



Commission on Aging

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

Agenda

March 8, 2012

3:30 –4:30 p.m.

Commission Members	Benjamin Garman, Chair; Don Campbell, Vice-Chair; Karen Wright, Regan Overholt, Lucinda Talkington
3:30 p.m.	Call to Order
3:30 p.m.	Pledge of Allegiance
3:32 p.m.	Minutes: 1. January 12, 2012 2. February 23, 2012
3:32 p.m.	Correspondence
3:32 p.m.	Public Comment
3:35 p.m.	Communications Written-Staff Reports 3. Senior Center Report-Kris Bain
3:35 p.m.	Presentations - "Yolo 2-1-1"
3:35 p.m.	New Business-Action Items
3:40 p.m.	New Business-Information Items 4. Communication Protocol 5. Meeting Time Discussion 6. Important Documents Discussion 7. "Checking on You" program-Campbell
3:45 p.m.	Old Business-Action Items 8. Work Plan Updates a. Council Presentation

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.

- b. Resource Fair May 16, 2012
- c. Guest Speaker Series
- d. Apartment List

3:45 p.m. Old Business-Information Items

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: April 12, 2012

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, 661-2000.

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.



Commission on Aging

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

Regular Meeting Minutes

Regular Meeting Minutes of January 12, 2012

Call to Order

Meeting convened at 3:30 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chair Wright presiding.

Commissioners Present:	Garman, Overholt, Campbell, Wright,
Absent:	Talkington
Staff:	Haynie, Bain, Engle
Guests:	None

Pledge of Allegiance

Minutes

1. Meeting Minutes of November 11, 2011 (Item 1)
Commissioner Garman moved to approve the Meeting Minutes of November 11, 2011 with the correction that Debbie would assist with the health fair; Commissioner Campbell seconded. Motion carried.

Correspondence (None)

Public Comment (None)

Communications Written-Staff

2. Senior Center Report-Bain
Commissioner Garman asked for information on the programs AARP, Changes to Choices and Hear Here! Bain explained that AARP was the driver safety class, Changes to Choices was a peer support group and Hear Here! was a peer support group for the hearing impaired. Commissioner Garman made the motion to accept the staff report as written, Commissioner Overholt seconded the motion. Motion carried 4-0.

Presentations (none)

New Business-Action Items

3. Elect Officers
Commissioner Overholt made the motion to elect Commissioner Garman as Chair and Commissioner Campbell as Vice Chair, Commissioner Wright seconded the motion. Motion carried 4-0.

New Business-Information Items

Commission on Aging

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

Old Business-Action Items

4. *Guest Speaker Series*

Commissioner Garman read the Guest Speaker topics from the September meeting: Trusts, Wills, COA Important Records, Nutrition, Physical Activity Modifications, Alternatives, Vision and Hearing Challenges, Typical/Atypical Symptoms of Illness, Complimentary treatments (free), Important Health Screening and Vaccinations, Mobility and Exercise, Home Modifications for Senior Safety, Researching Family Ancestry, Current Event Discussion, Status of Woodland/Yolo County (finance, planning, projects), Emergency Response, Medical Resources-what a senior needs and where to get it and Panel of Hospice/End of Life Issues.

Commissioner Overholt stated that health issues were always on the top of the list for seniors. Discussion ensued with Commissioners narrowing down the list and choosing the first presentation to be on Important Documents. Commissioner Overholt will spearhead the first program which will start in March 2012. Programs will be held in Banquet Room 3 and run approximately 70 minutes before the ENP Lunch program. This location should make it more convenient for the seniors. The second program will be on Elder Abuse, commission will come up with a title that is more attractive to Seniors, most seniors are not aware of the different kinds of abuse there are. This item will be brought back to the next meeting for Commission approval and the second program finalized at that time.

5. *Apartment List*

Commission discussed what questions to ask of the apartment management. Commissioner Campbell will contact Commissioner Talkington for clarification on ADA questions and answer to the questions. Each of the Commissioners present will take three pages of the list and call each to verify the information. Commissioner Garman will email Haynie the question list to add to the minutes.

Questions List:

How many bedrooms and bathrooms do you have?

What is the rent?

What is the deposit? First and last month?

What is the price for a credit check? What about for background checks?

Are pets allowed?

Do you accept Section 8?

Is your unit's handicap/wheelchair accessible?

What amenities are included with the rent?

Do you have a website address and/or email you would like us to list?

Commission on Aging

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

6. Commissioner Talkington –Term

Commissioner Talkington term expired on December 31, 2011, staff has had no response from Commissioner Talkington on whether she wishes to extend her term or not. Commissioner Campbell will contact Commissioner Talkington and report back to the Commission at the next meeting.

7. Work Plan

Commissioner Garman started with item 6 Senior Resource Fair. Needed clarification of the date and contact information for vendors. Commissioner Campbell will contact Commissioner Talkington to obtain the list of vendors. Haynie will confirm date of resource fair at next meeting.

Item 1 COA Infomercial Presentation to Woodland City Council. Engle will put this on May 1st Council Agenda.

Item 2 Focal Point Coordination will be put on hold until we hear from Focal Point.

Item 3 Intergenerational Project- Teens Helping Seniors Program, this program will be removed.

Item 4 Replace Promotion and Advertising of programs and services with Speaker Series.

Item 5 Senior Discount List- Put on hold for 3 years or until economy is healthy enough to support this project.

Old Business-Information Items

Committee Reports (None)

Communication-Commission/Staff Statements and Requests

Discussed Buddy System program where seniors who live alone will have a buddy to call and be called by. Bain reported that the lack of this program was brought home this past week. Bobby Ochoa, volunteer for the help desk, passed away this week. Ms. Ochoa lived alone and when she did not show up for her shift staff became concerned. Commissioner Campbell will research a similar program and bring the information to the next meeting. Names were considered for the program with “Checking on You” the current favorite.



Commission on Aging

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

Bain reported that she had discussed with Crum that SCI would no longer fund Crum's position. Crum will be adjusting her hours which mean that either Bain or Crum will be on site during the Senior Center operating hours. Engle and Bain will pursue funding for this crucial position.

Advertise with guest editorial was also discussed.

Other Business (None)

Business Items for Next Meeting:

Date of Resource Fair

"Checking on you" buddy phone program

Status on first presentation of Guest Speaker Series

Update Work Plan

Next Meeting Date: February 9, 2012

Adjourn: Commissioner Wright adjourned the meeting at 5:02 p.m.

Respectfully submitted,

Cathy Haynie, Administrative Secretary
Parks & Recreation Department



Commission on Aging

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

Special Meeting Minutes

February 23, 2012

Call to Order

Meeting convened at 5:00 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chair Garman presiding.

Commissioners Present:	Garman, Overholt, Campbell, Wright,
Absent:	Talkington
Staff:	Haynie, Engel
Guests:	None

Pledge of Allegiance

Speaker Series

Chair Garman commented that he was trying to understand the rules that govern committees and subcommittees. Engel stated that the COA will empower the subcommittees and the subcommittees will bring back recommendations to the commission for direction and action.

After discussion Chair Garman made the motion that Commissioners Wright and Talkington be assigned to the Resource Fair Committee; Commissioner Campbell seconded the motion. Motion carried 4-0.

Chair Garman lead the discussion concerning a Committee for the Speaker Series. Engel stated that an additional committee may not be needed and that the Commission could assign a Commissioner to work on the Speaker Series.

Commissioner Overholt was assigned to plan and implement the first speaker, which will be scheduled in April 2012. Commissioner Overholt will create a worksheet for contacting speakers, which could include assignments for additional Commissioners.

Business Items for Next Meeting:

2-1-1 Presentation

"Checking on you" program

Speaker Guidelines

Discussion of meeting times

Grout at front entrance



Commission on Aging

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

Important Documents

Next Meeting Date: March 8, 2012

Communication-Commission/Staff Statements and Requests

Chair Garman stated that he was planning on attending the Senior Art Show. In addition, Chair Garman requested that staff arrange for the equipment needed for Adalita's presentation on 2-1-1.

Chair Garman stated that he heard that Council received a complaint about the devices for the hearing impaired. Engel explained the issues and complaint received. Staff will meet with Ms. Childers February 27 to allow Ms. Childers to demonstrate the problems she is having with the devices. Chair Garman asked if at a future meeting the devices could be demonstrated.

Adjourn: Commissioner Campbell made the motion to adjourn the meeting at 5:36 pm., Commissioner Wright seconded the motion, and motion carried 4-0.

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

February 2012

TO: Christine Engel, Recreation Division Manager

FROM: Kris Bain, Senior Center Supervisor

Please note I will not be in attendance of the meeting. If you should have questions for me, please email me and I will get submit answers to your question as an addition to the report.

Supervisor's Notes

Items to note

Volunteer Update

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. Each time we have one or two new people start, another one or two leave.

Program and Lead Volunteer Update

I am working on the senior center program and lead volunteer update for 2012. This includes meeting with the lead volunteers from each group, support group, or event to verify necessary information for our records.

The canasta group has folded. The lead volunteer's health has declined and the group has dwindled, so it was decided to discontinue the group.

AARP Tax Aide

The Senior Center has been booking appointments for AARP tax aide. Appointments are scheduled Wednesday afternoons and Thursday mornings. There are 3-4 slots per each hour slot and four time slots are offered each day. The month of February is currently booked. These appointments are made for senior priority. If callers are not 50 or over, they are put onto a waiting list and will be called if there are holes in the schedule in the upcoming week.

Program Report January 2012

January 2012 Totals:	Classes Offered			Total Participants	Total PH	Gross Revenue	Net Revenue
	28			1435	12606.5		\$ 1,158.00
FY 10/11 YTD Totals:	Classes Offered			Total Participants	Total PH	Gross Revenue	Net Revenue
	206			10420	27,424	\$ -	\$ 5,086.98

Recreation Report classes ending: January 2012									
Activity	Start Date	End Date	Meetings	Min/Mtg	Class Hours	Participants	Participant Hours (PH)	Total Fees Collected	Notes
Art	1/4/2012	1/25/2012	4	120	8	15	120		
Arthritis Support Group	1/5/2012	1/5/2012	1	120	2	8	16		
Bingo	1/4/2012	1/27/2012	8	120	16	208	3328		
Ceramics	1/5/2012	1/26/2012	4	120	8	22	176		now on Thurs
Changes to Choices	1/3/2012	1/17/2012	2	120	4	10	40		
Computer Club Meeting	1/23/2012	1/23/2012	1	120	2	17	34		
Computer Lab	1/6/2012	1/27/2012	4	180	12	21	252		
Computer Classes	1/30/2012	1/30/2012	2	120	4	15	60		
Hand and Foot	1/4/2012	1/25/2012	4	180	12	66	792		
Handicrafters	1/9/2012	1/30/2012	3	60	3	6	18		
Hear! Here!	1/23/2012	1/23/2012	1	120	2	18	36		
HICAP Consulations	1/11/2012	1/19/2012	1	60	1	3	3		1 date canceled
Legal Consulations	1/20/2012	1/20/2012	1	30	0.5	5	2.5		
Low Impact Aerobics 8am	1/4/2012	1/27/2012	11	30	5.5	134	737		
Low Impact Aerobics 10am	1/4/2012	1/27/2012	11	30	5.5	372	2046		
Needles & Friends	1/9/2012	1/30/2012	3	60	3	36	108		
Outa Sight Self-help group	1/3/2012	1/17/2012	2	60	2	19	38		
Ping Pong	1/6/2012	1/27/2012	4	60	4	11	44		
Peripheral Neropathy	1/23/2012	1/23/2012	1	120	2	17	34		New Lead Volunteer Elizabeth Chaudry
Pedro	1/3/2012	1/31/2012	5	120	10	152	1520		
Pinochle	1/5/2012	1/26/2012	4	120	8		0		
Ship Shape	1/3/2012	1/31/2012	9	30	4	81	324		
Senior Movie Day	1/19/2012	1/19/2012	1	120	2	20	40		Dophin Tale
Stompers	1/20/2012	1/20/2012	5	120	10	20	200		
Stroke Support	1/16/2012	1/16/2012	1	120	2		0		Class cancelled
The Novel	1/10/2012	1/10/2012	1	60	1		0		
White Elephant Thrift Shop	1/3/2012	1/31/2012	9	120	18	143	2574		
Woodcarvers	1/4/2012	1/18/2012	2	120	4	16	64		
Library Usage	Books Returned		156						
Library Usage	Donated books		143	Vol hours	9.25				

Senior Center, Inc.

- Hosting the Senior Art Show on February 24.
- Hand & Foot tournament will be held on March 31.
- February meeting was changed and unable to provide update prior to report deadline.

Community Care Car

No update was provided.

Computer Club

The Computer Club has a speaker from the ACC speaking from the Telephone Education and Assistance. This information comes from Shirley Leeper via email:

Thank you for your interest in our Telephone Education and Assistance program. ACC has been working with the California Public Utilities Commission for the past three years to educate the community, especially seniors, people with limited English proficiency, and disabled veterans, about their telephone service and phone bills. We offer workshops and phone bill review clinics absolutely free of charge. Currently ACC is the only Community Based Organization providing this service in the greater Sacramento area.

In our workshops, we show people how to spot fraud or unnecessary charges, how to save money on their bills and inform them about the discounted rates for individuals with limited income. We also provide one-on-one assistance with calling telephone service providers to help individuals resolve their billing issues.

The TEAM (Telecommunications Education & Assistance in Multiple Languages) program helps people to be informed consumers and lets them know where they can get help. It is an invaluable public service for people who may not know how to or are unable to be an advocate for themselves.

Elderly Nutrition

Representatives from the Area 4 on Aging came out for a site inspection the first part of February. On the same day, the congregate lunch had a Russian Heritage presentation and meal.

Woodland Senior Outreach

No meeting since December.

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

A training meeting was held on January 10 hosted by Yolo County Social Services of how to use the referral form. All members on the form attended. Every group member was able to provide a little information regarding their services and how to contact. Adult Protective Services also included training on their own form, which also must be attached if a referral is being made to them.

Upcoming dates

February 16	Senior Movie Day – showing <i>The Help</i>
February 20	Senior Center Closed
February 24	Senior Art Show 4:30 pm
March 15	Senior Movie Day – showing <i>Moneyball</i>



Woodland Parks & Recreation Department **WOODLAND SENIOR CENTER**

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

Commission on Aging Report

March 2012

TO: Christine Engel, Recreation Division Manager

FROM: Kris Bain, Senior Center Supervisor

Supervisor's Notes

Senior Art Show

The 2nd Annual Senior Art Show, held on February 24, was successful. All of the senior artisans who participate in classes in the Senior Center attended to show off their work. Some artwork was for sale. Many were happy to talk about their work, or simply to receive compliments. For two and a half hours, people came through the art show to enjoy the art, to snack on the food, or to socialize. It was a great event, and we are looking forward to it again next year.

Grout in front of the building

Approximate estimates were given for grout repair to be done in front of the Community Center. The estimate given was \$5,000 for the work to be done. This is unbudgeted item that we are not currently pursuing.

Senior Movie Day – The Help

When we advertised the February movie was *The Help*, we knew the crowd was not going to fit into the game room for the movie. Paula worked hard to prepare the movie to be shown in the Youth Center. The Youth Center couldn't have fit more people than what was in there. For this Senior Movie Day, fifty-five were in attendance. This is the most Movie Day has ever had, and all enjoyed the movie. Many who attended are not regular users of the Senior Center.

Donations to Senior Center

With the passing of Anthony Contreras, the family requested to make donations in his name to the Senior Center. We received \$200, and have sent five thank you letters to the donators for their generosity.

Program Report February 2012

February 2012 Totals:	Classes Offered			Total Participants	Total PH	Gross Revenue	Net Revenue
	29			2133	21627	\$	322.00

FY 10/11 YTD Totals:	Classes Offered			Total Participants	Total PH	Gross Revenue	Net Revenue
	235			12597	49,403	\$ -	5,408.98

Recreation Report classes ending: February 2012									
Activity	Start Date	End Date	Meetings	Min/ Mtg	Class Hours	Participants	Participant Hours (PH)	Reg \$	Notes
Art	2/1/2012	2/29/2012	5	120	10	18	180		
Arthritis Support Group	2/1/2012	2/1/2012	1	120	2	8	16		
Bingo	2/1/2012	2/29/2012	9	120	18	481	8658		
Ceramics	2/5/2012	2/23/2012	4	120	8	27	216		now on Thurs
Changes to Choices	2/7/2012	2/21/2012	2	120	4	15	60		
Computer Club Meeting	2/27/2012	2/27/2012	1	120	2	33	66		
Computer Club Classes	2/1/2012	2/8/2012	3	120	6	25	150		
Computer Lab	2/3/2012	2/24/2012	4	180	12		0		Not reported
Hand and Foot	2/1/2012	2/29/2012	3	180	9	55	495		
Handicrafters	2/6/2012	2/27/2012	3	60	3	12	36		
Hear! Here!							0		Next meeting here in May
HICAP Consultations	2/8/2012	2/22/2012	2			8			
Legal Consultations	2/17/2012	2/17/2012	1	30	0.5	4	2		
Low Impact Aerobics 8am	2/1/2012	2/29/2012	12	30	6	155	930		
Low Impact Aerobics 10am	2/1/2012	2/29/2012	12	30	6	479	2874		
Needles & Friends	2/6/2012	2/27/2012	3	60	3	24	72		
Outa Sight Self-help group	2/7/2012	2/21/2012	2	60	2	41	82		
Ping Pong	2/3/2012	2/24/2012	4	60	4	15	60		
Peripheral Neropathy	2/27/2012	2/27/2012	1	120	2	24	48		
Pedro	2/7/2012	2/28/2012	4	120	8	128	1024		
Pinochle	2/2/2012	2/23/2012	4	120	8		0		Not reported
Ship Shape	2/2/2012	2/28/2012	8	30	4	59	236		
Senior Movie Day	2/16/2012	1/19/2012	1	120	2	55	110		The Help
Stompers	2/6/2012	2/27/2012	2	120	4	16	64		
Stroke Support	2/27/2012	2/27/2012	1	120	2		0		Not reported
Tax Aide	2/1/2012	2/29/2012	32	60	32	103	3296		
The Novel	2/7/2012	2/7/2012	1	60	1		0		Not reported
White Elephant Thrift Shop	2/3/2012	2/28/2012	8	120	16	180	2880		
Woodcarvers	2/1/2012	2/15/2012	2	120	4	18	72		
All West Reno Train	2/25/2012	2/28/2012							Cancelled due to lack of registration (by All West)
Senior Art Show	2/24/2012	2/24/2012	1	150		150			
Library Usage		New Books	124						
Library Usage		Donated books	144	Vol hours	9				

Senior Center, Inc.

- Hand & Foot card party is a fundraiser for SCI will be held on March 31.
- Decided to do another bus trip to Reno as a fundraiser. Trip will be April 21.
- Have finalized the menu to the Volunteer Appreciation Awards banquet. They will purchase pre-cooked chicken from Costco, baked potatoes, vegetables, and cheesecake.

Community Care Car

No update was provided.

Computer Club

The Computer Club is focusing to push hard to have more attend the Friday drop in lab hours. They are working hard for more public outreach to know about their availability. They are starting to see a slight increase in numbers for Fridays.

Elderly Nutrition

No update was provided.

Woodland Senior Outreach

Attended a meeting held on February 23. Alys Meyer spoke about the Legal Services of California and their role in Yolo County as an Information and Assistance provider.

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

At a meeting held on February 21, the discussion was about gathering more resources and how to be a successful collaborative. What is the ultimate goal and role of the Alliance? Does it still function as a subcommittee of Yolo County, etc?

Upcoming dates

March 15	Senior Movie Day – showing <i>Moneyball</i>
March 31	SCI's Hand & Foot Card Party
April 12	Senior Volunteer Appreciation Awards Dinner
April 19	Senior Movie day – showing TBD