

### **Commission on Aging**

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

Regular Meeting Agenda Monday, April 27, 2009 at 3:30 p.m.

3:30 p.m.	Call to Order		
3:30 p.m.	Pledge of Allegiance		
3:32 p.m.	Minutes: 1. March 23, 2009		
3:35 p.m.	Correspondence		
3:40 p.m.	Public Comment		
3:45 p.m.	Presentations (none)		
3:45 p.m.	Consent Calendar  2. Senior Center Report		
3:50 p.m.	New Business - Action Items (none)		
3:50 p.m.	New Business – Information Items (none)		
3:50 p.m.	Old Business – Action Items (none)		
3:50 p.m.	Old Business - Information Items 3. Work Plan 2009 4. Senior Center Concerns Update		
4:00 p.m.	Committee Reports: Senior Transit Issues		
4:05 p.m.	Other Business		
4:10 p.m.	Business Items for Next Meeting		
4:15 p.m.	Next Meeting Date: May 18, 2009		
4:15 p.m.	Adjourn		

Notice: Times indicated are approximate.

Meeting documents are available online at www.cityofwoodland.org

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 request 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.

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### Commission on Aging *DRAFT*

Regular Meeting Minutes of March 23, 2009

### I. CALL TO ORDER

Meeting convened at 3:30 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chairperson Wright presiding.

Commissioners Present: Campbell, Talkington, Wright, (vacancy)

Absent: Overholt

Staff: Reinhart, Rice, Atchison

Guests:

### II. PLEDGE OF ALLEGIANCE

### III. MINUTES: Meeting Minutes of February 23, 2009 (Item 1)

Commissioner Talkington moved approval of the Minutes of February 23, 2009; Commissioner Campbell seconded. Motion carried.

- IV. CORRESPONDENCE (no comments)
- V. PUBLIC COMMENT (none)
- VI. PRESENTATIONS (none)

### VII. CONSENT CALENDAR: Senior Center Report (Item 2)

Commissioner Talkington moved approval of the Consent Calendar; Commissioner Campbell seconded. Motion carried.

- VIII. NEW BUSINESS ACTION ITEMS (none)
  - IX. NEW BUSINESS INFORMATION ITEMS: (none)
  - X. OLD BUSINESS ACTION ITEMS (none)
  - XI. OLD BUSINESS INFORMATION ITEMS

### Work Plan 2009 (Item 3)

(A) Commissioners Campbell and Overholt will present the 'infomercial" to City Council on May 19, 2009. Commissioner Overholt is working on the PowerPoint presentation. (B) Commissioner Campbell and Manager Reinhart will participate in the Focal Point Coordinating

Council meeting in West Sacramento on March 26, 2009. Woodland COA will host the June Focal Point meeting. (C) Commissioners Overholt and Talkington are working on an "Important Records" presentation; the date and presenter have not yet been finalized. (D) Commissioners Talkington and Wright have nearly completed lining up organizational participants for the Annual Senior Resource Fair on May 13, 2009. (E) Manager Reinhart reported on plans to schedule mobility training at the Senior Center in cooperation with Paratransit, Inc. (F) Commissioner Talkington will complete the annual Apartment List revision in August.

### **Senior Center Concerns Update (Item 4)**

Manager Reinhart reported that the installation of hallway hand railings and wainscoting is complete (Item #3) as are north parking lot improvements (Item #4). Director Gentry is scheduling installation of north and south automatic doors (Item #5), and of a screen and projector in the Senior Center computer lab (Item #1), although dates for completion have not been announced.

### XII. COMMITTEE REPORTS

Commissioner Talkington reported on the meeting on February 23, 2009, regarding plans for a Woodland-Davis Alternate Transportation Corridor for pedestrians, bicycles and low speed electric vehicles. Increasing numbers of people, including seniors, are now commuting between Woodland and Davis by bicycle. Three possible routes were identified.

### XIII. OTHER BUSINESS

Manager Reinhart informed the Commission that the Park and Recreation Commission has requested a Joint Meeting with the Commission on Aging on Monday, April 27, 2009, from 5:30 to 6:30 p.m. The 2009-10 city budget issues will be the topic. Commissioner Campbell raised concern regarding the lack of contrast between pavement and concrete bumper strips in the north parking lot. It was reported that Commissioner Campbell will be receiving a Community Service Award from City Council on April 2, 2009.

### XIV. BUSINESS ITEMS FOR NEXT MEETING:

Work Plan; Senior Center Concerns update; transit issues.

XV. NEXT MEETING DATE: April 27, 2009

XVI. ADJOURN: Chairperson Wright adjourned the meeting at 4:15 p.m.

Respectfully submitted,

Ken Atchison
Administrative Clerk III
Park & Recreation Department



### Senior Citizens Commission Minutes Thursday, February 12, 2009 2:30 p.m. Davis Senior Center, Multipurpose Room East 646 A Street

Commissioners: Elaine Musser (Chair), Romeo Favreau (Vice Chair), Shula Blumenthal,

Steve Hayes, Mariana Henwood, Kitty Liebhardt, Tansey Thomas

(Alternate) and Janice Bridge (Alternate)

City Council Liaison: Sue Greenwald

Staff: Maria Lucchesi, Community Services Supervisor

Alisa Fisher, Community Services Coordinator

The meeting was opened at 2:30 p.m. by Chair E. Musser.

### 1. Approval of Agenda

Approval of the agenda was moved and approved by consensus.

### 2. Approval of Minutes

Motion to approve minutes for January 8, 2009 was moved by S. Blumenthal, seconded by T. Thomas.

### 3. Public Communications/Comments

Commissioners and staff noted the written resignation of Commissioner Elizabeth "Liz" Fisher, as she is relocating outside of Davis. Commissioner K. Liebhardt, speaking as a citizen, suggested to the Commission a training program for employees involved in eldercare. Chair E. Musser recommended K. Liebhardt create a communication to formally discuss topic with Commissioners at March meeting.

### 4. Unfinished Business

### A. Review of FY08-09 Goals & Objectives for Senior Citizens Commission

The Commission conducted a mid-year review of its key policy initiatives and timelines for Goals/Work Plan for fiscal year 2008-2009. Commissioners S. Blumenthal, K. Liebhardt, J. Bridge established a subcommittee to draft a two page annual report highlighting the Commission's accomplishments. The final report will be presented to Council. The first report will encompass several years of accomplishments, beginning with September 16, 2006, and will be submitted to Chair E. Musser for review. The following revisions/additions were made to the 2008/2009 work plan (Attachment A.) Commissioners also recommended the following as possible additions to the work plan: senior/student discount card, joint Davis commission mixer, and media coverage.

### B. Appoint a Liaison Representative to the California Senior Legislature for 2009

Commissioner J. Bridge was appointed Liaison Representative to the California Senior Legislature.

### C. Database Feasibility Update

Commissioner R. Favreau postponed update related to the Database Feasibility Project until later date.

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### 5. New Business

A. Determine Meeting Location, Date & Agenda for Next Off-site Commission Meeting. Commissioners postponed determination of Off-site meeting location to March Agenda.

### B. Appoint a Liaison Representative to the Unitrans Advisory Committee

Commissioner T. Thomas was appointed Liaison Representative to the Unitrans Advisory Committee.

### **6.** Commission Announcements/Comments

- A. Shula Blumenthal, Liaison to the Climate Action Team
- B. Janice Bridge, Liaison to the California Senior Legislature
- C. Mariana Henwood, Representative to the Yolo County Commission on Aging & Adult Services
- D. Tansey Thomas, Liaison to Unitrans Advisory Committee Kitty Liebhardt, Representative to the Social Services Commission/ADA Sub-committee
- E. Maria Lucchesi, Representative to the Yolo County Focal Point Coordinating Council Next meeting to be held in March 26, 2009 hosted by the City of West Sacramento.

### 7. City Council Liaison/Staff Comments

This time is set aside for Council members and staff to report on issues and/or events of interest not listed on the agenda. No formal action may be taken on matters not listed on this agenda.

- A. City Council Liaison Update-S. Greenwald expressed City's budget concerns
- B. Staff Comments
- C. Information & Assistance Report-contained in report
- D. Upcoming Events & Activities

### 8. Written Communications

Written correspondence, such as letters and/or messages for Commission members will be distributed in the agenda packet and listed on the agenda. Regular monthly meeting agendas, publications/newsletters will be distributed at the meeting.

### 9. Future Agenda Items/Review of Long Range Calendar

**10. Adjourn Meeting** – Next meeting date: Thursday, March 12, 2009 at 2:30 p.m. at the Davis Senior Center, 646 A Street, Davis, CA 95616.

The Davis Senior Citizens Commission is an appointed advisory body to the Davis City Council, and is facilitated through the Community Services Department.

Meeting facilities are accessible to persons with disabilities. Requests for alternative agenda document formats, assisted listening devices or other considerations for persons with disabilities are available by contacting the City Clerk's office by calling (530) 757-5648 (voice) or 757-5666 (TDD). Requests should be made as soon as possible, and preferably at least 24 hours prior to the meeting date.

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# Senior Citizens Commission Minutes Thursday, March 12, 2009 2:30 p.m. Davis Senior Center, Multipurpose Room East 646 A Street

Commissioners: Elaine Musser (Chair), Romeo Favreau (Vice Chair), Shula Blumenthal,

Steve Hayes, Mariana Henwood, Kitty Liebhardt, Tansey Thomas

(Alternate) and Janice Bridge (Alternate)

City Council Liaison: Sue Greenwald, City Council Liaison

Staff: Maria Lucchesi, Community Services Supervisor

Alisa Fisher, Community Services Coordinator

Christine Helweg, Community Services Superintendent

Danielle Foster, Housing and Human Services Superintendent

Elvia Garcia-Ayala, Community Services Director

The Meeting was opened at 2:30 p.m. by Chair E. Musser.

### 1. Approval of Agenda

Approval of the agenda was moved and approved by consensus.

### 2. Approval of Minutes

Motion to approve minutes for Thursday, March 12, 2009 was moved by J. Bridge, seconded by S. Hayes. With the following amendments:

- Delete "communication" under Public Communications/Comments.
- Insert "beginning with September 16, 2006" after "The first report will encompass several years" under Item 4. Unfinished Business, Section A.

### 3. Public Communications/Comments

Chair E. Musser reported information on a roving legal clinic through the Senior Legal Hotline, providing outreach to outlying communities including Winters and soon Esparto. Dave Edwards from the Yolo County District Attorney's office also participated in the legal clinic. Chair E. Musser announced Davis will soon receive funding for Mobility training.

### 4. Unfinished Business

### A. Continued Discussion on Senior & Special Needs Housing Project Guidelines

Commissioners recommended changes to language on Housing Project Guidelines. S. Hayes presented revised language as did J. Bridge.

Motion was made to revise language under Section A, "Accessibility/Visibility", bullet #3 (Attachment 4A), moved by J. Bridge, seconded by S. Blumenthal and passed. M. Henwood opposed.

Motion made to revise language under Section A, "Transportation", Bullet #3, (Attachment 4A) was moved by J. Bridge, seconded by S. Blumenthal and passed. R. Favreau and E. Musser opposed. Staff will make changes and present updated Housing Project Guidelines to Commission at April meeting.

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Commissioner J. Bridge asked staff to include clarification of age-qualified verses age-restricted. Staff will provide State definition of both terms at April meeting.

**B.** Determine Meeting Location, Date & Agenda for Next Off-site Commission Meeting Commissioners requested staff contact Davisville and Walnut Terrace to confirm availability for possible May Offsite Meeting. Staff will report outcome.

### 5. New Business

# A. Review of Community Development Block Grant (CDBG) Public Service Proposals Commissioners reviewed proposals by Yolo Adult Day Health Center, Elderly Nutrition Program, and Citizens Who Care. Motion was made that the Elderly Nutrition Program and Yolo Adult Day Health Center receive highest priority for CDBG funding. Moved by R. Favreau and approved unanimously.

# **B.** Discussion on FY2009-2010 Goals & Objectives for Senior Citizens Commission The Commission reviewed Goals/Work Plan for fiscal year 2009-2010. Revisions were made by staff and updated document will be presented to Commissioners for final approval at April meeting.

### C. Discussion of Joint Meeting with Social Services Committee

Commissioners determined that Joint Meetings with the Social Services Committee would be held on an "as needed" basis. Motion was made, moved by E. Musser seconded by S. Hayes and approved unanimously.

### D. Discussion of Possible Commission Project to Train Senior Housing Staff

Commissioner K. Liebhardt presented report to Commissioners describing possible training program for employees involved in eldercare. Subcommittee of Commissioners J. Bridge, K. Liebhardt, and S. Blumenthal will contact facility managers, In Home Supportive Services, Peggy Phelps, Caregiver Specialist for Yolo Adult Day Health Center, Dair Rausch, and other community leaders and agencies to explore current training opportunities and will report back to Commission at April meeting. Council Liaison S. Greenwald expressed concerns of liability if formation of caregiver registry was to occur.

### 6. Commission Announcements/Comments

This time is set aside for Commissioners to report on issues or meetings attended, but not listed on the agenda. No formal action may be taken on matters not listed on this agenda.

- A. Shula Blumenthal, Liaison to the Climate Action Team
- B. Janice Bridge, Liaison to the California Senior Legislature
- C. Mariana Henwood, Representative to the Yolo County Commission on Aging & Adult Services
- D. Kitty Liebhardt, Representative to the Social Services Commission/ADA Sub-committee
- E. Tansey Thomas, Liaison Representative to the Unitrans Advisory Committee
- F. Maria Lucchesi, Representative to the Yolo County Focal Point Coordinating Council Next meeting to be held in March 26, 2009 hosted by the City of West Sacramento.

### 7. City Council Liaison/Staff Comments

This time is set aside for Council members and staff to report on issues and/or events of interest not listed on the agenda. No formal action may be taken on matters not listed on this agenda.

A. City Council Liaison Update- S. Greenwald reported on Council Budget Workshop and described it as "very grim" commenting that City surplus could be depleted in 1.5 years. S. Greenwald also reported that Council is reviewing suggestions to consolidate some City Commissions. Community

Services Superintendent C. Helweg commented that the Senior Citizens Commission was not part of this review. S. Greenwald made recommendation to Commissioners and staff to consider ways to reduce staff time for Commissions as a cost saving measure.

- B. Staff Comments
- C. Information & Assistance Report –March 2009
- D. Upcoming Events & Activities

### 8. Written Communications

Written correspondence, such as letters and/or messages for Commission members will be distributed in the agenda packet and listed on the agenda. Regular monthly meeting agendas, publications/newsletters will be distributed at the meeting.

- 9. Future Agenda Items/Review of Long Range Calendar
- **10. Adjourn Meeting** Next meeting date: Thursday, April 9, 2009 at 2:30 p.m. at the Davis Senior Center, 646 A Street, Davis, CA 95616

The Davis Senior Citizens Commission is an appointed advisory body to the Davis City Council, and is facilitated through the Community Services Department.

Meeting facilities are accessible to persons with disabilities. Requests for alternative agenda document formats, assisted listening devices or other considerations for persons with disabilities are available by contacting the City Clerk's office by calling (530) 757-5648 (voice) or 757-5666 (TDD). Requests should be made as soon as possible, and preferably at least 24 hours prior to the meeting date.

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### Senior Citizens Commission Agenda Thursday, April 9, 2009 2:30 p.m. Davis Senior Center, Multipurpose Room East 646 A Street

Commissioners: Elaine Musser (Chair), Romeo Favreau (Vice Chair), Shula Blumenthal,

Steve Hayes, Mariana Henwood, Kitty Liebhardt, Tansey Thomas

(Alternate) and Janice Bridge (Alternate)

City Council Liaison: Sue Greenwald, City Council Liaison and Lamar Heystek (Alternate)

Staff: Maria Lucchesi, Community Services Supervisor

Alisa Fisher, Community Services Coordinator

Christine Helweg, Community Services Superintendent

Danielle Foster, Housing and Human Services Superintendent

### 1. Call To Order & Approval of Agenda

2. Approval of Minutes – Minutes for Regular Meeting of March 12, 2009

### 3. Public Communications/Comments

This is the time for the public to address the Commission on matters not listed on the agenda. The Commission is unable to take any formal action on an issue that is not listed on this agenda. Public comments may be limited to accommodate all speakers within the time available, or they may also be continued to later in the meeting should the time allotted for public comment expire. Items may also be referred to staff and/or future meeting agendas. Presentation time will be at the discretion of the Chairperson. Citizens who wish to present their comments for matters listed on the agenda should do so at the time the item is considered by the Commission.

### 4. Unfinished Business

### A. Continued Discussion on Senior & Special Needs Housing Project Guidelines

The Commission will finalize their discussion on the development of Housing Project Guidelines for Seniors & Special Needs populations upon reviewing revised document.

### B. Determine Meeting Location, Date & Agenda for Next Off-site Commission Meeting

### C. Review and Approve Fiscal Year 2009/2010 Commission Work Plan

The Commission will review and finalize key policy initiatives and timelines for the Goals/Work Plan for fiscal year 2009-2010. (Attachment 4C)

### D. Continued Discussion of Possible Commission Project to Train Employees Involved in Eldercare

Commissioner K. Liebhardt and subcommittee will update Commissioners on research for this project.

### 5. New Business

### A. Review Older Americans Month Proclamation

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The Commission will review Proclamation to be read by Mayor Asmundson celebrating May as Older Americans Month. (Attachment 5A)

### B. Discussion of How to Decrease Staff Time for Commission

The Commission will discuss ways to reduce staff time for Commission projects and/or meetings.

### C. Discussion of Commission Meeting Length

The Commission will discuss length of monthly meetings.

### **6.** Commission Announcements/Comments

This time is set aside for Commissioners to report on issues or meetings attended, but not listed on the agenda. No formal action may be taken on matters not listed on this agenda.

- **A.** Shula Blumenthal, Liaison to the Climate Action Team
- **B.** Janice Bridge, Liaison to the California Senior Legislature
- C. Mariana Henwood, Representative to the Yolo County Commission on Aging & Adult Services
- **D.** Kitty Liebhardt, Representative to the Social Services Commission/ADA Sub-committee
- **E.** Tansey Thomas, Liaison Representative to the Unitrans Advisory Committee
- **F.** Maria Lucchesi, Representative to the Yolo County Focal Point Coordinating Council Next meeting to be held in March 26, 2009 hosted by the City of West Sacramento.

### 7. City Council Liaison/Staff Comments

This time is set aside for Council members and staff to report on issues and/or events of interest not listed on the agenda. No formal action may be taken on matters not listed on this agenda.

- A. City Council Liaison Update
- B. Staff Comments
- C. Information & Assistance Report –March 2009
- D. Upcoming Events & Activities

### 8. Written Communications

Written correspondence, such as letters and/or messages for Commission members will be distributed in the agenda packet and listed on the agenda. Regular monthly meeting agendas, publications/newsletters will be distributed at the meeting.

### 9. Future Agenda Items/Review of Long Range Calendar

**10. Adjourn Meeting** – Next meeting date: Thursday, May 14, 2009 at 2:30 p.m. at the Davis Senior Center, 646 A Street, Davis, CA 95616.

The Davis Senior Citizens Commission is an appointed advisory body to the Davis City Council, and is facilitated through the Community Services Department.

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### **Yolo County Commission on Aging and Adult Services**

Yolo County Health and Justice Building 600 A Street, Conference Room; Davis, CA 95616

Wednesday, April 22, 2009 8:30 a.m. - 10:00 a.m.

Supervisor Jim Provenza *Chair* 

#### Members:

Cass Sylvia
Davis Campbell
Dawn Myers Purkey
Deborah Francis
Elaine Roberts Musser
Lenise Curtis
Mariana Henwood
Mary Jane Large
Paula Driver Shimada
Tim Murphy
Yolanda Sue Gruwell

### **AGENDA**

Welcome and Introductions I. Supervisor Provenza II. **Community Members** Public Comment: Opportunity for members of the public to address the Commission on subjects relating to Commission business. The Commission reserves the right to impose a reasonable limit on time afforded to any topic or to any individual speaker. III. Review and Approve Minutes from **Commission Members** 02/25/09 Meeting IV. Discussion re: Need for Vice Chair Supervisor Provenza V. Representation of Aging and Disabled Dawn Myers Purkey Adults on Yolo County Health Council VI. County Budget Update Supervisor Provenza Services for Seniors During **Budget Reductions** VII. Strategic Planning Meeting for COAAS Supervisor Provenza VIII. Outreach for Presentations at COAAS Meetings: All Suggestions and Scheduling YC Food Bank-Jose Martinez YC District Attorney's Elder Abuse Unit YC Office of Emergency Services-Bill Martin Eleanor Roosevelt Circle-Social Services Director IX. Announcements; Future Agenda Items Next Meeting: June 24, 2009 Adjournment

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### **Yolo County Commission on Aging and Adult Services**

Yolo County Health and Justice Building 600 A Street, Conference Room; Davis, CA 95616

Wednesday, February 25, 2009 8:30 a.m.

Supervisor Jim Provenza Chair

#### Members:

Cass Sylvia
Davis Campbell
Dawn Myers Purkey
Deborah Francis
Elaine Roberts Musser
Lenise Curtis
Mariana Henwood
Mary Jane Large
Paula Driver Shimada
Tim Murphy

### I. Welcome and Introductions

Jim Provenza, Chair, called the meeting to order at 8:37 a.m. Supervisor Provenza, who was chairing his first Commission on Aging and Adult Services meeting, introduced himself and provided his contact information. He also invited people to contact Gina Daleiden, his Deputy, if they need assistance or information about his schedule. In addition, Supervisor Provenza announced that an open house would be held on Saturday, February 28, at 10:30 a.m., in his and Supervisor Helen Thomson's offices at 600 A Street in Davis. All meeting participants were invited to attend.

Later during the meeting, attendees introduced themselves and stated their organizational affiliations and the capacities in which they serve. After Paula Driver Shimada introduced herself, she distributed brochures for the Brown Bag Series of lunch seminars at UC Davis and invited everyone to participate.

### **Commission Members Present:**

Jim Provenza, Davis Campbell, Mariana Henwood, Tim Murphy, Elaine Roberts Musser, Dawn Myers Purkey, Paula Driver Shimada, Cass Sylvia

### **Commission Members Not Present:**

Lenise Curtis, Deborah Francis, Mary Jane Large

### **Guests Present:**

Cathy Cassevah, Marketing Director, Palm Gardens; Dawnté Early, Aging Commission, City of West Sacramento; Maria Lucchesi, Comm. Services Supervisor, Davis Senior Center; Nicki McCabe, Elderly Nutrition Program; Christine Prater, Active Aging, City of West Sacramento; David Soto, Area 4 Agency on Aging; Tansey Thomas, Senior Citizens Commission, City of Davis

### **Staff Present:**

Maryfrances Collins, Assistant Director, DESS; Gina Daleiden, Deputy to Supervisor Provenza; Nancy Edgar, ADMH; Laurie Haas, Supervisor, Adult Services, DESS; Rita Sogard, Secretary, Children and Adult Services, DESS

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### II. Public Comment

- 1. Elaine Roberts Musser announced that transit mobility training has started in West Sacramento. To accommodate the large number of Russian residents in West Sacramento, the training has been provided at locations in the Russian community. The training will soon be coming to the Woodland Community & Senior Center, and Davis has received funding to conduct the mobility training as well.
- 2. Elaine also announced upcoming events for the Jammers, a band in which she participates. The Jammers regularly perform at Eleanor Roosevelt Circle (ERC) on the first Saturday of each month from 2:00-4:00 p.m. Of special note are a St. Patrick's Day concert at ERC on March 14 from 2:00-4:00 p.m., and a performance from 2:00-4:00 p.m. on May 2 at the ERC Fun Time Follies.

### III. Review and Approve Minutes from 10/09/08 Meeting

Elaine Roberts Musser moved, and Maryfrances Collins seconded, that this Commission adopt the October 9, 2008 Minutes without changes. The motion carried unanimously.

### IV. A4AA Needs Assessment--Yolo County Key Informant Interviews

- 1. Dave Soto gave a brief summary of the needs assessment that A4AA conducted this year, the purpose of which is to help determine A4AA's funding priorities in the next several years. Part one of the assessment is the survey. Dave reported that A4AA received 960 total survey responses: 419 completed paper surveys from seniors, 188 online responses from the County of Yolo and community members, and 353 online responses from the UC Davis campus and health systems. He estimates it will take approximately three months to analyze the responses.
- 2. Part two of the needs assessment is the "key informant" interviews. A4AA is seeking 15 candidates in Yolo County to serve as key informants, and would like the Commission's assistance in compiling a list of candidates. These people should be influential in the field of aging in Yolo County, with half being directly involved in the local network of home and community-based services for older adults. The other half would not be part of the local network, but would still wield influence in areas that affect seniors; e.g., elected officials, people in the media, healthcare providers, religious leaders or leaders in nonprofit entities and private business. These interviews would last about 30 minutes, could be conducted by telephone and would start in April.
- 3. Attendees immediately provided the names of several possible candidates; all other names should be submitted to A4AA within the next two weeks.
- 4. Dave also announced that the Baby Boomer Report has been published, and is available online at the A4AA website. He presented a copy of the report to Supervisor Provenza. He also distributed a fact sheet with findings related to Yolo County, and addressed key details and charts. The fact sheet highlighted that the income of many Yolo County

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Yolo County Commission on Aging and Adult Services February 25, 2009 Minutes Page 3 of 3

seniors will be far short of their actual living expenses. This is especially true if the seniors are relying only on SSI or social security benefits as their only source of income.

- 5. A discussion followed regarding the increased need for services because people are living longer and may not have sufficient income to meet their basic needs. Cass Sylvia suggested asking Jose Martinez to report to the Commission on the increasing number of seniors seeking assistance from the Food Bank.
- 6. Dave stated he would ask his coworker, Will Tift, to address the Commission on hunger in relation to older adults.

### V. Announcements; Future Agenda Items

Cathy Cassevah announced an all-day conference sponsored by the Alzheimer's Association to be held March 25, 2009, at the Lions Gate Hotel on McClellan Air Force Base in Sacramento. Both professionals and caregivers will benefit from attending this annual educational event. Respite care funding is available for caregivers who wish to attend, and CEUs are available for the professionals. For more information, people may call Cathy at (530) 661-0574, or the Alzheimer's Association.

**ADJOURNMENT:** The commission adjourned at 9:15 a.m.

### **NEXT MEETING:**

Wednesday, April 22, 2009 8:30 a.m.

Yolo County Health and Justice Building 600 A Street, Conference Room; Davis, California 95616

Jim Provenza, Chair Yolo County Commission on Aging and Adult Services

Rita Sogard, Secretary
Yolo County Commission on
Aging and Adult Services

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## City of Woodland Parks & Recreation Department Senior Center

Interoffice Memo

Date: April 1, 2009

To: Dan Rice, Recreation Superintendent

From: Susannah Reinhart, Senior Center Program Manager

Subject: April 2009 Staff Report

#### Administration

• <u>Area 4 Agency on Aging</u>: For a second grant cycle, the City of Davis has agreed to be the Grant Administrator for the Yolo County *Information & Assistance* Grant/2006-2010.

- <u>C&SC Donor Opportunities</u>: Individuals, families, and businesses have the opportunity to have their names, or the names of those they wish to honor, memorialized within the new facility. Naming rights to the building and many of its components (including the Senior Center) are available. Donors may dedicate rooms, artwork, furnishings, or outdoor facilities as lasting remembrances. Funds raised from private donors will allow for many enhancements to the facility.
- <u>C&CS Facility Improvements</u>: Recent improvements include: Additional ADA/disabled parking spaces in the North Lot, Installation of black out curtains, Hand railings & Wainscoting in hallways, and Fireplace in Lounge.
- <u>COW e-newsletter</u>: Monthly e-newsletters feature brief information from each City department on items of public interest, including a link to the *Senior Gram*. Email subscriptions are available at the City website, <u>www.cityofwoodland.org</u> or call Ana Gonzalez at 661.5800.
- Epicurean Espirit: This year marks the 20<sup>th</sup> anniversary of this prestigious food and wine tasting benefit fundraiser which supports Meals on Wheels, the hot lunch program for homebound seniors. This special celebration will be held from 6-9Pm on May 21, 2009 at the *Fliers Golf & Country Club*. Nicki McCabe, Director of the *Elderly Nutrition Programs* says "Its' a great event where the community can join together to support and honor our seniors, while enjoying some of the finest cuisine, wine, and music". Tickets are \$40. For information and to purchase tickets, call ENP at 662,7035.

### **Boards/Committees**

<u>Commission on Aging (COA)</u>: The next meeting will be held on Monday, April 27, 2009 at 3:30 PM at the Community & Senior Center. Public welcome. Concerned citizens are encouraged to apply for the one vacancy on the Commission. For information and an application, please contact Susannah at 661-5890.

<u>Senior Center, Inc. (SCI)</u>: The next meeting of the BOD (Board of Directors) will be held on Thursday, April 2, 2009 at 9:30 AM.

 Benefit Thrift Shop: This program is coordinated by staff and utilizes many volunteers who work diligently to make it a successful fundraiser. The March 2009 gross revenue was \$1826.
 Proceeds from the Thrift Shop continue to support programming at the Senior Center.

Staff Report Apr 09.doc

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Membership: Membership dues have increased as of 2009 and are now \$8/calendar year. SCI provides supplemental financial and advisory support for senior programs. In addition to the general membership, seniors are contributing to the Century Club (minimum \$100 donation), General Fund, and the Building Fund.

### April 2009 Special Events, Activities/Programs & Services

- <u>AARP Driver Safety</u>: The next classes are scheduled from 9-1PM on May 23 & 30, 2009.
   Instructor: Don Campbell.
- Art Workshop: Seniors can work on their own art projects in the company of other artists. This program meets in the Art Room from 9:30-12:30 p.m. on Wednesdays. All mediums welcome. Facilitator: Jan Bello.
- <u>Arthritis Self-Help Group</u>: This group meets at 1 PM on the 1<sup>st</sup> Thursday, April 2, 2009. For information, call 662.9038.
- <u>Battery Checks</u>: We found that many of the recycled batteries in the buckets are still good and not ready for recycling. Before you recycle your batteries in our battery buckets, you can use our new battery tester, located in the SC hallway, to check to see if they still hold a charge.
- Benefit Thrift Shop: Our store is in need of clean, usable items to sell. Donations are received on Thursday mornings, 9-11 AM. The Thrift Shop is open on Fridays, 9:30-11:30 AM-seniors first.
   Proceeds continue to support programming at the Senior Center. Call Paula Crum for information.
- <u>Bereavement Self-Help Group</u>: This support group meets at 3:30 PM on the 3<sup>rd</sup> Thursday, April 16, 2009. Susan Willis, manager of *Vitas Hospice* facilitates the group. This group is open to all people who are suffering with the loss of a loved one, pet, health, etc.
- <u>Bingo</u>: This program is held from 12:15-2:45 PM on Wednesdays and Fridays. (Bring exact change).
- <u>Blood Pressure Clinic</u>: Blood pressures are taken from 10-12 PM on the 4<sup>th</sup> Tuesday of the month, April 28, 2009.
- Bridge for Fun: This program meets at 12:30 PM on Wednesdays.
- <u>Canasta</u>: On Tuesdays, beginning May 5, 2009 from 12Noon-3PM, Canasta instruction and game will begin in the SC Lounge. Join us if you have an interest in learning the game, brushing up, or just finding game partners for Canasta. We've had numerous requests for this in our surveys. Sue Follansbee has volunteered to lead the program. Thanks, Sue!
- <u>Ceramics:</u> Roni Kobel teaches a weekly *Ceramics* class on Tuesdays, from 9-11:30 AM. Underglaze, glaze, dry brushing, and antiquing. Fee \$5/month; separate kiln fee. For information, call 662.0618.
- <u>Changes to Choices</u>: This Senior Peer Counselors discussion group meets at 10 AM on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, April 7 & 21, 2009. For information, call 662-3102.
- <u>Chit Chat Cafe</u>: The <u>Elderly Nutrition Program</u>'s special events include <u>Birthday Luncheon</u> on Wednesday, April 29, 2009. Reservations required by 12 noon the day prior. Check in at 11:30 AM and lunch served at 11:45 AM. NOTE: We'd like to thank 'The Californian' for making a monthly Tuesday cookie delivery. We appreciate your support!

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- <u>Coffee Donations</u>: *Senior Center, Inc.* generously provides coffee (and supplies) for senior participants. 25-cent donation appreciated.
- <u>Community Care Car</u>. This all-volunteer transportation program takes seniors to local appointments Monday–Friday. Seniors must be ambulatory and be able to get into and out of the minivan on their own. *Gift Coupons* are a great gift idea from a friend, relative, or yourself! \$2.00 round-trip Rider Coupons are available at the front desk. Desk is open to take reservations from 9-2:30PM.
- Computer Club: The Computer Club's general meeting is held at 1 PM on the 4<sup>th</sup> Monday, April 27, 2009; topic is 'Knowledge Exchange'. Call for information on classes and open labs. Labs are held from 1-4 PM on Wednesdays and from 12-3 PM on Fridays. (50 cents/hour) Board meetings are held at 1 PM on the 2<sup>nd</sup> Tuesday, April 14, 2009.
- <u>Country Western Line Dance Class</u>: Sherri Fay is the instructor for the 12:30 & 6:30 PM Wednesday *Beginner's* and 1:30PM *Intermediate* classes. It's a great exercise and lots of fun!
- Cribbage: This table game is held at 1 PM every Wednesday. Drop in welcome.
- <u>Discover Shakespeare</u>: This class format features two complete plays! Instructor Ralph Quinn will discuss Shakespeare's famous plays, 'Romeo & Juliet' and 'Henry IV-Part Two'. This eightweek Discover Shakespeare class is held from 1-2:30 PM on Thursdays, March 12-April 30, 2009. The next class will review two plays, 'Merry Wives of Windsor' and 'Henry V' to be held from May 14, July 2, 2009. Class will include careful explanations of Old English words and detailed scene presentations. This program is accompanied by a musical sound track unique to this presentation (available no where else). Participants are encouraged to bring a copy of the play as an aid to understanding. Fee: \$28.
- <u>Dominoes</u>: Please let us know if you have a desire to teach or learn dominoes, and also let us know what time you have available. If there is enough interest, we'll check for room availability and add it to our schedule.
- <u>Family Caregiver Support Program</u>: Appointments may be scheduled with Peggy Phelps, Caregiver Resource Specialist from *Yolo Adult Day Health Center*. For information, call 666.8828.
- <u>Gentle Yoga</u>: This popular class is held from 4-5 PM on Wednesdays. Gentle Yoga offers postures, slow movements and breath techniques to build strength, flexibility and balance and focus the mind. Instructor: Ann Pearson-Franke.
- Handicrafters: This program meets from 9-11 AM on Mondays.
- <u>Hear! Here!</u> This self-help group meets at 2 PM on the 4th Monday of the month, April 27, 2009; topic is *'How have Disabilities Changed Your Lifestyle'*. For information, call 662.5102.
- <u>HICAP (Health Insurance Counseling & Advocacy Program)</u>: Individual consultations are available from 1-3 PM on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, April 1 & 15, 2009. (Medicare concerns and supplemental health insurance). (Appointments) For information, and to register for training, call HICAP at 916.375.3761.
- Information & Assistance (I&A): Call the Senior Center at 661.5890 for specialized assistance and referrals. This program is paid, in part, through a grant by the *Area 4 Agency on Aging*. (Appointments available).

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- <u>Information Available</u>: Advance Healthcare Directives, Woodland Apartment List, Battery Recycling, Book & Video Libraries, Postage Stamps, and Yolo Co. Senior Resource Guide. Seasonally available: Tax-AIDE and Flu Clinic.
- <u>Informed Choices After Death</u>: This discussion group meets from 10-11:30 AM on the 3<sup>rd</sup> Wednesday, April 15, 2009. This discussion group is sponsored by *Yolo Adult Day Health Center/Woodland Healthcare*, and is partially funded by the *Area 4 Agency on Aging*. For information, contact Peggy Phelps at 666.8828 or <u>pphellps@dcn.org</u>
- <u>Kinship Program</u>: This program through Woodland Community College will meet at 2PM on Friday, April 24, 2009.
- <u>Legal Consultations</u>: Free 15-minute consultations are scheduled from 2-4 PM on the 3<sup>rd</sup> Friday, April 17, 2009. This service is sponsored by the *Yolo County Bar Association*. (Appointments)
- <u>Life History</u>: Woodland Adult Education offers three classes held at the Community & Senior Center: 2 PM Tuesday, 9 AM Wednesday, and 1 PM Thursday. Call 662.0798 for more information and to register.
- Low Impact Aerobics: Classes are held from 8-8:30 AM and 10-10:30 AM on Mondays, Wednesdays, and Fridays. Fee is \$5/month.
- <u>Mah Jong</u>: Join in on learning this stimulating venerable game of Chinese Tiles at 1PM on Thursdays.
- Needles & Friends: This quilting group meets from 9-2 PM on Mondays. NOTE: Our quilters donated 20 quilts for children to 'Rotoplast', the Rotary International organization that provides facial reconstructive surgery to children worldwide. In March, this group began creating wheelchair lap quilts for seniors in Yolo County. These charming small quilts are perfect for new quilters, but experienced quilters have fun with more challenging patterns. For information about the group, or for fabric donation, call 753-1933.
- Outa-Sight! The self-help group typically meets at 1:30 PM on the 1<sup>st</sup> & 3<sup>rd</sup> Tuesday, April 7 & will hold a special 'Independent Skills Workshop' will be held 9-2PM on April 21, 2009 at the Lions Clubhouse. The Speaker Series meets at 1:30 PM on the 2<sup>nd</sup> Monday, April 13, 2009 ('Reading Machines/Spectra Concepts). For information, call 662.0535.
- <u>Parkinson's Self-Help Group</u>: This group meets at 1 PM on the 4<sup>th</sup> Tuesday, April 28, 2009. Each meeting begins with exercises to maintain flexibility. Wear comfortable clothing. For information, call 916.489.0226.
- <u>Partnership Advantage Health Plan</u>: David McCallum offers monthly office hours for seniors in Yolo County's MediCal program, Partnership Advantage Health Plan. By combining Medicare, MediCal and prescription drug coverage, this plan allow members to receive all of their health care benefits in one package. Consultations are held from 9-12 noon on the 2<sup>nd</sup> Tuesday, April 14, 2009. (Appointments)
- Pedro Saturday: This game is scheduled at 11:30 AM on the 3<sup>rd</sup> Saturday, April 18, 2009.
- Pedro: This program is held from 12:15-3 PM on Tuesdays.
- <u>Peripheral Neuropathy Self-Help Group</u>: This group typically meets at 3:30 PM on the 3rd Monday, April 20, 2009 ('*Nutrition/Institute of Restorative Health'*). For information, call 661.3238.

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- Peripheral Neuropathy's Northern CA Annual Conference: This special event of "Awareness & Hope" will be held from 9-4PM on Monday, April 27, 2009. Speakers included Scott Fishman, M.D. Chief of Pain Medicine Division, UCD Health System, Dominic Spatafora, Neuropathy Action Foundation, and Mae Denman leading a demonstration on Gentle Yoga. For information, call 661-3238.
- <u>Ping Pong</u>: Seniors are invited to join the fun from 10-11:30 noon on Friday mornings in the Youth Center. Playing Ping Pong is a fun way to exercise your body and your brain and meet wonderful people, too. Come and learn to play or just cheer your favorite player on! No need to sign up.
- Pinochle: This group meets at 6 PM on Thursdays.
- <u>Second Horizons Bingo</u>: This program meets at 6 PM on the 1<sup>st</sup> Friday of the month, April 3, 2009.
- <u>Ship Shape</u>: This chair exercise class is held from 10-10:30 AM on Tuesdays and Thursdays. Fee is \$5/month.
- <u>Stroke Self-Help Group:</u> This support group typically meets at 1 PM on the 3<sup>rd</sup> Monday, April 20, 2009. Facilitator: Debbie Porter from *Woodland Healthcare*.
- <u>T'ai Chi</u>: This standing exercise class is held from 8:45-9:45 AM on Mondays.
- <u>Tax AIDE</u>: This specialty program is a tax return preparation service sponsored by AARP, in cooperation with the IRS. Volunteer tax counselors, trained in cooperation with the Internal Revenue Service will be available throughout the tax season to provide assistance in preparing income tax returns for seniors. Appointments are available Wednesday afternoons and Thursday mornings, (February 4-April 9, 2009). A list of 'What-to-Bring' to your Tax AIDE appointment is available at the Welcome Desk. Forms are filed electronically. We'd like to thank this year's volunteers who helped prepare and file taxes for seniors. Many thanks to this year's coordinator, Beth Pollard and her team: Phyllis Brock, Pat Dearborn, Marilyn Knudson, Jean Malamud, Nancy Sanders, and Cecilia Wilson. For information, and to make appointments, call the Senior Center at 661-5890
- <u>The Novel Book Group</u>: This discussion group typically meets at 9:30 AM on the 2<sup>nd</sup> Tuesday of each month, but will not meet in April 2009.
- Transportation Options: The Commission on Aging has been working with Paratransit, Inc. to bring their Mobility Training program to the Community & Senior Center. Benefits of the training include: travel independently (you won't have to rely on friends and family); and you will have the freedom and confidence to travel where and when you want. From 10:30-11:30AM on Friday, April 17, 2009, mobility trainer Darlene Briscoe will review everything seniors need to know to meet their individual transit needs. Seniors will learn how to safely reach the destinations through Regional Transit (RT) buses and Light Rail. This FREE community program is open to all seniors. Join us!
- Trips Program: The Senior Center collaborates with Collette Vacations to bring group sightseeing trips to local seniors. 2009 trips include: South Dakota/Black Hills/Badlands in June; Islands of New England in August; Smoky Mountains/Kentucky in October; and New Year's in San Antonio & Dallas, Texas. NOTE: The cost of all our trips includes Cancellation Insurance and if you have to cancel for any reason, right up to the last minute, you get a refund of all money paid with the exception of the cost of the insurance.

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- <u>Volunteers Wanted</u>: There are several ongoing volunteer opportunities at the Senior Center.
  Please call or come by the Senior Center if you, or someone you know, would be interested in
  volunteering. Current opportunities are: Bingo Caller, HICAP/Medicare counseling, Front Desk
  receptionists, and drivers & substitute drivers for Meals on Wheels. If you are interested, or know
  of someone wanting to volunteer, please contact Paula Crum.
- Western Dance Party: This event will be held at 6 PM on Friday, April 3, 2009.
- Woodcarving: This program meets at 1 PM on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday, April 1 & 15, 2009 to work on projects. Experienced carvers should bring gloves, tools and something to carve. All ages and skill level are welcome, but the minimum age is 18 years. For information, call 661-3864.
- Woodland Apartment List: As of September 2008, the Commission on Aging updated the list of apartments in Woodland. This list is a useful tool for seniors who are looking at other possible places to live; the list is frequently used by families who may have parents moving to Woodland. This list is available at no charge.
- Woodland Stompers: This performance group rehearses at 3 PM on Tuesdays.



### **Commission On Aging Communication**

AGENDA ITEM

**#3** 

SUBJECT: Work Plan 2009 DATE: April 27, 2009

PREPARED BY: Susannah Reinhart

Senior Center Manager

**RECOMMENDED ACTION:** Receive update on the 2009 Work Plan items.

### **BACKGROUND INFORMATION:**

A. COA INFOMERCIAL (Commissioners Campbell & Overholt)

Annually, the Commission on Aging provides City Council with information regarding Commission activities. At the May 19, 2009 City Council meeting, Commissioners Campbell and Overholt will provide Council with an update on the Commission's activities. Prior year's presentations included a PowerPoint review of COA membership, Duties & Responsibilities, Primary Senior Issues, Work Plan Items, and Additional Activities & Commissioner Contributions. All commissioners are welcome and encouraged to attend.

STATUS: Receive update.

### B. FOCAL POINT COORDINATING COUNCIL (FPCC) (Commissioner Campbell & Manager Reinhart)

The FPCC helps expand opportunities for countywide senior programs, in addition to keeping the COA informed on senior issues and activities. Commissioner Campbell and Manager Reinhart represented the Woodland COA at the March 26, 2009, hosted by the West Sacramento Commission on Aging. The Woodland COA will host the upcoming FPCC meeting in June 17, 2009 at the Woodland Community & Senior Center.

STATUS: Receive update.

### **C. PROMOTION** (Commissioners Overholt & Talkington)

This project includes a plan to help create positive images of aging and seniors through public information. Such 'Promotion' would result in a greater awareness of positive and healthy aging, including an increased awareness of programs and services for seniors. Commissioners Overholt and Talkington will schedule presentations, of specific interest to seniors, at the Community & Senior Center.

STATUS: Receive update: topics/presentations/dates.

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### **D. SENIOR RESOURCE FAIR** (Commissioners Wright & Talkington)

The annual 'Senior Resource Fair' provides human and social service agencies an opportunity to talk one-on-one with seniors, their friends and families about local senior programs and services. Commissioners Wright and Talkington will coordinate this year's 'Senior Resource Fair' at the Community & Senior, scheduled from 10:30-1PM on Wednesday, May 13, 2009.

STATUS: Receive update.

### E. SENIOR TRANSIT (Commissioners Talkington & Campbell)

Commissioners Talkington and Campbell are working to bring a mobility training program to Woodland that would help enable seniors and people with disabilities to remain independent and mobile by learning how to use public transportation. This program was held on April 17, 2009 and is expected to help increase public awareness of available transportation options that will benefit seniors, their families and our community.

STATUS: Receive update.

### F. WOODLAND APARTMENT LIST (Commissioner Talkington)

Each fall the Commission on Aging updates their listing of *Apartment Complexes in Woodland*. The 2008 Apartment List was last completed in September 2008 and Commissioner Talkington will begin this year's project in August 2009. The Senior Center makes this information available throughout the year to local seniors who are looking for more affordable housing in town, and to others who want to move to Woodland. The Senior Center, Senior Information & Assistance (I&A) service, and the Woodland Chamber of Commerce have supported this project. The list represents most of the apartments in town, however some apartment managers decline to have their complex listed, and others do not provide the requested information.

STATUS: No report at this time.

Respectfully submitted,

Susannah Reinhart Senior Center Program Manager Parks and Recreation Department

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### **Commission on Aging Communication**

AGENDA ITEM
#4

SUBJECT: Senior Center Concerns Update DATE: April 27, 2009

PREPARED BY: Susannah Reinhart,

Senior Center Program Manager

**RECOMMENDED ACTION:** Review the updated list of Senior Center

Concerns.

### **BACKGROUND INFORMATION:**

Commissioners to receive update and provide feedback on the Senior Center Concerns (list on page two)

Respectfully submitted,

Susannah Reinhart, Senior Center Program Manager Parks & Recreation Department

### Community & Senior Center Senior Concerns/Issues

Updated: April 27, 2009

Item #	Item	Concerns Received	Status
1	Senior Computer Room	Plasma screen installed; however its not large enough and they prefer to have a drop-down screen and projector.	Pending: Screen and projector will be purchased for SC Computer Room.
2	Misc.	Glare from doors in Meeting Rooms, Banquet Rooms, Youth Center, and Game Room.	Partial completion: Black-out drapes have been installed on windows; door coverings yet to be done. NOTE: Senior Center, Inc. paid for the purchase and installation of sun-reflective film on the two exterior Game Room doors. SCI also paid for tinting of the windows and door of the Thrift Shop and the two exterior Art Room doors.
3	Automatic Doors	Install automatic doors to north and south hallways.	Pending: Both Commissions recommended to Council the installation of an automatic door in north hallway. Senior Center, Inc. has agreed to donate monies to have an automatic door installed in south hallway.