



SLFRF Commission Agenda

Thursday, November 17, 2022, 11:00 AM

Members: Ruth Pierce, Christopher Reid, Spencer Cutler, Rudy Ashenbrenner, Tom Frank, Michele McFarlane, Debbie Dane, Erick Keck, Perri Gardner.

- 1) CALL MEETING TO ORDER/CONFIRMATION OF QUORUM
- 2) CONSENT CALENDAR
 - a) **ACTION ITEM:** Request to approve SLFRF Committee Meeting 2022 November 03, Minutes.
By: Amy Luna, Administrative Assistant
- 3) ITEMS OF CONSIDERATION
 - a) **PRESENTATION:** Immersive English Career Pathway Project.
By: Enso Pierre
 - b) **ACTION ITEM:** The Community Unity Table Dinner
By: Alejandra Hernandez
 - c) **PRESENTATION:** HCC Strength & Conditioning - Adaptive Fitness
By: Felice England
 - d) **PRESENTATION:** Idaho Allstar Legacy Foundation
By: Megan Burks
 - e) **PRESENTATION:** Advanced Hand Therapy
By: Lesley Ruby
 - f) **PRESENTATION:** Gem Stone Climbing
By: Patty McFarling
- 4) GENERAL PUBLIC INPUT
- 5) ADJOURNMENT

Any person(s) needing special accommodations to participate in the above-noticed meeting could contact Amy Luna (208) 735-7287 at least two working days before the meeting. Si desea esta información en Español, por favor llame a Amy Luna al teléfono (208) 735-7287.

Public Input Procedures

1. Individuals wishing to provide public input regarding matters relevant to the City of Twin Falls shall:
 - Wait to be recognized by the Mayor or Chairman
 - Approach the microphone/podium
 - State their name, and whether they are a resident or property owner in the City of Twin Falls and proceed with their input.
2. The Mayor or Chairman may limit input to no less than two (2) minutes. Individuals are not permitted to give their time to other speakers.

Public Hearing Procedures for Zoning Requests

1. Prior to opening the first Public Hearing of the session, the Mayor or Chairman shall review the public hearing procedures.
 2. Individuals wishing to testify or speak before the City Council or Planning & Zoning Commission shall wait to be recognized by the Mayor or Chairman, approach the microphone/podium, state their name, and then proceed with their comments. Following their statements, they shall write their name and address on the record sheet(s) provided by the staff. The staff shall make an audio recording of the Public Hearing.
 3. A City Staff Report shall summarize the application and history of the request.
 4. The Applicant, or the spokesperson for the Applicant, will make a presentation on the application/request (request). No changes to the request may be made by the applicant after the publication of the Notice of Public Hearing. The presentation should include the following:
 - A complete explanation and description of the request.
 - Why the request is being made.
 - Location of the Property.
 - Impacts on the surrounding properties and efforts to mitigate those impacts.
 5. Applicant is limited to 15 minutes, unless a written request for additional time is received, at least 72 hours prior to the hearing, and granted by the Mayor or Chairman.
 6. The City Council or Planning & Zoning Commission may ask questions of staff or the applicant pertaining to the request.
 7. The general public will then be given the opportunity to provide their testimony regarding the request. The Mayor or Chairman may limit public testimony to no less than two (2) minutes per person.
 - Individuals are not permitted to give their time to other speakers.
 - However, five (5) or more individuals that received written notice of the public hearing may appoint, by written petition, a spokesperson. The written petition must be received at least 72 hours prior to the hearing and must be granted by the Mayor or Chairman. The spokesperson shall be limited to 15 minutes.
 - Written comments, including e-mail, received by 12:00 p.m. on the date of the hearing shall be either read into the record or displayed to the public on the overhead projector.
 8. Following the Public Testimony, the applicant is permitted five (5) minutes to respond to Public Testimony.
 9. Following the Public Testimony and Applicant's response, Council or Commission members, as recognized by the Mayor or Chairman, shall be allowed to question the Applicant, Staff or anyone who has testified. Responses shall be limited to answering the questions asked. The Mayor or Chairman may limit the time permitted for the answer.
 10. The Mayor or Chairman shall close the Public Hearing. The City Council or Planning & Zoning Commission shall deliberate on the request. Deliberations and decisions shall be based upon the information and testimony provided during the Public Hearing. Once the Public Hearing is closed, additional testimony from the staff, applicant or public is not allowed. Legal or procedural questions may be directed to the City Attorney.
- * Any person not conforming to the above rules may be prohibited from speaking. Persons refusing to comply with such prohibitions may be asked to leave the hearing and, thereafter removed from the room by order of the Mayor or Chairman.



SLFRF Committee Minutes

Thursday, November 3, 2022, 11:00 AM
Council Chambers
203 Main Avenue East, Twin Falls, Idaho

Members: Ruth Pierce, Christopher Reid, Spencer Cutler, Rudy Ashenbrenner, Tom Frank, Michele McFarlane, Debbie Dane, Erick Keck, Perri Gardner.

1) CALL MEETING TO ORDER/CONFIRMATION OF QUORUM

Present: Mayor Ruth Pierce, Vice Mayor Christopher Reid, Council Member Spencer Cutler, Rudy Ashenbrenner, Debbie Dane, Tom Frank, Michele McFarlane, Erick Keck, Perri Gardner

Absent:

Staff Present: City Manager Travis Rothweiler, Deputy City Manager Gretchen Scott, Assistant Public Works Director Erin Steel, IT Communications Manager Kathy Markus, Electrician Jon Leazer, Fleet Supervisor Norm Hatke, Economic Development Director Shawn Barigar, Administrative Assistant Amy Luna.

Mayor Pierce called the meeting to order at 11:00 am. A quorum was present.

2) CONSENT CALENDAR

MOTION: **Vice Mayor Reid** moved to approve the Consent Calendar as presented. **Member Dane** seconded the motion. The roll call vote showed all members present voted in favor of the motion, 8 to 0.

- a) Request to approve the meeting minutes from the October 6, 2022, SLFRF Committee Meeting.

3) REPORTS / UPDATES

- a) Director's Report, including discussion on how to proceed with citizen applications and selection of presentations.

City Manager Rothweiler presented how to proceed with citizen applications and selection of presentations.

Member Frank: Is the city going to prioritize the submissions?

Mayor Pierce: Asked about the hard end date for the applications.

4) ITEMS OF CONSIDERATION

- a) The Twin Falls Optimist Youth House Program
Twin Falls Optimist Youth House Executive Director Kelly made the presentation to the Council.

Discussion ensued on the following:

Mayor Pierce: Asked for clarification on what amount is being asked for.

Member Frank: How long will this money be used for?

Mayor Pierce thanked Mr. Kelly for his presentation.

- b) Presentation of potential sidewalk locations for SLFRF funding.
Assistant Public Works Director Steel presented potential sidewalk locations for SLFRF funding.

Discussion ensued on the following:

Member Gardner: Are these in an order that you would like to see them done?

Mayor Pierce: Asked for clarification on design being included.

Member Keck: Asked if any of these would be contracted out.

Mayor Pierce: Are there any of these that would be good candidates for phases?

Member Keck: What are the trends in construction costs?

Member Frank: Are there any funds available from outside entities? Funding normally comes from the Council or Long-Term Budgeting Process.

- c) Request for a Towable Generator and Transfer Switch
IT Communication Manager Markus presented a Towable Generator & Transfer Switch.

Discussion ensued on the following:

Member Heck: Could other entities help purchase this equipment if it is available for them to use? Could we possibly get a better price?

Mayor Pierce: Asked about the on-going cost of coverage.

Member Gardner: What was the approximate cost of the generator that was brought up from SLC?

Mayor Pierce thanked Mrs. Markus for her presentation.

Mayor Pierce asked about requests that have contingencies included.

City Manager Rothweiler gave additional information on "Long Term Planning".

- d) Fleet Maintenance Shop Remodel
Deputy City Manager Scott & Fleet Maintenance Supervisor Hatke presented a Fleet Maintenance Shop Remodel.

Discussion ensued on the following:

Mayor Pierce: Asked for clarification on the amount being asked for.

Mayor Pierce: Asked if there would be an updated cost within the SLFRF timeline.

Member McFarlane: What is the timeline and how will this affect your productivity?

Member Keck: Does the requested amount include furniture/equipment costs? Does this amount include the \$300 thousand that was already allocated to this project?

Member Frank: Asked where the building is.

Member Gardner: Asked for a kind of metric that will help with the decision making.

City Manager Rothweiler continued to educate the group on how the budget works.

5) GENERAL PUBLIC INPUT

6) ADJOURNMENT

The meeting adjourned at 12:31 PM.

Amy Luna, Administrative Assistant

****If you wish to have a full accounting of this meeting, please listen to the recording that is located on our website. ** Tfid.org**

2022 State and Local Fiscal Recovery Fund Application

Contact Information

Name: Enso Pierre

Phone: 801-584-9141

Email: e.pierre@empointe.org

Budget Request: \$376,740

Please include your application information below or attach as separate file.

Strategic Plan: English is a universal language and is required in both professional fields and life in the United States. It is vital for international business, financial literacy, basic communication, self-reliance, and the pursuit of higher education.

Attachment: [Main Proposal--Additional Document.pdf](#)

Demonstration of Need: There is an urgent need to help the rising number of refugees and migrant workers entering Idaho. For many refugees and migrant workers, it is their first experience with formal education. Some are illiterate in their native languages. It is a daunting task to integrate refugees into the new community of English speakers. Our program's main vision and mission is to prepare non English- speaking workers with language skills with a focus on specific careers so they can be self-reliant.

Attachment: *Field not completed.*

Partnerships: Since we started the creation of our ImmersiveEnglish Career Pathway, we have been having productive meetings with local institutions with the same mission and vision to collaborate with us. For example, Unity Alliance of Southern Idaho(Alejandra Hernandez) is an organization based in Twin Falls, Idaho. We have a collaboration to start teaching our ImmersiveEnglish Career Pathway program locally starting in November. Also, we have been in contact with CSI Workforce and Career Development to see how we can work together. We plan on continuing planning our efforts to implement our program as a value-added to CSI Workforce and Career Development(Alex Wolford). Other Idaho partners that we are in contact with and

anticipate working with are: Idaho State University(Intensive English Institute department) and BYU-Pathway(English department), but we are not yet having any official partnership signed yet. As soon as the financial resources that we are requesting become available, we planned to start an official partnership with the mentioned local partners. We also planned on working in partnership with the CSI Refugee Center(Zeze) as the resources become available to us. All organizations mentioned are interested in collaborating with us when the time comes.

Attachment: *Field not completed.*

Work Plan and Budget: Proposed budget is attached.

Attachment: [Budget--Program.pdf](#)

After you submit your application, you will be redirected to the submission page to confirm your submission. Your application will be sent to the SLFRF Committee for review and you will be contact by a committee member. Thank you!

Email not displaying correctly? [View it in your browser.](#)



A passion for success through English language education.

Facilitating greater equity and diversity through inclusive education based on diligence, integrity, creativity, and responsibility.



2

Introduction

Immersive English Digital Literacy & Career Pathway (IEDCP) will give our students skills for success in college and the workforce. Courses will include career development for entering the workforce. The EDCP program will teach students the essentials such as basic literacy, job searches, navigating email accounts, beginning business skills, common workplace technology, phone etiquette, meetings, presentations, intermediate business skills, and distance working.

These skills are relevant for group-based learning. Once these skills are mastered, the learners can move forward into career-focused training. Students are required to attend self-reliance, personal finance, and money management classes to participate in our IEDCP program. When the students graduate from the program, they will have the knowledge to move forward into desired professions. IEDCP was designed to help students of all ages and backgrounds.

Objective

Our ImmersiveEnglish Digital Literacy & Career Pathway program was designed specifically for immigrants and new Americans (refugees) looking to get into college and better jobs in the United States. We teach life skills and language skills through a wide range of topic-based modules. Students will be taught by instructors who speak their native languages. Our vision is to help each student become self-reliant.

Using English to Promote Inclusive Equity

English is a universal language and is required in both professional fields and life in the United States. It is vital for international business, financial literacy, basic communication, self-reliance, and the pursuit of higher education.

Our ImmersiveEnglish Digital Literacy & Career Pathway (IEDCP) will provide adult education and literacy concurrently and contextually with workforce preparation activities. Group-based learning projects will give students the ability to break workforce tasks into steps and improve students' understanding through discussion. Teachers will use individual progress data to rapidly guide students into proficiency based real-world programs.



3

Each Career path will give students sufficient information for them to select what career they wish to pursue, while giving them the necessary tools to succeed and graduate. Desired career fields include:

- Agriculture
- IT Helpdesk Support
- Manufacturing and Packaging
- Money, Finances, & Banking
- Plumbing
- Reading & Writing
- Restaurant
- Sales
- School System
- Software Engineering
- Technical Trades
- Tourism
- U.S. Citizenship
- Using Public Transportation
- Visiting the Doctor
- Welding
- Basic English
- Business
- Caregiving
- Computer Science
- Construction
- Custodian
- Customer Service
- Entrepreneurship
- Factories
- Going to the Grocery Store
- Handling Emergencies
- Health Care
- Healthy Lifestyles
- Housekeeping
- Industrial Safety

Method

The accelerated ImmersiveEnglish-learning program career pathway lasts 3-6 months, depending on the needs and current English fluency level of students. It is an intense course that requires the students to study at least 10 hours a week.

Program duration: Each career path has 6 modules, each lasting 3 months, with a total duration of 18 months.

Course Flow

- 4 live classes per week - 1-hour classes and 24/7 access to online content
- Class goals that focus on speaking, listening, reading, writing, and comprehension.
- Interactive group activities



4

- Cultural acclimation and life skills activities
- Access to professional English teachers
- Mentorship guidance with face to face and online interaction

Features

- Adaptable curriculum with remote learning options
- 24/7 content access to digital libraries.
- Student focused paths that include all four language skills along with grammar and life skills activities.
- Updated in real-time blending both live and independent learning.
- Curriculums providing more than 100 hours of content.

Student Outcomes

- B1 Level English proficiency.
- Effective communication in the workplace environment.
- Mastery of Digital literacy skills, build a resume, and fill out applications.
- Understanding concepts of financial management, and self-resilience
- Will be prepared to pursue a trade school or college diploma.

Challenges

- Supporting student success to completion
- Building contextualized curriculum
- Recruiting the right partner programs to help students gain a new skill or trade
- Securing/sustaining funding.

Mentorship & Self-Reliance

Students have access to mentors to guide and help them face to face and online. Mentors are available to guide students with financial management and job research. Our English mentors are Native English speakers to help students with proper pronunciation.



5

In our program we use innovative software technology to engage and interact with our students in the most productive manner. Class instruction integrates what students do in their daily lives. This approach allows for the personalization of the program for each student, preparing them for the skills needed for basics like job interviews, money management, small business, a driver's license course, and adaptation in the U.S.

Thank you for the opportunity to present this presentation to you. Please see the contact information below for any questions or follow up.

Ernsó Pierre

Executive Director

Inmersivo Learning System (ILS) by EmPointe

801-584-9141

e.pierre@impointe.org www.empointe.org



This funding will allow ImmersiveEnglish Career Pathway to:

- Implement and update Immersivo Platform, the Immersive English Digital Literacy and Career Pathway and update our software to help keep track of our student’s progress and growth
- Hire and pay our ESL English teachers
- Help students utilize the different language skills not only in their native language but also in English
- Maintain and improve our curriculum for the betterment of students’ success
- Ensure our contents and programs are specifically designed to prepare individuals to integrate society upon completion of our program.

Project Budget

<u>Position</u>	<u>Job Description</u>	<u>Hr Pay</u>	<u>Yearly pay</u>
Six ESL-Teachers,	Teaching principles of the English language, using different methods to deliver successful courses while evaluating and monitoring students’ progress.	Teacher pays \$27/h	Admin./Training \$65,000 Teacher \$51,840 Subtotal = \$107,840
Two Software Engineers	Update content, resolve issues, system monitoring, response to system incidents, manage student access, and provide software support & user training.	Software Engineer: \$160/hr.	Estimated 20hrs/wk. = \$83,200 Feature Enhancements 20hrs/wk. = \$83,200 Subtotal = \$166,400



<u>Position</u>	<u>Job Description</u>	<u>Hr Pay</u>	<u>Yearly pay</u>
Three Curriculum Developers	Responsible for developing curricula used to measure students' progress throughout the course adhering to state and local standards.		Curriculum dev \$52,500 Curriculum Project Manager \$50,000 Subtotal = \$102,500
			<u>Total \$376,740</u>

022 State and Local Fiscal Recovery Fund Application

Contact Information

Name:	Alejandra Hernandez
Phone:	16179595454
Email:	ahernandez@unityalliancesi.org
Budget Request:	\$31,632

Please include your application information below or attach as separate file.

Strategic Plan:	COMMUNITY UNITY TABLE
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Purpose:

The purpose of this annual dinner is to create a strong sense of community and ultimately to have thriving diverse communities. The Community Unity Table dinner will create an opportunity for open conversations with community leaders, and residents who otherwise wouldn't have an opportunity to meet them. It will also provide the opportunity to share local community resources. This dinner will be set up as a mini-health fair where attendees can access information and services from their local health providers, community-based organizations, and other social organizations, and it will be free for all attendees. At each event, we will highlight

one cultural aspect of the community through food, entertainment, speakers.

Objective:

- To have an annual Community Unity Table event as an opportunity for community getting together.
- Attendees have an opportunity to spend more time as “human beings” than as “human doing.”
- Attendees share a safe space to connect as people.
- Strengthen Unity Alliance belief of “our differences is what make a difference.”
- Attendees will have increased knowledge of community resources.
- Attendees will have access to the following services: health screening (e.g., diabetes, cholesterol, and high blood pressure), and Covid-19 and flu vaccinations.

City of Twin Falls Strategic Plan: HC1.2.2

Work with partners to promote programs and services designed to build a culture of well-being and target specific health needs.

Attachment: *Field not completed.*

Demonstration of Need: UNITY ALLIANCE OF SOUTHER IDAHO

About Us: UASI is a new nonprofit in south central Idaho. Its board of directors is a broad-based group of leaders who came together to overcome community divisions related to immigrants. UASI advocates for all immigrants. It also provides educational programs designed to help long-time residents and immigrants understand and work with each other.

UASI's board of directors includes leaders from law enforcement, local government, business, faith, education, and other stakeholders. It is a forum to share information, promote dialogue, and act in ways that bring people together in support of all immigrants.

The Magic Valley is Idaho's most demographically diverse region. Research has repeatedly shown that diversity, largely the result of immigration of foreign-born workers, has benefited the region and its economy.

Purpose:

As a general nonprofit organization in Southern Idaho, this corporation is formed to promote understanding of the value of all immigrants and their contributions to the region's competitive economy, workforce, and communities.

Mission:

Unity Alliance of Southern Idaho supports understanding of how all immigrants contribute to our region's economy, way of life, and values. The board and staff act in ways that bring people together to support immigrants. Through leadership, advocacy, and educational programs, we aim to create a regional identity based on unity, diversity, and mutual respect.

Vision:

Unity Alliance of Southern Idaho envisions a future in which Southern Idaho is known as a welcoming region that helps all immigrants thrive and contribute fully, and a region in which people come together with mutual understanding and respect.

Attachment: *Field not completed.*

Partnerships: College of Southern Idaho, St. Luke's Community Engagement Department, Idaho Immunization Coalition, Family Health Services, South Central Hispanic Chamber of Commerce, Twin Falls Chamber of Commerce, Twin Falls PD, Dairymen Association, Idaho Milk Products, CSI Refugee Center, Various Local Artist.

Attachment: *Field not completed.*

Work Plan and Budget: *Field not completed.*

Attachment: [CUTWork PlanBudget.docx](#)

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Work Plan:

Activity	Description	Timeline	Key Staff/Partners	Estimated # reached
Provide a safe space for people to connect and share their human experience as members of the community. Provide education, assistance, and support to mitigate the long-lasting impacts of the pandemic as it relates to social determinants of health needs.	Secure location Secure catering Secure speakers Invite vendors/community resource organization Marketing/Promotion Host 1 Community Unity Table	February February March March April-May June	Executive Director of Unity Alliance of Southern Idaho, CSI, St. Luke’s, Idaho Immunization Coalition.	Community leaders, (40%) community-based organizations, (10%) Immigrants & Refugees, and next-door neighbor (50%) Total attendees will be 100 at each event.

Budget for 100 attendees:

- **Speakers Honorarium (2) = \$1,000**
- **Speakers travel mileage \$162 x 2 = \$324**
- **Hotel (2) = \$220**
- **Location = \$2,000**
- **Project Manager: \$30 hour x 50 hours = \$1,500**
- **Food = \$4,000**
- **Marketing & materials = \$1,500**

Total: \$10,544 one event x 3 years = \$31,632

Strategic Plan

Accessible Community

Health and fitness if are for anyone, no age, gender, disability, or barrier can keep an individual from growing in their health and physical fitness. HCC provides a facility that provides fitness, strength, and conditioning to all activity levels. The city wants to make sure that everyone in the twin falls area is being supported and have the available resources. Unfortunately, in Twin Falls, there is not an adaptive fitness facility. There are physical therapy and occupational therapy locations but not an adaptive fitness facility until now! HCC has developed adaptive fitness programs for youth and adults. We work with Veteran services and Primary therapy to obtain referrals for those individuals that are needing more to their fitness and strength development. HCC is the only adaptive fitness training facility between Boise and Pocatello, serving all of the Magic Valley area and with all age's toddler to elderly.

Healthy Community

HCC Strength & Conditioning's mission is to educate, train, and empower all men, woman, and youth in our community through health, fitness, and nutrition. Health and fitness should not be limited to non-disabled individuals, but for everyone. I (Jason England-owner) have always had a love for fitness and sports and helping the individuals in the community. Through the Marine Corp I adopted the ethos of mind, body, and spirt. That coupled with my drive to be a coach has led me to forming this business to coach and improve individual's lives through health, fitness, and nutrition.

HCC creates a personalized experience for each customer. We work with our clients one on one, in small groups, and online to best fit their health and wellness needs. We communicate with our clients through phone calls, text messages, email, and through our hccstrong.com web page. Throughout the individuals journey HCC is there the entire time, helping them reach milestone are milestone to hit their long-term goal. HCC is invested in the success of our clients. Being healthy and raising a healthy family starts with on individual. We are dedicated to helping our customers create a healthy way of life not only for themselves, but for their families as well.



Adaptive Fitness

What is Adapted Fitness Training?

Adapted fitness is personal training for people with both temporary and permanent disabilities, adapted to the needs of the individual. It can be utilized for weight management, stress management, healthier lifestyle choices, and more.

How does it work?

Exercise routines and machines can be utilized by differently-abled bodies – it just requires a knowledgeable personal trainer to help them safely reach their goals. Training programs are centered around each person's individual goals, whether those are daily weight management goals or serious athletic goals. In addition to physical training, adapted fitness also serves as a tool to help clients define their sense of self and their confidence. Some examples of adaptive fitness are, low-impact cardio workouts like cycling and jogging or muscular challenges like circuit training and power yoga are ideal for adapting to all sorts of clients and their fitness needs. Utilizing wheelchair-friendly gym equipment to strengthen clients' arms and core is another excellent adapted fitness goal.

What are the benefits?

While this adapted approach to training will have different results for everybody and nothing is guaranteed, there can be some real medical benefits. A few of the biggest focuses are on pain reduction, functional strength development, cardiovascular endurance, flexibility, and mobility. Improved blood circulation, digestion, bone density, muscle strength, core strength, cardio strength, and reduced muscle atrophy and spasticity are also possible benefits.

At HCC Strength and Conditioning, we utilize a specific training model with four key targets.

- Target one is Core Balance and Flexibility. This stage of the program focuses on functional movements and corrective exercise.
- Target two is Brain and Sensory System. This stage explores auditory, tactile, vestibular, and visual pathways.
- Target three is Strength and Muscle Development. At this stage, our clients receive anaerobic resistance training.
- Target four is Endurance and Stamina Adaptation. Our clients in this final stage receive aerobic cardiovascular training.

Health, fitness, and healthy lifestyle choices starts at any age and physical ability. HCC provides premier training and adaptive fitness in a facility that promotes mental health, wellness, and nutrition to anyone ages 5+. HCC creates a training facility for youth athletes, disabled individuals, and adults to understand & expand their athleticism by increasing their strength & conditioning. Every

HCC Strength and Conditioning LLC
2333 Addison Ave E Suite D
208-751-5259 or 208-421-1214
<https://hccstrong.com/>

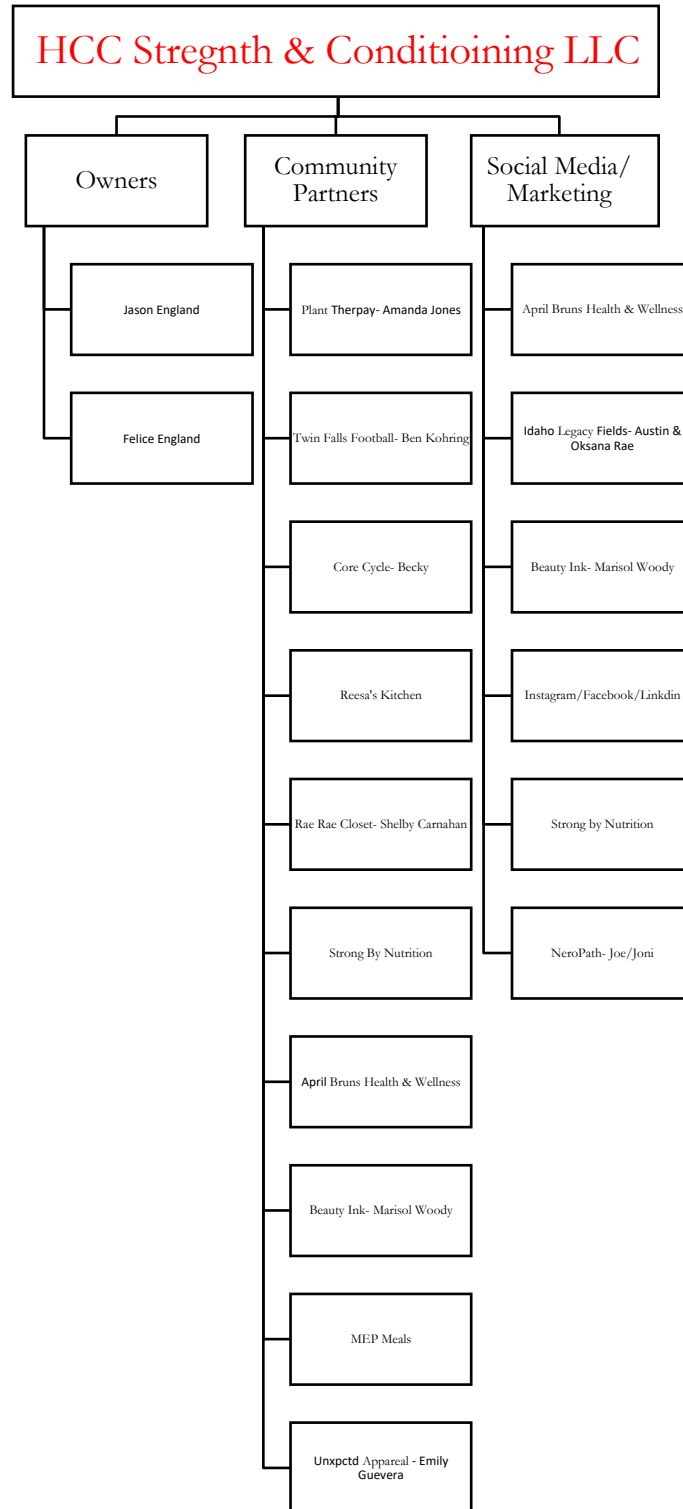


individual is an athlete, no matter the barriers, HCC has created an environment that is for everyone. All individuals will have measurable growth & improvement in their quality of life. HCC has a reputation in the community as a force for good & positive transformation in all individuals. We want to create a legacy in our community of individuals realizing their Athletic potential as well as instilling wellness centered lifestyle & finding success in all that they do with the tools & training they receive through HCC. HCC wants to be able to provide our strength & conditioning programs to all individuals regardless of physical abilities.

We are requesting \$25,000 to cover the expenses of purchasing adaptive fitness equipment for our clients. We are currently working with the Veterans services department with disabled Veterans and Primary therapy for youth that are disabled or needed adaptive fitness, to become stronger and healthier.

HCC works with individuals to maximize their ability to be healthy & their enjoyment in physical activity to mitigate injuries by strengthening their muscles. As well as instill leadership, accountability, & appreciation of a healthy lifestyle. This is all done through mentorship & dedication to helping others. Studies have shown that when a person has a positive activity in their life, with a positive mentor/role model that, the person is more likely to regulate their emotions, build coping skills, & thrive in their daily environments. HCC creates a community of like-minded individuals even at a young age, allowing children to develop positive relationships through like struggles.

HCC is offering one strength & conditioning for disabled Veterans and youth. Along with group classes for those that are needing less limited adaptive fitness once a week with a max of 5 children or Adults per class. Each class is offered on Saturday to allow more availability to families.



HCC Strength and Conditioning LLC
2333 Addison Ave East Suite D
Twin Falls, Idaho 83301
208-751-5259 or 208-421-1214
jason@hccstrong.com or felice@hccstrong.com
<https://hccstrong.com/>

Business



Jason (Training)
Monthly Membership
Merch
Nutrition Clients
Total

Business	Expense
Building	\$3,300.00
Deposit Building	\$0.00
Website	\$300.00
Lease Equipment (1st)	\$768.08
Lease Equipment (2nd)	\$1,027.58
American Express Card	\$0.00
Spring Light Payment	\$318.00
Electricity	
Water	
Subtotal	\$5,713.66

Expenses	\$5,713.66
Income	\$0.00
TOTAL Remaining	(\$5,713.66)

s Expenses March 2022

Due Date	Column1
1st	
1st	
1-5th	
3rd	
5th	
12th	
15th	Paid

Business Expenses April 2022



Jason (Training)
 Monthly Membership
 Yearly Memberships
 Merch
 Total

0

Business	Expense	Due Date	Column1
Building	\$3,300.00	1st	
Website	\$300.00	1-5th	
Lease Equipment (1st)	\$768.08	3rd	
Lease Equipment (2nd)	\$1,027.58	5th	
American Express Card	\$0.00	12th	
Truck Payment	\$786.00	15th	Paid
Spring Light Payment	\$318.00	15th	Paid
Electricity			
Water			
Subtotal	\$6,499.66		

Expenses	\$6,499.66
Income	\$0.00
TOTAL Remaining	(\$6,499.66)

Business Expenses May 2022



Jason (Training)	
Monthly Group Membership	2420
Clinics	1250
Yearly Memberships	
Monthly Gym Membership	579
Total	4249

Business	Expense	Due Date	Notes
Building	\$2,995.00	15th	paid
Payroll	\$2,000.00	15th	
Website	\$300.00	1-5th	
Lease Equipment (1st)	\$768.08	3rd	paid
Lease Equipment (2nd)	\$1,027.58	5th	paid
Truck Payment	\$786.00	15th	
Electricity	\$168.00	3rd	paid
Water			
Subtotal	\$8,044.66		

Expenses	\$8,044.66
Income	\$4,249.00
TOTAL Remaining	(\$3,795.66)

Investment \$20,000

Busine



Jason (Training)
 Monthly Group Membership
 Clinics
 Yearly Memberships
 Monthly Gym Membership
 Total

Business	
Building	\$4,200.00
Payroll	\$2,000.00
Website	\$300.00
Lease Equipment (1st)	\$768.08
Lease Equipment (2nd)	\$1,027.58
Truck Payment	\$786.00
Electricity	\$200.00
Water	\$110.00
Subtotal	\$9,391.66

Expenses	\$9,391.66
Income	\$4,249.00
TOTAL Remaining	(\$5,142.66)

Investment

\$20,000

ss Expenses June 2022

2420

1250

579

4249

Due Date	Notes
15th	
15th	
1-5th	
3rd	
5th	
15th	
1st	
1st	

Busine



Jason (Training)
Monthly Group Membership
Clinics
Yearly Memberships
Monthly Gym Membership
Total

Business	Expense
Building	\$4,200.00
Payroll	\$0.00
Website	\$0.00
Lease Equipment (1st)	\$768.08
Lease Equipment (2nd)	\$1,027.58
Truck Payment	\$0.00
Electricity	\$282.07
Water	\$0.00
Subtotal	\$6,277.73

Expenses	\$6,277.73
Income	\$5,067.40
TOTAL Remaining	(\$1,210.33)

ss Expenses July 2022

Money in the Bank	4012.8
Stripe Deposits	862.25
	192.35

Due Date	Expense	Second of month
15th		
15th		
1-5th		300
3rd		
5th		
15th		786
1st		
1st		

Proposed Budget 2022-2023

Item	Price	Quantity	Expense
Ergo ergo Stool	137.5	2	\$275.00
Buddy roamer Gait trainer	3822.95	1	\$3,822.95
UBE or Arm Cycle	1299	1	\$1,299.00
Cuff weights	984.95	2	\$1,969.90
Dumbbells	2058	1	\$2,058.00
Cable tower	2950	1	\$2,950.00
HRT HRAC Adaptive plate carrier	204.95	2	\$409.90
HRT HRAC Adaptive plate carrier Kids size	175.95	2	\$351.90
Thera Bands 4 pack differentnt resistances	87.71	5	\$438.55
medicine ball with handles full set	1068	1	\$1,068.00
Medicine balls	498.99	1	\$498.99
Sand Bags with handles set of 4	99.99	2	\$199.98
Vitaglide	3299	1	\$3,299.00
FES Bike	9000	1	\$9,000.00
Total Gym	1499.4	1	\$1,499.40
Youth Balance Stones	99.99	2	\$199.98
Balance Balls 3 set	59.99	2	\$119.98
Balance pads	91.95	4	\$367.80
Weight Monkey Feet per foot 2 needed per person	150	4	\$600.00
Stationary Bike	1399	2	\$2,798.00
Subtotal			\$33,226.33



Mail Address
 113 N 150W
 Jerome Idaho 83338
 Phone: 208-421-1214
 Email: performace@hccstrong.com

Phyiscal Location

 2333 Adison Ave E Suite D

 Twin Falls, ID 83301

Expenses	\$33,226.33
TOTAL Remaining	\$33,226.33

2022 State and Local Fiscal Recovery Fund Application

Contact Information

Name:	Megan C Burks
Phone:	2084901584
Email:	megburks@hotmail.com
Budget Request:	319,200

Please include your application information below or attach as separate file.

Strategic Plan:	<p>1. Currently Idaho Allstar Legacy Foundation is working with the College of Southern Idaho to help promote and design our program to build a culture of increased well-being, physical health, emotional IQ and education in our community. The adolescents that are part of our cheerleading and tumbling program have free and direct access to tutoring by the College of Southern Idaho (CSI). The participants that take part in our program also become eligible for a scholarship to attend CSI so they can continue on their educational path. By providing this service we have seen an increase in the majority of the participants gain a better awareness of themselves and their identity, gain an increase in self-worth, reduce drug and alcohol use, and recognize their strengths as an individual.</p>
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Attachment:	<i>Field not completed.</i>
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Demonstration of Need:

1. The majority of the adolescents in our program lack access and finances to the resources that we are providing to them for free. There are currently no other programs in our community that offer the services that the Idaho Allstar Legacy Foundation does. The reason the city's funding is significant to our specific program is because it would be helping to create a strong foundation for our youth in areas of health that have been severely depleted in the last two years due to the pandemic.

Attachment:

Field not completed.

Partnerships:

1. The Idaho Allstar Legacy Foundation is currently working with the College of Southern Idaho in a couple different areas. The first is our tutoring program. As of right now we are only able to afford 2-3 hours of one-on-one tutoring time per day. We do not have the finances to create more opportunities and access for tutoring. Our organization has one computer and one desk. Therefore, not allowing the organization to reach as many adolescents as we would like to.

We also have a scholarship program that is awarded to 2 seniors every year for \$2000 to CSI. We have approximately 100 participants in our program. Being able to provide more opportunities so these students can go beyond high school would create more college educated students in our community. Thus, strengthening many different aspects in Twin Falls county.

Attachment:

Field not completed.

Work Plan and Budget:

The funds that we would receive from this grant would benefit many areas of the foundation. The tutoring program is currently every weekday from 4-8pm. We are able to work with one student per 60 minutes. Funds would specifically go towards bringing on more tutors, purchasing more computers, an increase in educational materials and furniture (such as desks, chairs, dry erase boards, etc.). The grant money would also be allocated for training and educating our tutors so they can provide the best guidance and education possible. None of the adolescents that participate in our program have access to computers and wi-fi. Besides when they are at school. As you know, education does not stop once a student steps out of school. By providing more access to computers the adolescents will be able to progress in their studies and gain a better understanding of accountability. Lastly, we would need to expand on our current facility to be able to provide an effective environment. We have a small area that is dedicated to education and Tutor pay: \$20 per hour Goal: 6-8 tutors at 20 hrs per week. Cost: \$3,200 per week (40 weeks) Computers: \$800 per computer Goal: 20 computers Cost: \$16,000 Tutor training:

\$100 per quarter Goal: Training every quarter for each tutor Cost: \$3,200 Educational Material: \$150 per participant Goal: 100 participants Cost: \$15,000 Addition to facility: 1,000 square feet Goal: Tutor 10-15 participants at a time Cost: \$150,000 Furniture: Desks, chairs, boards, etc. Goal: That every participant has access to their own learning space. Cost: \$7,000 Total: \$319,200 tutoring as of right, but would need to add on approximately 1,000 square feet.

Attachment: *Field not completed.*

After you submit your application, you will be redirected to the submission page to confirm your submission. Your application will be sent to the SLFRF Committee for review and you will be contact by a committee member. Thank you!

Email not displaying correctly? [View it in your browser.](#)

2022 State and Local Fiscal Recovery Fund Application

Contact Information

Name:	Lesley Ruby
Phone:	12087311582
Email:	lesley@advancedhandtherapy.org
Budget Request:	36,700

Please include your application information below or attach as separate file.

Strategic Plan:	The City of Twin Falls Strategic Plan directly correlates with Advanced Hand Therapy's goal of improving accessibility to clients and the public. AC2.2 City will continue to improve the condition and operation of its sidewalks. AC2.2.1 Continued implementation of ADA transition plan by reconstruction or modifying sidewalk curb ramps.
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Attachment:	<i>Field not completed.</i>
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Demonstration of Need:	Advanced Hand Therapy is the only locally owned certified hand therapy/occupational therapy clinic in Southern Idaho. Due to the services provided by the clinic it services a large demographic of clients from southern Idaho and northern Nevada. Some of the patients treated have significant physical mobility issues.
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The clinic is located on the main stretch of Addison Ave next to

the intersection of Blue Lakes Boulevard. Thousands of vehicles travel this road daily making it difficult for individuals to navigate on foot, bicycle or wheelchair. Pedestrians frequently cut through the clinic west parking lot for safety purposes to further distance themselves from Addison Ave. The condition of the sidewalk inhibits travel. We have hired a landscape company to maintain the sidewalk in the winter. No matter the effort put into clearing the sidewalk, it is rarely accessible. Vehicle traffic causes snow and debris to quickly accumulate. The landscape company is able to keep our parking lot clear and therefore more pedestrians use this as their safest path.

We are looking for funding to repair a portion of the west parking lot and add ADA Handicap ramps with truncated domes to replace broken existing and failing ramps.

Attachment: *Field not completed.*

Partnerships: Advanced Hand Therapy accepts master and doctorate level occupational therapy students from all over the United States. These students spend 8 to 12 weeks learning clinical aspects of hand therapy. The clinic frequently has high school and college students job shadowing clinicians to fulfill application requirements. Clinicians have mentored multiple high school students with senior projects throughout the years. Advanced Hand Therapy has sponsored Filer and Twin Falls High School athletic programs, the local Grassroot Cutting Horse Association and the Idaho Cutting Horse Association. The clinic has provided free ergonomic training to the local USDA.

Attachment: *Field not completed.*

Work Plan and Budget: Anticipated construction to start spring of 2023, the schedule proposes a duration of 60 days. Please see attached itemized quote from Idaho Materials and Construction.

Attachment: [Advanced Hand Therapy- Parking Lot Revised.pdf](#)

***After you submit your application, you will be redirected to the submission page to confirm your submission. Your application will be sent to the SLFRF Committee for review and you will be contact by a committee member.
Thank you!***

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IDAHO MATERIALS & CONSTRUCTION

Boise Area- 924 N. Sugar St. *P.O. Box 1310 *Nampa, ID 83653-1310 * Phone (208) 466-5001 * Fax (208) 466-5166 Twin Falls Area- 1310 Addison Ave. West * Twin Falls, ID 83301*Phone (208) 733-5933 *Fax (208) 734-6956*ISPW#11916-U-1-2 Oregon # 42640 Nevada #0054829

ASPHALT PAVING ROAD & UTILITY CONSTRUCTION EARTHWORK CONCRETE SAND & ROCK

To: Tom Ruby	Contact:
Address: Twin Falls, ID 83301	Phone:
	Fax:
Project Name: Advanced Hand Therapy- Parking Lot	Bid Number:
Project Location: 840 Addison Ave, Twin Falls, ID	Bid Date: 11/8/2022

Item #	Item Description	Estimated Quantity Unit	Unit Price	Total Price
10	Remove Existing Parking Lot (Assuming 3" Thickness)	2,400.00 SF	\$1.00	\$2,400.00
20	Soft Spot Repair (Billed Per Total CY Removed)	25.00 CY	\$120.00	\$3,000.00
30	Finish Grade Existing Gravel	2,400.00 SF	\$0.80	\$1,920.00
35	Base Gravel (as Needed)	20.00 TON	\$84.00	\$1,680.00
40	2.5" Asphalt Paving	2,400.00 SF	\$5.00	\$12,000.00
41	ADA Ramps	4.00 EACH	\$3,400.00	\$13,600.00
50	Mobilization	1.00 LS	\$2,100.00	\$2,100.00
Total Price for above Items:				\$36,700.00

Total Bid Price: \$36,700.00

Notes:

- Price shown DOES NOT include Performance and Payment bond. Add 2% if bond is required.
- Final payment based on quantity delivered to job.
- Due to the **volatility** of construction products. IMC cannot guarantee the scheduling of projects, or pricing of material.
- Quote DOES NOT include; permits, traffic control, surveying, testing/inspection fees, saw cutting, concrete collars for manholes & water valves.
- Mobilization is based on (1); additional mobilizations will be charged at the rate of \$2500.00 per each
- Idaho Materials & Construction state contractor registration number is ICRL # RCE-39639
- Base Gravel by others @ +/- .03 of spec; net zero
- IF THIS BID IS ACCEPTED PLEASE SIGN AND RETURN ONE COPY.
- Additional Terms and Conditions of this proposal/contract.
- "This proposal is to be made part of all contracts"
- APPROVAL OF CREDIT; Now withstanding purchasers acceptance of this proposal, sellers obligation to perform is conditional upon seller's approval of the financial responsibility of the purchaser; and purchaser will furnish to seller promptly, at sellers request, such information as may be necessary for seller to determine purchasers financial responsibility and credit. If disapproved, purchaser will be notified, and this agreement will be deemed terminated, without liability to either party.
- If not accepted within (10) days from date of proposal, this offer shall automatically expire.
- Payment by credit card will incur a one and one-half percent (11/2%) service fee.
- In addition, if for reasons beyond sellers control the work is not performed during sellers current construction season or over a longer period if agreed to in writing at the date of this proposal, the contract price may be increased by the seller to reflect its cost increase incurred at the time the work is performed. Our normal construction season is April through November, depending on weather conditions.
- ACCEPTANCE OF PROPOSAL: The purchaser represents that they (it, he, or she) are the owner of the premises on which the work is to be done, or are authorized representative of the owner, and have permission and authority to grant the seller the right to perform such work on premises. Should seller be required to provide survey stakes and/or to perform engineering services of any nature, purchaser hereby covenants and agrees to save and hold harmless seller from and against any and all damages, claims, costs or expenses which ever arising from or growing out of performance of the contract, including, but not limited to, drainage of water as to direction or amount during performance of the contract as well as thereafter.
- **PERFORMANCE: The seller shall not be liable for failure of performance or failure of delay in delivery by reason of contingency beyond sellers control, including but not limited to, strikes, labor disputes, fire, flood, weather, embargo, war, government, or shortage or failure of raw materials, fuel, or transportation. If seller is delayed for more than sixty days (60) in the performance of this contract set forth herein, purchaser shall have the right upon seven (7) days written notice to seller to terminate this contract in which event the seller shall be paid for the work performed by it to date of such termination and all parties hereto shall be released of any further obligations herein.**

- **Due to current market volatility of liquid asphalt, this proposal is contingent on the availability of liquid asphalt at the time of construction. Hot mix asphalt quoted in this proposal is based on the current liquid asphalt market price. Any increase/decrease in market price of liquid asphalt at the time of placement, will be realized as an adjustment to the original quoted price at the time of placement.**
- **National and regional volatility of liquid asphalt or other material specifically noted above may preclude our suppliers from furnishing us with long term price and quantity guarantees; therefore, it is agreed that the contract price (Lump Sum or Unit) stated herein may be increased or decreased equal to any price increase or decrease, if any, after the date hereof required to be paid by the seller in the completion and performance of this contract. Seller agrees to notify purchaser prior to the date on which any work to be performed hereunder is to commence. Contract price adjustment shall be applicable to work covered by such notice unless seller has received from purchaser; prior to commencement of any such work, written notice of an unwillingness to accept contract price adjustment, in which event, seller at its option, may terminate this contract. In the event of termination, seller shall be paid for work performed to the date of termination, if any, and shall have no further obligation or liability to purchaser or others for reason of said termination.**

Payment Terms:

Payment terms: Net due by the 10th of the month following date of invoice unless otherwise stated. Interest at the rate of 2% per month charged on all past due accounts. This is an annual percentage rate of 24%. Purchaser agrees to pay reasonable legal fees.

<p>ACCEPTED: The above prices, specifications and conditions are satisfactory and are hereby accepted.</p> <p>Buyer: _____</p> <p>Signature: _____</p> <p>Date of Acceptance: _____</p>	<p>CONFIRMED: Idaho Materials & Construction</p> <p>Authorized Signature: _____</p> <p>Estimator: Gregg Pond (208) 421-2852 gregg.pond@idahomaterials.com</p>
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Nu-Vu Glass - Twin Falls
 421 Eastland Dr
 Twin Falls, ID 83301
 P 208-734-9877
 www.nuvuglass.com

Proposal

ID: (TS)Quote # 9312
 Date: 10/3/2022
 Expiration Date: 11/2/2022

Billing Address	GEM STONE CLIMBING 135 5TH AVE S. TWIN FALLS, ID 83301
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Shipping / Location	Gemstone climbing 135 5th ave s Twin falls , 83301
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Contact	PATTY Phone: (515) 491-3578 Email: Patty@gemstoneclimbing.rocks
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Sales Person	Ben
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CUSTOMER WANTS TO GET QUOTE FOR A HANDICAP BUTTON

Product	Quantity	Price
8100 Series Record 8100 Series Record <i>Bronz POWER PROVIDED BY OTHERS</i>	1	2,100.00
ADA Button Transmitter 433 full kit for single door Transmitter Solutions Addison Automa <i>ADA Button Transmitter 433 full kit for single door</i>	1	292.50
SERVICE LABOR		1,200.00
MATERIALS	1	100.00

Inclusions
 Thank you for the opportunity to assist with your project needs. Please review this quote and confirm that all details and pricing are correct by signing below. Since these products are custom made to your specifications, it is non-cancellable, non-returnable, and non-refundable. All quoted pricing will be honored for 30 days, unless otherwise stated.

Exclusions
 For onsite installations: The property owner is responsible for removal or relocation of any and all objects intrusive to the scope of work; including but not limited to utilities, cables, irrigation & sewage lines, A/C condensing units, furniture and window coverings.

Assigned
 Wally

Important Notice
 For customer materials left in shop: Nu-Vu Glass will take precaution to insure that your items are handled with care, however we cannot guarantee customer materials are free from defect and cannot warranty them from damage or breakage while being worked on in our shop.

Signature _____

Summary	
Subtotal	3,692.50
Tax	0.00
Total	3,692.50
Paid	
Balance	

Signature _____
 Print Name & Title _____ Date _____

Warranty
 Nu-Vu Glass warranties that in-house products will be free from defective materials and workmanship for one (1) year. The warranty is limited to repair or replacement of defective material only and does not apply to products manufactured by outside vendors. Specific manufacturers may include their own warranty on products at their discretion.
 Nu-Vu Glass will not be responsible for defects caused by accidents, modifications to products, abuse, exposure to acts of nature, or exposure to extreme conditions such as to chemicals and direct water blasts.
 All claims arising under this limited warranty must be made in writing to Nu-Vu Glass at 1601 Overland Ave, Burley, ID 83318 within the warranty period and must include record of proper maintenance and cleaning.

Terms & Conditions
 ACCEPTANCE OF PROPOSAL: The above prices, specifications and conditions are satisfactory and are hereby accepted. You are authorized to do the work as specified. I agree to pay 50% down and balance in full immediately upon completion for orders over \$500. Orders for under \$500 are due in full prior to starting any work. Orders over \$5,000 are subject to a 3% credit card convenience fee. Due to increased lead times for manufactured products, portions of your job may be invoiced as each section of the job is completed.

2022 State and Local Fiscal Recovery Fund Application

Contact Information

Name: Patty McFarling

Phone: 2083297257 ext3

Email: patty@gemstoneclimbing.rocks

Budget Request: \$4,000

Please include your application information below or attach as separate file.

Strategic Plan: Our Gemstone Adaptive Climbing Non-Profit program is bringing aid to this community our plan to install an ADA accessible handicap door to our front entry way falls under Twin Falls' Strategic Plan:
Strategic Plan:
HC1.2: The City will provide facilities, programs, and services that support healthy lifestyles
HC1.2.1: Expand recreation programming to meet the needs of our diverse community, including our active adult population (55+).
HC1.2.2: Work with partners to promote programs and services designed to build a culture of well-being and target specific health needs.
The gym was built to handle disabilities of all kinds. We serve a large part of adaptive community here that are in need of more wheelchair accessible healthy activities to participate in.

Attachment: *Field not completed.*

Demonstration of Need: This will be improving access to an already existing service. We wish to install ADA accessible doors to allow for easier front access to those with disabilities who wish to utilize our gym. We are the first ADA accessible climbing gym in the world! Gyms from all over the country call us to see how they too can have people with disabilities utilize their gyms. It is important to allow access to healthier activities to ALL.

Attachment: *Field not completed.*

Partnerships: We partner with therapy groups like Primary Therapy Source and St. Lukes Foundation to cover therapy costs for these individuals through scholarships. These funds do not pay for all the equipment needed or for the ADA accessible additions we have added to the gym such as the Elevator. These are needed to make this program work and we want to help as many people as possible.

Attachment: *Field not completed.*

Work Plan and Budget: I have attached a quote we have received from Nu-Vu Glass to install an ADA accessible front door. We hope to have this completed by Spring 2022. .

Attachment: [TSQuote_9312_63800401689.pdf](#)

After you submit your application, you will be redirected to the submission page to confirm your submission. Your application will be sent to the SLFRF Committee for review and you will be contact by a committee member. Thank you!

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