

BOARD REPORT

NO. 23-047

DATE March 02, 2023

C.D. VARIOUS

BOARD OF RECREATION AND PARK COMMISSIONERS

SUBJECT: NATIONAL RECREATION AND PARK ASSOCIATION (NRPA) SUPPORTING HEALTHY AGING THROUGH PARKS AND RECREATION (SHAPR) GRANT - RETROACTIVE APPROVAL OF SUBMISSION OF FUNDING APPLICATION; AUTHORIZATION TO EXECUTE GRANT AGREEMENT; ACCEPTANCE OF GRANT FUNDS, IF AWARDED

B. Aguirre	<u>BA</u>	M. Rudnick	_____
H. Fujita	_____	C. Santo Domingo	_____
* B. Jackson	_____	N. Williams	_____



 General Manager

Approved _____ Disapproved _____ Withdrawn _____

If Approved: Board President _____ Board Secretary _____

RECOMMENDATIONS

1. Retroactively approve the submission by the Department of Recreation and Parks (RAP) of a grant application, attached to this Report as Attachment 1, for a Supporting Healthy Aging Through Parks and Recreation (SHAPR) grant from the National Recreation and Park Association (NRPA) (Grant), which was submitted without prior Mayor or City Council approval due to this being a competitive grant with no City General Funds or matching funds required, as well as the notice of funding availability being published less than 61 days in advance of the application deadline, pursuant to Los Angeles Administrative Code Section 14.6 et seq. as may be amended;

2. Approve the Grant Agreement, attached to this Report as Attachment 2, and authorize RAP's General Manager or designee to execute such agreement and accept Grant funds, if awarded, in the amount of Four Thousand Dollars (\$4,000), from NRPA, in support of providing Arthritis-Appropriate Evidence-Based Interventions (AAEBIs) through RAP's Citywide Aquatics programs, and for professional development as may be authorized under the Grant, subject to Mayor and City Council approval;

3. Direct RAP staff to transmit a copy of the Grant documents to the Mayor, Office of the City Administrative Officer (CAO), Office of the Chief Legislative Analyst (CLA), and to the City Clerk for Committee and City Council approval before accepting and receiving the Grant

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award, pursuant to Los Angeles Administrative Code Section 14.6 et seq. as may be amended;

4. Designate RAP's General Manager or designee, as the agent to conduct all negotiations, execute and submit all grant documents, including, but not limited to applications, agreements, amendments, and payment requests, which may be necessary for the acceptance and use of Grant funds;
5. Authorize RAP's Chief Accounting Employee or designee to establish the necessary accounts and/or to appropriate funding received within "Recreation and Parks Grant" Fund 205 to accept the Grant funds, if awarded, in the amount of Four Thousand Dollars (\$4,000) from NRPA, to provide AAEBIs through RAP's Citywide Aquatics programs and for professional development as may be authorized under the Grant; and,
6. Authorize RAP's Chief Accounting Employee, or designee, to make any technical changes, as may be necessary to effectuate the intent of this Report.

SUMMARY

NRPA, with the support of the Centers for Disease Control (CDC) opened the SHAPR Grant to support increasing access, availability, participation, and sustainable support for programs that improve physical activity, engagement, and the quality of life for older adults, with the goal of increasing the equitable dissemination, delivery, and sustainability of arthritis-appropriate, evidence-based interventions in park and recreation agencies.

The Grant would provide two instructor trainings for one AAEBI and all program start up materials including participant books or equipment, and membership in a health equity focused Community of Practice (CoP). The purpose of the CoP is for Park and Recreation professionals to engage in formal and self-paced learning opportunities regarding NRPA's "Elevating Health Equity Through Parks and Recreation: A Framework for Action" while implementing AAEBIs in their community, and will focus on centering equity practices for system changes and building partnerships with community-based organizations to help support the delivery of these evidence-based programs to the community. The Grant application, attached to this Report as Attachment 1, was submitted to NRPA on December 20, 2022.

Through this Grant, Citywide Aquatics would offer a recurring 16-week Enhance Fitness (EF) AAEBI class to provide the opportunity for patrons with, or at risk for, arthritis to improve their health. EF is a community-based physical activity program proven to increase strength, boost activity levels, and elevate mood. NRPA will train and certify RAP instructors to offer this program that focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises. The goal is to reach 150 unique participants over an 18-month period, or approximately 25 per quarter. Through this Report, RAP staff requests retroactive approval of its submission of the application for the Grant, authorization to execute the Grant Agreement, attached to this Report as Attachment 2, and to accept the Grant funds, if awarded, in the amount of Four Thousand Dollars (\$4,000) from NRPA.

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FISCAL IMPACT

Acceptance of this Grant does not require RAP to provide matching funds, and therefore would have no impact to RAP's General Fund. The Grant will provide essential funding to enhance RAP's arthritis-appropriate evidence-based interventions for adults through Citywide Aquatics programs.

STRATEGIC PLAN INITIATIVES AND GOALS

Approval of this Board Report advances RAP's Strategic Plan by supporting:

Goal No. 2: Offer Affordable and Equitable Recreation Programming

Outcome No. 3: Park programs and amenities meet and reflect the needs of older adults

B) Increase the number of older adult wellness and/or therapeutic recreation classes offered at Department facilities

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

LIST OF ATTACHMENTS/EXHIBITS

- 1) Grant Application
- 2) Grant Agreement

Page: Overview

The deadline for submission has been extended to December 22nd, 2022

The National Recreation and Park Association (NRPA) with the support of the Centers for Disease Control and Prevention (CDC) is pleased to announce the availability of the **Supporting Healthy Aging Through Parks and Recreation (SHAPR)** grant. This grant supports park and recreation professionals to increase access, availability, participation, and sustainable support for programs that improve physical activity, engagement, and the quality of life for older adults. The goal of this project is to increase the equitable dissemination, delivery and sustainability of arthritis-appropriate, evidence-based interventions in park and recreation agencies.

NRPA strives for a future where all people have access to the benefits of quality parks and recreation. When we achieve equity, all people thrive. NRPA recognizes we are all on a journey to learning and understanding justice, diversity, equity and inclusion and how our personal and organizational actions, practices and policies impact Black, Indigenous, people of color, people who are low-income, people with disabilities and people living in rural communities. Equity is a core pillar of NRPA, and we will award agencies who are committed to continued learning and action to break down barriers to opportunity and combat systemic racism through the power of parks and recreation.

An exemplary grantee will leverage their project to address inequities in their community and ensure that Black, Indigenous, people of color, people who are low-income, people living in rural communities and people with disabilities and/or chronic conditions like arthritis benefit from parks and recreation.

This SHAPR grant provides two opportunities for applicants:

1. **Instructor Trainings for one of five Arthritis-Appropriate Evidence-Based Interventions (AAEBIs)*.** *This opportunity is ideal for organizations that may be newer to offering regular chronic disease management and/or programming for older adults as part of their physical activity and health education offerings.* This opportunity includes up to 2-instructor trainings (for one AAEBI) and all program start up materials (participant books, equipment, etc.). The duration of this award is 18-months (starting in January 2023 and ending in June 2024).

*Each AAEBI is described in detail in the sections that follow

2. **Instructor Trainings (same as above) AND membership in a health equity focused Community of Practice (CoP):** *This opportunity is ideal for organizations that have sustained regular chronic disease management and/or programming for older adults as part of their physical activity and health education offerings.* The purpose of the CoP is for Park and Recreation professionals to engage in formal and self-paced learning opportunities regarding NRPA's *Elevating Health Equity Through Parks and Recreation: A Framework for Action* (<https://www.nrpa.org/our-work/Three-Pillars/equity/elevating-health-equity-through-parks-and-recreation-a-framework-for-action/>) while implementing AAEBIs in their community. The duration of this award is 18-months (starting in January 2023 and ending in June 2024)

AAEBI Instructor Trainings

All applicants will apply for instructor trainings, participant materials, and start up materials for one of the five evidence-based physical activity programs listed below. If you have a question about the best AAEBI fit for your organization, please contact Colleen Pittard at HealthyAgingInParks@nrpa.org (mailto:HealthyAgingInParks@nrpa.org?subject=Inquiry%20About%20SHAPR%20RFP)

- **Active Living Every Day (ALED)** - a behavior-change 12-week program that teaches sedentary people the skills necessary to overcome barriers to physical activity engagement.
- **EnhanceFitness (EF)** - a behavior-change 16-week program for those at any level of fitness that motivates individuals to stay active and live independently.
- **Fit & Strong! (F&S!)** - a multi-component physical activity and behavior-change 8 or 12-week program that teaches sedentary adults with joint pain and stiffness and/or lower extremity pain and mobility issues how to engage in safe and effective exercise.
- **Tai Chi for Arthritis** - this program is for people with mild, moderate and severe joint and back pain. It is especially appropriate for adults who have a higher risk of falling.
- **Walk With Ease (WWE)** - a multi-component, low-impact 6-week walking program that teaches people how to safely and comfortably incorporate physical activity into their everyday lifestyle.

Membership in a Community of Practice

Applicants who are eligible to apply for membership in a Community of Practice (CoP) will work with NRPA's Health Team to implement NRPA's *Elevating Health Equity Through Parks and Recreation: A Framework for Action* (<https://www.nrpa.org/our-work/Three-Pillars/equity/elevating-health-equity-through-parks-and-recreation-a-framework-for-action/>). The Community of Practice (CoP) offers an 18-month in-depth training and technical assistance program focusing on centering equity practices for system changes and building partnerships with community-based organizations (CBOs) to help support the delivery of these evidence-based programs to all community members. Up to 15 applicants will be selected for this opportunity.

For eligibility to become a member of the Community of Practice (CoP), the applicant must:

- Apply for and be awarded instructor trainings to implement one of the AAEBIs described above: ALED, EF, F&S, Tai Chi or WWE.
- Demonstrate previous experience implementing and sustaining one of the AAEBIs offered or experience offering other chronic disease management and/or programming for older adults.
- Indicate they have the capacity and resources to implement both the selected AAEBI and participate in the CoP.

If you have a question about your eligibility for membership in the Community of Practice, contact Colleen Pittard at HealthyAgingInParks@nrpa.org (mailto:healthyaginginparks@nrpa.org?subject=Inquiry%20About%20SHAPR%20RFP).

For both opportunities, the main applicant must be a local government agency that plans, builds and/or operates parks (e.g., municipal park and recreation department, tribal recreation department, public works department that manages parks etc.) or an affiliated 501c (3) non-profit organization. If the applicant is not a local government agency, the applicant is required to submit a letter of support for the project being proposed from the park and recreation agency director or equivalent.

If your organization was awarded a Supporting Healthy Aging Through Parks and Recreation (SHAPR) grant in March 2022, you are not eligible to apply due to the grant timelines overlap. You may be considered for the next cohort that will be awarded in the Fall of 2023.

Please contact Colleen Pittard, HealthyAgingInParks@nrpa.org (mailto:HealthyAgingInParks@nrpa.org?subject=Inquiry%20About%20SHAPR%20RFP), if you have questions about your eligibility.

All awarded applicants will be required to:

- Join and participate in:
 - A grantee kick-off meeting in February 2023.
 - Ongoing technical assistance calls and meetings (combination of individual, small group, and large group with NRPA's Health team and like-minded partner organizations and park and recreation peers).
- Implement at least one of the AAEBI programs (ALED, EF, F&S!, Tai Chi or WWE) and reach a minimum of 100 participants over the course of the 18-month grant period.
- Participate in evaluation efforts that will include submitting program data quarterly, participating in focus groups and interviews.
- Potentially host NRPA for a site visit (in-person or virtual) over the course of the grant period.

For those awarded membership to the CoP:

In addition to the above requirements your organization is also expected to:

- Join and participate in CoP technical assistance calls and meetings with NRPA's Health Team to implement NRPA's *Elevating Health Equity Through Parks and Recreation: A Framework for Action*.
- Serve as "peer network facilitators" to support other organizations in the successful implementation of their evidence-based programs.
- Share health equity learnings to all grantees through technical assistance calls and meetings.

NRPA will conduct a two-part review process for all applicants with input from national partners and experienced park and recreation professionals. The first round of reviews will be based on the criteria listed below.

- Clear interest and commitment to the requirements of the grant and alignment with current city and agency priorities.
- Demonstration of clear commitment to advancing equity and an organizational commitment to prioritize justice, diversity, equity and inclusion.
- Strong project management plan.
- Community-level and agency leadership support.

Click here (<https://nrpa-grants.secure-platform.com/file/15081/eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJtZWVpYUlkIjoxNTA4MSwiYWxs3dOb3RTaWduZWRVcmwiOiJUcnVlIiwiaWduY3JITDhU?SHAPR RFP Scoring Guide.pdf>) to review the SHAPR application scoring guide.

The second round of reviews will include objective demographic, geographic, and community metrics using the CDC SVI score (<https://www.atsdr.cdc.gov/placeandhealth/svi/index.html>) to aid NRPA in the identification of a diverse cohort of finalists. Those with an SVI score of .75 or higher may be awarded up to \$3,000 to support the implementation of evidence-based programs you are awarded to sustain the program beyond the grant period (January 2023 – June 2024)

All reviewers will undergo implicit bias training ahead of the review process to ensure all applications are judged fairly.

Review Process for the Community of Practice (CoP).

For those applicants interested in joining the CoP, questions are built into the application that will determine your organization's eligibility. If eligible, your organization may also be awarded a small financial grant pending available funds.

All reviewers will undergo implicit bias training ahead of the review process to ensure all applications are judged fairly.

Application Open	October 18, 2022
Informational Webinar (Recorded, Not Live)	October 18, 2022 - December 22, 2022
Application Closes	December 22, 2022
Communities Selected	On or before January 20, 2023
Kick-Off Call	February 1, 2023
Training	Ongoing between February 2023 - June 2024

You can access frequently asked questions and definitions of key terms here (<https://nrpa-grants.secure-platform.com/a/page/faqs/Supporting-Healthy-Aging-Through-Parks-and-Recreation-2.0>).

You can access an informational webinar that includes an overview of the grant opportunity here (https://youtu.be/vKk62s_6ysg)

If your question has not been answered in any of the resources above, please e-mail: HealthyAgingInParks@nrpa.org (mailto:HealthyAgingInParks@nrpa.org?subject=Inquiry%20About%20SHAPR%20RFP)

Collaborators Instructions: To help you fill out this form, NRPA allows multiple people to work on a single application. If you would like to invite a colleague or multiple colleagues to assist you in completing your application, click the Manage Collaborators button at the top-right of this form. From there, you will be able to add collaborators - All you need is their name and valid e-mail address. Keep in mind that your application can only be submitted by the individual who started this application. You may also revoke a collaborator's access at any time using the same menu.

Applicants have the option of submitting parts of the application in written, or voice recording forms. These are clearly marked on each question. We encourage applicants to use the methods they feel most comfortable using but note that some questions require a written response.

If you are submitting an audio submission, you must provide written statements to questions where indicated. For all audio question responses, you must indicate the questions covered through the audio response – this could simply be a sentence "Answered in the audio submission". There will be space at the end of the application to upload all audio files. Each audio response to a single question must not exceed 4 minutes.

Audio responses must first state the application question and then provide their answer to all parts of the stated question. Each application question can only have a written or audio submission, the audio cannot supplement written submissions. All applications, written or audio, will be judged equally without preference for one method.

Regardless of written, or voice recorded submissions, a complete application must be submitted through NRPA's online grant application system.

The full application with all questions and submission fields is provided in this PDF copy to assist applicants in planning their responses:

Supporting Healthy Aging Through Parks and Recreation 2.0 (<https://nrpa-grants.secure-platform.com/file/15436/eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJtZWVpYUlkIjoxNTQzNiwiYWxsY3dOb3RTaWduZWRVcmwiOiJUcnVlIiwiaWduWdub3JIT3>)

Applications are due by December 22, 2022 11:59 PM PST and NRPA anticipates notifying applicants on or before January 20, 2023.

Page: Eligibility

Agency Category

Local, municipal or regional government agency

Grant Recipient March 2022

No

Page: Organization Information

Organization information responses must be written.

Organization Name

City of Los Angeles Recreation and Parks Aquatics

Applicant's Name

Melanie Escamilla

Applicant's Email Address

Melanie.Escamilla@lacity.org

Federal Identification Number

Organization Address

3900 Chevy Chase Dr
Los Angeles California 90039 US

Name of Organization Head (e.g. Director, Executive Director, Superintendent etc.)

Brenda Aguirre

Organization Head Email Address

Brenda.Aguirre@lacity.org

Organization head phone number

+1 323-906-7953

NRPA Member Number

N/A

Program Team

Program Lead (Aquatic Director)- Coordinates with on site staff to delegate tasks and recruitment; Full duration of the program
On Site Program Leads (Aquatic Facility Managers)- Trains and schedules appropriate staff, tracks attendance and quality of programming; brought in to assist after 1 month of planning
Instructors (Lifeguards)- Teaching the aqua size class and low impact exercises in the water; brought in 1 month prior to starting the program to train and run the program

We will be partnering with our community centers and senior centers with our LA City Recreation and Parks buildings.
We will be outreaching to the LA City libraries and LA County libraries to assist with recruitment and posting of our flyers for the program.

Page: Community Information and Equity Prioritization

Organization Role in Community

The City of Los Angeles, Department of Recreation and Parks serves a community of about 3.849 million residents. Currently, we are operating 19 aquatics facilities open year-round and 32 aquatic facilities open during the summer. The mission of our aquatics division is to provide safe, clean well programmed aquatic facilities for the use and enjoyment of the residents of the greater Los Angeles area. We are committed to work towards this statement by educating the public and offering a variety of programs and services for all ages, backgrounds, social groups, and economic status to all of our facilities.

Diversity, equity and inclusion

Our organizations commitment to prioritize diversity, equity, and inclusion have always been top priorities. Los Angeles is one of the most diverse cities in the country and as an agency we have worked towards creating a diverse workforce to represent our residents. We offer print materials in multiple languages to create inclusion of all cultures. Our graphic designers make it a priority to diversify our marketing material to capture our different social groups. Our staff are trained annually in anti-bias, sexual harassment, workplace violence and customer service to enhance the workplace.

Community Engagement

Our organization engages the community by sending out surveys to see how we can improve or introduce new programs for the community. The decisions that are made are centered on the community and create a sense of power. We are constantly asking for feedback from our participants and staff to improve the material being taught. Annually we do an evaluation from the feedback and update program and training materials prior to the start of the next season. All final decisions are made based on the community needs.

Challenges impacting people with chronic conditions like arthritis in your community

In our community people with arthritis struggle to have access to programs that can help them become stronger. Arthritis affects a large group, and residents may be apprehensive to want to try to be active due to the pain they feel. We tend to focus our resources for the youth in the community and we do not offer enough adult fitness classes. There are a limited number of opportunities, and we want to be able to offer accessible classes to this community. Arthritis can be painful, and we want to be able to offer a low impact program to help these individuals become active and healthy to reduce the pain and disability.

Community Assets

The three greatest strengths that we have are that we cover a large geographic area, employ about 1,300 part time staff and can pull resources from other departments within the city. We offer groups the opportunity to have permits at our facilities, which we can create partnerships with. Since we are a large organization we have a large community to serve and can support the needs of those with chronic conditions such as arthritis.

What is the race of the participants served by your program. (Please provide a percentage for each to total 100%.)

American Indian or Alaskan Native

2

Asian and Pacific American Islander

10

African American or Black

15

Hispanic or Latino

40

White or Caucasian

15

Bi-Racial or Multi-Racial

18

Other

0

Service Area Description

Urban

Page: Programming Information and Program Proposal**Organization Goals to Supporting People with Chronic Conditions like Arthritis**

Our organization's goal is to provide a program that is accessible to all members of the greater Los Angeles community. We want to be able to expand our reach to bring in new members of the community and to enhance our training to incorporate fitness programs specifically for patrons with Arthritis or those that are at a higher risk to develop Arthritis. If we give the community the tools and accessibility, they will be able to improve their health to maintain the behavior change.

Current Programming

We currently provide 3 different types of programs for adults which can range from swim lessons, aqua size classes, and bogafit board classes. Since these programs require specialized instructors and training, not all of our facilities can offer these classes. Swim lessons are taught in a series of 10 lessons and each lesson is 25 minutes. Aqua size classes are offered individually or as a monthly pass. Each of these classes are 1 hour long and are offered 3 times a week. Our bogafit board classes are offered individually or as a monthly pass and are offered 2 times a week for 1 hour classes. Currently, we are not aware of any patrons that are participating that have arthritis because we have not asked them. If we were to send out a survey to our patrons asking if they have a chronic condition such as arthritis we would be able to capture this number. Our programs are not being offered as a series for adult classes. We would like to enhance this by offering the arthritis classes as a series to see the improvement over time and to create that connection with the individuals.

Organization Goals to Create Opportunities Prioritizing Justice, Diversity, Equity and Inclusion

The City of Los Angeles has prioritized justice, diversity, equity and inclusion by creating a department resource through the "Civil and Human Rights and Equity Department." The mission is to maintain and strengthen the city's diversity, equity, and accountability. We are focused on reducing bias and injustices while leveling the playing field through community engagement, equity initiatives, and upward mobility programming. LA for All is a creative-led campaign to stand against hate and encourage our city to speak up and speak out against hate crimes and hate incidents. The campaign meets at the intersection of art, advocacy, and community - and stands up for an inclusive LA. You will see this campaign on LA City parks, libraries, street banners, bus shelters, LA Metro bus & rail, our airports - and much more.

Partnerships

Our partners at our recreation centers and senior centers can provide activities for this population and partnering with them can provide them access to our aquatic centers. Local libraries can support by giving more resources and free space to post flyers. We already have existing relationships with our public education system and can use their channels to reach a larger demographic. The community based organizations role will be able to assist in increasing the capacity, outreach efforts, engagement and sustainability of this program to become long term.

Addressing Inequities in Your Community

Los Angeles has some of the lowest income and highest need areas in the country resulting from years of structural and institutional racism. These inequities were further made apparent as the COVID-19 pandemic disproportionately impacted our low-income communities of color. Participatory budgeting is designed to emphasize public ownership of government resources, deepen democracy, improve trust in government, and build stronger communities. Recreation and Parks is providing resources to the community to build the bridge and ensure that our facilities are accessible to everyone. All programs are inclusive of all disabilities and needs.

Page: Program Selection

Below are descriptions for each of the programs offered through this grant. This information provides guidance for the selection of the program most appropriate for the intended audience.

If you are unsure which one best fits your intended audience after reviewing the information below, about each of the programs, please feel free to contact us at HealthyAgingInParks@nrpa.org (mailto:HealthyAgingInParks@nrpa.org?subject=Inquiry%20About%20SHAPR%20RFP) and we can provide additional guidance.

Active Living Every Day (ALED):

- Target Audience - sedentary individuals with or without chronic disease and in need of motivation and skills to become physically active
- Program Duration - 12-weeks, 1 time per week for 1 hour (12 total classes)
- Instructor Training – self-study format through a workbook that takes 4-6 hours to complete with an online final exam
- Participant materials required - startup materials provided through this grant
- Watch a short informational video about the ALED program ([https://cdn.filestackcontent.com/TEpNxstJTmWHXyNhSdGr?ALED Video.mp4](https://cdn.filestackcontent.com/TEpNxstJTmWHXyNhSdGr?ALED%20Video.mp4))
- View the NRPA's Healthy Aging In Parks Assessment Tool (<https://www.nrpa.org/contentassets/95e642e9c6504cda80ff72cc7c7cbef5/healthy-aging-program-assessment-tool.pdf>) for additional information

EnhanceFitness (EF)

- Target Audience: adults at all levels of fitness that want to become more active, energized and empowered to live independently
- Program Duration - 16-weeks, 3 times per week for 1 hour (48 total classes)
- Instructor Training - training is conducted by an EnhanceFitness Master Trainer either in-person (12 hours over 1.5 days) or remote (2-4 hour sessions over 2 days)
- CPR certification required for the instructor
- Participant materials required
- Watch an informational video about the EF program (<http://storybook.link/EnhanceFitnessNewYork/>).
- View the EnhanceFitness Fact Sheet (<https://cdn.filestackcontent.com/5VIPunndTWGgl5UhY9HR?EF%20Fast%20Facts%20Extra%20for%20NRPA%202021.pdf>) for additional information

Fit & Strong! (F&S!):

- Target Audience - adults who want to be physically active but may have lower-extremity pain and/or mobility challenges
- Program Duration - 8-weeks; 3 times per week for 1.5 hours -or- 12-weeks; 2 times per week for 1.5 hours (24 total classes)
- Instructor Training - online format that takes 6-8 hours to complete
- Participant materials required - startup materials provided through this grant
- Watch a short informational video about the Fit&Strong program ([https://cdn.filestackcontent.com/PZx4MY4OS2a1QBn0weje?Fit&Strong Video.mp4](https://cdn.filestackcontent.com/PZx4MY4OS2a1QBn0weje?Fit&Strong%20Video.mp4))
- View the NRPA's Healthy Aging In Parks Assessment Tool (<https://www.nrpa.org/contentassets/95e642e9c6504cda80ff72cc7c7cbef5/healthy-aging-program-assessment-tool.pdf>) for additional information

Tai Chi:

- Target Audience - adults with or without arthritis looking to reduce pain and/or improve quality of life
- Program Duration - minimum of 16 hours (one hour per week for 16 weeks or 2 hours per week for 8 weeks)
- Instructor training - training is a self-paced online portion and a 7 hour live (in-person or virtually) interactive training with a Tai Chi Master Trainer.
- **NO** Participant materials required
- Watch an informational video about Tai Chi (<https://www.youtube.com/watch?v=C4bUDC0C5Mo>).

Walk With Ease (WWE):

- Target Audience - those with arthritis or other chronic diseases interested in a walking program and are able to stand for at least 10 minutes
- Program Duration - 6-weeks, 3 times per week for 1 hour (18 total classes)
- Instructor training - online format that takes 3-4 hours to complete
- CPR certification required for the instructor
- Participant materials required - startup materials provided through this grant
- Watch a short informational video about the WWE program ([https://cdn.filestackcontent.com/EgiWoz0STijlRkLQGkgj?WWE video.mp4](https://cdn.filestackcontent.com/EgiWoz0STijlRkLQGkgj?WWE%20video.mp4))
- View the NRPA's Healthy Aging In Parks Assessment Tool (<https://www.nrpa.org/contentassets/95e642e9c6504cda80ff72cc7c7cbef5/healthy-aging-program-assessment-tool.pdf>) for additional information

Program Selection

EnhanceFitness

The EnhanceFitness programs is a behavior-change program that teaches people of all fitness levels that want to become more active, energized and empowered to live independently. NRPA is offering instructor training grants so that your instructors can be certified to teach EF.

Target Audience: adults at all levels of fitness that want to become more active, energized and empowered to live independently, Program Duration - 16-weeks, 3 times per week for 1 hour (48 classes), Instructor Training - training is conducted by an EnhanceFitness Master Trainer either in-person (12 hours over 1.5 days) or remote (2-4 hour sessions over 2 days)

Program Costs

Yes

Please explain the reason for needing to charge a fee for participation:

We would have to cover the instructor cost

How much do you plan on charging?

\$35 for 1 month

Anticipated Barriers

Barriers that we see in planning this program are limited to availability of part time staff. We will be able to reduce this barrier by heavily relying on our full time staff to support this program and creating a committee to work together. Barriers for implementing this program can be weather and availability of staff. This will be preplanned to cross train multiple staff members and to run this program in indoor facilities that are heated to reduce the weather being a barrier. Barriers for the sustainability of this would be outside factors related to the individuals consistently coming to the program. We would combat this by planning the date and times of this program to be when the participants can come and to provide resources to everyone that is involved. During this grant period, there will be enough time to outreach to the community and maintain the behavior change for 6 months. If we push past this barrier we will be able to engage them into the program for the long term changes to see healthy behavior changes and managing of arthritis.

Target Audience

Adults at all levels of fitness that want to become more active, energized and empowered to live independently. We intend to market to the audience by using large font, simple text and colors, print materials and social media.

Older Adult PA Program Offering

Yes

Older Adult PA Programs

The current adult programs that we offer are not health education programs. The physical activities that we offer to the community are offered either as 1 class or a monthly pass. Our swim lessons are offered using the American Red Cross lesson plans and structure. The current adult fitness classes such as Aquasize and Bogafit have been created within the city utilizing different types of equipment. Aquasize is offered as a low impact class and is only offered at 5 of our facilities. Bogafit is a newer program that is offered at 3 of our facilities and is Yoga in the water on a board. This program can be offered as low impact as well for older adults.

Prior Implementation of Programs

Yes

whatAaebiProgramsHasYourAgencyImplemented

Walk With Ease

pleaseComment

About 10 of our senior centers offered WWE approximately five years ago. Some of the centers and the communities liked the program more than others but being a new program, it was hard to market and get people to join and continue with the program. It was hard to maintain staffing to oversee the program. I am not positive that any of those centers are still offering this program, however there were some different senior centers that wanted to try one of these programs in the future.

Programs in Your Community

No

Established Community Partnerships

Area Agency on Aging, Community-based organization (i.e., Libraries, Churches, Schools, etc.)

Area Agency on Aging

The City of Los Angeles has a department dedicated to Aging we can use for resources

CBO

We have senior centers, recreation centers and public libraries to partner with

Membership in Community of Practice

Yes

Page: Audio Submissions**Audio Submissions**

No File Uploaded

Page: Final Page

Please review your application before final submission. Only the application owner, not collaborators, can submit the application. Applications are due by December 22, 2022 at 11:59 PM PST.

If you would like a copy of your application, log back into the system and click the option to print.

For any questions, email HealthyAgingInParks@nrpa.org (mailto:HealthyAgingInParks@nrpa.org?subject=Inquiry%20About%20SHAPR%20RFP)

Ready to Submit Your Application

Yes (Click Save and Finalize)



MEMORANDUM OF UNDERSTANDING

This Memorandum of Understanding (MOU), entered into as of the date of the last signature affixed hereto (Effective Date), is made between **National Recreation and Park Association, Incorporated** (DUNS #: 042642892), not-for-profit corporation and Section 501(c)(3) organization located at 22377 Belmont Ridge Road, Ashburn, Virginia, 20148 (“NRPA” or “Grantor”) and **City of Los Angeles**, through its Department of Recreation and Parks (Unique Entity ID: FBTMNNK3L545), with a mailing address of 221 N. Figueroa St., Suite 350, Los Angeles, CA 90012 (“Grantee”).

1. Purpose

The purpose of this MOU is to confirm approval of the terms governing the acceptance and use of Four Thousand Dollars (\$4,000) (Grant Funds) made available to Grantee for the implementation of the project selected for grant funding (“Project”): Supporting Healthy Aging through Parks and Recreation. Grantee will also receive two (2) instructor trainings and related supporting program materials for the Enhance Fitness program.

This grant opportunity is the result of a partnership between NRPA and the Centers for Disease Control and Prevention (CDC), supported by the Funding Opportunity Announcement (FOA) Number: DP21-2106 and Award No. 1 NU58DP006985-01-00, dated July 16, 2021. NRPA is managing the administration of the grant program (Program). Grants made through this Program are intended to support the implementation of arthritis-appropriate evidence-based interventions (AAEBIs) (i.e., Active Living Every Day, Enhance Fitness®, Fit & Strong!, Walk With Ease, or Tai Chi for Arthritis) through local parks and recreation.

Having been selected as a recipient of Grant Funds through this Program, Grantee is required to accept the terms contained within this MOU in order to receive the Grant Funds and participate in this Project.

2. Project Funding

- A. Within thirty (30) days upon execution of this MOU and a copy of the proposed project budget and delivery to NRPA, NRPA will send Grantee a check or wire transfer in the amount of **FOUR THOUSAND DOLLARS (\$4,000.00)**
- B. Grant Funds will be distributed by NRPA
- C. No matching funds are required
- D. It is expressly understood that the NRPA has no obligation to provide additional funds to the Grantee for this Project or any other project or purposes.

3. Grantee Requirements

Grantee will use the Grant Funds to:

- A. Increase the availability and sustainability of AAEBIs provided through local parks and recreation.
- B. Participate in NRPA’s virtual Grantee Kick Off Call on **February 1, 2023**.
- C. Participate in the *Supporting Healthy Aging through Parks and Recreation Community of Practice (CoP)*.
 - Participate in monthly calls with NRPA staff and consultants. Dates TBD.
 - Engage with other CoP members to increase the equitable dissemination, delivery and sustainability of AAEBIs through park and recreation agencies.
- D. Work to enroll 150 participants in Enhance Fitness by **July 31, 2024**.
- E. Collaborate with NRPA to conduct evaluation and AAEBI tracking activities and submit information quarterly to NRPA as requested regarding:



- Reach of AAEBIs (# of participants, demographics, etc.)
 - Completion of instructor trainings
 - Updates on project status and timeline for planned activities/elements
 - Impact stories
 - Pictures documenting progress and activities (if applicable)
- F.* Participate in other AAEBI implementation and delivery evaluation activities as requested including interviews, focus groups, hosting a site visit, and surveys to document best practices to help inform resources and tools related to recruitment and partnership building.
- G.* Conduct local community outreach through web, social media, and local press release to help promote the Project in accordance with all press and promotional prior approvals. NRPA will provide a toolkit of sample content for this outreach.
- H.* Document and share with NRPA success stories, press releases, photos, videos, quotes, local media coverage and highlights throughout the project and grant period.
- I.* Complete project and submit a final report (template provided by NRPA) by **July 31, 2024**, describing the success(es) of the project and how the grant funds were utilized upon completion of the project.

4. Promotion

NRPA and CDC may use Grantee and/or park names, photos (upon approval and release by Grantee), and/or information in connection with the Project for promotional or other non-commercial purposes associated with the Project, in any and all media, without limitation and without further payment, notification, or permission, except where prohibited by law. If the Grantee's photo release form does not cover promotional and other non-commercial uses, NRPA can provide one upon request.

NRPA also grants City of Los Angeles a limited, non-exclusive, and royalty-free license to use NRPA's name, trademark, logos, and other identifying marks ("Licensed Marks") for promotional or other purposes associated with the Project, unless prohibited by law. NRPA shall have the right to review and approve the use of the Licensed Marks, as well as any and all related promotional and advertising material, in order to ensure that the use of the Licensed Marks meets NRPA's quality assurance standards.

Grantee shall provide NRPA an opportunity to review and approve any statement, message or use of CDC logo related to this grant or Project in advance of its release to the public.

Any promotion, public announcement, or promotion relating to the Grant Funds or Project shall be subject to the prior review of CDC, NRPA, and City of Los Angeles.

All Parties shall retain all title, ownership, rights, and intellectual property rights in their own respective marks, logos, content, materials, tools and intellectual property. Under no circumstance will any Party to this MOU use another Party's Licensed Marks in a false, misleading, or disparaging manner. Upon completion of the Project, Parties shall, at their own expense, return all copies Licensed Marks to their respective owners beyond what is necessary for record-keeping purposes.

5. Limits of Liability

To the fullest extent permitted by applicable law, Grantee hereby releases CDC and NRPA, and each of their directors, officers, managers, members, employees, agents, attorneys, advisors, consultants, volunteers and other like parties (collectively the "Support Parties"), from any liability whatsoever relating to or arising out of the



Project or the use of the Grant Funds. Grantee further waives any right to sue or bring any action of any kind against the Support Parties relating to or arising out of the Project or the use of the Grant Funds. This limitation of liability shall apply whether the Support Parties' liability arises due to breach of contract, breach of warranty, or as a result of tortious conduct, including, but not limited to, negligence (of any kind), strict liability, statutory liability, or any other causes of action.

NRPA's liability, if any, arising out of or in any way related to the relationship and/or dealings between NRPA and Grantee, shall be limited to the payment amounts paid pursuant to this MOU. NRPA shall not be liable for any damages caused by or arising out of the acts or omissions of a third party.

6. Indemnification

To the fullest extent permitted by applicable law, Grantee shall indemnify, defend and hold harmless the Support Parties from any and all causes of action, suits, settlements, judgments, liens, indebtedness, damages, losses, costs, expenses, fees (including attorney's fees and costs), penalties, claims, claims for relief, liabilities and demands of every kind, nature, and character (collectively, "Claims") relating to or arising out of: (i) Grantee's involvement in the development, planning, demolition, construction, installation, implementation, maintenance, repair and/or management of the Project; (ii) any failure by Grantee to comply with any applicable laws, rules and/or regulations (including, without limitation, building, safety and fire codes, etc.) in connection with the Project; (iii) Grantee's negligence, misconduct, or malfeasance of Grantees or their agents or representatives in connection with the Project; or (iv) any breach by Grantee of any agreement involving the Project or the use of the Grant Funds. In no event shall the Support Parties be liable for any punitive, exemplary, special, incidental, indirect or consequential damages of any kind (including, but not limited to loss of profits, loss of reputation and/or loss of current or prospective business advantage, even where such losses are characterized as direct damages) arising out of or in any way related to the relationship and/or dealings between the parties under this MOU, regardless of whether the claim under which damages are sought is based upon contract, tort, negligence (of any kind), strict liability or otherwise, and regardless of whether the parties have been advised of the possibility of such damages at the time of contracting or otherwise.

7. Confidentiality

During the term of this MOU, the Parties may learn certain Confidential Information of each other. For purposes of this MOU, Confidential Information means the confidential and proprietary information, not generally known by non-party personnel, used by the disclosing party and which is proprietary to the disclosing party, and includes, without limitation, the disclosing party's trade secret or proprietary personnel, financial, marketing and business information, including strategic, operations and other business plans or forecasts, and Confidential Information provided by the disclosing party regarding its employees, customers, vendors, sponsors and other contractors. The receiving party shall: (i) protect and safeguard the confidentiality of the disclosing party's Confidential Information with at least the same degree of care as the receiving party would protect its own Confidential Information, but in no event with less than a commercially reasonable degree of care; (ii) not use the disclosing party's Confidential Information, or permit it to be accessed or used, for any purpose other than to exercise its rights or perform its obligations under this MOU; and (iii) not disclose any such Confidential Information to any person, except to the receiving party's officers, employees, consultants, accountants, and legal advisors who are bound by written confidentiality obligations and have a need to know the Confidential Information to assist the receiving party, or act on its behalf, to exercise its rights or perform its obligations under this MOU. Nothing in this section shall be construed to limit the disclosure of any Confidential Information as may be required under applicable law, including the California Public Records Act.

8. Term



This MOU shall be effective as of the Effective Date hereof and shall continue until July 31, 2024 (the “Term”) in accordance with Section 11.

9. Use of Grant Funds

The Grantee shall use the full amount of the Grant Funds exclusively for the purposes set forth in Section 1. Unless otherwise agreed in writing by the Grantor, the Grantee shall return any portion of the Grant Funds and the income earned thereon that is not expended for such purposes in accordance with Section 11.

All unspent or uncommitted Grant Funds shall be invested in highly liquid investments (such as an interest-bearing bank account) with the primary objective being preserving the Grant Funds availability for the Project. Any interest or other income generated by the Grant Funds must be applied to the purposes described in the Grant Project.

The Grantee agrees not to use any portion of the grant or any income derived from the grant for the following:

- A. To carry on propaganda or otherwise attempt to influence legislation within the meaning of Section 4945(d)(1) of the Internal Revenue Code of 1986, as amended (the Code);
- B. To influence the outcome of any specific public election or to carry on, directly or indirectly, any voter registration drive within the meaning of Section 4945(d)(2) of the Code;
- C. To provide a grant to an individual for travel, study, or similar purpose within the meaning of Section 4945(g) of the Code, without prior written approval of Grantor.
- D. Payments of salaries, other compensation, or expense reimbursement to employees of the Grantee within the scope of their employment do not constitute “grants” for these purposes and are not subject to these restrictions;
- E. Except as expressly may be authorized in the approved Project, to provide a grant to any other organization without prior written approval of the Grantor; or
- F. To promote or engage in the following, but not limited to, acts that would create civil liability, criminal acts, criminal acts of violence, terrorism, hate crimes, the destruction of any state, or discrimination on the basis of race, national origin, religion, military and veteran status, disability, sex, age, or sexual orientation, or support of any entity that engages in these activities.
- G. To travel to NRPA’s Annual Conference or any other conference travel without written approval from Grantor.
- H. For research or clinical care except as allowed by law, or to purchase furniture or equipment. Any such proposed spending must be identified in the budget.
- I. Other than for normal and recognized executive-legislative relationships, no funds may be used for:
 - a. Publicity or propaganda purposes, for the preparation, distribution, or use of any material designed to support or defeat the enactment of legislation before any legislative body.
 - b. The salary or expenses of any grant or contract recipient, or agent acting for such recipient, related to any activity designed to influence the enactment of legislation, appropriations, regulation, administrative action, or Executive order proposed or pending before any legislative body.
 - c. See [Additional Requirement \(AR\) 12](#) for detailed guidance on this prohibition and additional guidance on lobbying for CDC recipients.

10. Audit

Grantee is expected to keep and maintain detailed books and records relating to the Grant, and the Grant Funds (including, without limitation, all uses thereof and expenditures therefrom) (collectively, the “Records”) during



the Term and for a period of seven (7) years thereafter (the “Audit Period”). NRPA and its assigns have the right to audit the Grantee’s financial records relating to this MOU upon not less than ten (10) business days’ advance written notice to Grantee by NRPA at any time during the Audit Period, at NRPA’s sole expense, during Grantee’s normal business hours. If as a result of an audit, NRPA determines that Grant Funds were not spent in accordance with the purposes of this Grant, the Grantee shall: (1) be required to return any Grant Funds not substantiated, and (2) reimburse NRPA for all costs and expenses incurred in connection with such audit. If NRPA determines that Grant Funds were used for fraudulent purposes, the Grantee shall be barred from participation in any further programs. Grantee shall further indemnify, defend, and hold the Support Parties harmless from any acts or omissions relating to its fraudulent use of the Grant Funds.

11. Termination and Repayment

Any party may terminate this MOU at any time for any reason upon providing the other party thirty (30) calendar days’ written notice. Further, either party may terminate this MOU at any time effective upon receipt of written notice by the other party of failure to perform. In the event that this MOU is terminated for any reason, Grantee shall promptly repay to NRPA any portion of the Grant Funds not already spent (subject to and in accordance with all of the terms and conditions hereof) as of the effective date of such termination.

None of the Parties shall be liable to the other by reason of termination of this MOU for compensation, reimbursement or damages for any loss of prospective profits on anticipated sales or for expenditures, investments, leases or other commitments relating to the business or goodwill of any of the parties, notwithstanding any law to the contrary. No termination of this MOU shall release the obligation to pay any sums due to the terminating party which accrued prior to such termination.

12. Compliance with Laws.

Grantee will comply in full with all applicable federal, state, and local laws and regulations and rules of governmental agencies and bodies relating to Grantee's acceptance and use of the Grant Funds, including those that govern gifts, donations, contributions, expenditures, and anything else of value that benefit, directly or indirectly, public officials. Grantee agree to notify Grantor immediately: (a) of any conduct on Grantee’s part regarding the use of Grant Funds that may be in violation of any applicable federal, state and local laws and (b) if Grantee receives notice of, or otherwise becomes aware of, any actual or threatened investigation, action, litigation, or disciplinary or other proceeding of which Grantee is or may be a subject in connection with the Grant Funds and to the extent permitted by applicable law, shall provide Grantor with all written notices and communications received by Grantee relating to or any such investigation, action, litigation, or disciplinary proceeding in connection with the Grant Funds.

Subgrantee agrees to abide by all federal laws, regulations, policies including:

- a. The CDC General Terms and Conditions for Non-research awards at: <https://www.cdc.gov/grants/documents/General-Terms-and-Conditions-Non-Research-Awards.pdf>.
- b. The Uniform Administrative Requirements, Cost Principles, and Audit Requirements for Federal Awards and HHS Awards in 2 C.F.R. Part 200 and 45 C.F.R. Part 75.
- c. All other general terms and conditions here: <https://www.cdc.gov/grants/federal-regulations-policies/index.html> including:
 - i. [HHS Grants Policy Statement](#)
 - ii. [Federal Funding Accountability and Transparency Act \(FFATA\)](#)
 - iii. [Anti-Lobby Restrictions for CDC Grant Recipients](#)
 - iv. [Grantee Notification Guidance on the Establishment of Subaccounts](#)



13. No Agency; Relationship of the Parties

Each party and their respective officers, employees, agents, contractors and/or consultants are independent contractors and are not, nor shall they hold themselves out to as or claim to be, employees or agents of the other party or any department, agency or unit thereof; accordingly, neither party shall have any authority to enter into any agreement on behalf of the other party or otherwise cause the other party to incur any obligations whatsoever other than as set forth herein.

14. Notices

All notices, requests, demands and other communications required or permitted under this MOU must be in writing and will be deemed to have been duly given, made and received only (a) when personally delivered, or (b) on the date specified for delivery when deposited with an overnight courier service such as Federal Express for delivery to the intended addressee, or (c) when sent via facsimile, only so long as followed by a hard copy sent in a manner set forth in (a) or (b) above, or (d) when delivered via email, only so long as followed by a hard copy sent in a manner set forth in (a) or (b) above, each of the foregoing addressed as set forth below:

City of Los Angeles, Department of Recreation and Parks
221 N. Figueroa St., Suite 350
Los Angeles, CA 90012
Attn: Melanie Escamilla, Aquatic Director
Email: melanie.escamilla@lacity.org

If to NRPA, to:
National Recreation and Park Association
22377 Belmont Ridge Road
Ashburn, VA 20148
Attn: Tiff Cunin, Senior Program Manager
Email: tcunin@nrpa.org

15. Required Disclosures

Grantees must disclose, in a timely manner in writing to NRPA and the U.S. Department of Health and Human Services Office of the Inspector General (HHS OIG), all information related to violations of federal criminal law involving fraud, bribery, or gratuity violations potentially affecting this grant award. Disclosures must be sent in writing to NRPA and to the HHS OIG at the following addresses:

National Recreation and Park Association
Kellie May, MTA
Vice President of Programs & Partnerships
22377 Belmont Ridge Road
Ashburn, VA 20148
Telephone: (703) 858.2176
Email: kmay@nrpa.org (Include "Mandatory Grant Disclosures" in subject line)

AND

U.S. Department of Health and Human Services



Office of the Inspector General
ATTN: Mandatory Grant Disclosures, Intake Coordinator
330 Independence Avenue, SW
Cohen Building, Room 5527
Washington, DC 20201
Fax: (202)-205-0604 (Include "Mandatory Grant Disclosures" in subject line) or
Email: MandatoryGranteeDisclosures@oig.hhs.gov

16. Entire Agreement.

This MOU supersedes any and all agreements, either oral or written, between the parties hereto with respect to the subject matter covered herein and contains all of the covenants and agreements between the parties with respect to the Grant purpose and Project in any manner whatsoever. Each party to this MOU acknowledges that no representations, inducements, promises, or agreements, orally or otherwise, have been made by any party, or anyone acting on behalf of any party, which is not embodied herein, and that no other agreement, statement, or promise not contained in this MOU shall be valid or binding. Any modification of this MOU will be effective only if it is in writing signed by the parties hereto. Any changes, additions or deletions to this MOU, including the Project, must be approved in writing by all the parties. This MOU and all amendments may be signed in counterparts, each of which will constitute one and the same document. Any signature delivered via facsimile or other electronic means shall be deemed an original signature to this MOU. The section headings contained in this MOU are for reference purposes only and shall not affect in any way the meaning or interpretation of this MOU.

17. Severability.

If any term, covenant, or condition of this MOU or the application thereof to any person or circumstance shall, to any extent, be invalid or unenforceable, the remainder of this MOU, or the application of such term, covenant, or condition to persons or circumstances other than those as to which it is held invalid or unenforceable, shall not be affected thereby, and each and every remaining term, covenant, or condition of this MOU shall be valid and enforced to the fullest extent permitted by law.

These parties have caused this MOU to be signed by their duly authorized representatives as of the last date set forth below.

National Recreation and Park Association

City of Los Angeles, Department of Recreation & Parks

By: _____

By: _____

Printed Name: _____

Printed Name: _____

Title: _____

Title: _____

Date: _____

Date: _____