

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

**COMMISSION ON AGING AGENDA  
July 9, 2015  
3:00 p.m.**

- A. CALL TO ORDER
- B. ROLL CALL
- C. PLEDGE OF ALLEGIANCE
- D. MINUTES
  - D.1 Adopt the Minutes of the Commission Meeting of May 14, 2015
  - D.2 Adopt the Minutes of the Commission Meeting of June 11, 2015
- 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. REGULAR CALENDAR
  - F.1 Speakers Series Update
  - F.2 Handicap Parking-Update
  - F.3 Senior Advocacy Day Information-Brown
- G. REPORT OF THE STAFF
  - G.1 Senior Center Report June-Dallas Tringali  
*Recommendation:* Information only
  - G.2 Facility Update, Senior Issues-Dallas Tringali  
*Recommendation:* Information only

H. 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.

I. AGENDA ITEMS FOR NEXT MEETING

J. ADJOURN

K. NEXT MEETING September 10, 2015

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, July 9, 2015 was posted on July 6, 2015 in the outside display case at 2001 East Street, Woodland, CA, and was available to the public during normal business hours.

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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**  
**May 14, 2015**

Call to Order

Meeting convened at 3:03 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chair Campbell presiding.

Roll Call

Commissioners Present: Campbell, Brown, Overholt,  
Absent: Sanborn, Wheeler  
Staff: Engel, Tringali, Haynie  
Guest:

Pledge of Allegiance

Communications-Commission/Staff Statements and Requests

Consent Item

April 9, 2015 Minutes

Commissioner Overholt made the motion to accept the minutes of April 9, 2015; Commissioner Brown seconded the motion.35/0

Presentation (none)

Correspondence (none)

Regular Calendar

Speaker Series

Commissioner Overholt stated that 14 participants attended the May 14, 2015, 9:30-11:30 a.m. Nurse Joan Hatchett presented Important Documents.

Senior Resource Fair

Commissioners Campbell, Sanborn and Tringali met and arranged the set up for the Senior Resource Fair. Commissioner Overholt will attend the Senior Resource Fair. 70 vendors have confirmed attendance. Event runs 10-12; COA will arrive at 9:30 a.m. Scheduled presentations are 10:30 a.m. Home Health, 11:00 St. Johns, 11:30 a.m. Selecting Home Health Care. YMCA will be offering free classes, Woodland Stompers will perform twice.

Senior Advocacy Day Information-Brown

Commissioner Brown reported that she did not attend the May 6, 2015 rally on the State Capital steps. Commissioner Brown has no additional information to report at this time.



## Commission on Aging

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

### Report of the Staff

#### Senior Center Report

Tringali reported that Christina Cruz's last day will be June 6, 2015, new staff will start training in May and her commitment extends to April 2016. Tringali is working on simplifying the staff report, and asked what information was important to the Commission.

#### Facility Update, Senior Issues

Engel reported that the Solar Project has had some controversy with tree removals at the Woodland Community & Senior Center. Arrays were removed from the project over the senior parking area. Commissioner Campbell reported that he met with Council and Engel about a block grant for the green area in front of the Community & Senior Center for additional handicap parking. Commissioner Campbell is volunteering to participate in the Woodland Transit Study representing the COA and will contact Terry Basset, Executive Director of Yolo Bus Transit. Commissioner Brown reported that she will attend a meeting for Center for Successful Aging on June 22, 2015 and report back to the Commission.

#### Business Items for Next Meeting

Speaker Series

Senior Resource Fair 2015- Update

Senior Center Report

Facilities update

Center for Successful Aging (July Agenda)

Next Meeting Date June 11, 2015

#### Adjourn

Commissioner Overholt made the motion to adjourn the meeting at 3:40 p.m., Commissioner Brown seconded the motion, and motion carried 3/0.

Respectfully submitted,

Cathy Haynie, CS Administrative Supervisor  
Community Services Department



## Commission on Aging

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

### Regular Meeting Minutes

June 11, 2015

#### Call to Order

Meeting convened at 3:03 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chair Campbell presiding.

#### Roll Call

Commissioners Present: Campbell, Sanborn, Overholt, Wheeler

Staff: Tringali

Guest:

#### Pledge of Allegiance

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

Commissioner Campbell called DMV to find out about license plate placards, 322,368 handicap plates issued in California; of them there are 2982 issued to Zip 95695 and 1237 issued to Zip 95776. There is a need to discuss handicap placards with the City. Commissioner Overholt asked if there is any feedback from users about not enough parking. Commissioner Campbell responded with yes, we have 11 handicap spots at the center, as the population continues to age this will be a problem for the future. 400' from the furthest spot to a handicap door, doors locked in the building make it difficult for participants. Commissioner Campbell spoke to SCI, P&R Commission and asked if the next step is to do petitions. Tringali discussed parking at the Community & Senior Center and the solar project. Commissioner Sanborn asked if the doors were locked of July 4<sup>th</sup>. Commissioner Wheeler asked if there were volunteer staff to help participants. Commissioner Sanborn asked if the doors could be opened on July 4<sup>th</sup>. Tringali will follow up on information about the doors of July 4<sup>th</sup>. Commissioner Campbell stated that the handicap parking issue needs to be addressed. Commissioner Overholt asked if valet or golf carts could be used of July 4<sup>th</sup>. Tringali will follow up on the valet or golf cart requests. Commissioner Campbell asked if it possible to obtain golf carts. Tringali will update Commissioner Campbell on this issue.

#### Consent Item

##### May 14, 2015 Minutes

Commissioner Campbell tabled the minutes.

#### Regular Calendar

##### Speaker Series

No updated information at this time.

##### Senior Resource Fair

Commissioner Campbell had the following change requests for the Senior Resource Fair 2016:

- 1) The commission all needs to be there at 8:30 am
- 2) Presenters/vendors in through 1 door & the table
- 3) Event program was good
- 4) Nobody but vendors in the gym until 10am
- 5) All vendors will be escorted to their table
- 6) No changes without permission form the commissioners
- 7) (Carla) Signed up under 1 name and came in under another name



## Commission on Aging

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

- 8) (Campbell) Listing as name instead of agency
- 9) Raffle prizes – omit! Let vendors do their own
- 10) Starts at 10, ends at 12
- 11) Contact veterans organizations, American Legion, VFW, Veterans' Coalition
- 12) What role do Commissioners have in the event?
- 13) No cooking food inside the gym – cook outside if need be
- 14) Move tables toward south side of gym so dancers have more room at the opposite side of the gym
- 15) (Sanborn) Commission to review the blank application
  - a. Dallas: put together application in November every year

### Senior Advocacy Day Information-Brown

Commissioner Brown was absent, no update available.

### Report of the Staff

#### Senior Center Report

Tringali updated the Commission on the Teens Helping Seniors program and will supply flyers for the Care Car. Upcoming events Rhythm and Ribs on July 18, Spaghetti Feed on June 25 served by THS. Commissioner Campbell asked that the COA receive new name tags and name placecards.

### Business Items for Next Meeting

Speaker Series

Handicap parking

Senior Center Report

Facilities update

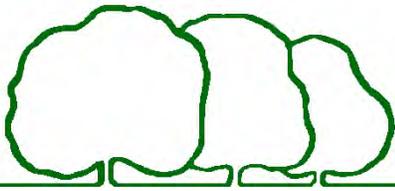
Next Meeting Date July 9, 2015

### Adjourn

Commissioner Sanborn made the motion to adjourn the meeting at 4:30 p.m., Commissioner Overholt seconded the motion, and motion carried 4/0.

Respectfully submitted,

Dallas Tringali, Recreation Manager  
Community Services Department



**Commission on Aging Communication**

AGENDA ITEM

**SUBJECT:** Monthly Senior Center Report

**DATE:** May 14, 2015

**PREPARED BY:** Dallas Tringali, Community Services Program Manager

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**RECOMMENDED ACTION:** None. Information only.

**BACKGROUND INFORMATION:** The following provides highlights of the Senior Center since the last report.

**Teens Helping Seniors Spaghetti Feed Fundraiser:** The Teens Helping Seniors program held its first ever Spaghetti Feed Fundraiser that raises money to get the volunteers a trip to the Santa Cruz Beach Boardwalk as a reward for a summer of hard work. 83 community members ate a spaghetti dinner prepared by Senior Center Inc. President Roy Miller. Overall, \$400 was donated to the program. Teens Helping Seniors will continue serving Woodland seniors through August 7.

**Healthy Living Workshops:** The Yolo County Public Health Nurse Lisa Musser, RN will be hosting a series of Healthy Living Workshops at the Senior Center. These workshops aim to help people with chronic conditions adopt healthier behaviors, take charge of their health conditions, and improve their quality of life. Workshops are scheduled for the 3<sup>rd</sup> Tuesday of the month for August-November covering topics like Preventing Falls, Brain Health, Talking with your Doctor, and Avoiding Hypertension.

**Dates to Note**

**August 6:** SCI Volunteer Appreciation Dinner  
**September 24:** SCI Fall Potluck

**Recreation Report**

classes ending: June 2015

<b>Activity</b>	<b>Start Date</b>	<b>End Date</b>	<b>Meetings</b>	<b>Participants</b>
Art	6/3	6/24	4	
Arthritis Support Group	6/4	6/4	1	8
Badminton	6/1	6/29	12	199
Bingo	6/3	6/26	8	179
Bridge for Fun	6/3	6/24	4	55
Ceramics	6/4	6/26	4	26
Chit Chat Café	6/1	6/30	22	571
Computer Club CLASS			1	
Computer Club Meeting	6/22	6/22	1	25
Computer Lab	6/5	6/26	4	15
Cribbage	6/3	6/25	6	19
Current Events	6/5	6/19	2	14
Hand and Foot	6/3	6/24	4	73
HICAP Consultations	6/11	6/25	2	3
Legal Consultations	6/18	6/18	1	5
Low Impact Aerobics 8am	6/1	6/29	13	242
Low Impact Aerobics 10am	6/1	6/29	13	519
Mah Jong	6/3	6/29	4	11
Needles & Friends	6/1	6/29	5	64
Open Game Day	6/1	6/29	12	27
Outa Sight SPEAKER	6/2	6/2	1	21
Outa Sight SUPPORT	6/16	6/16	1	27
Parkinson's Support Group	6/23	6/23	1	6
Peripheral Neropathy	6/2	6/2	1	10
Ping Pong AM	6/5	6/26	4	13
Ping Pong PM	6/2	6/30	5	
Pedro	6/2	6/30	5	
Pinochle	6/4	6/25	4	
Senior Link	6/1	6/29	11	17
Ship Shape	6/2	6/30	9	84
Senior Movie Day	6/8	6/8	1	52
Stompers	6/1	6/22	4	59
Stroke Support	6/15	6/15	1	6
The Novel				
Thrift Store	6/2	6/30	8	146
Transitions	6/9	6/23	2	10
Woodcarvers	6/3	6/17	2	13

**SUBJECT:** Monthly Senior Center Report

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**ITEM:**

Yoga	6/4	6/25	4	106
SPECIAL Classes/Presentations				
One-on-One Tech Help	6/26	6/26	1	5
Library Usage		15 vol. hours	204 ret. Book	398 new books
Total Participants in June 2015				2625