

**SUBMITTAL TO THE BOARD OF SUPERVISORS  
COUNTY OF RIVERSIDE, STATE OF CALIFORNIA**

821



**FISCAL PROCEDURES APPROVED  
ROBERT E. BYRD, Auditor-Controller**

BY *Debra Lane* 5/5/03 Deputy

**FROM:** OFFICE ON AGING

**SUBMITTAL DATE:** April 8, 2003

**SUBJECT:** Active Aging Community Task Force Grant

**RECOMMENDED MOTION:** That your Honorable Board:

1. Ratify the Grant Award with the University of California, San Francisco Campus, Institute for Health and Aging (attachment A)
2. Direct the Auditor-Controller to increase estimated Revenue and Appropriation by \$8,000 as outlined in Attachment B.

**BACKGROUND:** The Office on Aging was awarded a grant from the University of California, San Francisco Campus, Institute for Health and Aging to participate in the establishment of an Active Aging Community Task Force. The purpose of this task force will be to: (1) increase public awareness about the benefits of physical activity for older adults; (2) implement community based physical activity programs for seniors in Riverside County. Regular physical activity is known to stimulate many physical and mental health benefits among older adults. Particular benefits of strength building exercise include diminished risk of death and disability from osteoporosis, falls and fractures, as well as improved functional capacity. Strength building training halts bone loss, restores muscle mass, improves flexibility and balance, relieves arthritis symptoms, lifts depression, aids sleep, helps control weight and improves sense of well being.

Funds provided under this grant will purchase materials and training, evaluation and outcome measurement tools. The term of this grant is January 1, 2003 to June 30, 2003 for \$8,000. Riverside will be positioned to benefit from other California counties' experience over the last 7 years in creating this network of classes, and receive additional grant funding in the future.

These funds were not included in our budget for FY 02-03 and a budget adjustment is needed. However, there are no additional matching requirements and no impact to County General Fund.

*[Signature]*

**REQUIRES  
4/5 VOTE**

**FINANCIAL DATA:**

**CURRENT YEAR COST**

\$8,000

**ANNUAL COST:**

\$ -0-

**NET COUNTY COST**

\$-0-

**IN CURRENT YEAR BUDGET:** Yes/ No/ X

**BUDGET ADJUSTMENT FY:** Yes/X No/ FY  
02/03

**SOURCE OF FUNDS:** State 100%

**C.E.O. RECOMMENDATION:**

**APPROVE**

County Executive Officer Signature

*[Signature]*

Prev. Agn. ref.

Dist. All

AGENDA NO.

**3.3**

FORM APPROVED  
COUNTY COUNSEL

APR 25 2003

*[Signature]*

- Consent
- Policy
- Consent
- Policy

Department Recommendation:  
Per Executive Office:

Attachment B

INCREASED ESTIMATED REVENUE

21450-5300100000-781-360	Other Misc. Revenue	\$8,000
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TOTAL INCREASED ESTIMATED REVENUE

\$8,000

INCREASED APPROPRIATIONS

21450-5300100000-2-523700	Office Supplies	\$ 100
21450-5300100000-2-523720	Photocopying	200
21450-5300100000-2-523760	Postage	400
21450-5300100000-2-526420	Advertising	500
21450-5300100000-2-527280	Awards	200
21450-5300100000-2-527880	Training	500
21450-5300100000-2-528140	Registration Fees	500
21450-5300100000-2-528920	Car Pool Expense	540
21450-5300100000-2-528960	Lodging	950
21450-5300100000-2-528980	Meals	670
21450-5300100000-2-529000	Misc. Travel	150
21450-5300100000-2-523230	Miscellaneous	3,290

TOTAL APPROPRIATIONS

\$8,000

OFFICE ON AGING ACTIVE AGING COMMUNITY TASK FORCE GRANT FROM  
UNIVERSITY OF CALIFORNIA, SAN FRANCISCO, INSTITUTE FOR HEALTH AND AGING

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UNIVERSITY OF CALIFORNIA  
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