

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

**COMMISSION ON AGING AGENDA
October 15, 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 September 10, 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
 - F.4 Change Meeting Date to third Thursday of the month
- G. REPORT OF THE STAFF
 - G.1 Senior Center Report October 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, October 22, 2015 was posted on October 19, 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

September 10, 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, Engel

Pledge of Allegiance

Communications-Commission/Staff Statements and Requests
None

Consent Item

Meeting Date Change

The COA meeting date was changed to the third Thursday. The October meeting will be on the third Thursday and this item will be on the October agenda to officially change the meeting date.

July 9, 2015 Minutes

Commissioner Sanborn made the motion to accept the July 9, 2015 as written; Commissioner Brown seconded the motion. 4/0

Regular Calendar

Speaker Series

No updated information at this time.

YCOA (Yolo Commission on Aging) Update-Brown

Commissioner Brown was unable to attend the last meeting. She provided an article on the impact of the baby boom on the federal and state budget. Yolo Healthy Aging is evaluating the need for adult day health programs. Dignity Health is looking for options for adult day health programs. Agency on Aging, Area 4 is still collecting surveys on older adults. Commissioner Campbell mentioned that the surveys could be taken to some of the programs and support groups at the Community & Senior Center. YCOA is also discussing "observation status" that is used at facilities. Yolo 2-1-1 is making progress linking this directly to Yolo Senior Link. The Older Americans Act still has not been reauthorized

Handicap parking at front of WC&SC

No update at this time.

Report of the Staff

Senior Center Report

Tringali presented the draft Apartment Complex document for the commission to review. Dallas will make sure the Commission gets a final copy of the guide when it is available in mid-October. One-on-one tech help is no longer available as the instructor is not available. We are currently looking for someone to help



Commission on Aging

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with this. Tringali provided an overview of the Senior Volunteer Dinner and the solar installation project. He also provided an update on the Fraud Fair that will occur on October 14. SCI Fall Potluck will be held on September 24th at 5:30 p.m.

Public Comment

Business Items for Next Meeting

Meeting Date Change

Speaker Series

Handicap parking

YCOA

Senior Center Report

Facilities update

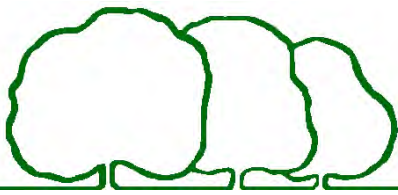
Next Meeting Date October 22, 2015

Adjourn

Commissioner Sanborn made the motion to adjourn the meeting at 3:40 p.m., Commissioner Wheeler seconded the motion, and motion carried 4/0.

Respectfully submitted,

Christine Engel, Director
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.

Healthy Living Workshops: The Woodland Senior Center partners with the Yolo County Health and Human Services Department to offer “Healthy Living Workshops” led by the Yolo County Public Nurse Lisa Musser, RN. So far, Lisa has offered two workshop sessions on Preventing Falls (which had 26 participants) and Brain Health (24 participants). There are two scheduled workshops left, including Talking With Your Doctor and Avoiding Hypertension. Additionally, Lisa is working with Dignity Health to offer a Chronic Disease Self-Management Program for older adults with long-term health conditions. While the workshops are drop-in, the chronic disease program is by registration only (no cost).

Fall Prevention Festival & Flu Shot Clinic: The Senior Center partners with the home health care service organization Comfort Keepers to offer a “Fall Prevention Festival.” There will be an opportunity to learn from experts on topics like exercise, vision, home modification, and physical/medical issues related to falls. Public Health Nurse Lisa Musser, RN will be on hand to provide flu shots for seniors.

Dates to Note

October 14:	Senior Resource & Crime Prevention Fair
October 21:	Healthy Living Workshop: Talking with your Doctor
October 27:	Fall Prevention Festival
November 3 – December 8:	Chronic Disease Self-Management Program
November 18:	Frank’s Train Display
November 18:	Healthy Living Workshop: Heart Health – Avoid Hypertension
November 19:	Thanksgiving Dinner

Recreation Report

classes ending: September 2015

Activity	Start Date	End Date	Participants
Art	9/2	9/30	75
Arthritis Support Group	9/3	9/3	8
Badminton	9/2	9/30	192
Bingo	9/2	9/30	218
Bridge for Fun	9/2	9/30	66
Ceramics	9/3	9/24	41
Chit Chat Café	9/1	9/30	614
Computer Club CLASS			0
Computer Club Meeting	9/28	9/28	26
Computer Lab	9/4	9/25	26
Cribbage	9/2	9/30	23
Current Events	9/4	9/18	17
Hand and Foot	9/2	9/30	107
Handy Helpers	9/1	9/30	6
HICAP Consultations	9/10	9/24	9
Legal Consultations	9/17	9/17	5
Low Impact Aerobics 8am	9/2	9/30	193
Low Impact Aerobics 10am	9/2	9/30	339
Mah Jong	9/3	9/17	13
Needles & Friends	9/7	9/28	50
Open Game Day	9/8	9/28	21
Outa Sight SPEAKER	9/1	9/1	29
Outa Sight SUPPORT	9/15	9/15	19
Peripheral Neuropathy	9/8	9/8	13
Ping Pong AM	9/4	9/25	9
Ping Pong PM	9/1	9/29	23
Pedro	9/1	9/29	125
Pinochle	9/3	9/24	57
Prostate Support	9/14	9/14	16
Retiree Assistance Group	9/18	9/18	18
Senior Link	9/2	9/30	12
Ship Shape	9/1	9/29	77
Senior Movie Day	9/14	9/14	21
Stroke Support			
The Novel	9/8	9/8	9
Thrift Store	9/1	9/29	89

SUBJECT: Monthly Senior Center Report

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ITEM:

Transitions	9/22	9/22	5
Woodcarvers	9/2	9/16	16
Yoga	9/3	9/24	98
SPECIAL Classes/Presentations			
AARP			
Healthy Living Workshop	9/16	9/16	24
Library Usage	9/1	9/30	261 new books

September 2015 Totals:

Total Participants
2709