

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

COMMISSION ON AGING AGENDA

**November 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 September 11, 2014
- G. CORRESPONDENCE
- H. REGULAR CALENDAR
 - I.1 Senior Resource Fair May 28, 2014
 - I.2 Workplan 2014
 - I.3 Workplan 2015

I. REPORT OF THE STAFF

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

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

J. ADJOURN

K. NEXT MEETING January 8, 2015

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 13, 2014 was posted on October 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

September 11, 2014

Call to Order

Meeting convened at 3:03 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Vice Chair Campbell presiding.

Roll Call

Commissioners Present: Campbell, Overholt, Sanborn
Absent: Garman
Staff: Bain, Engel, Haynie, Tringali
Guest: Mr. Lynn, Teresa Brown, St. John CEO

Pledge of Allegiance

Communications-Commission/Staff Statements and Requests

Engel announced that the next "Movies on Main Street" is scheduled for October 10, 2014. Event starts at 5:30 p.m. with the movie starting at sundown.

Minutes

Commissioner Sanborn made the motion to accept the minutes of July 10, 2014 as written, Commissioner Overholt seconded the motion. 3/0

Regular Calendar

Teens Helping Seniors

Tringali reported on the Teens Helping Seniors program. Explaining that the program ran from June 17-August 11, serving 37 households, 43 shifts for the 30 participants enrolled in the program in 2014, earning 687 hours. Compared to the 2013 enrollment of 13 participants who earned 207 hours, the program is exceeding expectations. Volunteers did special projects at the Cemetery, Parks, C&SC and the Sports Park, when waiting for the next appointment with a senior. The end of season trip to Santa Cruz was well attended.

Plans for next year will include a Spaghetti Feed Fundraiser before the program starts and serving at the Volunteer Appreciation Dinner. Teens volunteering at the 4th of July Ice Cream Social is also being considered. Staff is also working on a marketing plan for all recreation programs.

Senior Resource Fair May 28, 2014

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

Workplan 2015

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



Commission on Aging

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

Report of the Staff

Senior Center Report

Bain reported that the Volunteer Appreciation Dinner went well, with SCI supplying the food. Roy decided to purchase the ribs and cake this year instead of cooking them. Both were a hit with participants. This event will be scheduled 2 weeks sooner next year to take advantage of the volunteers of Teens Helping Seniors. New programs being offered are a Bereavement Class and an 8 week Brain Booster Class, both programs are free offerings.

Engel stated that Mayor Tom Stallard would like to attend the next COA meeting to provide information on Measure U. Vice-Chair Campbell asked that staff place this item on the next agenda.

Business Items for Next Meeting

Senior Resource Fair

2014 Workplan

2015 Workplan

Consider Measure U

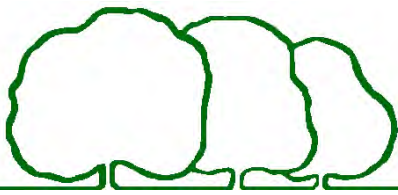
Next Meeting Date October 9, 2014

Adjourn

Commissioner Sanborn made the motion to adjourn the meeting at 3:29 p.m., Commissioner Overholt seconded the motion, and motion carried 3/0.

Respectfully submitted,

Cathy Haynie, Administrative Supervisor
Community Services Department



Commission on Aging Communication

AGENDA ITEM

SUBJECT: Monthly Senior Center Report

DATE: October 9, 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.

Program Report

Current Event Discussion: The Senior Center has a new group that discusses current events bi-weekly. This peer-led conversational group meets on the 1st and 3rd Friday afternoons to discuss news-worthy items. Participants are given two minutes to discuss their points of view and a conversation follows. The creation of this group originated from a recommendation from a senior participant in the Enjoyment Survey from last spring.

Remembering When™: The Woodland Fire Department is offering a Fire and Fall Prevention program for older adults this October. Remembering When™ is a program that was developed by National Fire Protection Agency and the Centers for Disease Control and Prevention to help older adults live safely at home for as long as possible. The program is centered around 16 key safety messages: eight fire prevention and eight fall prevention. The Woodland Fire Department is offering the program October 20, 22, and 23 and seniors are encouraged to attend any one of the three sessions available.

Planning for your Family's Future: The Senior Center has collaborated with the Yolo Food Bank to present an estate-planning workshop on Thursday, October 30. Various presenters from the community will assist seniors with helpful financial planning information for the future. The workshop will present information about wills & trusts and other investments.

Dates to Note

October 20, 22, 23: Remember When™ Fire & Fall Prevention Workshop
October 23: Collette Vacations & Affordable Adventures 2015 Travel Preview
October 23: Commit2Fit 30-Day Challenge Kick-off Event
October 30: Yolo Food Bank Sponsored Estate Planning Workshop
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**

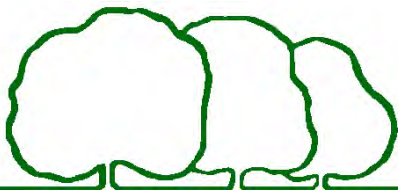
After the first quarter of FY 14/15, the Senior Center has had nearly 700 more seniors participate in programs than the first quarter of FY 13/14.

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	\$ 2,227.80

September 2014 Totals:	Classes Offered			Total Participants	Total PH	Program Revenue
	29			1844	13588.5	\$ 572.48
FY 14/15 YTD Totals:	Classes Offered			Total Participants	Total PH	FY Revenue
	76			5949	41,818	\$ 2,480.89

Senior Center Activity Participation

Recreation Report								
classes ending: September 2014								
Activity	Start Date	End Date	Meetings	Min/Mtg	Class Hours	Participants	Participant Hours (PH)	Notes
Art	9/3/2014	9/24/2014	4	120	8	32	256	
Arthritis Support Group	9/4/2014	9/4/2014	1	120	2	10	20	
Bingo	9/3/2014	9/24/2014	8	120	16	234	3744	
Ceramics	9/4/2014	9/25/2014	4	120	8	25	200	
Computer Club Class				120	0	8	0	
Computer Club Meeting	9/22/2014	9/22/2014	1	120	2	20	40	
Computer Lab	9/5/2014	9/26/2014	4	180	12	18	216	
Current Event Discussion	9/19/2014	9/19/2014	1	90	1.5	8	12	
Hand and Foot	9/3/2014	9/3/2014	4	180	12	62	744	
HICAP Consulations	9/11/2014	9/25/2014	2		6	6	36	
Legal Consulations	9/18/2014	9/18/2014	1	30	0.5	3	1.5	
Low Impact Aerobics 8am	9/3/2014	9/29/2014	12	30	6	204	1224	
Low Impact Aerobics 10am	9/3/2014	9/29/2014	12	30	6	512	3072	
Needles & Friends	9/8/2014	9/29/2014	4	60	4	63	252	
Outa Sight SPEAKER	9/2/2014	9/2/2014	1	120	2	16	32	
Outa Sight SUPPORT	9/16/2014	9/16/2014	1	120	2	12	24	
Parkinson's Support Group	9/23/2014	9/23/2014	1	60	1	6	6	
Ping Pong	9/2/2014	9/30/2014	9	60	9	14	126	
Peripheral Neuropathy	9/2/2014	9/2/2014	1	60	1	16	16	
Pedro	9/2/2014	9/2/2014	4	120	8	160	1280	
Pinochle	9/4/2014	9/25/2014	4	120	8	55	440	
Prostate Support Group	9/8/2014	9/8/2014	1	120	2	26	52	
Ship Shape	9/2/2014	9/30/2014	9	30	4	93	372	
Senior Movie Day	9/18/2014	9/18/2014	1	120	2	45	90	Jack Ryan: Shadow Recruit
Stompers	9/8/2014	9/29/2014	3	60	3	31	93	
Stroke Support	9/15/2014	9/15/2014	1	120	2	7	14	
Woodcarvers	9/3/2014	9/17/2014	2	120	4	20	80	
Yoga	9/4/2014	9/25/2014	4	60	4	82	328	
SPECIAL Classes/Presentations								
Tech Help	9/5/2014	9/5/2014	1	180	3	6	18	
Brain Boosters	9/22/2013	9/29/2014	2	480	16	50	800	
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 13, 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.

Program Report

Senior Thanksgiving Dinner: Staff is preparing for the Senior Thanksgiving Dinner scheduled for Thursday, November 20. Seniors are encouraged to attend this annual event sponsored by Senior Center Inc. Staff is anticipating the largest attendance ever expecting it to exceed 250 and is preparing how to accommodate the attendees. Volunteers from Target and St. John's have been requested to assist with the serving of the meal, and some meal preparation will be provided by the Californian and Dickey's Barbecue.

Senior Center Inc. Membership Drive: Membership for Senior Center Inc. is now accepted for 2015. Annual dues are \$20 per couple or \$15 for an individual. Membership to SCI includes the mailing of the SeniorGram, a special discounted rate for every Affordable Adventure trip, and early seating into the monthly movie on Movie Day. Seniors may choose to purchase a Century Club (life-time) membership to enjoy the benefits of membership and pay the one-time fee of \$100. Membership fees, fundraisers, and donations to Senior Center Inc. help support senior programs and activities for the Senior Center such as the special events offered during the year.

Dates to Note**November 20:** Senior Thanksgiving Dinner**December 10:** Yolo County Flu Clinic (at Senior Center)**December 18:** Senior Holiday Social**Senior Center Activity & Revenue Summary****This Year/Last Year Comparison**

October 2014 Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	31			1946	16558.5	\$ 344.00
FY 14/15 YTD Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	107			7895	58,376	\$ 2,824.89

October 2013 Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	31			1906	14960	\$ 823.00
FY 13/14 YTD Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	111			7169	53,654	\$ 3,050.80

Senior Center Activity Participation

Recreation Report								
classes ending: October 2014								
Activity	Start Date	End Date	Meetings	Min/Mtg	Class Hours	Participants	Participant Hours (PH)	Notes
Art	10/1/2014	10/29/2014	5	120	10	40	400	
Arthritis Support Group	10/2/2014	10/2/2014	1	120	2	12	24	
Bingo	10/1/2014	10/31/2014	10	120	20	266	5320	
Ceramics	10/2/2014	10/30/2014	5	120	10	27	270	
Changes to Choices	10/7/2014	10/21/2014	2	120	4	4	16	
Computer Club CLASS			1	120	2	15	30	
Computer Club MEETING	10/27/2014	10/27/2014	1	120	2	26	52	
Computer Club LAB	10/3/2014	10/31/2014	5	180	15	26	390	
Hand and Foot	10/1/2014	10/29/2014	5	180	15	93	1395	
HICAP Consultations	10/8/2014	10/23/2014	3	240	12	12	144	
Legal Consultations	10/16/2014	10/16/2014	1	30	0.5	5	2.5	
Low Impact Aerobics 8am	10/1/2014	10/31/2014	14	30	7	274	1918	
Low Impact Aerobics 10am	10/1/2014	10/31/2014	14	30	7	412	2884	
Movie Day	10/16/2014	10/16/2014	1	120	2	45	90	The Book Thief
Needles & Friends	10/7/2013	10/28/2013	4	60	4	54	216	
Outa Sight SPEAKER	10/1/2013	10/1/2013	1	120	2	17	34	
Outa Sight SUPPORT	10/15/2013	10/15/2013	1	120	2	14	28	
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	14	56	
Pedro	10/1/2013	10/29/2013	5	120	10	116	1160	
Pinochle	10/3/2013	10/31/2013	5	120	10	55	550	
Ship Shape	10/1/2013	10/31/2013	10	30	4	83	332	
Stroke Support	10/21/2013	10/21/2013	1	60	1	18	18	
Stompers	10/7/2013	10/28/2013	4	60	4	58	232	
The Novel	10/8/2013	10/8/2013	1	60	1	8	8	
Woodcarvers	10/2/2013	10/16/2013	2	120	4	26	104	
Yoga	10/10/2013	10/31/2013	4	60	4	128	512	