



# PATRICIA CUMMINGS WELLNESS SCHOLARSHIP

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Volunteers of America Mid-States is happy to provide the Patricia Cummings Wellness Scholarship to our full-time employees.

Patricia Cummings is a retired social worker that served as Vice President for Seven Counties Services, the community mental health center in Louisville, KY, and served on our board for 9 years. She has also been an integral part of W.I.G. (wellness initiative group) since September 2015. Patricia has approximately 40 years of experience in the social work field with the majority of that time with Seven Counties. She was first involved with Volunteers of America Mid-States in 1988 when a federal grant was given to Seven Counties and VOA. She has been connected to VOA ever since.

Patricia and her husband, John Bruggman, who is also a social worker clearly understand the stress and challenges for employees in the helping field and donate \$5,000 to help support our dedicated staff and reinforce what our employees do on a daily basis. Volunteers of America Mid-States was thrilled with this gift and matches it to offer a \$10,000 scholarship for our full-time employees to help achieve wellness goals. Eligible employees must have been employed for at least one year and be in good standing with VOA when applying.



Scholarships can be used for self-care activities like yoga, massages, classes, books, paid time off from work, etc. or to assist with medical bills/costs associated with wellness. You may have another creative idea for which you would like to apply. All wellness oriented requests will be considered.

**Attached to this letter is an application form; you can fill it out manually and send to Human Resources attention Robbin Sellers or you can retrieve the application from Practical Health. The Senior Team evaluates all applications. Employees who receive a scholarship award will be required to report back to the Senior Team (form provided) and describe how they utilized the scholarship award and if the outcome resulted in a positive impact on their wellness.**

Volunteers of America Mid-States strives to become the employer of choice in the communities we serve. We hope that this will be another benefit that shows how much we appreciate you and what you do each day to create positive change in the lives of individuals and communities through our ministry of service.

Sincerely,

***Teresa Roberts***

Chief Administrative Officer





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## SCHOLARSHIP APPLICATION

### EMPLOYEE INFORMATION

NAME:		DATE:	
TITLE:			
HOME DEPARTMENT:			
SUPERVISOR:			
HIRE DATE:		FULL OR PART TIME:	

### SCHOLARSHIP DETAILS

REASON: <i>Check one</i>	<input type="checkbox"/> SELF CARE <input type="checkbox"/> OTHER IF OTHER, PLEASE EXPLAIN:		
ACTIVITY: <i>Check one</i>	<input type="checkbox"/> PURCHASE A BOOK <input type="checkbox"/> ART CLASS <input type="checkbox"/> GROUP MEETING <input type="checkbox"/> GYM MEMBERSHIP <input type="checkbox"/> MASSAGE <input type="checkbox"/> PAID TIME OFF <input type="checkbox"/> SPINNING CLASS <input type="checkbox"/> YOGA <input type="checkbox"/> OTHER IF OTHER, PLEASE EXPLAIN:		
COST OF ACTIVITY:		FREQUENCY:	TOTAL COST:
COMMENTS: <i>Brief narrative describing why you work for VOA and how this will help your personal wellness</i>			

### AUTHORIZATIONS

SUPERVISORS NAME:		PLEASE CHECK BELOW:
VP OF PROGRAM		<input type="checkbox"/> APPROVED <input type="checkbox"/> NOT APPROVED - <i>provide reason:</i>
VP OF HUMAN RESOURCES		