lowe,

The Fort Bend County Parks & Recreation Department's support for the Healthy Brain Initiative Road Map Strategists Grant, in collaboration with the Fort Bend County Health & Human Services (FBC HHS), represents a significant advancement in public health infrastructure. This partnership is a clear demonstration of the county's dedication to improving health outcomes, with a special focus on those at risk for Alzheimer's and dementia. The grant is designed to enhance the public health department's capabilities as an essential source for community education aimed at reducing cognitive impairment risks.

The commitment of the Parks & Recreation Department to work alongside FBC HHS in rolling out the grant at the Pinnacle Senior Center and other parks exemplifies Fort Bend County's community-focused ethos. FBC HHS' emphasis on encouraging healthy lifestyles for all age groups aligns with the goal of nurturing a community conducive to flourishing in all life stages. Initiatives such as Alzheimer's education, health screenings, and nutritional guidance are crucial for preventing chronic conditions and promoting community health.

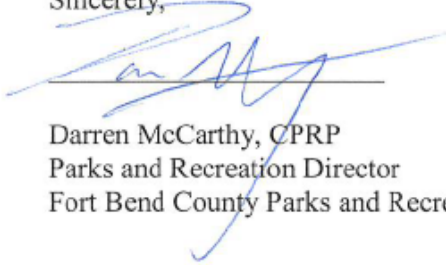
Community health screenings and educational events significantly extend the impact of these health initiatives. By offering resources and support at the Pinnacle Senior Center and during community events, the department plays a key role in rendering health services more inclusive and comprehensive, thereby enhancing the quality of life for all county residents.

The partnership between Fort Bend County Parks & Recreation and FBC HHS is a strategic move towards creating a healthier community. The efforts to educate, screen, and support residents in Fort Bend County, especially the aging population, will have a lasting impact on the community's health.

301 Jackson St. • Richmond, Texas 77469

We strongly commit our support to Fort Bend County Health & Human Services and their efforts to improve healthy aging for our community via the Healthy Brain Initiative (HBI) Roadmap Strategist funding opportunity.

Sincerely,



Darren McCarthy, CPRP
Parks and Recreation Director
Fort Bend County Parks and Recreation Department