



Commission on Aging

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

Agenda *January 12, 2012* 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. November 11, 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. Elect Officers and Liaisons
3:40 p.m.	New Business-Information Items
3:45 p.m.	Old Business-Action Items 4. Guest Speaker Series 5. Apartment List 6. Commissioner Talkington – Term 7. Work Plan
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, 661-2000.

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: February 9, 2012

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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Regular Meeting Minutes

Regular Meeting Minutes of November 10, 2011

Call to Order

Meeting convened at 3:36 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Vice Chair Overholt presiding.

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

Pledge of Allegiance

Minutes

1. Meeting Minutes of September 8, 2011 (Item 1)
Commissioner Garman moved to approve the Meeting Minutes of September 8, 2011
Commissioner Campbell seconded. Motion carried.

Correspondence (None)

Public Comment (None)

Communications Written-Staff

2. Senior Center Report-Bain
Bain informed Commission that the HICAP has been filling up on Mondays, Karen Penrose runs this service. Bain also reported that most of the volunteers she has interviewed were interested in the Care Car instead of the front desk. SCI has added Tuesdays to their Senior Store hours hoping to lure participants of the food distribution program into the store.

Presentations (none)

New Business-Action Items

3. Apartment List
The Commissioner will update the Apartment List information.

New Business-Information Items

4. Commissioner Terms- Yearend
Commissioner Campbell and Commissioner Talkington terms are up in December 2011.
Commissioner Campbell stated that he would like to serve another term. Commissioner



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Talkington did not attend this meeting; staff will try to contact Commissioner Talkington to inquire if she would like to serve another term on the COA.

Old Business-Action Items

5. Guest Speaker Series

Bain informed the Commission that the survey for the Guest Speaker Series was inserted in the October 2011 Senior Gram and on the counter of the help desk. Bain received no response from either survey. Commissioners discussed stopping by during the ENP and personally asking seniors what topics they would be interested in having at the Senior Center.

Old Business-Information Items

Committee Reports (None)

Communication-Commission/Staff Statements and Requests

Commissioner Campbell informed the Commission that he has resigned from AARP as an instructor.

Bain commented that Ms. Kregel, Life History instructor, mentioned a program for isolated seniors. Bain stated that this would be like a buddy system (friends, pals), where one senior/volunteer would call the isolated senior regularly to talk. Bain also informed the Commission that she has still not been able to find out the start date of the 211 service.

Commissioner Garman stated that he had attended the trial Badminton program. This is a fun intergenerational program.

Other Business (None)

Business Items for Next Meeting:

Apartment List

Guest Speaker Series

Next Meeting Date: January 12, 2012

Adjourn: Vice Chair Overholt adjourned the meeting at 4:30 p.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

January 2012

TO: Christine Engel, Recreation Division Manager

FROM: Kris Bain, Senior Center Supervisor

Supervisor's Notes

Items to note

- **Staff update**

December 2011 was intern, Danielle Craig's last month. We are evaluating if we will need another intern in the near future as Danielle had minimal tasks such as leading the SHIP SHAPE class and helping to lead activities from time to time at lunch.

We continue to actively recruit volunteers to assist at the Senior Center. We are looking for a volunteer who can dedicate 10-15 hours per month, and help in a variety of ways including, front desk, and in program development.

Paula has agreed to shift her work hours to 10 am to 2 pm, helping to fill the void at the front counter during the lunch hour. She has also agreed to be responsible for the Welcome Desk volunteers and their schedule.

We will continue to evaluate volunteer staffing needs and increase the volunteer base as needed.

- **Apartment List update**

We had asked Senior Link if they could assist with this project, but to date, no one has volunteered.

- **All West trip status**

We were informed in November that All West will no longer continue the Parks & Rec program where they offer multiple trips to many different agencies, with no minimum number of riders. Initially, we were asked to pick one trip for the Spring and then we were going to have a minimum of 25 riders. In the meantime, we are encouraging seniors to contact the Davis Senior Center's Travelaires or the City of Sacramento's Safari group for additional travel options.

Program Report November 2011

November 2011 Totals:			Classes Offered			Total Participants	Total PH	Gross Revenue	Total Expenses	Net Revenue
			27			1392	7131		\$ -	\$ 796.20
FY 10/11 YTD Totals:			Classes Offered			Total Participants	Total PH	Gross Revenue	Total Expenses	Net Revenue
			154			7753	57,695	\$ -	\$ -	\$ 3,730.48

Recreation Report classes ending: November 2011

Activity	Start Date	End Date	Meetings	Min/Mtg	Class Hours	Participants	Participant Hours (PH)	Notes
AARP	10/29/2011	11/5/2011	2	240	8	14	112	
Art	11/2/2011	11/30/2011	4	120	8	16	128	
Arthritis Support Group	11/3/2011	11/3/2011	1	120	2	10	20	
Bingo	11/2/2011	11/30/2011	6	120	12	142	1704	
Canasta	11/1/2011	11/15/2011	3	60	3	11	33	
Ceramics	11/1/2011	11/29/2011	4	120	8	22	176	
Changes to Choices	11/1/2011	11/15/2011	2	120	4	17	68	
Computer Club Meeting	11/28/2011	11/28/2011	1	120	2	22	44	
Computer Lab	11/4/2011	11/18/2011	3	180	9	7	63	
Hand and Foot	11/2/2011	11/30/2011	4	180	12	48	576	
Handicrafters	11/7/2011	11/28/2011	3	60	3	10	30	
Hear! Here!								Next meeting here in Jan.
HICAP Consulations	11/2/2011	11/18/2011	3			13		
Legal Consulations	11/18/2011	11/18/2011	1	30	0.5		0	Attorney cancelled last minute
Low Impact Aerobics 8am	11/2/2011	11/30/2011	9	30	4.5	135	607.5	
Low Impact Aerobics 10am	11/2/2011	11/30/2011	9	30	4.5	389	1750.5	
Needles & Friends	11/7/2011	11/28/2011	3	60	3	29	87	
Outa Sight Self-help group	11/1/2011	11/15/2011	2	60	2	21	42	
Ping Pong	11/4/2011	11/18/2011	3	60	3	6	18	
Peripheral Neropathy			1	120	2		0	Cancelled - uninformed of closure
Pedro	11/1/2011	11/29/2011	4	120	8	136	1088	
Pinochle	11/3/2011	11/17/2011	3	120	6	32	192	
Ship Shape	11/1/2011	11/29/2011	7	30	4	45	180	
Senior Movie Day	11/17/2011	11/17/2011	1	120	2	15	30	Movie: Water for Elephants
Stompers	11/7/2011	11/28/2011	3	120	6	34	204	
Stroke Support	11/14/2011	11/14/2011	1	120	2	9	18	
The Novel	11/8/2011	11/8/2011	1	60	1		0	
White Elephant Thrift Shop	11/4/2011	11/29/2011	4	120	8		0	added Tuesdays beginning 11/15
Woodcarvers	11/2/2011	11/16/2011	2	120	4	18	72	
Thanksgiving Dinner	11/17/2011	11/17/2011				205		Sponsored by SCI
Library Usage		Books returned	98					
Library Usage		Donated books	312	Vol hours	13.25			

Program Report December 2011

December 2011 Totals:			Classes Offered			Total Participants	Total PH	Gross Revenue	Total Expenses	Net Revenue
			24			1199	7429.5		\$ -	\$ 198.50
FY 10/11 YTD Totals:			Classes Offered			Total Participants	Total PH	Gross Revenue	Total Expenses	Net Revenue
			178			2591	14,561	\$ -	\$ -	\$ 3,928.98

Recreation Report

classes ending: December 2011

Activity	Start Date	End Date	Meetings	Min/ Mtg	Class Hours	Participants	Participant Hours (PH)	Total Fees Collected	Total Expenses	Complete Cancelled
Art	12/7/2011	12/21/2011	3	120	6	16	96			
Arthritis Support Group	12/1/2011	12/1/2011	1	120	2	9	18			
Bingo	12/2/2011	12/21/2011	6	120	12	147	1764			
Canasta	12/6/2012	12/13/2012	2	60	2	8	16			
Ceramics	12/6/2011	12/20/2011	2	120	4	12	48			
Changes to Choices	12/6/2011	12/6/2012	1	120	2	7	14			
Computer Lab	12/2/2011	12/16/2011	3	180	9	12	108			
Hand and Foot	12/7/2011	12/21/2011	3	180	9	39	351			
Handicrafters	12/5/2011	12/19/2011	3	60	3	8	24			
HICAP Consultations	12/7/2011	12/21/2011	3	60	3	13	39			
Legal Consultations	12/16/2011	12/16/2011	1	30	0.5	4	2			
Low Impact Aerobics 8am	12/2/2011	12/23/2011	9	30	4.5	113	508.5			
Low Impact Aerobics 10am	12/2/2011	12/23/2011	9	30	4.5	302	1359			
Needles & Friends	12/5/2011	12/19/2011	3	60	3	22	66			
Outa Sight Self-help group	12/20/2011	12/20/2011	1	60	1	12	12			
Ping Pong	12/2/2011	12/16/2012	4	60	3	8	24			
Pedro	12/6/2011	12/20/2011	3	120	6	96	576			
Pinochle	12/1/2011	12/22/2011	4	120	8		0			
Ship Shape	12/1/2011	12/22/2011	7	30	4	57	228			
Senior Movie Day	12/15/2011	12/15/2011	1	120	2	10	20			Super 8
Stompers			5	120	10		0			
The Novel	12/13/2011	12/13/2011	1	60	1		0			
White Elephant Thrift Shop	12/2/2011	12/23/2011	7	120	14	154	2156			
Holiday Social	12/15/2011	12/15/2011	1			150				SCI spons.
Library Usage		New Books	91							
Library Usage		Donated books	80	Vol hours	5.25					

Senior Center, Inc.

- Sponsored Thanksgiving dinner on November 17 with turkey and all of the side dishes and dessert. Over 200 people attended this event.
- Sponsored the Santa's Holiday Social on December 15. About 150 attended this event and enjoyed appetizers and raffle prizes. SCI brought in more than \$800 from the raffle ticket sales.
- Attendance was up more than 30% for the two holiday events since 2010.
- Working on a few fundraisers coming up: Hand & Foot tournament (March) and Mother's Day tea (May).

- Upcoming events sponsoring include the Senior Art Show (February), the 2012 Volunteer Appreciation Dinner (moved up to April, rather than August), and the installation dinner (May)

Community Care Car

Installation dinner held on 1/5/12, Ken Nardinelli was installed as the 2012 president.

Computer Club

No report given

Elderly Nutrition

The congregate lunch program relocated for the two weeks the banquet room was closed in December. The lunch-time participants were happy to return on January 3 to lunch in the banquet room. During their absence, the Meals on Wheels program continued to operate out of the kitchen, even during the one-week of staff furlough. Finally, the week of 1/3/12, the Meals of Wheels program was distributing emergency food kits to their home-bound seniors. They coordinated the emergency food arrival and departure for more than 300+ home-bound seniors in Yolo County.

Woodland Senior Outreach

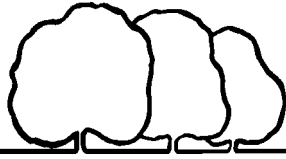
At the December meeting, a representative from CALIFORNIA PHONES spoke about the phone program for seniors. This program offers free specialized phones that make it easier to hear, easier to dial, and easier to call. Over half a million Californians use the program. www.californiaphones.org

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

The subcommittee met December 16. They have created a referral form that could be used a multiple locations throughout Yolo County to get people to the correct person for help. (I am attending training on 1/10/12 and will provide further feedback at the next meeting)

Upcoming dates

January 19	Movie Day showing <i>Dolphin Tale</i>
January 26	Welcome Desk luncheon
February 1	AARP Tax Aide appointments begin
February 24	Senior Art Show 4:30 pm



City of Woodland

COMMISSION ON AGING

Updated: January 10, 2012

NAME	ADDRESS	PHONE/Email	TERM
Karen Wright, Chairperson	10 Palm Avenue Woodland, CA 95695	W: 662-1290 x107 668-0209 kwright@sjrv.org	12/31/2013
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	12/31/2014
Lucinda Talkington	131 Hays Street Woodland, CA 95695	662-0535 Lucbobbtalk@sbcglobal.net	12/31/2011
Don Campbell	1742 Amherst Way Woodland, CA 95695	H: 530-666-3021 C: 530-908-1189 campbell5224@sbcglobal.net	12/31/2015
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	12/31/2012

LIAISONS

Focal Point Coordinating Council: Campbell
Transit: Talkington

This is a 5 member Commission with four year terms.
Meetings: Second Thursday 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>

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 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.
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.