



Council Meeting: February 26, 2008

SUBJECT: Proposal to Apply for Health Trust Grant for the Sunnyvale Senior Center and Approval of Budget Modification No. 36

REPORT IN BRIEF

On January 24, 2008, the Health Trust announced a \$30 million investment in three initiatives established with the goal of making Silicon Valley become the healthiest region in America. (Please refer to Attachment A: Overview of Health Trust and Grant Application Process.)

The three initiatives concentrate on changing the community environment to actively support health and wellness programs for older adults. They include:

1. Healthy Living – reducing and preventing obesity
2. Healthy Aging – increasing well being and independence for older adults
3. Healthy Communities – reducing health disparities

The Sunnyvale Senior Center is interested in pursuing a grant under the Healthy Aging Initiative to replace and enhance current equipment offered in the Fitness Room to accomplish the following:

- Encourage more participation by having state of the art equipment, and;
- Provide equipment that is specifically designed for older adults.

Staff became aware of this grant shortly before the February 8, 2008 deadline for letters of interest. (Please refer to Attachment B: Letter of Interest to Health Trust.) Not wanting to miss out on the potential opportunity, staff submitted a letter of interest prior to bringing this report to Council. If the City Council decides not to approve the grant application, then in the event the City is awarded funds, staff will decline them. Staff strives to adhere to the City Council policy that requires Council approval prior to submittal of any grant application; however, staff does not always find out about grant opportunities early enough to bring a report to Council before submitting a grant application.

The purpose of this report is to request Council approval to accept the grant funds if they are awarded to the City and approval of Budget Modification No. 36 in the amount of \$25,000. Staff is recommending Alternatives No. 1 and 2;

to approve acceptance of any grant funds that are awarded by the Health Trust and approve Budget Modification No. 36 in the amount of \$25,000.

BACKGROUND

The Sunnyvale Senior Center encourages physical, mental and emotional health, independence, and socialization among adults ages 50 and older in order to enhance enjoyment of life by providing recreational programs, related services and referral information. The Senior Center helps users achieve optimum health through a variety of health and wellness classes including exercise programs, health screenings, health related lectures and access to a fitness room.

Since its opening in 2003, the Fitness Room has steadily grown into one of the most used rooms in the facility. At the end of Fiscal Year 2006-2007, the fitness room had 13,963 participant hours and average monthly attendance of 1,428 users. This represents a 19% increase from Fiscal Year 2005-2006 which had a total of 11,781 participant hours and an average monthly attendance of 1,287 users. Incurring this much traffic has impacted the quality of the equipment.

EXISTING POLICY

Open Space and Recreation Sub-Element of the General Plan

2.2.B. Programming

The City strives to develop and implement passive and active recreation and enrichment programs that:

- provide constructive opportunities for fitness, well-being, healthy coping and stress management;
- contribute to the creation of a healthy community; and
- promote community participation in recreation for all ages.

Policy 2.2.B.5.

Develop and implement programs in order to meet the developmental and social needs of specific targeted populations (e.g., youth, teens, seniors, disabled).

Policy 2.2.B.6. Leverage available resources by pursuing co-funded and/or cooperative agreements for provision and maintenance of programs, facilities, and services, in order to maximize benefits to the community. Partners may include, but are not limited to, school districts, non-profit groups, governmental agencies and businesses.

Fiscal Sub-Element

Policy B.1.6

One time revenues should not be used for ongoing expenditures.

Policy B.4.3

A uniform grants application process must be utilized to assure that the City Council has the information necessary to make a decision regarding a potential intergovernmental grant. Staff should present to Council a Notice of Intent regarding a possible grant source which shall include at least the following information:

- The grant being pursued and the use to which it would be placed
- The objectives or goals of the City which will be achieved through use of the grant
- The local match required, if any, plus the source of the local match
- The increased cost to be locally funded upon termination of the grant
- The ability of the City to administer the grant

DISCUSSION

When the Fitness Room opened, the majority of the equipment installed was used or refurbished. Given the increase in traffic and the condition of the used equipment when it was transferred from other programs and when accepted by the City, the increase in equipment usage has impacted the quality and reliability of the equipment.

Fitness trends for older adults have changed the types of fitness equipment used by seniors. This grant will provide us the opportunity to buy equipment geared for our demographic.

Some examples of the types of equipment that may be purchased if the City is awarded the full \$25,000 that is being requested include:

- Nu Step Recumbent Cross Trainers (Qty 2)- Approx Cost: \$7,500
- Recumbent Bikes (Qty 3)- Approx \$7,000
- Elliptical Trainers (Qty 1)- Approx \$3,000
- New Leg Press Machine - Approx \$3,000
- New Mats for floor stretching (Qty: 10) - Approx: (\$500)
- FM Transmitters for TV sound -(Qty 2) - Approx: (\$250)
- Wall Anchors for Exercise Bands - (\$750- includes labor for installation)
- New Exercise Bands - Approx. \$500
- New Weight Benches (Qty 2) : Approx: \$500
- Educational Marketing Material on Fitness and Wellness: \$1,000

The Health Trust, a non profit organization, has provided over \$100 million of benefit to the community through grants, policy and advocacy, and direct health services including Meals on Wheels, Children's Dental Services, and Wellness Access and Education partnerships such as Healthy Silicon Valley.

The Health Trust vision is to transform Silicon Valley into the healthiest region in the country through three initiatives:

1. Healthy Living – reducing and preventing obesity
2. Healthy Aging – increasing well being and independence for older adults
3. Healthy Communities – reducing health disparities

Healthy Aging is defined as the development and maintenance of optimal physical, mental and social well-being in older adults. One of the priority strategies for this initiative is to integrate physical activity opportunities for older adults into neighborhoods and programs.

The Sunnyvale Senior Center, with its current programs and amenities, is consistent with the Health Trust vision of a healthy Silicon Valley. Upgrading the equipment in the Fitness Room supports the City's efforts towards promoting healthy aging.

FISCAL IMPACT

The grant funds will be used to replace existing equipment that is no longer reliable and/or cannot be repaired. Additionally, the funds will be used to replace some equipment with equipment that is designed for Seniors. Budget Modification No. 36 has been prepared to accept \$25,000 in grant funds from the Health Trust and appropriate it to the Recreation Equipment account of the General Services Fund/Recreation Equipment Sub-Fund. There is no impact to the General Fund or the Community Recreation Fund resulting from the acceptance and appropriation of the grant funds.

**Budget Modification No. 36
 Fiscal Year 2007/2008**

	<u>Current</u>	<u>Increase (Decrease)</u>	<u>Revised</u>
General Services Fund/ Recreation Equipment Sub-Fund			
<u>Revenues:</u>			
Health Trust Grant	\$0	\$25,000	\$25,000
<u>Expenditures:</u>			
020800 – Recreation Equipment	\$126,059	\$25,000	\$151,059

PUBLIC CONTACT

Public contact was made through posting of the Council agenda on the City’s official notice bulletin board, posting of the agenda and report on the City’s web page, and the availability of the report in the City Clerk’s office, Library, Parks and Recreation Administration office, Corporation Yard, Community Center and Senior Center.

Due to the deadline for application to the Health Trust for this grant, this item was not taken to the Parks and Recreation Commission for their review; however, copies of the report have been distributed to them for their information.

ALTERNATIVES

1. Approve acceptance of any grant funds awarded by the Health Trust to replace and upgrade existing equipment in the Senior Center Fitness Room.
2. Approve Budget Modification No. 36 in the amount of \$25,000 for FY 2007/2008.
3. City Council directs staff not to pursue a grant from the Health Trust.

RECOMMENDATION

Staff recommends Alternatives No. 1 and 2 - City Council approve acceptance of any grant funds awarded by the Health Trust to replace and upgrade existing equipment in the Senior Center Fitness Room and approve Budget Modification No. 36 in the amount of \$25,000 for FY 2007/2008. Given the condition and high traffic use of the Fitness Room at the Senior Center, replacement of existing equipment will enhance the participant's use of the Fitness Room, help retain current Senior Center members while attracting new members, and contribute to healthy aging. Also, with the recent opening of new Senior Centers at Mt. View and Santa Clara, an upgrade to the current equipment will place the Sunnyvale Senior Center on par with emerging fitness room trends in the Bay Area.

Reviewed by:

David A. Lewis, Director, Parks and Recreation
Prepared by: Gerard Manuel, Recreation Supervisor,
Nancy Bolgard Steward, Superintendent, Recreation

Reviewed by:

Mary Bradley, Director, Finance

Approved by:

Amy Chan
City Manager

Attachments

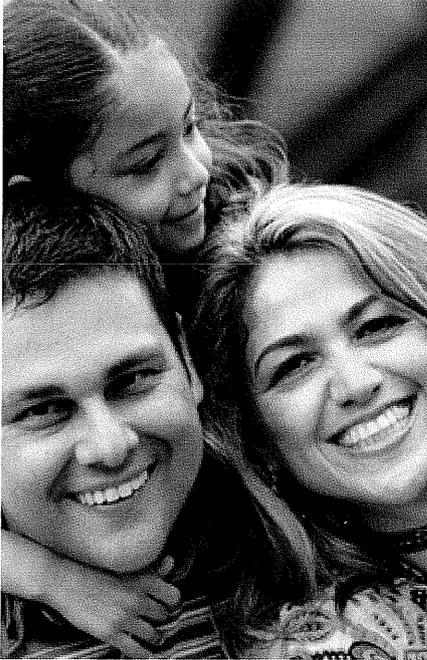
Attachment A: Overview of Health Trust and Grant Application Process
Attachment B: Copy of Letter of Interest to Health Trust

TheHEALTHTrust

Let's make Silicon Valley the healthiest region in America.

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Overview

The Health Trust, in accordance with our mission to make Silicon Valley the healthiest area in the country, annually awards upwards of \$3 million in grants to organizations in our region that share our steadfast goals and our commitment to building a healthy and vibrant community. The Health Trust also maintains a co-funding partnership with the Council of Aging to gain additional support for projects and programs that benefit older adults. All grant requests submitted under each of our grant programs must be aligned with our [Wellness Initiatives](#).

Good Samaritan Grants

Good Samaritan Grants provide short-term funding for grassroots or volunteer-based health, prevention, and wellness activities. Grant requests may not exceed \$25,000 and generally provide seed or one-time funding for pilot or demonstration projects or special initiatives that will be completed within a year. Grants are awarded twice annually during the Fall and Spring cycles. The deadline to submit a Letter of Inquiry for the Spring 2008 Good Samaritan Grants Cycle is 4:30 p.m. on Friday, February 8, 2008.

Health Partnership Grants

Health Partnership Grants are made to non-profit organizations and public agencies for medical services delivered by hospitals or by community based organizations in conjunction with a hospital sponsor designated by The Health Trust. These grants foster long-term improvements in community health and wellness that are innovative, cost-effective, and offer benefits that will continue beyond the grant period. Applicants may request multi-year funding and there is no specified minimum or maximum grant amount. Applicants will generally receive a response to their Letter of Inquiry within a two-month timeframe.

Eligibility

Applicants must be nonprofit, tax-exempt organizations

Services must directly benefit residents of Santa Clara County and/or Northern San Benito County

Projects must be consistent with the [Wellness Initiatives of the Health Trust](#)

The Health Trust does not fund:

Annual appeals or membership drives

Capital campaigns, construction, or renovation of facilities

Equipment purchases (unless determined to be an integral part of an eligible activity)

Debt retirement or deficit reduction

Grants to Individuals

Recent Grants

Gardner Family Health Network, Inc., in conjunction with Saint Louise Regional Hospital, \$140,000, Gardner South County OB/GYN Program
 Community Health Partnership, in conjunction with the Santa Clara Valley Health & Hospital System and VMC Foundation, \$180,000, Diabetes Community Care Coordination Project (DCCCP)

Overview

The Health Trust is a 501c3 organization that was founded in 1996 as a community benefit foundation with \$52 million in assets from the sale of four local nonprofit hospitals.

To date, The Health Trust has provided over \$100 million of benefit to the community through a multi-faceted approach including grant making activity, policy and advocacy, direct health services such as Meals on Wheels, AIDS Services, Children's Dental Services, Wellness Access & Education and partnerships such as Healthy Silicon Valley.

Our vision is to transform Silicon Valley into the healthiest region in the country through three initiatives:

1. Healthy Living – reducing and preventing obesity
2. Healthy Aging – increasing well being and independence for older adults
3. Healthy Communities – reducing health disparities

These initiatives will make a positive impact across all of the levels of influence that affect health - from individual behaviors to broader levels such as neighborhood conditions and policies.

Building on our solid reputation as a trusted steward and catalyst for change, The Health Trust is now poised to begin an exciting new chapter under the leadership of newly appointed CEO, Fred Ferrer.

We hope you join us to make our vision a reality.

Facts and Statistics

An Aging Society

Like the rest of the country, Santa Clara County is on the cusp of a significant shift in the age demographic. By the year 2020, Santa Clara County's population of adults over 65 will nearly double, reaching close to 300,000. Although many of us will be relatively healthy as we age, the prevalence of chronic illness is high among older adults and is likely to increase as we live longer. According to the Centers for Disease Control and Prevention, 88% of those over 65 years of age have at least one chronic health condition. Many of these chronic conditions are directly related to health damaging behaviors.

Common Chronic Diseases and Conditions

The most prevalent chronic diseases among older adults include arthritis, cardiovascular disease, cancer, diabetes, and obesity. In addition, the following primary health conditions affect older adults: depression, cognitive decline, pneumonia and influenza, oral health, and orthopedic/hip fractures.

Consider the following Santa Clara County statistics¹:

1. In 2002, the age adjusted death rate for cardiovascular disease was 170.6 (per 100,000).
2. In 2006, the five most common cancer deaths among men were lung, colorectal, prostate, pancreatic, and Non-Hodgkin's Lymphoma. The five most common cancer deaths among women are lung, breast, colorectal, pancreatic, and ovary.
3. In 2006, 18.2% of adults age 65 and older reported having been told that they have diabetes.
4. In 2006, 23.9% of adults age 55-64 reported a Body Mass Index (BMI) at the obese level, and 36.4% reported a BMI at the overweight level. 41% of adults 65 and older reported a BMI at the overweight level.
5. In 2006, 77.2% of adults age 65 and older reported visiting a dentist in the last year. Only 45.1% of adults age 65 and older reported having any kind of insurance coverage for routine dental care.
6. In 2006, 16.2% of adults age 65 and older reported having one or more days per week when their mental health was not good.
7. In 2006, 75% of adults age 65 and older reported having a flu shot in the past 12 months. 69.7% reported ever having a pneumonia shot.
8. Falls are the leading cause of injury hospitalization, with an average of 129 deaths and 3,300 hospital discharges/year due to falls. In 2004, the highest number of hospitalizations due to falls occurred among adults age 65 and older.

Physical Activity

Research has demonstrated that physical activity is critical to the prevention of chronic diseases, prevention of falls, maintenance of mobility, and promotion of social interaction and emotional and cognitive health. Only a small percentage (16%) of adults across the age continuum engage in the recommended frequency and amount of physical activity, 30 minutes of moderate physical activity 5 or more days a week and 20 minutes of vigorous physical activity 3 or more days a week.

Social Connections

In today's society older adults are at risk for isolation, loneliness, and depression as their family members move away and they leave the workforce. Additionally, today's independent older adults prefer to remain in their homes and communities as they age. Their ability to remain in their homes and communities is dependent in part on the availability of resources to support their well-being and opportunities to remain connected. A recent study of Santa Clara County older adult participants in congregate nutrition programs found that the primary reason for participation in the program is socialization. Social interaction and community engagement promotes physical, emotional, and cognitive health and can provide an important outlet for older adults to contribute to their communities.

Transition from Hospital to Home

The transition from hospital to home is often a critical turning point for older adults, potentially precipitating decline in physical and mental health after discharge. As hospital stays have shortened and discharge planning has decreased in many hospitals, patients and their family members may lack the support necessary to prepare them for a successful transition back to home. Once home, service systems and care are often disconnected from the hospital stay and may be fragmented within the community. Older adults who lack the necessary follow-up and support services risk re-hospitalization. Studies have demonstrated that careful discharge planning and post-discharge support services can result in a reduction in readmission.²

Caregiver Capacity and Support

Currently, there is no local, countywide caregiver network, yet the need for and needs of caregivers will continue to grow as our age demographics shift. Most adults (78%) receive long-term care at home and rely exclusively on family and friends for assistance. Caregivers are usually not prepared to provide care in the home after the older adult they are caring for leaves the hospital. They may also not be aware of or know how to use the services available in the community. Santa Clara County and San Benito County, like the rest of California, have too few nurses, certified nurse assistants, and home health workers to adequately support caregivers of seniors for such areas as home health care and respite care. Informal caregiving, or care provided by family members, friends and neighbors, has a large intergenerational impact, affecting seniors, middle-aged adults, and the children of caregivers. In Santa Clara County, one-fourth of seniors are also caregivers. Caregivers are at high risk for depression, with approximately 11% of full-time professional caregivers reporting a major depressive episode in the past year compared to 7% for all occupations.³ Studies show that 16% of caregivers report a decline in their health after taking on the caregiver role, and about half of caregivers who care for someone with Alzheimer's disease develop psychological distress. Additionally, lack of training and support is associated with poor health outcomes for both caregivers and recipients.⁴ Caregivers have higher rates of chronic conditions than non-caregivers, and caregiving can increase mortality risks. Caregiving has a huge economic impact. According to a recent study by the MetLife Mature Market Institute, the cost to U.S. businesses due to lost productivity of working caregivers is \$17.1-\$33.6 billion per year. It is critical that caregivers are well trained and supported so that they remain healthy themselves and do not risk economic insecurity due to lost workplace productivity.

- 1 Santa Clara County Public Health Department, Epidemiology and Data Management, *2005-2006 Behavior Risk Factor Survey Santa Clara County Chartbook; 2004 Adult Health Status Report*. <http://sccphd.org/portal/>
- 2 Phillips, C., Wright, S., Kern, D., Singa, R., Shepperd, S, Rubin, H. (2004). *Comprehensive Discharge Planning with Postdischarge Support for Older Patients with Congestive Heart Failure*. *Journal of American Medical Association*. 291:11; pp 1358-1367.
- 3 Substance Abuse and Mental Health Services Administration, Office of Applied Studies. (October 11, 2007). *The NSDUH Report: Depression among Adults Employed Full-Time, by Occupational Category*. Rockville, MD.
- 4 Health Research for Action, UC Berkeley. (February 28, 2007). *Report to The Health Trust: Recommendations for Wellness Priority Areas*. Berkeley, California

Healthy Aging

Increasing well being and independence for older adults

Healthy Aging is defined as the development and maintenance of optimal physical, mental and social well-being in older adults (CDC, Prevention Research Centers, Healthy Aging Research Network).

Goals and Approach

The Health Trust will focus on the following four goals to address healthy aging:

1. Optimize independence, functioning, and mobility among older adults.
2. Improve access to and utilization of age-effective and culturally competent primary care and support services for older adults.
3. Promote social interaction and community engagement for older adults.
4. Foster community-wide commitment to the health and wellness of older adults and their caregivers.

Priority Strategies

Build organizational capacity to integrate physical activity opportunities into programs and services for adults.

- Establish a *neighborhood café* model for providing healthy nutrition and inter-generational social interaction
- Promote hospital to home discharge planning and transition support service.
- Provide leadership for a county-wide collaborative to address service gaps, policy and advocacy, and collaborative fund development.
- Integrate physical activity opportunities for older adults into neighborhoods and programs.

Desired Outcomes

- Increased physical activity
- Improved nutrition intake
- Increased up-to-date routine preventive health services
- Increased ability to remain at home
- Increased capacity and improved health among caregivers
- Increased connections with others
- Healthy aging prioritized in the region



Applicant Background

The City of Sunnyvale has been serving older adults since 1958. After years of programming at different community sites, a new Senior Center opened in July, 2003. This beautiful, state of the art facility is located in scenic Community Center Park in a central location close to freeways and public transportation. The mission of the Senior Center is to encourage physical, mental and emotional health, independence and socialization among adults ages 50 and older to enhance enjoyment of life through recreation programs, related services and referral information. Under the umbrella of the Parks and Recreation Department, the Senior Center is funded by the City of Sunnyvale with an annual operating budget of \$978,000. There are six full time and two part-time staff as well as 250 volunteers that support the Center.

Currently, over 3,000 members frequent the Senior Center. Known for its' active excursion program, health and wellness programs, recreation classes, lively fitness center, stimulating lectures, special events, special interest classes, computer lab and numerous drop-in programs, the 23,000 square foot Senior Center is a valuable community resource designed to foster human development and stimulate lifelong learning. A fifteen member Senior Advisory Committee provides direct communication to City staff as well as disseminates information that relate to the Senior Center.

Project Synopsis

Sunnyvale Senior Center is looking to strengthen our capacity to continue the momentum towards improving physical health of our users. Since its opening, the attendance in the Fitness Center has steadily grown. The monthly attendance trends are as follows:

- 2004-05: 1,088 average, per month
- 2005-06: 1,287 average, per month (18% increase from 2004-05 statistics)
- 2006-07: 1,428 average, per month (11% increase from 2005-06 statistics)

Unfortunately, the equipment installed to outfit the Fitness Center was used and/or refurbished. Due to high traffic volume and number of hours the equipment is in use, the quality is declining. Our primary goal is to upgrade the Fitness Center equipment by Summer 2008, with the following in mind:

- Install new "Senior Friendly" Fitness Equipment (safety, hydraulic, accommodate varying fitness levels, ease of use, walk up seating, simplicity);
- Maximize floor space by installing resistance training workout stations on the walls and purchasing space saving equipment for the floor;
- Purchase current educational/marketing materials focusing on the benefits of physical activity.

**ADDRESS ALL MAIL TO: P.O. BOX 3707 SUNNYVALE, CALIFORNIA 94088-3707
TDD (408) 730-7501**



The Sunnyvale Senior Center is interested in serving the health, wellness and older adult exercise needs. We will be requesting \$25,000 for the purchase of new fitness room equipment. City of Sunnyvale will sustain the cost of monthly equipment maintenance, cost of staffing to manage the Fitness Room and set aside funds, annually, for on-going replacement of equipment in the future.

Project Approach

Trends demonstrate an increased support for fitness centers in senior community facilities. This has been identified in the California Parks Recreation Society, Aging Services Strategic Plan, in addition to Health publications. According to the Centers for Disease Control and Prevention (CDC), regular moderate physical activity on most days of the week provides significant health benefits to people of all ages, including individuals with chronic conditions common among the elderly. Unfortunately, CDC data show 30%-40% of older adults are insufficiently active; only 25%-35% of older adults achieve the recommended activity level. Inactivity, with its associated health problems, has a tremendous impact on the U.S. health care system. Inactivity increases morbidity and mortality associated with many chronic diseases and the costs of caring for persons with those diseases.

Project Outcomes:

- To encourage older adults to be physically active;
- To educate the older adults the benefits of physical activity and;
- To increase attendance at the fitness center;

Key Strategies:

- Upgrade current fitness room equipment to equipment geared towards older adults (ease of use, simplicity and safety). Current equipment is old and starting to decline affecting user's experience. New equipment will allow us to maintain and motivate current users and improve room environment for potential users;
- Educate the users through marketing materials (pamphlets and brochures) on the benefits of physical activity and fitness trends.

The Sunnyvale Senior Center “connects community through people, parks and programs.” Of our 3,000 members, 20% are non residents and feel strongly in our services/programs to participate at a center outside of their city. With its listed services, the Senior Center follows the “neighborhood café” model described in the Health Trust priority strategies. This grant will support the center's efforts towards enhancing the community.

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