2015 All-Star Community Award Application

City: Glidden
Population: 1146
Contact name: Suzanne Danner
Phone: 712.659.3010
Contact Title: City Clerk/Administrator
Title of Project: Glidden Wellness Center

In a few sentences, give a summary of the project and why it was needed.

The City of Glidden recently opened the Wellness Center in its Central Business District through a major city investment in the historical local newspaper building. The project was spurred by a group of Glidden Ralston High School students asking that the City Council provide more fitness opportunities in town instead of having to travel to Carroll. The City purchased the vacant, dilapidated, downtown commercial building in hopes to revive the downtown and provide a fitness opportunity for the community. Community fundraising, grants, and City funds all helped finance the project. The City public works staff and NCCF labor gutted the entire inside of the building. An architect was hired to design a community wellness center. Bids were let and the contractor began construction in June 2014. The reconstruction project was completed and the Glidden Wellness Center held its open house/ribbon cutting on December 11, 2014. The new facility features an eight foot wide wood walking path around the interior, three treadmills, four ellipticals, free weights, and weight lifting equipment that can be assessed anytime through member key fobs. The center offers cardio fitness, stretch and strength, yoga, and e-fitness classes. Always looking to integrate new health opportunities in the city, the City and Carroll Health Center, a clinic and care facility in nearby Carroll, have teamed up to provide opportunities for social interaction and physical exercise for seniors, where the wellness center will be opened to seniors at no charge to use the exercise equipment, enjoy walking the path, some limited competitive activities, like virtual bowling on the Nintendo Wii, and free blood pressure checks, one a month for two hours.

Project Funding and Execution:
Total Cost/Projected Cost of Project: $499,073

List where funding came from (grants, donations, city funds, etc.)
Community fundraising, IDNR Derelict Building Grant, community grants, and City funding

Total time project took/projected to take for completion:
(to qualify project must be operating or completed between January 1, 2013 and December 31, 2013)

Start date: June 1, 2014
End date: December 8, 2014

Resources
Please list Web sites judges may reference if they seek additional information. Do NOT include supplemental paper information. Only information on this form or the sites listed will be used in the judging process.

www.cityofglidden.org

continued on next page
Explain the specific role of your city in this project.

The Glidden Wellness Center is owned and maintained by the City of Glidden. The financial sustainability of the wellness center will be attributed to the membership and class fees. The City has an operating budget in place for the wellness center department. The City of Glidden contributed $250,000 to the wellness center project. The City also provided in kind labor and equipment during the demolition process. The local media has interviewed the city staff on several occasions during the renovation to create quite a positive buzz in the community. After opening the facility only a couple months, the wellness center has 250+ members and over 50 individuals participating the group fitness classes. The City of Glidden is an active member of the Carroll County Wellness Coalition whose goal is to provide health and wellness across the county, promotes Live Healthy Iowa, and recent recipient of the IDNR Wellness Community grant.

In a few sentences, what future impact will this project have on your community?

The Wellness Center will have a significant impact on need because there has been popular demand for fitness classes in Glidden in the past, and regular events in regular locations will help the new facility reach its potential to better promote community wellness. The metrics are hard to define as this is a unique facility, but ideally the short-term will involve groups committing to using the classroom space in the rear of the building, and long-term will feature increased membership as area residents adopt the facility as a means to achieve their wellness goals. As the community develops more interest in healthy living programs for all ages and develops accordingly, this facility is envisioned to be a long-time centerpiece, especially as there will always be an aging group to accommodate. The wellness center is intended to support any resident of Glidden, and the surrounding area, that would like to achieve their fitness needs close to home at a convenient time or in the very least spark more interest in personal fitness.

**People’s Choice Caption (not used during judging process)**

If you city is not selected as a winner in their population category, this photo caption will be used in a bracket-style tournament on social media to select the winner of the People’s All-Star. Limit one sentence.

The Glidden Wellness Center promotes an opportunity for health and fitness to the community citizens of all ages.

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Return this form by Monday, April 6, 2015.

Iowa League of Cities
Attn: All-Star Community Awards
500 SW 7th Street, Suite 101
Des Moines, IA 50309
or
bethanycrile@iowaleague.org