

STAFF REPORT

Date: October 11, 2023

To: Mayor and City Council

Thru: Doug Thornley, City Manager

Subject: Staff Report (For Possible Action): Acceptance of Grant Award from the Department of Veterans Affairs for the Grants for Adaptive Sports Programs for Disabled Veterans and Disabled Members of the Armed Forces Program for the Fit but not Forgotten (FBNF) and Military to the Mountains (M2M) Veteran Fitness Classes at Evelyn Mount Northeast Community Center (or alternate location) in an amount not to exceed \$59,779.

From: April Wolfe, Therapeutic Rec Specialist

Department: Parks and Recreation

Summary:

The VA Sierra Nevada Health Care System (VASNHCS), in Reno provides primary and secondary care to a large geographical area that includes 20 counties in Northern Nevada and Northeastern California. Approximately 120,000 Veterans reside in this region, with Reno representing the largest urban area. The Reno campus does not have a pool or gymnasium onsite, and access to fitness equipment is limited to a supervised rehabilitation visit. For that reason, the Parks and Recreation Department applied for and received a grant from the Department of Veterans Affairs for the Grants for Adaptive Sports Programs for Disabled Veterans and Disabled Members of the Armed Forces Program to continue to provide the Fit but not Forgotten (FBNF) and Military to the Mountains (M2M) Veteran Fitness Classes at the Evelyn Mount Northeast Community Center (or alternate location) in the amount of \$59,779.

Alignment with Strategic Plan:

Fiscal Sustainability

Arts, Parks, and Historical Resources

Previous Council Action:

September 14, 2022 - Council approved a grant agreement in the amount of \$53,308 for the Fit but Not Forgotten and Military to the Mountain.

October 13, 2021 – Council approved a grant agreement in the amount of \$47,300 for Fit but Not Forgotten and Military to the Mountain.

September 23, 2020 - Council approved a grant agreement in the amount of \$41,000 for Fit but Not Forgotten and Military to the Mountain.

October 23, 2019 - Council approved a grant agreement in the amount of \$40,200 for Fit but Not Forgotten and Military to the Mountain.

October 10, 2017 – Council approved a grant agreement in the amount of \$29,228 for Fit but Not Forgotten.

September 28, 2016 – Council approved a grant agreement in the amount \$28,357 for Fit but Not Forgotten.

October 7, 2015 – Council approved a grant agreement in the amount of \$20,000 for Fit but Not Forgotten.

Background:

Council previously approved the acceptance of direct and pass-through grant funds from the Department of Veterans Affairs through the Veterans Affairs (VA) Integrated Adaptive Sport Program Grant administered by the United States Olympics Committee and the Department of Veterans Affairs for the Grants for Adaptive Sports Programs for Disabled Veterans and Disabled Members of the Armed Forces Program.

Discussion:

Parks and Recreation created the Fit but Not Forgotten (FBNF) program in 2012. The FBNF program engages disabled veterans by providing fitness training to promote a healthy lifestyle. Classes are taught by a VA Exercise Physiologist, City of Reno Certified Fitness instructor, and sport-specific certified coaches. Disabled veterans are required to participate in a minimum of four, one-hour fitness classes. Once they have completed their fitness classes, the disabled veteran becomes eligible for a free, all-inclusive facility membership. Pass holders have access to the Evelyn Mount Northeast Community Center weight room, cardio room, gymnasium, four-lane lap pool, and any water fitness, yoga or tai chi class.

Growing on the success of the Fit but Not Forgotten program, the City of Reno in partnership with the High Fives Foundation, a 501(c)3 non-profit, will provide an expanded 10-week fitness program preparing a select group of Fit but Not Forgotten graduates for a week of adaptive skiing through the Military to the Mountain Program. This intense, sport-specific training requires qualified Veterans to participate in two one-hour individual workouts, and one one-hour group workout per week for the duration of the program. City of Reno's role in this partnership is training the select group of Veterans so that they will be physically ready for a week of adaptive skiing. During the week on the mountain, this program will bring together a similar group of Veterans training with the Adaptive Training Foundation in Dallas, Texas and all skiing instruction will be conducted by adaptive snowsport instructors. At the conclusion of the week, a graduation for all participating Veterans will mark their hard work and success.

Parks and Recreation will use grant funds to cover the cost of certified coaches, adaptive recreation equipment, and program supplies for the weight and cardio room at the Evelyn Mount Northeast Community Center (or alternate location).

Financial Implications:

A direct cash match is not required. City staff time for project planning and administration will be the in-kind match that was submitted in the grant application.

Legal Implications:

Legal review completed for compliance with City procedures and Nevada law.

Recommendation:

Staff recommends Council approve the acceptance of the grant up to an amount of \$59,779.

Proposed Motion:

I move to approve staff recommendation.

Attachments:

SPORTS 23-006 Award Notification