



Memorandum

Date: 3/4/2025
Meeting of: City Council

File No. AM No. 25-029
Type: Consent Item

TO: Members of the City Council
FROM: Mayor Angela Birney
DEPARTMENT DIRECTOR CONTACT(S):

Parks	Loreen Hamilton	425-556-2336
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DEPARTMENT STAFF:

Parks	Erica Chua	Recreation Manager
Parks	Katie Fraser	Recreation Supervisor

TITLE:

Authorize the Acceptance of a \$1,000 Grant, from the National Recreation and Park Association (NRPA), to Support the Implementation of the Walk with Ease Program

OVERVIEW STATEMENT:

The City of Redmond has been awarded a grant through the National Recreation and Park Association (NRPA) for an evidence-based walking program to support older adults in the prevention and management of chronic conditions like arthritis. The grant provides instructional training and \$1,000 to start the walking program.

☐ **Additional Background Information/Description of Proposal Attached**

REQUESTED ACTION:

☐ **Receive Information** ☐ **Provide Direction** ☒ **Approve**

REQUEST RATIONALE:

- **Relevant Plans/Policies:**
2017/2023 PARCC Plan
- **Required:**
Council provides authorization for the Mayor or designee to sign.
- **Council Request:**
N/A
- **Other Key Facts:**
N/A

OUTCOMES:

The purpose of this NRPA grant is to support the implementation of the Walk with Ease program that support older adults in the prevention and management of chronic conditions like arthritis. The City of Redmond will receive two (2) instructor trainings and related supporting program materials for the Walk With Ease program. This will allow staff to provide this beneficial walking program to older adults in the community at the Redmond Senior & Community Center indoor track.

COMMUNITY/STAKEHOLDER OUTREACH AND INVOLVEMENT:

- **Timeline (previous or planned):**
January-February 2025: Walk with Ease instructor training
February 2025: Winter Walk with Ease 6-week program session starts
April 2025: Spring Walk with Ease 6-week program sessions starts
May 2025: Summer Walk with Ease 6-week program session starts
September 2025: Fall Walk with Ease 6-week program session starts
- **Outreach Methods and Results:**
NA
- **Feedback Summary:**
N/A

BUDGET IMPACT:

Total Cost:

There are not any additional costs that are not covered by the NRPA grant.

Approved in current biennial budget: ☐ Yes ☐ No ☒ N/A

Budget Offer Number:

000041- Community Recreation

Budget Priority:

Healthy and Sustainable

Other budget impacts or additional costs: ☐ Yes ☒ No ☐ N/A

If yes, explain:

NA

Funding source(s):

Grant

Budget/Funding Constraints:

NA

☐ Additional budget details attached

COUNCIL REVIEW:

Previous Contact(s)

Date	Meeting	Requested Action
2/25/2025	Committee of the Whole - Parks and Environmental Sustainability	Provide Direction

Proposed Upcoming Contact(s)

Date	Meeting	Requested Action
N/A	None proposed at this time	N/A

Time Constraints:

NA

ANTICIPATED RESULT IF NOT APPROVED:

Loss of grant funding

ATTACHMENTS:

Attachment A_ NRPA Grant Agreement