

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

**COMMISSION ON AGING
AGENDA**

**March 14, 2013
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 February 14, 2013
- G. COMMITTEE REPORTS
 - Resource Fair Update-Talkington
- H. CORRESPONDENCE
- I. PRESENTATIONS

J. REGULAR CALENDAR

J.1 Timeline for Work Plan

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

J.2 Speaker Series

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

J.1 May Council Presentation

Recommendation: Commission to finalize May Presentation to Council

K. REPORT OF THE STAFF

K.1 Senior Center Report-Kris Bain

Recommendation: Information only

K.1 March 1, 2013 Event-Christine Engel

Recommendation: Information only

K.2 Facility Update, Senior Issues-Kris Bain

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, March 14, 2013 was posted on March 11, 2013 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

February 14, 2013

A. Call to Order

Meeting convened at 3:04 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chair Garman presiding.

B. Roll Call

Commissioners Present:

Garman, Campbell, Overholt, Wright, and Talkington

Absent:

Staff:

Haynie, Bain, and Tringali

C. Pledge of Allegiance

D. Communications-Public Comment (None)

E. Communication-Commission/Staff Statements and Requests

F. Minutes and Staff Report

Commissioner Overholt made the motion to accept the minutes with change "Commissioner Overholt will get electronic copies of handouts for Important Documents Workshop."; not Commissioner Talkington; Commissioner Talkington seconded the motion. Motion carried 3-0. (Commissioner Wright and Commissioner Campbell arrived at 3:30 p.m.)

G. Committee Reports

Resource Fair

Commissioner Talkington and Commissioner Wright met and gathered information for vendors interested in attending the Resource Fair. Commission discussed timelines for invitations (March) and personal calls to confirm attendance (April). Kelly Hutchison and Michael from the YMCA Fitness Center were present to discuss the Resource Fair and the YMCA's participation. Parks & Recreation programs held in C court will be moved for this date only, to accommodate speakers planned for 10:30, 11:30, and 12:30. Discussed signage, gym set up, advertisements, the YMCA will attend the March 14, 2013 COA meeting to finalize these arrangements.

H. Correspondence (None)

I. Presentations (None)

J. Consent Calendar

J.1 Speaker Series

Discussed next Speaker date as March 20th, this will be a follow up for the Important Documents, to discuss quality of life issues. Press Release will be sent to both the Daily Democrat and the Davis Enterprise, save the date in March Senior Gram. This topic will be offered twice a year. Next topic was discussed, Medicare Changes possibly in June.



Commission on Aging

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

K. Report of the Staff

K.1 Senior Center Report-Kris Bain

Bain reported that students from Woodland Community College were offering Smart Phone presentation to help seniors program and use their smart phones.

K.2 March 1, 2013 Event-Kris Bain

Banners are up at the Charles Brooks Swim Center, Pioneer High School and the Community & Senior Center. Two wineries will be pouring at the Art Show; Care Car has agreed to transport participants to both the Community & Senior Center and to Main Street.

K.3 Teens Helping Seniors-Dallas Tringali

Tringali explained the program to the Commissioners, stating that the job description will be released soon. Applicant deadline is March 27, 2013 and staff should be hired by end of April. Sign ups for seniors who would like help will start in May. Program runs June 10-August 16.

L. Business Items for Next Meeting

Speaker Series
Resource Fair
ReXpo
Facilities Update-Senior Issues

M. Next Meeting Date March 14, 2013

N. Adjourn

Commissioner Campbell made the motion to adjourn the meeting at 4:03 p.m., Commissioner Talkington seconded the motion, and motion carried 5-0.

Respectfully submitted,

Cathy Haynie, Administrative Secretary
Parks & Recreation Department

Commission on Aging Work Plan (January – December 2013)

The following action plan contains 8 specific items that the Commission on Aging proposes to accomplish, or at least begin over the next year. General objectives, dates, and required resources are listed for the sake of planning. However, they are subject to change as the year progresses and particular action items are moved towards implementation.

Each action item, with a brief statement of objective, outcome, timeline, and resource requirements are as follows:

1. Intergenerational Project
2. Promotion
3. Senior Resource Fair
4. Woodland Apartment List

1. Intergenerational Project (Commissioners Wright, & Overholt)

Objective: Develop and implement intergenerational project between seniors and children.

Outcome: Social benefit for young children and seniors.

Timeline: December 2013.

Required Funding: Program costs, Commission and staff time

2. Promotion (Commissioner Overholt)

Objective: Promote a positive image of aging and seniors through public information.

Outcome: Create greater awareness of positive and healthy aging, including an increased awareness of programs and services for seniors.

Timeline: November 2013.

Required Funding: Program costs, Commission and staff time

3. Senior Resource Fair (Commissioners Talkington & Wright)

Objective: Inform seniors and their families/neighbors about senior programs in the community.

Outcome: Create greater awareness and participation in senior programs in the community.

Timeline: May 2013.

Required Funding: Program costs, Commission and staff time.

4. Woodland Apartment List (Commissioner Talkington)

Objective: To complete annual update of the list of Apartment Complexes in Woodland, this includes apartments for 'seniors only'. Biannually

Outcome: Provide current rental information for seniors and their families.

Timeline: January/February 2014.

Required Funding: Program costs, Commission and staff time

May is Older Americans Month

History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month."

Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens Month, is now called "Older Americans Month," and has become a tradition.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pays tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs and other such activities.

Past Older Americans Month Themes

- 1978 - Older Americans and the Family
- 1984 - Health: Make it Last a Lifetime
- 1985 - Help Yourself to Independence
- 1986 - Plan on Living the Rest of Your Life
- 1992 - Community Action Begins with You: Help Older Americans Help Themselves
- 1993 - No theme selected (proclamation signed on May 25, 1993)
- 1994 - Aging: An Experience of a Lifetime
- 1995 - Aging: Generations of Experience
- 1996 - Aging: A Lifetime Opportunity
- 1997 - Caregiving: Compassion in Action
- 1998 - Living Longer, Growing Stronger in America
- 1999 - Honor the Past, Imagine the Future: Towards a Society for All Ages
- 2000 - In the New Century. . . . The Future is Aging
- 2001 - The Many Faces of Aging
- 2002 - America: "A Community for all Ages"
- 2003 - What We Do Makes A Difference.
- 2004 - Aging Well, Living Well
- 2005 - Celebrate Long-term Living
- 2006 - Choices For Independence
- 2007 - Making Choices for a Healthier Future
- 2008 - Working Together for Strong, Healthy and Supportive Communities
- 2009 - Living Today for a Better Tomorrow
- 2010 - Age Strong! Live Long!
- 2011 - Older Americans: Connecting the Community
- 2012 - Never Too Old to Play

Proclamation

Older Americans Month

Whereas, in recognition of the national community in which we live, and in tribute to the elders of our families who represent the strength of our nation, the US Administration on Aging has selected as this year's theme, "Unleash the Power of Age" and

Whereas, Woodland is home to more than 6,700 citizens aged 60 years and older; and

Whereas, Woodland Senior Center is committed to valuing all individuals and recognizing their ongoing life achievements; and

Whereas, the older adults in Woodland play an important role by continuing to contribute experience, knowledge, wisdom, and accomplishments; and

Whereas, our older adults are active community members involved in volunteering, mentorship, arts and culture, and civic engagement; and

Whereas, recognizing the successes of community elders encourages their ongoing participation and further accomplishments; and

Whereas, our community can provide opportunities to allow older citizens to continue to flourish by:

- Emphasizing the importance of elders and their leadership by publicly recognizing their continued achievements
- Presenting opportunities for older Americans to share their wisdom, experience, and skills
- Recognizing older adults as a valuable asset in strengthening American communities

Now therefore, that the City Council of the City of Woodland California do hereby proclaim May 2013 to be Older Americans Month. The Woodland City Council urges every citizen to take time this month to recognize older adults and the people who serve and support them as powerful and vital citizens who greatly contribute to the community.

Dated this 2nd day of May, 2013

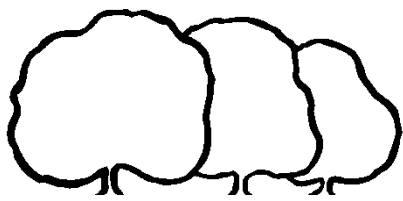
Tom Stallard, Vice-Mayor

Jim Hilliard, Council Member

William Marble, Council Member

Sean Denny, Council Member

Marlin "Skip" Davies, Mayor



City of Woodland

TO: THE HONORABLE MAYOR
AND CITY COUNCIL

Report in Brief

The City Council annually reviews the activities of the City Boards and Commissions and receives updates on the proposed priorities for the following year. This report provides a review of the actions of the Commission on Aging for 2011 and the anticipated activities for 2012.

Staff recommends that the City Council receive the annual report from the Commission on Aging including a summary of 2011 activities and proposed 2012 activities.

Background

The Commission on Aging (COA) was established in 1975 to act as an advisory board to the City Council. The Commission is available to advise and make recommendations to Council on matters pertaining to seniors in Woodland. Meetings are held the second Thursday of each month at 3:30 p.m. The current COA members are: Chairperson Benjamin Garman, Vice-Chairperson Don Campbell, Karen Wright, Regan Overholt, and Lucinda Talkington.

Public Contact

Posting of the City Council agenda.

Recommendation for Action

Staff recommends that the City Council receive the annual report from the Commission on Aging including a summary of 2011 activities and proposed 2012 activities.

Prepared by: Christine Engel

Paul Navazio
City Manager

Attachment: Annual Report Presentation

Woodland Commission on Aging

*Accomplishments and Planned
Projects: 2011-2012*

COA Members

- Don Campbell
- Benjamin Garman
- Regan Overholt
- Lucinda Talkington
- Karen Wright

COA Duties and Responsibilities



The very popular Senior Aerobics class

- Bring focus to issues affecting seniors
- Advocate for support and resources
- Promote healthy aging and quality community services

Primary Senior Issues

- Health Issues
- Retirement Income and Financial Stability
- Affordable Housing
- Community Issues
- Advocacy (ADA)
- Transportation



Annual Work Plan Items

- Woodland Apartment List
- Positive Aging and Promotion Educational Presentations
- Senior Resource Fair
- Community & Senior Center Advocacy
- Intergenerational Projects –
“Teens Helping Seniors”, group social activities
(planned)

**In the current FY, the
Commission on Aging
continues to advocate for
Community & Senior Center
items which were identified
as Senior Concerns&Issues.**

**Some of these
accomplishments included:**

- 2012 Apartment Resource List – used by community agencies and organizations as well as local citizens
- Better accessibility improvements for center users with disabilities
- Community education regarding senior resources with annual Senior Fair



Card games in our lovely game room are always well attended

“Teens Helping Seniors” Program

***Working on funding opportunities
to reinstate popular and high
demand program***

Additional Commissioner Contributions



Senior Arts and Crafts Show 2012

- Participate in and facilitate senior programs including support groups, educational activities and special events
- Support senior programs and special events

Woodland COA

The COA advocates to City Council to ensure the unique needs and desires of the senior community are heard and addressed

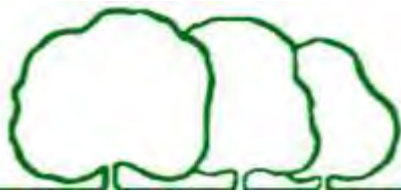
Woodland seniors are intelligent, active, dynamic, involved and vote regularly!



We invite *all* City Council
members

to attend one of our monthly
meetings and participate in the
many special senior activities
coordinated in our city.

Come see what 'active aging'
is all about!



Commission on Aging Communication

AGENDA ITEM

SUBJECT: Monthly Senior Center Report

DATE: January 28, 2013

PREPARED BY: Kris Bain, Senior Center Supervisor

RECOMMENDED ACTION:

None. Information only.

BACKGROUND INFORMATION:

The following provides highlights of the Senior Center for February 2013.

Upcoming Speakers & Presentations

The Senior Center has received numerous requests for presentations/seminars to be made. Customary practice does not allow “for profit” organizations to present at the Senior Center, unless the Senior Center sponsors the presentation. Upcoming scheduled Senior Center sponsored presentations include LEGAL & FINANCIAL PLANNING FOR ALZHEIMER’S DISEASE, put on by the Alzheimer’s Association; SMART PHONES & IPADS: LEARNING THE IN’S AND OUTS, presented by MESA Students of Woodland Community College, IMPORTANT DOCUMENTS, VERSION 2.0, discussed by Joann Hatchet; A BRIEF HISTORY OF THE RED CROSS AND VOLUNTEERISM WITH THE RED CROSS, by the Sacramento-Sierra Chapter of the American Red Cross; and THE ABCD’S OF MEDICARE, presented by Barbara Walters with HICAP.

New Programs Offered

Two new game groups have recently started, both held Monday mornings. The first is a group learning how to play the card game Pedro. The second new card group is the Poker & Bunco group coordinated by Karen Wright from St. John’s Retirement Village. The first week St. John’s brought seven residents to learn and play Poker, St. John’s also provided refreshments. The participants in attendance were taught poker and the game Tripoly.

Senior Art Show & ReXpo

The Senior Art Show and ReXpo held on Friday, March 1 drew hundreds to the Community & Senior Center. Councilman Stallard and Davies were seen during the evening talking to friends. Several artists were able to sell original artwork to the public. Life History participants enjoyed being included in the event and the opportunity to read their original pieces. Thrift Store volunteers raved about the event and how well it was planned. All volunteers and artists are very excited to participate in the event again next year.

Senior Center Inc.

Update from the Board of Directors: *(Will provide a quick update from the 3/7 board of directors meeting here.)*

Hand and Foot Card Party: Senior Center Inc. is hosting a fundraising Hand & Foot Card party on Saturday, March 16 from 11:00 a.m. to 2:00 p.m. Tickets are \$20 per player, lunch is included.

Affordable Adventures: The day trip program has been a huge success, with every trip leaving with a full. Currently, Senior Center, Inc. volunteers have put together trip destinations for the remainder of 2013. A few of the trips include: Safari West Wildlife Trek in Sonoma County, Hearst Castle & Cambria at Christmas, and a trip to see the San Francisco Giants play the Boston Red Sox.

Internship Update Provided by Danielle Craig

For this semester, I have been working at the Senior Center since mid-January doing a variety of different things, including flyer production for various programs and activities at the Center. Being my second term as an intern, I have helped at events such as the Senior Art Show, Volunteer Appreciation Dinner, and movie days. I have been learning basic computer skills such as Excel and Publisher. My internship project is to plan a seminar discussion fitness for seniors.

Program Participation Summary & Revenue Update

February 2013 Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	32			1582	10450	\$ 389.00
FY 12/13 YTD Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	245			13578	107,392	\$ 4,267.30

Recreation Report

classes ending: February 2013

Activity	Start Date	End Date	Meetings	Min/Mtg	Class Hours	Participants	Participant Hours (PH)	Notes
Art	2/6/2013	2/27/2013	4	120	8	20	160	
Arthritis Support Group	2/7/2013	2/7/2013	1	120	2	12	24	
Bingo	2/1/2013	2/27/2013	8	120	16	190	3040	
Ceramics	2/7/2013	2/28/2013	4	120	8	24	192	
Changes to Choices	2/5/2013	2/19/2013	3	120	6	2	12	
Computer Club Meeting	2/25/2013	2/25/2013	1	120	2	25	50	
Computer Lab	2/1/2013	2/22/2013	4	180	12	33	396	
Hand and Foot	2/6/2013	2/27/2013	4	180	12	57	684	
Hear! Here!					0		0	Next Meeting is in May
HICAP Consultations	2/13/2013	2/27/2013	2	60	2	6	12	
Legal Consultations	2/15/2013	2/15/2013	1	30	0.5	4	2	
Low Impact Aerobics 8am	2/1/2013	2/27/2013	12	30	6	179	1074	
Low Impact Aerobics 10am	2/1/2013	2/27/2013	13	30	6.5	374	2431	
Needles & Friends	2/4/2013	2/25/2013	3	60	3	45	135	
Outa Sight SPEAKER	2/5/2013	2/5/2013	1	120	2	28	56	
Outa Sight SUPPORT	2/19/2013	2/19/2013	1	120	2	13	26	
Parkinson's Support Group	2/26/2013	2/26/2013	1	60	1			No report provided
Ping Pong	2/1/2013	2/22/2013	4	60	4	19	76	
Peripheral Neropathy	2/19/2013	2/19/2013	1	60	1		0	No report provided
Pedro	2/5/2013	2/26/2013	4	120	8	112	896	
Pinochle	2/7/2013	2/28/2013	4	120	8	54	432	
Prostate Support Group	2/11/2013	2/11/2013	1	120	2	12	24	
Ship Shape	2/5/2013	2/28/2013	8	30	4	47	188	
Senior Movie Day	2/21/2013	2/21/2013	1	120	2	31	62	Movie: Trouble with the Curve
Stompers	2/4/2013	2/25/2013	3	60	3	39	117	
The Novel	2/12/2013	2/12/2013	1	60	1	7	7	
Stroke Support	2/11/2013	2/11/2013	1	120	2	8	16	
White Elephant Thrift Shop	2/1/2013	2/26/2013	8	120	16		0	No report provided
Woodcarvers	2/6/2013	2/20/2013	2	120	4	17	68	
Yoga	2/14/2013	2/28/2013	3	60	3	90	270	
SPECIAL Classes/Presentations								
Tax Aid Preparation	2/6/2013	2/28/2013	8	240	60	94	5640	Wed & Thur appointments
Collette Travel Presentation	2/14/2013	2/14/2013	1	90	1.5	20	30	
Digital Literacy	2/8/2013	2/22/2013	2	120	2	20	40	
Library Usage			10.75 vol. hours		127 ret. Book	151 new books		