

**CALIFORNIA STATE LIBRARY  
LIBRARY SERVICES AND TECHNOLOGY ACT (LSTA)  
FISCAL YEAR 2017/2018  
PITCH-AN-IDEA GRANT APPLICATION**

**ELEMENT 1: BASIC INFORMATION (please see application instructions for additional information)**

**Applicant Information**

<b>1. Library/Organization</b>	<b>2. Library's DUNS Number</b>		
Palos Verdes Library District	076188945		
<b>3. Legal Business Name (must match name registered with Federal Employer Identification Number (FEIN))</b>			
Palos Verdes Library District of Los Angeles			
<b>4. Project Coordinator Name</b>	<b>5. Project Coordinator Title</b>		
Laura Ishizaka, Deb Ripley	Librarian		
<b>6. Email Address</b>	<b>7. Business Phone Number</b>		
lishizaka@pvld.org	310-377-9584		
dripley@pvld.org	x215, x217		
<b>8. Mailing Address</b>	<b>City</b>	<b>State</b>	<b>Zip</b>
701 Silver Spur Road	Rolling Hills Estates	CA	90274

**Project Information**

<b>9. Project Title</b>	Boomers & Beyond: Aging Well @ PVLD
<b>10. LSTA Funds Requested</b>	\$20,000
<b>11. Cash Match &amp; In-Kind</b>	\$22,795
<b>12. Total Project Cost</b>	\$42,795

**13. California's LSTA Goals (Check one goal that best describes the project)**

- |  |   |
|--|---|
| <input type="checkbox"/> Literate California             | <input type="checkbox"/> Bridging the Digital Divide      |
| <input type="checkbox"/> 21 <sup>st</sup> Century Skills | <input type="checkbox"/> Information Connections          |
| <input type="checkbox"/> 22 <sup>nd</sup> Century Tools  | <input checked="" type="checkbox"/> Community Connections |
| <input type="checkbox"/> Content Creation/Preservation   | <input type="checkbox"/> Ensuring Library Access for All  |

**14. Primary Audience for project (Select all that apply.)**

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> Adults                             | <input type="checkbox"/> Pre-School Children        |
| <input type="checkbox"/> Families                                      | <input type="checkbox"/> Rural Populations          |
| <input type="checkbox"/> Immigrants/Refugees                           | <input type="checkbox"/> School Age Children        |
| <input type="checkbox"/> Intergenerational Groups (Excluding Families) | <input checked="" type="checkbox"/> Senior Citizens |
| <input type="checkbox"/> Library Staff, Volunteers and/or Trustees     | <input type="checkbox"/> Statewide Public           |
| <input type="checkbox"/> Low Income                                    | <input type="checkbox"/> Suburban Populations       |
| <input type="checkbox"/> Non/Limited English Speaking Persons          | <input type="checkbox"/> Unemployed                 |
| <input checked="" type="checkbox"/> People with Disabilities           | <input type="checkbox"/> Urban Populations          |
| <input type="checkbox"/> People with Limited Functional Literacy       | <input type="checkbox"/> Young Adults and Teens     |

## ELEMENT 2: PROJECT BACKGROUND AND SUMMARY

**Describe how this project was identified as a need, how it relates to your library's strategic plan, what will be accomplished if this project is implemented, and how you will know whether your project is successful. Summary should relate to activities in the timeline (Element 4) and include statistical information to support the project.**

The PV Peninsula is made up of four municipalities: Palos Verdes Estates, Rolling Hills, Rolling Hills Estates, and Rancho Palos Verdes. PVLD serves all four cities with three libraries. According to the US Census 2015 Demographic and Housing Estimates, approximately 40% of the population, or 27,000 people, on the Palos Verdes Peninsula (PV Peninsula) are 55 years of age or older.

While we serve the four cities as the public library, we also act as the de facto community center. Many community members will not, often because of accessibility issues, travel from one side of the Peninsula to the other. PVLD's vision is to be the "community's center for discovery, lifelong learning, and personal enrichment for all." (Palos Verdes, PVLD.org). With this grant, we want to provide our seniors with more new experiences for discovery and learning in more locations throughout the Peninsula. We are doing this by cultivating relationships with other community organizations who serve that population. As a public institution we welcome all to our public programs and are cognizant that there may be younger adults who attend our programs. While they will not be turned away, we will only use feedback from those who meet our target age group. Our marketing materials will emphasize these programs are for the 55+ year old crowd, we will work with other senior organizations in the community to spread the word, and host programs at assisted living facilities when possible. We will send 500 copies of our professionally-designed and easy to read "Boomers and Beyond" brochure to households with seniors in residence. We are working with two local newspapers to have stories written about the grant and all the great programs that will be available over the year because of it.

With this grant, we are focusing on senior members of our community for several reasons. The population of Americans 65 and older is predicted to almost double from now until 2050, and we would like to ensure "comfortable, and meaningful lives" for this demographic in our community (Karpf, NYTimes.com). Jo Ann Jenkins, AARP CEO, has a mission to "disrupt aging" through a focus on "health, wealth and self" which PVLD is using as a guide for this grant (Jenkins, AARP.org). Rather than just treating ailments or managing diseases, Jenkins encourages us to "make healthier choices, and [we] search for tools that help us make changes that enhance our physical and mental well-being." Jenkins also states, "Too many people resist the transitions that come with age and never allow themselves to enjoy who they are." The programs in this grant will broaden horizons and offer new experiences which many may not have ventured to try otherwise, in a safe and familiar environment.

The programming PVLD will offer with the assistance of this grant includes community health and wellness classes such as yoga, tai chi, and Feldenkrais (which uses gentle movement to improve brain health and range of motion); healthy cooking classes; workshops in conjunction with representatives from local branches of the Alzheimer's Association, American Diabetes Association, American Cancer Society, and American Heart Association; seminars on identity theft and scam alerts with local government and financial agencies including the Department of Consumer and Business Affairs; digital education programs where assistance on using devices is received from local high school volunteers; and a purely social event at the end of the grant period with music, dancing and conversation which will be funded by the Palos Verdes Library District.

We will use grant funds to purchase materials such as topical books, periodicals, and DVDs, exercise equipment, art supplies, and an iPad kiosk which will be used to demonstrate PVLD's online resources and website. We will bring our existing Pop-Up Library to all off-site events where book and periodical check-outs, and library card and Books By Mail sign ups will be facilitated. We will also connect patrons to other resources, such as Los Angeles Braille Institute. PVLD will use this grant to provide programming beyond the library walls, in assisted living facilities where many of the residents are home-bound as well as in other community meeting spaces, such as parks whenever possible to ensure that residents from all four cities can benefit.

Successful outcomes will be based on the number of program attendees, results from engagement surveys and phone interviews, a comparison of library cardholders and Books By Mail registrants from beginning of the grant period to the end. Results from surveys and interviews will identify how these programs have inspired attendees to continue exploring avenues for healthy education and growth in the community. We anticipate a comparison of the number of library cardholders aged 55 years or older from September 2017 to August 2018 will identify an increase in the number of cardholders.

### ELEMENT 3: PARTNERSHIPS

Please list all formal partners for your project here. Please attach (under Element 7) a copy of your signed agreement with each partner, which outlines the role the partner will play and the resources the partner will contribute.

Partner Name	Organization Type (see instructions for valid entries)	Legal Type (see instructions for valid entries)	Role on Project	Resources That Partner Will Contribute (materials/funds/staff)
Palos Verdes Peninsula Land Conservancy	Other: Land Conservancy	Non-Profit	Program partner	Organizing hiking opportunities and art program location.
City of Rancho Palos Verdes - Recreation and Parks Department	Other: City	Local Government	Program partner	Free locations and venues for programs.

## ELEMENT 4: PLANNING AND EVALUATION

Please answer each area concisely and completely. For section A-F limit responses to four pages.

**A. Project Intent (Check only one that best describes the project)**

**Lifelong Learning**

- Improve users' formal education
- Improve users' general knowledge and skills

**Information Access**

- Improve users' ability to discover information
- Improve users' ability to obtain information resources

**Institutional Capacity**

- Improve the library workforce
- Improve the library's physical and technology infrastructure
- Improve library's operations

**Economic & Employment Development**

- Improve users' ability to use resources and apply information for employment support
- Improve users' ability to use and apply business resources

**Human Services**

- Improve users' ability to apply information that furthers their personal, family, or household finances
- Improve users' ability to apply information that furthers their personal or family health & wellness
- Improve users' ability to apply information that furthers their parenting and family skills

**Civic engagement**

- Improve users' ability to participate in their community
- Improve users' ability to participate in community conversation around topics of concern

**B. Project Purpose – Short statement which answers the questions: we will do what, for whom, for what expected benefit(s).**

PVLD will host a series of programs for the 55+ years of age population on the Peninsula dealing in topics of health, wealth, and self. PVLD will work with organizations on and off the Peninsula to cultivate lasting working relationships, and will provide senior programs beyond library walls in public locations across the Peninsula. PVLD will increase its visibility and reach within the senior community through these programs, and will spread awareness of library services to underserved areas, and senior populations on the Peninsula. PVLD will collect contact information from program participants who are 55+ years of age and contact them at the end of the grant cycle to follow-up on continued healthy lifestyle progress.

**C. Anticipated Project Outputs – Measures of services and/or products to be created/provided.**

PVLD will hold approximately 30 programs aimed at adults 55 and older. We anticipate attendance for programs of between 30-100 per program.

1000 brochures and flyers will be made and distributed, half will be directly mailed to senior households on the Peninsula. Two banners will be printed and placed in community advertising locations. Digital posters will be displayed in library locations. 500 program reminder postcards will be mailed.

We will work with 20 community organizations.

We will purchase 70 new books, 3 periodical subscriptions, and 15 new DVDs for the collection.

We anticipate adding 50 new library cardholders 55+ years of age and 10 new Books By Mail registrants.

**D. Anticipated Project Outcome(s) – What change is expected in the target audience's skills, knowledge, behavior, attitude, and/or status/life condition? How will you measure these outcomes? (for examples see attachment B of the application instructions)**

75% of physical activity participants will say they now feel more confident to take part in similar physical activity classes following the programs, and will actively seek out new physical activity class opportunities.

At least 50% of disease prevention workshop attendees will say they have a better understanding of these common diseases, how to identify early warning signs, and how to prevent them.

30% of attendees in financial workshops will actively seek out assistance, resources, and information on how to protect their financial assets.

At least 20% will create social networks to combat loneliness and isolation by creating groups that meet weekly or monthly for activities such as coffee, lunch, attending library programs, or attending physical activity classes in the community.

Project Coordinators will collect voluntary contact information and program surveys at the end of each event, and will follow-up via telephone with participants at the end of grant cycle to learn about their continued healthy lifestyle progress.

**E. Briefly describe how this project will be financially supported in the future.**

After the grant period concludes, the Palos Verdes Library District will devote 40% of the Adult Services annual programming budget to offering the most impactful and financially feasible programs for seniors. We will also continue to work with community supporters to provide programs at locations beyond our three library locations.

**F. Activity Information. Activities are action(s) through which the intent or objective of a project are accomplished. Four activity types have been identified, each with select methods to help you describe how you will carry out this project. Indicate activity types that require a significant commitment of resources to the project (representing 10% or more of total project resources).**

1.  **Instruction** - Involves an interaction for knowledge or skill transfer and how learning is delivered or experienced. (*Check all that apply and provide a description including whether the format will be in-person, virtual, or both*)
  - Program - Formal interaction and active user engagement (e.g., a class on computer skills).
  - Presentation - Formal interaction and passive user engagement (e.g., an author's talk),
  - Consultation - Informal interaction with an individual or group of individuals (library staff or other professional) who provide expert advice or reference services to individuals, units, or organizations.
  - Other

**Description:**

Programs will include chair yoga, tai chi, nature walks, and Feldenkrais gentle stretch classes lead by professional instructors. Yoga mats and seat pads will be brought to locations by Project Coordinators. Presentations will include speakers from local branches of the Alzheimer's Association California Southland Chapter, American Diabetes Association, American Cancer Society, and American Heart Association; seminars on identity theft and scam alerts with local government and financial agencies including the Department of Consumer and Business Affairs. There will be a 6 week series presented by Caring House on advance health care directives, and a healthy cooking demonstration with tasting and Q&A with a dietitian. Programs such as tai-chi, and nature walks will be held outdoors at local parks around the Peninsula, and other opportunities including chair yoga, Feldenkrais, and some speakers will be held at locations held by other organizations in conjunction with PVLD. All programs and presentations will be in-person. Project Coordinators will provide information on continuation of library services beyond library programs at other local facilities and encourage participants to attend, as well as to create groups from our programs for social growth.

2.  **Content** - Involves the acquisition, development, or transfer of information and how information is made accessible. (*Check all that apply and provide a description including whether the format will be physical, digital, or both*)

- Acquisition** - Selecting, ordering, and receiving materials for library or archival collections by purchase, exchange, or gift, which may include budgeting and negotiating with outside agencies (i.e. publishers, vendors) to obtain resources. May also include procuring software or hardware for the purposes of storing and/or retrieving information or enabling the act of experiencing, manipulating, or otherwise interacting with an information resource.
- Creation** - Design or production of an information tool or resource (e.g., digital objects, curricula, manuals). Includes digitization or the process of converting data to digital format for processing by a computer.
- Description** - Apply standardized descriptive information and/or apply such information in a standardized format to items or groups of items in a collection for purposes of intellectual control, organization, and retrieval.
- Lending** - Provision of a library's resources and collections through the circulation of materials (general circulation, reserves). May also refer to the physical or electronic delivery of documents from a library collection to the residence or place of business of a library user, upon request.
- Preservation** - Effort that extends the life or use life of a living or non-living collection, the individual items or entities included in a collection, or a structure, building or site by reducing the likelihood or speed of deterioration.
- Other**

**Description:**

PVLD will purchase 70 new books (large print & senior health specific) @ \$30/each for \$2100, 3 periodical subscriptions (Reminisce (\$10.00/year), AARP Magazine (\$16.00/year), Good Old Days (\$19.00/year) and 15 chair yoga, Feldenkrais, tai chi DVDs @ \$15.00/each = \$175.00. This new content will be offered in the Pop Up library at all events and after the grant period will enter PVLD's general collection.

3.  **Planning & Evaluation** - Involves design, development, or assessment of operations, services, or resources and when information is collected, analyzed, and/or disseminated. (*Check all that apply and provide a description including whether the format will be in-house or third-party*)
- Retrospective** - Research effort that involves historical assessments of the condition of a project, program, service, operation, resource and/or user group.
  - Prospective** - Research effort that projects or forecasts a future condition of a project, program, service, operation, resource, and/or user group.

**Description:**

4.  **Procurement** – May only be used for projects with an Institutional Capacity Intent. Acquiring or leasing facilities; purchasing equipment/supplies, hardware/software, or other materials (not content) that support general library infrastructure. (*Provide a description*)

**Description:**

## **ELEMENT 5: GRANT TIMELINE/ACTIVITIES**

Show each major project activity and when it will be started and/or completed throughout the project. The timeline should correspond to the activities described in Planning and Evaluation. Please put an X in each pertaining month.

## ELEMENT6: BUDGET

The budget should clearly identify the amounts requested and from what sources.

Budget Category	LSTA	Cash Match & In-Kind	Total
<b>Salaries/Wages/Benefits</b>			
Part-time librarian desk coverage (0.11 FTE)	\$8,088	\$0	\$8,088
Project Coordinator A (0.14 FTE)	\$0	\$9,206	\$9,206
Project Coordinator B (0.14 FTE)	\$0	\$10,909	\$10,909
	\$0	\$0	\$0
	\$0	\$0	\$0
	\$0		\$0
	\$0	\$0	\$0
	\$0		\$0
<b>Subtotal</b>	<b>\$8,088</b>	<b>\$20,115</b>	<b>\$28,203</b>

### Description:

Part-time librarians to backfill time on reference desk for Project Coordinators. Part-time librarian: 240 hours, \$33.70 per hour

Project coordinators will split use of time off desk to plan program details, coordinate with community supporters, publicize events, facilitate programs, create reports, and aggregate survey and interview information. The In-kind contributions will come from the Palos Verdes Library District in terms of paying regular wages for Project Coordinators to work on grant affiliated responsibilities

Project Coordinator A/Librarian I FT: 280 hours, \$32.87 per hour

Project Coordinator B/Librarian I PT: 280 hours, \$38.96 per hour

Consultant Fees			
Yoga Instructor for 2 60-minute classes	\$400	\$0	\$400
Tai-chi Instructor for 2 60-minute classes	\$400	\$0	\$400
Feldenkrais Instructor for 2 60-minute classes	\$400	\$0	\$400
Cooking instructor & dietician for 2 60-minute classes	\$600	\$0	\$600
Art instructor for 2 60-minute classes	\$400	\$0	\$400
Brain Health instructor for 6 sessions	\$1,000	\$0	\$1,000
	\$0	\$0	\$0
<b>Subtotal</b>	<b>\$3,200</b>	<b>\$0</b>	<b>\$3,200</b>

### Description:

All consultants are presenting classes or programs for senior participants in the project.

Torrance Memorial Medical Center (TMMC) - Instructor TBD, 2 classes intro to chair yoga seniors, \$400 total

TMMC - Instructor Richard Goodman, 2 classes Introduction to Tai-chi for seniors, \$400 total

TMMC - Instructor TBD, 2 classes, Feldenkrais-1 for brain health, 1 for back health, \$400 total

TMMC - Chef TBD, 2 classes, chef for healthy cooking for seniors, \$300 total

TMMC - Dietitian TBD, 2 classes, dietitian for healthy cooking for seniors, \$300 total

Art instructor TBD, 2 classes, adaptive art for seniors, \$200 total

TMMC - Instructor TBD, 6 classes, brain health and memory games for seniors, \$1000

**Description:**

Supplies/Materials			
1 "Armordillo Sphere" iPad stand	\$350	\$0	\$350
1 iPad provided by Palos Verdes Library District	\$0	\$1,000	\$1,000
Physical activity materials: yoga mats, cushions, cleaning supplies	\$1,200	\$0	\$1,200
Styluses	\$30	\$0	\$30
Postage	\$245	\$0	\$245
Art supplies	\$667	\$0	\$667
PVLD Pop Up Library (including previously owned books)	\$0	\$1,500	\$1,500
New books on program topics	\$2,100	\$0	\$2,100
New periodicals	\$45	\$0	\$45
New DVDs	\$175	\$0	\$175
	\$0	\$0	\$0
	\$0	\$0	\$0
	\$0	\$0	\$0
	\$0	\$0	\$0
<b>Subtotal</b>	<b>\$4,812</b>	<b>\$2,500</b>	<b>\$7,312</b>

**Description:** 30 yoga mats @ \$17.99 each + tax = \$587.00. To be used for Feldenkrais classes at off-library locations.  
32 chair non-slip pads @ \$34.00 for 4 + tax = \$296.00. To be used for chair yoga classes at on- and off-library locations.  
4 bottles of yoga mat cleaning spray + 4 microfiber cloths @ \$28.98/2 + tax = \$63.00. To clean yoga mats.  
500 postage stamps @ .49 each = \$245.00. To be used for mailing program brochures.  
100 styluses @ \$3/10 = \$30.00. To be used during Teen Tech 4 Seniors programs  
Art supplies to be used during adaptive art sessions: 30 adaptive grip pencils @ \$3.59/2 + tax = \$59.00, 30 adaptive grip paint brushes (assorted) @ \$11.00/each + tax = \$360.00, 40 canvases @ \$145.00/40, 4 Drawing paper pads @ \$7.00/each + tax = \$31.00, 3 acrylic paint sets @ \$21.00/each + tax = \$68.00  
70 new books (large print & senior health specific) @ \$30/each = \$2100, 3 periodical subscriptions (Reminisce (\$10.00/year), AARP Magazine (\$16.00/year), Good Old Days (\$19.00/year), 15 chair yoga, Feldenkrais, tai chi DVDs @ \$15.00/each = \$175.00

Budget Category	LSTA	Cash Match & In-Kind	Total
<b>Equipment (\$5,000 or more per unit)</b>	\$0	\$0	\$0
	\$0	\$0	\$0
	\$0	\$0	\$0
	\$0	\$0	\$0
<b>Subtotal</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>
<b>Description:</b>			
<b>Services</b>			
Design of marketing logo	\$600	\$0	\$600
Design of postcards, banners, flyers, posters @ brochures	\$1,650	\$0	\$1,650
Design of web materials	\$400	\$0	\$400
Printing of marketing materials (except banners)	\$850	\$0	\$850
Printing of marketings banners	\$400	\$0	\$400
Printing of flyers, posters, copies	\$0	\$180	\$180
	\$0	\$0	\$0
	\$0	\$0	\$0
	\$0	\$0	\$0
<b>Subtotal</b>	<b>\$3,900</b>	<b>\$180</b>	<b>\$4,080</b>
<b>Description:</b> Design Makes Me Happy will design the marketing ("brand") logo for all marketing materials.			
Design Makes Me Happy will design brochures, flyers and posters, web materials, banners and postcards.			
Pacific Graphix will print 1000 brochures and 500 reminder postcards.			
1 Hour Photo will print 2 banners.			
PVLD will print all flyers and materials for programs (1200 print outs @ \$.15/each) as an in-kind contribution. PVLD will display digital posters in libraries.			

<b>Project Total</b>	\$20,000	\$22,795	\$42,795
<b>Indirect Cost Rate Applied</b>	0.0 % <b>Indirect Cost</b>	\$0	\$0
Check one:			
<input checked="" type="checkbox"/> No Indirect	<input type="checkbox"/> Federally negotiated indirect cost rate *	<input type="checkbox"/> Indirect proposed cost rate *	
* please attach supporting documentation if required			
<b>Description:</b>			
<b>Grand Total</b>	<b>\$20,000</b>	<b>\$22,795</b>	<b>\$42,795</b>

## ELEMENT 7: ATTACHMENTS

If you have additional resources that support your grant, please attach after this page

## ELEMENT 8: INTERNET CERTIFICATION

Check the Appropriate Library Type

**Public Library**       **Academic**       **K-12**       **Multi-Type**       **Special/Other**

As the duly authorized representative of the applicant public library, public elementary school library or public secondary school library applying for LSTA funding, I hereby certify that the library is (*check only one of the following boxes*)

**A.  An individual applicant that is CIPA compliant.**

The applicant library, as a public library, a public elementary school library or public secondary school library, has complied with the requirements of Section 9134(f)(1) of the Library Services and Technology Act.

**B.  Representing a group of applicants. Those applicants that are subject to CIPA requirements have certified they are CIPA compliant.**

All public libraries, public elementary school libraries, and public secondary school libraries, participating in the application have complied with the requirements of Section 9134(f)(1) of the Library Services and Technology Act. The library submitting this application has collected Internet Safety Certifications from all other applicants who are subject to CIPA requirements. The library will keep these certifications on file with other application materials, and if awarded funds, with other project records.

**C.  Not Subject to CIPA Requirements.**

The CIPA requirements do not apply because no funds made available under this LSTA grant program will be used to purchase computers used to access the Internet or to pay for direct costs associated with accessing the Internet.

## SIGNATURE

I have read and support this LSTA Grant Application.

Palos Verdes Library District  
Library/Organization

Boomers & Beyond: Aging Well @ PVLD  
Project Name

Katherine Gould  
Library Director Name

Library Director  
Title

Library Director Signature

Date



Palos Verdes  
Library District

701 Silver Spur Road . Rolling Hills Estates, CA 90274  
310.377.9584 . 310.541.6807 . [www.pvld.org](http://www.pvld.org)

Dear Ms. Vona,

The Palos Verdes Library District is preparing a grant application for Boomers and Beyond: Aging Well @ PVLD, a project that your organization has expressed interest in supporting. The grant application will be submitted to the California State Library, which administers funds from the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act. The State Library has requested that an application be prepared and included with that application are to be signed agreements with each project partner. The agreement, as you will see below, outlines the role the partner will play and the resources the partner will contribute.

For the first time, project applicants are requested to include in the grant application a signed agreement with each partner. The agreement is to outline the role the partner will play and the resources the partner will contribute. In order to expedite this process, this letter can serve the purpose of the signed agreement.

**Role of the Partner on the Project:**

Palos Verdes Peninsula Land Conservancy (PVPLC) will coordinate with the grant applicant to provide services to the 55 years of age and older population on the Palos Verdes Peninsula either at 1 of 3 Palos Verdes Library District branch locations, or at other locations designated and facilitated by PVLD. Coordination will include

- a. Advice and coordination with grant managers, Laura Ishizaka and Deb Ripley
- b. Trained docents to guide seniors on safe and easily accessible walk(s) and/or hike(s) opportunities
- c. Public Relations efforts from Palos Verdes Peninsula Land Conservancy (Includes sharing PVPLC logos and graphics to be included in PVLD marketing and publications)
- d. Receiving a trained facilitator for programs or activities if needed
- e. Receiving contact information for participants interested in Land Conservancy activities

If you find these deliverables and contract agreeable, please sign and date this agreement. So that a copy may be included with the grant application, please email Laura Ishizaka ([lishizaka@pvld.org](mailto:lishizaka@pvld.org)) a scanned copy of the letter. Please also then mail a hard copy to:  
Laura Ishizaka 701 Silver Spur Road, Rolling Hills Estates, CA 90274.

Sincerely yours,

A handwritten signature in black ink, appearing to read "Jennifer Addington".

Jennifer Addington  
Deputy Director, Palos Verdes Library District

Approved by

A handwritten signature in black ink, appearing to read "Andrea Vona".

Andrea Vona  
Executive Director, Palos Verdes Peninsula Land Conservancy

Date

A handwritten date in black ink, appearing to read "5/30/17".



Palos Verdes  
Library District

701 Silver Spur Road . Rolling Hills Estates, CA 90274  
310.377.9584 . 310.541.6807 . [www.pvld.org](http://www.pvld.org)

Dear Ms. Silver,

The Palos Verdes Library District is preparing a grant application for Boomers and Beyond: Aging Well @ PVLD, a project that your organization has expressed interest in supporting. The grant application will be submitted to the California State Library, which administers funds from the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act. The State Library has requested that an application be prepared and included with that application are to be signed agreements with each project partner. The agreement, as you will see below, outlines the role the partner will play and the resources the partner will contribute.

For the first time, project applicants are requested to include in the grant application a signed agreement with each partner. The agreement is to outline the role the partner will play and the resources the partner will contribute. In order to expedite this process, this letter can serve the purpose of the signed agreement.

**Role of the Partner on the Project:**

City of Rancho Palos Verdes Parks and Recreation (RPV Parks and Rec) will coordinate with the grant applicant to provide services to the 55 years of age and older population on the Palos Verdes Peninsula either at 1 of 3 Palos Verdes Library District branch locations, or at other locations designated and facilitated by PVLD.

Coordination will include

- a. Advice and coordination with grant managers, Laura Ishizaka and Deb Ripley
- b. Offering free venue space at one or more RPV Parks and Rec locations for grant programs
- c. Public Relations efforts from City of Rancho Palos Verdes (Includes sharing RPV Parks and Rec logos and graphics to be included in PVLD marketing and publications)

If you find these deliverables and contract agreeable, please sign and date this agreement. So that a copy may be included with the grant application, please email Laura Ishizaka ([lishizaka@pvld.org](mailto:lishizaka@pvld.org)) a scanned copy of the letter. Please also then mail a hard copy to:  
Laura Ishizaka 701 Silver Spur Road, Rolling Hills Estates, CA 90274.

Sincerely yours,

Jennifer Addington  
Deputy Director, Palos Verdes Library District

Nancie Silver  
Recreation Program Supervisor II  
City of Rancho Palos Verdes – Recreation and Parks Department

5-31-17

Date

## Works Cited

U.S. Census Bureau, "City and Town Population Totals Datasets: 2010-2015," <https://www.census.gov/data/datasets/2015/demo/popest/total-cities-and-towns.html>. Accessed 30 May 2017.

*Palos Verdes Library District (PVLD) Mission and Vision statements.* [www.pvld.org/about/mission](http://www.pvld.org/about/mission). Accessed 30 May 2017.

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**Supporting Organization**

PVE-CARES  
PVP Village  
Peninsula Seniors  
Alzheimer's Association  
Cancer Association  
Diabetes Association  
Heart Association  
Advance Care Directives  
The Belmont  
Sunrise  
PV Villa  
The Canterbury  
Center for Healthy Living MC Torrance Memorial Senior Services  
Torrance Memorial Nutrition Services  
Hesse Park  
Land Conservancy  
Marymount College  
LA County Department of Consumer and Business Affairs  
Yorba Linda Public Library

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Andrea Vona  
Kelly Curtis  
  
Jessica Young

## Boomers and Beyond: Aging Well @ PVLD Consultant List

- Chair Yoga instructor - TBD
  - Yoga fitness exercises will be adapted to a seated position in a chair. Breathing, stretching and relaxation techniques will be included. Gain increased flexibility, strength and confidence from this new approach to the ancient art of yoga.
  - Current instructor for Torrance Memorial Medical Center hospital in Torrance, CA
- Tai-chi instructor - Richard Goodman
  - Improve balance and coordination through practicing these slow, rhythmic exercises which inspire physical and mental well-being. T'ai Chi Ch'uan is a sophisticated Chinese exercise that inspires physical and mental well-being. Originally designed for self-defense, T'ai Chi Ch'uan has been refined into a slow, graceful, rhythmic exercise which improves balance and coordination and has the effect of promoting good health in all young and old, strong and weak.
  - Current instructor for Torrance Memorial Medical Center hospital in Torrance, CA
- Feldenkrais instructor - TBD
  - Gentle floor exercises which tone muscles that support the spine, allowing greater freedom of movement and contributing to a more active lifestyle.
  - Current instructor for Torrance Memorial Medical Center hospital in Torrance, CA
- Chef - TBD
  - Chef will teach two cooking classes specifically geared toward seniors keeping in mind seasonal ingredients, simple recipes, and dietary constraints of older adults.
  - Current instructor for Torrance Memorial Medical Center hospital in Torrance, CA
- Dietician - TBD
  - Dietician will explain health benefits of different ingredients as Chef cooks. Dietician will also conduct Q&A after cooking segment to help answer individual diet related questions for the audience.
  - Current instructor for Torrance Memorial Medical Center hospital in Torrance, CA
- Art Instructor - TBD
  - Instructor will provide tips and techniques for adaptive art therapy to assist older adults who may have impaired motor skills, and arthritic limitations.
- Brain and memory games instructor - TBD
  - Instructor will introduce different types of games and exercises for brain health and memory function. Instructor will guide participants through games and exercises and provide guidance so that participants may continue at home on their own.
  - Current instructor for Torrance Memorial Medical Center hospital in Torrance, CA