

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

COMMISSION ON AGING AGENDA

**July 10, 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 June 12, 2014

- G. CORRESPONDENCE
- H. PRESENTATIONS

- I. REGULAR CALENDAR
 - I.1 Senior Resource Fair May 28, 2014
 - I.2 Senior Center Inc. Representative
 - I.3 Workplan 2014
 - I.4 Workplan 2015
- 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 September 11, 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, July 7, 2014 was posted on June 9, 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

June 12, 2014

Call to Order

Meeting convened at 3:06 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California;
Chair Garman presiding.

Roll Call

Commissioners Present: Garman, Campbell, Wright
Absent: Overholt
Staff: Engel, Bain and Haynie
Guest: Cindy Martel and Elizabeth Freed

Pledge of Allegiance

Communications-Public Comment

Cindy Martel attended the Senior Resource Fair with her mother. Ms. Martel stated that the Senior Resource Fair was a well-run event, with nice spacing of tables. Ms. Martel would like to see presentations on more topics that are not on fitness.

Minutes

Commissioner Wright made the motion to accept the minutes of May 8, 2014 as written, Commissioner Campbell seconded the motion. 3/0

Regular Calendar

Senior Resource Fair May 28, 2014

Item was removed and added to July 10, 2014 meeting.

Senior Center Inc. Representative

Commissioner Garman will attend the August SCI meeting. Will add item to the September 11, 2014 meeting.

Workplan 2014

Commissioner Garman will report on Workplan at the July meeting.

Workplan 2015

Item tabled until July meeting.

Report of the Staff

Senior Center Report

Bain reported that Flower for Mother's Day workshop created over forty (40) arrangements and donated thirty two arrangements to the Californian for Mother's Day. Plans are in progress to offers this again in September incorporating different locations and encourage other participants. Yoga Meditation class has grown to 30-45 participants and will now be offered every week. Mari Sanchez will be the coordinator for the Teens Helping Seniors Program. Mari is a teacher at Maxwell Elementary School and has 14 years of service with the Community Services Department in youth recreation programs. Teens Helping Seniors has



Commission on Aging

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

20 participants enrolled, requests art coming in from Senior. The Parent/Participant meeting is scheduled for tonight.

Facility Update

Engel explained that the whole Community & Senior Center and Sports Park facility plan is being reviewed. Staff is presently collecting data on the needs of the facility and participants. Maintenance will spot check the front entrance for any grout issues.

Business Items for Next Meeting

Senior Resource Fair

2014 Workplan

2015 Workplan

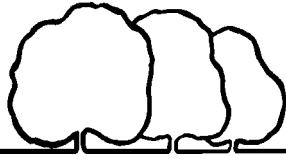
Next Meeting Date July 10, 2014

Adjourn

Commissioner Campbell made the motion to adjourn the meeting at 3:53 p.m., Commissioner Wright seconded the motion, and motion carried 3/0.

Respectfully submitted,

Cathy Haynie, Administrative Secretary
Parks & Recreation Department



City of Woodland

COMMISSION ON AGING

Updated: 7/7/14

NAME	ADDRESS	PHONE/Email	TERM
Karen Wright	10 Palm Avenue Woodland, CA 95695	W: 662-1290 x107 668-0209 kwright@sjrv.org	12/31/2014
Regan Overholt	1521 Saratoga Drive Woodland, CA 95695 <u>Mail to:</u> c/o First Five 403 Court Street Woodland, CA 95695	W: 669-2311 668-9619 roverholt@first5yolo.org	12/31/2014
Carla Sanborn	962 W. Cross Street Woodland, CA 95695	662-7891 Carla.sanborn@sbcglobal.net	12/31/2015
Don Campbell, Vice-Chairperson	1742 Amherst Way Woodland, CA 95695	H: 530-666-3021 C: 530-908-1189 campbell5224@sbcglobal.net	12/31/2015
Benjamin Garman, Chairperson	260 West Court St. #24 Woodland, CA 95695 <u>Mail to:</u> P.O. Box 8236 Woodland, CA 95776	H: 530-723-6128 bdgarman@gmail.com	12/31/2014

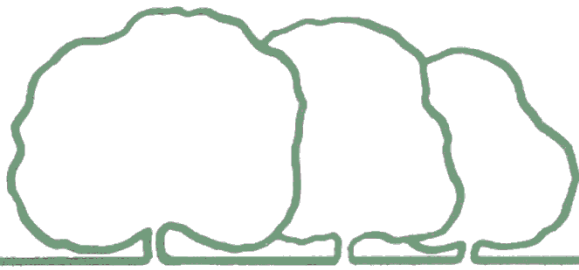
This is a 5 member Commission with four year terms.

Meetings: Second Thursday of each month

Location: Community & Senior Center, 2001 East Street.

Contact Information: 530.661.2001

Agenda packets available online: <http://www.cityofwoodland.org/prcs/comissions.htm#aging>



Senior Center

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

Enjoyment & Needs Assessment Survey

The Senior Center staff is interested in your satisfaction while you participate in activities at the Senior Center. We value your opinions and appreciate your input and cooperation. In order to better understand your satisfaction with the Senior Center programming, we ask you to complete this short survey. Your answers are anonymous and confidential.

If you would like to discuss further with Senior Center staff about your experience, please include your name and phone number.

Please return to the Senior Center front counter by June 30, 2014.

Survey sheets collected and tallied for this survey 129, not everyone responded to some of the questions.

I. Facility

A. How do you rate the overall condition of the building?

Excellent **88** Good **39** Fair **2** Poor

Extra wide parking spaces are a great benefit.

I wish to commend the Senior Center, Inc. group that plans and provides special events, they have done a great job!

B. What could be done to improve the facility?

Need Bathrooms closer to craft room.

Add bathroom

Sometimes the rooms are too cold.

More Handicap parking.

Bathrooms closer to classrooms.

Good air conditioning and eating and parking.

Wouldn't have a clue.

Just continue to keep in clean and maintained up to date.

Nothing.

Add water to vending machines.

Many of the green banquet chairs are dirty and need to be cleaned.

Not have it so cold in the summer.

Rooms are too cold or too hot – seem to not know how to dress when I attend activities.

I wish we had the \$'s to have more maintenance staff, they work too hard.

The heavy door to the craft room needs some way it can be propped open. , Windows need cleaning.

Art loading zone, we have heavy and cumbersome material work.

Wash windows in the crafts room. Canopy over sidewalk craft room to parking lot.

Handicapped ramp at end of sidewalk to get people, art & craft supplies wheeled equipment into building craft room.

Heating & cooling in Card Room (Warren Mayer Room) either to cool or too hot.

Air conditioning control.

Air conditioning - too cold.

Air conditioning.

Have a bigger Senior Card Room.

Ceiling fan instead of air conditioning.

Add a swimming pool indoors.

Air conditioning for sitting too cold. Windows in aerobics room need to be covered. The reflection from the sun makes it difficult to see who is leading program an also reflects in eyes of instructor.

A beautiful Senior Center – other senior centers do not compare.

Find somebody who knows how to properly set the water pressure on the faucets in the Women's bathrooms- water comes out like needles! Also, who can correctly set the sensors on the automatic flush?

Mechanism on the toilets. They ALWAYS flush when I'm still sitting there – Horrible startling.

FIX IT!!!

Add a bathroom.

Nothing.

Make it easier to walk the grounds gates all over- locked & sidewalks that end make walking a little leg pleasant. Garbage cans are unattractive and block sidewalk.

Path (Stepping Stones) completely around the building – just need a few pavers.

Require all speakers to use sound system for those that have hearing loss.

Cut energy use on empty rooms; cut cooling back (always too cold)

I think it is wonderful – maybe.

More senior parking – Building always too hot or too cold.

Outside needs porta potties on other end from restrooms for children and older people available now.

I think lawns not used for athletics, etc., could be replaced with native vegetation that requires little water. There are numerous examples around town of such yard that could serve as inspiration. UC Davis probable has advisory resources available.

Fix the blinds!!!

Fix the blinds!

Window treatments in gym taken down or repaired. Floors swept a cleaned completely in gym. (Debris often swept to corner & left.
Expand Senior Center.
Can't think of a thing.
Increase handicap parking for the whole center and canine park.
Regulate temperature because it's too cold.
Sometimes computer based programs won't work in meeting rooms – usually help ovided (sooner or later)
Water trees more often, Fix A/C in Senior Libray, More shaded parking for afternoons.
It is well maintained by cheerful, helpful custodians. One thing the classrooms are often too cold when A/C is used.

C. Do you use senior parking? Yes 87 No 39

Do you find parking available for you when you arrive?
Always 41 Usually 51 Never

During summer's kids parents often park in Sr. places in the AM., They need reminded.
Not when stuff is going on.

D. Do you use Handicapped parking? Yes 40 No 89

Do you find parking available for you when you arrive?
Always 18 Usually 24 Never 3

E. Does the parking meet your needs at the Facility?

Always 65 Usually 56 Never

Not when there are special activities or tournaments.
Need more spaces.
The signs for Senior Parking are not adequate. The arrows designating spaces between the signs are not clear enough to people that the spaces are reserved.
Except when the area near the YMCA is full of Pick-up trucks.
Handicapped spaces at rear of building would be very helpful plus a handicap space at Dog Park.
Set thermostat and lock.

II. Programs

A. How do you rate the programs, services and activities that you are involved with at the Center?

Excellent 65 Good 50 Fair 4 Poor

B. Do Senior Center programs, services, and activities meet your interests in quality and quantity?

Yes **113** No **8**

Explain:

Love needles & friends! Put tax peoples somewhere else next year.
I would like to start a Maj Jong – the current one isn't very good.
Seen very willing to expand.
People are friendly, and helpful in each program I've tried.
Have a bigger room for Pedro so more people can play.
When I retired I wanted to pursue Art, Quilting and exercise. All 3 are here, prices reasonable and the people who work here & participate are great.
Love the art go. Also special events like Christmas party and Health Fair.
Woodland Adult Ed & Art.
Can't comment- don't use it frequently enough.
Would like to play pinochle during afternoon – NOT NIGHT.
Daily card game, more trips for seniors.
Stompers – room usage for both is wonderful.
Always Available.
The center has a good variety of activities offered.
Bigger outside garbage cans plastic so they might not get bent.
Senior low impact aerobics is excellent, that's all I participate in.
Dancing classes are great.
Place tax help someplace beside craft room.
Not active my wife is involved.
Bigger outside garbage cans-plastic so they might not get bent.
Mostly.
Welcoming!
They are always helpful.
They are here to help me.
They offer all we need. We're happy.
I'm new to this. Love 8:00 senior exercise MWF.
I just use it for cards once a week.
Somewhat.
Programs are great but often costly – elimination or offer scholarship for low income seniors.
Love the day Bus Trips.
Lots of variety and very good spa groups.
There is a nice variety, but I would enjoy a discussion of current events proably once or twice a month, based on my own participation.

III. Senior Center Personnel

A. Are the staff or volunteers (you most often interact with) courteous?

Always **107** Usually **21** Never

B. Does the staff or volunteers (you most often interact with) help you feel welcome?

Always **98** Usually **26** Never

C. Are staff or volunteers (you most often interact) efficient & effective?

Always **84** Usually **43** Never

D. Are volunteers who lead groups/activities courteous and welcoming?

Always **93** Usually **27** Never **1**

E. Are volunteers who lead groups/activities efficient & effective?

Always **78** Usually **39** Never

F. What is your opinion of the staff or volunteers' (you most often interact with) ability to respond to your concerns?

Decision to use craft room for tax people was unfair! Needles & friends have used this same room for a long time. Tax people should have been put in a room that was not used.

Place tax help someplace besides craft room.

Nice.

Pleasant, helpful.

Great staff! Friendly, helpful, to go the extra mile always.

Excellent.

Everyone is willing to help.

Very high quality.

Very good.

Good.

Very knowledgeable.

Good.

They are wonderful.

Friendly.

Great.

Good.

Very always try.

Everybody always does whatever is reasonably possible & as quick as possible.

Very nice and helpful.

No comment.

OK.

They help with most of the questions.

Do a good job!

Fine.

There is 100% excellent intent and effort.

Helpful or refer to help.

Great.

I have found everything very satisfactory.

They are very courteous and always respond correctly.

Fairly good, sometimes we get switched rooms for Friday night dances but we work with it.
Very Good.
Always Available.
Yes.
I have often felt seniors in a position of “power” responsibility are sometimes snippy.
Comments – the maintenance is fabulous – the newsletter gets A+ - turn off the fountain I
know it is recirculation but signals to all that you are not concerned about water use. Turn
that HUGE grassy space – needing to be watered mowed, etc. - into a community forest or
pseudo
Always Helpful.
Very good.
I only go to 3 programs there; these classes are M/W/F 8, life history through adult Ed. And
private function movies.
Haven’t raised many concerns.
I like the staff.
They so a very good job.
Good – If they don’t know, they can will get the answer.
The staff at the Info desk is courteous.
Very good.
Great.!
Always a helpful and courteous group of people.
Okay.
They are wonderful.
They try very hard – almost always help.
Good.
Always helpful.
Already volunteer.
Very helpful – always willing to help out when needed.
They respond well.
Usually those at the desk have needed info.
Very good.
Most Helpful.
Very good.
Administration responds positively to suggestion or requests.

G. Would you like to volunteer?

No

77

Yes----Please contact staff. 8

Already do.
Not at this time.
Not now but some time.
Maybe at a later time.
I already do.
Not at this time.
Too Old!!!
I already do.
I already do.

I drive the care car.
I volunteer for the car care.
I'm volunteering for my group.
I already do.
I have had a stroke have trouble talking.
Always good.
Good.

V. Future Programs, Services, or Activities

A. What new programs, activities, or services would you like offered at the Senior Center?

Day trips that are local – visit farms, etc.
Regular computer learning classes.
Need toe nail cutting.
Just a board game time w/options a lot once or alternating games (Tripoli, Sorry, Monopoly, Life, etc.)
A senior afternoon dance.
Gin rummy.
Card making.
Use more room to play cards.
Usually too cold.
More games.
Pickle Ball.
Jewelry making for a few weeks.
Line dancing lessons – afternoon and evenings.
Evening dances, concerts (Bands, String Quartet, Karaoke, etc.
Readers' Theatre – verbal activities reading short stories aloud.
More computer classes.
Yoga & meditation class – great class but could use an additional class or a similar class as this one has gotten crowded.
It seems like the directors are open for new ventures. All seems OK.
Toga for seniors.
Bunco.
Evening book club, health meals, no white flour, white rice, white bread, etc. Whole grains only. NO overcooked veggies and "empty" calories – lowfat low calorie – "Nutrient dense" food, sugar-free dessert – at least healthy options available on request.
Jewelry Creation.
Senior employment.
Can't think of a thing.
Not sure.
None come to mind.
Maybe various social events held in the afternoon – 2-5 – many of us do not drive at night.
Everything is good.

- B. Are there programs, activities, or services presently in place that could be discontinued in order to carry out new programs in the future? Yes (If Yes, which ones?) 1 No 38**

As long as folks are participating they should continue.

The small space the SC has seems to be well used.

I feel all is OK.

Life totorney card making – “all busy work”

Not that I’m aware of.

Glad that poorly attended prgrams are still provided, because they are needed.

I’am not aware of any.

- C. Would you like information about (check all that apply**

Most of these are already covered.

☐ **Safety education and prevention (home safety, preventing falls, preventing fires, fire safety, crime stop) 29**

☐ **Elder abuse intervention and prevention 18**

☐ **Health promotion activities 40**

☐ **Disease prevention activities 17**

Arthritis/joint problems.

- ☐ **Other**

Handyman Service, Health Fair – Can’t wait until May.

Exercise Promotion, Like long learning (Physics, Greek History, etc.)

A walking activity in the neighborhood – transported to other areas.

Senior Transportation.

The monthly bulletin is great.

Senior Employment.

Exercise

Craft Activities.

VI. Other

- A. What else would improve your satisfaction level at the Senior Center?**

I’m totally satisfied with the Senior Center.

You do such a good job brining new people & making us feel comfortable especially to a new member of the community!

Free lunch, dinner and snacks.

Just keep working on customer service & training for all involved.

Keep up the good work.

More spaces and storage for seniors.

A.C Seniors.

More variety of exercises in the low impact aerobics class.

Paper towels in Women's bathroom don't smell like a fire!

Personally, I would love to see the movie happen on a different day. I work on Thursday, so I'm usually unable to make it.

Just keep up what you are doing as \$ permits.

Handicap parking – more signs – people ignore senior signs for parking.

Although this doesn't happen frequently- if a soccer tournament or etc. It would be helpful to know ahead. I attend senior aerobics classes – so I know parking will be harder, for me to get there real early I need to park on north side. If volunteer teachers knew to tell us ahead of time a few days before would be helpful.

More activities.

Everything OK

That's about it!

Water aerobics, Jacuzzi.

Free exercise programs.

I love the movie day- I read and enjoy the library – I attended the drivers ed program.

Many activities are scheduled for early morning, later morning or early afternoon times are sometimes easier.

B. How many days each month are you at the Senior Center?

5 days or less **62** 6 -10 days **24** 11 - 15 days **23** 16+ days **18**

C. How many programs, services or activities each month do you attend/use at the Senior Center?

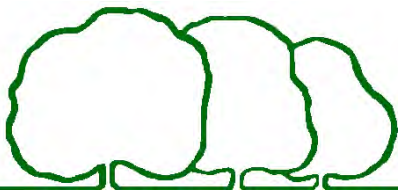
1- 5 **98** 6 - 10 **6** 10 + **7**

D. How long have you participated in activities at the Senior Center?

Less than a year **10** 1-3 years **38** 3-5 years **29** 5+ years **42**

E. What is your age group?

49 or younger 50-60 **6** 61-70 **31** 71-80 **60** 81-89 **21** 90+ **3**



Commission on Aging Communication

AGENDA ITEM

SUBJECT: Monthly Senior Center Report

DATE: June 12, 2014

PREPARED BY: Kris Bain, Community Services Program Manager

RECOMMENDED ACTION:

None. Information only.

BACKGROUND INFORMATION:

The following provides highlights of the Senior Center since the last report.

Enjoyment Survey

The 2014 Enjoyment Survey outlined important issues for seniors while participating in activities at the Senior Center including the facility, parking, programming, and volunteers & staff. There were 129 surveys returned, most with useful and positive comments and feedback that will assist in future planning and programming. Current senior programming overwhelmingly ranked excellent or good. Suggestions for new programs and activities included computer classes, and more game groups. Seniors would like more information on promoting healthy living and safety education and prevention.

2014 AARP Tax Aid Update

AARP offers fee tax preparation for seniors every year from February through April. This year, the Woodland Senior Center transmitted Federal and State filings for 262 individuals, more than any in previous years. The Woodland Senior Center is the second largest site in Yolo County offering tax services, second to the Davis Senior Center (Davis filed twice as many Woodland this year.) Staff has met with the AARP volunteers are already planning for the 2015 filing season.

Program Update

Badminton: Badminton is played Monday, Wednesday, and Friday mornings from 9:30-11:30 a.m. and is free to all participants. On most Monday and Wednesday mornings, the four courts are full with players each, and often there are more waiting for their turn. The seniors enjoy having the opportunity to participate in a low-impact and fun workout like badminton offers.

Elderly Nutrition: The Elderly Nutrition Program is scheduled to be closed for congregate lunch on three Fridays this summer. The scheduled "Beat the Heat Picnic Days" are scheduled to be July 25, August 22, and September 26. The closing of congregate lunch will help reduce staffing and other over head costs. All seniors who eat at a congregate lunch site will be provided a cold lunch prior to the "Picnic Days". The Woodland Senior Center's regularly scheduled programs and activities will remain open on the three Fridays the lunch program is scheduled to be closed.

Dates to Note

August 21: Senior Volunteer Appreciation Dinner

September 28: Fall Potluck

Senior Center Activity & Revenue Summary

2013/2014 Comparison

June 2014 Totals:	Classes Offered		Total Participants	Total PH	Net Revenue
	27		1730	11792.5	\$ 383.00
FY 13/14 YTD Totals:	Classes Offered		Total Participants	Total PH	Net Revenue
	352		21182	160,997	\$ 6,702.80

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

Senior Center Activity Participation

Recreation Report classes ending: June 2014								
Activity	Start Date	End Date	Meetings	Min/Mtg	Class Hours	Participants	Participant Hours (PH)	Notes
Art	6/4/2014	6/25/2014	4	120	8	16	128	
Arm Chair Travel	6/13/2014	6/27/2014	2	60	2	12	24	
Arthritis Support Group	6/6/2014	6/6/2014	1	120	2	6	12	
Bingo	6/4/2014	6/27/2014	8	120	16	178	2848	
Ceramics	6/5/2014	6/26/2014	4	120	8	28	224	
Changes to Choices	6/3/2014	6/17/2014	1	120	2	4	8	
Computer Club Meeting	6/23/2014	6/23/2014	1	120	2	25	50	
Computer Lab	6/6/2014	6/27/2014	4	180	12	27	324	
Hand and Foot	6/4/2014	6/25/2014	4	180	12	62	744	
HICAP Consulations	6/12/2014	6/26/2014	2	180	6	6	36	
Legal Consulations	6/19/2014	6/19/2014	1	30	0.5	3	1.5	
Low Impact Aerobics 8am	6/2/2014	6/30/2014	13	30	6.5	222	1443	
Low Impact Aerobics 10am	6/2/2014	6/30/2014	13	30	6.5	438	2847	
Needles & Friends	6/2/2014	6/30/2014	5	60	5	61	305	
Outa Sight SPEAKER	6/3/2014	6/3/2014	1	120	2	15	30	
Ping Pong	6/6/2014	6/27/2014	4	60	4	27	108	
Peripheral Neropathy	6/3/2014	6/3/2014	1	60	1	35	35	
Pedro	6/3/2014	6/24/2014	4	120	8	120	960	
Pinochle	6/5/2014	6/26/2014	4	120	8	58	464	
Ship Shape	6/4/2013	6/27/2013	8	30	4	77	308	
Senior Movie Day	6/19/2014	6/19/2014	1	120	2	45	90	Movie: Saving Mr. Banks
Stompers	6/2/2014	6/30/2014	5	60	5	49	245	
Scrapbooking	6/13/2014	6/27/2014	1	90	1.5	6	9	
Stompers	6/2/2014	6/30/2014	1	120	2	78	156	
The Novel	6/3/2014	6/3/2014	1	60	1	10	10	
Woodcarvers	6/4/2014	6/18/2014	2	120	4	17	68	
Yoga	6/12/2014	6/26/2014	3	60	3	105	315	
Library Usage			9.75 vol. hours		135 ret. Book	236 new books		

SUBJECT: Monthly Senior Center Report

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ITEM: