

RESOLUTION NO. 5649

A RESOLUTION ACCEPTING A LOCAL GOVERNMENT GRANT FROM THE OREGON CASCADES WEST COUNCIL OF GOVERNMENTS (OCWCOG), SENIOR AND DISABILITY SERVICES, TO PROVIDE AQUATIC FITNESS CLASSES FOR OLDER ADULTS, APPROPRIATING FUNDS AND AUTHORIZING THE PARKS AND RECREATION DIRECTOR TO SIGN THE GRANT AGREEMENT AND RELATED DOCUMENTS.

WHEREAS, the Parks and Recreation Department submitted a grant application in the amount of \$2,316 for aquatic fitness classes for older adults; and

WHEREAS, the City has been awarded this grant in the requested amount; and

WHEREAS, the acceptance of this grant award will pay for equipment to provide these classes; and

WHEREAS, Oregon Local Budget Law provides that expenditures in the year of receipt of grants, gifts, bequests or devices transferred to the local government in trust for a specific purpose may be made after enactment of a resolution or ordinance authorizing the expenditure (ORS 294.326(3)).

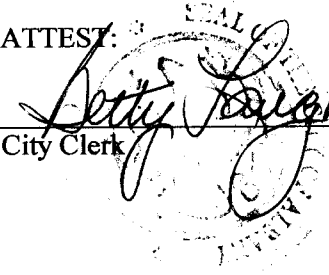
NOW, THEREFORE, BE IT RESOLVED that the City of Albany accepts this Local Government Grant in the amount of \$2,316; and the following appropriations be made for the Fiscal Year 2008-2009.

		<u>Resources</u>	<u>Requirements</u>
203-35-5063-42032	Grant- Council of Governments	\$2,316	
203-35-5063-61028	Senior Aquatic Fitness		\$2,316

DATED AND EFFECTIVE THIS 27TH DAY OF AUGUST, 2008.



Mayor

ATTEST: 

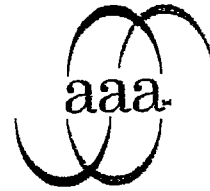

City Clerk



Senior and Disability Services

1400 Queen Ave SE • Suite 206 • Albany, OR 97322
(541) 967-8630 TTY/Voice • 1-800-638-0510 TTY/Voice

203 N Main St • Toledo, OR 97391
(541) 336-2289 • (541) 336-8103 TTY/Voice • (800) 282-6194



Area Agency on Aging

*Copy to Barb
8/5*

MEMORANDUM

DATE: August 4, 2008

TO: Rob Romancier, Albany Community Pool

FROM: Scott Bond, Director, Senior and Disability Services

RE: New Contract for OAA Funding

Enclosed please find two copies of your new contract with OCWCOG Senior and Disability Services. We ask that you review and then sign both copies of the contract (unless you have questions about the terms). Return one copy of the contract and at that time, we will consider the contract fully in force.

These contracts are written as a grant, which means that you will be able to invoice our agency for the full grant amount or you may arrange to invoice us through installments. Our intention is to allow equipment purchases to occur without creating cash flow issues. For other service related expenditures, you can invoice us once and expend the funds according to your contract Statement of Work.

There will be two visits from our agency to evaluate your progress related to the contract, one visit at six months, and one at 12 months. We suggest that you develop a reporting form that will show the progress that you have made in accomplishing your goals with the funds. This will make it easier to see what you have accomplished. The second visit will be with committee members of the advisory council's Monitor and Review Committee. This second visit will be an opportunity for you to showcase what you have accomplished with the funding and assist us in educating our citizen members about your organization and the services you offer.

If you have questions concerning this contract, please call me at 541-812-6008.

**GRANT AGREEMENT
BETWEEN
OREGON CASCADES WEST COUNCIL OF GOVERNMENTS
SENIOR AND DISABILITY SERVICES
AND
ALBANY COMMUNITY POOL**

This Agreement is made and entered into upon execution by and between Oregon Cascades West Council of Governments, hereinafter referred to as OCWCOG, an Intergovernmental entity created under the authority of ORS 190.010, and Albany Community Pool.

Recitals

- A. ORS 190.010 permits units of local government agencies to enter into agreements for the performance of required duties or the exercise of permitted powers.
- B. Albany Community Pool has staff with the proper credentials, licensing and experience to provide such service.

THEREFORE, the parties to this Grant Agreement agree to the following terms and conditions:

Agreement

SECTION 1. SCOPE OF SERVICES

- A. Increase the functional fitness of older participants – functional fitness helps to reduce the risk of many major diseases and illnesses. It enables seniors to carry out activities of daily living effectively, preserve independence, and allow individuals to pursue hobbies and sports.
- B. Reduce the risks of falls, a leading cause of injury, death, and hospital admissions, according to the Centers for Disease Control. Reducing the risk of a fall could have a dramatic effect on an aging adult's quality of life and lifespan; several research studies have shown that the more active a senior is, the better the person's overall health.
- C. Offer an easy-going, fun activity that invites participation and social interaction among older participants. Aquatic exercise allows you to meet and be with other people...because it allows opportunities for conversation; it reduces isolation and loneliness—a major health risk factor for older adults.
- D. Purchase 20 aqua belts, 20 sets of light hand weights, 20 sets of aqua glove and 13 pairs of hydro fit buoyancy/resistance cuffs.
- E. Use purchase of additional equipment to increase participation in classes by 20%.
- F. Fulfill services as outlined in the RFP proposal as submitted by Albany Community Pool, set forth in Attachment B.

SECTION 2. OCWCOG RESPONSIBILITY

- A. OCWCOG will provide a one-time grant of \$2316 to Albany Community Pool for aquatic fitness classes. Funding is provided through the Older Americans' Act.

SECTION 3. ALBANY COMMUNITY POOL RESPONSIBILITY

- A. Offer a variety of classes and recreational experiences for the community.
- B. Primary focus will be increasing the availability and variety of classes for the senior population. Currently, 150 senior participate in Albany Community Pool programs weekly.
- C. The needs assessment activities will be coordinated through BCHD's Health Promotion Unit, Chronic Disease and Tobacco Prevention Programs.
- D. BCHD and the Public Health Advisory Committee will work closely to oversee and monitor the project.
- E. Grant will be used in conjunction with the on going Tobacco-Related and Other Chronic Diseases (TROCD) project funded by the Oregon Division of Health.
- F. Through the TROCD project, Benton County will develop an evidence-based programmatic and policy intervention in response to the chronic disease crisis in Oregon.
- G. BCHS will use this funding opportunity as a means of leveraging limited resources to focus needed attention on the health status and services of older adults living in rural areas of the county.
- H. Contractor agrees to maintain books, records, and documents, accounting procedures and practices which properly reflect all costs expended in the performance of this contract. The Contractor agrees to maintain financial records related to the contract separate from other accounts. These records shall be made available at all reasonable times to OCWCOG, federal state, and other persons duly authorized by OCWCOG.
- I. The Contractor agrees to retain all books, records and other documents relevant to this agreement for three years after the end of the fiscal year during which they were created and any longer period which may be required to resolve any pending audit findings in accordance with 45CFR74, subpart D and applicable state law.

SECTION 4. PROVISIONS

- A. **Contract Period:** This Agreement shall be effective upon signing by both parties and shall terminate on July 31, 2009.
- B. **Assignability:** This Agreement is for the exclusive benefits of the parties hereto. It shall not be assigned, transferred, or pledged by either party without the prior written consent of all the remaining parties.

- C. Waiver: Waiver of any breach of any provision of this Agreement by either party shall not operate as a waiver of any subsequent breach of this same or any other provision of this Agreement.
- D. Termination: Either party may terminate this Agreement. Suspension in whole or in part of this Agreement by either party will require fifteen (15) days written notice to the other party or at such later date as may be established by OCWCOG under any of the following conditions:
- i. If OCWCOG funding from federal, state, or other sources is not obtained and continued at levels sufficient to allow for the purchase of the indicated services. When possible, and when agreed upon, the agreement may be modified to accommodate a reduction in funds.
 - ii. If federal and state regulations or guidelines are modified or changed in any way so that the services are no longer allowable or appropriate for purchase under this agreement.
 - iii. Any such termination of this agreement shall be without prejudice to any obligations or liabilities of either party already accrued prior to such termination.
- E. Discrimination: The parties agree to comply with all applicable federal, state, and local laws, rules, and regulations on nondiscrimination in employment because of race, color, ancestry, national origin, religion, sex, marital status, age, medical condition, disability, sexual orientation, gender identity or source of income.
- F. Compliance: The Contractor agrees to promptly observe and comply with all applicable current laws, order, regulations, rules, ordinances, licensing, standards, policies, procedures and requirements of federal, state, county, local governments and/or OCWCOG. The Contractor agrees to comply with applicable standards and policies which relate to energy efficiency and which are contained in approved State of Oregon energy conservation plan, which was issued in compliance with the Energy Policy and Conservation Act (PL 94-165).
- G. Indemnification and Insurance: To the fullest extent permitted by Oregon Law, Contractor agrees to and shall indemnify and hold harmless the OCWCOG, its officers, agents and employees from and against claims, demands, losses, damages, causes of action, suits, and liabilities (including reasonable attorney's fees, court costs and expenses related thereto) for bodily injury, sickness, disease or death, or for injury to or destruction of tangible property including loss of use resulting there from, but only to the extent caused by the negligent acts or omissions of the Contractor or any subcontractors under this contract.

The Contractor shall carry Commercial General Liability Insurance. The contractor shall include the OCWCOG, its officers, agents, and employees as "Additional Insured" on their policy.

The Contractor shall carry, at a minimum, Business Automobile Liability Insurance as is applicable to the organization.

In addition, the Contractor shall carry Professional Liability Insurance as is applicable to the organization.

- H. Public Contracts: Both parties agree to comply with all federal, state, county and local laws, ordinances, and regulations applicable to this Agreement. They specifically agree that the provisions of ORS 279.310 through 279.320 and 279.334 shall govern performance of this Agreement.
- I. The Contractor and OCWCOG are subject employers under the Oregon Workers' Compensation Law and shall comply with ORS 656.017, which requires CONTRACTOR to provide workers compensation coverage for all of its subject workers.
- J. Any Amendment to this Agreement shall be in writing and signed by authorized representatives of both parties.
- K. Written Notice:

Albany Community Pool Attn: Rob Romancier PO Box 490 Albany, OR 97321	Cascades West Council of Governments Attn: Jeanette Denos, Finance Director 1400 Queen Ave SE, Ste 201 Albany, OR 97322.
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- L. Severability: If any provision of the agreement shall be held invalid or unenforceable by any court of competent jurisdiction, such holding shall not invalidate or render unenforceable any other provision hereof.

SECTION 5. REPORTING

This grant requires reports to be submitted at six-months and twelve-month intervals. Report shall detail work that has been accomplished toward meeting goals and objectives as set forth in the original RFP as submitted to Senior and Disability Services, and shall also include details of collaborative efforts during the timeframe of the grant. The six-month report is due no later than January 30, 2009, and the twelve-month report is due July 31, 2009.

SECTION 6. BUDGET

See Attachment A.

IN WITNESS WHEREOF, the parties hereto each herewith subscribe the same in duplicate.

Cynthia Solie
 Cynthia Solie, Executive Director
 Oregon Cascades West
 1400 Queen Ave SE, Ste 201
 Albany, OR 97322

Ed Hodney
~~Rob Romancier, Albany Community Pool~~
 Ed Hodney, Director
 Albany Parks & Recreation

Date: 8-4-08

Date: _____

ATTACHMENT A

BUDGET

SENIOR AQUATIC FITNESS PROGRAM BUDGET	NEXT FISCAL YEAR
INCOME	
Class Registration Fees	\$38,100
Grants (OAA)	\$2,316
Other	
Total Program Income	\$40,416
EXPENSES	
Staff positions & related costs (1 instructor + 1 lead guard)	\$18,400
Facility operations	\$18,720
Advertising/Marketing/PR	\$980
Total Expenses	\$38,100
Equipment	
20 Aqua Joggers	\$1,080
20 sets of 2-3lb weights	\$130
20 sets of aqua gloves	\$300
13 pairs of hydrofit buoyancy/resistance cuffs	\$806
Total Equipment	\$2,316
GRAND TOTAL EXPENSE + EQUIPMENT	\$40,416

**Older Americans Act Fund Award Request
2008 Grant Application**

Name of Project: Aquatic Fitness Classes for Older Adults

Name of Organization: Albany Community Pool

Tax ID#: 93-6002114

Contact Name: Rob Romancier

Phone: 541-967-4521 Fax: 541-917-7776

Address: P.O. Box 490, Albany, OR 97321

Project Timeline: August 2008-August 2009

Location of the Event: Albany Community Pool

Total Grant Award Request: \$2316

1. Please describe your project and how it will address one of the stated services in Section 1. Limit responses to 300 word maximum. 30 points maximum value.

The Albany Community Pool, in Linn County, offers a variety of classes and recreational experiences for the community. A primary focus of the Albany Community Pool has been on increasing the availability and variety of classes for the senior population. The Senior Exercise Class, Shallow Water Aerobics, Deep Water Aqua Jogging, and Therapy Lap Swim are among the most popular classes for seniors. Currently, 150 seniors participate in these programs weekly. In order to meet the growing demand from older adults, this grant would purchase 20 aqua belts, 20 sets of light hand weights, 20 sets of aqua gloves, and 13 pairs of hydro fit buoyancy/resistance cuffs. We anticipate that this purchase would increase participation by 20%.

Aquatic fitness programs offer many different forms of training. From improving cardiovascular endurance to rehabilitating chronic pain, aquatic exercise can help participants reach their goals. Water fitness programs offer particular benefits to older adults and contribute to a "healthy aging population". They improve overall well-being and cardiovascular fitness; strengthen muscles; improve flexibility, mobility and agility; improve physical coordination and balance; relieving pain; and are low impact. Joints are protected against damage, because the buoyancy of the water counteracts the weight. Exercise physiologist Robert A. Robergs notes that swimming is a good fitness choice for those who have physical limitations or who find other forms of exercise painful". In addition to physical benefits of water exercise, "there are psychological and social benefits as well. People feel better about themselves, are more engaged in community activities, and they tend to not lose their independence because they're physically fit", says Wojtek Chodzko-Zajko, PhD, Department of Kinesiology at the University of Illinois at Urbana-Champaign.

2. Please state at least 3 goals that you propose to achieve through your project that will benefit older adults living in the community. Limit response to 150 words. 25 points maximum value.
- Increase the functional fitness of older participants - Functional fitness helps to reduce the risk of many major diseases and illnesses. It enables seniors to carry out activities of daily living effectively, preserve independence, and allow individuals to pursue hobbies and sports.
 - Reduce the risks of falls, a leading cause of injury, death and hospital admissions according to the Centers for Disease Control. Reducing the risk of a fall could have a dramatic effect on an aging adult's quality of life and lifespan; several research studies have shown that the more active a senior is, the better the person's overall health.
 - Offer an easy-going, fun activity that invites participation and social interaction among older participants. Aquatic exercise allows you to meet and be with other people...because it allows opportunities for conversation, it reduces isolation and loneliness, a major health risk factor for older adults.
3. Please describe how you plan to coordinate your project with existing services, programs or community partner programs. Include any plans to develop coordinated marketing or training related to your project. Limit response to 300 words maximum. 25 points maximum value.

The Albany Community Pool currently offers Senior Exercise Classes two times each day, four days each week. The Shallow Water Aerobics and Deep Water Aqua Jogging classes are each offered two times each week. The Older Americans Act award would provide the opportunity for more older adults to participate in these classes. Currently, the Albany Community Pool has a limited amount of equipment, much of the available equipment is peeling, rusting, and is in need of replacement.

The Albany Community Pool with the help of the City of Albany Parks & Recreation Department, will market and promote the senior aquatic fitness program several ways, including listing class descriptions and program information on the Albany Parks & Recreation website; promotion of classes in the Albany Parks & Recreation Brochure mailed to 27,000 households quarterly; specialized posters and fliers given to users of other aquatic programs and recreational swim opportunities; work with community partners like senior living facilities, the Albany Senior Center, local insurance agents, and Samaritan Health Services Geriatric Programs to provide class schedules and information to users of those programs.

4. Please include a budget that shows how the requested funds will be utilized as well as any matching or in-kind funds that will be used to support your request. Limit response to one budget page maximum. 20 points maximum value.

See Budget – Attachment # B

Total ACP Budget \$ 687,900

Senior Aquatic Fitness Programs Budget

INCOME	Next Fiscal Year
Class Registration Fees	\$ 38,100
Grants (OAA)	\$ 2,316
Other	

Total Program Income \$ 40,416

EXPENSES

Staff positions & related costs (1 instructor + 1 lead guard)	\$ 18,400
Facility operations	\$ 18,720
Advertising/Marketing/PR	\$ 980

Total Expenses \$ 38,100

Equipment:

20 Aqua Joggers	\$ 1,080
20 sets of 2-3 lb weights	\$ 130
20 sets of aqua gloves	\$ 300
13 pairs of hydrofit buoyancy/resistance cuffs	\$ 806

Total Equipment \$ 2,316

Grand Total Expense + Equipment \$ **40,416**

Budget Narrative:

Staff expenses are figured for a total of 48 weeks during the year and 12 hours per week at a rate of \$32 an hour which includes both an instructor and a lead life guard.

Facility Operations are figured at 1/4 of the facility rental rate (\$32.50) for 12 hours per week and 48 weeks per year.