

**CITY OF WASILLA
RESOLUTION SERIAL NO. 10-09(AM)**

A RESOLUTION OF THE WASILLA CITY COUNCIL SUPPORTING THE WASILLA AREA SENIORS, INC., TO INITIATE HEALTH AND WELLNESS PROGRAMS AND SERVICES THAT BENEFIT SENIOR CITIZENS.

WHEREAS, there are many challenges associated with aging; and

WHEREAS, it is a more difficult process when an individual does not have certain tools to achieve healthy aging, such as knowledge of proper exercise and nutrition, exercise facilities designated with the needs of older adults in mind, peer support, and the ability to cope with the psychological and physical health changes due to aging; and


WHEREAS, with the inception of a formalized Health and Wellness Center, the Wasilla Area Seniors, Inc. hopes to foster a supportive environment for lifestyle changes such as a nutrition program, organized fitness activities to improve senior's strength and balance, fall prevention education, and nutrition counseling that will help older adults understand the complexity for optimal psychosocial and physical well-being; and

WHEREAS, the primary goal of the programs within the Health and Wellness Center are to promote health and delay the onset of disease for all area residents regardless of age so they enter their seniors years in better health; and

WHEREAS, building and equipping a facility and offering activities which promote health and well being among adults age 50 and older who reside in the valley will assist in achieving these goals.

NOW, THEREFORE, BE IT RESOLVED, that the Wasilla City Council supports the Wasilla Area Seniors, Inc., and their efforts to initiate a Health and Wellness Center to offer programs that will promote health and delay the onset of disease among seniors and residents living in the City of Wasilla.

ADOPTED by the Wasilla City Council on February 22, 2010.



VERNE E. RUPRIGHT, Mayor

ATTEST:



KRISTIE L. SMITHERS, MMC, City Clerk

[SEAL]

VOTE: Hall, Harris, Katkus, Larson, and Woodruff in favor. Holler absent.



**CITY OF WASILLA
LEGISLATION STAFF REPORT**

Resolution Serial No. 10-09: SUPPORTING THE WASILLA AREA SENIORS, INC. TO INITIATE HEALTH AND WELLNESS PROGRAMS AND SERVICES THAT BENEFIT SENIOR CITIZENS.

Agenda of: February 22, 2010
Originator: Council Member Harris

Leon Davis

Date: February 2, 2010

Route to:	Department	Signature/Date
X	Chief of Police	<i>Leon Davis</i>
X	Finance Director	<i>Robert Harris 2/9/2010</i>
X	Interim Deputy Administrator	<i>Manuel Lopez</i>
X	City Clerk	<i>Harris</i>

REVIEWED BY MAYOR VERNE E. RUPRIGHT:

[Signature]

FISCAL IMPACT: yes or no

Funds Available yes no

Account name/number:

Attachments:

SUMMARY STATEMENT

The Wasilla Area Seniors, Inc. needs our support as they promote health and well being among adults age 50 and older. The proposed resolution supports WASI's efforts to initiate health and wellness programs and services that will benefit senior citizens residing in the valley.

With the adoption of this resolution, they may use our support as a tool to assist them as they apply for grants to develop their wellness and health programs.

RECOMMENDATION: Adoption of Resolution Serial No. 10-09.