



# AGENDA REPORT

**Department:** Library and Community Services  
**Prepared by:** Joanne McGhee, Community Services Manager  
**Meeting Date:** Tuesday, March 7, 2023  
**Approved by:** Brad Raulston, City Manager

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**SUBJECT:**

Supporting Healthy Aging through Parks and Recreation (SHAPR) Grant Funds Acceptance

**RECOMMENDATION:**

Approve the Resolution Entitled, "Resolution of the City Council of the City of National City, California, authorizing the acceptance of the Supporting Healthy Aging Through Parks and Recreation (SHAPR) grant from the National Recreation Park Association (NRPA) in the amount of \$4,000 to cover costs associated with the Walking with Ease program and the establishment of grant funds appropriations of \$4,000 and corresponding revenue budget."

**BOARD/COMMISSION/COMMITTEE PRIOR ACTION:**

Not Applicable.

**EXPLANATION:**

The Library and Community Services Department was awarded the National Recreation and Park Association (NRPA) Supporting Healthy Aging through Parks and Recreation (SHAPR) grant to support the City's Walking with Ease program. Funds will cover the expense of fitness trackers, fitness journals and marketing materials.

The NRPA grant funds may be used to support healthy aging programs. The Walking with Ease program is intended to support the implementation of arthritis-appropriate evidence-based interventions such as Walking with Ease or Tai Chi for Arthritis through local parks and recreation. The Library and Community Services Department plan to utilize these funds to create more opportunities for senior wellness.

**FINANCIAL STATEMENT:**

Approval of the Resolution authorizes the establishment of a Supporting Healthy Aging through Parks and Recreation (SHAPR) grant appropriation of \$4,000 and a corresponding revenue budget. No matching funds are required.

**RELATED CITY COUNCIL 2020-2025 STRATEGIC PLAN GOAL:**

Parks, Recreation and Library

**ENVIRONMENTAL REVIEW:**

This is not a project under CEQA and is therefore not subject to environmental review.CCR15378; PRC 21065.

**PUBLIC NOTIFICATION:**

Agenda Report posted within 72 hours of meeting date and time in accordance with Brown Act.

**ORDINANCE:**

Not Applicable

**EXHIBITS:**

1. Memorandum of Understanding between the City and NRPA
2. Resolution