

# APPROVED

MAY 17, 2017

BOARD REPORT

## BOARD OF RECREATION AND PARK COMMISSIONERS

NO. 17-112

DATE May 17, 2017

C.D. Various

### BOARD OF RECREATION AND PARK COMMISSIONERS

SUBJECT: SUNLAND PARK SENIOR CITIZEN CENTER –AUTHORIZATION TO SUBMIT A NATIONAL RECREATION AND PARK ASSOCIATION WALK WITH EASE AND ACTIVE LIVING EVERY DAY GRANT APPLICATION FOR SENIORS PROGRAMMING; ACCEPTANCE OF AWARDED GRANT FUNDS

AP Diaz \_\_\_\_\_ \*V. Israel \_\_\_\_\_  
R. Barajas \_\_\_\_\_ N. Williams \_\_\_\_\_  
H. Fujita \_\_\_\_\_

  
\_\_\_\_\_  
General Manager

Approved  \_\_\_\_\_

Disapproved \_\_\_\_\_

Withdrawn \_\_\_\_\_

### RECOMMENDATIONS

1. Authorize the Department of Recreation and Parks (RAP) to submit a grant application to the National Recreation and Park Association (NRPA) for the amount of Four Thousand Dollars (\$4,000.00), to implement Walk With Ease and Active Living Every Day senior programs at Sunland Park Senior Center, subject to Mayor and City Council consideration;
2. Authorize RAP's General Manager or Designee to accept and receive the Walk With Ease and Active Living Everyday program grants, in the amount of Four Thousand Dollars (\$4,000.00), from NRPA for senior programming at the Sunland Park Senior Center, subject to the approval of the Mayor and City Council;
3. Designate RAP's General Manager, Chief Financial Officer, or Assistant General Manager, as the agent to conduct all negotiations, execute and submit all documents, including, but not limited to applications, agreements, amendments, and payment requests, which may be necessary for the implementation and completion of the programs;
4. Authorize RAP's Chief Accounting Employee to establish the necessary account and/or to appropriate funding received within the "Recreation and Park Grant" Fund 205 to accept the NRPA Walk With Ease Program grant, in the amount of Four Thousand Dollars (\$4,000.00) for senior programming at the Sunland Park Senior Citizen Center; and,
5. Authorize RAP's Chief Accounting Employee to make any technical changes, as may be necessary to effectuate the intent of these funds.

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### SUMMARY

NRPA, with the support of the Centers for Disease Control and Prevention (CDC), and the California Arthritis Partnership Program (CAPP), provides grants to local park and recreation agencies to deliver the Walk with Ease (WWE) and Active Living Every Day (ALED) programs geared toward older adults affected by arthritis and other rheumatic conditions to increase access to, and the use of, evidence based physical activity. Sunland Park Senior Citizen Center was made aware of this grant opportunity through the NRPA and applied on or about on January 9, 2017; then received the grant award notification on or about March 15, 2017, which included required documentation to accept the grant award. The goal of this grant is to implement four WWE six-week sessions and/or engage a minimum of one hundred (100) participants and two to three ALED twelve-week sessions and/or engage a minimum of sixty (60) participants.

WWE is a six week program with three one-hour sessions each week. Each session starts with a discussion covering specific topics related to exercise and arthritis; followed by a ten (10) to forty (40) minute walk that includes a warm-up and cool-down period.

ALED is a twelve week program with one weekly one-hour session. This is a discussion class to learn skills such as identifying and overcoming barriers, setting goals, and creating an action plan needed to become more active. A variety of exercises are discussed in the class and participants are encouraged to become physically active within their abilities, outside of class.

NRPA is providing comprehensive web-based training for RAP instructors, which includes a number of components that will be extremely helpful in interacting with seniors in a senior center above and beyond these classes. The training includes a full instructor guide with lesson plans for each individual class. The cash amounting to Four Thousand Dollars (\$4,000) will cover costs related to developing, printing, and dissemination of promotional materials, program supplies, and other program-related materials.

### FISCAL IMPACT STATEMENT:

Acceptance of this grant does not require RAP to provide matching funds, and therefore would not impact the RAP General Fund. The grant will provide the funding to add additional senior programming at the Sunland Park Senior Citizen Center in 2017.

This Report was prepared by Jennifer Sapone, Senior Management Analyst I, Program Grants.