

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

**COMMISSION ON AGING AGENDA  
February 18, 2016  
3:00 p.m.**

- A. CALL TO ORDER
- B. ROLL CALL
- C. PLEDGE OF ALLEGIANCE
- D. CONSENT
  - D.1 Adopt the Minutes of the Commission Meeting of January 21, 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
  - F.4 Woodland Telephone Reassurance Program
  - F.5 Senior Resource Fair
- 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 March 17, 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, February 18, 2016 was posted on February 16, 2016 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**  
**January 21, 2016**

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, Wheeler, Brown, Overholt  
Absent  
Staff: Engel, Haynie

Pledge of Allegiance

Consent Item

November 19, 2015 Minutes

Commissioner Brown made the motion to accept the November 19, 2015 as written; Commissioner Wheeler seconded the motion. 4/0

Election of Officers

Commissioner Overholt made the nomination of Commissioner Campbell for Chair; Commissioner Wheeler seconded the motion. 4/0

Commissioner Wheeler made the nomination of Commissioner Brown for Vice Chair; Commissioner Overholt seconded the motion. 4/0

Communications-Commission/Staff Statements and Requests

Commissioners discussed the COA mission and goals. Haynie will send 2005 COA Work Plan to Commissioners. Commissioners will bring ideas, review COA duties and responsibilities to use as guidelines for the 2016 Work Plan. Commissioner Campbell would like to keep the Handicap Parking at the WC&SC as part of the 2016 Work Plan.

Regular Calendar

Speaker Series

Commissioner Overholt recommended that the Commission continue to do the Important Document presentation biannually.

YCOA (Yolo Commission on Aging) Update-Brown

Cindy Unger requested that the COA and the Woodland City Council write a letter to Yolo County Board of Supervisors in support of Yolo County Adult Day Health program.

Handicap parking at front of WC&SC

Commissioner Campbell stated that there were no updates at this time.

Report of the Staff

Senior Center Report

Engel reported the senior holiday events were well attended, 296 at Thanksgiving Dinner and 253 Holiday Brunch. Senior Resource Fair is scheduled for May 26, 2016.



## Commission on Aging

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

### Business Items for Next Meeting

Minutes

2016 Work Plan

Speaker Series

Handicap parking

YCOA

Woodland Telephone Reassurance Program

Senior Resources Fair

Senior Center Report

Facilities update

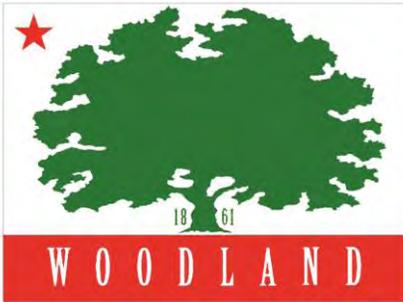
Next Meeting Date February 18, 2016

### Adjourn

Commissioner Brown made the motion to adjourn the meeting at 3:55 p.m., Commissioner Overholt seconded the motion, and motion carried 4/0.

Respectfully submitted,

Cathy Haynie, Administrative Supervisor  
Community Services Department



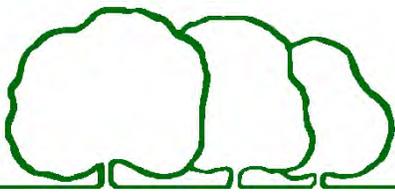
# COMMISSION ON AGING

Updated: 1/22/16

NAME	ADDRESS	PHONE/Email	TERM
Regan Overholt	1521 Saratoga Drive, Woodland, CA 95695 <u>Mail to:</u> c/o First Five 403 Court Street, Woodland, CA 95695	W: 669-2311 668-9619 <a href="mailto:roverholt@first5yolo.org">roverholt@first5yolo.org</a>	12/31/2018
Vacant			
Don Campbell, Chairperson	1742 Amherst Way Woodland, CA 95695	H: 530-666-3021 C: 530-908-1189 <a href="mailto:campbell5224@sbcglobal.net">campbell5224@sbcglobal.net</a>	12/31/2015
Heidi Wheeler	1805 Farnham Avenue Woodland, CA 95776	H: 530-383-2390 H: 530-662-1290 <a href="mailto:hwheller@sjrv.org">hwheller@sjrv.org</a>	12/31/2016
Therese Brown, Vice Chair	1716 Casa Nueva Street Woodland, CA 95695	C: 805-705-9507 <a href="mailto:mbrown@sjrv.org">mbrown@sjrv.org</a>	12/31/2018

This is a 5 member Commission with four year terms.  
 Meetings: Third Thursday of each month  
 Location: Community & Senior Center, 2001 East Street.  
 Contact Information: 530.661.2005

Agenda packets available online: <http://www.cityofwoodland.org/prcs/comissions.htm#aging>



**Commission on Aging Communication**

AGENDA ITEM

**SUBJECT:** Monthly Senior Center Report

**DATE:** February 18, 2016

**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.

**Senior Resource Fair:** Applications have been distributed for the Senior Resource Fair taking place on Thursday May 26 from 10:00 a.m. to 12:00 p.m. This year there is a strict limit of 70 vendors that can participate. Staff is already receiving RSVPs from vendors. Staff will make a special push to increase the number of speaking sessions.

**Telephone Reassurance Program:** CSU Sacramento Gerontology intern Kim Tornincasa has been working hard on starting a Telephone Reassurance Program as part of the Woodland Senior Center’s programming. This program would be a call-center program that would contact lonely or isolated seniors within the City of Woodland and check on their welfare. Recently staff visited Eskaton, a senior care organization that operates a similar program, and was oriented to their protocols and toured their facility. Kim has worked with the Woodland Senior Center, St. John’s, Comfort Keepers, and Eskaton to help operate this program. Currently, Kim is gathering volunteers to help call and also soliciting participants for the program.

**Dates to Note**

- March 4:** Senior Art Show & ReXpo event
- March 12:** Hand & Foot Card Party

**Woodland Senior Center Monthly Participant Report**

classes ending: January 2016

<b>Activity</b>	<b>End Date</b>	<b>Sign-Ins/ Participants</b>
<b>ART</b>		
Art	1/27/2016	41
<i>Centerpiece Workshops</i>		
Ceramics	1/28/2016	30
Needles & Friends	1/25/2016	36
Woodcarvers	1/20/2016	7
Scrapbooking	1/26/2016	12
<b>EXERCISE</b>		
Badminton	1/29/2016	165
Low Impact Aerobics 8am	1/29/2016	132
Low Impact Aerobics 10am	1/29/2016	245
Ping Pong AM	1/29/2016	13
Ping Pong PM	1/26/2016	5
Pickleball	1/28/2016	70
Ship Shape	1/28/2016	53
Stompers	1/25/2016	66

Yoga	1/8/2016	49
<b>GAMES</b>		
Bingo	1/13/2016	184
Bridge for Fun	1/27/2016	44
Cribbage	1/27/2016	16
Hand and Foot	1/20/2016	47
Mah Jong	1/4/2016	6
Open Game Day	1/29/2016	24
Pedro	1/26/2016	124
Pinochle	1/21/2016	23
<b>GENERAL</b>		
<i>Affordable Adventures</i>		
Chit Chat Café	1/29/2016	478
<i>Collette Travel</i>		
Current Events	1/15/2016	8
Senior Movie Day	1/11/2016	25
The Novel	1/12/2016	8
Thrift Store	1/29/2016	105
<b>EDUCATION/RESOURCE</b>		
Computer Club CLASS		
Computer Club Meeting	1/25/2016	14
Computer Lab	1/29/2016	27

Handy Helpers	1/29/2016	4
Hearing Exams	1/26/2016	3
HICAP Consultations	1/28/2016	6
Legal Consultations	1/21/2016	4
One-on-One Tech Help	1/29/2016	9
Senior Link	1/29/2016	16
<b>EVENTS</b>		
Welcome Desk Lunch	1/28/2016	40
<b>SUPPORT</b>		
Arthritis Support Group	1/7/2016	5
Outa Sight SPEAKER	1/5/2016	20
Outa Sight SUPPORT	1/18/2016	12
Parkinson's Support Group	1/26/2016	8
Peripheral Neropathy		
Prostate Support	1/11/2016	13
Retiree Assistance Group	1/12/2016	17

Stroke Support		
Transitions	1/26/2016	5
<b>SPECIAL PROGRAMS</b>		
AARP		
Healthier Living- Chronic Disease Workshop	1/20/2016	1
Library Usage	1/26/2016	2