



Request for Proposals: Community Enhancing Grants

Award range: \$10,000-\$50,000 per year

Grant award ceiling: \$150,000 over 3 years

Application deadline: September 21, 2026 at 8am

Meeting the requirements of the RFP or portions thereof does not guarantee full or partial funding.

OVERVIEW

The POMA Foundation *prioritizes* projects that:

1. address a pressing need;
2. OR present a unique approach to address an ongoing challenge;
3. AND are consistent with the basic principles of osteopathic medicine.

We *prefer* projects that:

- have *potential* for a lasting and/or a broader impact or replication on Pennsylvania communities
- are not solely reliant on POMA Foundation funding

Geographic Focus

- The geographic focus must be Pennsylvania.
- Please identify the specific service area.
- Please identify the specific target population.

Funding Range and Project Length

- \$10,000-\$50,000 per year
- 1-, 2-, and 3-year proposals will be considered

Projects under \$10,000 are encouraged to apply for a Bright Ideas Grant.

Check out www.pomafoundation.org/bright-ideas-grant for details.

CHECK LIST

PRIORITIES

- ☐ Need
- ☐ Unique
- ☐ Osteopathic alignment

PREFER

- ☐ Impact
- ☐ Other \$

LOCALE

- ☐ PA
- ☐ Service area
- ☐ Target pop

BUDGET

- ☐ Request amt
- ☐ # Years

Alignment with Osteopathic Principles

Your proposal doesn't need to demonstrate all four tenets equally. *Identify the principles most relevant to the project and weave them into the design, delivery, and outcomes.*

Principle	What alignment might look like
Whole-person unity	• Treat participants as whole people rather than focusing narrowly on one symptom or diagnosis • Recognize relevant physical, behavioral, emotional, social, cultural, or environmental influences on health
Self-regulation and health maintenance	• Support prevention, early intervention, health maintenance, healthy behaviors, recovery, resilience, patient knowledge, and participants' ability to manage their health • Address removal of barriers to health
Structure-function relationship	• When relevant, recognize how mobility, anatomy, physical environment, ergonomics, nutrition, activity, or other structural factors affect health and function
Rational, integrated treatment	• intervention is evidence-based, appropriate for the population, individualized when possible, and designed around underlying causes and contributing factors—not merely short-term symptom relief.

Tenets of Osteopathic Medicine

1. The body is a unit; the person is a unit of body, mind, and spirit.
2. The body is capable of self-regulation, self-healing, and health maintenance.
3. Structure and function are reciprocally interrelated.
4. Rational treatment is based on an understanding of body unity, self-regulation, and the relationship between structure and function.

Project Leadership

The POMA Foundation prefers projects led by an osteopathic physician, resident, or student studying, training, or practicing in Pennsylvania. However, we'll gladly consider projects in which an osteopathic physician, resident, or student is involved in the development and/or management of a project. The project lead is the primary contact.

Medical students applying under the name of their medical school should document a formal faculty sponsor or institutional commitment. Multiple applications from one institution are acceptable if submitted from different programs, campuses, departments, etc.

ORGANIZATION ELIGIBILITY CRITERIA

Your organization must be classified currently under Section 501(c)(3) and/or Section 509(a) of the Internal Revenue Code.

Fiscal sponsor: Charitable nonprofit applicant organizations may use a fiscal sponsor. Be prepared to provide an executed letter of agreement stating the model type and each organization's specific responsibilities and, if funded, agreeing to administer the grant as approved by the POMA Foundation.

Ineligible applicants: For-profit entities, private foundations, individuals

CHECK LIST

4 TENETS ALIGNMENT

- ☐ Select relevant principles
- ☐ Integrate them throughout the project

LEADERSHIP

- ☐ OMS or DO lead or involvement
- ☐ OMS faculty sponsor?
- ☐ same org/ different dept

ELIGIBILITY

- ☐ 501c3
- ☐ 509a
- ☐ using fiscal sponsor?
- ☐ NOT a for-profit, private foundation, or individual

PROJECT TYPES

1. **Community-Based**
 - Direct service
2. **Education**
 - Trainee skill development
3. **Scholarly/Quality Improvement**
 - Research or practice-level improvement aligned with osteopathic principles and practice

AREAS OF INTEREST

- **Medical Education**
 - ex: OMT training, wound care education, mental health first aid training
 - **\$\$** Undergraduate or medical school tuition will NOT be funded.
- **Osteopathic Philosophy**
 - ex: implementing OMT into pain management
 - **\$\$** Percussion hammer education/activities/projects will NOT be funded.
 - If you propose the purchase of electric OMT tables, please explain why electric tables are preferred or necessary, as compared to manual tables.
- **Public Health**
 - ex: immunizations, HIV/AIDS, programs benefiting special populations
- **Technology**
 - ex: innovative tools, EHRs, AI
 - **\$\$** New iPads/tablets are generally NOT funded unless you have a strong argument for the need to purchase these items new.
 - Please have a plan for how you will track, safeguard, and sustain the use of any technology you propose to purchase with grant funds.
 - See Equipment section.
 - We do NOT support projects that use AI to replace people or human interactions in healthcare.
- **Wellness**
 - ex: food as medicine, exercise programs
 - Please have a plan for how you will track, safeguard, and sustain the use of any equipment you propose to purchase with grant funds.

Reviewers will grade your alignment with your selected area of focus.

INSTITUTIONAL REVIEW BOARD

Funding by the POMA Foundation does NOT constitute IRB approval.

The POMA Foundation is committed to ensuring that all funded projects respect the rights, safety, and dignity of project participants. The POMA Foundation does not require IRB approval at the time of application. However, applicants must comply with their organization's data collection requirements related to IRB review.

The POMA Foundation provides an [IRB Risk Checklist](#) to help applicants think about whether their project may require IRB or ethics review. It is not a formal determination of whether IRB review is required. Requirements vary by institution and project.

CHECK LIST

TYPE

- ☐ Community
- ☐ Ed
- ☐ Scholarly/QI

AREAS OF INTEREST

☐ Med ed

☐ Osteo

☐ No percussion hammer activities

☐ Public Health

☐ Tech

☐ Wellness

☐ Ensure strong alignment with focus

IRB

☐ Funding ≠ IRB

☐ Approval not required at application

☐ Link to IRB Risk Checklist

If you are selected for funding, you are responsible for obtaining any approvals or determinations required by your institution or organization before beginning applicable project activities.

\$\$ Independent IRB review fees and related administrative expenses may be included in the proposal budget.

POMA Foundation may delay release of funds for activities requiring IRB or ethics review until appropriate documentation has been provided.

Please see [IRB & Ethics Policy](#) for full details.

INDIRECT COST POLICY

- **\$\$ Applicants with annual revenue under \$10 million may include a 15% indirect rate as a separate line item in their proposal budget.**
- **\$\$ No Double-Dipping:** Grantees may not charge an expense as a direct line item if that same expense is covered under indirects.

Project Type	Direct Costs (Project Line Items)	Indirect Costs (Covered by 15% Cap)
Community & Education	Local venue spaces for classes, print materials, textbooks, local project travel.	Central organization executive salaries, general office printing, corporate insurance, and general payroll management.
Quality Improvement & Scholarly	Dedicated data analyst hours, specific QI tracking software licenses, survey incentives.	General institutional IT support, baseline organizational legal counsel, annual accounting audits, and general office utilities.

\$\$ Calculating your eligible indirect amount

1. (Total Requested Direct Costs) minus (Exclusions) = Modified Total Direct Costs
2. (Modified Total Direct Costs) x 15% = Eligible Indirect Cost Recovery Request

Please see [Indirect Costs Policy](#) for full details, including expenses that must be excluded when calculating Modified Total Direct Costs.

ALLOWABLE AND UNALLOWABLE GRANT EXPENSES

\$\$ What We Will Fund

Funds are restricted to specific project expenses. These are costs that would not be incurred if the project being funded did not exist. **Expenses must be related to critical components of a POMAF grant-funded project.**

- Personnel costs (wages and benefits) for staff working on grant-funded project
- Professional fees for consultants working on grant-funded project
- Honoraria such as speaker's fee or other services rendered
- Supplies and materials used for the grant-funded project
- Travel expenses directly related to the grant-funded project
- Meetings associated with the grant-funded project
 - This does not include meetings/travel to present your project results.
 - Grantees may apply for a conference travel grant, which is separate from the Community Enhancing Grant (page 6)

CHECK LIST

- ☐ What's your org's policy?
- ☐ May include IRB fees in budget
- ☐ IRB status may delay payment
- ☐ See policy for full details

INDIRECTS

- ☐ 15% indirect rate for orgs under \$10M revenue
- ☐ Simplified examples
- ☐ Indirects calculation
- ☐ See policy for full details

EXPENSES

- ☐ Must be project specific

CHECK LIST

- Sub-grants made to other organizations to directly support work on the grant-funded project
- Clinical services that involve screening and education or mobilizing resources to promote healthcare access specific to the grant-funded project
- Computer software is allowable if related to the project and included in the approved project budget

All costs should be fair and close to market value. Cannot subsidize other projects.

\$\$ What We Will Not Fund

- Expenses that have already been incurred
- Regranting to a secondary grantee through a competitive process
- Political campaigns
- Lobbying in the form of calls to action on a specific vote
- Religious activities, including, but not limited to, religious services, promotion of religious beliefs, or activities that are restricted to church or religious group membership.
- Undergraduate or medical school tuition will not be funded.
- Percussion hammer education/activities/projects will not be funded.
- New iPads/tablets are generally not funded unless you have a strong argument for the need to purchase these items new.
- No Double-Dipping: Grantees are strictly prohibited from charging an expense as a direct line item if that same expense is covered under indirects.

Please see [Funding Policy](#) for full details.

☐ See policy for full details

Capital Expenditure Funding Limitations

Limits on the funding of capital expenditures ensure grant awards support POMA Foundation spending priorities rather than major infrastructure development.

CAP EX LIMITS

Maximum Cap Ex Funding

No more than \$5,000 (or a maximum of 10% of the total grant award, whichever is lower) may be allocated toward capital expenditures.

☐ Limited to \$5k or 10% of award

Allowable Small-Scale Capital Expenditures

Grant funds may be used for purchases that directly advance the proposed project and have a limited useful life, such as:

- Specialized program equipment
- Basic security or accessibility equipment up to the financial cap.

☐ See equipment section (next)

☐ Security and accessibility costs OK

Prohibited Capital Expenditures

Grant funds may not be used for large-scale fixed assets, property improvements, or structural changes, including:

- Land or building acquisitions.
- Structural room renovations, expansions, or facility remodeling.
- Infrastructure development (e.g., paving parking lots, installing HVAC systems).
- Vehicles or heavy machinery.

Please see [Capital Expenditure Policy](#) for full details.

☐ See policy for full details

Equipment

The POMA Foundation will not fund general purpose computer equipment and prefers not to purchase new **computers, laptops, iPads, and tablets** for projects.

- You must have a strong argument to purchase these items new.
- They also must be purchased in the first 60 days of the project.

Special purpose equipment – diagnostic, screening, or medical tools – are allowable as a direct cost if specifically related to the project.

Exs: Mobile ultrasound machines, automated external defibrillators (AEDs) for community placement, specialized point-of-care blood testing devices (e.g., HbA1c or cholesterol meters), retinal screening cameras, specialized telehealth monitoring kits.

Please have a plan for how you will track, safeguard, maintain, and sustain the use post-grant of any tools, equipment, and special technology you propose to purchase with grant funds.

See [Equipment Policy](#) for full details.

Association membership dues or professional conference costs will NOT be funded under this grant program.

If your project is funded by the POMA Foundation under this grant program and is accepted for presentation at a professional meeting, you may apply for a Conference Travel Grant (a separate grant application) to be reimbursed for certain conference travel costs. Please see [Conference Travel Grants](#) for full details.

OUTCOMES

As part of our implementation of trust-based philanthropy, the POMA Foundation acknowledges that meaningful community change is complex and that a single grant is rarely the only influence on an outcome.

- Outcomes are not guarantees of success.
- Outcomes and evaluation are opportunities for mutual learning not compliance activities.
- Trust-aligned outcomes are strategic. They allow for adaptability and are more realistic about causality and context.

CHECK LIST

EQUIPMENT

- ☐ No general purpose computers
- ☐ Special purpose equipment
- ☐ Equipment plan
- ☐ See policy for full details
- ☐ NEW grant for conference travel to present your funded project
- ☐ See policy for full details

OUTCOMES

- ☐ Outcomes are not compliance activities
- ☐ Outcomes should be adaptable and realistic

You are encouraged to develop your outcomes based on this framework:

1. **Intended change:** Identify one to three meaningful changes you hope to see during or shortly after the grant period? These may be changes for individuals, communities, systems, or your organization.
2. **Community relevance:** How were these outcomes identified? When applicable, describe how your target audience participated in identifying outcomes.
3. **Signs of progress:** What information will help you determine whether progress is occurring? Applicants may propose quantitative measures, qualitative evidence, milestones, observations, participant feedback, stories, or other appropriate forms of evidence.
4. **Existing information:** What relevant information do you already collect as part of your work? We encourage applicants to use existing information rather than create new data-collection systems solely for this grant.
5. **Context and adaptation:** What circumstances could affect progress? How will you learn and adapt if assumptions, needs, or conditions change?

How outcomes will be reviewed

Reviewers will consider whether the proposed outcomes:

- Are meaningful to the people or community served;
- Are reasonable given the grant amount, timeframe, and organization's role;
- Reflect an appropriate understanding of context and contributing factors;
- Include practical ways to recognize progress; and
- Will produce information useful to the applicant's own learning and decisions.

Applications will not receive higher scores simply for promising larger numbers, greater certainty, or more sophisticated evaluation methods.

Please see [Outcomes Policy](#) for full details.

BUDGET FORM

[Download the form.](#) It's a google sheets document. Click on file then download. Upload with your application in the online portal.

Description	Amount requested from POMAF	Amount Funded by other sources (Leave blank if fully funded by POMAF)	TOTAL (Column C+D)	Actual Expenses (REPORTING ONLY)
			\$0.00	
			\$0.00	

CHECK LIST

☐ See outcomes framework

☐ Over-promising will not improve chances of funding

☐ See policy for full details