



GARRETT COUNTY

HEALTH DEPARTMENT

Garrett County Health Department

Robert Stephens, MS | Health Officer

1025 Memorial Drive, Oakland, Maryland 21550

301-334-7730 or 301-895-3111 | Fax 301-334-7731

Purpose of Lungs to Last a Lifetime Mini Grants:

The *Lungs to Last a Lifetime* mini grants are designed to support Garrett County youth sports organizations in a manner that promotes a healthy lifestyle, especially healthy lungs.

Proposal Guidelines:

- This is a mini grant for youth sports organizations that have a Federal ID Number and operate independent of schools. Individual teams should not apply.
- Pending the number of applications, awards of \$300 to \$800 will be awarded, with the most likely amount being \$500.
- Applicants must complete all information requested on the *Application Information Page*.
- Applicants must select at least one of the four *Project Options* that they agree to implement within their organization.
- All activities must be completed by June 30, 2024.
- All funds must be spent by June 30, 2024.
- A brief final report will be required to show proof that funds were spent, and that activities were completed. (Format to be provided later.)
- Funds may be used to support your organization in whatever way best suits your needs (sports equipment, uniforms, field maintenance, etc.) as long as at least one of the project options is completed.
- The Health Department will provide staff to conduct the educational piece of the project and reserves the right to take and use photos and videos for health promotional purposes.
- The Lungs to Last a Lifetime logo is attached for your reference.
- Return the application to Kendra McLaughlin by email, in person or by mail. The deadline is December 1, 2023.
 - Email: Kendra.mclaughlin@maryland.gov
 - Office location: 1025 Memorial Drive, Oakland – Room 206
 - Mail: 1025 Memorial Drive, Oakland, MD 21550



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Toll Free Maryland Department of Health 1-877-463-3464

TDD for Disabled Maryland Relay Service 1-800-735-2258

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Applicant Information Page

Name of Sports

League/Organization: _____

Contact Person: _____

Address: _____

Phone: _____

Email Address: _____

Federal ID Number: _____

Please list the names of your organization's officers, if applicable.

President: _____

Vice-President _____

Treasurer: _____

Secretary: _____

What ages does your sports organization serve? _____

Approximately how many youth participate in your sports organization? _____

By signing below, I acknowledge that, to the best of my knowledge and belief, all information in this mini-grant proposal is true and correct.

Signature of Applicant: _____

Date: _____



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Project Options

Remember that the purpose of the *Lungs to Last a Lifetime* mini grant is to promote a healthy lifestyle, especially healthy lungs. Each of the project options provides a method to achieve this purpose. Please select at least one of the options described below that your organization is willing to implement.

☐ Option 1

Order a large banner with the slogan *Lungs to Last a Lifetime*, have all players sign it, then display it at your fields or courts throughout your season. Set up a time for a Health Department staff member to attend a game or function to provide some fun education about the meaning of *Lungs to Last a Lifetime*.

☐ Option 2

To support the *Lungs to Last a Lifetime* theme, have each player on each team fill in the blank "I need healthy lungs because _____" on an 8 ½" x 11" piece of paper and arrange for a health department staff member to come to games or practices to film each team and players with their sign. (Players line up and one by one move from the front of the line to the back.) The video would then be used on the Health Department's social media to promote a healthy lifestyle and a nicotine-free life. Responses could be things like "I want to run fast" or "I want to be the best baseball player" or "I want to live to be 100."

☐ Option 3

Have the theme *Lungs to Last a Lifetime* somewhere on each uniform (maybe on the sleeve, the back of a baseball hat, or on the back of a shirt similar to how logos are added on t shirts to show sponsorship). Set up a time for a Health Department staff member to attend a game or function to provide some fun education about the meaning of *Lungs to Last a Lifetime*.

☐ Option 4

Come up with your own idea to promote the *Lungs to Last a Lifetime* theme. Please describe below. If this option is chosen, activities are subject to approval by health department staff.



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Lungs to Last A Lifetime Logo Examples:

Digital versions of the logo will be provided to the organizations that are awarded the mini grants.



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