



City of Woodland
Meeting Agenda
Commission on Aging

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

November 21, 2019
4:00 PM

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
 - Senior Resource Fair
 - Woodland Apartment List
 - Advocacy-Agency on Aging, Area 4 Update
 - Handicap Parking at front of WC&SC
2. Consider Commissioner Requests for Planned Absences from Future Meeting.
3. Approve the June 20, 2019 Minutes
4. Approve the September 19, 2019 Minutes

G. REPORT OF THE STAFF

5. Monthly Senior Center Report

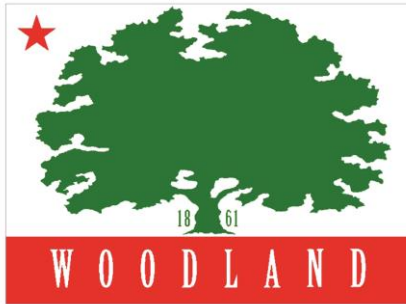
H. COMMUNICATIONS - PUBLIC COMMENT

I. AGENDA ITEMS FOR NEXT MEETING

J. ADJOURN

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 requests 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

Updated: 6/10/19

NAME	ADDRESS	PHONE/Email	TERM
Terry Kelley	116 Toyon Drive Woodland, CA 95695	H: 916-715-4137 terrykelley@sbcglobal.net	6/30/2021
Linda Weesner	21 Monte Vista Drive Woodland, CA 95695	H: 530-669-7468 C: 530-383-8603 linda.weesner@gmail.com	6/30/2023
Richard DeLiberty	2382 Ortiz Avenue Woodland, CA 95695	C: 530-574-8126 Richard.n@deliberty.net	6/30/2020
Heidi Wheeler	1805 Farnham Avenue Woodland, CA 95776	C: 530-383-2390 W: 530-662-1290 hwheeler@sjrv.org	6/30/2020
Regan Overholt	1521 Saratoga Drive, Woodland, CA 95695	C: 530-867-1426 raoverholt@ucdavis.edu	6/30/2023 (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
DATE: November 21, 2019
ITEM #: F.2.
SUBJECT:

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

Attachments:

1. 2019 calendar
2. 2020 calendar
3. COA November 2019

Commission on Aging 2019

Election of Officers– November Meeting

Approve Workplan 2020-November Meeting

Council Report-May

January

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Commission on Aging 2020

Election of Officers– June Meeting Approve Workplan 2020-November Meeting Council Report-May

January

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August

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September

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October

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November

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December

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

Commissioners	7/2019	9/2019	10/2019	11/2019	1/2020	2/2020	3/2020	4/2020	5/2020	6/2020
Richard DeLiberty										
Regan Overholt										
Heidi Wheeler		Unplanned Absence								
Terry Kelley			Planned Absence							
Linda Weesner		Planned Absence								
Quorum	Cancelled	Yes	Cancelled							

September Requests
October Requests
November Requests
January Requests
February Requests
March Requests
April Requests
May Requests
June Requests

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 Absence		Unplanned Absence		Unplanned Absence			Unplanned Absence
Heidi Wheeler		Planned Absence			Unplanned Absence		Unplanned Absence	Planned Absence		
Terry Kelley		Planned Absence						Planned Absence		Planned Absence
Linda Weesner		Planned Absence		Planned Absence				Planned Absence		
Quorum		Meeting Cancelled	Yes	Yes	Yes	Meeting Cancelled	Yes	Meeting Cancelled	Yes	Yes

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 9th.

June:

July 2019: No Meeting



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: November 21, 2019
ITEM #: F.3.
SUBJECT: Approve the June 20, 2019 Minutes

Recommendation for Action: Staff recommends that the Commission approve the Minutes for the June 20, 2019 Commission on Aging meeting.

Staff Contact:

Cathy Haynie, Administrative Supervisor, (530) 661-2012

Attachments:

1. 06202019 Minutes

City of Woodland

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



Commission on Aging –

Thursday, June 20, 2019

4:00 PM

A. CALL TO ORDER

Meeting called to order at 04:02 PM

B. ROLL CALL

Council Members Present: Commissioner Linda Weesner, Commissioner Heidi Wheeler

Absent: Commissioner Regan Overholt

Excused: Commissioner Terry Kelley

Guest: Richard DeLiberty

Commissioner Terry Kelley,

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 Udate
- Handicap Parking at front of WC&SC
- Senior Survey

No upates for Intergenerational Project, Advocary-Area 4 AOA, Handingcap Parking, or the Apartment List update in 2020.

Senior Resource Fair was discussed. Timing of the event, interactive activities are needed and the check in area needs some organization and water.

Tringali will email the Senior Survey to Commissioner Weesner.

2. Approve the May 9, 2019 Minutes

On a motion by Commissioner Linda Weesner, seconded by Commissioner Heidi Wheeler and carried unanimously, to Approve the May 9, 2019 Minutes.

Ayes: Commissioner Linda Weesner, Commissioner Heidi Wheeler

Noes: None

Absent: Commissioner Regan Overholt, Commissioner Terry Kelley

3. Consider Commissioner Requests for Planned Absences from Future Meeting.

No requests were received at this meeting.

G. REPORT OF THE STAFF

4. Monthly Senior Center Report

Verbal updates provided by Staff highlighted Smart Phone training, 4th of July events and the Teens Helping Seniors Spagetti Feed on July 18, 2019.

H. COMMUNICATIONS - PUBLIC COMMENT

I. AGENDA ITEMS FOR NEXT MEETING

Election of Officers

J. ADJOURN

On a motion by Commissioner Linda Weesner, seconded by Commissioner Heidi Wheeler and carried unanimously, meeting adjourned at 04:35 PM.

Ayes: Commissioner Linda Weesner, Commissioner Heidi Wheeler

Noes: None

Absent: Commissioner Regan Overholt, Commissioner Terry Kelley



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: November 21, 2019
ITEM #: F.4.
SUBJECT: Approve the September 19, 2019 Minutes

Recommendation for Action: Staff recommends that the Commission approve the Minutes for the September 19, 2019 Commission on Aging meeting.

Staff Contact:

Cathy Haynie, Administrative Supervisor, (530) 661-2012

Attachments:

1. 2019 09 19 COA Minutes

City of Woodland

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



Commission on Aging Meeting Minutes

Thursday, September 19, 2019

4:00 PM

A. CALL TO ORDER

-Meeting called to order at 4:00 pm

B. ROLL CALL

-Commissioners present: Commissioner Terry Kelley, Commissioner Regan Overholt, Commissioner Richard DeLiberty

-Absent: Commissioner Heidi Wheeler

-Excused: Commissioner Linda Weesner

-Guest: Don Campbell

C. PLEDGE OF ALLEGIANCE

D. COMMUNICATIONS - COMMISSION/STAFF STATEMENTS AND REQUESTS

E. NEW BUSINESS

1. Election of Officers

-On a motion by Commissioner Regan Overholt, seconded by Richard DeLiberty, and carried 3-0, Commissioner Terry Kelley is named Chair of the Commission on Aging.

Ayes: Commissioner Terry Kelly, Commissioner Regan Overholt, Commissioner Richard DeLiberty

Noes: None

Absent: Commissioner Linda Weesner, Commissioner Heidi Wheeler

-On a motion by Commissioner Regan Overholt, seconded by Richard DeLiberty, and carried 3-0, Commissioner Linda Weesner is named Vice Chair of the Commission on Aging.

Ayes: Commissioner Terry Kelly, Commissioner Regan Overholt, Commissioner Richard DeLiberty

Noes: None

Absent: Commissioner Linda Weesner, Commissioner Heidi Wheeler

F. REGULAR CALENDAR

2. Standing Committee Report

- Intergenerational Project
- Senior Resource Fair

- Woodland Apartment List
- Advocacy-Area 4 AOA Update
- Handicap Parking at front of WC&SC

-No updates on intergenerational project.

-Senior Resource Fair to be discussed in February.

-The apartment listing is updated by CSD staff JoAnn Fritz as corrections are made by the apartment managers. Commission will update and verify details in January or February 2020.

-Staff Dallas Tringali discussed the elimination of the Senior Link program. Any information and assistance necessities will be directed to Yolo 211.

Commissioner Terry Kelley will follow up for additional information.

-Commissioner Terry Kelley discussed Yolo Adult Day Healthcare. They will be building a new facility. There is currently \$3.3 million available, but cost estimates will be available in November.

-No updates on handicap parking project. Commissioner Terry Kelley will remain as lead for this project until further notice.

-Commissioner Regan Overholt inquired about whether the Commission should put forth efforts to promote programs for Spanish-speaking individuals.

3. Consider Commissioner Requests for Planned Absences from Future Meeting.

-On a motion by Commissioner Regan Overholt, seconded by Richard DeLiberty, and carried 3-0, Commissioner Terry Kelley is excused from the October 17 meeting.

Ayes: Commissioner Terry Kelly, Commissioner Regan Overholt, Commissioner Richard DeLiberty

Noes: None

Absent: Commissioner Linda Weesner, Commissioner Heidi Wheeler

4. Approve the June 20, 2019 Minutes

-Approval of June 20 minutes postponed to the next Commission on Aging meeting since no present Commissioners were present for that meeting.

5. Senior Survey

-Commissioner Terry Kelley shared a needs assessment survey provided by Solano County. AAA4 will share results and the Commission will frame questions based on those results. Commissioner Terry Kelley inquired from the City Manager how to better engage the Council on senior needs.

-Commissioner Terry Kelley discussed the 2020 Census. The City will support promotional efforts about the Census by Yolo County.

G. REPORT OF THE STAFF

6. Monthly Senior Center Report

-Verbal updates provided by Staff discussed the Wednesday bread distribution from Yolo Food Bank, the camera project for the Community & Senior Center, and the new rules for the Senior Center Inc. Thanksgiving Dinner and Santa's Holiday Social tickets.

H. COMMUNICATIONS - PUBLIC COMMENT

I. AGENDA ITEMS FOR NEXT MEETING

J. ADJOURN

-On a motion by Commissioner Regan Overholt, seconded by Richard DeLiberty, and carried 3-0, meeting adjourned at 4:45 pm.

Ayes: Commissioner Terry Kelly, Commissioner Regan Overholt, Commissioner Richard DeLiberty

Noes: None

Absent: Commissioner Linda Weesner, Commissioner Heidi Wheeler



TO: THE COMMISSION ON AGING
 AGENDA: Commission on Aging
 DATE: November 21, 2019
 ITEM #: G.5.
 SUBJECT: Monthly Senior Center Report

Senior Fall Potluck: On September 26, the Woodland Senior Center and Senior Center Inc. hosted the annual fall potluck. SCI provided the main dish and 87 participants brought side dishes and desserts.

Rock Steady Boxing: The Woodland Senior Center has contracted with a local fitness professional to begin instruction in “Rock Steady Boxing” classes. This program is specifically aimed at helping individuals with Parkinson’s Disease use boxing-style exercise as part of their continuing physical therapy. Instructor Steve Bonnel, who also teaches “Functional Fitness” classes in Woodland, flew to Indianapolis on November 13 to receive training in the Rock Steady Boxing methods. Upon receiving certifications, Steve will work with the City to schedule these classes to begin in 2020.

Dates to Note

December 4 – Yolo Healthy Aging Alliance town hall @ WC&SC
 December 12 – SCI Santa’s Holiday Social (sold out)
 December 22-January 1 – Community & Senior Center closed

Woodland Senior Center Monthly Participant Report Classes ending: September 2019

Activity	End Date	Sign-Ins/ Participants
ART		
Art	9/25/2019	62
Ceramics	9/26/2019	24
Gardening Adventures	9/6/2019	15
Needles & Friends	9/30/2019	41
Woodcarvers	9/18/2019	10
Scrapbooking	9/24/2019	9
EXERCISE		
Badminton	9/24/2019	274
Low Impact Aerobics 8am	9/30/2019	168
Low Impact Aerobics 10am	9/30/2019	248
Ping Pong PM	9/24/2019	27
Pickleball	9/26/2019	120
Ship Shape	9/26/2019	70
Stompers	9/30/2019	48
Yoga	9/26/2019	74

GAMES		
Bingo	9/27/2019	223
Bridge for Fun	9/25/2019	72
Cribbage	9/25/2019	3
Hand and Foot	9/25/2019	44
Mah Jong	9/26/2019	17
Open Game Day	9/30/2019	13
Pedro	9/27/2019	73
Pinochle	9/27/2019	24
GENERAL		
Chit Chat Café	9/30/2019	382
Senior Movie Day	9/9/2019	40
EDUCATION/RESOURCE		
Abbie's Tech Help	9/9/2019	3
Computer Lab	9/27/2019	15
Handy Helpers	9/27/2019	2
HICAP Consultations	9/25/2019	6
Legal Consultations	9/19/2019	5
EVENTS		
Fall Potluck	9/26/2019	87
SUPPORT		
Arthritis Support Group	9/5/2019	2
Multiple Sclerosis	9/24/2019	9
Outa Sight SUPPORT	9/17/2019	23
Parkinson's Support Group	9/25/2019	21
Prostate Support	9/9/2019	15
Stroke Support	9/16/2019	9
Transitions	9/24/2019	6
Transitions (Spanish)	9/17/2019	1
SPECIAL PROGRAMS		
Library Usage	9/24/2019	6.5
AARP Driving Course	9/18/2019	6
Travel Presentation (Collette)	9/24/2019	15
Conversations About the End of Life Series	9/13/2019	5
Iphone & Andriod phone training	10/21/2019	4
Yolo Food Bank Bread Distribution	9/25/2019	272

Woodland Senior Center Monthly Participant Report
Classes ending: October 2019

Activity	End Date	Sign-Ins/ Participants
ART		
Art	10/30/2019	65

Ceramics	10/31/2019	43
Gardening Adventures	10/4/2019	16
Needles & Friends	10/28/2019	42
Woodcarvers	10/16/2019	10
Scrapbooking	10/22/2019	7
EXERCISE		
Badminton	10/30/2019	262
Low Impact Aerobics 8am	10/29/2019	168
Low Impact Aerobics 10am	10/30/2019	248
Ping Pong AM	10/25/2019	16
Ping Pong PM	10/29/2019	19
Pickleball	10/29/2019	158
Ship Shape	10/31/2019	103
Stompers	10/28/2019	40
Yoga	10/31/2019	86
GAMES		
Bingo	10/30/2019	261
Bridge for Fun	10/30/2019	74
Cribbage	10/16/2019	2
Hand and Foot	10/30/2019	42
Mah Jong	10/31/2019	17
Open Game Day	10/15/2019	8
Pedro	10/29/2019	65
Pinochle	10/25/2019	19
GENERAL		
Affordable Adventures -	10/16/2019	43
Chit Chat Café	10/31/2019	430
Senior Movie Day	10/14/2019	45
Thrift Store	10/31/2019	199
EDUCATION/RESOURCE		
Abbie's Tech Help	10/28/2019	3
Computer Club Meeting	10/28/2019	4
Computer Lab	10/25/2019	14
Handy Helpers	10/31/2019	9
HICAP Consultations	10/24/2019	7
Legal Consultations	10/17/2019	5
SUPPORT		
Arthritis Support Group	10/4/2019	4
Diabetes Support	10/29/2019	6
Multiple Sclerosis	10/29/2019	12
Outa Sight SPEAKER	10/1/2019	18
Outa Sight SUPPORT	10/15/2019	20
Parkinson's Support Group	10/22/2019	5
Prostate Support	10/14/2019	16
Stroke Support	10/21/2019	10

Transitions	10/22/2019	6
Transitions (Spanish)	10/15/2019	3
SPECIAL PROGRAMS		
Library Usage	10/29/2019	9.75
DVD & Audio Library	10/23/2019	2.75
AARP Driving Course	10/16/2019	11
CalFresh Healthy Living	10/30/2019	24
Conversations About the End of Life Series	10/11/2019	8
Iphone & Andriod phone training	10/21/2019	4
Yolo Food Bank Bread Distribution	10/30/2019	272

Attachments:

None