

**CITY OF WOODLAND  
2001 EAST STREET  
WOODLAND, CALIFORNIA  
September 21, 2017  
COMMISSION ON AGING AGENDA  
3:00 p.m.**

A. CALL TO ORDER

B. ROLL CALL

C. PLEDGE OF ALLEGIANCE

D. CONSENT

- i. Adopt the Minutes of the Commission Meeting of July 20, 2017

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. NEW BUSINESS

- i. Consider Commissioner Requests for Excused Absences from Future Meetings
- ii. 2017 Work Plan Finalize
- iii. Handicap Parking Subcommittee-Recommendations

G. REGULAR CALENDAR

- i. Annual Report to Council- May 2018
- ii. Speakers Series Update
- iii. Senior Resource Fair May 24,2018

H. REPORT OF THE STAFF

- i. Senior Center Report Dallas Tringali  
*Recommendation:* Information only
- ii. Facility Update, Senior Issues-Dallas Tringali  
*Recommendation:* Information only

A. 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.

**9/12/2017**

B. AGENDA ITEMS FOR NEXT MEETING

C. ADJOURN

D. NEXT MEETING October 19, 2017, 2017

E.

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 21, 2017 was posted on September 18, 2017 in the outside display case at 2001 East Street, Woodland, CA, and was available to the public during normal business hours.

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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 20, 2017

#### Call to Order

Meeting convened at 3:05 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chair Campbell presiding.

#### Roll Call

Commissioners Present: Campbell, Parker, Kelley,  
Absent Overholt, Wheeler  
Staff: Tringali, Haynie

#### Pledge of Allegiance

#### Consent Item

##### June 15, 2017 Minutes

Commissioner Parker made the motion to accept the June 15, 2017 minutes as written; Commissioner Kelley seconded the motion. Passed 3/0

#### Communication-Commission/Staff Statements and Requests

Commissioner Campbell thanked Commissioner Parker for her service to the COA.

#### New Business

##### Consider Commissioner Requests for Excused Absences from Future Meetings

No requests.

##### 2017 Work Plan Finalize

Moved item to September meeting.

#### Regular Calendar

##### Speaker Series

Commissioner Campbell stated that he received a thank you from Mr. Morley, Tringali had contacted him about Signs of a Stroke class.

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

Next meeting of Committee is scheduled for 6:30 p.m. on July 20, 2017.

##### Senior Resource Fair May 24, 2018

Seventy-six (76) surveys were returned. Discussed timeline for contacting returning vendors.

##### Apartment List

Draft update will be provided at the September meeting.



## Commission on Aging

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

### Report of the Staff

#### Senior Center Report

Tringali reports that the Teen Helping Seniors spaghetti feed fundraiser served 111 diners. The teens have earned over \$500 in donations from a very generous community. The food was donated by Woodland Senior Center Inc. and the food was prepared by SCI president Roy Miller. THS will be visiting the Zinnia Flower Patch and taking the flowers to the seniors who had a job done this summer. Summer Time Fun Club hired a 2006 THS participant for this summer program.

#### Facility Update, Senior Issues

Tringali reported on the vandalism of 16 vehicles at the Woodland Community & Senior Center over a ten-day period in June. Commissioner Campbell responded that three windows were broken in the Care Car Vans. David Zaragoza, Facility Maintenance II, has left to work for the WJUSD. Luis Delgado is filling in for now. Staff is dealing with downed HVAC Units in Lobby and the Y fitness center.

### Business Items for Next Meeting

#### Minutes

Consider Commissioner Requests for Excused Absences from Future Meetings

2017 Work Plan Finalize

*Speaker Series*

*Handicap parking*

*Senior Resources Fair*

Senior Center Report

Facilities update

Next Meeting Date September 21, 2017

### Adjourn

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

Respectfully submitted,

Cathy Haynie, Administrative Supervisor  
Community Services Department

**Commission on Aging Attendance (current commissioners only)**  
**Meetings 3rd Thursday of each month @ 3:00 pm (no meetings in August or December)**

| Commissioners    | 7/2017             | 9/2017 | 10/2017 | 11/2017 | 1/2018 | 2/2018 | 3/2018 | 4/2018 | 5/2018 | 6/2018 |
|------------------|--------------------|--------|---------|---------|--------|--------|--------|--------|--------|--------|
| Don Campbell     |                    |        |         |         |        |        |        |        |        |        |
| Regan Overholt   | Excused<br>Absence |        |         |         |        |        |        |        |        |        |
| Heidi Wheeler    | Excused<br>Absence |        |         |         |        |        |        |        |        |        |
| Terry Kelley     |                    |        |         |         |        |        |        |        |        |        |
| Melody R. Parker |                    |        |         |         |        |        |        |        |        |        |
| <b>Quorum</b>    |                    |        |         |         |        |        |        |        |        |        |

June 2017- Wheeler and Overholt absent July meeting,

## **Commission on Aging Work Plan (January – December 2017)**

The following action plan contains 7 specific items that the Commission on Aging proposes to accomplish, or at least begin over the next year. General objectives, dates, and required resources are listed for the sake of planning. *However, they are subject to change as the year progresses and particular action items are moved towards implementation.*

Each action item, with a brief statement of objective, outcome, timeline, and resource requirements are as follows:

1. Intergenerational Project
2. Promotion, Speaker Series
3. Senior Resource Fair
4. Woodland Apartment List
5. Advocacy
6. Technical Support
7. Handicap Parking in Front of WC&SC

### **1. Intergenerational Project (Commissioner Overholt & Wheeler)**

**Objective:** Develop and implement intergenerational project between seniors and children.

**Outcome:** Social benefit for young children and seniors.

**Timeline:** Ongoing.

**Required Funding:** Program costs, Commission and staff time.

### **2. Promotion & Speaker Series (Commissioners Overholt/Brown)**

**Objective:** Promote a positive image of aging and seniors through public information.

**Outcome:** Create greater awareness of positive and healthy aging, including an increased awareness of programs and services for seniors.

**Timeline:** Ongoing.

**Required Funding:** Program costs, Commission and staff time

### **3. Senior Resource Fair (Commissioners Parker/Campbell)**

**Objective:** Inform seniors and their families/neighbors about senior programs in the community.

**Outcome:** Create greater awareness and participation in senior programs in the community.

**Timeline:** Ongoing.

**Required Funding:** Program costs, Commission and staff time.

#### **4. Woodland Apartment List (All Commissioners)**

**Objective:** To complete annual update of the list of Apartment Complexes in Woodland, this includes apartments for 'seniors only'. Biannually Outcome: Provide current rental information for seniors and their families.

**Timeline:** January/February 2018.

**Required Funding:** Program costs, Commission and staff time

#### **5. Technology for Seniors (Commissioner Wheeler)**

**Objective:** to provide seniors with basic computer/internet information, training and skills.

**Outcome:** seniors will develop the knowledge and comfort levels necessary to be able to use and take advantage of newer technology.

**Timeline:** ?

**Required Funding:** Program costs, Commission and staff time.

#### **6. Advocacy (Commissioners Wheeler)**

**Objective:** To promote and advocate for issues related to seniors.

**Outcome:** To move issues related to seniors to the front of the legislative agenda.

**Timeline:** Ongoing

**Required Funding:** Program costs, Commission and staff time.

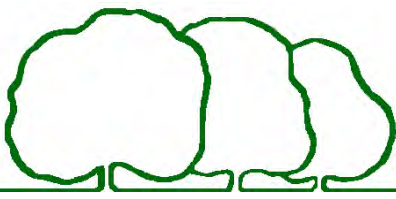
#### **7. Handicap Parking at front of WC&SC (Commissioner Campbell)**

**Objective:** Add 10 handicap parking spaces at the front of the WC&SC.

**Outcome:** More accessibility at the main entrance for seniors.

**Timeline:** Ongoing

**Required Funding:** Program costs, Commission and staff time.



**Commission on Aging Communication**

**AGENDA ITEM**

**SUBJECT:** Handicap Parking Subcommittee Report    **DATE:** September 21, 2017

**PREPARED BY:** Dallas Tringali, Community Services Program Manager

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**RECOMMENDED ACTION:**

Staff recommends that the Commission support the subcommittee recommendation to request that the City Council approve the use of \$41,000 to modify the current parking lot at the Woodland Community & Senior Center to add eight handicap parking stalls with ADA accessible curbs.

**Background**

The Woodland Community & Senior Center was completed and occupied in March 2007. The following year, Council approved a \$50,000 accessibility improvement project (as part of Phase II) that included the addition of handicap parking stalls on the northwest corner of the facility (near the Senior Center wing), creating “senior only” parking areas from 8:00 am to 3:00 pm, curbs compliant with the Americans with Disabilities Act (ADA), and extra automatic door openers around the facility. Staff made the building more accessible by adjusting the facility opening procedures and opening strategic doors closest to senior parking areas.

Currently, there are 276 total parking stalls, including 46 “senior only” stalls and 15 handicap accessible stalls. The ADA requires seven handicap stalls for a parking lot containing 201-300 stalls.

The Commission on Aging has extensively discussed accessibility at the Community & Senior Center. In April 2017 a subcommittee was formed comprising of two members of the Commission on Aging (Commissioner Don Campbell and Commissioner Terry Kelly) and two members of the Parks & Recreation Commission (Commissioner Jon-Paul Valcarenghi and Commissioner Rashid Ali).

**Discussion**

The subcommittee met on May 9 to tour the facility, discuss their opinions on current handicap parking issues, and discuss possible short-term and long-term solutions. They requested staff to produce general cost estimates for five proposed options:

1. **Re-striping:** converting 12 existing non-handicap spaces to be painted as six handicap spaces around the community center (no construction); spaces would be located in areas with easy access to the building
2. **Curbs:** Installing additional ADA compliant curbs and handicap spaces around the facility
3. **Amphitheater:** Repurposing the “amphitheater” area behind the gymnasium with parking stalls
4. **Partial front lawn:** Repurposing part of the front lawn to include *only* handicap spaces across from the main entrance
5. **Full front lawn:** Repurposing the entire front lawn to include extra parking *and* handicap spaces across from the main entrance

Community Services Staff consulted with Community Development staff and Public Works staff to generate general cost estimates. The cost estimates were as follows:

1. **Re-striping:** ~\$1,000 max including staff and supplies
2. **Curbs:** ~\$10,000 per two spaces and sidewalk ramp
3. **Amphitheater:** ~\$8,000-\$10,000 per space, room for less than 50 stalls
4. **Partial front lawn:** ~\$7,500 per space PLUS costs to clear grass, trees, and irrigation
5. **Full front lawn:** ~\$7,000 per space PLUS costs to clear grass, trees, and irrigation

While staff was obtaining information for the cost estimate for the initial recommendations, the subcommittee created a survey (initially prepared by Ms. Kelly) and distributed it to Senior Center users. There were over 80 respondents, 50 of which possessed handicap placards. 63% of the respondents visit the Senior Center 1-2 times per week, 27% visit 3-4 times per week, and 10% visit 5 or more times per week. Almost 70% of respondents said that there are times they are unable to access handicap spots. 80% of respondents claimed there were general parking spots that were better than the current handicap parking spaces.

The subcommittee met again on July 20 to discuss the estimates and to come up with a recommendation to be brought forward to each commission.

### **Options Removed from Further Consideration**

The **re-striping option** is very inexpensive but most of the parking spaces that could be converted without construction did not improve the distance between the handicap parking spots and the facility doors. The subcommittee agreed that eight of the twelve spaces were not practical, but the four spaces near the YMCA Wellness Center were kept for consideration.

The **amphitheater option** was impractical because of the cost to demolish the area in addition to constructing the parking stalls.

The **partial front lawn option** was an inefficient option because converting half of the lawn to parking would be expensive as irrigation and electrical systems would need to be modified.

The ***full front lawn option*** was most favorable by the subcommittee. It addresses the need for handicap parking spaces being in closer proximity to the facility and also adds needed general parking for the Community & Senior Center. However, with cost estimates exceeding \$350,000 it did not seem realistic to fund this as its own project. Staff recommended that the full front lawn parking lot project be considered in conjunction with future projects at the Sports Park (i.e. adding recreational sports fields).

**Subcommittee Recommendation**

The ***curb option*** would add four additional handicap spaces on the southwest corner of the building (closest to the meeting rooms) where current “senior only” parking is; and another four additional spaces to the northwest corner next to the current handicap stalls. The curbs would be modified to be ADA compliant. See photo for the proposed locations.

The “senior only” parking on the southwest corner of the parking lot would be moved to the first section of parking underneath the solar panels, closest to the meeting rooms. This will keep the number of “senior only” parking the same, and the addition of ADA-compliant curbs will make the accessibility better on that side of the building. This recommendation is anticipated to cost \$40,000.

Additionally, the subcommittee recommended converting four general parking spaces to two handicap spaces closest to the YMCA Wellness Center, in order to reserve accessible parking for YMCA patrons with disabled placards. This recommendation is anticipated to cost no more than \$1,000.

**Recommendation for Action**

Staff recommends that the Commission support the subcommittee recommendation to request that the City Council approve the use of \$41,000 to modify the current parking lot at the Woodland Community & Senior Center to add eight handicap parking stalls with ADA accessible curbs.

***Attachment: Proposed location for handicap parking stalls with ADA-compliant curbs***



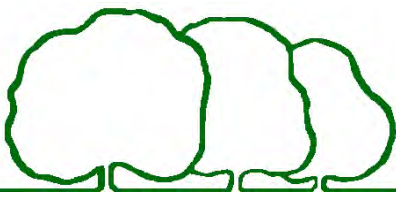
**Proposed location for handicap parking stalls**

**Conversion of general parking to  
handicap parking locations**

**Conversion of general parking to  
handicap parking locations**

**Conversion of general parking to  
handicap parking locations  
(re-striping on either side of the  
sidewalk ramp)**

**Conversion of general parking to  
“senior only from 8-3” parking**



**Commission on Aging Communication**

AGENDA ITEM

SUBJECT: Monthly Senior Center Report

DATE: September 21, 2017

PREPARED BY: Dallas Tringali, Community Services Program Manager

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**RECOMMENDED ACTION:**

None. Information only.

**BACKGROUND INFORMATION:**

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

**Program Report**

**Senior Center Volunteer Appreciation:** Every year, the City of Woodland and Senior Center Inc. host an appreciation dinner for volunteers that facilitate programs for older adults at the Woodland Senior Center. 160 people (about 100 of which volunteer for the senior center) were in attendance for an enchilada and tamale dinner. The Woodland Stompers line dance group were on hand to entertain the guests. Missionaries from the Church of Jesus Christ of Latter-Day Saints volunteered their time to help serve food and drinks. This year, five outstanding volunteers were honored. Pictured left to right: Donella Combs (Senior Center thrift store), Gary McCaskill (AARP Tax Aid), Arnon Erba (1-on-1 tech help), Annette Rojo (Pedro card game), and Donna Borba (Hand & Foot card game).



**Teens Helping Seniors:** Teens Helping Seniors is a summer volunteer program for middle school and high school students. These volunteers are primarily tasked with assisting seniors at their homes with housework and yardwork. They also perform jobs at the Woodland Community & Senior Center and local parks. This year, there were 23 volunteers who performed 863 hours of service for 85 seniors, and also performed 40 alternate projects around the city. As a reward for their work, the volunteers are taken on a trip to the Santa Cruz Beach Boardwalk (18 of the volunteers were able to attend the trip).



**Yolo County Crime Prevention & Senior Resource 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 2017 Yolo County Senior Resource and Crime Prevention Fair on Thursday, October 12<sup>th</sup> from 9:00 a.m.-2:00 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 28 – Senior Center Fall Potluck  
October 12 – Yolo County Crime Prevention & Senior Resource Fair  
October 19 – Yolo Hospice “Continuing the Conversation” short screening and facilitated discussion  
October 25 – Reverse Mortgage Presentation  
October 26 – Important Documents Workshop  
October 26 – Collette Travel Presentation  
October 26 – Yolo Hospice “Continuing the Conversation” panel discussion

**Woodland Senior Center Monthly Participant Report  
classes ending: July 2017**

| Activity                  | End Date  | Sign-Ins/<br>Participants |
|---------------------------|-----------|---------------------------|
| <b>ART</b>                |           |                           |
| Art                       | 7/26/2017 | 55                        |
| Ceramics                  | 7/27/2017 | 37                        |
| Needles & Friends         | 7/31/2017 | 67                        |
| Woodcarvers               | 7/19/2017 | 6                         |
| Scrapbooking              | 7/25/2017 | 6                         |
| <b>EXERCISE</b>           |           |                           |
| Badminton                 | 7/31/2017 | 284                       |
| Low Impact Aerobics 8am   | 7/28/2017 | 179                       |
| Low Impact Aerobics 10am  | 7/31/2017 | 279                       |
| Ping Pong AM              | 7/29/2017 | 20                        |
| Ping Pong PM              | 7/28/2017 | 20                        |
| Pickleball                | 7/27/2017 | 63                        |
| Ship Shape                | 7/27/2017 | 68                        |
| Stompers                  | 7/31/2017 | 87                        |
| Yoga                      | 7/27/2017 | 98                        |
| <b>GAMES</b>              |           |                           |
| Bingo                     | 7/28/2017 | 106                       |
| Bridge for Fun            | 7/26/2017 | 54                        |
| Cribbage                  | 7/5/2017  | 1                         |
| Hand and Foot             | 7/19/2017 | 36                        |
| Mah Jong                  | 7/27/2017 | 8                         |
| Open Game Day             | 7/31/2017 | 6                         |
| Pedro                     | 7/25/2017 | 72                        |
| Pinochle                  | 7/28/2017 | 29                        |
| <b>GENERAL</b>            |           |                           |
| Chit Chat Café            | 7/31/2017 | 472                       |
| Current Events            | 7/21/2017 | 7                         |
| Senior Movie Day          | 7/10/2017 | 42                        |
| The Novel                 | 6/13/2017 | 8                         |
| Thrift Store              | 7/31/2017 | 262                       |
| <b>EDUCATION/RESOURCE</b> |           |                           |
| Computer Club Meeting     | 7/24/2017 | 13                        |
| Computer Lab              | 7/28/2017 | 18                        |
| Handy Helpers             | 7/31/2017 | 6                         |
| Hearing Exams             | 7/12/2017 | 4                         |
| HICAP consultations       | 7/26/2017 | 3                         |
| Legal consultations       | 7/20/2017 | 4                         |

|                                  |           |    |
|----------------------------------|-----------|----|
| One-on-One/Apple Tech Help       | 7/17/2017 | 10 |
| Senior Link                      | 7/31/2017 | 35 |
| <b>SUPPORT</b>                   |           |    |
| Arthritis Support Group          | 7/6/2017  | 4  |
| Peripheral Neuropathy            | 7/18/2017 | 4  |
| Prostate Support                 | 7/10/2017 | 13 |
| Stroke Support                   | 7/17/2017 | 10 |
| Transitions                      | 7/25/2017 | 9  |
| <b>SPECIAL PROGRAMS</b>          |           |    |
| Library Usage                    | 7/25/2017 | 7  |
| St. Johns Blood Pressure Clinics | 7/19/2017 | 11 |
| AARP Driving Course              | 7/12/2017 | 10 |
| Scrapbooking Workshop            | 7/18/2017 | 3  |

**Woodland Senior Center Monthly Participant Report**  
**classes ending: August 2017**

| <b>Activity</b>          | <b>End Date</b> | <b>Sign-Ins/<br/>Participants</b> |
|--------------------------|-----------------|-----------------------------------|
| <b>ART</b>               |                 |                                   |
| Art                      | 8/30/2017       | 70                                |
| Ceramics                 | 8/31/2017       | 46                                |
| Needles & Friends        | 8/28/2017       | 46                                |
| Woodcarvers              | 8/16/2017       | 6                                 |
| Scrapbooking             | 8/28/2017       | 6                                 |
| <b>EXERCISE</b>          |                 |                                   |
| Badminton                | 8/30/2017       | 228                               |
| Low Impact Aerobics 8am  | 8/30/2017       | 206                               |
| Low Impact Aerobics 10am | 8/30/2017       | 234                               |
| Ping Pong AM             | 8/30/2017       | 17                                |
| Ping Pong PM             | 8/29/2017       | 17                                |
| Pickleball               | 8/31/2017       | 63                                |
| Ship Shape               | 8/31/2017       | 81                                |
| Stompers                 | 8/28/2017       | 72                                |
| Yoga                     | 8/31/2017       | 119                               |
| <b>GAMES</b>             |                 |                                   |
| Bingo                    | 8/30/2017       | 199                               |
| Bridge for Fun           | 8/30/2017       | 91                                |
| Cribbage                 | 8/30/2017       | 6                                 |
| Hand and Foot            | 8/28/2017       | 62                                |
| Mah Jong                 | 8/31/2017       | 18                                |
| Open Game Day            | 8/29/2017       | 13                                |

|                                  |           |      |
|----------------------------------|-----------|------|
| Pedro                            | 8/29/2017 | 128  |
| Pinochle                         | 8/25/2017 | 25   |
| <b>GENERAL</b>                   |           |      |
| Affordable Adventures -          | 8/8/2017  | 38   |
| Chit Chat Café                   | 8/31/2017 | 575  |
| Current Events                   | 8/18/2017 | 11   |
| Senior Movie Day                 | 8/14/2017 | 46   |
| The Novel                        | 8/8/2017  | 9    |
| Thrift Store                     | 8/31/2017 | 232  |
| <b>EDUCATION/RESOURCE</b>        |           |      |
| Computer Club Meeting            | 8/28/2017 | 14   |
| Computer Lab                     | 8/24/2017 | 20   |
| Handy Helpers                    | 8/31/2017 | 5    |
| Hearing Exams                    | 8/30/2017 | 1    |
| HICAP consultations              | 8/23/2017 | 6    |
| Legal consultations              | 8/17/2017 | 5    |
| One-on-One/Apple Tech Help       | 8/21/2017 | 12   |
| Senior Link                      | 8/28/2017 | 21   |
| <b>EVENTS</b>                    |           |      |
| Hand & Foot Card Party           | 8/26/2017 | 40   |
| Volunteer Appreciation           | 8/17/2017 | 160  |
| <b>SUPPORT</b>                   |           |      |
| Arthritis Support Group          | 8/3/2017  | 3    |
| Peripheral Neuropathy            | 8/15/2017 | 2    |
| Stroke Support                   | 8/21/2017 | 12   |
| Transitions                      | 8/22/2017 | 6    |
| <b>SPECIAL PROGRAMS</b>          |           |      |
| Library Usage                    | 8/29/2017 | 8.75 |
| Telephone Reassurance Program    | 8/31/2017 | 1    |
| St. Johns Blood Pressure Clinics | 8/16/2017 | 4    |
| AARP Driving Course              | 8/18/2017 | 12   |