

## Resolution No. 2948

**A Resolution of the City of Sanford, Florida, amending the City's annual operating budget for the fiscal year beginning October 1, 2020 and ending September 30, 2021; providing for implementing administrative actions; providing for a savings provision; providing for conflicts; providing for severability and providing for an effective date.**

**Whereas**, the Commission of the City of Sanford, Florida has adopted an annual operating budget for the fiscal year beginning October 1, 2020 and terminating on September 30, 2021 specifying certain projected revenues and expenditures for the operations of Sanford municipal government; and

**Whereas**, the City's budget presumes that each department generally will, to the best of their ability, maintain its expenditures within its allocated budgeted level and exercise prudence in expending funds during the course of the City's fiscal year; and

**Whereas**, from time-to-time circumstances and events may require that the original City budget may need revision; and

**Whereas**, the City Commission, in its judgment and discretion, has the authority to adjust the budget to more closely coincide with actual and expected events.

**Now, therefore, be it adopted and resolved by the City Commission of the City of Sanford, Florida as follows:**

### **Section 1. Adoption of Budget Amendment.**

The annual operating budget of the City of Sanford for the fiscal year beginning October 1, 2020 and terminating on September 30, 2021 is hereby revised and amended by Attachment "A". The Attachment is hereby incorporated into this Resolution as if fully set forth herein verbatim. Except as amended herein, the annual operating budget for the City of Sanford for fiscal year beginning October 1, 2020 and

terminating on September 30, 2021 shall remain in full force and effect.

**Section 2. Implementing administrative actions.**

The City Manager, or designee, is hereby authorized and directed to implement the provisions of this Resolution by means of such administrative actions as may be deemed necessary and appropriate.

**Section 3. Savings.**

The prior actions of the City of Sanford relating to the adoption of the City budget and related activities are hereby ratified and affirmed.

**Section 4. Conflicts.**

All resolutions or parts of resolutions in conflict with this Resolution are hereby repealed.

**Section 5. Severability.**

If any section, sentence, phrase, word, or portion of this Resolution is determined to be invalid, unlawful or unconstitutional, said determination shall not be held to invalidate or impair the validity, force or effect of any other section, sentence, phrase, word, or portion of this Resolution not otherwise determined to be invalid, unlawful, or unconstitutional.

**Section 6. Effective Date.**

This Resolution shall become effective immediately upon enactment.

Passed and adopted this 12<sup>th</sup> day of April, 2021.

Attest:

City Commission of the City of  
Sanford

*Traci Houchin, MMC, FCRM*

Traci Houchin, MMC, FCRM  
City Clerk

*Art Woodruff*

Art Woodruff, Mayor



For use and reliance of the Sanford  
City Commission only.  
Approved as to form and legality.

*William L. Colbert*

William Colbert, City Attorney





WS _ RM <u>X</u>
Item No. <u>8.D</u>

**CITY COMMISSION MEMORANDUM 21-096**  
**APRIL 12, 2021 AGENDA**

**TO:** Honorable Mayor and Members of the City Commission  
**PREPARED BY:** Jennifer Caldwell, Administrative Service Manager  
**SUBMITTED BY:** Norton N. Bonaparte, Jr., City Manager  
**SUBJECT:** Florida Municipal Insurance Trust (FMIT) Safety Grant

**STRATEGIC PRIORITIES:**

- Unify Downtown & the Waterfront
- Promote the City’s Distinct Culture
- Update Regulatory Framework
- Redevelop and Revitalize Disadvantaged Communities

**SYNOPSIS:**

Approve Resolution No. 2948 amending the budget in the amount of \$6,000 and authorization to accept the first quarter Florida Municipal Insurance Trust (FMIT) Safety Grant is requested.

**FISCAL/STAFFING STATEMENT:**

The FMIT Safety Grant is a matching grant. The Police Department has spent \$4,779.96 on wellness equipment and is being awarded \$6,000.

**BACKGROUND:**

The Florida League of Cities is administrator of the FMIT. Any entity, such as the City, that is a participant in the FMIT Workers’ Compensation Insurance Program or Property/Liability Insurance Program (or both) was eligible to submit an application for this Safety Grant. Items that were subject to grant funding were required to reduce, control or eliminate potential losses or injuries and specifically address current losses and/or injuries. The City, has been engaged in an aggressive loss prevention program for many years and has been creative in developing programs that significantly reduced the City’s loss experience and exposure to claims and liabilities.

The Police Department purchased gym equipment in the amount of \$4,779.96. The purchase was part of the City’s investment in the physical and mental well-being of all 155 Departmental employees. The Public Safety Complex gym equipment has not been updated since 2012. Ms. Tina Leman, Police Department Wellness Coordinator, hosted a wellness committee meeting within the Police Department to allow employees to suggest what equipment is purchased to enhance the gym. With the initial purchase, the Department was able to donate the replaced equipment to the City Hall gym for the benefit of all City employees. With the additional \$6,000, it is anticipated that additional equipment will be purchased for the gym and the remaining funds will be used to enhance other physical or mental health opportunities, programs and activities.

**LEGAL REVIEW:**

The Assistant City Attorney has reviewed this administrative and procurement activity and has no legal objection to the procurement activity being implemented in accordance with the City's Purchasing Policies and Procedures.

**RECOMMENDATION:**

Staff recommends that the City Commission approve Resolution No. 2948 amending the budget in the amount of \$6,000 and authorize acceptance of the first quarter FMIT Safety Grant.

**SUGGESTED MOTION:**

“I move to approve Resolution No. 2948 amending the budget in the amount of \$6,000 and authorize acceptance of the first quarter FMIT Safety Grant.”

- Attachments: (1). Application.  
(2). Award e-mail.  
(3). Budget Amendment Resolution No. 2948.







Protecting the

### 2020-2021 Florida Municipal Insurance Trust Matching Safety Grant Fund Program

**Fund Year 2020-2021**

- 1st Quarter - October 1, 2020 to December 31, 2020
- 2nd Quarter - January 1, 2021 to March 31, 2021
- 3rd Quarter - April 1, 2021 to June 30, 2021
- 4th Quarter - July 1, 2021 to September 30, 2021

If approved, your FMIT contribution will be within 60 days of the end of the quarter.

**SUBMITTED  
VIA EMAIL  
10.5.2020  
- TML**

### Application

**\*\*Which quarter are you applying for? \*\*** 1st Quarter  2nd Quarter  3rd Quarter  4th Quarter

Name of the Public Entity: SANFORD PUBLIC SAFETY CENTER

Address: 815 HISTORIC GOLDSBORO BLVD  
SANFORD, FL 32771

Safety Grant Coordinator: TINA M LEMAN

Phone Number: 407-688-5070 Email Address: TINA.LEMAN@SANFORDFL.GOV  
x6006

FMIT Fund Your Entity Participates In: Workers' Compensation   
Property/Liability   
Both

Total Expended Workers' Compensation \$ \_\_\_\_\_

Total Expended Property/Liability \$ \_\_\_\_\_

**For Office Use Only:**  
50% of total approved under Workers' Compensation \$ \_\_\_\_\_  
50% of total approved under Property/Liability \$ \_\_\_\_\_  
Total: \$ \_\_\_\_\_

Insurance Decision Maker's Signature, Title and Date:  
[Signature] Director of HR/EM 9-30-2020

SPD Safety Grant Coordinator's Signature, Title and Date:  
[Signature] T. LEMAN, WELLNESS COORDINATOR 10.1.2020



Protecting the Communities We Call Home

### 2020-2021 Florida Municipal Insurance Trust Matching Safety Grant Fund Program

**Fund Year 2020-2021**

1st Quarter - October 1, 2020 to December 31, 2020

2nd Quarter - January 1, 2021 to March 31, 2021

3rd Quarter - April 1, 2021 to June 30, 2021

4th Quarter - July 1, 2021 to September 30, 2021

*If approved, you can expect to receive your FMIT Matching Safety Grant Check within 6-8 weeks from quarter end.*

1. Describe in detail the program, process, item, etc. for which the Matching Grant funds will be used. Attach additional sheets of necessary.

SEE ATTACHED SHEET

2. Describe how this would affect a positive outcome. Example: Adding a fence would reduce the chances of the public getting hurt in the unprotected area.

SEE ATTACHED SHEET

3. Who, and what percentage of employees and/or community and/or property, would this change affect? Example: A new alarm system would affect all city buildings, this training would benefit all PW city employees, etc.

SEE ATTACHED SHEET

4. List the FMIT Risk & Safety Classes your entity's employees attended this fund year.

NOT APPLICABLE AS THE 2020 - 2021 FUNDING YEAR JUST BEGAN.

5. Attach purchase documentation. Purchase documentation includes an invoice, receipt or copy of cancelled check. Note: For those applications submitted for proposed projects that the safety grant fund approval is needed before purchasing, a written estimate from the vendor is required. However, payment will not be processed to you until the FMIT receives a copy of the invoice, receipt or cancelled check.



## Page 2 Responses

### **1. Describe in detail the program, process, item, etc for which the matching safety grant funds will be used.**

Sanford Police Department has recently implemented a wellness program which incorporates the physical and mental well-being of all 155 employees. Although the gym facility has been in place since 2012, no equipment has been replaced, nor have any accessories which enhance physical exercise efforts been added in eight years. As the new wellness coordinator, I am seeking to update essential exercise equipment and provide an improved atmosphere to facilitate physical fitness activities which are up-to-date with current trends in health and wellness. Our department just purchased a power cage, heavy-duty adjustable bench, TRX multi-use suspension system, exercise bands, exercise mats, and a leg press.

We are still seeking to purchase urethane dumbbells, medicine balls, various weighted kettle bells, multi-use lifting bars, and rubberized weight plates to replace worn, metal weight plates currently in use. We are also seeking a rowing machine and assault cycle to incorporate new cardiorespiratory fitness machines.

### **2 and 3. Describe how this would create a positive outcome? Who and what percentage of employees would this change effect?**

Fitness for duty is a vital part of law enforcement and essential to reduce risk of injury when encountering stressful or aggressive incidents (Brosschott et al., 2018). Acquadro Maran et al. (2018) concluded the use of total body conditioning and wellness training reduced the risk of chronic disease in police officers.

Studies on occupational and traumatic stress in police officers have shown an impairment in physical health and psychosocial well-being (Maran, Varetto, Zedda, & Ieraci, 2015). Intervention programs which include physical fitness, nutrition help, stress management, and wellness in general can reduce conditions negatively affecting the law enforcement population (Williams & Ramsey, 2017). Marx (2016) suggested a three-pronged approach in efforts to build officer resilience: physically conditioning and strengthening police officers, reinforcing departmental support systems, and enhancing the wellness culture.

Employees are encouraged to utilize the Public Safety Complex (PSC) gym facilities in practicing physical health tactics which, in turn, increase mental wellness and resilience. Studies have shown a resilient law enforcement officer has positive and engaging interaction with fellow employees as well as the public. Healthy employees are also more alert, less injury-prone, and utilize fewer sick days, all of which increases work productivity and decreases worker's compensation claims against the city (Marx, 2016). At current, Sanford's Public Safety Complex, which houses both police and fire, employs approximately 250 persons. Providing innovative exercise tools will encourage more employees to seek out the benefits of their own fitness center and the ability to increase health, fitness, and well-being in all life aspects.

## References

- Acquadro Maran, D., Zedda, M., & Varetto, A. (2018). Physical practice and wellness courses reduce distress and improve wellbeing in police officers. *International Journal of Environmental Research and Public Health*, *15*(4), 1-10. doi:10.3390/ijerph15040578
- Brosschott, J. F., Verkuil, B., & Thayer, J. F. (2018). Generalized unsafety theory of stress: Unsafe environments and conditions, and the default stress response. *International Journal of Environmental Research and Public Health*, *15*(3), 464-491. doi:10.3390/ijerph15030464
- Maran, D. A., Varetto, A., Zedda, M., & Ieraci, V. (2015). Occupational stress, anxiety, and coping strategies in police officers. *Occupational Medicine*, *65*(1), 466-473. doi:10.1093/occmed/kqv060
- Marx, J. (2016, October). Building community trust requires supporting healthy officers. *FBI Law Enforcement Bulletin*, pp.8-11. Retrieved from <http://www.fbi.gov/stats-services/publications/law-enforcement-bulletin>
- Williams, J., & Ramsey, V. (2017). The need for law enforcement wellness interventions: A critical review. *Sport Journal*, *1*(1), 2-2. Retrieved from <http://www.thesportjournal.org/>



# Sanford Public Safety Complex Wellness Center Fiscal 2019-20



OVERVIEW	Budget	Actual	(Under) / Over
<b>Total Expenses</b>	<b>\$ 7,710.00</b>	<b>\$ 4,779.96</b>	<b>\$ (2,930.04)</b>
Concept2 Row Machine	\$ 1,000.00	\$ -	\$ (1,000.00)
TRX Suspension Bundle	\$ 200.00	\$ 235.35	\$ 35.35
500lb Bumper Plates	\$ 1,000.00	\$ -	\$ (1,000.00)
ProMaxima PL-360 Power Cage	\$ 2,000.00	\$ 1,845.00	\$ (155.00)
ProMaxima Heavy-Duty Adjustable Bench	\$ 600.00	\$ 425.00	\$ (175.00)
TRX Resistance/Exercise Bands	\$ 60.00	\$ 29.90	\$ (30.10)
90lb Urethane Dumbbell--pair	\$ 600.00	\$ -	\$ (600.00)
3/4 inch 4' x 8' Shock Mat	\$ 150.00	\$ 204.99	\$ 54.99
1/2 inch 3' x 4' Mega Mat (2)	\$ 100.00	\$ 160.72	\$ 60.72
Steelflex Leg Press	\$ 2,000.00	\$ 1,879.00	\$ (121.00)
<b>Total Funding</b>	<b>\$ 10,500.00</b>	<b>\$ 5,000.00</b>	<b>\$ (5,500.00)</b>
FMIT Grant	\$ 5,000.00		\$ (5,000.00)
Wellness Center Allocation	\$ 5,000.00	\$ 5,000.00	\$ -
Additional Funding	\$ 500.00	\$ -	\$ (500.00)
<b>Funding Less Expenses</b>	<b>\$ 2,790.00</b>	<b>\$ 220.04</b>	<b>\$ (2,569.96)</b>

Info @ Lloyds fitness.com