

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

COMMISSION ON AGING AGENDA

**February 13, 2014
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 January 9, 2014
- G. CORRESPONDENCE
- H. PRESENTATIONS

I. REGULAR CALENDAR

I.1 Council Report
Review draft Council Annual Report

I.2 Senior Resource Fair 2014

I.3 Apartment List

I.4 Workplan 2014

J. REPORT OF THE STAFF

J.1 Senior Center Report-Kris Bain
Recommendation: Information only

J.2 Facility Update, Senior Issues-Kris Bain
Recommendation: Information only

K. ADJOURN

L. NEXT MEETING March 13, 2014

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, February 13, 2014 was posted on February 10, 2014 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

January 9, 2014

Call to Order

Meeting convened at 3:10 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chair Garman presiding.

Roll Call

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

Absent:

Staff: Engel, Haynie and Bain

Pledge of Allegiance

Communications-Public Comment (none)

Minutes

Commissioner Overholt made the motion to accept the minutes of September 12, 2013 as written, Commissioner Talkington seconded the motion. 4/0 (*Commissioners not present at meeting did not vote*)

Commissioner Campbell made the motion to accept the minutes of November 11, 2013 as written, Commissioner Wright seconded the motion. 4/0 (*Commissioners not present at meeting did not vote*)

Regular Calendar

Annual Report to Council

The COA Annual Report presentation is on the February 18, 2014 Council Agenda. Commissioner Overholt will update the presentation and staff will supply her with pictures of programs and the resource fair. Presentation will need to be turned in by February 4, 2014 to be put on the agenda.

Senior Resource Fair 2014

Bain reported that she met with Kelly Hutchison and Mike Andrews from the YMCA. The goal this year is to make the Resource Fair and the Y's May event into "one big event". Bain asked for input from Commissioners on the draft flyer for the Senior Resource Fair. SCI has been approached by Bain for funding for the Resource Fair and Bain is working with Cambridge College, Starbucks and Target to supply volunteers for the event.

Apartment List

Commissioner Garman will supply staff with his updated information.

Speaker Series

Commissioners discussed the timing for the next Speaker Series event and decided the next speaker would be in October/November. The subject would be Health, Physical and Emotional well being.



Commission on Aging

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

Resignation

Commissioner Talkington informed the Commission and Staff that she was resigning her seat on the COA.

Senior Parking

Commissioner Campbell requested that staff include in minutes each time Commissioner Campbell comments on the need for additional handicap parking at the Community & Senior Center. Campbell stated that the front grass area of the Center would be a great place for handicap parking.

Report of the Staff

Facility Update

Bain reported that grouting by the meeting rooms is completed. Security locks were being installed on parts of the facility. Commissioner Campbell stated that the entry doors to the center were too heavy for seniors to open and asked staff to address his concerns.

Senior Center Report

Bain asked the Commission if they had any questions about her staff report. Commission Garman asked about the new scrapbooking class. Bain responded that the class is offered twice a month from 10-12 p.m. first class is on January 10, 2014.

Business Items for Next Meeting

Review Draft Council Annual Report

Apartment List

2014 Workplan

Next Meeting Date February 13, 2014

Adjourn

Commissioner Talkington made the motion to adjourn the meeting at 4:25 p.m., Commissioner Campbell seconded the motion, and motion carried 4-0. Commissioner Overholt left at 4:00 p.m.

Respectfully submitted,

Cathy Haynie, Administrative Secretary
Parks & Recreation Department

Woodland Commission on Aging

*Accomplishments and Planned
Projects: 2012-2013*

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:**

- 2013 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

Funding by Senior Center Inc, this popular program served 37 seniors on 47 jobs for 200 hours by the teens. Outstanding feedback from seniors, participants and staff. The program ran from June 24 to August 14, 2013.

Celebrating a Successful Program!



Teen volunteers commemorate the end of the program with a trip to the Santa Cruz Beach Boardwalk



Additional Commissioner Contributions



Senior Arts and Crafts Show 2013

- 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!



Senior Art Group

**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!**



Senior Resource Fair

held at Woodland Community & Senior Center



May 16
10:30 a.m. to 1:00 p.m.

- Transportation
- Support Groups
- Health Care
- Fitness
- Volunteering

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.

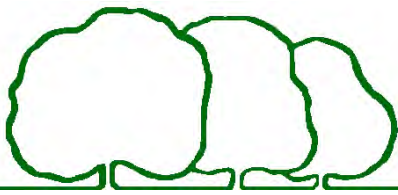
4. Woodland Apartment List (Commissioner Talkington)

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



Commission on Aging Communication

AGENDA ITEM

SUBJECT: Monthly Senior Center Report

DATE: February 13, 2014

PREPARED BY: Kris Bain, Community Services Program Manager

RECOMMENDED ACTION:

None. Information only.

BACKGROUND INFORMATION:

The following provides highlights for the Senior Center from January 2014.

Life History Teacher Recognition

Ms. Marilyn Kregel, a former elementary school teacher, continued using her passion of teaching by instructing seniors in writing their life stories, upon retiring from Woodland Joint Unified School District. Offered by Woodland Adult Education, the "Writing Your Life History" class became so popular that under her tutelage, attendance grew from one to three classes. Seniors have been writing their biographies, memoirs, and life essays to capture and preserve their life experiences. Several participants in Ms. Kregel's classes are published authors.

In May, 2013, Ms. Kregel officially retired from teaching. Though she will be missed in her teaching capacity, the "Writing Your Life History" class continues to be offered at the Senior Center through Woodland Adult Education. A permanent plaque was placed on a wall outside the library of the Woodland Senior Center and was unveiled on February 7 recognizing Ms. Kregel's twelve and a half years of guidance of "Writing Your Life History" to seniors of Woodland.

Tax Aid Preparation

Annual Tax Aid preparation offered by AARP volunteers began on February 3. The appointments are scheduled from the first of February until mid-April and aid seniors in submitting their federal and state tax returns. The Senior Center front desk is busy booking the appointments for seniors. Appointments are Monday afternoons at 1:00, 2:00, 3:00, and 4:00 p.m. and Friday mornings at 9:00, 10:00, 11:00 a.m., and 12:00 p.m.

Senior Art Show & ReXpo

The Senior Art Show and ReXpo is scheduled for Friday, March 7. The Senior Art Show highlights the artwork of seniors participating in classes and programs at the Senior Center. ReXpo is a recreation exposition that kicks off summer programming. To celebrate the agricultural heritage of our community, wine tasting and olive oil tasting will be a part of the Senior Art Show. This year, three wineries have confirmed their participation for free wine tasting during the art show: Bogle Vineyards, Route 3 Winery, and Simas Family Vineyards. Olive oil vendors have also been contacted to provide tasting. To date, Story Olive Oil has offered to participate.

Marketing materials for the event such as mailers, press releases, posters, and banners have been sent out. Staff has been working with the artists and instructors to confirm room logistics, set up, and scheduling. The senior artwork being shown includes paintings, drawings, ceramics, needlework, quilting, wood-carvings, and new this year scrapbooking. Some artwork will be available for sale.

Program Update

Staff continues to receive new program and/or presentation requests. Another new class is scheduled to begin soon is titled the “Life Journey” class, a program similar to a combination of Life History and Scrapbooking.

On February 2, the Woodland Senior Center Computer Club hosted an “iphone, ipad, and other smart devices” class. Taught by Mr. Chris Cone, the class was filled to the capacity of 50 participants. This basic beginning class helped students to learn about the phones, how to use them, and basic functions. With such a large interest, the Computer Club is planning to offer the class again for those who could not attend.

Facility Update

Staff assessed the Community & Senior Center for visual safety. There are several areas within the facility with little or limited visibility on video recording. These areas include areas that seniors utilize most frequently: the Warren Meyer Game Room, the library/lounge, the Senior Center halls, the Arts & Crafts room, and the Dance/Fitness Studio. After obtaining a bid from Stanley Security, staff is proposing to have eleven new cameras installed in the high risk areas of the facility. At the upcoming Woodland Recreation Foundation meeting in March, staff is requesting funding for this project.

Senior Center Inc.

Senior Center Inc. has funded the purchase of three new computers for the Woodland Senior Center Computer Club. All computers will be Hewlett Packard computers with Microsoft Word 2013 and Windows 7.

SUBJECT: Monthly Senior Center Report

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ITEM:

Program Participation Summary & Revenue Update

An overview of programs and revenue within the Senior Center for January.

January 2014 Totals:			Classes Offered			Total Participants	Total PH	Net Revenue
			29			1621	12609	\$ 757.00
FY 13/14 YTD Totals:			Classes Offered			Total Participants	Total PH	Net Revenue
			195			11892	84,896	\$ 4,424.80

Recreation Report

classes ending: January 2014

Activity	Start Date	End Date	Meetings	Min/Mtg	Class Hours	Participants	Participant Hours (PH)	Notes
Art	1/8/2014	1/29/2014	5	120	10	40	400	
Arthritis Support Group	1/3/2014	1/3/2014	1	120	2	6	12	
Bingo	1/3/2014	1/31/2014	9	120	18	244	4392	
Ceramics	1/16/2014	1/30/2014	3	120	6	22	132	
Changes to Choices	1/7/2014	1/21/2014	2	120	4	2	8	
Computer Club Meeting	1/27/2014	1/27/2014	1	120	2	23	46	
Computer Lab	1/3/2014	1/31/2014	5	180	15	35	525	
Hand and Foot	1/8/2014	1/29/2014	4	180	12	48	576	
HICAP Consultations	1/9/2014	1/23/2014	2		6	6	36	
Legal Consultations	1/16/2014	1/16/2014	1	30	0.5	4	2	
Low Impact Aerobics 8am	1/3/2014	1/31/2014	12	30	6	176	1056	
Low Impact Aerobics 10am	1/3/2014	1/31/2014	12	30	6	391	2346	
Needles & Friends	1/6/2014	1/27/2014	3	60	3	44	132	
Outa Sight SUPPORT	1/21/2014	1/21/2014	1	120	2	20	40	
Parkinson's Support Group	1/28/2014	1/28/2014	1	60	1	8	8	
Ping Pong	1/3/2014	1/31/2014	5	60	5	22	110	
Peripheral Neropathy	1/7/2014	1/7/2014	1	60	1	16	16	
Pedro	1/7/2014	1/28/2014	4	120	8	128	1024	
Pinochle	1/2/2014	1/30/2014	5	120	10	47	470	
Prostate Support Group	1/13/2014	1/13/2014	1	120	2	20	40	
Scrapbooking	1/10/2014	1/24/2014	2	60	14	13	182	
Ship Shape	1/2/2014	1/2/2014	9	30	4	83	332	
Sen or Movie Day	1/16/2014	1/16/2014	1	120	2	14	28	Hitchcock
Stompers	1/6/2014	1/27/2014	3	60	3	47	141	
Stroke Support	1/27/2014	1/27/2014	1	120	2	6	12	
The Novel	1/7/2014	1/7/2014	1	60	1	8	8	
Woodcarvers	1/15/2014	1/15/2014	1	120	2	6	12	
Yoga	1/9/2014	1/30/2014	4	60	4	127	508	
SPECIAL Classes/Presentations								
Hearing & Hearing Loss	1/14/2014	1/14/2014	1	60	1	15	15	
Library Usage			14.25 vol. hours		205 ret. Book	256 new books		