

AGENDA ITEM SUMMARY

August 18, 2015

City Council

STAFF

Katie Stieber, Recreation Supervisor

SUBJECT

First Reading of Ordinance No. 091, 2015, Appropriating Unanticipated Grant Revenue into the Recreation Fund for the Aging Mastery Program at the Fort Collins Senior Center.

EXECUTIVE SUMMARY

The purpose of this item is to appropriate grant funds in the amount of \$7,500 received from the National Council on Aging to support a yearlong Aging Mastery Program at the Fort Collins Senior Center. The Aging Mastery Program has been designed by the National Council on Aging and empowers older adults to make and maintain small but impactful changes in their behaviors. The Program consists of two components, the Aging Mastery Academy and AMP Clubs, both of which will be planned and programmed at the Fort Collins Senior Center.

STAFF RECOMMENDATION

Staff recommends adoption of the Ordinance on First Reading.

BACKGROUND / DISCUSSION

The Aging Mastery Program (AMP) is a behavior change incentive program for aging well. Central to the AMP philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered and supported to cultivate health and longevity. Equally important, the program encourages mastery skill development, sustainable behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being. Each level of mastery is based on consistency and duration, allowing participants to set individual goals. Another key element of the program is the reward system, designed to both motivate and encourage ongoing participation.

This program is in a pilot phase and the Fort Collins Senior Center has been chosen as one of eight grant recipients to implement for one year. Aging Mastery is an outcome based program that will utilize checklists, course outlines, assessments and evaluations to look at the value of the program itself as well as benefits that seniors are gaining throughout the program. The goal is to create a self-sustaining program, after the grant funding runs out, to continue the program into 2016-2017 and on.

CITY FINANCIAL IMPACTS

\$7,500 will be awarded to the City's Recreation Department through a grant by the National Council on Aging in 2015. This money in turn will be appropriated through the Recreation Fund to fund all AMP presenters, equipment and supplies, any staff time directly related to implementation, marketing costs, and program rewards to participants.

PUBLIC OUTREACH

Staff will advertise the program in the Recreator magazine, public service announcements, and marketing avenues available through our partners, Columbine Health System and University of Colorado Health.

ORDINANCE NO. 091, 2015
OF THE COUNCIL OF THE CITY OF FORT COLLINS
APPROPRIATING UNANTICIPATED GRANT REVENUE
INTO THE RECREATION FUND FOR THE AGING MASTERY PROGRAM
AT THE FORT COLLINS SENIOR CENTER

WHEREAS, the Recreation Department has received a grant from the National Council on Aging for \$7,500 to support a year-long Aging Mastery Program at the Fort Collins Senior Center; and

WHEREAS, the Aging Mastery Program (the “Program”) has been designed by the National Council on Aging and empowers older adults to make and maintain small but impactful changes in their behaviors; and

WHEREAS, the Program consists of two components, the Aging Mastery Academy and AMP Clubs, both of which will be planned and programmed at the Fort Collins Senior Center; and

WHEREAS, the Program encourages mastery skill development, sustainable behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being; and

WHEREAS, Article V, Section 9, of the Charter of the City of Fort Collins permits the City Council to make supplemental appropriations by ordinance at any time during the fiscal year, provided that the total amount of such supplemental appropriations, in combination with all previous appropriations for that fiscal year, does not exceed the current estimate of actual and anticipated revenues to be received during the fiscal year; and

WHEREAS, City staff have determined that the appropriation of the grant revenue as described herein will not cause the total amount appropriated in the Recreation Fund to exceed the current estimate of actual and anticipated revenues to be received in that fund during the fiscal year.

NOW, THEREFORE, BE IT ORDAINED BY THE COUNCIL OF THE CITY OF FORT COLLINS that there is hereby appropriated for expenditure from unanticipated grant revenue in the Recreation Fund the sum of SEVEN THOUSAND FIVE HUNDRED DOLLARS (\$7,500) to support a year-long Aging Mastery Program at the Fort Collins Senior Center.

Introduced, considered favorably on first reading, and ordered published this 18th day of August, A.D. 2015, and to be presented for final passage on the 1st day of September, A.D. 2015.

Mayor

ATTEST:

City Clerk

Passed and adopted on final reading on the 1st day of September, A.D. 2015.

Mayor

ATTEST:

City Clerk