

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

COMMISSION ON AGING AGENDA

**September 11, 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 July 10, 2014
- G. CORRESPONDENCE
- H. PRESENTATIONS

I. REGULAR CALENDAR

I.1 Senior Resource Fair May 28, 2014

I.2 Workplan 2014

I.3 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 October 8, 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, September 11, 2014 was posted on September 8, 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

July 10, 2014

Call to Order

Meeting convened at 3:18 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California;
Chair Garman presiding.

Roll Call

Commissioners Present: Garman, Campbell, Overholt, Sanborn

Absent: Wright

Staff: Bain

Guest:

Pledge of Allegiance

Communications-Public Comment

None

Minutes

Commissioner Campbell made the motion to accept the minutes of June 12, 2014 as written, Commissioner Sanborn seconded the motion. 4/0

Regular Calendar

Senior Resource Fair May 28, 2014

Item was removed and added to September 11, 2014 meeting.

Senior Center Inc. Representative

Commissioner Sanborn will represent the Commission at SCI meetings, as she is a board member of SCI.

Workplan 2014

Item tabled until September meeting.

Workplan 2015

Item tabled until September meeting.

Speaker Series

Report of the Staff

Senior Center Report

Bain provided a status report for Teens Helping Seniors with 30 program participants and program continues to seek more senior job requests. Bain also reported about two new volunteers who can assist seniors with technical assistance through the end of the summer. Volunteer, Maddison Echoo is performing one-on-one Tech Help for seniors on Fridays for iPhones, iPads, tablets, and other smart devices. A follow up on this service will be provided at the next meeting. Bain also noted the results of the Senior Enjoyment Survey. Many comments provided were useful and will be used for future programming or recommended changes for facilities. Commissioners Campbell and Sanborn noted the complaints were about the parking at the facility and the temperature of the rooms.



Commission on Aging

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

Business Items for Next Meeting

Senior Resource Fair

2014 Workplan

2015 Workplan

Speaker Series

Technology Topics

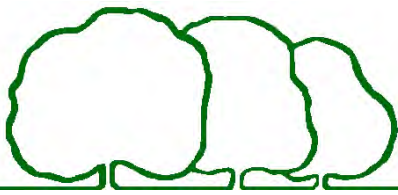
Next Meeting Date September 11, 2014

Adjourn

Commissioner Campbell made the motion to adjourn the meeting at 4:23 p.m., Commissioner Sanborn seconded the motion, and motion carried 4/0.

Respectfully submitted,

Kris Bain, Community Service Program Manager
Community Services Department



Commission on Aging Communication

AGENDA ITEM

SUBJECT: Monthly Senior Center Report

DATE: September 11, 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.

Senior Volunteer Appreciation Dinner

The 35th Annual Senior Volunteer Appreciation Dinner was held on Thursday, August 21 to thank and honor those who volunteer at the Senior Center. Over 175 volunteers attended the event sponsored by Senior Center Inc. John Suhr, previous Parks & Recreation Department Director who retired in the late 1990's, spoke on the history of the Senior Center (he was instrumental in establishing the Senior Center). The Senior Center recognized six volunteers for their service and dedication to the Senior Center: Ken Alger (AARP Tax Aid), Earl Balch (Woodcarvers), Naomi Bishop (Pinochle), Lorraine Childers (Arthritis Support Group), Sabine Nooteboom (HICAP), Nancy Sanders (Welcome Desk), and honorary volunteer Mr. Richard Alcauskas (former SCI president 1977-1978). Mayor Tom Stallard attended the event.

Special Program Report

Yolo Hospice Bereavement Support Group: The Senior Center will be hosting an eight-week bereavement support group presented by Yolo Hospice. The program begins Monday, September 22 at 10:00 a.m. those who have recently lost a loved one. This is the first bereavement support group the Senior Center has offered in over four years.

Brain Boosters: Ms. Cynthia Unger is helping seniors make the most of their lives through a program called Brain Boosters. Designed by Kristin Einberger of Fairfield, and facilitated by Ms. Unger, Brain Boosters uses a mix of mental and physical exercises, art, music and resources in a social setting to address early memory loss in its earliest stages. The eight-week program begins on Tuesday, September 16 at the Senior Center and is available courtesy of a one-year grant from Dignity Healthcare and partnerships with agencies like RISE, Citizens Who Care and the Yolo Adult Day Health Center. Participants must pre-register by contacting the Senior Center.

The Senior Gems™ – Your guide to supporting family members with dementia: This program was originally scheduled for August 7, has been re-scheduled for October 7. Yolo Hospice presents the Senior Gems™, a family centered video and discussion providing an overview of the impact of Alzheimer's and dementia, as well as techniques caregivers can use that help and make a difference. All participants who signed up for the August class have been notified of the program's date change, additionally the change will also be advertised in the October newsletter and flyers will be posted in the Senior Center.

Senior Tech Help Update

Free technical help for seniors was available at the Woodland Senior Center Friday afternoons through July 18 through September 5. Volunteer, Ms. Maddison Echoo led the Tech Help, provided seniors with 30-minute one-on-one appointments to receive assistance with iPhones, iPads, smartphones, or tablet devices. The one-on-one appointments quickly filled to capacity, providing assistance to total of forty-five seniors. Ms. Echoo also provided a basic online awareness training to those participating seniors.

Dates to Note

September 28: Fall Potluck

November 20: Senior Thanksgiving Dinner

December 10: Yolo County Flu Clinic (at Senior Center)

December 18: Holiday Social

Senior Center Activity & Revenue Summary**This Year/Last Year Comparison**

July 2013 Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	27			1906	14287	\$ 351.00
FY 13/14 YTD Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	27			1906	14,287	\$ 351.00

July 2014 Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	23			2086	13754	\$ 816.00
FY 14/15 YTD Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	23			2086	13,754	\$ 816.00

August 2013 Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	24			1714	13519.5	\$ 544.00
FY 13/14 YTD Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	51			3620	27,807	\$ 895.00

August 2014 Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	24			2019	14475	\$ 1,092.41
FY 14/15 YTD Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	47			4105	28,229	\$ 1,908.41

Senior Center Activity Participation

Recreation Report								
classes ending: July 2014								
Activity	Start Date	End Date	Meetings	Min/Mtg	Class Hours	Participants	Participant Hours (PH)	Notes
Art	7/2/2014	7/30/2014	5	120	10	35	350	
Arthritis Support Group	7/3/2014	7/3/2014	1	120	2	7	14	
Bingo	7/2/2014	7/30/2014	8	120	16	198	3168	
Changes to Choices	7/1/2014	7/105	2	60	2	6	12	
Ceramics	7/3/2014	7/31/2014	5	120	10	27	270	
Computer Club General Meeting	7/21/2014	7/21/2014	1	120	2	21	42	
Computer Club Ice Cream Social	7/4/2014	7/4/2014	1	180	3	358	1074	
Computer Club Open Lab	7/11/2014	7/25/2014	3	180	9	30	270	
Hand and Foot	7/2/2014	7/30/2014	5	180	15	59	885	
HICAP Consultations	7/24/2014	7/24/2014	1	180	3	3		
Low Impact Aerobics 8am	7/2/2014	7/30/2014	12	30	6	198	1188	
Low Impact Aerobics 10am	7/2/2014	7/30/2014	12	30	6	453	2718	
Needles & Friends	7/7/2014	7/28/2014	4	60	4	63	252	
Ping Pong	7/11/2014	7/25/2014	3	60	3	15		
Pedro	7/1/2014	7/29/2014	5	120	10	156	1560	
Pinochle	7/3/2014	7/31/2014	5	120	10	59	590	
Prostate Support Group	7/14/2014	7/14/2014	1	120	2	13	26	
Ship Shape	7/1/2014	7/31/2014	10	30	4	120	480	
Senior Movie Day	7/17/2014	7/17/2014	1	120	2	45	90	The Monuments Men
Stompers	7/7/2014	7/21/2014	3	120	6	54	324	
The Novel	7/8/2014	7/8/2014	4	60	4	8	32	
Woodcarvers	7/2/2014	7/16/2014	2	120	4	11	44	
Yoga	7/10/2014	7/31/2014	3	60	3	135	405	
SPECIAL Classes/Presentations								
Tech Assistance	7/18/2014	7/25/2014	2	180	6	9	54	
AA to Beach Blanket Babylon			1		6	45	270	
Library Usage			10 vol. hours		144 ret. Book	169 new books		

Recreation Report

classes ending: August 2014

Activity	Start Date	End Date	Meetings	Min/Mtg	Class Hours	Participants	Participant Hours (PH)	Notes
Art	8/6/2014	8/8/2027	4	120	8	6	48	
Arthritis Support Group	8/7/2014	8/7/2014	1	120	2	7	14	
Bingo	8/1/2014	8/29/2014	9	120	18	199	3582	
Ceramics	8/7/2014	8/28/2014	4	120	8	32	256	
Changes to Choices	8/5/2014	8/19/2014	2	60	2	6	12	
Computer Club Meeting	8/25/2014	8/25/2014	1	120	2	21	42	
Computer Lab	8/1/2014	8/29/2014	5	180	15	24	360	
Hand and Foot	8/7/2013	8/28/2013	4	180	12	56	672	
HICAP Consultations	8/14/2014	8/28/2014	2	60	2	6	12	
Legal Consultations	8/21/2014	8/21/2014	1	30	0.5	2	1	
Low Impact Aerobics 8am	8/1/2014	8/29/2014	13	30	6.5	203	1319.5	
Low Impact Aerobics 10am	8/1/2014	8/29/2014	13	30	6.5	481	3126.5	
Needles & Friends	8/7/2014	8/28/2014	4	60	4	55	220	
Ping Pong	8/1/2014	8/29/2014	5	60	9	49	441	newly added Tuesday nights
Pedro	8/5/2014	8/26/2014	4	120	8	172	1376	
Pinochle	8/7/2014	8/28/2014	4	120	8	41	328	
Ship Shape	8/5/2014	8/28/2014	8	30	4	89	356	
Senior Movie Day	8/28/2014	8/28/2014	1	120	2	93	186	Philomena
Stompers	8/4/2014	8/25/2014	4	60	4	65	260	
Woodcarvers	8/6/2014	8/20/2014	2	120	4	17	68	
Yoga	8/7/2014	8/28/2014	4	60	4	140	560	
Special Classes/Presentations/Events								
Yolo Hospice: Senior Gems	8/8/2013	8/8/2014					0	Date Rescheduled
AA Monterey	8/18/2014	8/19/2014	1	480	8	45	360	
Tech Help	8/1/2014	8/29/2014	5	180	15	35	525	
Volunteer Appreciation Dinner	8/21/2014	8/21/2014	1	120	2	175	350	
Library Usage		6.25 vol. hours			144 ret. Book	71 new books		