

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

**COMMISSION ON AGING
AGENDA**

**July 11, 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 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–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.

- F. MINUTES
 - F.1 Adopt the Minutes of the Commission Meeting of June 13, 2013
- G. COMMITTEE REPORTS
- H. CORRESPONDENCE
- I. PRESENTATIONS

7/8/2013

J. REGULAR CALENDAR

J.1 Apartment List

Recommendation: Commission to begin updating Apartment List for publication in January 2014.

K. REPORT OF THE STAFF

K.1 Senior Center Report-Kris Bain

Recommendation: Information only

K.2 Facility Update, Senior Issues-Kris Bain

Recommendation: Information only

K.3 Teens Helping Seniors Update

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, July 11, 2013 was posted on July 8, 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

June 13, 2013

Call to Order

Meeting convened at 3:05 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chair Garman presiding.

Roll Call

Commissioners Present: Garman, Overholt, Wright, Campbell and Talkington

Absent:

Staff: Haynie and Bain

Pledge of Allegiance

Communications-Public Comment (None)

Communication-Commission/Staff Statements and Requests

Minutes

Commissioner Wright made the motion to accept the minutes with changes; Commissioner Campbell seconded the motion. Motion carried 5/0.

Committee Reports

May 29, 2013, 10-1 p.m., Resource Fair Update

Commissioner Talkington and Commissioner Wright reported that 79 vendors attended with 2 walk-ins and 6 no-shows. Commissioners discussed how to better coordinate with the YMCA for PR for the two events and the possibility of charging the for-profits \$25 for their tables and no-charge for the non-profits. This will help with the no-shows and walk-ins for future events. Discussion continued with the room set up, using some of the round tables for the prizes and food table, posting room changes for exercise classes and making sure that bingo has their normal set-up. Discussed including local restaurants to participate in the event.

Correspondence (None)

Presentations (None)



Commission on Aging

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Consent Calendar

Speaker Series

Commissioners were pleased with the last speaker. June speaker is provided by HI CAP, Barbara Walters, on ABC's &D's of Medicare rescheduled for September. Commissioner Overholt will report in July on "How to Improve You". Other topics discussed were a Dr. Waganon presentation and possible physical activities demonstrations such as low impact aerobics, yoga, ping pong etc.

Report of the Staff

Teens Helping Seniors

Bain reported that registration was slow for this program. Summer Time Fun Club uses 30 volunteers to assist with this program which may have contributed to the low number of volunteers for Teens Helping Seniors.

Senior Center Report

Commissioner Campbell asked when the red paint around the building was scheduled to be repainted and asked if the trash cans at the front of the building could be moved next to the curb. Bain stated that she would bring all of Commissioner Campbell's concerns up at the staff meeting on Wednesday.

Business Items for Next Meeting

Apartment List
Facilities Update-Senior Issues
Teens Helping Seniors Update

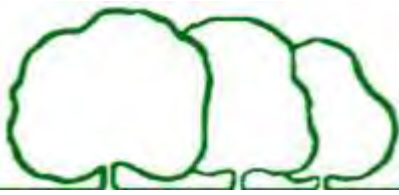
Next Meeting Date July 11, 2013

Adjourn

Commissioner Wright made the motion to adjourn the meeting at 4:10 p.m., Commissioner Talkington seconded the motion, and motion carried 5-0.

Respectfully submitted,

Cathy Haynie, Administrative Secretary
Parks & Recreation Department



Commission on Aging Communication

AGENDA ITEM

SUBJECT: Monthly Senior Center Report

DATE: June 1, 2013

PREPARED BY: Kris Bain, Senior Center Supervisor

RECOMMENDED ACTION:

None. Information only.

BACKGROUND INFORMATION:

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

Teens Helping Seniors Update

Teens Helping Seniors, headed by Program Coordinator Wesley Mannering has eight volunteer teens in the program. Within the first week they helped at eight seniors' homes provided program outreach at senior apartments and Wal-Mart. The group is scheduled to go to the Community Swim Center every Thursday as a reward. Teens Helping Seniors is still accepting applications for Jr. High and High School-aged volunteers. The program runs through August 14th.

Special Program Report

New program – Women in Second Adulthood/Women in Mid-life

The new support group geared for women entered a new phase in their lives coping with the changes started in June. Lead by self-taught volunteer, Tammy Piazza, this group plans to address many of the fears and concerns of women as their bodies and family dynamics change. The group met in June as a trail and seven in attendance.

Special Presentation – Yolo Hospice's Guide to Dementia

Yolo Hospice held a special evening presentation *Your Guide to Support Family Members with Dementia* on June 19th. After the presentation, attendees requested a further in depth look at dementia and the care-giver's role. In August, Yolo Hospice has been scheduled to return featuring a four-part series: *Accepting the Challenge, Providing the Best Care for People with Dementia*.

Senior Center Inc.

No update from Senior Center Inc, the next scheduled meeting is in September.

Program Participation Summary & Revenue Update

<u>Recreation Report</u> classes ending: June 2013								
Activity	Start Date	End Date	Meetings	Min/ Mtg	Class Hours	Participants	Participant Hours (PH)	Notes
Art	6/5/2013	6/26/2013	4	120	8	7	56	
Arthritis Support Group	6/6/2013	6/6/2013	1	120	2	8	16	
Bingo	6/5/2013	6/28/2013	8	120	16	179	2864	
Ceramics	6/6/2013	6/27/2013	3	120	6	17	102	
Changes to Choices	6/4/2013	6/18/2013	2	120	4	0	0	
Computer Club CLASS	6/11/2013	6/11/2013	1	120	2	7	14	
Computer Club Meeting	6/24/2013	6/24/2013	1	120	2	19	38	
Computer Lab	6/7/2013	6/28/2013	4	180	12	22	264	
Hand and Foot	6/5/2013	6/26/2013	4	180	12	48	576	
Hear! Here!			1	120	2		0	Next meeting in October
HICAP Consultations	6/13/2013	6/27/2013	2			6		
Legal Consultations	6/21/2013	6/21/2013	1	30	0.5	4	2	
Low Impact Aerobics 8am	6/3/2013	6/28/2013	12	30	6	175	1050	
Low Impact Aerobics 10am	6/3/2013	6/28/2013	12	30	6	432	2592	
Needles & Friends	6/3/2013	6/24/2013	4	60	4	56	224	
Outa Sight SPEAKER	6/4/2013	6/4/2013	1	120	2	22		
Outa Sight SUPPORT	6/18/2013	6/18/2013	1	120	2	14		
Parkinson's Support Group	6/25/2013	6/25/2013	1	60	1	8		
Ping Pong	6/7/2013	6/28/2013	4	60	4	19		
Peripheral Neropathy	6/4/2013	6/4/2013	1	60	1	35	35	Special Speaker Kelly Ward
Pedro	6/4/2013	6/25/2013	4	120	8	120	960	

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Pinochle	6/6/2013	6/27/2013	4	120	8	58	464	
Prostate Support Group				120	0			ODD MONTHS ONLY
Ship Shape	6/4/2013	6/27/2013	8	30	4	58	232	
Senior Movie Day	6/20/2013	6/20/2013	1	120	2	45	90	Movie: LINCOLN
Stompers	6/3/2013	6/24/2013	4	60	4	49	196	
The Novel	6/4/2013	6/4/2013	1	60	1	6	6	
Stroke Support	6/17/2013	6/17/2013	1	120	2	6	12	
White Elephant Thrift Shop	6/4/2013	6/28/2013	8	120	16	201	3216	
Woodcarvers	6/5/2013	6/19/2013	2	120	4	12	48	
Yoga	6/13/2013	6/27/2013	3	60	3	105	315	

SPECIAL Classes/Presentations

AA to Sunset Magazine	Cancelled		1	240	4		0	
Cowboy Country (Collette)	6/13/2013	6/20/2013	1	120	2	4	8	
Yolo Hospice	6/19/2013	6/19/2013	1	60	1	12	12	
Women in 2nd Adulthood	6/13/2013	6/13/2013	2	60	2	8	16	
Library Usage			9.25 vol. hours		104 ret. Book	128 new books		

June 2013 Totals:	Classes Offered	Total Participants	Total PH	Net Revenue
	34	1762	13408	\$494.50
FY 12/13 YTD Totals:	Classes Offered	Total Participants	Total PH	Net Revenue
	375	20918	169,406	\$9,313.43