



CITY OF DETROIT
OFFICE OF THE CHIEF FINANCIAL OFFICER
OFFICE OF DEVELOPMENT AND GRANTS

COLEMAN A. YOUNG MUNICIPAL CENTER
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DETROIT, MICHIGAN 48226
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May 5, 2022

The Honorable Detroit City Council
ATTN: City Clerk Office
200 Coleman A. Young Municipal Center
Detroit MI 48226

RE: Request to Accept and Appropriate the Fit and Strong Grant

The National Recreation and Parks Association (NRPA) has awarded the City of Detroit General Services Department with the Fit and Strong Grant, valued at \$1,300.00. This is a non-cash grant. There is no match requirement. The total project cost is \$1,300.00.

The objective of the grant is to support healthy aging for Detroit residents. The award will be utilized to provide technical assistance to create evidence-based programs for healthy living for seniors. The work includes implementing NRPA's Elevating Health Equity Through Parks and Recreation - A Framework for Action toolkit and implementation at least two sessions for the program with a goal of reaching 100 participants.

I respectfully ask your approval to accept and appropriate funding in accordance with the attached resolution.

Sincerely,

DocuSigned by:
Terri Daniels
4D2BEEE23C8D489...

Terri Daniels
Director of Grants, Office of Development and Grants

CC:
Sajjiah Parker, Assistant Director, Grants

DocuSigned by:
Steven Watson
42C91AA10FE84AD...

Office of Budget

DocuSigned by:
Pamela Parrish
70C0D4CF3DFD453...

Agreement Approved as to Form
By the Law Department



Office of Development and Grants

RESOLUTION

Council Member _____

WHEREAS, the General Services Department is requesting authorization to accept a non-cash grant from the National Recreation and Parks Association, valued of \$1,300.00, to support healthy aging for Detroit residents; and

WHEREAS, the Law Department has approved the attached agreement as to form; and

WHEREAS, this request has been approved by the Office of Budget; now

THEREFORE, BE IT RESOLVED that the Director or Head of the Department is authorized to accept the grant agreement on behalf of the City of Detroit for the Fit and Strong Grant.

Grant Requirements

Join and participate in a grantee kick-off meeting in March 31, 2022, Join and participate in NRPA's 18-month Community of Practice (CoP) that provides dedicated training resources, networking and peer dialogue focused on advancing health equity, partnership building and program sustainability, As part of the Community of Practice, you commit to implementing NRPA's Elevating Health Equity Through Parks and Recreation - A Framework for Action toolkit, Implement at least two sessions for the program(s) awarded with a goal of reaching 100 participants. If you are unable to implement the programs, you agree, at your agency's expense, to send the equipment and participant materials back to NRPA., Participate in evaluation efforts by submitting biannual reports and participating in interviews as needed, Understand that all instructor training grants are in-kind and no funds will be dispersed to your agency. Instructor trainings and participant material is ordered and paid for by NRPA., Notify your Director, Superintendent or head of your agency of this grant so that he/she is aware and supports the implementation of the program(s).

Grant Acceptance

Yes

Application: 9455 | General

Detroit Parks and Recreation

Started at: 1/27/2022 08:37 AM - Finalized at: 1/28/2022 12:51 PM

Page: Overview

DEADLINE TO COMPLETE THIS APPLICATION HAS BEEN CHANGED TO JANUARY 31, 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** 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.

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 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 systemic racism through the power of parks and recreation.

An exemplary applicant will leverage this 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.

As a means for advancing restorative justice, this project should prioritize investments in Black, Indigenous, low-income communities, communities of color and rural communities that experience chronic underinvestment.

This grant opportunity will support awarded agencies with instructor trainings for one of four evidence-based physical activity programs along with the participant materials and equipment required for each program.

In addition, awarded grantees will become members of NRPA's Community of Practice (CoP) that 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 evidence-based programs.

As a member of the CoP, awarded agencies will work with NRPA's Health Team and a public health consultant, Epic Health Solutions (EHS), to implement NRPA's *Elevating Health Equity in Parks and Recreation: A Framework for Action* that will improve the ability for agencies to deliver these evidence-based programs to all community members:

- **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** - behavior-change 16-week program for those at any level of fitness and 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.
- **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.

Eligibility/Guidelines:

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 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.

Through this grant opportunity, awarded agencies will:

- Join and participate in:
 - A grantee kick-off meeting in March 2022
 - NRPA's Community of Practice (CoP) providing dedicated training resources, networking and peer dialogue focused on advancing health equity, partnership building and program sustainability
 - Ongoing technical assistance calls and meetings (combination of individual, small group, and large group with NRPA's Health team, NRPA's public health consultant and like-minded partner organizations and park and recreation peers)
- Implement at least one of the AAEBI programs (ALED, EF, F&S! 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 biannual reports, participating in focus groups and interviews
- Potentially host NRPA for a site visit (in-person or virtual) over the course of the grant period

NRPA will conduct a two-part review process with input from national partners and experienced park and recreation professionals. The first round of reviews will be based on the application itself including:

- Clear interest and commitment to the goals 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.

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 in the identification of a diverse cohort of finalists.

Awards will be tiered: Tier 1, Tier 2, and Tier 3. All awarded recipients, regardless of tier, will become members of the Community of Practice and will receive support from NRPA in the way of instructor training grants and program equipment, in addition to 1-on-1 Technical Assistance, Group Technical Assistance and Training.

Tier 1 and Tier 2 agencies will also receive funding up to \$3,000 to support the equitable implementation of AAEBI programs beyond Grant Year 1 based on their community metrics using the CDC SVI (<http://www.atsdr.cdc.gov/placeandhealth/svi/index.html>) score to aid in the identification of a diverse cohort of finalists.

- Tier 1: Agencies will have an SVI score of .85 or higher
 - Will receive funding (up to \$3000) to support program implementation beyond the grant
 - Will receive instructor trainings and equipment to support program implementation and sustainability
 - Become a member of the Community of Practice
- Tier 2: Agencies will have an SVI score of .75 - .84
 - Will receive funding (up to \$3000) to support program implementation beyond the grant
 - Will receive instructor trainings and equipment to support program implementation and sustainability
 - Become a member of the Community of Practice
- Tier 3: Open to all agencies in all communities
 - Will receive instructor trainings and equipment to support program implementation and sustainability
 - Become a member of the Community of Practice

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

Application Open	December 13, 2021
Informational Webinar	December 13, 2021
Application Closes	January 31, 2022
Communities Selected	On or before February 11, 2022
Kick-Off Call	Early March, 2022
Training	Ongoing between March 2022 - September 2023

A list of frequently asked questions (<http://nrpa-grants.secure-platform.com/a/page/faqs/Supporting-Healthy-Aging-Through-Parks-and-Recreation>) and definitions of key terms and a recorded webinar (<http://learning.nrpa.org/products/supporting-healthy-aging-through-parks-and-recreation-on-demand>) with an overview of the grant opportunity is available to answer questions about the grant. Note that you will have click "register" (for free) in order to open the recorded webinar.

If your question has not been answered in any of the resources above, please e-mail:

HealthyAgingInParks@nrpa.org (mailto:HealthyAgingInParks@nrpa.org)

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.

Completing the Application

You have the option to complete the entire application in writing or partially written and multimedia. All written components must be submitted through this online application.

If you are submitting a partial multimedia application, you must provide written statements to questions where indicated. For all multimedia question responses, you must indicate the questions covered through multimedia response – this could simply be a sentence "Answered in video" or "Answered in attached podcast." There will be space at the end of the application to upload all multimedia files. Multimedia submissions should not exceed a total of 20 minutes and must be 50 MB or less.

Partial multimedia applications must cover all points of each question. All applications, written or partial multimedia, will be judged equally without preference to one method.

Applicants have the option of submitting parts of the application in written, video 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.

The video and voice recordings should clearly answer all components of each question. However, creativity is welcomed. All methods of response will be equally scored during the review process without preference given to any one method.

Examples of video or voice recordings could be:

- Interview style with stakeholders (municipal or community partners, community members, park and recreation professionals, etc.).
- A story-telling format with images, clips or descriptions of project focus areas (example could be a podcast).
- A multi-media presentation.

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

Applications are due by January 31, 2022, 11:59 PM PST and NRPA anticipates notifying applicants on or before February 11, 2022.

Page: Eligibility

Agency Category

Local, municipal or regional government agency

Page: Agency Information

Agency Name

Detroit Parks and Recreation

Last Name

Capers

First Name

Nancy

Email Address

CapersN@detroitmi.gov

Federal Identification Number

38-6004606

Agency Address115 Erskine
Detroit Michigan 48201 US**Director Name**

Nancy

Director's Email Address

CapersN@detroitmi.gov

Phone #

313-296-5694

NRPA Member Number

431986

Program Team

Program Lead - Nancy Capers, will ensure compliance of grant requirements including training staff, advertising program, reporting outcomes and sustainability planning.

Partners - Recreation Center staff will be trained and certified, as required. They will be responsible for implementing the program, community outreach and reporting participant data.

All team members will be expected to commit to the timelines specified in the grant requirements for the duration of the 18-month program.

Page: Community Information and Equity Prioritization**Agency Role in Community**

Our agency connects the community through our parks, recreation centers and programs by providing accessible health and wellness options.

Diversity, equity and inclusion

Our department works closely with our Civil Rights, Inclusion and Opportunity department to ensure that the staff is trained and well versed in the equitable treatment of all persons. The City has implemented a zero-tolerance policy to facilitate the fair and equitable treatment of all employees and the general public. Community outreach is done in all areas of the City being mindful of citizens with various special needs by providing services such as ASL services and multi-language printed materials.

Community Engagement

Our agency often seeks to engage the community we serve by conducting town hall meetings, needs assessment surveys and other outreach vehicles, on a regular basis. While many of these events are mandated by City Charter and grant sponsored programs, the agency remains committed to such regardless of this edict. The results of this outreach can be viewed on our website.

Challenges impacting people with chronic conditions like arthritis in your community

Many in our community are categorized as low-income and therefore experience barriers to education and medical treatment as it relates to treatment for chronic conditions such as arthritis. Language barriers has sometimes attributed to the the lack of knowledge regarding the avenues available to them.

Community Assets

We are fortunate to have 1). staff committed to the betterment of the community we serve. Many have a vested interest as they are residents that have benefited from the many services that we have provided throughout their life times.

We also have the luxury of 2.) eleven recreation centers within city limits that offer 3.) unique and diverse amenities such as an indoor ice rink, 5 indoor swimming pools, 2 outdoor Olympic-sized swimming pools and several outdoor walking paths and trails.

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

American Indian or Alaskan Native

1

Asian and Pacific American Islander

0

African American or Black

90

Hispanic or Latino

2

White or Caucasian

2

Bi-Racial or Multi-Racial

5

Other

0

Service Area Description

Urban

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

We continually seek opportunities to support the critical needs of our community members, health and wellness being one of them. We have exhibited our commitment by collaborating with other aging adult focused organizations, such as the local area agency on aging, local medical care providers and university gerontology departments and local church groups.

Current Programming

Our current programming consists of an annual Senior Olympics competition that brings together well over 200 participants over 3 days. Seniors in the metropolitan area are eligible to participate in activities such as golf, bowling, swimming, running, walking, volley ball, horse shoes, etc. This program is primarily funded by our local area agency on aging.

Annual Strides for Seniors program which allows us to collaborate with other senior organizations. The purpose is to inform and engage seniors of the many local programs that are available to them. The seniors get pledged donations from their friends and family based on their participation in walking a designated number of miles. The funds are used to fund future senior programming.

Our Senior Friendship Day draws an average of 2,500 to 3,000 seniors from across the city. This annual event is held at the Aretha Franklin Amphitheatre. It includes a DJ, entertainment by seniors and professional musicians, lunch, a host of senior-focused organizations informing the participants of the free and/or low cost services they provide.

Our recreation centers have programs specifically designed for our aging population such as water aerobics, chair aerobics, square dancing, round dancing, archery, hustle dance, ball room dance, pickle ball and putt-putt golf, to name a few.

Partnerships

We continue to seek opportunities to partner with community-based organizations such as the local United Way, the local area agency on aging, local churches, urban farming groups, community volunteers, medical insurance providers, local professional sports teams and universities.

These organizations have provided resources that enable us to administer programs for all segments of our population.

Addressing Inequities in Your Community

The majority of our population is Black, therefore, providing services to this segment of the population is not a challenge. We also have a large population of Hispanic and other minorities that we make every effort to cater to. We have conducted a number outreach efforts to determine their needs and address their concerns. For instance, one area of our city has a large population of Bengali citizens that have expressed a great interest in Cricket. To address their interest, we have installed a cricket field in a park that is highly utilized by this segment of the population.

Additionally, we have a recreation center that is dedicated to the needs of the disabled population. We have installed accessories to our entire fleet of transport vans to enable easy access for passengers with physical disabilities.

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.

For additional information on the ALED, F&S and WWE programs view NRPA's Healthy Aging In Parks Assessment Tool (<https://www.nrpa.org/contentassets/95e642e9c6504cda80ff72cc7c7cbef5/healthy-aging-program-assessment-tool.pdf>). For additional information on the EF program view the EnhanceFitness Fact Sheet ([https://cdn.filestackcontent.com/5VIPunndTWGgI5UhY9HR?EF Fast Facts Extra for NRPA 2021.pdf](https://cdn.filestackcontent.com/5VIPunndTWGgI5UhY9HR?EF+Fast+Facts+Extra+for+NRPA+2021.pdf)).

Active Living Every Day:

- 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

EnhanceFitness

- 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

Fit & Strong!:

- 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

Walk With Ease:

- 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

Program Selection

Fit & Strong!

Fit & Strong! is a multi-component physical activity and behavior-change program that teaches sedentary adults with joint pain and stiffness how to engage in safe and effective exercise.

Target Audience - those who want to be physically active but may have lower-extremity limitations , Program Duration - 8-weeks; 3 times per week for 1.5 hours -or- 12-weeks; 2 times per week for 1.5 hours , Instructor Training - online format that takes 6-7 hours to complete

Program Costs

No

Anticipated Barriers

There are no foreseen barriers to the planning, implementation or sustainability of this program.

Target Audience

The intended audience is sedentary seniors aged 55 with in need of motivation and interest in becoming physically active. We plan to market this audience social media and community outreach by distributing marketing materials, utilizing internal resources and collaborating with other community based organizations.

Prior Implementation of Programs

Yes

whatAaebiProgramsHasYourAgencyImplemented

Walk With Ease

pleaseComment

I am not sure

Programs in Your Community

Unsure

Established Community Partnerships

Local Health Department , Area Agency on Aging, Community-based organization

Local Health Department

Detroit Health Department- we have collaborated with them on a regular basis with various levels of service.

Area Agency on Aging

Currently, this organization currently sponsors our annual Senior Olympics, Senior Friendship Day, Senior Congregate Meals, and Caregiver training workshops

CBO

United Way has sponsored a few of our food based initiatives. Recently they have agreed to sponsor an intergenerational garden project.

Page: Multimedia Attachment

Multimedia Submission

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 January 31, 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=Mentorship%20for%20Rural%20Youth%20Impacted%20by%20Opioids%3A%20Grant%20Application%202021)

Ready to Submit Your Application

Yes (Click Save and Finalize)

Started at: 3/7/2022 12:52 PM - Finalized at: 3/8/2022 12:57 PM

Page: Supporting Healthy Aging Through Parks and Recreation Grantee Acceptance

Congratulations! You have been selected as a recipient of the NRPA's Supporting Healthy Aging Through Parks and Recreation grant. Through this grant opportunity your agency will receive two instructor trainings for the evidence-based program you applied for along with the participant materials and equipment required for that program.

Also, as part of this award, your agency will become a member of NRPA's Community of Practice (CoP). The CoP is 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 evidence-based programs.

We ask that you complete this acceptance survey by **March 11, 2022**.

Important upcoming dates:

- March 11, 2022 – complete this acceptance survey
- March 14, 2022 – NRPA to send grantee welcome packets
- March 31, 2022 – grantee kick-off call at 2:00pm-3:00pm EST

Agency Name:

Detroit Parks and Recreation

Your Name:

Nancy Capers

Your Email:

CapersN@detroitmi.gov

Please provide the information for the primary contact person for this grant. This person will receive all grant related communications.

Grant Contact Name:

Nancy Capers

Grant Contact Email:

CapersN@detroitmi.gov

Program Selection

Fit & Strong

All training grants are **IN-KIND (meaning the grantees receive no funds) and no matching funds are required**. The award value amounts listed below are based on the receipt of two (2) F&S! instructor training grants and the associated participant materials:

Total value for Fit & Strong! grant = \$1,300

- Instructor trainings
- Participant materials