



**NYE COUNTY BOARD OF COUNTY COMMISSIONERS
AGENDA ITEM REQUEST FORM**

Department: Finance	Meeting Date:
Category: Timed Agenda Item - 10:00 a.m.	July 16, 2024
Prepared by: Stephani Elliott	Phone: (775) 751-6355
Presented by: Shelley Poerio, Living Free Health & Fitness	Phone: (775) 505-1625
Action requested: (Include what, with whom, when, where, why, and terms) Presentation by Shelley Poerio with Living Free Health & Fitness, A Nonprofit Corporation, regarding program status, outcome results, a budget status report and future goals pursuant to the Nye County ARPA Recovery Plan and Policy: Public Health Assistance-Mental Health.	
Complete description of requested action: (Include, if applicable, background, impact, long-term commitment, existing county policy, future goals, obtained by competitive bid, accountability measures) Pursuant to the Nye County ARPA Recovery Plan and Policy each sub-grantee with approved programs shall come before the Board of Nye County Commissioners (BoCC) to present program status, outcome results, a budget status report and future goals. On May 16, 2023 the BoCC approved Living Free Health & Fitness, a Non-Profit Corporation request for \$131,655.00 to support the Living Free Gym Program.	
Recommendation:	

Financial Impact

Cost:	Fund Name:	Fund #:
Budgeted: <input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> N/A	FY:	<input type="checkbox"/> One-Time <input type="checkbox"/> Recurring
Comments:		

Review & Approval

Legal Review Required: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Legal Approval Received: <input type="checkbox"/>	Date:
Financial Review Required: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Submitted to Finance: <input type="checkbox"/>	Date:
Administrative Manager Review: <input checked="" type="checkbox"/>	Place on Agenda: <input checked="" type="checkbox"/>	Initials: ST

Item # 8

**NYE County
ARPA Recovery Plan
Public Assistance
Programmatic Report**

Nye County Grants
2101 E. Calvada Blvd. #200
Pahrump, NV 89048
775-751-6390; Ext 3
grantsadministrator@co.nye.nv.us

Grant Period:	May 26, 2023 - May 25, 2024
Program Name:	ARPA Public Assistance <input type="checkbox"/>
Grant Applicant #:	PAAO - 0009
Organization Name:	Living Free Health & Fitness, a Non-Profit Corporation
Address: 2050 N. State Highway 160, Suite 600 Pahrump, NV 89060	
Contact Person Shelley Poerio	Phone: 775-505-1625
Email Address	shelley@livingfreehealth.org

Shelley Poerio, CEO

(Presenter name and title)

6/6/2024

Date



(Authorized Signer and title)

6/6/2024

Date

1.) What did you accomplish during this reporting period and how did these accomplishments help you reach your stated project goal(s) and objective(s). Please note any significant project partners and their role in project activities.

The largest accomplishment was finalizing contracts with Tivity Health (Medicare-Silver Sneakers) and ASH Fitness (insurance payments toward membership). We added some equipment but mostly focused on the training aspects of staff. We promoted a male participating in the 7th Judicial Drug Court (Lincoln County) to gym manager with a salary + benefits job. We found several employees who simply were not re-directable and have been encouraged to find work in a more structured environment. Three of our five employees have had significant legal troubles related to substance misuse and all have more than 1+ years clean and sober. One other employee has significant medical. The last employee has no mental/physical health problems. Additionally, we have a 79 year old woman teaching group fitness classes and employ her 3 hours per week. We added a fitness trainer in April as well as the group fitness instructor. Lastly, we have a yoga instructor starting July 1, 2024.

2.) What, if any, challenges did you face during this reporting period and what actions did you take to address these challenges? Please note in your response; changes, if any, to your project goal(s), objective(s), or activities that were made as a result of challenges faced.

It's always tough having to admit defeat - this in regard to two employees who were simply not suited to the minimally-structured environment. We double-staffed in order to try to instill the work skills and aptitudes in both of these employees. We ultimately recognized that keeping these people on the payroll was only serving to enable them, rather than help them. They are discharged from employment (respectively) 6/6/2024 and 6/14/2024.

3.) How have the activities conducted during this project period helped you to achieve the measurable outcomes identified in your project proposal?

We have signed up a total of 342 members with 193 active today. Revenue growth 158% January, 18% February, 4% March, 16% April, Zero % May, and we're at 31% of May's gross as of June 6, 2024. While I would prefer a steeper trajectory, slower growth ensures demand does not outrun quality and service.

4.) What was produced during the reporting period and how have these products been disseminated? Products may include articles, issue briefs, fact sheets, newsletters, survey instruments, sponsored conferences and workshops, websites, audiovisuals, and other informational resources.

I think the membership numbers and added options, e.g. Silver Sneakers previously discussed are the best arbiters of determining success here. We continue with regular posts on Facebook and run a semi-monthly advertisement in Pahrump Life Magazine.

1.) What measurable outcomes did you establish for this project and what indicators did you use to measure performance? To what extent did your project achieve these outcomes?

Profit/Loss is the ultimate standard which can be tied directly to whether we are serving the public. Additionally, employing and training people who need jobs skills development and the extra hand-up that Living Free provides in rehabilitating persons suffering substance use and co-occurring disorders. Another employee "win" story is of current employee, male, aged 61. He was incarcerated for 18 months with 12 of those months in solitary in a frontier Nevada jail. He was considered highly mentally ill. Additionally, when he got into our treatment program, he could barely walk or take care of his activities of daily living. This man has since had his medications adjusted (which were complicit in some of his physical health issues). He has been treated with dignity and respect. As he responded positively and demonstrated consistency and commitment to service work, the Living Free Gym hired him. The difference to his self-esteem and happiness have been enormous. Importantly, he has hope and is proud of where he works and what he does. The county trusting and funding Living Free's Gym therapeutic workplace has been instrumental in changing lives for the better. This is in addition to members of the public who are grateful for a gym that they feel better meets their needs.

2.) What, if any, challenges did you face during the project and what actions did you take to address these challenges?

Challenges are endemic to all endeavors. There was nothing that I found to be a deal-killer. Then again, I'm used to operating with a "risk-on" and entrepreneurial focus. While these traits are not typical to non-profits, this approach has served Living Free, its employees and the community well. We can be proactive and address problems in real time.

3.) What impact do you think this project has had to date? What are the lessons you learned from undertaking this project?

I probably should have terminated the couple of employees I mentioned above sooner. This is always a tough call; but in the end, we got additional funding from Silver Summit Health Plan to help cover payroll. So I feel justified in trying to give these people every chance prior to cutting them loose. Employees are the toughest part of any business; and for a therapeutic workplace, rehabilitating (or habilitating - as was the case with these two) men and women is the primary purpose. Of course, maintain a viable, quality business is critical to being sustainable and continuing to provide the help so many need.

4.) What will happen to the project after this grant has ended? Will project activities be sustained? Will project activities be replicated? If the project will be sustained or replicated, what other funding sources will allow this to occur? Please note your significant partners in this project and if/how you will continue to work on this activity?

The project was designed to be sustainable. While ideally it will make a profit; breaking even is good enough. And as a non profit public charity, Living Free can always solicit tax deductible contributions to support operations and payroll if needed. We still expect ongoing support from The Fitness Source LLC, Mike and Stephanie Ibasco, and from Mr. F. Burke Dempsey, Managing Director at Wedbush Securities.

5.) Over the entire project period, what were the key publications and communications activities? How were they disseminated or communicated? Products and communications activities may include articles, issue briefs, fact sheets, newsletters, survey instruments, sponsored conferences and workshops, websites, audiovisuals, and other informational resources?

Social Media. Google and Yelp. Pahrump Life. KPVM-TV.



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MONDAY – FRIDAY 4:30AM – 8:00PM
SATURDAY – SUNDAY 7:00AM – 6:00PM

301 OXBOW AVE #2, PAHRUMP, NV 89048
775-505-3877 | www.LivingFreeGym.org

Part of 501(c)(3) nonprofit Living Free Health
& Fitness – all of your membership dollars
benefit our community!









