

RESOLUTION NO. 2024- 536

A RESOLUTION BY THE BOARD OF COUNTY COMMISSIONERS OF ST. JOHNS COUNTY, FLORIDA, AUTHORIZING THE COUNTY ADMINISTRATOR OR DESIGNEE, TO SUBMIT AN APPLICATION SEEKING GRANT FUNDING THROUGH THE NATIONAL RECREATION AND PARKS ASSOCIATION'S SUPPORTING HEALTHY AGING THROUGH PARKS AND RECREATION 4.0 GRANT.

RECITALS

WHEREAS, The National Recreation and Parks Association allows organizations to make applications through Supporting Healthy Aging Through Parks And Recreation 4.0 Grant; and

WHEREAS, the County has reviewed the completed Grant application; and

WHEREAS, the County has determined that none of the requirements, restrictions, and/or obligations associated with award of the Grant, of the Grant itself, negatively impact the interests of the County; and

WHEREAS, applying for grants under the National Recreation and Parks Association's Supporting Healthy Aging Through Parks and Recreation 4.0 Grant serves the overall interest of the county.

NOW THEREFORE BE IT RESOLVED by the Board of County Commissioners of St. Johns County, Florida, As Follows:

Section 1. The above Recitals are hereby incorporated into the body of this Resolution, and are adopted as Findings of Fact.

Section 2. The Board of County Commissioners hereby approves terms, conditions, provisions and requirements of the Grant Project Agreement attached hereto and incorporated herein, and authorized the County Administrator, or designee to execute said contract on behalf of the County.


Section 3. To the extent that there are typographical or administrative errors that do not change the tone, tenor, or concept of this Resolution, then this Resolution may be revised without subsequent approval of the board of County Commissioners.

Section 4. This Resolution shall be effective upon its execution.

PASSED AND ADOPTED by the Board of County Commissioners of St. Johns County, Florida, this 3rd day of December, 2024.

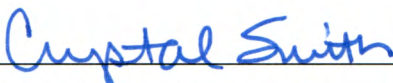
BOARD OF COUNTY COMMISSIONERS OF ST. JOHNS COUNTY, FLORIDA

Rendition Date DEC 03 2024

By: 

Krista Joseph, Chair

ATTEST: Brandon J. Patty,
Clerk of the Circuit Court & Comptroller

By: 

Deputy Clerk



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.

Methods of Submission: 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 questions and submission fields is provided in this PDF copy (<https://nrpa-grants.secure-platform.com/file/21831/eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJtZWRpYULkIjoyMTgzMSwiYXsb3dOb3RTaWduZWVcmwiOiJlUcnVIIiwiaWdub3JlITSHAPR%204.0%20Grant%20Application.pdf>) to assist applicants in planning their responses.

Applications are due by October 25, 2024 11:59 PM PST and NRPA anticipates notifying applicants on or before November 18, 2024.

Page: Eligibility

Agency Category

Local, municipal or regional government agency

Grant Recipient December 2023?

No

Page: Organization Information

Organization information responses must be written.

Organization Name

SJC BOCC Parks & Rec

Applicant's Name

Theresa Simpson

Applicant's Email Address

tsimpson@sjcfl.us

Applicant's phone number

+1 904-209-0375

Federal Identification Number

59-6000825

Organization Address

2175 Mizell Rd.
St. Augustine Florida 32080 US

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

Ryan Kane, Director

Organization Head Email Address

rkane@sjcfl.us

Organization head phone number

+1 904-209-0324

NRPA Member Number

N/A

Program Team

Ashley Brown will serve as the program lead. As the Program and Facility Coordinator for the Solomon Calhoun Center, she has extensive experience in managing programs at her site, and will have the best knowledge of the day-to-day activities. Her leadership role will involve overseeing program implementation, managing logistics, and ensuring the program meets its goals. Ashley Brown and Shirley White will be the instructors for the program. Both have worked with senior participants for several years, contributing to the strong reputation and legitimacy of the senior programs at the Solomon Calhoun Center. Their experience and relationships with the seniors will ensure high-quality, trusted instruction. The program will partner with the West Augustine Community Redevelopment Agency (CRA), NE FL Community Action Agency, and the St. Johns County Council on Aging. These organizations will assist with outreach efforts to increase participation numbers, leveraging their networks and community relationships to promote the program to a broader audience. Their involvement will be crucial for expanding the program's reach within the senior community.

Page: Community Information and Equity Prioritization

Organization Role in Community

The St. Johns County Parks & Recreation Department plays a vital role in fostering a healthy, active, and connected community by providing accessible recreational opportunities, maintaining high-quality parks and facilities, and offering diverse programs for residents of all ages and abilities. Our organization serves as a cornerstone for community engagement, enhancing the quality of life through outdoor activities, educational programs, and cultural events. We have, incrementally, been adding accessible recreation where funding and programming opportunities have allowed.

Diversity, equity and inclusion

The St. Johns County Parks & Recreation Department is deeply committed to promoting justice, diversity, equity, and inclusion in all aspects of our operations. We understand that fostering an inclusive community means ensuring that all residents, regardless of race, ethnicity, income level, or social background, have equal access to our programs, services, and spaces. Our goal is to create an environment where everyone feels welcome, respected, and valued.

Community Engagement

We believe that fostering partnerships and working collaboratively with community members ensures that our services align with their needs and aspirations. Our Recreational Advisory Board (RAB), which includes local stakeholders, plays a crucial role in advising on new programs and projects. The RAB ensures that diverse community voices are considered, promoting inclusivity and representation. We also work closely with local partners, such as the West Augustine CRA and the St. Johns County Council on Aging, to develop programs that are responsive to the needs of specific demographics, such as seniors and youth. Our goals for community engagement are to increase participation. By co-designing programs with community input, we strive to create services that are not only accessible but also reflective of the cultural and social fabric of St. Johns County.

Challenges impacting people with chronic conditions like arthritis in your community

In our community, individuals with chronic conditions like arthritis face several significant challenges that impact their quality of life. Two of the biggest challenges is access to affordable, specialized recreational programs that accommodate their physical limitations, and programs that are within their neighborhood. Our goal in providing support to this community focus on creating inclusive, accessible programs that promote physical activity, social connection, and education. We aim to offer specialized fitness classes, workshops, and support groups tailored to those with arthritis and other chronic conditions.

Current Programming

St. Johns County Parks & Recreation Department offers a range of programming aimed at enhancing the health and well-being of the community. These programs are designed to promote physical activity, social engagement, and overall wellness for residents of all ages and abilities.

Current Programs:

Fitness and Wellness Classes: We offer a variety of fitness classes, including yoga and dance classes conducted at multiple recreation centers. These classes are held weekly and cater to individuals of different fitness levels, encouraging regular physical activity.

Active Older Adults Programs: St. Johns County currently has a contract with the St. Johns County Council on Aging, who provide Senior Programming for participants throughout the community. We also host a low-impact chair aerobics class and a walking club specifically for seniors to focus on improving mobility, strength, and flexibility. These classes are held in a part of the community that is economically depressed and where our citizens have transportation deficiencies.

Outdoor Activities: Our team offers nature walks, cycling groups, and paddleboarding and kayaking tours throughout the county's parks. These activities are scheduled monthly and provide participants with opportunities to enjoy physical exercise in a natural setting, benefiting both mental and physical health. The Outdoor Recreation team has been the most progressive in offering programs to people with disabilities, offering programming in conjunction with the VA, and offering various opportunities with adaptive equipment.

Youth Sports: Our department offers basketball as a youth sports league. This league serves youth both with and without disabilities.

Adult Sports: We offer Pickleball lessons, Softball, Volleyball, Flag Football, and Basketball.

Goals for Future Programming: We intend to expand our wellness programs by introducing more inclusive wellness and fitness options that accommodate individuals with mobility issues, chronic pain, and other health conditions. We are also working to partner with local healthcare providers to develop educational workshops focused on nutrition, mental health, and chronic disease management. By diversifying our programming, we strive to make wellness accessible and enjoyable for all members of the community. Prior to applying for this grant, we did not consider tracking the number of participants with health conditions.

Community Assets

1. **Strong Partnerships with Local Organizations:** We collaborate closely with community partners, including the St. Johns County Council on Aging, healthcare providers, and local non-profits. These partnerships allow us to offer specialized programming that addresses the needs of individuals with arthritis, such as fitness classes, wellness workshops, and support groups.

2. **Accessible Recreational Facilities:** Our county is home to several accessible recreational facilities, including the Solomon Calhoun Center, which is equipped with features that accommodate individuals with mobility challenges. These facilities provide a safe, welcoming space for people with arthritis to engage in physical activity, socialize, and attend educational programs. Our facilities are spread throughout the county, making it easier for residents to find a location that is convenient for them.

3. **Community-Driven Programming:** We prioritize community input when developing programs, ensuring that our services reflect the needs and preferences of our residents. Our Recreational Advisory Board (RAB) plays a vital role in advising and shaping programs for individuals with chronic conditions. By engaging directly with the community, we can design programs that are inclusive, adaptive, and supportive, making it easier for individuals with arthritis to participate and benefit.

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

0.1

Asian and Pacific American Islander

0.6

African American or Black

13.5

Hispanic or Latino

10

White or Caucasian

72.6

Bi-Racial or Multi-Racial

2.7

Other

0.5

Service Area Description

Suburban

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 (physically inactive) 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/TEpNxstJmWHXyNhSdGr?ALED Video.mp4](https://cdn.filestackcontent.com/TEpNxstJmWHXyNhSdGr?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 four hour sessions over 2 days)
- CPR certification required for the instructor
- Participant materials required - startup materials provided through this grant
- Watch an informational video about the EF program (<http://storybook.link/EnhanceFitnessNewYork/>).
- View the EnhanceFitness Fact Sheet (<https://cdn.filestackcontent.com/5VIPunndTWGgI5UhY9HR?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 for Arthritis:

- 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 (estimated completion time is ~20-40 hours) and a 7 hour live (in-person or virtually) interactive training with a Tai Chi for Arthritis Master Trainer. **Total estimated instructor training time is ~27-47 hours.**
- **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

Walk With Ease

The Walk With Ease (WWE) program is multi-component, low-impact walking program that teaches people how to safely and comfortably incorporate physical activity into their everyday lifestyle. NRPA is offering instructor training grants so that your staff can be certified to teach WWE.

Target audience is those with arthritis or other chronic diseases that are interested in a walking program and are able to stand for at least 10 minutes , Program length is 6-weeks, 3 times per week for one hour, Instructor training is an online format that takes 3-4 hours to complete, Other

Please provide additional information about your selection of the WWE program.

The surrounding residents at the Solomon Calhoun Community Center have shown interest in walking programs.

Program Costs

No

Anticipated Barriers

Participant recruitment may pose a barrier to this program. We have already started having conversations with local senior, religious, and civic organizations to assist with implementing a marketing program that will reach the target audience.

Target Audience

The target audience would be adults, both with and without arthritis, who wish to improve their mobility in a social setting who live within the West Augustine and City of St Augustine communities.

Older Adult PA Program Offering

Yes

Older Adult PA Programs

We currently have 3 classes that are directed at the Older Adult Community.

Chair Aerobics Class is an opportunity for participants to move through a variety of seated and/or standing exercises to increase physical fitness and mobility.

Senior Yoga Class is a yoga session where participants will learn various yoga skills through a combination of physical exercises, mental meditation, and breathing techniques.

These techniques will help to increase flexibility, muscle-strength, and reduce stress.

Walking Club - Sole Striders is a fitness walking group for all levels. As a group they work together on personal and group fitness goals through walking. Participants take a 2 mile walk with exercises in between.

Prior Implementation of Programs

No

Programs in Your Community

Unsure

Established Community Partnerships

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

Local Health Department

SJC P&R works with the Health Department on several divisions, including their healthy start, tobacco-free, health educators and others.

Partnership Role

We invite the divisions to participate in educational opportunities with youth and adults. We have hosted educational classes, tabling events, and partnerships for programs.

Area Agency on Aging

The SJC Council on Aging has a contract with the SJC BoCC to use our 3 of our facilities and provide appropriate programming to the Senior Community.

Partnership Role

We maintain a relationship with the COA associated with the contract, additionally, we invite the COA to appropriate activities to encourage the senior population to take advantage of the opportunities provided to them.

CBO

NE Florida Community Action Agency is located in our community center and has strong relationships with the Older Adult population.

Partnership Role

The staff at the NEFCAA is instrumental in attracting locals to our community center. We have been working on increasing programming and participation, and they have assisted us in creating some very popular special events.

Other

West Augustine Community Redevelopment Agency is the group that initiated the development of the Solomon Calhoun Community Center.

Partnership Role

We have worked with the WACRA to develop programs and opportunities for the area's residents. They continually provide feedback from the community that assists us in identifying appropriate programming.

Page: Membership Into the Community of Practice**Membership Into The Community of Practice**

Maybe

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.

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)