

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

COMMISSION ON AGING AGENDA

**November 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 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 September 12, 2013
- G. SCI REPORT-Nick Pohl, President
- H. CORRESPONDENCE
- I. PRESENTATIONS

J. REGULAR CALENDAR

J.1 Council Report

Recommendation: Commission to begin updating the report to Council for January 2014.

J.2 Senior Resource Fair 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

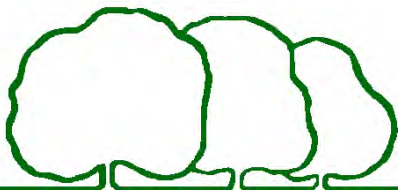
L. ADJOURN

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 14, 2013 was posted on November 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 Communication

AGENDA ITEM

SUBJECT: Monthly Senior Center Report

DATE: November 1, 2013

PREPARED BY: Kris Bain, Senior Center Supervisor

RECOMMENDED ACTION:

None. Information only.

BACKGROUND INFORMATION:

The following provides highlights for the Senior Center for November 2013.

Flu Shot Clinic

With the assistance of Parks & Recreation Commissioner Jesse Salinas, the Senior Center and the Yolo County Health Department teamed up to offer a flu shot clinic on Thursday, October 17 to the public. No one was turned away due to age or inability to pay. A total of forty-eight individuals received their flu shots, of those, only 3-5 were not seniors. Many of those polled reported this drop-in flu clinic was convenient and easy to attend. Senior Center Inc. provided volunteers for the event and purchased refreshments. The flu shot clinic was collaborative effort run in conjunction with the Healthy Yolo Project, consisting of a survey taken from Yolo County residents identifying the County's largest health needs.

One Hand Can Cook Special Presentation for Stroke Support Group

The Stroke Support Group is hosted a special presentation on Tuesday, October 21. Rosanna Radding, a stroke survivor is presented a One-Handed Cooking Demonstration. As a stroke survivor, Ms. Radding developed her "One Hand Can Cook" workshops to help growth, independence, and personal successes for other stroke survivors. The demonstration also offered a stroke survivor's perspective as well as; provides medical professionals information and insights from the same perspective. Ms. Radding shared her thoughts and challenges of rehabilitation and transitioning into a "new normal", living one-handed in a two-handed world.

Special Program Report

Special Presentation – A, B, C's, and D's of Medicare

Barbara Walters of the Health Insurance Counseling Program presented the A, B, C's, and D of Medicare on Wednesday, September 25. Ms. Walters educated attendees of anticipated changes and updates to Medicare. Over forty seniors, all of Medicare age, attended the workshop. Many were

unaware of what HICAP was and the free counseling they provide to all seniors and those nearing Medicare age.

Senior Center Inc.

Update to be provided at meeting.

Program Participation Summary & Revenue Update

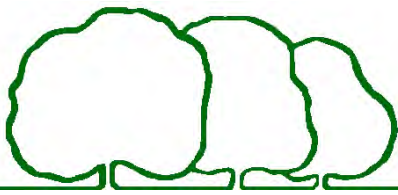
An overview of programs and revenue within the Seniors Center for September.

September 2013 Totals:			Classes Offered		Total Participants	Total PH	Program Revenue
			29		1643	10887.5	\$ 1,332.80
FY 13/14 YTD Totals:			Classes Offered		Total Participants	Total PH	FY Revenue
			80		5263	38,694	\$ 2,224.80

SUBJECT: Monthly Senior Center Report**PAGE:** 3**ITEM:****Recreation Report**

classes ending: September 2013

Activity	Start Date	End Date	Meetings	Min/Mtg	Class Hours	Participants	Participant Hours (PH)	Notes
Art	9/4/2013	9/25/2013	4	120	8	32	256	
Arthritis Support Group	9/5/2013	9/5/2013	1	120	2	10	20	
Bingo	9/4/2013	9/27/2013	8	120	16	160	2560	
Ceramics	9/5/2013	9/26/2013	4	120	8	23	184	
Computer Club Class				120	0	8	0	
Computer Club Meeting	9/30/2013	9/30/2013	2	120	4	14	56	
Computer Lab	9/6/2013	9/27/2013	4	180	12	27	324	
Hand and Foot	9/4/2013	9/25/2013	4	180	12	48	576	
HICAP Consultations	9/12/2013	9/26/2013	2		6	8	48	
Legal Consultations	9/19/2013	9/19/2013	1	30	0.5	3	1.5	
Low Impact Aerobics 8am	9/4/2013	9/30/2013	12	30	6	185	1110	
Low Impact Aerobics 10am	9/4/2013	9/30/2013	12	30	6	421	2526	
Needles & Friends	9/9/2013	9/30/2013	4	60	4	54	216	
Outa Sight SPEAKER	9/3/2013	9/3/2013	1	120	2	16	32	
Outa Sight SUPPORT	9/17/2013	9/17/2013	1	120	2	12	24	
Parkinson's Support Group	9/24/2013	9/24/2013	1	60	1	10	10	
Ping Pong	9/6/2013	9/27/2013	4	60	4	20	80	
Peripheral Neuropathy	9/3/2013	9/3/2013	1	60	1	15	15	
Pedro	9/3/2013	9/24/2013	4	120	8	128	1024	
Pinochle	9/5/2013	9/26/2013	4	120	8	55	440	
Prostate Support Group	9/9/2013	9/9/2013	1	120	2	26	52	
Ship Shape	9/3/2013	9/26/2013	7	30	4	78	312	
Senior Movie Day	9/19/2013	9/19/2013	1	120	2	40	80	Quartet
Stompers	9/9/2013	9/30/2013	4	60	4	56	224	
The Novel	9/10/2013	9/10/2013	1	60	1	8	8	
Stroke Support	9/16/2013	9/16/2013	1	120	2	10	20	
Woodcarvers	9/4/2013	9/18/2013	2	120	4	16	64	
Yoga	9/12/2013	9/26/2013	3	60	3	75	225	
SPECIAL Classes/Presentations								
ABCD's Medicare	9/26/2013	9/26/2013	1	60	1	40	40	
AA Trip to Mare Island	9/22/2013	9/22/2013	1	480	8	45	360	
Library Usage		9.25 vol. hours			119 ret. Book	212 new books		



Commission on Aging Communication

AGENDA ITEM

SUBJECT: Monthly Senior Center Report

DATE: November 1, 2013

PREPARED BY: Kris Bain, Community Services Program Manager

RECOMMENDED ACTION:

None. Information only.

BACKGROUND INFORMATION:

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One Hand Can Cook Special Presentation for Stroke Support Group

The Stroke Support Group is hosted a special presentation on Tuesday, October 21. Rosanna Radding, a stroke survivor is presented a One-Handed Cooking Demonstration. As a stroke survivor, Ms. Radding developed her "One Hand Can Cook" workshops to help growth, independence, and personal successes for other stroke survivors. The demonstration also offered a stroke survivor's perspective as well as; provides medical professionals information and insights from the same perspective. Ms. Radding shared her thoughts and challenges of rehabilitation and transitioning into a "new normal", living one-handed in a two-handed world. Twenty seniors attended the presentation, many of whom were stroke survivors, all enjoyed Mrs. Radding's positive message.

Changes in Service for Elderly Nutrition Program

Elderly Nutrition rents the Community & Senior Center facilities to serve seniors nutritious meals every weekday. They utilize the kitchen for two purposes to prepare and distribute meals for Meals on Wheels and also preparing and serving lunch for the congregate lunch program. Effective September 23, the Elderly Nutrition Program ended preparing and serving the home delivery meals for Woodland out of the Community & Senior Center's kitchen. The home delivery drivers were instructed to pick up meals at the main Elderly Nutrition kitchen on East Street. The change impacted the Senior Center's participants by the service time for the congregate lunch is now fifteen minutes later at 11:45 a.m. Elderly Nutrition made this change to utilize employees and volunteers to assist in the preparing of the home delivery packages and minimize the kitchen clean-up at the Senior Center.

Senior Center Inc.

Update to be provided at meeting.

Program Participation Summary & Revenue Update

An overview of programs and revenue within the Seniors Center for October.

October 2013 Totals:			Classes Offered		Total Participants	Total PH	Net Revenue
			31		1906	14960	\$ 826.00
FY 13/14 YTD Totals:			Classes Offered		Total Participants	Total PH	Net Revenue
			111		7169	53,654	\$ 3,050.80

SUBJECT:

Monthly Senior Center Report

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ITEM:

Recreation Report								
classes ending: October 2013								
Activity	Start Date	End Date	Meetings	Min/Mtg	Class Hours	Participants	Participant Hours (PH)	Notes
Art	10/2/2013	10/30/2013	5	120	10	40	400	
Arthritis Support Group	10/3/2013	10/3/2013	1	120	2	8	16	
Bingo	10/2/2013	10/30/2013	9	120	18	226	4068	
Ceramics	10/3/2013	10/31/2013	5	120	10	29	290	
Changes to Choices	10/1/2013	10/15/2013	2	120	4	1	4	
Computer Club CLASS	10/1/2013	10/9/2012	1	120	2	8	16	
Computer Club MEETING	10/28/2013	10/28/2013	1	120	2	16	32	
Computer Club LAB	10/4/2013	10/25/2013	4	180	12	22	264	
Hand and Foot	10/3/2013	10/31/2013	5	180	15	59	885	
HICAP Consultations	10/10/2013	10/31/2013	3	240	12	11	132	
Legal Consultations	10/18/2013	10/18/2013	1	30	0.5	3	1.5	
Low Impact Aerobics 8am	10/2/2013	10/30/2013	13	30	6.5	157	1020.5	
Low Impact Aerobics 10am	10/2/2013	10/13/2013	13	30	6.5	574	3731	
Movie Day	10/17/2013	10/17/2013	1	120	2	17	34	42
Needles & Friends	10/7/2013	10/28/2013	4	60	4	64	256	
Outa Sight SPEAKER	10/1/2013	10/1/2013	1	120	2	16	32	
Outa Sight SUPPORT	10/15/2013	10/15/2013	1	120	2	10	20	Trip to Crocker Art Museum
Parkinson's Support Group	10/22/2013	10/22/2013	1	60	1	10	10	
Ping Pong	10/4/2013	10/25/2013	4	60	4	15	60	
Peripheral Neropathy	10/1/2013	10/1/2013	1	60	1	16	16	
Pedro	10/1/2013	10/29/2013	5	120	10	160	1600	
Pinochle	10/3/2013	10/31/2013	5	120	10	55	550	
Ship Shape	10/1/2013	10/31/2013	10	30	4	96	384	
Stroke Support	10/21/2013	10/21/2013	1	60	1	18	18	Special Presentation
Stompers	10/7/2013	10/28/2013	4	60	4	68	272	
The Novel	10/8/2013	10/8/2013	1	60	1	8	8	
Woodcarvers	10/2/2013	10/16/2013	2	120	4	16	64	
Yoga	10/10/2013	10/31/2013	4	60	4	100	400	
SPECIAL Classes/Presentations								
Flu Shot Clinic	10/17/2013	10/17/2013	1	120	2	48	96	
Every Woman Counts	10/29/2013	10/29/2013	1	60	1	0	0	
SCI's Affordable Adventure	10/12/2013	10/12/2013	1	all day	8	35	280	Safari West
Library Usage		11.25 vol. hours			163 ret. Book	167 new books		