

Appendix A

About the Agency

The agency provides housing, laundry, showers, lockers, food, healthcare, and other community resources available to help the women (YWCA, 2021). The agency offers women emergency shelter, transitional housing, permanent housing, and homeless services (YWCA, 2021). On average, there are 50 women that use the agency each day to seek these resources that are being provided. Prior to the COVID-19 pandemic however, 50 women were able to stay overnight and up to 250 women could use the agency daily (YWCA, 2021).

Appendix B

Homelessness in Seattle and the Agency's Population

According to the King County website and the Point-in-Time count, 11,751 individuals were experiencing homelessness in Seattle between 2019 and 2020 (Constantine, 2020). One survey found that out of these people, 53% of them were sheltered and 47% of them were not (Constantine, 2020). This shows that there has been about a 5% increase in homelessness (Constantine, 2020). According to another study, “women have greater mental health concerns, higher rates of diagnosed mental health issues, suicidal thoughts and attempts, and adverse childhood trauma” when compared to men (Milaney et al., 2020). One study concluded that demographic and situational factors significantly contribute to physical activity levels and that fewer women than men engage in physical activity (Sosa et al., 2021).

The women living at the agency are very vulnerable because they lack resources, including resources for physical activity. One study concluded that demographic and situational factors significantly contribute to physical activity levels and that fewer women than men engage in physical activity (Sosa et al., 2021). Due to the fact that the women at the agency lack movement, they are at risk for developing sedentary lifestyles and other comorbidities (CDC, 2021).

Appendix C

Gantt Chart

Gantt Chart

Tasks for Angeline's Agency Project	Time (Weeks and Date)										Person assigned
	1 9/15	2 9/22	3 9/29	4 10/6	5 10/13	6 10/20	7 10/27	8 11/3	9 11/10	10 11/17	
1. Review Gantt chart, strategize, delegate tasks			X	X	X	X	X	X	X		Group
2. Team Process work (what tasks are needed to form/maintain team environment?)		X									Group
a. Team agreement			X	X	X	X	X	X			Group
b. Weekly report											
c. Peer Self Evaluation											
d. Student Clinical Evaluation (Typhon)					X				X		Group
e. Executive Summary					X				X		Group
f. Project Product & Executive Summary: Dissemination								X			Group
g. Final Presentation Engagement: Professional Participation									X		Group
h. Who will submit weekly assignments to canvas									X	Due 11/15	Group
										X	Group
		X	X	X	X	X	X	X	X	X	Morgan
3. Assessment of Community:		X									Group
a. Windshield survey											
b. Context (local and national statistics? Cultural?)			X	X							Sarah, Isatou, and Morgan
c. Factors of social equity											
d. Review of relevant literature			X	X							Lorraine
e. Needs of the community through interaction with residents			X	X							Group
f. Directors view of what the residents need			X								Group
		X	X								Group
4. Diagnosis - health need/s of target population:				X							Group
a. Priority diagnosis											
b. Additional diagnosis/diagnoses?				X	X						Group

the agency/site (create presentation and documentation data)							X	X			Group
b. Present project to agency/site									X		Group
c. Submit all project deliverables to agency and SPU											
d. Present Project to SPU and agency										X	Group
7. Evaluation							X	X			Lydia and Sarah
a. Evaluate intervention and deliverables							X	X			Isatou and Lorraine
b. Evaluate sustainability							X	X			
c. Limitations							X	X			Morgan
d. Evaluate effectiveness of Project based on residents opinions							X	X			
							X	X			Group

Appendix D

Process of Dance Program

The women were educated about the benefits of movement, and then did some warm-up stretches, three different dance routines, and concluded with cool-down stretches. Once the dance program video was created, the event was advertised through the use of flyers one week prior. During the implementation process, the group danced alongside the women while the video was played in the background, however, the video only played during the second implementation day.

Appendix E

Dance Program Video



Termure, S., Zhou, L., Timmons, M., Manneh, I., & Botelho, L. (2021, November 10). *Dance Program: SPU Nursing Students* [Video]. YouTube. https://youtu.be/95_19NdommY.