

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

**COMMISSION ON AGING AGENDA  
May 19, 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 April 21, 2016
- 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 2016 Work Plan
  - F.2 Annual Report to Council
  - F.3 Speakers Series Update
  - F.4 Handicap Parking-Update
  - F.5 Woodland Telephone Reassurance Program
  - F.6 Senior Resource Fair May 26, 2016
- G. REPORT OF THE STAFF
  - G.1 Senior Center Report 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 June 16, 2016

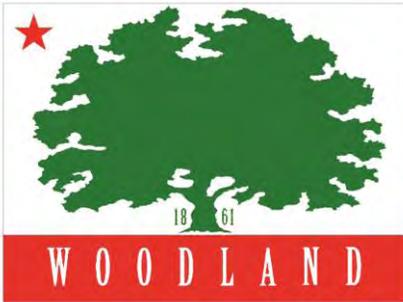
I declare under penalty of perjury that the foregoing Agenda for the Commission on Aging regular meeting of the City of Woodland scheduled for Thursday, May 19, 2016 was posted on May 16, 2016 in the outside display case at 2001 East Street, Woodland, CA, and was available to the public during normal 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

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
Melody R. Parker	35 W. Clover Street Apt.F-4, Woodland, CA 95695	No Phone <a href="mailto:melodyangel@rocketmail.com">melodyangel@rocketmail.com</a>	12/31/2020
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:hwheeler@sjrv.org">hwheeler@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/commissions.htm#aging>



Commission on Aging  
Woodland Community & Senior Center, 2001 East Street, Woodland, CA 95776

**Regular Meeting Minutes**  
**April 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, Parker, Overholt  
Absent  
Staff: Tringali, Haynie

Pledge of Allegiance

Consent Item

March 17, 2016 Minutes

Commissioner Brown made the motion to accept the March 17, 2016 as written; Commissioner Parker seconded the motion. 5/0

Communications-Commission/Staff Statements and Requests

Commissioners Brown had been asked if there was a program where volunteers did shopping etc. for seniors. Commissioner Brown provided Commissioner Parker with the contact information of Citizen's Who Care.

Regular Calendar

Work Plan

Commissioners discussed accomplishments of FY15/16 Work Plan. Commissioner Wheeler will be added to 1. Intergenerational Project, Commissioner Parker was added to 3. Resource Fair, Commissioner Wheeler replaced Commissioner Brown on 5. Technology for Seniors.

Speaker Series

Tringali reported Important Document seminar is on April 28, 2016 which will be a biannual offering on the 4<sup>th</sup> Thursday of April and October. New presentations scheduled are "Healthy Eating", "Low-Vision Aids and Informative Examples of Eye Diseases", "Medicare Advantage Plan Information", "Five Wishes", "Brain Health", "Fraud Preventions", and "Benefits of Essential Oils".

Handicap parking at front of WC&SC

Commissioner Campbell talked with Mayor Pro Tempore Marble who suggested that Commissioner Campbell contact Troy Thompson, Facility Manager to discuss Handicap Parking at the WC&SC.

Senior Resource Fair May 26, 2016

Commissioners will arrive at 9:00 a.m.



## Commission on Aging

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

### Report of the Staff

#### Senior Center Report

Tringali highlighted the SCI Board Installation dinner on May 12<sup>th</sup> and Commit2Fit kickoff is on April 28<sup>th</sup> at 5:30 p. m. Collette Travel and Affordable Adventures are having a presentation on upcoming trips May 26<sup>th</sup> at 1:30 p.m. The Woodland Community & Senior Center will be closed for Memorial Day, May 30th.

#### Facility Update, Senior Issues

Tringali reported that the first connection to the solar panels by PG&E was successful.

### Business Items for Next Meeting

Minutes

2016 Work Plan

Annual Report to Council

Speaker Series

Handicap parking

Senior Resources Fair May 26, 2016

Senior Center Report

Facilities update

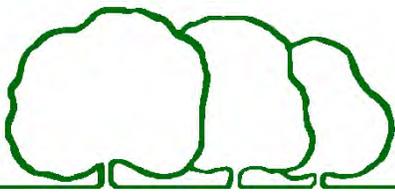
Next Meeting Date May 12, 2016

### Adjourn

Commissioner Overholt made the motion to adjourn the meeting at 4:20 p.m., Commissioner Wheeler 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: April 21, 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.

**Program Report**

**Welcome Desk Meeting:** The Senior Center Welcome Desk is operated by 20+ volunteers who help answer phones, register people for programs, and guide people to their locations. In April staff conducted the annual Welcome Desk meeting where all volunteers came to discuss issues and procedures they encounter while working. This helps to maintain consistent customer service to all Senior Center users.

**“Being Mortal” Screening:** The Woodland Senior Center is partnering with Yolo Hospice to bring a screening of PBS Frontline’s “Being Mortal” to local citizens on Friday June 10. This film explores the hopes of patients and families facing terminal illness and their relationships with the physicians who treat them. Also partnering with Yolo Hospice are St. John’s Village and Dignity Healthcare.

**Teens Helping Seniors:** The Teens Helping Seniors program utilizes teen volunteers during their summer break to assist older adults in Woodland with yardwork or housework. Work request forms can be picked up at the Woodland Senior Center. The volunteers are rewarded with a trip to the Santa Cruz Beach Boardwalk at the end of summer. THS is offering a spaghetti feed fundraiser on Wednesday June 22.

**Dates to Note**

- May 26 – Senior Resource Fair
- May 26 – Senior Travel Presentations with Collette Vacations and Affordable Adventures
- May 30 – Memorial Day, Community & Senior Center closed
- June 10 – “Being Mortal” screening
- June 13 – Senior Movie Day, showing “The Lady in the Van”
- June 22 – Teens Helping Seniors spaghetti feed fundraiser

**Woodland Senior Center Monthly Participant Report**

classes ending: April 2016

<b>Activity</b>	<b>End Date</b>	<b>Sign-Ins/ Participants</b>
<b>ART</b>		
Art	4/27/2016	52
Ceramics	4/28/2016	38
Needles & Friends	4/25/2016	45
Woodcarvers	4/6/2016	8
Scrapbooking	4/26/2016	2
<b>EXERCISE</b>		
Badminton	4/29/2016	210
Low Impact Aerobics 8am	4/29/2016	180
Low Impact Aerobics 10am	4/27/2016	346
Ping Pong AM	4/22/2016	8
Ping Pong PM	4/26/2016	13
Pickleball	4/28/2016	39
Ship Shape	4/28/2016	62
Stompers	4/11/2016	30
Yoga	4/28/2016	105
<b>GAMES</b>		
Bingo	4/30/2016	212
Bridge for Fun	4/27/2016	46
Cribbage	4/27/2016	13
Hand and Foot	4/27/2016	58
Mah Jong	4/14/2016	9
Open Game Day	4/29/2016	39
Pedro	4/26/2016	128
Pinochle	4/28/2016	31
<b>GENERAL</b>		
Chit Chat Café	4/29/2016	429
Current Events	4/15/2016	20
Senior Movie Day	4/11/2016	54
The Novel	4/12/2016	11
Thrift Store	4/29/2016	282
<b>EDUCATION/RESOURCE</b>		
Computer Club Meeting	4/25/2016	42
Computer Lab	4/29/2016	28

Handy Helpers	4/29/2016	13
Hearing Exams	4/26/2016	9
HICAP Consulations	4/28/2016	8
Legal Consulations	4/4/2016	4
One-on-One Tech Help	4/29/2016	27
Senior Link	4/29/2016	23
<b>SUPPORT</b>		
Arthritis Support Group	4/7/2016	5
Outa Sight SPEAKER	4/5/2016	16
Outa Sight SUPPORT	4/19/2016	14
Stroke Support	4/18/2016	10
Transitions	4/26/2016	6
<b>SPECIAL PROGRAMS</b>		
AARP TAX AIDE	4/18/2016	48
Healthier Living- Chronic Disease Workshop	4/20/2016	8
Cache Creek Consevancy Life Enrichment Program	4/5/2016	16
Alzheimers Association Workshop	4/6/2016	10
Conflict Resolution Workshop	4/25/2016	6
Digital You- Tech Training Workshop	4/28/2016	15
Important Healthcare Documents	4/28/2016	13
St. Johns Blood Pressure Clinics	3/23/2016	20