



Commission on Aging

Location: Woodland Community & Senior Center, 2001 East Street, Woodland, CA 95776

Agenda March 14, 2011 3:30 –4:30 p.m.

Commission Members	Karen Wright, Chair; Regan Overholt, Vice-Chair; Lucinda Talkington, Don Campbell, Benjamin Garmon
3:30 p.m.	Call to Order
3:30 p.m.	Pledge of Allegiance
3:32 p.m.	Minutes: 1. January 26, 2011
3:32 p.m.	Correspondence (none)
3:32 p.m.	Public Comment
3:35 p.m.	Communications Written-Staff Reports 2. Senior Center Report-Kris Bain
3:35 p.m.	Presentations
3:35 p.m.	New Business-Action Items
3:40 p.m.	New Business-Information Items
3:45 p.m.	Old Business-Action Items 3. Approve Workplan Update-Garmon 4. Change COA Meeting Date to bimonthly 5. Confirm date for Resource Fair 2012
3:45 p.m.	Old Business-Information Items

Note: Times indicated are approximate For video broadcast schedule can be viewed at www.wavetv.org.

Documents for meeting are available online at www.cityofwoodland.org

For information on this meeting, contact the Parks & Recreation Department, 661-5880.

Upon request, agendas and documents in the agenda packet will be made available in appropriate alternative formats to persons with a disability, as required by law. Any such request must be made in writing to the Office of the City Clerk of the City of Woodland. Requests will be valid for the calendar year in which the request is received, and must be renewed prior to January 1st. Persons needing disability-related modifications or accommodations in order to participate in public meetings, including persons requiring auxiliary aids or services, may request such modifications or accommodations by calling the Office of the City Clerk (530-661-5806) at least 48 hours prior to the meeting.

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- 3:50 p.m. Committee Reports**
 6. Transportation Update
- 3:50 p.m. Other Business**
- 3:55 p.m. Communications-Commission/Staff Statements and Requests**
This is an opportunity for the Commission Members and Staff to make comments and announcements, to express concerns, or to request Commission's consideration of any items a Commission Member would like to have discussed at a future Commission Meeting.
- 4:00 p.m. Business Items for Next Meeting**
- 4:00 p.m. Next Meeting Date: April 11, 2011**
- 4:00 p.m. Adjournment**

Note: Times indicated are approximate For video broadcast schedule can be viewed at www.wavetv.org.

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Commission on Aging

Woodland Community & Senior Center, 2001 East Street, Woodland, CA 95776

Regular Meeting Minutes

Regular Meeting Minutes of January 26, 2011

Call to Order

Meeting convened at 3:33 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chair Wright presiding.

Commissioners Present: Wright, Campbell, Garman
Absent: Overholt, Talkington
Staff: Bain, Haynie
Guests: Donna Currey

Pledge of Allegiance

Minutes

1. Meeting Minutes of December 1, 2010 (Item 1)
Commissioner Campbell moved to approve the Meeting Minutes of December 1, 2010 with changes requested by Commissioner Garman; Commissioner Garman seconded. Motion carried.

Correspondence

Public Comment

Communications Written-Staff

2. Senior Center Report-Bain
Commissioner Campbell made the motion to accept staffs report as written, Commissioner Garman seconded the motion.

Presentations (none)

New Business-Action Items



Commission on Aging

Woodland Community & Senior Center, 2001 East Street, Woodland, CA 95776

New Business-Information Items

3. Change COA Meeting Dates

Staff is requesting that the COA meeting day change from Wednesday to Monday. Change meetings from every month to every other month. Change from fourth week to second week of the month.

After discussion, Commissioner Garman made the motion to change the COA meeting to the second Monday of the month at 3:30 p.m. and table bimonthly meeting for March COA meeting, Commissioner Campbell seconded the motion. Motion Carried.

Next meeting date was stated in this meeting as March 7, 2011 but at the typing of the minutes it was confirmed that May 7th was the first Monday of the month not the second. Staff then sent a reminder of the actual date of May 14th to the Commissioner via email.

Haynie will notify City Clerk about the change of meeting date.

4. Seminar Topics for Senior Link (Senior or Legal)

Discussed list of topics that Commissioner Overholt supplied to the Commission, a mobility/exercise to Health Issues of Seniors section, add Emergency response and Medical Resources. Contact Fire and Police departments for potential presentations. Staff is unable to plan or schedule seminars currently, if there would be a cost associated with the seminar. Staff is able to plan for 2012.

Old Business-Action Items

5. Workplan Update-Garman

Commissioner Garman presented the Commission and Staff with a revised draft of the Work Plan. This document outlined objectives, goals, timeline and funding sources. Discussion concerning the items on the work plan followed with the following correction and/or changes.



Commission on Aging

Woodland Community & Senior Center, 2001 East Street, Woodland, CA 95776

Item 1: COA Infomercial Presentation to Woodland City Council, Staff will notify City Clerk that the COA would like this item on the second Council Meeting in May 2011. Commissioner Garman will represent COA at the Council Meeting.

Item 2: Focal Point Coordination Council, COA will wait on this item with potential to implement in 2012.

Item 6: Senior Resource Fair, Timeline, change date to March 2011 to select a Wednesday in May from 9:30-1:30 p.m. Change May 2011-Hold the fair to May 2012

6. Internship

Supervisor Bain supplied the Commission with the job description. Discussion ensued on where to post the job description and to get word out about the Internship opportunity at the Senior Center.

Old Business-Information Items

Committee Reports

Transportation Report

Commissioner Talkington was absent; therefore no report was given at this meeting.

Communication-Commission/Staff Statements and Requests

Discussed the Fall guide and Bain suggested that COA consider thanking SCI and Yolo County Food Bank for the support these groups give to the Seniors at the Community & Senior Center. Care Car and ENP numbers are down, consider a donations request page for the guide for these groups. Target has changed their donation process to SCI; they will now donate all items to the Yolo County Food Bank, Yolo County Food Bank will pass items on to the Senior Center. Details still need to be worked out.

Commissioner Campbell again brought up the poor design of the walkways and parking at the Community Center. Commissioner Campbell stated that a participant tripped on one of the rugs while entering the Center. **Staffs were not aware** of this incident but assured Commissioner Campbell that Staff would address the issue with the supplier of the rugs.



Commission on Aging

Woodland Community & Senior Center, 2001 East Street, Woodland, CA 95776

Other Business

Business Items for Next Meeting:

- Approve Work Plan
- Confirm Date for Resource
- Meeting Change to every other month

Next Meeting Date:

March 14, 2011

Adjourn:

Chair Wright adjourned the meeting at 5:20p.m.

Respectfully submitted,

Cathy Haynie, Administrative Secretary
Parks & Recreation Department



Woodland Parks & Recreation Department WOODLAND SENIOR CENTER

2001 East Street • Woodland, CA 95776 • (530) 661-2001

COMMISSION REPORT March 2011

TO: Elle Murphy, Recreation Division Manager

FROM: Kris Bain, Senior Center Supervisor

Supervisor's Notes

Items to note

- **Senior Peer Counseling recruitment**
The Yolo County Senior Peer Counseling group did its annual recruitment on March 1 within our meeting rooms. They took the opportunity to train current counselors, as they are actively looking for new counselors. It didn't go nearly as well as hoped, but they are hoping to do another recruitment soon and we will give them continue to support their program.
- **All West travel**
We have connected with All West Coachlines to offer a wide variety of day trips and mini-vacations for the seniors. The trips do not have a minimum of participants, as these are done as a cooperative with other agencies. There is a lot of buzz about us offering these trips with All West and we are very excited to have the opportunity to offer this to the seniors.
- **Intern recruitment**
After the January meeting, I sent emails to American River College, Sac City College, and to Sac State looking for any potential intern who may be interested in coming here to do volunteer hours. After a few hits and misses, one person was very interested and she has done two weeks here already. She lacks experience, but she is very excited and willing to learn. She is comfortable with nearly everything we ask her to do

Special Programs & Events

Senior Art Show

The first annual "Senior Art Show", was described as "fabulous" and a "milestone" for the Woodland Senior Center. All art and craft classes at the Center were represented and artists had the opportunity to show off their artwork for the first time to the public. The artists on hand were excited to give demonstrations and answer any questions about their artwork and what they do. Many of those who inquired about classes seemed interested in participating in classes. Over 100 came throughout the evening to check out the varying artwork and were treated to wide array of treats and beverages. All pieces of art were beautifully crafted with hundreds of hours dedicated to every project and some artists even sold some of their pieces.

The **Woodland Woodcarvers**, with 11 carvers in attendance, showed the varying levels of difficulty of their artwork using wood as their canvas. Additionally, they showed the diversity of art that can be carved through the medium of wood. The **Ceramics** group showed off their various pieces from plant holders to

precious knickknacks with their intricate painting details. **Needles & Friends** offered the opportunity for anyone to just “stitch and inch, it’s a cinch”, showing quilting can be fun. The various quilts on display ranged from simple to complex. The group also sold tickets for a quilt they are raffling and tickets will continue to be sold at the Senior front desk until the drawing on March 15 (for information about the tickets, inquire at the Welcome Desk.) The **Handicrafters** displayed an array of projects including scarves, hats, and fine needle point. The **Senior Art Workshop** showed off many fine paintings the artists have produced. Their spectacular presentation gave the art show an upscale feel. This was the type of successful Senior social and cultural event we will continue to strive for.

We are thrilled with the enthusiasm the artists had for this event and the pleasure so many had in attending. The Senior Art Show will become an annual event for the artists who participate in the Senior Center Art classes.

Woodland Senior Outreach

The last meeting on 2/1, the scheduled speaker failed to attend, however a quick talk was presented about the Living Will. Most of the meeting’s time was spent networking with the other senior care providers, etc.

Yolo County Commission on Aging

Nothing new to report.

Program Report

SENIOR CENTER	TOTALS			Fiscal YTD
	<u>Dec-10</u>	<u>Jan-11</u>	<u>Feb-11</u>	
Programs & Activities				
# offered	20	25	22	170
# of Participants	956	1520	1480	11613
Revenue	\$210.00	\$1,081.60	\$342.70	\$4,169.53

Highlights:

On January 28 we hosted our first annual Senior Art Show was a hit with all artists from Senior Senior over 100 in attendance for the evening. Great event and can't wait to do it again.

Highlighted Program – February 2011

Changes to Choices is the name of a support group for seniors held the first and third Tuesday of every month at 10 a.m. at our Community Center. The purpose of the support group is to look at choices of how to handle changes. Many of the participants have similar issues and by talking about them, they gather ideas about how an issue might be approached. The service is free and is administered under the umbrella of Yolo County Mental Health. Two Senior Peer Counselors with specialized training in group work, co-facilitate the group. They recognize the critical challenges of aging. They open with a discussion topic as a springboard to start dialogue. They never know where the conversation will lead but they are ready to bring the discussion back to the topic if the conversation lulls. Any senior is welcome to come to any meeting.

The group has several ground rules designed for comfort and confidentiality. The two facilitators assigned to the Woodland Senior Center are Katie Brown and Rita Eisenstat. They receive close supervision and in-service

education from the Yolo County Senior Peer Counseling Program. They were chosen for their “personal warmth, non-judgmental qualities, and varied life experience.” They shared their life experiences with us:

Rita Eisenstat moved to Yolo County from the Mt. Shasta area because “Yolo County serves its seniors well.” She wanted to focus her volunteering on seniors because she “wanted to see where she was going rather than where she’d been.” She brings her life experience of divorce, death of a spouse, raising children, financial difficulties and all around tough choices to the table. She adds, the trials of life bring a mass of emotions and experience that helps equip us with survival tools. “In the group they learn from each other and offer emotional support necessary for an healthy life.” She has been a Senior Peer Counselor for over 10 years and has received extensive training in Siskiyou and Yolo County. She’s been a volunteer in the helping professions for 30+ years. Rita is an avid mystery reader and passionate quilter.

Katie Brown was born in Connecticut, and grew up in Massachusetts and New Hampshire. From hiking to biking, she enjoys the “great” outdoors. She has traveled extensively in the U.S., Europe and India and volunteered at Mother Teresa’s home for the destitute and dying in Calcutta. She has served in Volunteers in Service to America, the Hospice Program and the Salvation Army. She has various certificates in gerontology and peer counseling and has had educational experience with Alzheimers. She spent much of her life as a caregiver which was a learning experience on many levels. She also feels she has been spiritually nourished by the reflective and compassionate natures of her older friends. She says the ways of the heart are important to her and her philosophy is simple; “What you send out with and from your heart can change the world.”

We’d like to thank these ladies for talking with us and we invite any senior who is “troubled by loneliness, depression, loss of spouse, illness, or any other concern of aging” to attend these free support group sessions. If you would like more information, you may call Rita at 753-1933 or the program direct at 757-5534.

From all of us at the Senior Center, we owe a debt of gratitude to those who guide us through the difficulties of our lives.

Senior Center Programs, Games, & Services Available

Support Groups

Arthritis Support Group
Changes to Choices
Hear! Here!
Parkinson’s Support Group
Outa Sight
Peripheral Neuropathy
Stroke Support

Exercise Classes

Low Impact Aerobics
Belly Dance for Seniors
Parkinson’s Exercise
Ship Shape
Yoga
Swing Dance
Ballroom/Salsa Dance
Zumba Gold
Pilates

Services

Blood Pressure Clinic
Legal consultations
Health Insurance consultations
Senior Link Information & Assistance
Thrift Store
Community Care Car
Computer Classes
Chit Chat Café
Library
Video Library
YC Food Bank Low cost food distribution

Arts & Craft Classes

Art painting & drawing
Ceramics
Handicrafters
Needles & Friends
Woodcarving

Special Speakers/Classes

AARP Driver’s Safety
Hear! Hear! Speaker
Life History
Outta Sight Speaker
Shakespeare

General Recreation

Novel Book Club
Senior Travel
Woodland Stompers
Computer Lab

Games

<i>Bingo</i>	Wednesdays and Fridays at 12:15pm
<i>Bridge</i>	Wednesdays at 1:00pm
<i>Canasta</i>	Tuesdays at 12 noon.
<i>Cribbage</i>	Wednesdays at 1pm
<i>Mah Jong</i>	Thursdays at 1pm
<i>Pedro</i>	Tuesdays at 12:15pm
<i>Ping Pong</i>	Fridays at 10:00am
<i>Pinochle</i>	Thursdays at 6 pm
<i>Second Horizons Bingo</i>	1 st Friday of the month at 6pm.

Senior Center, Inc.

Meeting March 3 focused around the topic of fundraising. Since the Target distribution center has ceased its donations to Senior Center Inc, the main source of revenue for Senior Center, Inc, the Thrift Store is severely lacking merchandise for the store. SCI is trying to come up with ways to increase funding, and decrease the amount of spending they do. They have created a fundraising committee and we had our first meeting immediately following the regular meeting.

Community Care Car

The Community Care Car now has a Scrip program at Nugget and Food 4 Less. Cars are available at the Community Care Car desk and must be activated online. Users present cards upon check out for discounts and a portion of the shopping order is given back to the Community Care Car.

Computer Club

No report given.

Elderly Nutrition

No report given.

Upcoming dates

March 2	AARP tax assistance (running 2/2 through 4/15)
March 17	Showing <i>Red</i>
March 22	All West Travel Presentation (at lunch)
April 6	Golf Putting Clinic

Woodland Commission on Aging (COA) Detailed Work Plan January – October 2011

The following represents a detailed action plan for the COA containing items they wish to accomplish for the next year.

1. COA Infomercial Presentation to Woodland City Council

Objectives:	Update the City Council on status of COA's annual work plan including the duties, challenges, and successes.
Goals:	Increase council and staff support of COA operations and enhance recruitment of citizens to serve on the COA.
Outcomes (Last Year):	Not yet reported.
Timeline:	May 17, 2011 – Presentation before City Council.
Tasks:	Feb 2011 – Staff to provide a copy of last year's presentation for discussion. March 2011 – Discuss and finalize materials April 2011 – Staff to compile the final document for review. Document due to City Clerk on May 3, 2011
Costs:	COA volunteer time and staff time.

2. Focal Point Coordination Council

Objectives:	A COA liaison will support the meetings of the three Focal Point Senior Centers (Davis, West Sacramento, Woodland) by participating in the meetings and keep the COA informed.
Goals:	Expand opportunities for countywide senior programs and COA issues. Keep the COA informed on senior issues and activities.
Outcomes (Last Year):	None – this item was not part of our plan for last year due to shortage in resources.
Timeline:	December 2010 – Brainstorm topics for seniors Jan 2011 – Kris Bain to re-initiate. Assignment of a COA Commissioner to attend if needed.
Tasks:	None.

Costs: COA volunteer time and staff time.

3. Intergenerational Project – Teens Helping Seniors Program

Objectives: To promote a positive image of aging and seniors through public information.

Goals: Increase community support and awareness for seniors, provide needed service to seniors in our community, and provide a constructive avenue for teens to learn and grow in a safe environment.

Background: Teens Helping Seniors was a program that WCSC instituted in the past to accomplish some of the same goals we wish to accomplish here. We have decided to reinstitute and reform the Teens Helping Seniors Program as a way of achieving our Intergenerational Project Goals. In the future we may decide to add additional programs to achieve these goals as well.

Outcomes (Last Year): This program was not active last year.

Timeline: Jan – Sept 2011 – initial discussions and preparations.

September 2011 – Assign a staff member to oversee the program and provide them with direction including goals and timelines, as well as budget.

Tasks:

Costs: COA volunteer time, staff time, transportation, equipment, and activity expenses.

4. Promotion and Advertising of Programs and Services

Objectives: To promote a positive image of aging and seniors through public information, programs, and services that will educate the community and provide opportunities for them to interact in a active and social environment.

Goals: Larger community participation in provided programs and services, greater awareness of programs and services by seniors and their family members, and greater interaction of younger generations with seniors. If promotion and advertising is done in collaboration with the Parks and Recreation Commission, their programs may also benefit. In addition, there might be ways of boasting the WCSC Youth program in

conjunction with seniors teaching skills or interacting with the youth in other ways.

Outcomes (Last Year): Not Yet Reported.

Timeline: December 2010 – January 2011 – Make initial assignments

January – February 2011 – COA to discuss and finalize proposed text and verbiage, including highlights, for printed materials and advertisements.

May 2011 – COA to finalize text and verbiage for items to be included in the Parks and Recreation Activity Booklet for Winter 2011, which is submitted in June 2011.

November 2011 – COA to finalize text and verbiage for items to be included in the Parks and Recreation Activity Booklet for Summer 2012, which is submitted in Jan 2012 (no meeting in December).

Tasks:

- a. Organize WCSC Activities Calendar for distribution
- b. Identify advertising and promotion sources
 - i. Woodland Democrat
 - ii. Parks and Recreation Activity Booklet – Winter 2011 and Summer 2012
 - iii. Woodland Record
 - iv. Parks and Recreation Website
 - v. SeniorGram
 - vi. Public and Apartment Bulletin Boards
 - vii. Postings outside of key City locations
 - viii. Assisted Living Facilities in Woodland
 - ix. City public television broadcast station
 - x. Other television, radio, or news venues.
- c. Discuss enhancements to the Parks and Recreation Website
- d. Create text and verbiage for distribution

Costs: COA volunteer time, staff time, and printing.

5. Senior Discount List

Put on hold for 3 years or until the economy is healthy enough to support this project.

6. Senior Resource Fair

Objectives: Inform seniors and their families/neighbors about senior programs in the community.

Goals: Create greater awareness and participation in senior programs in the community.

Outcomes (Last Year): Not Yet Reported.

Timeline: December 2010 – Staff to select a Wednesday in May, from 9:30 am – 1:30 pm (includes setup and takedown)

December 2010 – January 2011 – Make initial assignments

Jan 2011 – Cathy to report on selected date.

Jan 2011 – COA to compile list of vendors/groups to invite and schedule. Assignments to be made.

Jan 2011 – Discussion on Advertising. Website, SeniorGram, other?

May 2011 – Hold the Fair.

Tasks:

Costs: Program costs, COA volunteer time and staff time.

7. Woodland Apartment List

Objectives: To complete the annual update of the list Apartment Complexes in Woodland, which includes apartments for “Seniors Only”?

Goals: Provide current rental information to seniors and their families.

Outcomes (Last Year): Not yet reported.

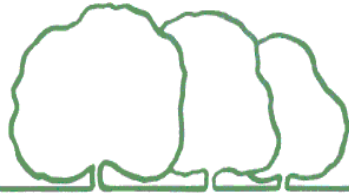
Timeline: October 27, 2010 – Arrangements with Senior Link made for resources to begin the project.

December 2010 – Follow-up with Senior Link. Booklet has been completed.

January - February 2011 – Printing and Distribution.

Tasks: None.

Costs: Senior Link volunteer and internship time, printing costs, COA volunteer time, and staff time.



2011 Commission on Aging Meeting Dates

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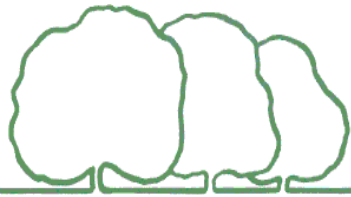
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The Commission meets at 3:30 p.m. on the 2nd Monday,
except in August and December.

Meeting location:

Community & Senior Center, 2001 East Street, Woodland,
CA 95776.

Phone: (530) 661-2001.



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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

The Commission meets at 3:30 p.m. on the 2nd Monday,
January, March, May, July, September & August.

Meeting location:

Community & Senior Center, 2001 East Street, Woodland,
CA 95776.

Phone: (530) 661-2001.

City of Woodland

COMMISSION ON AGING

Updated: September 13, 2010

NAME	ADDRESS	PHONE/Email	TERM
Karen Wright, Chairperson	10 Palm Avenue Woodland, CA 95695	W: 662-1290 x107 668-0209 kwright@sjrv.org	6/30/2013
Regan Overholt, Vice- Chairperson	1521 Saratoga Drive Woodland, CA 95695 <u>Mail to:</u> c/o First Five 403 Court Street Woodland, CA 95695	W: 669-2311 668-9619 roverholt@first5yolo.org	6/30/2013
Lucinda Talkington	131 Hays Street Woodland, CA 95695	662-0535 Lucbobbtalk@sbcglobal.net	12-31-11
Don Campbell	1742 Amherst Way Woodland, CA 95695	H: 530-666-3021 C: 530-908-1189 campbell5224@sbcglobal.net	12-31-11
Benjamin Garman	260 West Court St. #24 Woodland, CA 95695 <u>Mail to:</u> P.O. Box 8236 Woodland, CA 95776	H: 530-723-6128 bdgarman@gmail.com	6/30/2013

LIAISONS

Focal Point Coordinating Council: Campbell
Transit: Talkington

Note: December 2010, Council changed the dates of term to be on fiscal year instead of the year end. Terms will now end on June 30 instead of December 31.

This is a 5 member Commission.
Meetings: Second Monday of each month
Location: Community & Senior Center, 2001 East Street.
Contact Information: 530.661.2001

Agenda packets available online: <http://www.cityofwoodland.org/prcs/comissions.htm#aging>