



## Commission on Aging

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

### Regular Meeting Minutes

September 13, 2012

#### Call to Order

Meeting convened at 3:36 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chair Garman presiding.

|                               |                                                                                               |
|-------------------------------|-----------------------------------------------------------------------------------------------|
| <b>Commissioners Present:</b> | Garman, Campbell, Wright, and Talkington                                                      |
| <b>Absent:</b>                | Overholt                                                                                      |
| <b>Staff:</b>                 | Haynie, Bain, and Engel                                                                       |
| <b>Guests:</b>                | Kelly Hutchinson, YMCA Executive Director and Ariel, Fitness Center Coordinator, Victor White |

#### Pledge of Allegiance

#### Minutes and Staff Report

Commissioner Talkington moved to accept the minutes from July 12, 2012 as written; Commissioner Campbell seconded the motion. Motion carried 4-0.

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

Commissioner Garman reported that he attended the Stroll through History noting that 75% of volunteers were seniors. After attending the Council meeting in August, reporter for the Daily Democrat expressed an interest in highlighting senior events. Healthy Aging is separating itself from Yolo County Commission on Aging and is in the process of acquiring a separate 501c3. Commission discussed receiving the minutes from the Yolo County Commission on Aging, stating that it was helpful information.

#### Communications Written-Staff Reports

Bain reported that the speaker for October was set, "How to be safe" speaker Lt. Kaff. New Yoga instructor to offer classes free in the mornings. SCI Affordable Adventure trip to San Francisco brought in \$859. Bain has inserted four additional pages to the Senior Gram, advertising West Sacramento's Fraud Fair, Physical Therapy through Vista Hospice. Commissioner Garman asked if the Movie Day could offer a bigger variety of movies, including classics. Bain stated that ideally she would like to offer movie day on a weekly schedule and include classic movies but is limited by the number of volunteers she currently has. Commissioner Campbell moved to accept the staff report as written; Commissioner Wright seconded the motion. Motion carried 4-0.

#### Old Business-Action Items

##### *Work Plan Update*

Apartment List: Commissioner Talkington made the motion to update the Apartment List every two years; Commissioner Campbell seconded the motion. Motion carried 4-0.

Additional Work for the Work Plan: Discussed finding another project for the Commission to work on "on the off year" of the Apartment List. Commissioner Talkington made the motion to discuss possible projects to work on every other year at the next COA meeting; Commissioner Wright seconded the motion. Motion carried 4-0.



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Timeline: First Draft of the Timeline for the May 29, 2013 Resource Fair in concurrence with the YMCA's Senior Fitness Day was discussed. Event will be advertised in the Senior Gram March, April and May. Outreach to News Papers, Proclamation to Council for Older Americans Month at the May 7, 2013 Council Meeting. Resource Fair will be held in the Haarberg Gym with south doors open to the Fitness Center and Court C. YMCA will be hosting a potluck and will have Healthy Choice speakers. Their last event had a good turnout and they acquired 22 new members from that event. Bain will work with the YMCA to coordinate both events and report back to the Commission with updates.

Annual report to Council will be in July. First draft on the COA agenda for March with approval needed at the April COA meeting. January speaker date needs to be finalized with the time set either before lunch or after on a Wednesday or Thursday.

Engel informed the Commission that Parks & Recreation would be hosting "Recexpo" on March 1, 2013. This event will kick off the summer programs. Volunteers are needed. The department is still in the planning stage for this event. The event will showcase all the programs offered by the department. The Senior Art Show will take place at the same time. The event is currently scheduled 4-7 p.m. Early registration discounts will be offered for the summer programs with staff available to answer questions. The downtown art walk is also scheduled on this date, still working on how to promote each event. There will be goody bags for things offered downtown, raffles and an interactive schedule of events offered.

### **Business Items for Next Meeting:**

#### *Work Plan Update*

1. Change Meeting time to 3:00 p.m.
2. Timeline-Garman
3. March 1, 2013 Event
4. January Speaker Update
5. Discuss additional work plan items

**Next Meeting Date:** October 11, 2012

**Adjourn:** Commissioner Campbell made the motion to adjourn the meeting at 4:26 p.m., Commissioner Garman seconded the motion, and motion carried 3-0. Note: Commissioner Wright left the meeting at 4:00 p.m.

Respectfully submitted,

Cathy Haynie, Administrative Secretary  
Parks & Recreation Department