



## MEMORANDUM

TO: City of Menasha Administration Committee

From: Nancy McKenney, RDH, MS, Public Health Director

Date: October 1, 2015

RE: Request to Apply, Receive, and Spend a National Council on Aging: *Aging Mastery Program* grant with the Neenah-Menasha YMCA.

The purpose of this Memorandum is to seek approval to apply for \$12,000 and \$4,800 in program materials, receive, and spend a National Council on Aging: *Aging Mastery Program (AMP)* grant with the Neenah-Menasha YMCA.

### BACKGROUND

The Aging Mastery Program® (AMP) helps baby boomers and older adults take key steps to improve their well-being, add stability to their lives, and strengthen their ties to communities. It is funded by a three-year grant from the National Council on Aging. The program consists of courses a 10-week curriculum designed to provide the skills and tools needed to achieve measurable improvements in managing health, remaining economically secure, and contributing actively in society.

A total of 13 awards will be made to organizations in Wisconsin. Each grantee will receive \$12,000 in funding plus an in-kind grant of \$4,800 of program materials. NCOA and Greater Wisconsin Area Aging Resources (GWAAR) will also provide extensive technical assistance on program implementation and sustainability strategies. The application is due on November 13, 2015. The grant period will run from January 1, 2016 to December 31, 2017.

Grantees will be required to: send two staff members to attend a one-day training in Wisconsin; participate in regular technical assistance and training activities; assist with data collection and entry for evaluation purposes; provide at least three, 10-week courses to a total of 80 - 90 participants over 24 months; and work with GWAAR and NCOA to develop and implement sustainability strategies.

### ANALYSIS

According to the 2009-2013 American Community Survey, it is estimated that over 25 percent of the City of Menasha residents are over the age of 55. The Menasha Senior Center, warmly welcomes any adult 55+ to participate in health and wellness activities offered. The Menasha Senior Center, participants, and the community stand to benefit from this program. The City of Menasha and Neenah-Menasha YMCA have a track record of strong collaboration that supports the application and management of this grant program.

### FISCAL IMPACT

Training, travel, and program costs will be covered by NCOA grant funds and in-kind participant materials. Current staff will be responsible for program planning, operation, evaluation, and sustainability. Grantees will work with the NCOA and GWAAR to develop sustainability strategies.

### RECOMMENDATION

Staff recommends approving this request to apply for \$12,000 and \$4,800 in program materials, receive, and spend a National Council on Aging: *Aging Mastery Program (AMP)* grant with the Neenah-Menasha YMCA.