

## STAFF REPORT

---

**Date:** October 11, 2017

**To:** Mayor and City Council

**Thru:** Sabra Newby, City Manager

**Subject:** **B.7. 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 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 in the amount of \$29,228.**

**From:** April Wolfe, Therapeutic Recreation Specialist

---

**Summary:** The Parks, Recreation and Community Services (PRCS) 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 in the amount of \$29,228. Staff recommends that Council approve the acceptance of the \$29,228 grant and authorize the City Manager to sign the grant agreement.

**Previous Council Action:** Council approved a previous grant award from the Department of Veterans Affairs at the October 7, 2015 and September 28, 2016 meetings.

**Background:** The City Council has 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:** PRCS 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 Physical Therapist, 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 or yoga class.

Growing on the success of the Fit but not Forgotten program, the City of Reno in partnership with the High Fives Foundation will provide an expanded 10-week fitness program preparing a select group of Fit but not Forgotten graduates for a week of adaptive skiing at Squaw Valley Alpine Meadows through the Military to the Mountains 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 adaptive skiing instruction will be conducted by Achieve Tahoe. At the conclusion of the week, a graduation for all participating Veterans will mark their hard work and success.

Grant funds will be used 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.

**Financial Implication:** There are matching requirements which will be met through the in-kind contribution of city staff time for project planning and administration.

**Legal Implications:** The grant conditions require that the grantee submit a quarterly written Progress and Expenditure Report. If any funds remain after completion of the identified work, all unexpended funds shall be returned.

**Recommendation:** Staff recommends the City Council accept the 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 in the amount of \$29,228 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, and authorize the Mayor to sign the grant agreement.

**Proposed Motion:** I move to approve the staff recommendations.

**Attachments:**

- 2018-ASG-18 City of Reno (PDF)