



# 2020 Instructor Training Grantee Kick-Off

The Presentation will begin shortly....

# Today's speakers:

## Today's speakers:

**Lesha Spencer-Brown**

*NRPA*

*Senior Program Manager*



**Colleen Pittard**

*NRPA*

*Program Manager*



# Agenda

- Overview of Grant Expectations:
  - Grant requirements
  - Participant materials/equipment
- Reporting
  - Data collection and bi-annual survey
- Resources
  - Marketing Toolkit
  - Grantees Resource Page – <https://learning.nrpa.org/healthy-aging-in-parks>
  - NRPA Connect Networking Group
- Program Overviews
- *How Do You Promote Healthy Aging in Parks?* Contest
- Technical Assistance check ins/calls
- Next Steps
  - Identify instructors – complete survey by February 12<sup>th</sup>
  - Instructor webinars - February 18<sup>th</sup>
- Q&A





# Grant Objective

*To expand the availability of evidence-based physical activity programs in local park and recreation agencies*



# Grant Expectations

- Grant Requirements
  - Reach 60-100 participants by March 2021
  - Complete bi-annual survey October 2020 and March 2021
  - Provide photos and participant stories
- Grant Provisions
  - Instructor trainings- to be completed via online format
  - Participant materials/equipment



# Resources

- Marketing Toolkit
- Best Practices Guides
- Grantee Resource Page  
<https://learning.nrpa.org/healthy-aging-in-parks>
- NRPA Connect Forum
- Ongoing Technical Assistance



# Program Overviews

## Maintain Program Fidelity:

- Follow the instructor manuals
- Do not change the frequency of the offerings
- Keep the program structure as it was designed
- All instructors must complete the training for the program you intend to offer



# Active Living Every Day Program

- Designed for sedentary people not currently active
- Behavior-change program
- Class Format:
  - 12 week-program
  - 1 hour class per week
  - Total time commitment = 12 hours
- Requires participant book
  - Provided by NRPA





# Active Living Every Day Program

- Instructor Training
  - Self pace training with online exam
  - 6 hours
  - No certification renewals
- Program Costs (If purchased outside the grant)
  - Instructor training- \$350
  - Participant guidebook- \$42



# Active Living Every Day Grantees

| Agency Name   | City          | State |
|---|---------------|-------|
| Newtown Community Center  | Newtown       | CT    |
| West Hartford Leisure Services                                  | West Hartford | CT    |
| Ocala Recreation & Parks  | Ocala         | FL    |
| Evans County Community Center                                   | Claxton       | GA    |
| Wheeling Park District  | Wheeling      | IL    |
| Bel Aire Recreation   | Bel Aire      | KS    |
| Caddo Parish Parks and Recreation Department                    | Shreveport    | LA    |
| Kalkaska Commission on Aging                                    | Kalkaska      | MO    |
| City of Syracuse Department of Parks and Recreation             | Syracuse      | NY    |
| City of Pataskala   | Pataskala     | OH    |
| Willamalane Park and Recreation District                        | Springfield   | OR    |
| City of Memphis Division of Parks and Neighborhoods             | Memphis       | TN    |
| City of Keller - Keller Senior Activities Center                | Keller        | TX    |
| Santaquin City  | Santaquin     | UT    |
| Grinnell Senior Center / Beloit Parks and Recreation Department | Beloit        | WI    |

# Fit & Strong! Program

- Designed for persons with lower extremity pain and stiffness
- Class Format:
  - 24 classes that are each 90 minutes long
  - Meets 3 days/week for 8 weeks **OR** meets 2 days/week for 12 weeks
  - Each class consists of 60 minutes of physical activity and 30 minutes of group health education
  - Time Commitment = 36 hours
- Requires
  - Participant book
  - Adjustable ankle cuff weight and resistance band - provided by NRPA





# Fit & Strong! Program

- Instructor Training
  - Online Training
  - 5-6 hours
  - No certification renewals
- Program Costs
  - Instructor training- \$400
  - Participant materials & equipment \$550



# Fit & Strong! Grantees

| Agency Name  | City        | State |
|--|-------------|-------|
| City of Dover Parks and Recreation   | Dover       | DE    |
| Wheeling Park District   | Wheeling    | IL    |
| Caddo Parks and Recreation   | Shreveport  | LA    |
| City of Monroe Parks & Recreation Department, Ellen Fitzgerald Senior Center | Monroe      | NC    |
| National Trail Parks and Recreation District                                 | Springfield | OH    |
| Newport 60+ Activity Center  | Newport     | OR    |
| Manchester Parks and Recreation  | Manchester  | TN    |
| Stafford County Parks, Recreation and Community Facilities                   | Stafford    | VA    |

# Walk With Ease Program

- Low-impact walking program
- Class format:
  - 6-week program
  - 1 hour classes, 3x/week
  - Total commitment = 18 hours
- Participant book required
  - Available in Spanish
  - Provided by NRPA





# Walk With Ease Program

- Instructor Training
  - Online Training
  - 4 hours
  - WWE Certification Application
  - No certification renewals
- Program Costs
  - Instructor training- \$89
  - Participant guidebook- \$11.95



# Walk With Ease Grantees

| Agency Name   | City                | State |
|---|---------------------|-------|
| City of Fort Payne  | Fort Payne          | AL    |
| Hot Springs Village POA/Coronado Fitness Center                             | Hot Springs Village | AR    |
| City of Moreno Valley Parks and Community Services                          | Moreno Valley       | CA    |
| City of San Jose  | San Jose            | CA    |
| Newington Parks and Recreation  | Newington           | CT    |
| City of Wilmington Parks and Recreation                                     | Wilmington          | DE    |
| Indian River County, Department of Health                                   | Vero Beach          | FL    |
| Turner County Parks & Recreation  | Ashburn             | GA    |
| City of McCall Parks and Recreation Department                              | McCall              | ID    |
| BREC- The Recreation and Park Commission for the Parish of East Baton Rouge | Baton Rouge         | LA    |
| Jefferson City Parks, Recreation and Forestry                               | Jefferson City      | MO    |
| Republic Parks & Recreation   | Republic            | MO    |
| Lincoln County Parks and Recreation   | Lincolnton          | NC    |
| Southern Pines Recreations & Parks  | Southern Pines      | NC    |
| City of Findlay Recreation Department                                       | Findlay             | OH    |
| Sisters Park & Recreation District  | Sisters             | OR    |
| Chattanooga Parks and Recreation  | Chattanooga         | TN    |
| Amarillo Parks and Recreation   | Amarillo            | TX    |
| Lewisville Parks and Recreation Department                                  | Lewisville          | TX    |
| Charles City County Parks & Recreation                                      | Providence Forge    | VA    |
| Bainbridge Island Metro Park & Recreation District                          | Bainbridge Island   | WA    |
| Burien Parks, Recreation & Cultural Services                                | Burien              | WA    |

# How Do You Promote Healthy Aging in Parks?

- Between February-August 2020 submit a 300-500 words success story and photo(s)
- Prize: \$50 visa gift card to support your program
- Rules of Submission:
  - A success story can feature single or multiple participants, and must be accompanied by one or more photos that show older adults actively engaging in physical activity
  - Max of 3 submissions per agency per month
- Contest Page:  
<http://www.nrpa.org/our-work/partnerships/initiatives/healthy-aging-in-parks/evidence-based-interventions/healthy-aging-in-parks-photo-contest/>



# Next Steps

## ✓ January-March 2020:

- Identify instructors (NRPA to send link to provide this information)
- Provide program start dates/marketing samples
- Mailing of program materials based on start dates provided
- Instructors to complete online trainings:
  - By March 31<sup>st</sup> - Begin implementing Spring 2020
  - By June 30<sup>th</sup> – Begin implement in Summer 2020
  - By September 30<sup>th</sup> – Begin implement Fall 2020

## ✓ February 18<sup>th</sup> - Instructor Training Webinars:

- Active Living Every Day -1:00-1:30 ET
- Fit & Strong! - 2:00-2:30 ET
- Walk With Ease - 3:00-3:30 ET

# Next Steps

- ✓ February 2020 – March 2021:
  - Mailing of program materials
  - Program Implementation
  - Attend TA calls (Dates TBD)
  - Submit entries for monthly success story contest
  - Complete bi-annual survey reporting

# Questions?

