

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

**COMMISSION ON AGING AGENDA
November 19, 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 October 15, 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 YCOA Update-Brown
- G. REPORT OF THE STAFF
 - G.1 Senior Center Report October 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 January 21, 2016

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, November 19, 2015 was posted on November 16, 2015 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
October 15, 2015

Call to Order

Meeting convened at 3:02 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chair Campbell presiding.

Roll Call

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

Pledge of Allegiance

Consent Item

September 10, 2015 Minutes

Commissioner Sanborn made the motion to accept the September 10, 2015 as written; Commissioner Brown seconded the motion. 5/0

Meeting Date Change

The COA meeting date was officially changed to the third Thursday. Vote: 5/0.

Communications-Commission/Staff Statements and Requests

Commissioner Sanborn asked that the Commissioner read the reports concerning the aging population. Commissioner Sanborn will forward the reports via email to the other Commissioners as she receives them. Commissioner Campbell stated that the annual Care Car Lighting Tour is scheduled for December 15, 16 and 17. Tringali will have the dates and information in the November and December Senior Gram. Commissioner Sanborn stated that St. Johns will be hosting Cyber Seniors on November 11, 2015, 2:30-4:30 p.m.

Regular Calendar

Speaker Series

With the different user groups providing speakers on the other subject the need for the COA Speaker Series has change. The Commission discussed changing the focus of the COA Speaker series to just the Important Documents series.

YCOA (Yolo Commission on Aging) Update-Brown

Commissioner Brown and St. Johns hosted Center for Successful Aging. Tringali stated that Public Health Nurse Lisa Musser, RN and Senior Link had invited Tringali to attend the next meeting. Tringali will report back to the Commission.

Handicap parking at front of WC&SC

Commissioner Campbell had asked to be on the panel for grants through the Planning Commission next year. Commissioner Campbell's goal is the installation of 15 additional Handicap parking slots at the front of the Woodland Community & Senior Center. Commissioner Campbell suggested that an additional handicap door be installed at the north entrance to the banquet room.



Commission on Aging

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

Report of the Staff

Senior Center Report

Tringali reviewed the Yolo County District Attorney Office Senior Resource & Crime Prevention Fair held at the Woodland Community & Senior Center. The event had 56 vendors with 191 participants. Pharmaceutical Take-Back Event is scheduled for Saturday October 17, 2015. An instructor has been found to teach seniors how to use their electronic devices. Appointments will be 30 minutes on Fridays between 12-3 p.m. starting in November. Woodland Hearing Aid Inc. will be here the second and fourth Tuesday of the month to perform free hearing tests for seniors. They can schedule an ear cleaning or an appointment with Dr. Marilyn Williams. Yolo County Public Health Nurse Lisa Musser, RN, will be offering a 6 week program on Chronic Disease Self-Management November 3-December 8, 2015 at 10 a.m. The Apartment List has been printed and posted online.

Facility Update

Dallas reported that the Solar Project at the Woodland Community & Senior Center is on schedule.

Public Comment

Business Items for Next Meeting

Speaker Series

Handicap parking

YCOA

Senior Center Report

Facilities update

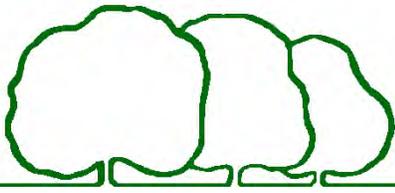
Next Meeting Date November 19, 2015

Adjourn

Commissioner Sanborn made the motion to adjourn the meeting at 3:40 p.m., Commissioner Brown seconded the motion, and motion carried 5/0.

Respectfully submitted,

Cathy Haynie, Administrative Supervisor
Community Services Department



Commission on Aging Communication

AGENDA ITEM

SUBJECT: Monthly Senior Center Report

DATE: September 10, 2015

PREPARED BY: Dallas Tringali, Community Services Program Manager

RECOMMENDED ACTION: None. Information only.

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

Senior Thanksgiving Dinner: Staff is preparing for the Senior Thanksgiving Dinner scheduled for Thursday, November 19. Seniors are encouraged to attend this annual event sponsored by Senior Center Inc. Volunteers from the LDS church and St. John’s have been requested to assist with the serving of the meal, and some meal preparation will be provided by the Californian.

Senior Center Inc. Membership Drive: Membership for Senior Center Inc. is now accepted for 2016. Annual dues are \$20 per couple or \$15 for an individual. Membership to SCI includes the mailing of the Senior Gram, a special discounted rate for every Affordable Adventure trip, and early seating into the monthly movie on Movie Day. Seniors may choose to purchase a Century Club (life-time) membership to enjoy the benefits of membership and pay the one-time fee of \$100. Membership fees, fundraisers, and donations to Senior Center Inc. help support senior programs and activities for the Senior Center such as the special events offered during the year.

Dates to Note

- November 18:** Frank’s Train Display
- November 18:** Healthy Living Workshop: Heart Health – Avoid Hypertension
- November 19:** Thanksgiving Dinner
- December 17:** Santa’s Holiday Social brunch

Recreation Report

classes ending: October 2015

Activity	Start Date	End Date	Participants
Art	10/4	10/28	62
Arthritis Support Group	10/1	10/1	1
Badminton	10/2	10/30	143
Bingo	10/2	10/30	240
Bridge for Fun	10/7	10/30	57
Ceramics	10/1	10/29	41
Chit Chat Café	10/1	10/30	707
Computer Club CLASS	10/16	10/30	14
Computer Club Meeting	10/26	10/28	21
Computer Lab	10/2	10/23	19
Cribbage	10/6	10/28	15
Current Events	10/2	10/16	17
Hand and Foot	10/7	10/28	64
Handy Helpers	10/1	10/30	7
HICAP Consultations	10/8	10/22	7
Legal Consultations	10/15	10/15	3
Low Impact Aerobics 8am	10/2	10/30	194
Low Impact Aerobics 10am	10/2	10/30	273
Mah Jong	10/1	10/29	21
Needles & Friends	10/5	10/26	53
Open Game Day	10/2	10/26	23
Outa Sight SPEAKER	10/20	10/20	15
Outa Sight SUPPORT	10/6	10/6	20
Parkinson's Support Group	10/27	10/27	9
Peripheral Neropathy	10/13	10/13	10
Ping Pong AM	10/2	10/29	11
Ping Pong PM	10/6	10/27	12
Pedro	10/6	10/27	124
Pinochle	10/1	10/29	57
Prostate Support			16
Retiree Assistance Group	10/13	10/13	17
Senior Link	10/2	10/30	23
Ship Shape	10/1	10/29	77
Senior Movie Day	10/12	10/12	35
Stompers	10/5	10/26	52
The Novel	10/3	10/3	9
Thrift Store	10/6	10/20	107

Transitions	10/13	10/27	8
Woodcarvers	10/7	10/21	15
Yoga	10/1	10/29	97
SPECIAL Classes/Presentations			
AARP			
Healthy Living Workshop	10/21	10/21	21
Library Usage	10/6	10/27	61new books

September 2015 Totals:

Total Participants
2717