



**City of Woodland**  
**Meeting Agenda**  
**Commission on Aging**

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

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May 9, 2019  
4:00 PM

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*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**

**F. REGULAR CALENDAR**

1. Standing Committee Report
  - Intergenerational Project
  - Senior Resource Fair
  - Woodland Apartment List
  - Advocacy-Area 4 AOA Update
  - Handicap Parking at front of WC&SC
2. Conduct Needs Assessment
3. Approve March 21, 2019 minutes
4. Consider Commissioner Requests for Planned Absences from Future Meetings

**G. REPORT OF THE STAFF**

5. Monthly Senior Center Report

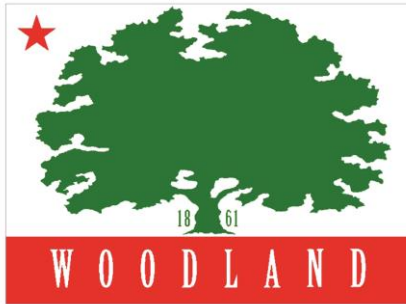
**H. COMMUNICATIONS - PUBLIC COMMENT**

**I. AGENDA ITEMS FOR NEXT MEETING**

**J. ADJOURN**

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# COMMISSION ON AGING

*Updated: 11/13/2018*

| NAME                         | ADDRESS                                    | PHONE/Email                                                                                                      | TERM                      |
|------------------------------|--------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------|
| Terry Kelley                 | 116 Toyon Drive<br>Woodland, CA 95695      | H: 916-715-4137<br><a href="mailto:terrykelley@sbcglobal.net">terrykelley@sbcglobal.net</a>                      | 6/30/2021                 |
| Linda Weesner                | 21 Monte Vista Drive<br>Woodland, CA 95695 | H: 530-669-7468<br>C: 530-383-8603<br><a href="mailto:linda.weesner@gmail.com">linda.weesner@gmail.com</a>       | 6/30/2019                 |
| Don Campbell,<br>Chairperson | 1742 Amherst Way<br>Woodland, CA 95695     | H: 530-666-3021<br>C: 530-908-1189<br><a href="mailto:campbell5224@sbcglobal.net">campbell5224@sbcglobal.net</a> | 6/30/2019<br>(Since 2008) |
| Heidi Wheeler                | 1805 Farnham Avenue<br>Woodland, CA 95776  | C: 530-383-2390<br>W: 530-662-1290<br><a href="mailto:hwheeler@sjrv.org">hwheeler@sjrv.org</a>                   | 6/30/2020                 |
| Regan Overholt               | 1521 Saratoga Drive,<br>Woodland, CA 95695 | C: 530-867-1426<br><a href="mailto:raoverholt@ucdavis.edu">raoverholt@ucdavis.edu</a>                            | 6/30/2018<br>(since 1999) |

This is a 5 member Commission with four year terms.  
Meetings: Third Thursday of each month  
Location: Community & Senior Center, 2001 East Street.  
Contact Information: 530.661.2005

Agenda packets available online: <http://www.cityofwoodland.org/prcs/comissions.htm#aging>



TO: THE COMMISSION ON AGING  
AGENDA: Commission on Aging-Special Meeting  
DATE: May 9, 2019  
ITEM #: F.2.  
SUBJECT:

**Attachments:**

1. Commission on Aging Work Plan 2020

## **Commission on Aging Work Plan (July 2019-June 2020)**

The following action plan contains 5 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. Senior Resource Fair
3. Woodland Apartment List
4. Advocacy
5. Handicap Parking Spaces

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

**Objective:** Recommend and support 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. 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.

**3. 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

**4. Advocacy (All Commissioners)**

**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.

**5. Handicap Parking at front of WC&SC (Commissioner Campbell/Kelley)**

**Objective:** Increased Handicap Parking Spaces.

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

**Timeline:** Ongoing

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



TO: THE COMMISSION ON AGING  
AGENDA: Commission on Aging-Special Meeting  
DATE: May 9, 2019  
ITEM #: F.3.  
SUBJECT: Approve March 21, 2019 minutes

**Recommendation for Action:** Staff recommends that the Commission approve; the March 21 minutes.

**Staff Contact:**

Cathy Haynie (530) 661-2000, [cathy.haynie@cityofwoodland.org](mailto:cathy.haynie@cityofwoodland.org)

**Attachments:**

1. 032119 Minutes

# **City of Woodland**

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



## **Commission on Aging –**

**Thursday, March 21, 2019**

**4:00 PM**

**A. CALL TO ORDER**

Meeting called to order at 03:58 PM

**B. ROLL CALL**

Commission Members Present: Chairperson Don Campbell, Commissioner Terry Kelley, Commissioner Regan Overholt, Commissioner Linda Weesner, Commissioner Heidi Wheeler

Absent: None

Excused: None

**C. PLEDGE OF ALLEGIANCE**

**D. COMMUNICATIONS - COMMISSION/STAFF STATEMENTS AND REQUESTS**

Commissioner Terry Kelley asked that the A4AA update be added to the regular calendar. Commissioner Terry Kelley would like the COA bylaws and responsibility, reviewed by the Commission. Commissioner Terry Kelley recited section 2-7-86 Power and duties to the Commission. Discussion followed where the Commission discussed a survey. Commissioner Don Campbell stated that a member of SCI should be on COA. Commissioner Overholt stated that SCI & COA use to trade off going to each others meetings. Commissioner Linda Weesner asked if Commission should codify relationship between the two.

**E. NEW BUSINESS**

**F. REGULAR CALENDAR**

1. Consider Commissioner Requests for Planned Absences from Future Meetings

On a motion by Commissioner Linda Weesner to approve Commissioner Heidi Wheeler's request to be absent from the April, seconded by Commissioner Terry Kelley and carried unanimously,

Ayes: Chairperson Don Campbell, Commissioner Terry Kelley, Commissioner Regan Overholt, Commissioner Linda Weesner, Commissioner Heidi Wheeler

Noes: None

Absent:

On a motion by Commissioner Terry Kelley to move the May meeting to May 9, 2019, seconded by Commissioner Heidi Wheeler and carried unanimously,

Ayes: Chairperson Don Campbell, Commissioner Terry Kelley, Commissioner Regan Overholt, Commissioner Linda Weesner, Commissioner Heidi Wheeler

Noes: None

2. Approve January 17, 2019 minutes

**On a motion by Commissioner Linda Weesner to approve the January 17, 2019 minutes with edits, seconded by Commissioner Terry Kelley and carried unanimously,**

**Ayes: Chairperson Don Campbell, Commissioner Terry Kelley, Commissioner Regan Overholt, Commissioner Linda Weesner, Commissioner Heidi Wheeler**

**Noes: None**

**Absent:**

- i. Committee Reports

**Commissioner Terry Kelley attended the A4AA meeting, Dana from OES' focus on shelter, lot evaluation, SNAP program. Healthcare Preparedness Coalition need numbers (needs organizations to join), Commissioner Terry Kelley will contact this group and promote "Yolo Alert" in newsletter and contact PD VIPS. Discussion followed concerning the different groups that assist seniors with emergency situations.**

## **G. REPORT OF THE STAFF**

3. Monthly Senior Center Report

**Verbal updates provided by Staff. Invites and confirmations are coming in for the Senior Resource Fair. Educational programs are not well attended. 9 a.m. to 12 p.m. on May 23, 2019. Last month COA asked to look at Community Services Department, what the make up is, what partnerships, and what programs are offered. CSD includes Parks, Recreation, Housing, CSD Grant Program, The Senior Center is a function of the CSD. 50% of Tringali's time is dedicated to the Senior Center. Bridget is a half time staff dedicated to the Senior Center who organizes the volunteers, updates the monthly Senior Gram. Tringali has oversight of the Woodland Community & Senior Center. Programs are brought in and vetted by Tringali, programs are on the second and third page of the report, these include Art, Exercise, Games. City partners with HICAP, Care Car, SCI, Woodland Computer Club, Meals on Wheels, and the Food Bank. SCI pays for postage for Senior Gram, City pays to print the document. SCI funds five large events annually, have scholarships. The \$1,000.00 budgeted for the Senior Center is from the General Fund. Enterprise budget is a in-out budget, we are able to make enough to cover halftime coordinator. Staff is looking for educational programs. When new programs are considered, it is asked is the program good for our seniors, how many seniors will participate? Commissioner Overholt asked how the COA could help to fund a full time position.**

## **H. COMMUNICATIONS - PUBLIC COMMENT**

## **I. AGENDA ITEMS FOR NEXT MEETING**

4. Next meeting April 18, 2019

**April 18, 2019 meeting cancelled due to no quorum.**

**May meeting changed to May 9, 2019 as a Special Meeting.**

**J. ADJOURN**

**Meeting adjourned at 05:30 PM**



TO: THE COMMISSION ON AGING  
AGENDA: Commission on Aging-Special Meeting  
DATE: May 9, 2019  
ITEM #: F.4.  
SUBJECT: Consider Commissioner Requests for Planned Absences from Future Meetings

Staff recommends that the Commission approve Commissioner request for absence from future meeting.

**Attachments:**

1. COAMarch 2019
2. 2019 calendar

**Commission on Aging Attendance (current commissioners only)**  
**Meetings 3rd Thursday of each month @ 4:00 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 | Planned Absence | Unplanned Absence |         |                   | Planned Absence | Unplanned Absence | Unplanned Absence |                          |                   |                 |
| Heidi Wheeler  | Planned Absence |                   |         | Unplanned Absence | Planned Absence |                   | Planned Absence   |                          |                   |                 |
| Terry Kelley   |                 |                   |         |                   | Planned Absence | Planned Absence   |                   | Unplanned Absence        |                   | Planned Absence |
| Linda Weesner  |                 |                   |         |                   |                 |                   | Unplanned Absence |                          | Unplanned Absence |                 |
| <b>Quorum</b>  |                 |                   |         |                   | <b>No</b>       |                   | <b>No</b>         | <b>Meeting Cancelled</b> |                   |                 |

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  
March 2018-No Quorum  
April 2018- No Quorum  
May 2018—Kelley requested for June  
June 2018-Wheeler & Weesner for September

**Commission on Aging Attendance (current commissioners only)**  
**Meetings 3rd Thursday of each month @ 4:00 pm (no meetings in August or December)**

| Commissioners  | 7/2018 | 9/2018                       | 10/2018              | 11/2018            | 1/2019               | 2/2019                       | 3/2019     | 4/2019                       | 5/2019 | 6/2019             |
|----------------|--------|------------------------------|----------------------|--------------------|----------------------|------------------------------|------------|------------------------------|--------|--------------------|
| Don Campbell   |        |                              |                      |                    |                      |                              |            |                              |        |                    |
| Regan Overholt |        |                              | Unplanned<br>Absence |                    | Unplanned<br>Absence |                              |            |                              |        |                    |
| Heidi Wheeler  |        | Planned<br>Absence           |                      |                    | Unplanned<br>Absence |                              |            | Planned<br>Absence           |        |                    |
| Terry Kelley   |        | Planned<br>Absence           |                      |                    |                      |                              |            | Planned<br>Absence           |        | Planned<br>Absence |
| Linda Weesner  |        | Planned<br>Absence           |                      | Planned<br>Absence |                      |                              |            | Planned<br>Absence           |        |                    |
| <b>Quorum</b>  |        | <b>Meeting<br/>Cancelled</b> | <b>Yes</b>           | <b>Yes</b>         | <b>Yes</b>           | <b>Meeting<br/>Cancelled</b> | <b>Yes</b> | <b>Meeting<br/>Cancelled</b> |        |                    |

July 2018: No Requests  
 September 2018: No Meeting  
 October 2018: Weesner requested for November  
 November:  
 January: Weesner and Kelley requested April, Kelley also requested June.  
 February: No meeting  
 March: Wheeler asked for April.  
 April: No Quorum  
 May: Changed to May 9<sup>th</sup>.  
 June:  
 July 2019: No Meeting

# Commission on Aging 2019

Election of Officers– November Meeting

Approve Workplan 2020-November 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

| S  | M  | T  | W  | T  | F  | S  |
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 |    |    |

## March

| S  | M  | T  | W  | T  | F  | S  |
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 |    |    |    |    |    |    |

## April

| S  | M  | T  | W  | T  | F  | S  |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 |    |    |    |    |

## May

| S  | M  | T  | W  | T  | F  | S  |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

## June

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| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 |    |    |    |    |    |    |

## July

| S  | M  | T  | W  | T  | F  | S  |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 |    |    |    |

## August

| S  | M  | T  | W  | T  | F  | S  |
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|    |    |    |    | 1  | 2  | 3  |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

## September

| S  | M  | T  | W  | T  | F  | S  |
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| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
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## October

| S  | M  | T  | W  | T  | F  | S  |
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| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 |    |    |

## November

| S  | M  | T  | W  | T  | F  | S  |
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

## December

| 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 |    |    |    |    |



TO: THE COMMISSION ON AGING  
 AGENDA: Commission on Aging-Special Meeting  
 DATE: May 9, 2019  
 ITEM #: G.5.  
 SUBJECT: Monthly Senior Center Report

**AARP Driver Safety Program:** The Senior Center continues to maintain a partnership with AARP in offering driver safety sessions for seniors. These courses allow seniors to receive certain discounts on their car insurance and provides a good overview of safe driving practices. The next sessions are April 17 for renewing students, and May 7 and 8 for first-time students.

**Gardening Adventures:** For over a year, the Yolo County Master Gardeners group has worked with the Senior Center to offer educational sessions about different gardening topics. Coming up on May 3, Master Gardener Jim Schulte will be leading a session about the art of Bonsai. Participants can sign up with the Senior Center Welcome Desk.

#### Dates to Note

May 9 – Senior Center Inc. Installation Dinner  
 May 23 – Senior Resource Fair  
 May 29 – Community & Senior Center closed (Memorial Day)

#### Woodland Senior Center Monthly Participant Report classes ending: March 2019

| Activity                 | End Date  | Sign-Ins/<br>Participants |
|--------------------------|-----------|---------------------------|
| <b>ART</b>               |           |                           |
| Art                      | 3/27/2019 | 42                        |
| Ceramics                 | 3/28/2019 | 16                        |
| Gardening Adventures     | 3/1/2019  | 21                        |
| Needles & Friends        | 3/25/2019 | 52                        |
| Woodcarvers              | 3/20/2019 | 11                        |
| Scrapbooking             | 3/26/2019 | 9                         |
| <b>EXERCISE</b>          |           |                           |
| Badminton                | 3/29/2019 | 273                       |
| Low Impact Aerobics 8am  | 3/29/2019 | 195                       |
| Low Impact Aerobics 10am | 3/29/2019 | 190                       |
| Ping Pong PM             | 3/26/2019 | 7                         |
| Pickleball               | 3/28/2019 | 140                       |
| Ship Shape               | 3/27/2019 | 95                        |
| Stompers                 | 3/18/2019 | 44                        |

|                                            |           |     |
|--------------------------------------------|-----------|-----|
| Yoga                                       | 3/28/2019 | 74  |
| <b>GAMES</b>                               |           |     |
| Bingo                                      | 3/29/2019 | 99  |
| Bridge for Fun                             | 3/27/2019 | 67  |
| Cribbage                                   | 3/28/2019 | 3   |
| Hand and Foot                              | 3/27/2019 | 42  |
| Mah Jong                                   | 3/28/2019 | 15  |
| Open Game Day                              | 3/25/2019 | 4   |
| Pedro                                      | 3/25/2019 | 65  |
| Pinochle                                   | 3/29/2019 | 32  |
| <b>GENERAL</b>                             |           |     |
| Chit Chat Café                             | 3/29/2019 | 198 |
| Senior Movie Day                           | 3/11/2019 | 36  |
| Thrift Store                               | 3/31/2019 | 141 |
| <b>EDUCATION/RESOURCE</b>                  |           |     |
| Computer Lab                               | 3/29/2019 | 27  |
| Handy Helpers                              | 3/31/2019 | 2   |
| HICAP Consultations                        | 3/27/2019 | 3   |
| Legal Consultations                        | 3/21/2019 | 5   |
| <b>EVENTS</b>                              |           |     |
| Senior Art Show                            | 3/8/2019  | 150 |
| Hand & Foot Card Party                     | 3/23/2019 | 72  |
| <b>SUPPORT</b>                             |           |     |
| Arthritis Support Group                    | 3/4/2019  | 3   |
| Outa Sight SPEAKER                         | 3/5/2019  | 10  |
| Outa Sight SUPPORT                         | 3/19/2019 | 15  |
| Parkinson's Support Group                  | 3/26/2019 | 12  |
| Prostate Support                           | 3/11/2019 | 26  |
| Stroke Support                             | 3/18/2019 | 10  |
| Transitions                                | 3/26/2019 | 5   |
| <b>SPECIAL PROGRAMS</b>                    |           |     |
| AARP TAX AIDE                              | 3/29/2019 | 244 |
| Library Usage                              | 3/26/2019 | 8   |
| DVD & Audio Library                        | 3/20/2019 | 40  |
| AARP Driving Course                        | 3/20/2019 | 17  |
| Abbie's Tech Help                          | 3/25/2019 | 12  |
| Conversations About the End of Life Series | 3/8/2019  | 1   |
| Doughnuts with the Chief                   | 3/21/2019 | 6   |
| Iphone & Andriod phone training            | 3/18/2019 | 16  |
| Agency on Aging Job Readiness              | 3/31/2019 | 9   |

**Attachments:**

None

