



City of Tualatin

## CITY OF TUALATIN Staff Report

**TO:** Honorable Mayor and Members of the City Council

**THROUGH:** Sherilyn Lombos, City Manager

**FROM:** Ross Hoover, Parks and Recreation Director  
Julie Ludemann, Recreation Manager

**DATE:** January 11, 2020

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**SUBJECT:**

Consideration of Resolution No. 5336-21 Authorizing City of Tualatin to enter into a Memorandum of Understanding with National Parks and Recreation Association (NRPA)

**RECOMMENDATION:**

Staff recommends approval of Resolution 5336-21

**EXECUTIVE SUMMARY:**

Resolution No. 5336-21 authorizes the City to enter into a memorandum of understanding with National Parks and Recreation Association to accept grant funding in the amount of \$11,000 to support the implementation of at least two, 12-week program sessions of the Active Living Every Day (ALED) curriculum.

Staff at the Juanita Pohl Center have worked with NRPA to offer evidence-based programs for older adults since 2017. This grant funding will allow staff to offer remote sessions of the Active Living Every Day (ALED) curriculum in addition to technology assistance for participants. The ALED program is designed to offer alternatives to traditional exercise programs to help participants to overcome barriers to physical activity, and build lasting behavioral change.

**OUTCOMES OF DECISION:**

Approval of the resolution will support all costs of the implementation of at least two sessions of the Active Living Every Day program, including marketing, materials and supplies, and technology assistance.

**FINANCIAL IMPLICATIONS:**

The grant funds will cover all expenditures.

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**ATTACHMENTS:**

1. Memorandum of Understanding between National Park and Recreation Association and City of Tualatin
2. Resolution No. 5336-21