



# R-18

*Memorandum  
City of Long Beach*

*Working Together  
to Serve*



**Date:** May 24, 2022  
**To:** Honorable Mayor and Council  
**From:** Councilwoman Mary Zendejas, First Council District  
**Subject:** Funds Transfer to Project Welcome Home Troops

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## **RECOMMENDATION:**

Increase appropriations in the General Fund Group in the City Manager Department by \$1,000, offset by the First Council District One-time District Priority Funds, transferred from the Citywide Activities Department, to provide a donation to Project Welcome Home Troops; and

Decrease appropriations in the General Fund Group in the Citywide Activities Department by \$1,000 to offset a transfer to the City Manager Department.

## **DISCUSSION:**

Project Welcome Home Troops (PWHT) is a program of the International Association for Human Values, a 501(c)(3). PWHT has supported our veterans across the nation by providing Power Breath Meditation workshops, in which they provide practical breath-based tools that decrease the stress, anxiety and sleep problems that many returning veterans may experience. These workshops occur over multiple days and provide veterans a course, take home tools and ongoing support so that veterans can learn the skills to help reduce anxiety or insomnia.

This month, on May 15<sup>th</sup>, as part of Mental Health Awareness Month, the Long Beach Running Club and People of the Earth Krew hosted a Run For Mental Health benefiting PWHT. Proceeds from the run will sponsor a Power Breath workshop in Long Beach on June 1 – 5 to bring mind-body resilience tools to veterans, their immediate family members, and first responders. As a city we must strongly support the mental well-being of our veterans and first responders, and this program will do so. It is appropriate for the City Council to support PWHT.

This matter was reviewed by Budget Manager Grace H. Yoon on May 11, 2022.

## **FISCAL IMPACT:**

This recommendation requests the City Manager Department to provide a contribution to Project Welcome Home Troops. The total appropriation increase in the General Fund Group in the City

Manager Department in the amount of \$1,000 is offset by a decrease of appropriation of First Council District One-time District Priority Funds in the General Fund Group in the Citywide Activities Department. Implementing this recommendation is anticipated to result in a minimal impact to staff hours beyond normal budgeted scope of duties and is expected to have a minimal impact on existing City Council priorities.