



City of Woodland
Meeting Agenda
Commission on Aging

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

May 18, 2023
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. REGULAR CALENDAR

1. Approve Minutes from the April 20, 2023 Commission on Aging Meeting
2. Senior Resource Fair 2023

E. NEW BUSINESS

3. Yolo Food Bank Presentation
4. Commission on Aging Work Plan
5. Woodland Community & Senior Center Parking Lot Speed Bumps

F. COMMUNICATIONS - COMMISSION/STAFF STATEMENTS AND REQUESTS

G. REPORT OF THE STAFF

6. Senior Center Staff Report

H. COMMUNICATIONS - PUBLIC COMMENT

I. AGENDA ITEMS FOR NEXT MEETING

7. Yolo County District Attorney's Office Scam Presentation (Patti Fong and Jessica Davis)

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.



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: May 18, 2023
ITEM #: D.1
SUBJECT: Approve Minutes from the April 20, 2023 Commission on Aging Meeting

Attachments:

1. 2023 04 20 COA Minutes

**City of Woodland
Meeting Minutes
Commission on Aging
April 20, 2023
4:00 pm**

A. CALL TO ORDER

Meeting called to order by Commissioner Campbell at 4:00 pm

B. ROLL CALL

*Commissioners Present: Campbell, DeLiberty, Harryman, Overholt
Commissioners Absent: None
Staff Present: Engel, Tringali*

C. PLEDGE OF ALLEGIANCE

D. REGULAR CALENDAR

1. Approve Minutes from the January 19, 2023 Commission on Aging Meeting

*Commissioner Harryman motioned to approve minutes.
Commissioner Overholt seconds.
Motion passes 4-0*

2. Senior Satisfaction Survey

A draft survey was provided to Commissioners. The survey will be available to take at the Senior Resource Fair on May 25.

Commissioner DeLiberty motioned to approve and deploy the survey, with changes noted.

*Commissioner Harryman seconds.
Motion passes 4-0*

3. Senior Resource Fair 2023

Staff presented information on the upcoming Senior Resource Fair. 54 applications have been submitted so far. An email will be sent to organizations that did not respond.

E. NEW BUSINESS

4. Assign Representative to the Yolo County Commission on Aging & Adult Services

Commissioner Harryman motioned to appoint Commissioner Overholt as the Woodland Commission on Aging representative to the Yolo County Commission on Aging and Adult Services.

Commissioner DeLiberty seconds.

Motion passes 4-0

5. May is Older Americans Month 2023

The theme of Older Americans Month 2023 is “Aging Unbound.” On May 16, Commissioners will present to City Council, and will have May 2023 proclaimed “Older Americans Month.”

6. Commission on Aging Work Plan

Tabling to July meeting.

7. Woodland Community & Senior Center Parking Lot Speed Bumps

Commissioner Campbell plans on discussing the installation of a speed bump in the front drive area of the Woodland Community & Senior Center. He plans to speak with Fire Chief Eric Zane, and the Community Development Department.

F. COMMUNICATIONS - COMMISSION/STAFF STATEMENTS AND REQUESTS

8. Commissioner Statements

Commissioner Harryman spoke with Rosie Ledesma of the Environmental Department. She stated that the Commission was interested in the City negotiating for more monetary help for seniors to pay their Waste Management bill.

9. Request for Absence from Future Commission on Aging Meetings

None requested.

G. REPORT OF THE STAFF

10. Senior Center Staff Report

Upcoming educational presentations. Adding a presentation by the Food Bank. Commissioner Overholt inquired where senior programs are being advertised. Staff advised that the Senior Gram is still the main promotional method. Staff adds Facebook posts and press releases to local newspapers. There is an effort to name a new park.

H. COMMUNICATIONS - PUBLIC COMMENT

None requested.

I. AGENDA ITEMS FOR NEXT MEETING

*Bringing in a presentation about scam prevention.
Discuss healthcare facilities in the city of Woodland.*

J. ADJOURN

*Commissioner Overholt motioned to adjourn at 4:54 pm.
Commissioner Harryman seconds.
Motion passes 4-0*



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: May 18, 2023
ITEM #: D.2
SUBJECT: Senior Resource Fair 2023

The Senior Resource Fair takes place May 25, 2023 from 9:00 am-12:00 pm. This event is being promoted through Facebook, the area newspapers, and by the vendors attending the fair. There are currently 70 vendors confirmed to have a table:

- Aetna Medicare
- Agency on Aging Area 4 (AAA4)
- Alzheimer's Association
- American Association of Retired Persons (AARP)
- American River Hospice Services
- ApexCare
- Arise Senior Placement
- Assemblymember Cecilia Aguiar-Curry
- Association of Frontotemporal Degeneration
- Atria Covell Gardens
- Braille and Talking Book Library
- California Highway Patrol
- Collette Travel Service
- Comfort Keepers
- Community Care Car
- Co-Op Home Care
- Crider Law Group
- CTAP California Phones
- Del Oro Caregiver Resource Center
- Dignity Health Education
- Empower Yolo
- EnviroWoodland
- Eskaton Community Outreach
- Friends of the Woodland Library
- George Beach Insurance
- Good Neighbors Transport
- Health Insurance Counseling & Advocacy Program (HICAP)
- Jackson Medical Supply
- Kaiser Permanente Senior Advantage
- Kiwanis Club of Woodland
- League of Women Voters
- Legal Services of Northern California (LSNC)
- Meals on Wheels Yolo County
- Mo's Gos Transportation
- Northern Valley Indian Health
- Osher Lifelong Learning Institute

- Outa Sight Support Group
- Pacifica Senior Living
- PGR Insurance
- Resources for Independent Living
- Retired Public Employees Association
- Rise Valley Senior Program
- Seniors Real Estate Specialists
- Society for the Blind
- Solera Asset Managers
- Sonin Law
- St. Luke's
- Stroke Support Group
- Take Off Pounds Sensibly (TOPS) CA #0461
- Teens Helping Seniors
- The Californian
- Vaca Valley Living Memory Care
- Walford Residential Care
- Welcome Home Care
- Western Health Advantage
- Woodland Fire Department
- Woodland Memorial Healthcare Auxiliary
- Woodland Senior Center Inc.
- Woodland Stompers
- YMCA Fitness Center
- Yolo Adult Day Health Center
- Yolo Cares
- Yolo County DA's Office
- Yolo County Library
- Yolo County Sheriff's STARS
- Yolo County Transportation District
- Yolo County Veteran Service Office
- Yolo Food Bank
- Yolo Healthy Aging Alliance
- Your Elder Care Specialist

Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: May 18, 2023
ITEM #: E.3
SUBJECT: Yolo Food Bank Presentation

Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: May 18, 2023
ITEM #: E.4
SUBJECT: Commission on Aging Work Plan

Attachments:

1. COA Work Plan 2021

City of Woodland Commission on Aging Work Plan

#1 DIVERSITY OF SENIOR POPULATION

Objective: To explore needs of seniors in diverse populations.
Action: Identify and engage representatives/leaders from diverse populations.
Outcome: Needs of all seniors in Woodland are made known and appropriately addressed.
Timeline: Ongoing.
Resources: Commission and staff time. Use of Community & Senior Center.

Lead Commissioner: Overholt Backup Commissioner: Campbell

#2 INFORMATIONAL PRESENTATIONS

Objective: Increased awareness of existing resources for seniors and their families.
Action: Facilitate at least one group presentation regarding existing programs, including caregiver services, respite, hospice, home-delivered meals, safety, and more.
Outcome: Commission to inform the community on senior-related issues.
Timeline: Ongoing.
Resources: Commission and staff time. Use of Community & Senior Center.

Lead Commissioner: Crider Backup Commissioner: Overholt

#3 RESOURCE GUIDE

Objective: Facilitate utilization of existing resources.
Action: Create and circulate list of existing projects to the community. Coordinate with other agencies' resource guides and services.
Outcome: Increased utilization of existing resources.
Timeline: Ongoing.
Resources: Commission and staff time. Use of Community & Senior Center.

Lead Commissioner: Madsen Backup Commissioner: DeLiberty

#4 SENIOR RESOURCE FAIR

Objective: Create opportunity for seniors to relate one-on-one with providers of programs and services available in the community.
Action: Promote awareness of the Fair and assist as needed on the day of the Fair.
Outcome: Greater awareness of programs available to seniors in the community.
Timeline: January through May, event always on 4th Thursday of May.
Resources: Commission and staff time. Use of Community & Senior Center.

Lead Commissioner: Campbell Backup Commissioner: Madsen

#5 WOODLAND APARTMENT LIST

Objective: Complete updated list of apartment complexes in Woodland, including those which can accommodate seniors and those with a disability.

Action: All Commissioners to participate in calling apartment management to update information and availability.

Outcome: Updated resource guide regarding apartments in Woodland, printed and available to the community.

Timeline: January/February of even years.

Resources: Commission and staff time.

Lead Commissioner: All Commissioners

#6 ADVOCACY

Objective: Promoting and advocating for issues related to seniors.

Action: Communicate senior issues to City Council. Annual report to Council by Commission.

Outcome: Increased action to meet senior needs in Woodland.

Timeline: Ongoing. Annual report to Council in May.

Resources: Commission and staff time.

Lead Commissioner: DeLiberty Backup Commissioner: Crider

#7 EMERGENCY PREPAREDNESS

Objective: Support the Yolo County Emergency Preparedness Plan.

Action: Review and become familiar with the Yolo County Emergency Preparedness Plan. Identify opportunities to educate the community regarding resources, including SNAP applications.

Outcome: Improved safety for seniors in emergent situations.

Timeline: Ongoing.

Resources: Commission and staff time.

Lead Commissioner: Madsen Backup Commissioner: Overholt

The results of this work plan are dependent on the Commission's ability to navigate the community safely during a pandemic.



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: May 18, 2023
ITEM #: E.5
SUBJECT: Woodland Community & Senior Center Parking Lot Speed Bumps

Attachments:

None



TO: THE COMMISSION ON AGING
 AGENDA: Commission on Aging
 DATE: May 18, 2023
 ITEM #: G.6
 SUBJECT: Senior Center Staff Report

Senior Center April Participation

The Woodland Senior Center offers dozens of programs and activities every month. Below is a participation summary for the month of April 2023. "Sign-ins" accounts for all people that participated on any given program day. One unique individual could account for several "sign-ins" in a month. Volunteer hours is the amount of time spent by all participants on every day of the period.

Activity	Sign-Ins/ Participants	Participant Hours (PH)	Volunteer Hours
ART			
Art	40	320	8
Ceramics	19	152	8
Gardening Adventures - Drought Tolerant Plants	26	104	44
Needles & Friends	55	880	16
EXERCISE			
Badminton	276	13248	48
Low Impact Aerobics 8am	70	420	6
Low Impact Aerobics 10am	354	2124	6
Pickleball	40	260	7
Stompers	65	390	6
Stompers performance	11	99	9
GAMES			
Bingo	165	4620	28
Bridge for Fun	12	36	3

Cribbage	2	4	2
Hand and Foot	53	636	12
American Mah Jong	28	336	12
Mandarin Mah Jong	23	276	12
GENERAL			
Affordable Adventures	27	324	12
Chit Chat Café	28	448	16
Senior Gram Folding and Mailing	7	21	3
Senior Movie Day	49	392	8
Thrift Store	137	10960	80
Welcome Desk	40	5600	140
EDUCATION/RESOURCE			
Handy Helpers	1	2	2
Notary Services	8	48	6
Writing Life Stories	32	192	6
EVENTS			
Reverse Mortgage 101	12	18	2
Gertrude's Trees	36	54	2
Who gets Grandma's yellow pie plate?	55	110	2
SUPPORT			
Outa Sight SUPPORT	15	30	2
Parkinson's Support Group	17	34	2
Prostate Support	9	18	2
Stroke Support	14	28	2
SPECIAL PROGRAMS			

AARP TAX AIDE	510	67320	1188
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Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: May 18, 2023
ITEM #: I.7
SUBJECT: Yolo County District Attorney's Office Scam Presentation
(Patti Fong and Jessica Davis)

Attachments:

None