

We'll give you \$1,000 to make an **IMPACT**  
on the health of your students!



  
**IMPACT**  
educator grant program

**Encouraging Healthy Lifestyles  
Through Education**

A program sponsored by Trustmark Companies  
and Northwestern Lake Forest Hospital

# Here's \$1,000 to make an impact on the health of your students!

Trustmark and Northwestern Lake Forest Hospital are pleased to announce the Impact Educator Grant Program. Grants of up to \$1,000 will be awarded to educators in Lake County, Ill. public and private schools, kindergarten through high school, for promoting healthy lifestyles through innovative educational programs. Last year, we awarded 84 grants totaling more than \$76,000!

As a health insurance carrier, benefits administrator, and health and fitness management company, Trustmark supports health education programs such as Impact. We created Impact because we know how important it is to reach kids at an early age and instill healthy lifestyle habits. What better place to learn than at school?



## How teachers have made an IMPACT in their schools.

### You Are What You Eat

"We created a grocery store in our classroom. Students began by building a shopping list that would provide one day's nutritional needs. They then stacked aisles with food according to food groups. Each student role-played a job needed to run a grocery store: store manager, stockers, cashiers, baggers and shoppers. 'Shoppers' used the shopping list as a guide to buying healthy foods. Later, we took a field trip to the Jewel in our neighborhood to experience firsthand how a grocery store really works."

Sharon McDaniel, Kindergarten teacher  
Greenwood Elementary School  
Waukegan, Ill.



### Fitness Circuit Fun

"Students in third-through-fifth grade rotated through a fitness circuit, following 'hot spot' strength and flexibility exercises using stability and medicine balls, steps, jump ropes, and resistance bands and tubing. They also took part in aerobic bowling and started to learn to play tchoukball, which increases cardiovascular endurance. This was the first time I offered a fitness circuit because I didn't previously have the equipment to be successful. We thank you so much for your generous grant, for without your funding the Glen Flora Fitness Fund Center could not have happened."

Agnes Clifford, Physical Education teacher  
Glen Flora Elementary School  
Waukegan, Ill.



## Camp Duncan, Here We Come!

“Students spent the day at YMCA Camp Duncan and chose to participate in three activities from among: climbing wall, candle making, outdoor living skills, team-building course and games, and a star lab. All activities were 45 minutes long and allowed students to spend the entire day outdoors using materials from nature. This was our first time to receive an Impact Educator Grant.”

Amy Taucher, 6th grade teacher  
Round Lake Middle School  
Round Lake, Ill.



## The Picture of Health

“I purchased health books and posters for our class Health Day and for the school library. I tried to get materials for all grade levels. Our school just created a new reading curriculum and this fit perfectly. Our science committee cut health from our curriculum, so we sixth-grade teachers planned and taught an entire day about health, and used the guided reading books weekly. This year’s Health Day was a huge success compared to similar activities in the past.”

Megan Monsen, 6th grade teacher  
J.J. Pleviak School  
Lake Villa, Ill.

## Applying for an Impact grant

You may submit a proposal for any program that promotes healthy lifestyles. Suggested topics include:

- *Diet and nutrition*
- *Fitness and exercise*
- *Physiology and human anatomy*
- *Prevention of illness*

To apply, please send in an application containing the following information:

- *Name and address of your school*
- *Title of program*
- *Brief abstract – summary of your program*
- *Brief outline – describing the program components and expected outcomes*
- *Itemized budget – not to exceed \$1,000*
- *Program evaluation – when your project is completed, you’ll submit a brief follow-up of the results you achieved and copies of receipts by June 15, 2013*

Preprinted application forms are available for your convenience. Once you’ve completed your proposal, send it to:

Cindy Gallaher  
Trustmark Companies  
400 Field Drive  
Lake Forest, IL 60045

Or you can complete your application online at [www.trustmarkins.com/internet/corporate/impactform.html](http://www.trustmarkins.com/internet/corporate/impactform.html).

**Application period opens September 2012.**

**Note:** Impact grants are awarded each year. If you have already received a grant, *you are welcome to apply again*, provided you have sent in your evaluation and receipts for the program funded by the prior grant.



## The Sobering Effects of Drug Use

“My seventh and eighth grade students had the opportunity to learn about the harmful effects of alcohol and tobacco. According to local police, alcohol use among teens in our area is on the rise. Students examined ‘pickled liver,’ ‘affected brain’ and ‘healthy versus damaged lung’ models to represent what alcohol, drug abuse and smoking can do to these organs, played games to demonstrate the effect of impairment on multitasking such as speaking and thinking clearly while given a task, and had hands-on interactions with displays showing stages of improved health after quitting smoking. Students were enthusiastic to come to class each day, were fascinated with the materials and gained a greater understanding of what smoking and alcohol can do to the human body. This program further enhances our drug education curriculum and we plan to show off class materials at an upcoming health fair.”

**Ben Leven, Health teacher  
Twin Groves Middle School  
Buffalo Grove, Ill.**

## Awarding of Impact grants

Impact grants are awarded based upon the following criteria:

- *Potential Impact of the program on the students’ lifestyles*
- *Creativity and innovation of approach*
- *Clear statement or evaluation of expected outcome*
- *Where funding will do the most good*

The selection committee consists of staff members from Trustmark and Northwestern Lake Forest Hospital.

If you have any questions or would like to know the status of your grant application, please contact Cindy Gallaher at 847-283-4065 or e-mail her at [cindy.gallaher@trustmarkins.com](mailto:cindy.gallaher@trustmarkins.com).

## Program sponsors

Trustmark, for nearly 100 years, has been dedicated to strengthening its communities and to serving the long-term interests of its policyholders. Through its subsidiary companies and their operating divisions, Trustmark offers a full line of life, medical, managed care, dental, disability, critical illness, accident and benefit administration products and services, and health and fitness management.

Northwestern Lake Forest Hospital and its affiliates actively serve the community with easy access to healthcare information, wellness programs and services available to all age groups.

**We’ll give you \$1,000 to make an Impact on the lives of your students! Apply today for your Impact grant.**

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