



Commission on Aging

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

Agenda September 8, 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. July 14, 2011
3:32 p.m.	Correspondence
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. Guest Speaker Series
3:40 p.m.	New Business-Information Items
3:45 p.m.	Old Business-Action Items
3:45 p.m.	Old Business-Information Items 4. SCI Meeting Update-Commissioner Overholt

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.

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: October 13, 2011

4:00 p.m. Adjournment

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Regular Meeting Minutes

Regular Meeting Minutes of July 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:	Garman, Wright, Overholt
Absent:	Talkington, Campbell
Staff:	Haynie, Bain
Guests:	Donna Currey

Pledge of Allegiance

Minutes

1. Meeting Minutes of May 12, 2011 (Item 1)
Commissioner Garman moved to approve the Meeting Minutes of May 12, 2011;
Commissioner Overholt seconded. Motion carried.

Note: No meeting was held in June 2011.

Correspondence

Public Comment

Communications Written-Staff

2. Senior Center Report-Bain
Bain introduce Intern Danielle Craig to Commissioners, Craig is a gerontology student.
Commissioner Garman made the motion to accept staffs report as written,
Commissioner Overholt seconded the motion. Motion carried.

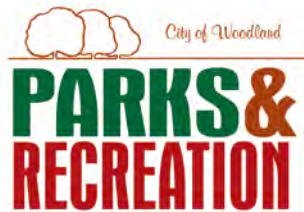
Presentations (none)

New Business-Action Items

New Business-Information Items

Old Business-Action Items

Old Business-Information Items



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Committee Reports

Communication-Commission/Staff Statements and Requests

Chair Wright stated that Commissioner Garman did a great job in presenting the COA annual report to the City Council.

Commissioner Garman asked about how information was passed on to the newspaper. Bain responded that she turned in information regularly. The information did not reach publication with in any consistency.

Commission and staff discussed developing a partnership with SCI and COA. Commissioner Wrights will contact Jan Bello about the possibility of a liaison between both groups. Contact between groups on a bimonthly schedule.

Mention was made of Veterans Benefits and Yolo County District Attorney video series for Senior Center and Elder Facilities.

Other Business

Business Items for Next Meeting:

SCI Meeting Report-Commissioner Overholt

Guest Speaker

Next Meeting Date: September 8, 2011

Adjourn: Chair Wright adjourned the meeting at 4:15p.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 on Aging Report
September 2011

TO: Christine Engle, Recreation Division Manager

FROM: Kris Bain, Senior Center Supervisor

Supervisor's Notes

Items to note

- **Volunteer Appreciation Dinner – August 11**

The annual Volunteer Appreciation Dinner was held on August 11 and was a huge success. The themed dinner *A Walk on the Wild Side* featured a tri tip dinner barbecued by the Elks Lodge. Senior Center Inc. prepared the rest of the dinner for the 150 in attendance for the dinner, including Vice Mayor Davies. Target and the Californian sent volunteers to help serve food and to make drinks. A huge thank you goes out to all of the volunteers who helped to decorate and to make the evening memorable. The Outstanding Volunteer awards were awarded to the following for 2011: Homer Swigert, Stan Moorhead, Katie Brown, Rita Eisenstat, Judy Evans, Jan Putnam, Lillian Toyoma, and Maxine Polkinhorne.
- **Blood Pressure Clinic - cancelled**

The Blood Pressure Clinic participation has been dismal in the last year, even with trying to move the clinic into the lunch room. The volunteers felt it was as if they were having to force people get their blood pressure reading. With so many options around town, it was decided to close the blood pressure clinic until further notice.
- **Trying new games**

A few participants have been anxious for new games throughout the week. Some have been trying new games out including dominoes and alternative card games. We haven't gotten any lead volunteers or a specific day yet, this was started to gain interest in new games at the Senior Center.
- **New Volunteers**

Recruitment for new volunteers is ongoing and is hard work. Recently, we have been blessed with new faces to the Senior Center, several who never really came out to the Senior Center before. We are welcoming the new faces and hope they can stay around for awhile.

Program Report July 2011 (August not complete at the time report written)

July 2011 Totals:	Classes Offered	Total Participants	Total PH	Gross Revenue	Total Expenses	Net Revenue
	31	1483	10386	\$ -	\$ -	\$ -
FY 10/11 YTD Totals:	Classes Offered	Total Participants	Total PH	Gross Revenue	Total Expenses	Net Revenue
	31	1483	10,386	\$ -	\$ -	\$ -

Recreation Report

classes ending: July 2011

Activity	Start Date	End Date	Meetings	Min/Mtg	Class Hours	Participants	Participant Hours (PH)	Total Fees Collected	Total Expenses	Complete Cancelled
Art	7/6/2011	7/27/2011	4	120	8		0			
Arthritis Support Group	7/7/2011	7/7/2011	1	120	2		0			
Bingo	7/1/2011	7/29/2011	9	120	18	181	3258			
Blood Pressure Clinic	7/26/2011	7/26/2011	1	120	2	8	16			
Discover Shakespeare	7/7/2011	7/28/2011	4	120	8		0			
Canasta	7/5/2011	7/26/2011	4	60	4	24	96			
Ceramics	7/5/2011	7/26/2011	4	120	8	31	248			
Changes to Choices	7/5/2011	7/19/2011	2	120	4	15	60			
Computer Club Meeting	7/25/2011	7/25/2011	1	120	2	32	64			Fraud Awarene
Ice Cream Social	7/4/2011	7/4/2011	1	180	3	220	660			
Computer Lab	7/1/2011	7/29/2011	5	180	15		0			
Hand and Foot	7/6/2011	7/27/2011	4	180	12	48	576			
Handicrafters	7/11/2011	7/25/2011	3	60	3	17	51			
Hear! Here!							0			Next meeting here
HICAP Consultations	7/13/2011	7/21/2011	2			8				
Legal Consultations	7/15/2011	7/15/2011	1	30	0.5	4	2			
Low Impact Aerobics 8am	7/1/2011	7/29/2011	12	30	6	166	996			
Low Impact Aerobics 10am	7/1/2011	7/29/2011	12	30	6	330	1980			
Needles & Friends	7/11/2011	7/25/2011	3	60	3	29	87			
Outa Sight Self-help group							0			No class July / /
Ping Pong	7/1/2011	7/29/2011	5	60	5	16				
Peripheral Neropathy							0			No class July
Pedro	7/5/2011	7/26/2011	4	120	8	116	928			
Pinochle	7/7/2011	7/28/2011	4	120	8	54	432			
Ship Shape	7/5/2011	7/28/2011	8	30	4	46	184			
Senior Movie Day	7/21/2011	7/21/2011	1	120	2	30	60			True Grit
Stompers	7/11/2011	7/25/2011	3	120	6		0			Off in July
The Novel	7/12/2011	7/12/2011	1	60	1		0			
Stroke Support	7/18/2011	7/18/2011	1	120	2	13	26			
White Elephant Thrift Shop	7/1/2011	7/29/2011	5	120	10	55	550			
Woodcarvers	7/6/2011	7/20/2011	2	120	4	28	112			
All West Trip to Carson City			1	480	8		0			
All West Trip to Candlestick Park			1	480	8		0			
All West Trip to Gilroy			1	2880	48		0			
Stompers on 4th of July						12				Event
Library Usage			9 vol. hours		91 ret. Book	219 new books				

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

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

Bingo	Wednesdays and Fridays at 12:15pm
Bridge	Wednesdays at 12:45 pm
Canasta	Tuesdays at 12 noon.
Hand & Foot	Wednesdays at 8:30 am
Cribbage	Wednesdays at 1pm
Mah Jong	Thursdays at 1pm
Pedro	Tuesdays at 12:15pm
Ping Pong	Fridays at 10:00am
Pinochle	Thursdays at 6 pm
Second Horizons	1st Friday of the month at 6pm.

Senior Center, Inc.

Sponsored and supported the Volunteer Appreciation Dinner on August 11

Community Care Car

No report given.

Computer Club

Hosted Dave Edwards from the Yolo County District Attorney's office to present to the Computer Club about Senior Fraud and online fraud.

Elderly Nutrition

Christina is really trying to increase the attendance for the daily congregate lunches. For the week of August 8-12, Christina was enthusiastic to engage the congregate lunch crowd. She had a specific theme for each day, trying to have the seniors show their "spirit". For each day if a senior showed up with the appropriate spirited item (crazy socks, sports apparel, a hat), their name was placed in a drawing for prize each day.

Woodland Senior Outreach

Last meeting in June had the Yolo County Adult Protective Services make a presentation about the processes, reporting, and what typically happens on a case.

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

Missed July meeting.

Upcoming dates

September 5	Senior Center Close
September 15	Senior Movie – Unstoppable
September 15	Senior Potluck