



CITY OF SURPRISE
Veterans, Disability and Human Services Commission
16000 N. Civic Center Plaza
Surprise, AZ 85374
Wednesday, October 9, 2024 @ 6:00 PM
COUNCIL CHAMBERS

- A. Call To Order
- B. Roll Call
- C. Pledge of Allegiance
- D. Current Events and Reports
- E. Staff Reports
- F. Veterans, Disability and Human Services Commission

CALL TO THE PUBLIC:

INSTRUCTIONS: In order to address the Board\Commission, you will need to fill out a Call to the Public Form available at the front counter, and then turn it in to the Secretary before the meeting begins.

Note: A.R.S. 38-431.01(H) - During this time members of the public may address the Board\Commission only on issues within the jurisdiction of the Board\Commission which are not an item on the agenda. At the conclusion of the open call, the Board\Commission may respond to criticism, may ask staff to review the matter or may ask that the matter be put on a future agenda. No discussion or action shall take place on any item raised.

CONSENT AGENDA:

REGULAR AGENDA ITEM - PUBLIC HEARING:

REGULAR AGENDA ITEM - NON-PUBLIC HEARING:

- | | | | |
|----|----------|---|------------------------------|
| 1. | Citywide | Consideration and action pertaining to the September 11, 2024 Veterans, Disability & Human Services Commission meeting minutes. | Human Svcs and Comm Vitality |
| 2. | Citywide | Presentation and discussion pertaining to BeneFitness Adaptive Gym. | Human Svcs and Comm Vitality |
| 3. | Citywide | Discussion and action pertaining to the 2024 GAIN Night. | Human Svcs and Comm Vitality |
- G. Other Business and Future Agenda Items
 - H. Adjournment

KRISTI PASSARELLI, CITY CLERK

POSTED: Friday, October 4th 2024 @ 11:00 AM

SPECIAL NOTE: PERSONS WITH SPECIAL ACCESSIBILITY NEEDS, INCLUDING LARGE PRINT MATERIALS OR INTERPRETER, SHOULD CONTACT THE CITY CLERK'S OFFICE @ 623.222.1200 OR TTY 623.222.1002, BY NO LATER THAN 24 HOURS IN ADVANCE OF THE REGULAR SCHEDULED MEETING TIME.



CITY OF SURPRISE
Veterans, Disability and Human Services
Commission

Council Meeting Date: October 9, 2024 Contact Person:
Submitting Department: Human Svcs and Comm District: Citywide
Vitality
Staff Recommendations:

Consent: No Regular: Yes Public Hearing: No Report/Discussion: No

Agenda Wording:

Consideration and action pertaining to the September 11, 2024 Veterans, Disability & Human Services Commission meeting minutes.

Motion:

I move to approve the September 11, 2024 Veterans, Disability & Human Services Commission meeting minutes.

Background:

n/a

Objective Analysis:

n/a

Policy Compliant:

This item is compliant with City and Council policies.

Financial Impact:

None

Budget Impact:

None

FTE Impact:

None

ATTACHMENTS:

1. 9.11.24 VDHS Commission Minutes - DRAFT
-

**CITY OF SURPRISE
VETERANS, DISABILITY, AND HUMAN SERVICES COMMISSION
REGULAR MEETING MINUTES**

**September 11, 2024 | 6:00 PM
City Council Chambers
16000 N. Civic Center Plaza
Surprise, AZ 85374**

CALL TO ORDER:

Chair Wisniewski called the Veterans, Disability, and Human Services Commission meeting to order at 6:00 p.m. at Surprise City Hall, 16000 North Civic Center Plaza, Surprise, Arizona 85374, on September 11, 2024.

ROLL CALL

In attendance were Chair Allison Wisniewski, Commissioners Shawna Daigle, Gwen Maxfield, Julie Kent-Partridge, John Billcheck, and Olivia Fryer.

Absent: Commissioner Hasan Reed (unexcused).

PLEDGE OF ALLEGIANCE

STAFF PRESENT:

Community Initiatives Supervisor Danielle Osborne, Administrative Specialist Athba Arnold.

CURRENT EVENTS REPORT

Chair Wisniewski reported on the following:

- Surprise Day of Service
 - Saturday, September 14th from 9am – 1pm
 - Surprise Regional Library
 - Partnering with JustServe to make care packages for troops overseas
 - surpriseaz.gov/DOSVolunteer
- Arizona@Work Hiring Event
 - Thursday, September 26th from 10am – 1pm
 - Surprise Regional Library
 - Contact Melinda at Melinda.Greenhouse@maricopa.gov or 623-222-1630 for more information
- Surprise Fiesta Grande
 - Saturday, October 5th from 5pm – 9pm
 - Mark Coronado Park
 - Featuring live music, food, and entertainment
 - surpriseaz.gov/FiestaGrande
- SciTech Festival

- Seeking event exhibitors and sponsors for the 2024 SciTech Festival on Saturday, November 16th, at Mark Coronado Park
- Event will feature robotics, fun experiments, and other STEAM-related displays

COMMISSIONER REPORTS

- Vice-Chair Maxfield
 - Attended Veterans Roundtable and found it informative
 - Toured HomeBase in Surprise with other commissioners
 - Attended First Responders and Patriots Day celebrations
- Commissioner Kent-Partridge
 - Attended DDD Townhall: presented on suicide prevention training; also offered voting support and guidance
 - Attended IDEA Special Education Conference: Dysart school district was in attendance
 - Disability Expo: learned about resources and services which can be offered in Surprise; will share information with Ms. Osborne to distribute
 - Attended Arizona Veteran Mental Health Advisory Council
- Commissioner Daigle
 - Also attended HomeBase Tour; excellent services provided
 - Abilities Expo was full of different resources
- Commissioner Fryer
 - Disabilities & Veterans Roundtables; loves to see the community come together
 - Roundtable for Autism community
 - ASU is in the works of improving services for neurodiverse students
 - Dysart SEPTSA hosting a Fall Festival on Saturday, September 28th from 4-6pm at The Vista Center
 - Autism Society of Greater Phoenix will host a sensory-friendly Trunk or Treat on October 12th from 10am-12pm
 - Be Safe Certification Training on 2/21 & 2/22 of 2025
- Chair Wisniewski
 - Veterans Roundtable; loves collaboration
 - Attended 9/11 Ceremonies today; 5:30am at Sun City Grand Armed Forces Support Group and Corte Bella Vets at 7:00am
 - 9/11 Moment of Silence

STAFF REPORT

- Ms. Osborne discussed:
 - Roundtable on Disabilities
 - October 16th from 9am-11am in the Community Room at City Hall
 - Opportunity for representatives from Surprise-area organizations who serve Surprise individuals with physical and cognitive disabilities to share and collaborate on program and resources available
 - VITA volunteers
 - Seeking volunteers for VITA – volunteer income tax assistance program through A New Leaf
 - Opportunities include tax preparers, greeters/screeners, and interpreters
 - Information sessions at the Surprise Resource Center, Riverboat Bingo, and online from September 19th through November 4th

- Visit TurnANewLeaf.org/VITA for more information
- Neighborhood Grant Program
 - City of Surprise supports eligible neighborhoods with small grants to fund neighborhood events, functions, or community improvements
 - Information and requirements can be found at surpriseaz.gov/NGP
 - Applications due by Friday, October 11th by 5pm

CALL TO THE PUBLIC:

None.

CONSENT AGENDA:

None.

REGULAR AGENDA ITEMS - PUBLIC HEARING:

Item 1 – Citywide – Presentation and discussion pertaining to the CDBG and HOME Needs Hearing for the 2025-2029 Consolidated Plan and First Year Annual Action Plan.

Housing & Community Services Supervisor, Adam Lane, presented on the Five-Year Consolidated Plan to help the City identify needs in the community related to housing and community development.

Public Comment: Ashley Hinds

Public Comment: Jennifer Jennings

REGULAR AGENDA ITEMS - NON-PUBLIC HEARING:

Item 2 – Citywide – Consideration and action pertaining to the August 14, 2024 Veterans, Disability & Human Services Commission meeting minutes.

Commissioner Maxfield moved to approve the August 14, 2024 Veterans, Disability & Human Services Commission meeting minutes. Commissioner Fryer seconded the motion. The motion passed with 6 Yes votes. 1 absent (Reed).

Item 3 – Citywide – Presentation and action pertaining to the Consolidated Annual Performance Evaluation Report (CAPER) Program Year 2023.

Housing & Community Services Supervisor, Adam Lane, presented on the project and program activities funded by the Community Block Development Grant program for the grant year. Commissioner Billcheck moved to recommend approval of the Program Year 2023 Consolidated Annual Performance Evaluation Report (CAPER). Commissioner

Maxfield seconded the motion. The motion passed with 6 Yes votes. 1 absent (Reed).

Item 4 – Citywide – Consideration and action to request a proclamation recognizing National Disabilities Employment Awareness Month in Surprise.

Commissioner Daigle moved to approve the request for a proclamation recognizing National Disabilities Employment Awareness Month in Surprise. Commissioner Maxfield seconded the motion. The motion passed with 6 Yes votes. 1 absent (Reed).

Item 5 – Citywide – Discussion and action pertaining to 2024 G.A.I.N. Night.

GAIN Night is on October 26th from 5-8pm at Mark Coronado Park. Human Service and Community Vitality will have a resource table. Surprise Police Department is seeking sponsorships for the event. RISE Community Services will be offering four sensory tents. The Commission is invited to attend, sponsor, and/or table at the event. Commissioners would like to know what the needs of the event are to be able to support fully. Commission will offer financial support after determining needs. No action taken.

Item 6 – Citywide – Discussion pertaining to the 2025 Vet Fest.

April 12th, 2025 at Mark Coronado Park has been set. Feedback from last year's event includes having activities for children, service projects, and a job fair component. Suggestions from the Commission include having a bounce house and face painting. Commission has asked to contact RISE for use of their sensory tents.

Item 7 – Citywide – Discussion pertaining to the Fiscal Year 2025 VDHS Commission budget.

Ms. Osborne led the discussion on the Commission's current fiscal year budget.

Item 8 – Citywide – Consideration and action pertaining to the 2024 Veteran's Day Parade Grand Marshal.

Vice-Chair Maxfield nominated Jessica Roza. Vice-Chair Maxfield moved to approve Jessica Roza as the 2024 Veteran's Day Parade Grand Marshal. Commissioner Kent-Partridge seconded the motion. Motion passed with 6 Yes votes. 1 absent (Reed).

OTHER BUSINESS AND FUTURE AGENDA ITEMS:

- Derek Rogers; provides free shower remodel for veterans
- Jeanette Devevo; VA, presented on suicide prevention at Veterans Roundtable
- Greg Wieking; Vitalant
- HomeBase Surprise
- The Grand Veteran's Memorial architect
- One Step Beyond
- Traumatic Brain Injury Alliance

- IDD representative (Sunflower) who is creating her own resource guide
- Surprise Young Life

ADJOURNMENT:

Commissioner Daigle moved to adjourn the meeting of the Veterans, Disability & Human Services Commission on September 11, 2024 at 7:39 p.m. Commissioner Billcheck seconded the motion. The motion passed with 6 Yes votes. 1 absent (Reed).

Danielle Osborne
Community Initiatives Supervisor

Allison Wisniewski
Veterans, Disability and Human Services Commission Chair

The foregoing instrument is a full, true, and correct copy of the original document on file in the office of the City Clerk, City of Surprise, Arizona.

ATTEST BY:

Athba Arnold
Administrative Specialist

DATE:



CITY OF SURPRISE
Veterans, Disability and Human Services
Commission

Council Meeting Date: October 9, 2024 Contact Person:
Submitting Department: Human Svcs and Comm District: Citywide
Vitality
Staff Recommendations:

Consent: No Regular: Yes Public Hearing: No Report/Discussion: No

Agenda Wording:

Presentation and discussion pertaining to BeneFitness Adaptive Gym.

Motion:

Presentation and discussion only

Background:

Director of BeneFitness, Lorrie Karn, will provide an overview of BeneFitness and its services offered.

Objective Analysis:

To receive an overview of the services offered by BeneFitness.

Policy Compliant:

This item is in compliance with city and council policies.

Financial Impact:

None

Budget Impact:

None

FTE Impact:

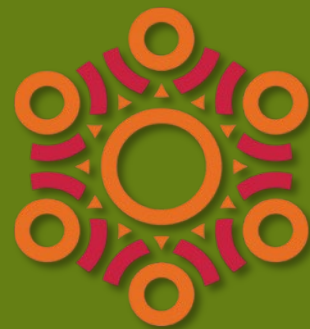
None

ATTACHMENTS:

1. Benefitness presentation Oct 2024
-



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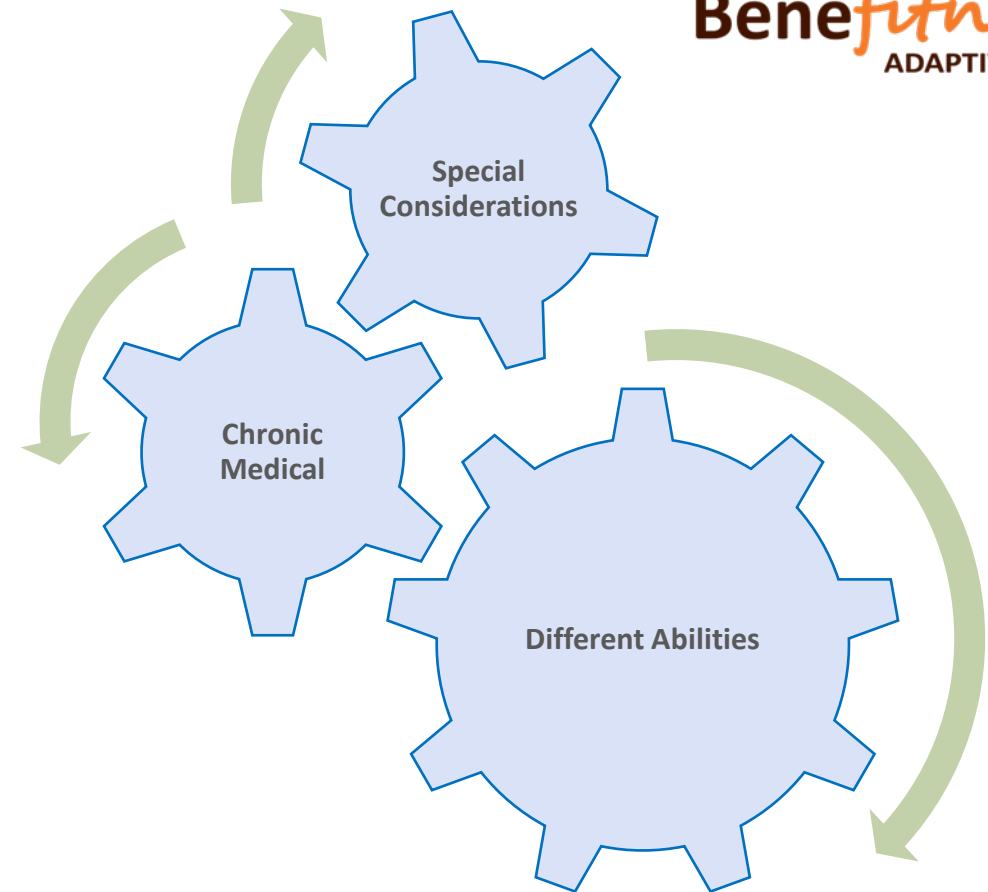
Benevilla®

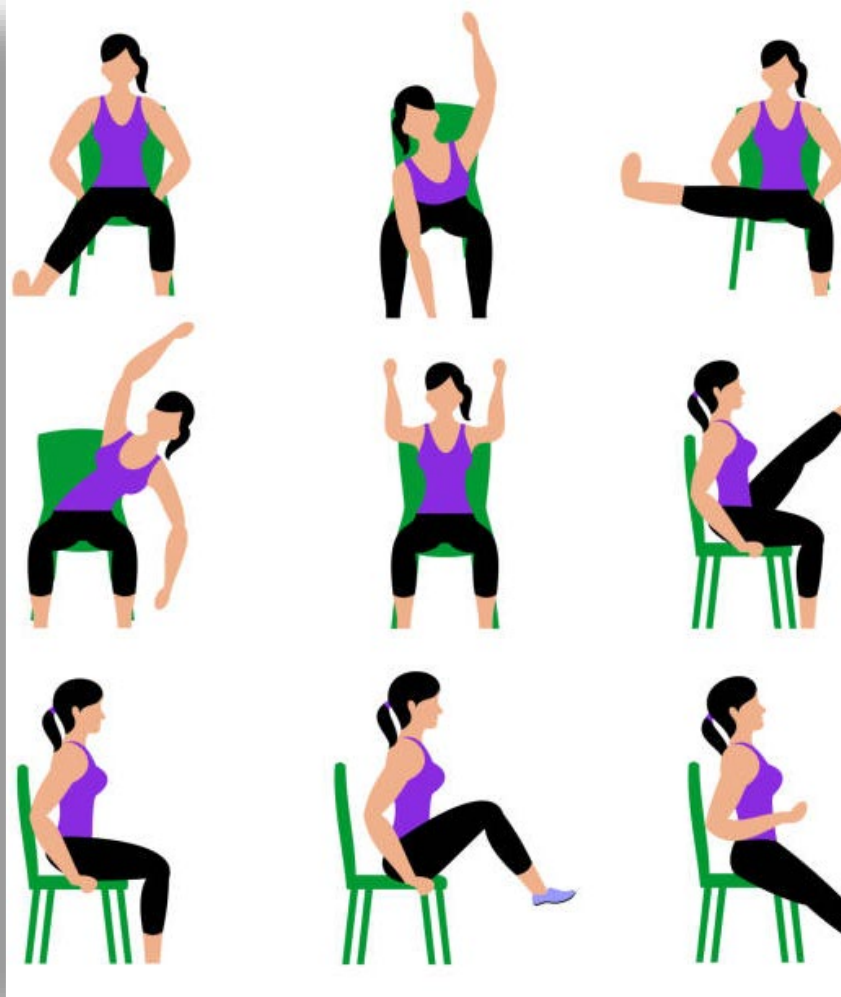
BENEFITNESS ADAPTIVE GYM

WHO WE ARE AND WHO WE SERVE



- Different Abilities
- Special Considerations
- Chronic Medical
- Adults 18+ years old





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DEFINE ADAPTIVE FITNESS

ADAPTIVE FITNESS IS A TYPE OF INSTRUCTION THAT IS ADAPTED TO SERVE THE NEEDS OF THE INDIVIDUAL WITH BOTH TEMPORARY AND PERMANENT DEFICITS AND DISABILITIES. MODALITIES MAY BE USED FOR WEIGHT MANAGEMENT, MOBILITY/STABILITY IMPROVEMENT, GREATER ADL FUNCTION, IMPROVED HEALTH DISPARITIES, AND MORE.



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WHAT WE WORK ON

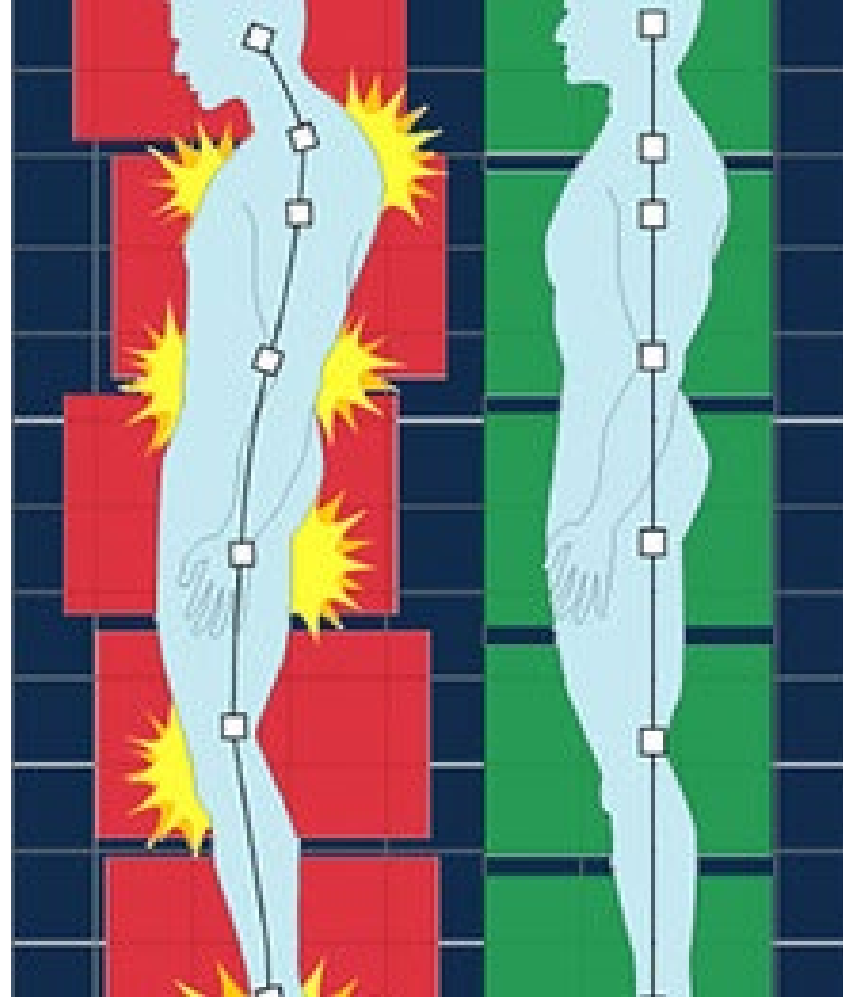
BENEFITNESS' APPROACH TO EXERCISE INCLUDES MANY EXERCISES FOR THE PURPOSE OF IMPROVING MOBILITY/STABILITY, STRENGTH, FLEXIBILITY, CARDIAC CAPACITY WITH THE GOAL OF REDUCING DAILY SYMPTOMS AND DISEASE PROGRESSION RATE.

EXAMPLES OF DIAGNOSES & CONDITIONS COMMON TO BENEFITNESS



- Parkinson's Disease
- MS
- Alzheimer's and dementia
- Stroke survivor
- Social Anxiety
- Medical accident
- TBI
- Cardiac conditions
- Active aging
- Need for community
- Diabetes
- Post injury and/or surgery
- PT 'next step'





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HOT TOPIC – OPIOIDS AND PAIN MANAGEMENT

CORRECTIVE EXERCISE AND ASSISTED STRETCH IS A GREAT NON-PHARMACOLOGICAL OPTION FOR PAIN MANAGEMENT

Benefitness Adaptive Gym



Group Classes

- Designed for adaptive needs
- Small group classes
- Regain strength, mobility and agility
- Improve health and vitality

Benefitness Adaptive Gym

Individual Sessions

- Tailored for needs of the individual
- Improve skills needed for daily living
- Reduce pain
- Manage diagnoses progression



Benefitness Adaptive Gym



Rock Steady Boxing

- Fight back against Parkinson's Disease
- Improve mobility, strength, stability, coordination



ROCK STEADY
BOXING

Benefitness Adaptive Gym



Bio-impedance analysis (BIA)

- Body composition analysis
- Inflammation analysis
- Cardiac risk analysis
- Basal metabolic rate



Benefitness Adaptive Gym



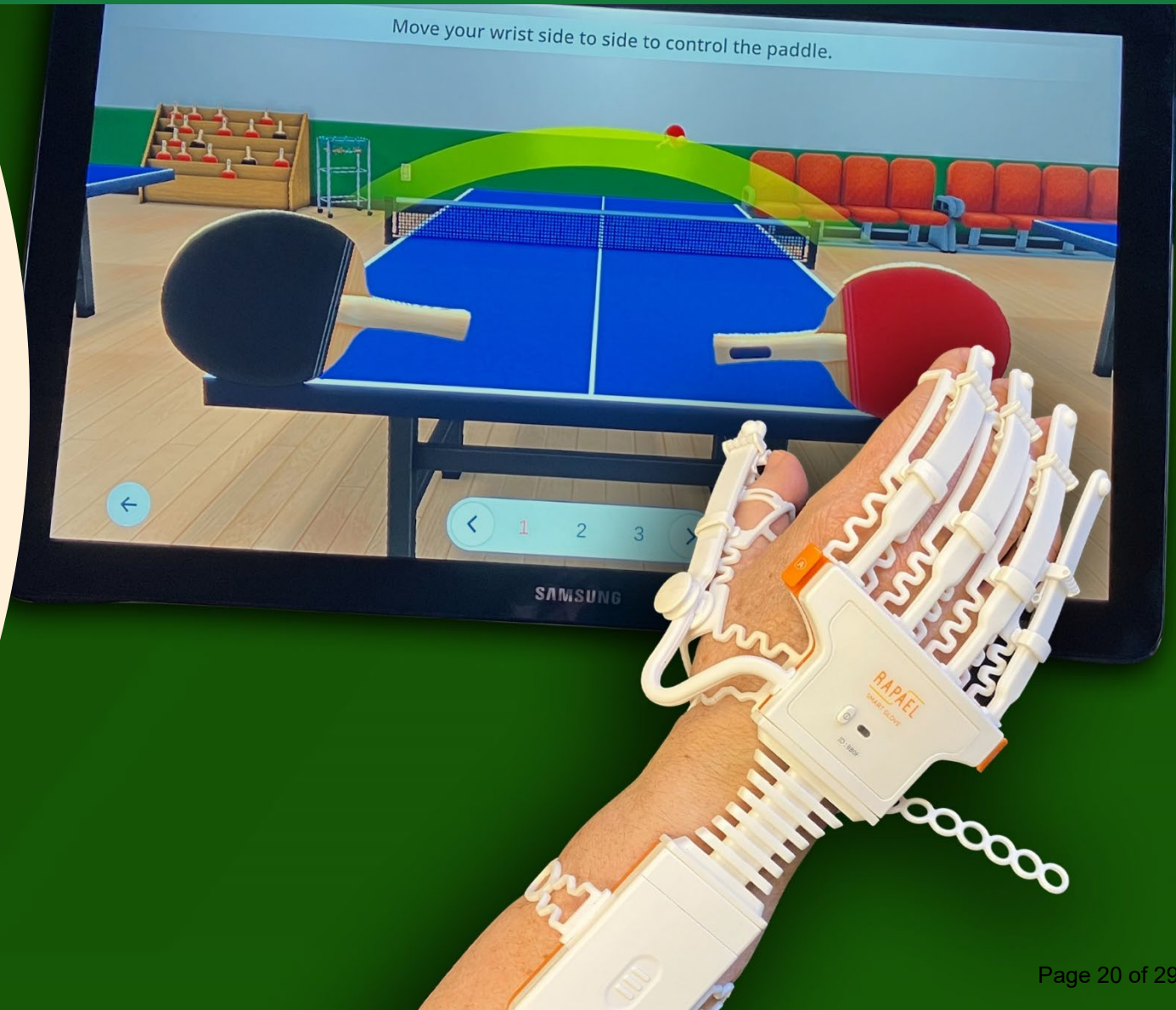
Assisted Stretch

- Increases range of motion
- Increases circulation
- Reduces pain and inflammation
- Relieves stiffness

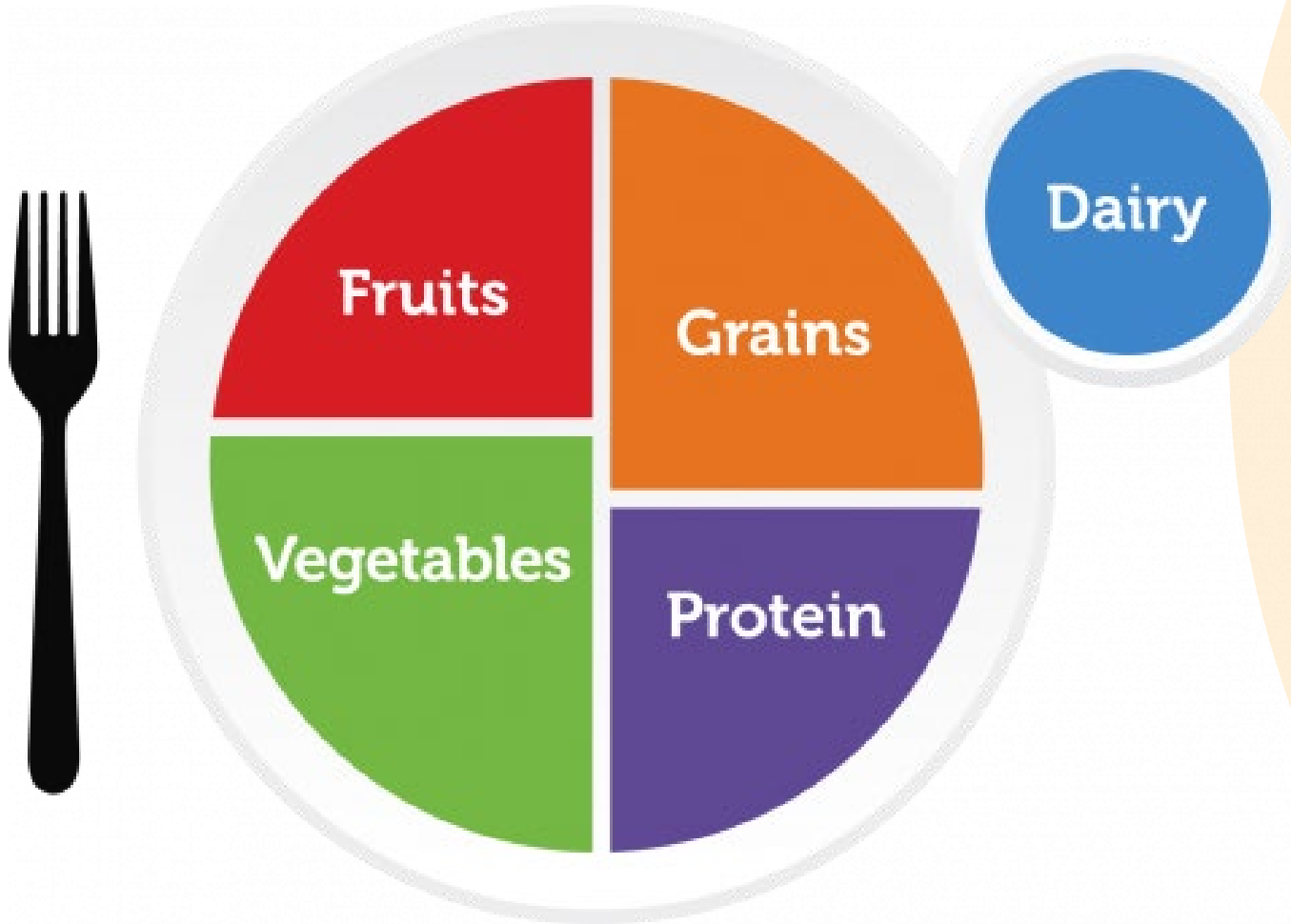
Benefitness Adaptive Gym

Smart Glove & Smart Board

- Improve hand and wrist mobility
- Improve coordination and reflexes
- Improve activities of daily living
- Individualized therapy and measured results



Benefitness Adaptive Gym



Nutrition Coaching

- Individualized nutrition plan
- Led by certified staff

Programs Includes

- Life Enrichment Day Programs
- C.A.R.E.S. (Community Assistance, Resources, Education, & Support)
 - Home Services
 - Resource Database
 - Educational Events/Workshops
 - Support for Caregivers
- *Benefitness* Adaptive Gym
- Wirtzie's Preschool and Childcare
- Volunteer Opportunities



Benevilla Life Enrichment Programs



Lucy Anne's Place

Lucy Anne's Place is specifically for people who have early to moderate stages of Alzheimer's and other dementias, stroke survivors, and those with Parkinson's Disease.



Mary's Place

Mary's Place is for those experiencing moderate to advanced Alzheimer's and other related dementias.



West Valley

West Valley Life Enrichment Program supports diverse members including stroke survivors, those with Parkinson's Disease, dementia, and older adults with cognitive disabilities.

C.A.R.E.S. (Community Assistance, Resources, Education & Support)



- Home Services
- Support Groups
- Education Workshops & Events
- Community Database
- Recommendations to Preferred Partners

Call our direct line: (623) 525-4404



Benevilla®

Volunteer Opportunities

Benevilla offers many rewarding, creative, and exciting ways to partner with them in service to the community. Volunteers are the heart and hands of Benevilla. The efforts of each one of our staff is multiplied by the support and contribution of generous volunteers.



Benevilla®



Wirtzie's
preschool & child care

www.wirtzies.org

**Quality Preschool & Child Care
services for children ages 6
weeks to 5 years old**

Community Impact



Benevilla®

2023 Impact in the Community

59,615

Acts of Care and Compassion

5,657

Individual Lives Enriched



Life Enrichment Programs

100,764

Hours of respite for family members caring for a loved one



C.A.R.E.S. Walk-Ins and Calls

2,460

Individuals and families who received resources



Volunteer Program

13,848

Total volunteer hours serving our community by 244 volunteers



Home Services

3,346

Services provided to members throughout the year for all areas



Educational Events & Caregiver Connect

415

Total number of people who received education, support and resources

Benefitness Adaptive Gym

3,310

Number of classes held helping members reach their wellness goals



Wirtzie's Preschool & Child Care

183

Number of children who received quality childcare



Intergenerational Program

309

Intergenerational activities for children and older adults to share together



Support Groups

1,628

Attendees found comfort & community while caring for or grieving a loved one





BENEFITNESS

STRONGER TOGETHER



CITY OF SURPRISE
Veterans, Disability and Human Services
Commission

Council Meeting Date: October 9, 2024 Contact Person:
Submitting Department: Human Svcs and Comm District: Citywide
Vitality
Staff Recommendations:

Consent: No Regular: Yes Public Hearing: No Report/Discussion: No

Agenda Wording:

Discussion and action pertaining to the 2024 GAIN Night.

Motion:

I move to approve participation in [and/or sponsorship of] the 2024 GAIN Night.

Background:

The GAIN Night is a free community event that brings together family fun and safety education in one place.

Objective Analysis:

To discuss options on the Commission's collaboration with the City of Surprise's annual G.A.I.N. night.

Policy Compliant:

This item is compliant with City and Council policies.

Financial Impact:

If approved, costs associated with this action will not exceed \$10,000.00.

Budget Impact:

Currently, \$10,000.00 is budgeted towards Professional Outside Services in the FY25 budget.

FTE Impact:

None

ATTACHMENTS:
