



Commission on Aging

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

Agenda

May 12, 2011

3:30 –4:30 p.m.

Commission Members	Karen Wright, Chair; Regan Overholt, Vice-Chair; Lucinda Talkington, Don Campbell, Benjamin Garman
3:30 p.m.	Call to Order
3:30 p.m.	Pledge of Allegiance
3:32 p.m.	Minutes: 1. April 14, 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
3:45 p.m.	Old Business-Information Items 3. Discuss COA presentation to Council

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.

N:\PRShare\Commission on Aging\Commission Mtg Packets\2010 Meetings\042610 Commission Packet\04262010 packet.pdf

3:50 p.m. Committee Reports

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: June 16, 2011

4:00 p.m. Adjournment

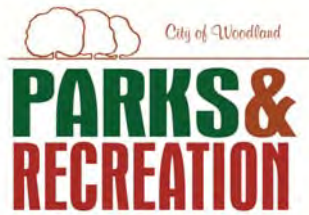
Note: Times indicated are approximate For video broadcast schedule can be viewed at www.wavetv.org.

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.

N:\PRShare\Commission on Aging\Commission Mtg Packets\2010 Meetings\042610 Commission Packet\04262010 packet.pdf



Commission on Aging

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

Regular Meeting Minutes

Regular Meeting Minutes of April 14, 2011

Call to Order

Meeting convened at 3:32 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chair Wright presiding.

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

Pledge of Allegiance

Minutes

1. Meeting Minutes of March 14, 2011 (Item 1)
Commissioner Talkington moved to approve the Meeting Minutes of March 14, 2011; Commissioner Campbell seconded. Motion carried.

Correspondence

Public Comment

Communications Written-Staff

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

Presentations (none)

New Business-Action Items

New Business-Information Items

3. Teens Helping Seniors-Tringali
Dallas Tringali, Recreation Supervisor explained that with the past budget cuts, this program is not being offered any longer.

Commission on Aging

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

Teens signed up for the program and received community service credit for participation in the program. Ages 12-18 or 7th-12th grade. Seniors sign up for "help" from the Teens, at no cost. The Teens would hold weekly car washes at the Community & Senior Center, at no cost to seniors (Thursday). Fridays are "Fun" day for the Teens; participants would go to the Pool, Bowling, Park Picnic, Barbeque, and ECT. The Teens pay \$20 to enroll in the program. No cost for senior participation, though most seniors "tip" the Teens. Either with something to eat, drink or money. The money is collected by staff and saved for the end of the program event. Past years participants were able to go the Santa Cruz and Marine World.

Tringali explained that with this program not offered there is a "hole" in Youth recreation; we no longer offer any programs for 7th and 8th graders in the summer.

Commissioner Garman asked the cost to offer the program. Tringali responded that the cost was for Temporary Staff salary, approximately \$2,500-\$5,000. Commissioner discussed potential funding options, service groups and user groups of Senior Center. Tringali stated that staff could not at this time pursue any funding options, since Tringali job responsibilities could be changing. When asked to explain, Tringali informed the commission about the direction that CM Deven was sending youth recreation. City Management is developing a "Gang Prevention Program" and redirecting funding for the program from Youth Recreation and Contract Classes.

Commissioner Overholt asked if the Commissioner would make a motion for the Commission to write a letter to decision makers, City Council, Parks & Recreation Commission; expressing COA concerns for programming at the Community & Senior Center.

Commissioner Talkington made the motion that Commissioner Overholt write the letter to Council and P&RC, Commissioner Garman seconded the motion. Motion carried.

Old Business-Action Items

4. Confirm date for Resource Fair 2012

Resource Fair will be held May 16, 2012, 10:30-1:30 p.m., Commissioners Wright and Talkington will chair this event.



Commission on Aging

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

Old Business-Information Items

Committee Reports

Communication-Commission/Staff Statements and Requests

Commissioner Talkington explained that the Outa Sight group had purchased a special program for the Computer Club computers. This program allowed participants with sight issues the ability to use and learn computers. This program also allowed the Computer Club to meet ADA accessibility requirements. When Commissioner Talkington stopped by the Computer Club in February, Talkington found that the program was no longer installed on the Computer Club computers. Commissioner Garman offered his computer skills to assist in recovering the software on the computers.

Commissioners addressed the issue of "projects" to be addressed in the future when funding becomes available. Commission decided to reestablish COA Facility Issue/Planning List. This will help Commission and Staff to track issues that should be addressed but either the staff or budget is not available at this time.

Other Business

Business Items for Next Meeting:

Facility Issue/Planning List

Next Meeting Date: May 12, 2011

Adjourn: V-Chair Overholt adjourned the meeting at 4:30p.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 May, 2011

TO: Elle Murphy, Recreation Division Manager

FROM: Kris Bain, Senior Center Supervisor

Supervisor's Notes

Items to note

- **Golf Putting Clinic**
A free clinic offered by the American Golf Program for Senior Centers (AGPSC), whose mission is to establish and maintain a comprehensive instructional golf program for senior centers. The AGPSC connects seniors to the healthy benefits of golf: improved hand-eye coordination, and increased flexibility, balance, memorization and overall mental and physical well-being of seniors through golf. The 6 participants enrolled enjoyed the course and can not wait until next year when the class will be scheduled again.
- **AllWest Travel program**
The travel program is now in full swing. Since it has started, two trips have departed from the Senior Center, with more trips throughout the Summer and Fall.
- **Cityofwoodland.org/seniors**
Staff has been working hard to update the Seniors page on the website. Be sure to check it out and make any recommendations.

Special Programs & Events

- **Easter Floral Arranging class**
Jan Bello, of Senior Center Inc, loves to organize this class. She had it full a week prior to the class. After walking through the class to see the projects, everyone's work was so diverse, and so beautiful. All ten students were thrilled with the class. When staff asked if we offered this class for the next holiday (Thanksgiving), they said "NO, it's 4th of July!" It sounds as if this is a class they really enjoyed and can't wait to come back to, even if it is making centerpieces for the 4th of July.

Program Report

Recreation Report classes ending: April 2011										
Activity	Start Date	End Date	Meeting s	Min/ Mtg	Class Hours	Participants	Participant Hours (PH)	Total Fees Collected	Total Expenses	Complete Cancelled
Art	4/6/2011	4/27/2011	4	120	8		0			
Arthritis Support Group	4/11/2011	4/11/2011	1			5	0			
Bingo	4/1/2011	4/29/2011	9	120	18	191	3438			
Blood Pressure Clinic	4/26/2011	4/26/2011	1	120	2	6	12			
Discover Shakespeare	4/7/2011	4/21/2011	3	120	6		0			
Canasta	4/5/2011	4/26/2011	4	60	4	16	64			
Ceramics	4/5/2011	4/26/2011	4	120	8	18	144			
Changes to Choices	4/5/2011	4/19/2011	2	120	4	13	52			
Computer Club Classes			3	120	6	10	60			
Computer Club Meeting	4/25/2011	4/25/2011	1	120	2	26	52			
Computer Lab	4/1/2011	4/29/2011	5	180	15	20	300			
Hand and Foot (new!)	4/6/2011	4/27/2011	4	180	12	39	468			
Handicrafters	4/4/2011	4/25/2011	4	60	4	24	96			
Hear! Here!			1	60	1	13	13			Meeting @ Davis
HICAP Consulations	4/6/2011	4/21/2011	2			5				
Legal Consulations	4/22/2011	4/22/2011	1	30	0.5	4	2			
Low Impact Aerobics 8am	4/1/2011	4/29/2011	13	30	6.5	132	858			
Low Impact Aerobics 10am	4/1/2011	4/29/2011	13	30	6.5	338	2197			
Needles & Friends	4/4/2011	4/25/2011	4	60	4	31	124			
Outa Sight Self-help group	4/5/2011	4/19/2011	2	120	4	24	96			
Peripheral Neropathy	4/18/2011	4/18/2011	1	120	2	21	42			
Pedro	4/5/2011	4/26/2011	4	120	8	80	640			
Pinochle	4/7/2011	4/28/2011	4	120	8	57	456			
Ship Shape	4/5/2011	4/28/2011	8	30	4	43	172			
Stompers	4/4/2011	4/25/2011	4	120	8	19	152			
The Novel	4/5/2011	4/5/2011	1	60	1	9	9			
Senior Movie Day	4/21/2011	4/21/2011	1	120	2	8	16			The Secretariat
Stroke Support	4/18/2011	4/18/2011	1	120	2	10	20			
White Elephant Thrift Shop	4/1/2011	4/29/2011	5	120	10	44	440			
Woodcarvers	4/6/2011	4/20/2011	2	120	4	19	76			
Easter Centerpiece Workshop	4/21/2011	4/21/2011	1	120	2	8	16			Special
Golf Putting Workshop	4/6/2011	4/6/2011	1	120	2	8	16			Special
All West Trip to Healdsburg	4/27/2011	4/27/2011	1	480	8	4	32			making 6% on ea.
Library Usage			9.5 vol. hours		104 ret. Book	60 new books				
April 2011 Totals:			Classes Offered			Total Participants	Total PH	Gross Revenue	Total Expenses	Net Revenue
			33			1245	10063	\$ 600.23	\$ -	
FY 10/11 YTD Totals:			Classes Offered			Total Participants	Total PH	Gross Revenue	Total Expenses	Net Revenue
			235			14433	52768	\$ 2,295.23	\$ -	\$ 3,826.83

Highlighted Program – May 2011

AARP Tax Aide

This year, the 15 volunteers from AARP tax aide, volunteered over 500 hours to help over 100 assist seniors and loved ones of seniors with their taxes. In fact, the two lead volunteers returned after the program has shut down for the year, to help a senior couple who thought they had filed, but they had not. The tax aide program is critical in Woodland and it serves a great need for those in Woodland, we thank all those for their service and dedication to assisting seniors.

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 (on hold)
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 pm
<i>Canasta</i>	Tuesdays at 12 noon.
<i>Hand & Foot</i>	Wednesdays at 9 am
<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.

Senior Center Inc. is planning for the annual installation and pot luck dinner on May 19. New officers will be installed at this time.

Community Care Car

No report given.

Computer Club

Staff attended the last computer club meeting when a woman presented about her various interests, drawing and crochet. She demonstrated how she utilized the internet to order materials and to sell her pieces of work.

Elderly Nutrition

No report given.

Woodland Senior Outreach

At the last Woodland Senior Outreach meeting, Cass Sylvia spoke about her position as Yolo County's Public Authority and Public Administrator. She spoke on facts of conservatorship, and what is conservatorship, who is eligible, and the steps to take.

Yolo County Commission on Aging- April

- May is Older American's Month
- FYI – Something coming through is the Ryan Act could revert federal funding of programs to 2008 funding levels (a 10%-20%), including no increase for up to the next 5 years.
- FYI – AB 533 via the Commission for Human Services is in the process of being approved. If passed, this will allow groups who rely on federal funds funneled through the state, such as Area 4 on Aging and Elderly Nutrition Program to stop the state from withholding funds.
- Presentation was made about the fluoridation of the water within Yolo County.
- A video was made by the D.A.'s office and the TRIAD group of Yolo County on Senior Fraud. With a few tweaks it will be presented throughout the country to seniors with a formal presentation in how to avoid being a victim of fraud.

Yolo County Healthy Again Alliance (a subcommittee of the YC COA)

Staff met with varying collaborative representatives to form a combined effort to get information and resources out to seniors without duplicating our efforts. Staff represents for the Woodland Senior Center.

Upcoming dates

May 19	Senior Movie Day, showing <i>The A-Team</i>
May 19	Senior Center, Inc.'s annual installation & potluck
May 24	Vitas Hospice Advanced Directive workshop
May 27 & 30	Senior Center closed (holiday)