



City of Woodland

Meeting Agenda

Commission on Aging

Thursday, March 15, 2018

3:00 PM

2001 East Street

***Please Note:** The numerical order of items on this agenda is for the convenience of reference; items may be taken out of order.*

A. CALL TO ORDER

B. ROLL CALL

C. PLEDGE OF ALLEGIANCE

D. COMMUNICATIONS–COMMISSION/STAFF STATEMENTS AND REQUESTS

E. NEW BUSINESS

1. Discuss Change of Date/Time of Meeting

F. REGULAR CALENDAR

2. Approve February 15, 2018 Minutes
3. Consider Commissioner Request for Excused Absences from Future Meetings
4. Work Plan Assignments

G. REPORT OF THE STAFF

5. Monthly Senior Center Report

H. COMMUNICATIONS-PUBLIC COMMENT

I. AGENDA ITEMS FOR NEXT MEETING

J. ADJOURN



TO: THE COMMISSION ON AGING
DATE: March 15, 2018
ITEM #: 1.
SUBJECT: Discuss Change of Date/Time of Meeting

Recommendation for Action:

Staff recommends that the Commission discuss change of date/time of meeting.

Staff Contact:

Cathy Haynie, Administrative Supervisor, (530) 661-2009, cathy.haynie@cityofwoodland.org

Fiscal Impact:

Unknown at this time.

Report in Brief:

Commissioner Don Campbell asked for a discussion to consider changing the date and time of the COA monthly meetings.

Background:

COA meetings were on the 4th Tuesday of the month at 4 p.m. In 2010 the COA meetings were changed to the 3rd Thursday of the month at 3 p.m.

Prepared By: Cathy Haynie, Administrative Supervisor



TO: THE COMMISSION ON AGING
DATE: March 15, 2018
ITEM #: 2.
SUBJECT: Approve February 15, 2018 Minutes

Recommendation for Action:

Staff recommends that the Commission approve the February 15, 2018 minutes..

Staff Contact:

Cathy Haynie, Administrative Supervisor, (530) 661-2009, cathy.haynie@cityofwoodland.org

Fiscal Impact:

None

Prepared By: Cathy Haynie, Administrative Supervisor



TO: THE COMMISSION ON AGING
DATE: March 15, 2018
ITEM #: 3.
SUBJECT: Consider Commissioner Request for Excused Absences from Future Meetings

Recommendation for Action:

Staff recommends that the Commission consider Commissioner requests for excused absence for a future meeting.

Staff Contact:

Cathy Haynie, Administrative Supervisor, (530) 661-2009, cathy.haynie@cityofwoodland.org

Fiscal Impact:

None

Prepared By: Cathy Haynie, Administrative Supervisor

ATTACHMENTS:

Description	Upload Date	Type
calendar	3/9/2018	Cover Memo
Attendance Report	3/9/2018	Cover Memo

Commission on Aging 2018

Election of Officers– November Meeting

Approve Workplan 2017-February Meeting

Council Report-May

January

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February

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25	26	27	28			

March

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April

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29	30					

May

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June

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July

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29	30	31				

August

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September

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October

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November

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18	19	20	21	22	23	24
25	26	27	28	29	30	

December

S	M	T	W	T	F	S
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23	24	25	26	27	28	29
30	31					

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 Absence	Unexcused			Excused Absence	Unexcused				
Heidi Wheeler	Excused Absence			Unexcused	Excused Absence		Excused Absence			
Terry Kelley					Excused Absence	Excused Absence				
Linda Weesner										
Quorum										

June 2017- Wheeler and Overholt absent July meeting.

September 2017- No Requests.

October 2017- Kelley absent January and February, Wheeler absent January.

November 2017-Overholt absent January.

January 2018- No Requests received.

February 2018 – Wheeler requested for March



TO: THE COMMISSION ON AGING
DATE: March 15, 2018
ITEM #: 5.
SUBJECT: Work Plan Assignments

Recommendation for Action:

Staff recommends that the Commission ...

ATTACHMENTS:

Description	Upload Date	Type
2018 Work Plan	3/9/2018	Cover Memo

Commission on Aging Work Plan (January – December 2018)

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/Wheeler)

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 (All Commissioners)

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 2020.

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/Kelley)

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/Kelley)

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.



TO: THE COMMISSION ON AGING
DATE: March 15, 2018
ITEM #: 6.
SUBJECT: Monthly Senior Center Report

Recommendation for Action:

None. Information only.

Staff Contact:

Dallas Tringali, Community Services Program Manager, (530) 661-2005, dallas.tringali@cityofwoodland.org

Background:

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

Discussion:

Program Report

Senior Art Show & ReXpo: The Senior Art Show and ReXpo events took place on Friday March 2. Over 30 vendors participated in the ReXpo, which showcased many different activities in Woodland for all ages. The Art Show featured pieces by the Woodland Senior Center's own art class participants, including paintings, wood carvings, ceramics, and quilts.

Tax Aid: The annual Tax Aid preparation offered by AARP volunteers began on February 2 and will run through April 13. In the month of February there have been 85 people who made appointments. Assistance is provided by appointment on Mondays and Fridays. Appointments can be made by calling the Senior Center Welcome Desk at (530) 661-2001.

Fall Prevention Series: The Senior Center is hosting a free fall prevention workshop on Thursday March 22 from 1:00 to 2:30 pm. The "ABCs of Balance" workshop will provide some basic techniques on balance, stability, and training one's vision to prevent a catastrophic fall. The workshop is taught by balance and mobility specialist Kelly Ward. The workshop leads into a more intensive "Brains and Balance" class, which is a four-week (eight session) class from April 3 to April 26. This class costs \$99 to attend and participants can sign up at the Community Services desk.

Dates to Note

March 17 – Hand & Foot Card Party (hosted by SCI)
March 22 – ABCs of Balance Workshop
April 6 – Gardening Adventures: Bonsai Plants
April 17 & 18 – AARP Driver Safety Course
May 10 – Senior Center Inc. Installation Dinner

**Woodland Senior Center Monthly Participant Report
classes ending: February 2018**

Activity	End Date	Sign-Ins/ Participants
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ART		
Art	2/28/2017	35
Ceramics	2/22/2018	27
Needles & Friends	2/26/2018	36
Woodcarvers	2/21/2018	11
Scrapbooking	2/27/2018	6
EXERCISE		
Badminton	2/28/2018	154
Low Impact Aerobics 8am	2/28/2018	144
Low Impact Aerobics 10am	2/28/2018	202
Ping Pong AM	2/23/2018	8
Ping Pong PM	2/27/2018	33
Pickleball	2/28/2018	98
Ship Shape	2/27/2018	85
Stompers	2/22/2018	61
Yoga	2/22/2028	113
GAMES		
Bingo	2/28/2018	186
Bridge for Fun	2/28/2018	72
Cribbage	2/21/2018	3
Hand and Foot	2/28/2018	60
Mah Jong	2/22/2018	14
Open Game Day	2/26/2018	10
Pedro	2/20/2018	66
Pinochle	2/23/2018	28
GENERAL		
Chit Chat Café	2/28/2018	361
Senior Movie Day	2/12/2018	27
Thrift Store	2/28/2018	189
EDUCATION/RESOURCE		
Computer Club Meeting	2/26/2018	25
Computer Lab	2/23/2018	23
Handy Helpers	2/28/2018	9
Hearing Exams	2/21/2018	2
HICAP Consultations	2/28/2018	5
Legal Consultations	2/15/2018	5
Senior Link	2/26/2018	14
SUPPORT		
Arthritis Support Group	2/1/2018	4
Outa Sight SPEAKER	2/6/2018	20
Outa Sight SUPPORT	2/20/2018	15
Parkinson's Support Group	2/27/2018	11

Retiree Assistance Group	2/28/2018	20
Stroke Support	2/26/2018	7
Transitions	2/27/2018	2
SPECIAL PROGRAMS		
AARP TAX AIDE	2/23/2018	85
Library Usage	2/27/2018	7.5
Garden Adventures	2/2/2018	20
Telephone Reassurance Program	2/28/2018	3
DVD & Audio Library	2/2/2018	4.25
St. Johns Blood Pressure Clinics	2/21/2018	1

Prepared By: Dallas Tringali, Community Services Program Manager