

## SPRINGFIELD COMMUNITY PRESERVATION FULL APPLICATION COVER SHEET

I. PROJECT INFORMATION	
CPA program area - check all that apply:	
<input type="checkbox"/> community housing	<input type="checkbox"/> historic preservation
<input checked="" type="checkbox"/> open space	<input checked="" type="checkbox"/> recreation
Project/Program Title: <b>Fitness Stations In The Park</b>	
Brief Project/Program Summary: Our project consists of locating 8 high quality fitness stations in Marshall Roy Park. The stations provide an opportunity for stretching and strenthning muscles to enhance general wellbeing. These stations will accomodate people of all abilities. Stations will be situated in proximity to the walking path.	
estimated start date: <u>12/2022</u>	estimated completion date: <u>10/2023</u>
II. APPLICANT INFORMATION	
Type of Applicant - check one:	
<input type="checkbox"/> City of Springfield	<input checked="" type="checkbox"/> Non-Profit Organization
<input type="checkbox"/> For-Profit Business	<input type="checkbox"/> Individual
Name of Organization: <b>East Springfield Neighborhood Council</b>	
Name of Contact Person: <b>Marie Koski Kathleen Brown</b>	
Mailing Address: <b>136 Edendale Street</b>	
Mailing City/State/Zip: <b>Springfield, MA</b>	
Phone: <b>413 3741206 413 4780801</b>	Fax:
Email: <b>Marie_Koski_307@hotmail.com</b>	
Website: <b>www.myesnc.com</b>	
III. BUDGET SUMMARY	
Estimated Project Budget: <b>\$68,515.70</b>	
CPA Funding Request: <b>\$68,515.70</b>	
Will you be seeking multi-year funding <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
CPA Request as Percentage of Total Project/Program Budget: <b>100%</b>	
List Other Secured Funding Sources:	
List Other Prospective Funding Sources:	

Applicant Signature: Marie A Koski Kathleen Brown Date Submitted: 3-25-2022

## **I. General Information**

### **A.**

1. Parcel ID **111720036**
2. We do not own the property. This property is a park owned by the City of Springfield at 1437 Carew Street and 166 St. James Blvd. in East Springfield. The property will stay in the possession of the City of Springfield.
3. Purchase and Sale Not applicable.

B. Community Housing Question - Not applicable

C. Historical Preservation Question - Not applicable

D. Open Space and Recreation

1. and 2. Our project is not wet land.
3. This project is in a city owned park property known as Marshall Roy Field in East Springfield
4. The Park Department and Park Commission have been advised and are in support of this application. (See letter of support)

## **II. Narrative**

### **A. Project Summary**

East Springfield's project is for the acquisition and installation of fitness stations in Marshall Roy Field. We anticipate locating these along the walking path or if more appropriate in an area close to the parking area. This project falls into the Recreation/ Open Space CPC category. The project goals include the design, site preparation and installation of quality fitness equipment/stations in our very popular park. This project will support the strong commitment to strengthen neighborhood parks / open spaces. The intention is to create safe and comfortable fitness amenities in our park. The budget requested is \$68,515.70. (see attachment)

This project will stand alone as a completed project.

### **B. Proposal Description**

1. The project will consist of design and installation of eight (8) free standing fitness stations with a focus on providing amenities for older children and adults of all ages and abilities. Many fitness stations are designed for wheelchair and handicap accessibility. The focus of the stations will be to improve balance, agility, and to strengthen core muscles and upper and lower body muscle groups. (see photos below)

2. The Marshall Roy Field is heavily used and is consistent with the community preservation plan utilizing the area for recreation and the enjoyment of open space. The location of these fitness stations is intended to be around the walking path. This project will be well received by the community of East Springfield and the city as a whole. The community has been asking for this type of resource and enhancement. It will address the critical need to improve health and fitness. Marshall Roy Field

is only about 500 ft. from the Liberty Heights / Hungry Hill Neighborhood. This project strengthens the availability of active recreation opportunities. It enhances the character of Springfield by supporting recreation and encourages physical activity. Springfield has a long history of marvelous parks. It is very important to encourage people of all ages and abilities to be physically active and to enjoy the outdoors.

3.The enhancement / improvement will provide a great opportunity for physical activity that will improve health and ultimately quality of life. The park, located in East Springfield and virtually abuts Hungry Hill/Liberty Heights has a significant population that will benefit.

4.The expected outcome is to have 8 fitness stations that are easily accessible and accommodate a wide variety of abilities.

### **C. Feasibility and Sustainability**

1. This project is feasible and sustainable. Once completed there will be very little maintenance required. (The Park Department has agreed to assume responsibility for ongoing upkeep.) We will work in partnership with the Park Department to monitor the upkeep.

a. No additional funding sources are being pursued.

2. Upon completion the Park Department has agreed to fully maintain this valuable resource.

3. The Park Department along with the Neighborhood Council will ensure completion.

### **D. Applicant Experience**

The Springfield Park Department is very experienced in managing high quality projects. The Park Department has agreed to manage this project. The East Springfield Neighborhood Council has a proven track record. Projects for the neighborhood are planned and implemented by a team of committed volunteers. We currently receive a yearly Community Development Block Grant (CDBG) allocation for Citizen Participation. We always complete all the stated goals. We always come in on budget and provide required reports as agreed. We have benefited from three CDBG funded Target Improvement Grants that we wrote and executed on time and within budget within all city guidelines. They included acquisition and installation of Neighborhood Gateway Signs, swings, park benches, park tables and trash receptacles. We also are currently implementing a Springfield Arts Cultural Council competitive grant that we were successful in securing. We have secured, managed and implemented the Davis Foundation Grant for neighborhoods throughout the city. (413 READ) in 2016 through 2019.

We know that this proposal can be followed to completion.

### III. Timeline

1. **Winter 2022/Spring 2023:** Necessary pre-construction planning will take place starting with approval and contract execution.
2. **Spring/Summer/Fall 2023:** Construction.

### IV. Budget

NAME OF ITEM	EQUIPMENT COST	INSTALLATION COST	TOTAL COST
Health Beat Stretch	\$ 4,510.00	\$ 3,600.00	\$ 8,110.00
Health Bear Tai Chi Wheels	\$ 3,695.00	\$ 3,800.00	\$ 7,495.00
Health Beat Balance Steps	\$ 3,850.00	\$ 3,000.00	\$ 6,065.00
Health Beat Parallel Bars	\$ 3,065.00	\$ 3,000.00	\$ 6,065.00
Health Beat Pullup/dip	\$ 3,325.00	\$ 3,300.00	\$ 6,625.00
Health Beat Mobility	\$ 4,905.00	\$ 3,800.00	\$ 8,705.00
Health Beat Squat Press	\$ 7,350.00	\$ 4,200.00	\$ 11,550.00
Health Beat Hand Cyclor	\$ 4,172.00	\$ 3,500.00	\$ 7,672.00
design and engineering services (10%)			\$ 6,228.70
SUB TOTALS	\$ 34,872.00	\$ 28,200.00	
<b>TOTAL</b>			<b>\$ 68,515.70</b>



City of Springfield  
***Parks, Buildings, and Recreation Management***

March 7, 2022

Community Preservation Committee  
36 Court Street  
Springfield, MA 01103

Dear Committee Members,

The Board of Park Commissioners convened a meeting on March 3, 2022 to hear requests from citizens and community organizations relating to Community Preservation Act 2022 park and recreation grant applications.

The Springfield Park Commission enthusiastically supports the East Springfield Neighborhood Council's application for improvements to Marshall Roy Park.

The Park Commission feels this project is aligned not only with the city's priorities and needs for enhanced recreational offerings city-wide, but with the Community Preservation Act priorities to renovate neighborhood parks, playgrounds, and green spaces.

We are available to answer any questions and look forward to working with the Community Preservation Committee and the East Springfield Neighborhood Council to implement this project.

Sincerely,

Milagros Terry Rodriguez,  
Board of Park Commissioners, Chairwoman

cc: Patrick Sullivan, Executive Director of PBRM  
Kathy Brown, President, East Springfield Neighborhood Council



**East Springfield Neighborhood Council**  
**c/o 136 Edendale Street**  
**Springfield, Ma 01104**

March 20,2022

Dear Community Preservation Act Committee:

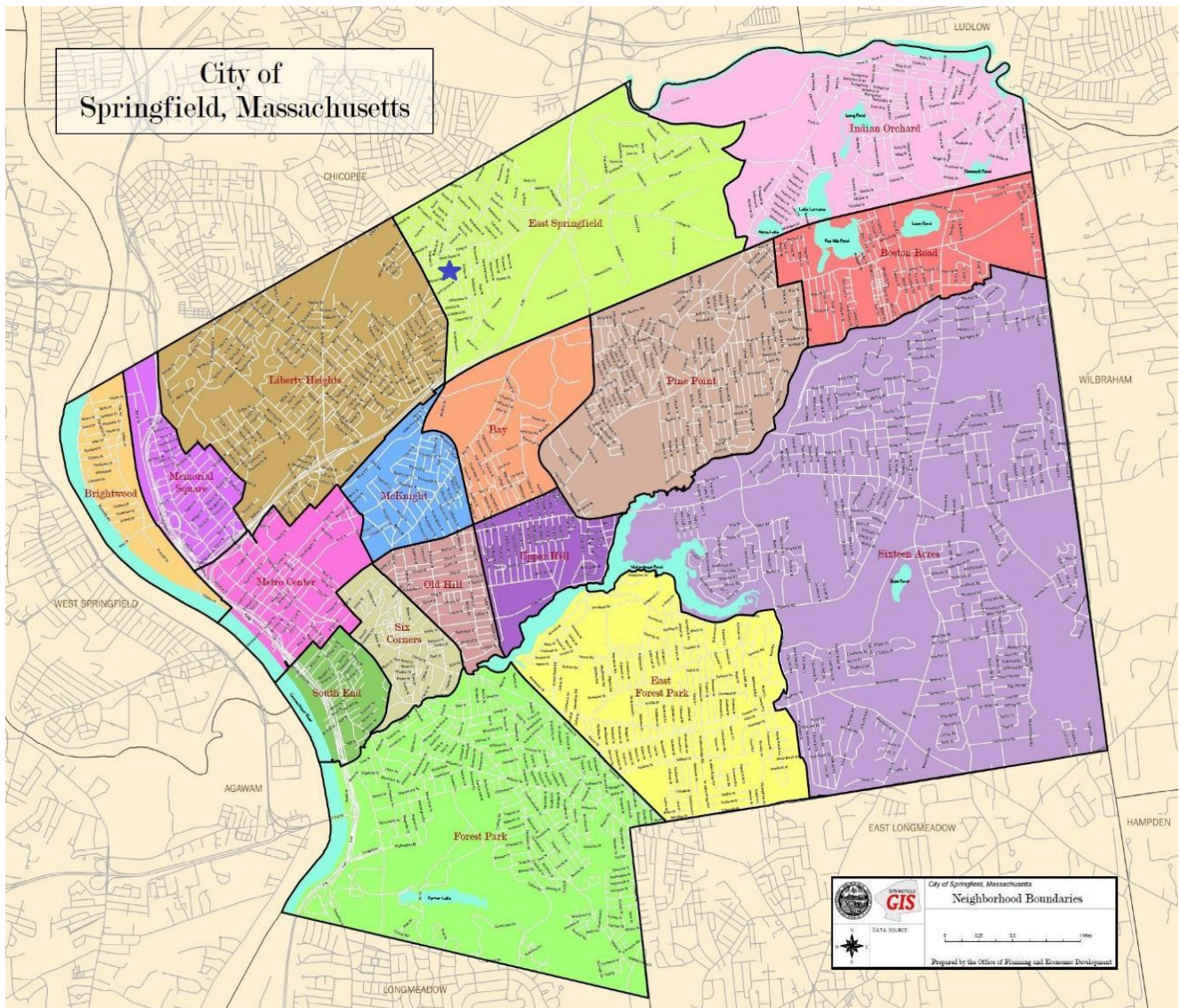
The East Springfield Neighborhood Council voted unanimously to support the application for the Marshall Roy Field Fitness Structures. There is a need and has great community support. It would be a significant community benefit if this project is funded.. We hope you will look favorably on this request.

Sincerely,

A handwritten signature in cursive script that reads "Kathleen Brown".

Kathleen Brown





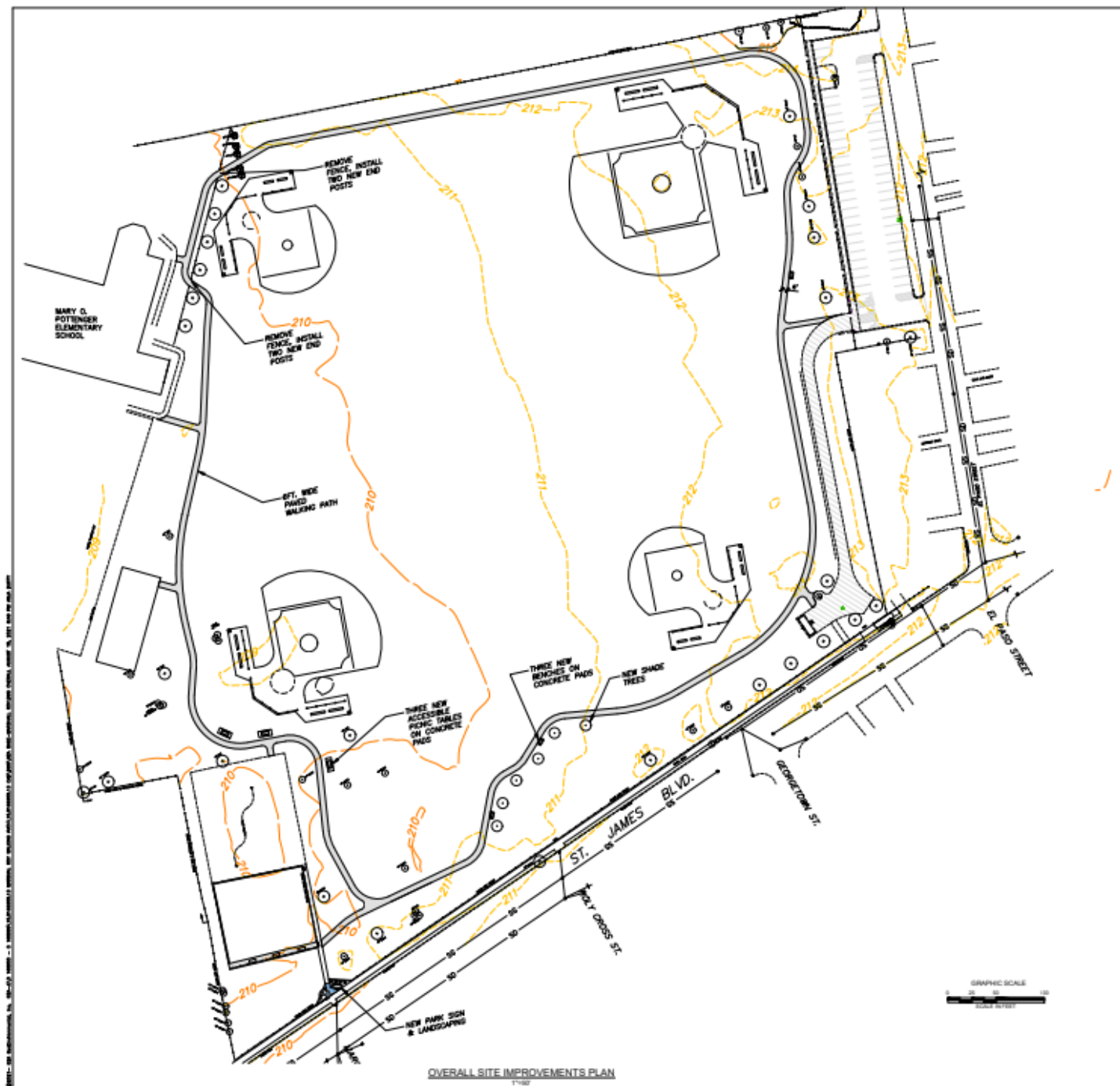








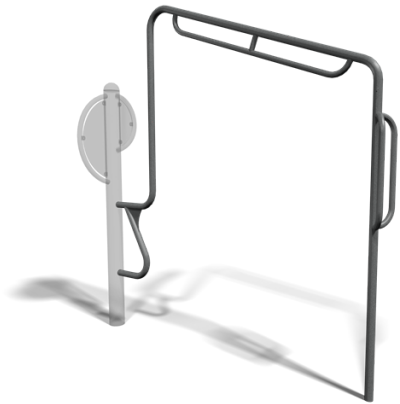




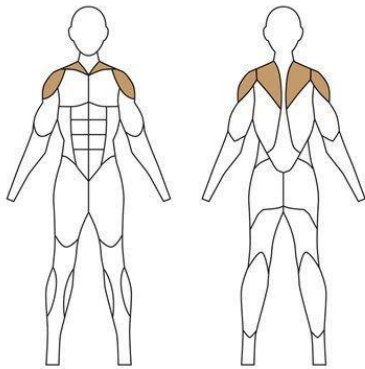


## Fitness Stations Data

### HealthBeat® Stretch



The HealthBeat® Stretch allows for stretching of upper body muscles as well as the often difficult to target core muscles. Maintains flexibility and range of motion.



**Muscle Groups Used:**  
Upper back,  
shoulders, arms



#### Features

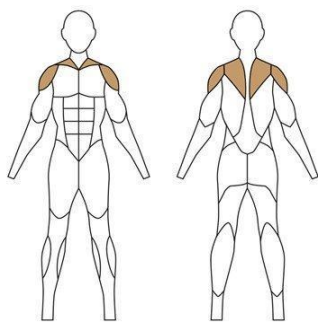
- To optimize configurability, HealthBeat® posts made from 5"-diameter galvanized steel are sold separately (Post Model #205941-205947) and are carbon in color only
- Durable steel construction
- Can be paired with another HealthBeat® station to share a center post

- Includes instructional sign with illustrations and link to proper use videos
- Rotating foot pedestal included on ASTM and CSA versions
- Safety surfacing corresponding to the fall height of the equipment required to comply with ASTM F1292
- Ages 13 years and older for ASTM F3101 and height 1400 mm and taller for EN16630
- Direct bury or surface mount

## HealthBeat® Tai Chi Wheels

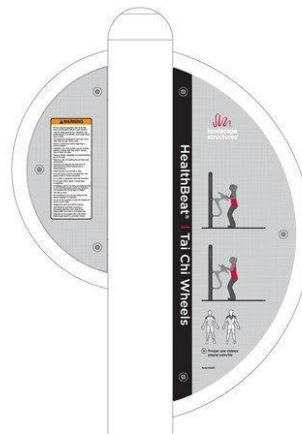


The HealthBeat® Tai Chi Wheels promote flexibility and enhance relaxation and meditation. Evenly tones muscles without strain.



### **Muscle Groups Used:**

Deltoid, rotator cuff, trapezius, and to lesser degree, chest and back muscles



## Features

- To optimize configurability, HealthBeat® posts made from 5"-diameter galvanized steel are sold separately (Post Model #205941-205947) and are carbon in color only
- Durable steel construction

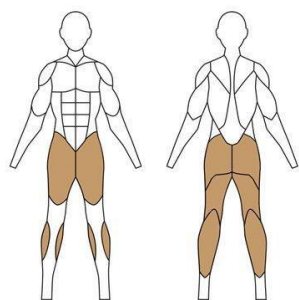


- Can be paired with another HealthBeat® station to share a center post
- Includes instructional sign with illustrations and link to proper use videos
- Safety surfacing corresponding to the fall height of the equipment required to comply with ASTM F1292
- Ages 13 years and older for ASTM F3101 and height 1400 mm and taller for EN16630

## HealthBeat® Balance Steps

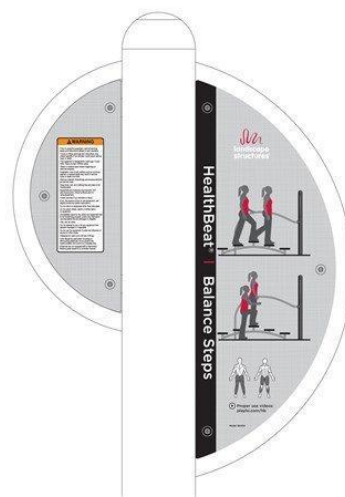


The HealthBeat® Balance Steps may be used as a balance beam or as a step aerobics station.



### **Muscle Groups Used:**

Quadriceps, hamstrings, calves, tibialis anterior, core trunk muscles



## Features

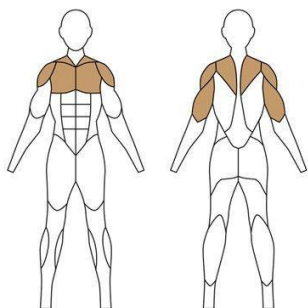
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- Durable steel construction
- Includes instructional sign with illustrations and link to proper use videos

- Can be paired with another HealthBeat® station to share a center post
- Safety surfacing corresponding to the fall height of the equipment required to comply with ASTM F1292
- Ages 13 years and older for ASTM F3101 and height 1400 mm and taller for EN16630

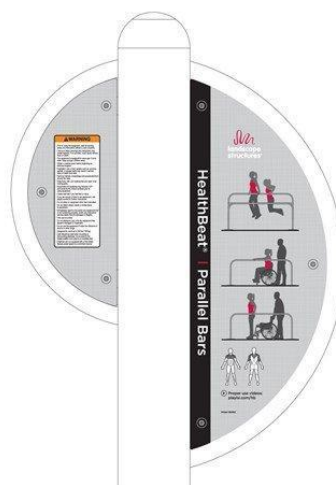
## HealthBeat® Parallel Bars



The HealthBeat® Parallel Bars are a wheelchair-accessible station that accommodates beginners and advanced users as well as rehab users.



**Muscle Groups Used:**  
Pectoralis major,  
deltoids, rhomboids,  
triceps



## Features

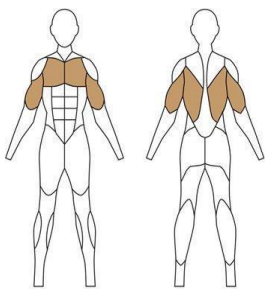
- To optimize configurability, HealthBeat® posts made from 5"-diameter galvanized steel are sold separately (Post Model #205941-205947) and are carbon in color only
- Durable steel construction
- Lower bars are great for rehabilitation or use with wheelchairs. Caregivers can easily walk behind or support users.
- Higher bars designed for more experienced users

- Lower bars are great for rehabilitation or use with wheelchairs. Caregivers can easily walk behind or support users.
- Can be paired with another HealthBeat® station to share a center post
- Includes instructional sign with illustrations and link to proper use videos
- Safety surfacing corresponding to the fall height of the equipment required to comply with ASTM F1292
- Ages 13 years and older for ASTM F3101 and height 1400 mm and taller for EN16630

## HealthBeat® Pull-Up/Dip



The HealthBeat® Pull-Up/Dip provides multiple highly effective strength-building exercises for the upper body.



### **Muscle Groups Used:**

Pull-Up: Biceps and latissimus dorsi

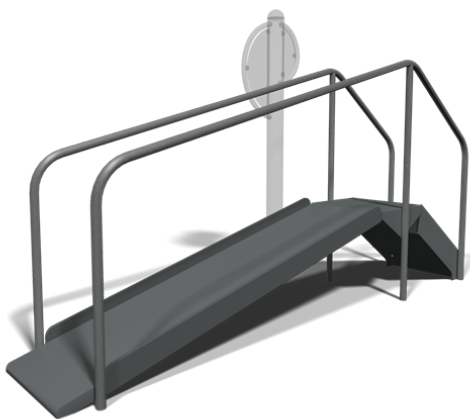
Dip: Mainly triceps, to lesser degree pectoralis



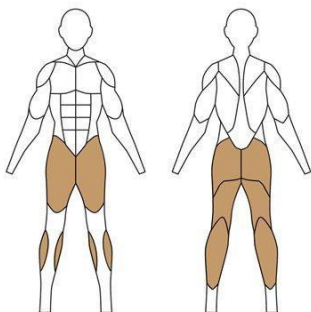
## Features

- To optimize configurability, HealthBeat® posts made from 5"-diameter galvanized steel are sold separately (Post Model #205941-205947) and are carbon in color only
- Durable steel construction
- Can be paired with another HealthBeat® station to share a center post
- Includes instructional sign with illustrations and link to proper use videos
- Safety surfacing corresponding to the fall height of the equipment required to comply with ASTM F1292
- Ages 13 years and older for ASTM F3101 and height 1400 mm and taller for EN16630
- Direct bury or surface mount

### HealthBeat® Mobility



The HealthBeat® Mobility provides a safe structure for developing balance, and essential functional fitness skill for older adults. Great exercise for joint replacement rehabilitation.



**Muscle Groups Used:**  
Core trunk muscles, quadriceps, hamstrings, calves, as well as balancing area of the brain and nervous system

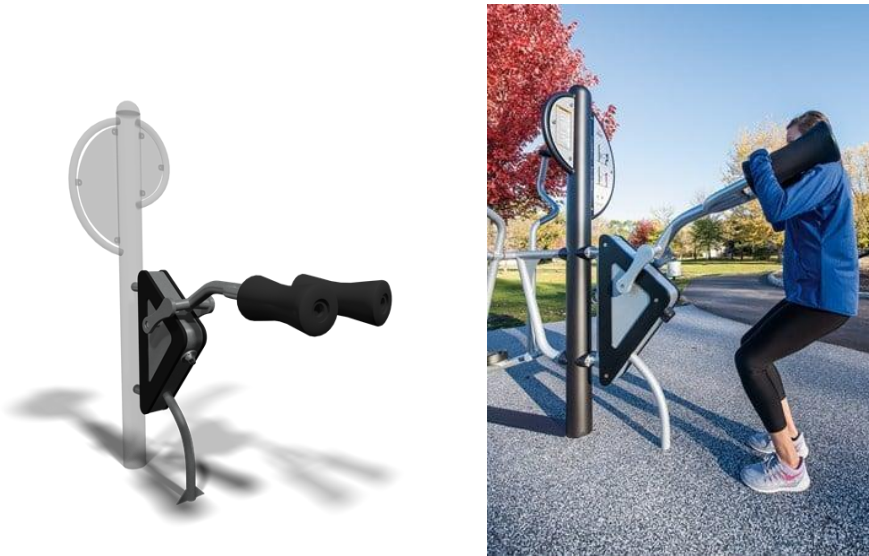




## Features

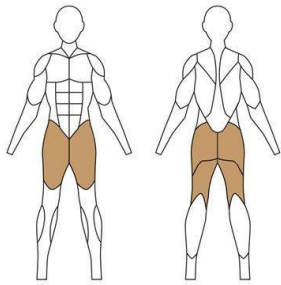
- To optimize configurability, HealthBeat® posts made from 5"-diameter galvanized steel are sold separately (Post Model #205941-205947) and are carbon in color only
- Durable steel construction
- Can be paired with another HealthBeat® station to share a center post
- Includes instructional sign with illustrations and link to proper use videos
- Safety surfacing corresponding to the fall height of the equipment required to comply with ASTM F1292
- Ages 13 years and older for ASTM F3101 and height 1400 mm and taller for EN16630
- Direct bury or surface mount

## HealthBeat® Squat Press



The HealthBeat® Squat Press builds leg and hip muscle endurance. Change the level of resistance by turning the knob on the base.





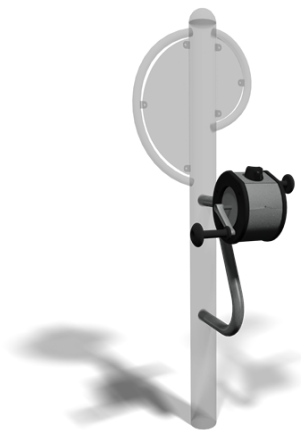
**Muscle Groups Used:**  
Quadriceps, hamstrings, gluteus, hip flexors (iliopsoas)



## Features

- To optimize configurability, HealthBeat® posts made from 5"-diameter galvanized steel are sold separately (Post Model #205941-205947) and are carbon in color only
- Durable steel construction
- Can be paired with another HealthBeat® station to share a center post
- Featuring patented resistance technology. U.S. Patent No. 9,802,074
- Includes instructional sign with illustrations and link to proper use videos
- Safety surfacing corresponding to the fall height of the equipment required to comply with ASTM F1292
- Ages 13 years and older for ASTM F3101 and height 1400 mm and taller for EN16630
- Direct bury or surface mount

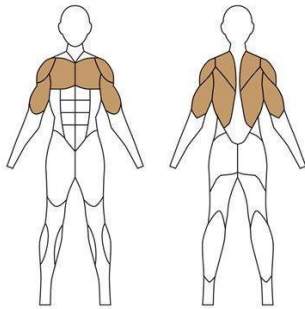
## HealthBeat® Hand Cyclers



The HealthBeat® Hand Cyclers are a wheelchair-accessible station that builds both cardio and strength. Change the level of resistance by turning the knob on the base.

**Muscle Groups Used:**

Pectoralis major,  
deltoids, rhomboids,  
triceps, biceps,  
latissimus dorsi



## Features

- To optimize configurability, HealthBeat® posts made from 5"-diameter galvanized steel are sold separately (Post Model #205941-205947) and are carbon in color only
- Featuring patented resistance technology. U.S. Patent No. 9,802,074
- Durable steel construction
- Perfect height for wheelchair accessibility or for standing
- Can be paired with another HealthBeat® station to share a center post
- Includes instructional sign with illustrations and link to proper use videos
- Safety surfacing corresponding to the fall height of the equipment required to comply with ASTM F1292
- Ages 13 years and older for ASTM F3101 and height 1400 mm and taller for EN16630

**Thank you**