

**CITY OF WOODLAND
2001 EAST STREET
WOODLAND, CALIFORNIA**

COMMISSION ON AGING AGENDA

**January 9, 2014
3:00 p.m.**

- A. CALL TO ORDER
- B. ROLL CALL
- C. PLEDGE OF ALLEGIANCE
- D. COMMUNICATIONS-PUBLIC COMMENT

This an opportunity for the public to speak to the Commission on any item other than those listed for public hearing on this agenda. Speakers are requested begin by stating their name, whether they reside in Woodland and the name of the organization they represent if any. The Chair may impose a time limit on any speaker depending on the number of people wanting to speak and time available for the rest of the agenda. In the event comments are related to an item scheduled on the agenda, speakers may be required to wait to make their comments until that item is considered.

- E. COMMUNICATIONS–COMMISSION/STAFF STATEMENTS AND REQUESTS

This is an opportunity for the Commission Members and Staff to make comments and announcements, to express concerns, or to request Commission’s consideration of any items a Commission Member would like to have discussed at a future Commission meeting.

- F. MINUTES
 - F.1 Adopt the Minutes of the Commission Meeting of September 12, 2013
 - F.2 Adopt the Minutes of the Commission Meeting of November 11, 2013
- G. CORRESPONDENCE
- H. PRESENTATIONS

I. REGULAR CALENDAR

- J.1 Council Report
Review draft Council Annual Report
- J.2 Senior Resource Fair 2014
Review rough draft of letter and list of vendors do be distribute in February
- J.3 Apartment List
- J.4 Speaker Series
Health Speaker in the spring

J. REPORT OF THE STAFF

- K.1 Senior Center Report-Kris Bain
Recommendation: Information only
- K.2 Facility Update, Senior Issues-Kris Bain
Recommendation: Information only

K. ADJOURN

I declare under penalty of perjury that the foregoing Agenda for the Commission on Aging regular meeting of the City of Woodland scheduled for Thursday, January 9, 2014 was posted on January 6, 2014 in the outside display case at 2001 East Street, Woodland, CA, and was available to the public during normal business hours.

Cathy Haynie, Administrative Secretary

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.



Commission on Aging

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

Regular Meeting Minutes

September 12, 2013

Call to Order

Meeting convened at 3:06 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chair Garman presiding.

Roll Call

Commissioners Present: Garman, Overholt, Wright, and Talkington

Absent: Campbell

Staff: Engel, Tringali, Haynie and Bain

Pledge of Allegiance

Communications-Public Comment (None)

Communication-Commission/Staff Statements and Requests

The Parks & Recreation Department will be called Community Services Department, officially on October 1, 2013. Dan Sokolow, Senior Planner has joined the department along with the programs he manages, Affordable Housing, CDBG Entitlement Program. One of the goals is community outreach and getting the community engaged.

Minutes

Commissioner Wright made the motion to accept the minutes as written; Commissioner Talkington seconded the motion. Motion carried 4/0.

Report of the Staff

Teens Helping Seniors

Tringali reported that 13 teens participated in the program serving 37 seniors on 47 separate jobs, serving 207 hours of community service. Wesley Mannering, Special Activity Coordinator was an asset to the program. Teens went on an end of summer trip, with the tips the seniors donated, to Santa Cruz Boardwalk. For approximately half of the teens this was their first time seeing the ocean. Tringali received a thank you letter from Gloria Delgado praising Mannering and the teens. Mannering and Tringali attended the SCI meeting to report on Teens Helping Seniors. SCI have agreed to fund the program again next year.

Senior Center Report

Flu Shot Clinic scheduled for Thursday, October 17, 2013, 10-1 p.m. SCI will assist with payment for any seniors unable to pay the \$10 fee. Donna Penn is a new member of SCI Board, Penn runs the thrift store for SCI. SCI currently has a full board and will meet 12 months per year now. Volunteer Appreciation Dinner will be held in August, this will better space the events for seniors. Affordable Adventures trip program is doing well, Jan Bello is in charge. The article in the current Senior Gram featuring the artists who use the Senior Center was written by Paula Crum. Bain is currently looking



Commission on Aging

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

for a scrapbook instructor to host class once or twice a month. Bain would is also interested in hosting an intergenerational support group at the Senior Center. Commissioner Wright is looking for a current events person.

Facility Update

Engel reported that all the curb stoppers had been painted with the white reflective glass paint.

Speaker Series

HICAP moved to September 25, 2013 at 10 a.m. Discussed a two part series concerning relieving stress, social, physical and emotional support for the holidays. Possible names and discussed for the workshop were "Beating Holiday Blues" or "How Not To Be Lonely".

Apartment List

Commissioner Wright will update pages 1-3, Commissioner Talkington pages 4-6, Commissioner Garman pages 7-9, and Commissioner Campbell pages 10-12. Commissioners will send updates to staff when complete, updated apartment list will be published January 2014.

Business Items for Next Meeting

Speaker Series

Next Meeting Date October 10, 2013

Adjourn

Commissioner Overholt made the motion to adjourn the meeting at 4:15 p.m., Commissioner Talkington seconded the motion, and motion carried 4-0.

Respectfully submitted,

Cathy Haynie, Administrative Secretary
Parks & Recreation Department



Commission on Aging

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

Regular Meeting Minutes

November 11, 2013, 2013

Call to Order

Meeting convened at 3:10 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chair Garman presiding.

Roll Call

Commissioners Present: Garman, Campbell, Wright,

Absent: Overholt, Talkington

Staff: Engel, Haynie and Bain

Pledge of Allegiance

Communications-Public Comment

Nick Pohl, President of Senior Center Inc. reported on the accomplishments of Senior Center Inc.

Minutes

Haynie did not include the September 12, 2013 minutes in the packet. Haynie will include them in the next meeting packet.

Report of the Staff

Senior Center Report

Engel discussed the Annual Council Report from COA and the need to have the report on the Council Agenda in January/February. This will give the COA two opportunities before Council each year, January, Annual Report and May for Proclamation of May as Senior Citizen Month. Commissioner Garman will have draft Annual Council Report for the January COA meeting. Engel informed the Commission that Bain had been promoted to Program Manager effective November 1, 2013. Bain invited the Commission to the Senior Thanksgiving Dinner on November 21, 2013 and the Holiday Brunch on December 19, 2013.

Facility Update

Engel reported the City Solar Project would go to Council in December or January. The project includes solar panels at the Community & Senior Center, Police Station, Library, Municipal Service Center and the Waste Water Treatment Plant.

Resource Fair

Bain suggests that there be one point person for the Resource Fair and will take on these duties. Save The Date invites will be sent out in February. Commissioners Wright and Talkington will supply Bain with the vendor list and letter to vendors.

Speaker Series

Add to next agenda Health Speaker in the spring.



Commission on Aging

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

Apartment List

Commissioners will supply staff with the update information for the Apartment List in December and Staff will have the Updated Apartment List available at the January COA meeting.

Business Items for Next Meeting

Review Draft Council Annual Report

Rough Draft of Vendor Letter and Vendor List

Apartment List

Speaker Series

Senior Link Resource Guide

Next Meeting Date January 9, 2014

Adjourn

Commissioner Wright made the motion to adjourn the meeting at 3:50 p.m., Commissioner Campbell seconded the motion, and motion carried 3-0.

Respectfully submitted,

Cathy Haynie, Administrative Secretary
Parks & Recreation Department

SENIOR RESOURCE FAIR

& NATIONAL SENIOR FITNESS DAY



Presented by the City of Woodland and the YMCA of Superior California

Wednesday, May 28th

10:00 a.m. – 1:00 p.m.

**Woodland Community
& Senior Center**

2001 East Street, Woodland 95776

RESOURCES FOR SENIORS INCLUDING

**Health Care • Volunteerism • Legal Assistance • Health & Fitness •
Support Groups • In-Home Support • Repairs & Chores • And more**



PRESENTATIONS

Dr. Watson

Safe Lifting

Jack LaLanne

*Staying Healthy in the Golden
Years*

EXERCISE & FITNESS SCHEDULE

9:00 Fun Walk

10:30 Yoga

11:15 Fitness for Seniors

12:00 Pilates

BE A RESOURCE

For more information about the Resource Fair, contact the Woodland Senior Center at (530) 661-2001. For a resource application email krista.bain@cityofwoodland.org



December 31, 2013

The Woodland Senior Center and the Commission on Aging would like to invite you to the annual Senior Resource Fair to be held on Wednesday, May 28 from 10:00 a.m. to 1:00 p.m.

This is an excellent opportunity for resources throughout the community to be available as an open house of information for seniors. The invitation is extended to any local resource including health care information, assisted living facilities, support groups, exercise, health and wellness, emotional and social, and more. Every resource will be allocated a table to present their information.

Should your organization be interested in participating in the Senior Resource Fair, please complete the enclosed application.

What to bring to the event:

- Literature that describes your organization including pamphlets, flyers, posters, etc.
- (If you have any) Give-aways that connects your organization to those interested
- 1 Gift basket (a \$20 value) to be raffled to participants of the Resource Fair – this is not a fundraiser

The event will be held at the Woodland Community & Senior Center, 2001 East Street, Woodland. For additional information, contact Woodland Senior Center Program Manager, Kris Bain at (530) 661-2001.



Woodland Senior Center

2001 East Street | Woodland, 95776 | (530) 661-2001

Application Processing

Check one box

FOR PROFIT ORGANIZATION/GROUP - Application Fee

Enclose fee (checks made out to City of Woodland)

\$20 per table

FOR PROFIT ORGANIZATION/GROUP - No Application Fee

Fee to be waived if your organization donates a healthy snack (for up to 50) to be provided to participants of the Resource Fair

Bring Healthy Snack

FOR PROFIT ORGANIZATION/GROUP - No Application Fee

Fee to be waived if your organization leads a 20-30 minute presentation in the area of senior health, fitness, well-being.

Presentation

Non-PROFIT ORGANIZATION/GROUP - No Application Fee

Submit Application to:

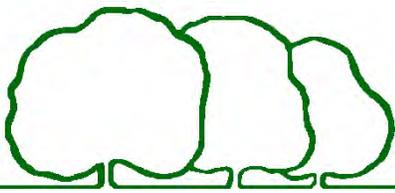
Woodland Senior Center

Attention Senior Resource Fair
2001 East Street, Woodland, CA 95776



Woodland Senior Center

2001 East Street | Woodland, 95776 | (530) 661-2001



Commission on Aging Communication

AGENDA ITEM

SUBJECT: Monthly Senior Center Report

DATE: January 2, 2013

PREPARED BY: Kris Bain, Community Services Program Manager

RECOMMENDED ACTION:

None. Information only.

BACKGROUND INFORMATION:

The following provides highlights for the Senior Center from November and December 2013.

Thanksgiving Dinner

Over 225 seniors attended the annual Senior Center Thanksgiving dinner held on November 21st. Senior Center Inc. sponsored the dinner and members of the Board prepared and served the dinner. Appetizers were supplied by St. John's Village & Retirement Home, Palm Gardens, and the Californian. Additionally, staff members from St. John's helped to serve and greet guests. This year's event was the largest Thanksgiving dinner to date, and staff is planning for the event to be larger in the future.

Santa's Holiday Social & Brunch

Over 220 seniors attended an annual holiday social on December 19th hosted by the Woodland Senior Center and Senior Center Inc. Volunteers from Target, St. John's Retirement Village, and local seniors helped to make the event a success. Food for the event was also donated by The Californian, Cottonwood Convalescent Home, Palm Gardens, and St. John's Retirement Village. Additionally, participants of the Senior Center brought raffle prizes as a fundraiser for Senior Center Inc. and raised almost \$1,000 to support senior programs.

Pennies for Presents

Toddler Time, a weekly play group run by the City of Woodland Community Services Department coordinated its first ever "Pennies for Presents". This holiday program consisted of collecting donations (pennies) to sponsor grandparents raising grandchildren at the holidays and providing them with gifts. Senior Center Inc. matched the funds that were raised. In addition to donations being received by Toddler Time participants, donations were also provided by seniors participating

in programs at the Woodland Senior Center. Staff worked in collaboration with First 5 Yolo and the Yolo Family Resource center to identify the families to sponsor for the holidays. In efforts throughout the community, \$342 was raised, with a total of \$684 available for gifts with the matching funds from Senior Center Inc. Presents were delivered to two local families just in time for the holidays.

Program Update

Staff has sought out new partnerships to start new programs and activities at the Senior Center. Starting in January Cottonwood Health Care will help to offer a bi-monthly scrapbooking workshop. Mr. Ralph Quinn, a former volunteer, expressed interest in presenting a program where he could show photos of his travels over the past eighteen years. Beginning in March, Mr. Quinn’s “Arm Chair Travel” will document travels to locations including China, New Zealand, Australia, the Mediterranean, Paris, London and Scandinavia, through photos and music without leaving Woodland.

Senior Center Inc.

Update to be provided at meeting.

Program Participation Summary & Revenue Update

An overview of programs and revenue within the Senior Center for November & December.

November 2013 Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	31			1615	9859	\$ 190.00
FY 13/14 YTD Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	142			8784	63,513	\$ 3,240.80

December 2013 Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	24			1499	8870	\$ 427.00
FY 12/13 YTD Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	166			10283	72,383	\$ 3,667.80

Recreation Report

classes ending: November 2013

Activity	Start Date	End Date	Meetings	Min/Mtg	Class Hours	Participants	Participant Hours (PH)	Notes
Art	11/6/2013	11/20/2013	3	120	6	21	126	
Arthritis Support Group	11/7/2013	11/7/2013	1	120	2	9	18	
Bingo	11/1/2013	11/27/2013	8	120	16	202	3232	
Ceramics	11/7/2013	11/14/2013	2	120	4	9	36	
Changes to Choices	11/5/2013	11/19/2013	2	120	4	5	20	
Computer Club Class	11/5/2013	11/5/2013	1	120	2	1	2	
Computer Club Class	11/19/2013	11/19/2013	1	120	2	4	8	
Computer Club Meeting	11/25/2013	11/25/2013	1	120	2	33	66	
Computer Lab	11/1/2013	11/22/2013	4	180	12	31	372	
Hand and Foot	11/6/2013	11/27/2013	4	180	12	52	624	
HICAP Consultations	11/14/2013	11/21/2013	3			64		
Legal Consultations	11/14/2013	11/14/2013	1	30	0.5		0	
Low Impact Aerobics 8am	11/1/2013	11/27/2013	11	30	5.5	153	841.5	
Low Impact Aerobics 10am	11/1/2013	11/27/2013	11	30	5.5	283	1556.5	
Needles & Friends	11/4/2013	11/25/2013	3	60	3	45	135	
Outa Sight SPEAKER	11/5/2013	11/5/2013	1	120	2	13	26	
Outa Sight SUPPORT	11/12/2013	11/12/2013	1	120	2	12	24	
Parkinson's Support Group	11/27/2012	11/27/2012	1	60	1	7		no report provided
Ping Pong	11/1/2013	11/22/2013	4	60	4	17		
Peripheral Neropathy	11/26/2013	11/26/2013	1	60	1	16	16	no report provided
Pedro	11/5/2013	11/26/2013	4	120	8	128	1024	
Pinochle	11/7/2013	11/21/2013	3	120	6	71	426	
Prostate Support Group	11/12/2013	11/12/2013	1	120	2	18		
Ship Shape	11/5/2013	11/26/2013	7	30	4	69	276	
Senior Movie Day	11/14/2013	11/14/2013	1	120	2	6	12	Les Miserables
Stompers	11/4/2013	11/25/2013	4	60	4	37	148	
The Novel	11/12/2013	11/12/2013	1	60	1	7	7	no report provided
Stroke Support	11/19/2013	11/19/2013	1	120	2	12	24	
Woodcarvers	11/6/2013	11/20/2013	2	120	4	17	68	
Yoga	11/14/2013	11/21/2013	2	60	2	48	96	
SPECIALThanksgiving Dinner	11/21/2013	11/21/2013	1	120	3	225	675	

Recreation Report

classes ending: December 2013

Activity	Start Date	End Date	Meetings	Min/Mtg	Class Hours	Participants	Participant Hours (PH)	Notes
Art	12/4/2013	12/18/2013	3	120	6	15	90	
Arthritis Support Group	12/5/2013	12/5/2013	1	120	2	7	14	
Bingo	12/4/2013	12/27/2013	7	120	14	192	2688	
Ceramics	12/5/2013	12/12/2013	2	120	4	13	52	
Changes to Choices	12/3/2013	12/3/2013	1	120	2	1	2	
Computer Lab	12/6/2013	12/27/2013	4	180	12	25	300	
Hand and Foot	12/4/2013	12/18/2013	3	180	9	39	351	
HICAP Consultations			2			6		
Low Impact Aerobics 8am	12/2/2013	12/30/2013	12	30	6	164	984	
Low Impact Aerobics 10am	12/2/2013	12/30/2013	12	30	6	346	2076	
Needles & Friends	12/2/2013	12/30/2013	5	60	3	71	213	
Outa Sight SUPPORT	12/17/2013	12/17/2013	1	120	2	15		
Ping Pong	12/6/2013	12/27/2013	4	60	4	14		
Pedro	12/3/2013	12/17/2013	3	120	6	92	552	
Pinochle	12/5/2013	12/26/2013	4	120	8	46	368	
Ship Shape	12/3/2013	12/31/2013	9	30	4	63	252	
Senior Movie Day	12/12/2013	12/12/2013	1	120	2	14	28	Oz The Great & Powerful
Stompers	12/2/2013	12/16/2013	3	60	3	40	120	
The Novel	12/10/2013	12/10/2013	1	60	1	6	6	
Stroke Support			1	120	2		0	
Woodcarvers	12/4/2013	12/18/2013	2	120	4	12	48	
Yoga	12/12/2013	12/26/2013	3	60	3	90	270	
SPECIAL Scrapbooking class	12/13/2013	12/13/2013	1		2	8	16	
SPECIAL Holiday Social	12/19/2013	12/19/2013	1		2	220	440	
Library Usage				5.5 vol. hours	81 ret. Book	105 new books		