

**CITY OF WOODLAND
2001 EAST STREET
WOODLAND, CALIFORNIA**

**COMMISSION ON AGING
AGENDA**

**NOVEMBER 8, 2012
3:00 p.m.**

- A. CALL TO ORDER
- B. ROLL CALL
- C. PLEDGE OF ALLEGIANCE
- D. COMMUNICATIONS-PUBLIC COMMENT

This an opportunity for the public to speak to the Commission on any item other than those listed for public hearing on this agenda. Speakers are requested to use the microphone in front of the Commission and to begin by stating their name, whether they reside in Woodland and the name of the organization they represent if any. The Chair may impose a time limit on any speaker depending on the number of people wanting to speak and time available for the rest of the agenda. In the event comments are related to an item scheduled on the agenda, speakers may be required to wait to make their comments until that item is considered.

- E. COMMUNICATIONS—COUNCIL/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.

- F. MINUTES
 - F.1 Adopt the Minutes of the Commission Meeting of October 11, 2012
- G. COMMITTEE REPORTS
- H. COORESPONDENCE
- I. PRESENTATIONS

J. CONSENT CALENDAR

I1. Speaker Series

Recommendation: Commission to finalize January Speaker event and the logistics for Speakers through 2013.

I2. Timeline for Work Plan

Recommendation: Commission to update Timeline for Work Plan for 2013.

I3. Draft Thank You Letter to Kiwanis-Karen Wright

Recommendation: Commission to finalize draft letter.

K. REPORT OF THE STAFF

J1. Senior Center Report-Kris Bain

Recommendation: Information only

J2. March 1, 2013 Event-Christine Engel

Recommendation: Information only

L. ADJOURN

I declare under penalty of perjury that the foregoing Agenda for the Commission on Aging Regular meeting of the City of Woodland scheduled for Thursday, November 8, 2012 was posted on November 5, 2012 in the outside display case at 2001 East Street , Woodland, CA, and was available to the public during normal business hours.

Cathy Haynie, Administrative Secretary

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

October 11, 2012

Call to Order

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

Commissioners Present: Garman, Campbell, Wright, and Overholt

Absent: Talkington

Staff: Haynie, Bain, and Engel

Guests:

Pledge of Allegiance

Minutes and Staff Report

Commissioner Campbell moved to accept the minutes from September 13, 2012 as written; Commissioner Wright seconded the motion. Motion carried 4-0.

Communication-Commission/Staff Statements and Requests

Bain informed the Commission that SCI had questions about the proposed budget for Teens Helping Seniors that staff would answer before SCI's November meeting. Commissioner Overholt stated that Yolo 211 is online and can be filtered by senior programs. Commissioner Overholt will send staff the link. Engel informed the Commission that AB 1234 Mandatory Ethics Training had being offered on October 9, 2012 and would be offered on October 23, 2012 at the Community & Senior Center for any Commissioner interested in refreshing their ethics training.

Communications Written-Staff Reports

Planning for the March 1, 2013 "ReXpo" is on schedule. This event is an open house event that will highlight all programs offered by the Parks & Recreation Department. The Senior Art Show is scheduled for that evening. There will also be a scavenger hunt where participants receive a stamp on their card for each program area they visit and prizes will be awarded. YMCA, SCI Affordable Trips and Care Car will all be advertising their programs at the event. The March 1st event will be coordinated with the First Friday Art Walk. Thanksgiving Potluck is scheduled for November 15, 2012, 5:30 p.m. with dinner at 6:00 p.m. December 13, 2012 is the SCI Santa's Holiday Open House, 4:00-6:30 p.m. White Cane Dinner was a sold out event on October 11, 2012. Commissioner Overholt moved to accept the staff report as written; Commissioner Campbell seconded the motion. Motion carried 4-0.

Old Business-Action Items

Meeting Time Change

Commissioner Campbell made the motion to change the COA meeting time from 3:30 p.m. to 3:00 p.m.; Commissioner Overholt seconded the motion. Motion carried 4-0.



Commission on Aging

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

Timeline Commissioner Garman updated the changes discussed at the last COA meeting and will send the link to all commissioners.

Speaker Series October 17, 2012 speaker has been confirmed and advertised in both the newspaper and the City of Woodland home page. Event is scheduled in Banquet Room 3 at 10:30-11:30 a.m.

Nurse Joann Hatchett has agreed to be the speaker at the January event. Commissioner Overholt will confirm date and time with Nurse Hatchett. The event is tentatively scheduled for January 23, 2013, 10:30-11:30 a.m. Commissioner Overholt will do a presentation on "Important Documents". Staff will print enough of the "Important Documents" handout and make CD's of it as well.

Business Items for Next Meeting:

Work Plan Update

1. Draft, Thank you letter to Kiwanis-Wright
2. Timeline-Garman
3. March 1, 2013 Event
4. January Speaker Update
5. Discuss additional work plan items

Next Meeting Date: November 8, 2012

Adjourn: Commissioner Campbell made the motion to adjourn the meeting at 4:10 p.m., Commissioner Overholt seconded the motion, and motion carried 4-0.

Respectfully submitted,

Cathy Haynie, Administrative Secretary
Parks & Recreation Department

Mark Your Calendar

December

- | | | |
|----|------------|---|
| 1 | 8:00 a.m. | Excursion to Great Dickens Christmas Fair |
| 12 | 6:00 p.m. | Companions of the Journey (series) |
| 13 | 4:00 p.m. | Santa's Holiday Open House |
| 20 | 12:30 p.m. | Senior Movie Day (movie TBD) |
| 21 | 1:00 p.m. | Holiday Centerpiece class (\$15) |
| 24 | 1:00 p.m. | Senior Center Closed |
| 25 | ALL DAY | Senior Center Closed |



January

- | | | |
|----|------------|---|
| 1 | ALL DAY | Senior Center Closed |
| 9 | 6:00 p.m. | Companions of the Journey (series) |
| 17 | 12:30 p.m. | Senior Movie Day |
| 21 | ALL DAY | Senior Center Closed |
| 23 | 10:30 a.m. | Important Documents—
What every Senior should have |

February

- | | | |
|----|------------|--|
| 14 | 1:30 p.m. | Collette Travel Showcase Presentation |
| 16 | 8:00 a.m. | Excursion to California Academy of Science in Golden Gate Park |
| 18 | ALL DAY | Senior Center Closed |
| 20 | 6:00 p.m. | Companions of the Journey (series) |
| 21 | 12:30 p.m. | Senior Movie Day |

March

- | | | |
|----|------------|---|
| 1 | 4:00 p.m. | Senior Art Show and Community Center Open House |
| 21 | 12:30 p.m. | Senior Movie Day |
| 23 | 8:00 a.m. | Excursion to San Francisco Flower & Garden Show |

April

- | | | |
|-------|------------|---|
| 11-16 | ALL DAY | Collette Vacation trip to New York City |
| 18 | 12:30 p.m. | Senior Movie Day |
| 24-16 | ALL DAY | Affordable Adventures trip to Yosemite |

For questions about upcoming events or further details, please contact the Senior Center at

(530) 661-2001

More events will be added to the calendar



Woodland Parks & Recreation Department
WOODLAND SENIOR CENTER

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

Commission on Aging Report

November 2012

TO: Christine Engel, Recreation Manager

FROM: Kris Bain, Senior Center Supervisor

Supervisor's Notes

Teens Helping Seniors

Senior Center Inc. has agreed to provide the financial support to re-instate the Teens Helping Seniors program. The non-profit board will provide funding up to \$4,500 for the program to be run next summer. Staff will begin preparation for the program by hiring an Activity Manager to oversee the day to day operation of the program.

Thanksgiving Dinner

Senior Center Inc is sponsoring Thanksgiving dinner on Thursday, November 15 at 5:30 p.m. SCI is providing the traditional Thanksgiving trimmings from the turkey, dressing, and desert. Additionally, St. John's Village has agreed to co-sponsor the event by providing paper products and some food. Please join us at the event, it is open to all seniors (staff and commissioners are welcome; however, please RSVP to the Welcome Desk by November 13.

New Program

The Senior Center is proud to offer a new program for free to seniors beginning November 19. For a trial basis, Minakhi Sarma is teaching Hatha Yoga Monday mornings at 9:00 a.m. This form of Yoga has a slightly different focus than the class taught by Garrie Wright. If the class is successful, Ms. Sarma will decide whether she wants to pursue being an independent contractor for Parks & Rec or a Senior Center volunteer.

Other Program Notes

November and December (open enrollment for Medicare), HICAP is offering additional counseling sessions each month. For seniors twelve appointments will be available each month (over three sessions.)

Jan Bello will lead a Holiday Centerpiece class on December 21. The class is open to anyone. Participants pay \$15 to Jan and need to bring a container to put their creation in when they leave.

AARP Tax Aid is scheduled to begin tax preparation appointments on February 6. Training sessions for their volunteers begin on November 16. They are still seeking volunteers for the upcoming tax season, for those interested in volunteering for AARP, the contact person is Ken Alger (530) 662-0331.

Program Report October 2012

October 2012 Totals:			Classes Offered			Total Participants	Total PH	Net Revenue
			34			2034	17846	\$ 838.30
FY 12/13 YTD Totals:			Classes Offered			Total Participants	Total PH	Net Revenue
			122			7413	61,764	\$ 2,221.30

Recreation Report

classes ending: October 2012

Activity	Start Date	End Date	Meetings	Min/Mtg	Class Hours	Participants	Participant Hours (PH)	Notes
Art	10/3/2012	10/31/2012	5	120	10	35	350	
Arthritis Support Group	10/4/2012	10/4/2012	1	120	2	16	32	
Bingo	10/3/2012	10/31/2012	9	120	18	180	3240	
Ceramics	10/4/2012	10/25/2012	4	120	8	24	192	
Changes to Choices	10/2/2012	10/16/2012	2	120	4	6	24	
Computer Club CLASS	10/9/2012	10/9/2012	1	120	2	23	46	
Computer Club MEETING	10/22/2012	10/22/2012	1	120	2	47	94	Discussion & training on iPad
Computer Club LAB	10/5/2012	10/26/2012	4	180	12	29	348	
Hand and Foot	10/3/2012	10/31/2012	5	180	15	77	1155	
Hear! Here!	10/22/2012	10/22/2012	1	120	2	11	22	
HICAP Consultations	10/11/2012	10/25/2012	2			9		
Legal Consultations	10/19/2012	9/21/2012	1	30	0.5	4	2	
Low Impact Aerobics 8am	10/1/2012	10/31/2012	14	30	7	203	1421	
Low Impact Aerobics 10am	10/1/2012	10/31/2012	14	30	7	582	4074	
Movie Day	10/18/2012	10/18/2012	1	120	2	45	90	The Best Exotic Marigold Hotel
Needles & Friends	10/1/2012	10/29/2012	5	60	5	65	325	
Outa Sight SPEAKER	10/2/2012	10/2/2012	1	120	2	25		
Outa Sight SUPPORT	10/16/2012	10/16/2012	1	120	2	17		
Parkinson's Support Group	10/23/2012	10/23/2012	1	60	1	10		
Ping Pong	10/5/2012	10/26/2012	4	60	4	15		
Peripheral Neropathy	10/15/2012	10/15/2012	1	60	1	22	22	
Pedro	10/2/2012	10/30/2012	5	120	10	156	1560	
Pinochle	10/4/2012	10/25/2012	4	120	8	52	416	
Prostate Support Group			1	120	2			ODD MONTHS ONLY
Ship Shape	10/2/2012	10/30/2012	9	30	4	57	228	
Stompers	10/1/2012	1/29/1900	5	60	5	42	210	
The Novel	10/9/2012	10/9/2012	1	60	1	9	9	
Stroke Support	10/15/2012	10/15/2012	1	120	2	12	24	
White Elephant Thrift Shop	10/2/2012	10/30/2012	9	120	18	197	3546	
Woodcarvers	10/3/2012	10/17/2012	2	120	4	17	68	
Yoga	10/11/2012	10/25/2012	3	60	3		0	
COA speaker	10/17/2012	10/17/2012	1	60	1	2	2	
Vitas speaker	10/16/2012	10/16/2012	1	60	1	2	2	
SCI's Affordable Adventure	10/17/2012	10/17/2012	1	all day	8	43	344	Angel Island

Senior Center, Inc.

Senior Center Inc has established a new partnership with St. John's Village during various parties and events. St. John's is willing to provide food and volunteers in SCI's efforts to keep costs down during the events. Staff communicated to SCI that sponsorship recognition can be provided on posters announcing the event and verbally, but advertisements for the business will not be included in the Senior Gram

Community Care Car

No update was provided.

Computer Club

The Computer Club has a general monthly meeting on November 26 at 1:00 p.m. Nancy Garton, will be making a financial presentation.

Elderly Nutrition

Elderly Nutrition will be closed on December 24 and 25

Woodland Senior Outreach

Representatives from Right at Home and Steri-Clean discussed the issue of senior hoarding at the November 1 meeting.

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

I was unable to attend the October 16 meeting.

Upcoming dates within the Senior Center

November 12	Senior Center Closed
November 14	Companions on Journey part 2
November 15	Senior Movie Day showing TBD
November 15	SCI sponsors Thanksgiving
November 22 & 23	Senior Center Closed
November 27 & 29	AARP senior driver's safety course
December 1	Affordable Adventures excursion: Dickens Fair
December 12	Companions on the Journey (series)
December 13	Santa's Holiday Open House
December 20	Senior Movie Day (movie TBD)
December 21	Holiday Centerpiece class (\$15)
December 24, 1:00 p.m.	Senior Center Closed
December 25	Senior Center Closed