

# State of Maryland

## 2010 Bond Bill Fact Sheet

1. Senate		House		2. Name of Project
LR #	Bill #	LR #	Bill #	
lr3028	sb0961	lr3125	hb1208	Rockville Fitness Center and Exercise Room Expansion
3. Senate Bill Sponsors				House Bill Sponsors
Forehand				Barve
4. Jurisdiction (County or Baltimore City)				5. Requested Amount
Montgomery County				\$240,000
6. Purpose of Bill				
<p>Authorizing the creation of a State Debt not to exceed \$240,000, the proceeds to be used as a grant to the Mayor and City Council of the City of Rockville for the construction, repair, reconstruction, renovation, and capital equipping of the Rockville Fitness Center and Exercise Room.</p>				
7. Matching Fund				
Requirements:		Type:		
Equal		The matching fund may consist of real property, in kind contributions, or funds expended prior to the effective date of this Act.		
8. Special Provisions				
<input type="checkbox"/> Historical Easement		<input checked="" type="checkbox"/> Non-Sectarian		
9. Contact Name and Title			Contact Phone	Email Address
Linda Moran			240-314-8115	lmoran@rockvillemd.gov
10. Description and Purpose of Grantee Organization (Limit Length to Visible area)				
<p>The City of Rockville is an incorporated municipality that was established in 1860. This year, the City is celebrating it's 150th anniversary of incorporation. We are a dedicated organization committed to enhancing the quality of life in Rockville by providing premium services in response to the needs of everyone who visits, works, and lives in our city. Rockville is the second largest City in Maryland and is the seat of Montgomery County. It is one of the fastest growing cities in the State of Maryland. Rockville's population is 63, 059 which is a 33% increase from 2000. It occupies 13.03 square miles and is located twelve miles northwest of Washington, D.C. Rockville is a residential community and an employment center. The City provides a full range of services including: zoning and planning; one stop location for for licenses, permits, and inspections; water, sewer, and refuse and recycling services; snow removal, leaf collection, street maintenance and other public works functions; recreation and parks services; and special programs for senior citizens, youth, and low income residents.</p>				

**11. Description and Purpose of Project** (Limit Length to Visible area)

The Rockville Senior Center is centrally located in the Woodley Gardens neighborhood in a former elementary school. For the last 28 years this multi-service building offers a wide range of fitness, health, recreation, social and educational services to residents 60 years of age and older. It is the City of Rockville's only Senior Center with 1300 members. The vision for this facility is to ensure it remains an active and flexible use of space that serves the current senior population as well as the Baby Boomer generation yet to come. The Fitness center is open 6 days per week providing personal training to cardiac rehab clients, post surgery clients and general fitness training. The Exercise Room is open to seniors and the community to include all age groups for Ballet classes, Yoga, Pilates, Step and Strength classes, Arthritis, Aerobics, Stability Ball and Belly Dancing. Currently, fitness and exercise program space is operating at or above capacity and some exercise classes are held in unsuitable locations. Specifically, this project will: enlarge the existing space in the fitness and exercise room by 6,070 square feet, allow for a safer environment for seniors with physical limitations to participate, provide adequate aisle space to safely navigate between equipment, storage for personal belongings and restroom facilities.

*Round all amounts to the nearest \$1,000. The totals in Items 12 (Estimated Capital Costs) and 13 (Proposed Funding Sources) must match. The proposed funding sources must not include the value of real property unless an equivalent value is shown under Estimated Capital Costs.*

**12. Estimated Capital Costs**

<b>Acquisition</b>	0
<b>Design</b>	\$378,000
<b>Construction</b>	\$2,374,000
<b>Equipment</b>	\$76,000
<b>Total</b>	<b>\$2,828,000</b>

**13. Proposed Funding Sources – (List all funding sources and amounts.)**

Source	Amount
Maryland Department of Aging Grant	\$700,000
Energy Efficiency Conservation Block Grant Stimulus Funding, Federal Department of Energy.	\$375,000
2007 Local Bond Bill, Maryland General Assembly	\$100,000
Rockville Seniors, Inc. (private corporation)	\$62,000
Rockville Capital Project Funds	\$1,591,000
<b>Total</b>	<b>\$2,828,000</b>

<b>14. Project Schedule</b>			
<b>Begin Design</b>	<b>Complete Design</b>	<b>Begin Construction</b>	<b>Complete Construction</b>
June 2008	May 2010	August 2010	March 2011
<b>15. Total Private Funds and Pledges Raised</b>		<b>16. Current Number of People Served Annually at Project Site</b>	<b>17. Number of People to be Served Annually After the Project is Complete</b>
\$62,000		72,500	79,750
<b>18. Other State Capital Grants to Recipients in Past 15 Years</b>			
<b>Legislative Session</b>	<b>Amount</b>	<b>Purpose</b>	
2006	\$250,000	Thomas Farm Community Center	
2007	100,000	Rockville Health and Wellness Expansion	
2009	\$100,000	Rockville Historic Post Office Renovation	
<b>19. Legal Name and Address of Grantee</b>		<b>Project Address (If Different)</b>	
Mayor and Council of Rockville. 111 Maryland Avenue Rockville, Maryland 20850		1150 Carnation Drive Rockville, Maryland 20850	
<b>20. Legislative District in Which Project is Located</b>			District 17
<b>21. Legal Status of Grantee (Please Check one)</b>			
<b>Local Govt.</b>	<b>For Profit</b>	<b>Non Profit</b>	<b>Federal</b>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>22. Grantee Legal Representative</b>		<b>23. If Match Includes Real Property:</b>	
<b>Name:</b>	Debra Yerg Daniel	<b>Has An Appraisal Been Done?</b>	Yes/No
<b>Phone:</b>	240-314-8150		
<b>Address:</b>		<b>If Yes, List Appraisal Dates and Value</b>	
City of Rockville 111 Maryland Avenue Rockville, Maryland 20850			

<b>24. Impact of Project on Staffing and Operating Cost at Project Site</b>			
<b>Current # of Employees</b>	<b>Projected # of Employees</b>	<b>Current Operating Budget</b>	<b>Projected Operating Budget</b>
15.4 positions	15.4 positions	\$1,555,800	\$1,555,800
<b>25. Ownership of Property (Info Requested by Treasurer's Office for bond issuance purposes)</b>			
<b>A. Will the grantee own or lease (pick one) the property to be improved?</b>			own
<b>B. If owned, does the grantee plan to sell within 15 years?</b>			no
<b>C. Does the grantee intend to lease any portion of the property to others?</b>			no
<b>D. If property is owned by grantee and any space is to be leased, provide the following:</b>			
<b>Lessee</b>	<b>Terms of Lease</b>	<b>Cost Covered by Lease</b>	<b>Square Footage Leased</b>
<b>E. If property is leased by grantee – Provide the following:</b>			
<b>Name of Leaser</b>	<b>Length of Lease</b>	<b>Options to Renew</b>	
<b>26. Building Square Footage:</b>			
<b>Current Space GSF</b>	32,637		
<b>Space to Be Renovated GSF</b>	6,070		
<b>New GSF</b>	38,707		
<b>27. Year of Construction of Any Structures Proposed for Renovation, Restoration or Conversion</b>			2010-2011

**28. Comments: (Limit Length to Visible area)**

This is a very important project for the Rockville community. Currently, there are over 10,200 senior citizens 60 years of age and over living in the City of Rockville, which is 17% of the City's population. Seniors are the fastest growing segment of the United States population. In Rockville, age cohort forecasting models suggest 15,000 individuals will be aged 60 and above by the year 2020, which is 25% of Rockville's current population. The Rockville Senior Center provides a one-stop, safe, accessible, facility for older adults to access health, recreation, social and educational programs and services. The programs are targeted to persons aged 60 sixty years and over.

The Center is one of the Maryland Senior Nutrition Program sites through the Montgomery County Department of Health and Human Services which serves 200-250 lunches and 50 dinners per week. Ninety percent of the meals serve Rockville residents. Findings from membership surveys, the Senior Services Long Range Plan, and Montgomery County's "Imagining an Aging Future" Report all indicate that seniors are concerned about their physical health and well being and would like to increase their physical fitness as they age. Additionally, this project was identified as the highest priority of the Senior Citizen's Task Force comprised of a group of Rockville seniors.

Presently, fitness and exercise program space is operating at or above capacity and demand is expected to increase as the Senior population of Rockville grows. The most successful and demanded programs at the center are fitness and wellness programs. The current facility is lacking in space and the equipment and participants are crowded in. Additional space is needed to give seniors the room they need to navigate between equipment, storage for personal belongings and restroom facilities that will expand health and wellness opportunities for seniors. Many classes are held at the facility and the ability to expand will allow the Senior Center to offer larger classes in a more appropriate and safer environment. Currently, programs are capped at 30 participants due to a lack of space. As a result, waiting lists exist for many of the programs. In order to address the needs of the senior community, an expansion of the fitness and exercise area is planned. The benefits offered to this group as a result of this project will be increased health and physical fitness which will in turn extend their lifespan. A healthy lifestyle that includes fitness and wellness will also improve the quality of life for seniors who use the facility. Other long term benefits include the potential for a reduction in doctor's, and hospital costs as it is there is much empirical research that establishes the positive connection between exercise, wellness, and improved health.