

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

**COMMISSION ON AGING AGENDA  
September 10, 2015  
3:00 p.m.**

- A. CALL TO ORDER
- B. ROLL CALL
- C. PLEDGE OF ALLEGIANCE
- D. MINUTES
  - D.1 Adopt the Minutes of the Commission Meeting of July 9, 2015
- 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. REGULAR CALENDAR
  - F.1 Speakers Series Update
  - F.2 Handicap Parking-Update
  - F.3 YCOA Update-Brown
- G. REPORT OF THE STAFF
  - G.1 Senior Center Report September Dallas Tringali  
*Recommendation:* Information only
  - G.2 Facility Update, Senior Issues-Dallas Tringali  
*Recommendation:* Information only

H. 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.

I. AGENDA ITEMS FOR NEXT MEETING

J. ADJOURN

K. NEXT MEETING October 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, September 10, 2015 was posted on September 4, 2015 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 9, 2015

#### Call to Order

Meeting convened at 3:02 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chair Campbell presiding.

#### Roll Call

Commissioners Present: Campbell, Sanborn, Wheeler, Brown  
Absent Overholt  
Staff: Tringali, Haynie

#### Pledge of Allegiance

Communications-Commission/Staff Statements and Requests  
None

#### Consent Item

##### May 9 and June 11, 2015 Minutes

Commissioner Sanborn made the motion to accept the May 9, 2015 minutes as written and the June 11, 2015 with changes; Commissioner Wheeler seconded the motion. 3/0 (*Commissioner Brown excused herself from the vote, since she did not attend the meeting.*)

#### Regular Calendar

##### Speaker Series

No updated information at this time.

##### Senior Advocacy Day Information-Brown

Commissioner Brown asked that this item be removed and replaced with Yolo County Commission on Aging updates. The Senior Advocacy Day has passed. Commissioner Brown attended the Yolo County COA meeting; YCCOA is looking to improve the 211 program. Tringali will be meeting with Lori Ross from the United Way to discuss the 211 program and concerns about the information being provided through the program. Tringali will report back to the Commission on this meeting. Commissioner Brown stated that Yolo Country Area 4 is reorganizing because of program vacancies.

##### Handicap parking at front of WC&SC

Commissioner Campbell updated the Commission. The City Council was looking at the front green area in at the Community & Senior Center for additional parking but there is the issue of no available funds for the project.

#### Report of the Staff

##### Senior Center Report

Tringali reported that 83 seniors attended the THS Spaghetti Feed fundraiser with SCI donating the cost of the meal. This enabled THS to keep the total \$400 donated for their Santa Cruz trip. Yolo County Public Health Nurse Lisa Musser, RN will be hosting a series of Healthy Living Workshops at the Senior Center. These workshops aim to help people with chronic conditions adopt healthier behaviors, take charge of their



## Commission on Aging

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

health conditions, and improve their quality of life. Workshops are scheduled for the 3<sup>rd</sup> Tuesday of the month for August-November covering topics like Preventing Falls, Brain Health, and Talking with your Doctor, and Avoiding Hypertension. Tringali will be attending an Alzheimer's workshop on early detection in August. Commissioner Brown stated the St. Johns hosts an Alzheimer Café that gives participants the opportunity to socialize; program is 2-4 p.m. on Thursdays. *(Note: Commissioner Sanborn left at 3:30 p.m.)*

### Public Comment

Representative from the Woodland Step Up And Power Down program presented the Commission with information on the program co-sponsored by PG&E and the City of Woodland.

### Business Items for Next Meeting

Speaker Series

Handicap parking

Senior Center Report

Facilities update

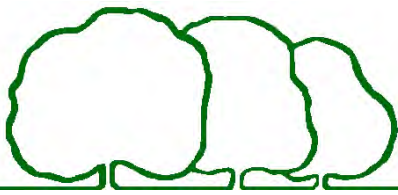
Next Meeting Date September 10, 2015

### Adjourn

Commissioner Brown made the motion to adjourn the meeting at 3:45 p.m., Commissioner Wheeler seconded the motion, and motion carried 3/0.

Respectfully submitted,

Dallas Tringali, Recreation Manager  
Community Services Department



**Commission on Aging Communication**

AGENDA ITEM

SUBJECT: Monthly Senior Center Report

DATE: September 10, 2015

PREPARED BY: Dallas Tringali, 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 annual Senior Volunteer Appreciation Dinner was held on Thursday August 6, 2015 to thank and honor those who volunteer at the Senior Center. Staff recognized four individual volunteers for their service and dedication to the Senior Center: Elizabeth Kemper (Senior Center Inc. Treasurer), Chuck Winter (Senior Center Inc. Secretary, Welcome Desk), Sandi Winter (Welcome Desk, Senior Gram mailing), and Gary Wright (Parkinson's Support Group leader). Additionally, the Teens Helping Seniors program was also recognized as outstanding volunteers.

**Solar Power Coming Soon to the Community and Senior Center:** Construction of the City's solar project in the south parking lot of the Community and Senior Center is scheduled to begin in early September. The solar arrays will provide 80% of the facility's energy needs, greatly lower energy costs, reduce greenhouse gas emissions to help reach the City's Climate Action Plan goals, and provide shade structures over more than 100 parking spots. During construction, most of the south parking lot will be closed to the public; however, the first row of parking closest to the building will remain open for senior parking. This project is one of six solar projects the City will be constructing starting September 2015 to save money and help save the environment.

**Fraud Fair:** The City of Woodland Senior Center, in partnership with the Yolo County District Attorney's Office and the Woodland Police Department, is hosting the 2015 Yolo County Senior Resource and Crime Prevention Fair on Wednesday, October 14<sup>th</sup> from 9:00 a.m.-12:00 p.m. at the Woodland Community and Senior Center. There is an opportunity to meet local law enforcement leaders, fraud experts, and scam-fighting experts to better prepare oneself to avoid fraud tactics.

**Dates to Note**

**September 8:** Recognizing & Reporting Medicare Fraud  
**September 14:** Prostate Support Group Guest Speaker  
**September 16:** Healthy Living Workshop: Brain Health  
**September 23:** Flower Arranging Workshop  
**September 24:** SCI Fall Potluck  
**October 14:** Senior Resource & Crime Prevention Fair

**Recreation Report**

classes ending: July 2015

| <b>Activity</b>             | <b>Start Date</b> | <b>End Date</b> | <b>Participants</b> |
|-----------------------------|-------------------|-----------------|---------------------|
| Art                         | 7/1               | 7/29            | 78                  |
| Arthritis Support Group     | 7/2               | 7/2             | 8                   |
| Badminton                   | 7/1               | 7/31            | 258                 |
| Bingo                       | 7/1               | 7/31            | 181                 |
| Bridge for Fun              | 7/1               | 7/29            | 74                  |
| Ceramics                    | 7/2               | 7/30            | 33                  |
| Chit Chat Café              | 7/1               | 7/31            | 564                 |
| Computer Club Meeting       | 7/27              | 7/27            | 20                  |
| Computer Lab                | 7/10              | 7/31            | 22                  |
| Cribbage                    | 7/1               | 7/23            | 24                  |
| Current Events              | 7/17              | 7/17            | 10                  |
| Hand and Foot               | 7/1               | 7/30            | 89                  |
| Handy Helpers               | 7/1               | 7/31            | 15                  |
| HICAP Consultations         | 7/9               | 7/23            | 2                   |
| Legal Consultations         | 7/16              | 7/16            | 6                   |
| Low Impact Aerobics<br>8am  | 7/1               | 7/31            | 240                 |
| Low Impact Aerobics<br>10am | 7/6               | 7/31            | 436                 |
| Mah Jong                    | 7/8               | 7/23            | 8                   |
| Needles & Friends           | 7/6               | 7/27            | 63                  |
| Open Game Day               | 7/2               | 7/31            | 39                  |
| Peripheral Neuropathy       | 7/14              | 7/14            |                     |
| Ping Pong AM                | 7/10              | 7/31            | 14                  |
| Ping Pong PM                | 7/1               | 7/31            | 5                   |
| Pedro                       | 7/7               | 7/28            | 108                 |
| Pinochle                    | 7/2               | 7/30            | 50                  |
| Prostate Support            | 7/13              | 7/13            | 18                  |
| Retiree Assistance Group    | 7/14              | 7/14            | 25                  |
| Senior Link                 | 7/1               | 7/31            | 16                  |
| Ship Shape                  | 7/2               | 7/30            | 91                  |
| Senior Movie Day            | 7/13              | 7/13            | 29                  |

|              |      |      |     |
|--------------|------|------|-----|
| Stompers     | 7/2  | 7/27 | 72  |
| Thrift Store | 7/6  | 7/31 | 98  |
| Transitions  | 7/14 | 7/28 | 6   |
| Woodcarvers  | 7/1  | 7/15 | 12  |
| Yoga         | 7/9  | 7/30 | 102 |

**SPECIAL  
Classes/Presentations**

|                      |      |      |               |
|----------------------|------|------|---------------|
| Computer Club Ice    | 7/4  | 7/4  | 389           |
| Cream Social         |      |      |               |
| One-on-One Tech Help | 7/10 | 7/31 | 10            |
| Library Usage        | 7/7  | 7/28 | 148 new books |

**July 2015 Totals:****Total  
Participants**  
3215**Recreation Report**

classes ending: August 2015

| <b>Activity</b>             | <b>Start<br/>Date</b> | <b>End<br/>Date</b> | <b>Participants</b> |
|-----------------------------|-----------------------|---------------------|---------------------|
| Art                         | 8/5                   | 8/29                | 64                  |
| Arthritis Support Group     | 8/6                   | 8/6                 | 8                   |
| Badminton                   | 8/3                   | 8/31                | 254                 |
| Bingo                       | 8/5                   | 8/28                | 221                 |
| Bridge for Fun              | 8/5                   | 8/26                | 57                  |
| Ceramics                    | 8/6                   | 8/27                | 25                  |
| Chit Chat Café              | 8/3                   | 8/31                | 609                 |
| Computer Club Meeting       | 8/24                  | 8/24                | 22                  |
| Computer Lab                | 8/7                   | 8/28                | 15                  |
| Cribbage                    | 8/5                   | 8/26                | 25                  |
| Current Events              | 8/7                   | 8/21                | 17                  |
| Hand and Foot               | 8/5                   | 8/26                | 68                  |
| Handy Helpers               | 8/3                   | 8/31                | 5                   |
| HICAP Consultations         | 8/13                  | 8/13                | 2                   |
| Legal Consultations         | 8/20                  | 8/20                | 4                   |
| Low Impact Aerobics<br>8am  | 8/3                   | 8/31                | 228                 |
| Low Impact Aerobics<br>10am | 8/3                   | 8/31                | 485                 |
| Mah Jong                    | 8/5                   |                     | 11                  |
| Needles & Friends           | 8/3                   | 8/31                | 67                  |
| Open Game Day               | 8/3                   | 8/31                | 30                  |
| Ping Pong AM                | 8/7                   | 8/28                | 46                  |
| Ping Pong PM                | 8/4                   | 8/25                | 21                  |
| Pedro                       | 8/4                   | 8/25                | 128                 |
| Retiree Assistance Group    |                       |                     | 25                  |
| Senior Link                 | 8/4                   | 8/31                | 31                  |

**SUBJECT:** Monthly Senior Center Report

**PAGE:** 4

**ITEM:**

|                  |      |      |     |
|------------------|------|------|-----|
| Ship Shape       | 8/4  | 8/27 | 71  |
| Senior Movie Day | 8/10 | 8/10 | 19  |
| Stompers         | 8/3  | 8/31 | 73  |
| Stroke Support   | 8/17 | 8/17 | 10  |
| The Novel        | 8/11 | 8/11 | 9   |
| Thrift Store     | 8/7  | 8/28 | 134 |
| Transitions      | 8/11 | 8/25 | 6   |
| Woodcarvers      | 8/5  | 8/19 | 22  |
| Yoga             | 8/6  | 8/27 | 110 |

**SPECIAL  
Classes/Presentations**

|                         |      |      |               |
|-------------------------|------|------|---------------|
| AARP                    | 8/13 | 8/13 | 15            |
| Healthy Living Workshop | 8/24 | 8/24 | 26            |
| Library Usage           | 8/4  | 8/25 | 127 new books |
| One-on-One Tech Help    | 8/7  | 8/28 | 14            |

**August 2015 Totals:**

**Total  
Participants**  
2966