

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

**COMMISSION ON AGING AGENDA
June 16, 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 July21, 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, June 16, 2016 was posted on May 13, 2016 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
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 4th 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 12th and Commit2Fit kickoff is on April 28th at 5:30 p. m. Collette Travel and Affordable Adventures are having a presentation on upcoming trips May 26th 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

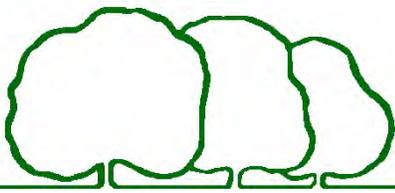
Next Meeting Date May 12, 2016

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

RECOMMENDED ACTION: None. Information only.

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

Program Report

SCI Installation Dinner: Senior Center, Inc. (SCI) is a non-profit organization that supports and supplements the Woodland Senior Center’s users with programs and resources. The SCI board of directors held its annual membership meeting on May 12 where they have dinner with members; then nominate, elect, and install officers and board members. This operational year, the roster of 13 board members includes: President Roy Miller, Vice President Steve Ethers, Secretary Chuck Winter, Treasurer Elizabeth Kemper; Incumbent Board Members Jan Bello, Stan Moorhead, Linda Nantz, Maxine Polkinghorne, Carla Sanborn, Judy Tommeraasen, Gil Walker; newly-elected Board Members Sharon Colombe and Connie Crandall. 116 SCI members and guests attended and enjoyed a tri-tip dinner prepared by President Roy Miller. This event was supported by volunteers from the Latter-Day Saints church, St. John’s Village, and The Californian (who helped prepare the meal). Senior Center, Inc. currently has 619 subscribing members, 207 of those are lifetime members in the “Century Club.”

Senior Resource Fair: The City of Woodland’s Commission on Aging and Community Services Department hosted the annual Senior Resource Fair on Thursday, May 26 from 10:00 a.m. to 12:00 p.m. at the Woodland Community & Senior Center. There were 70 regional vendors coming to offer goods and services aimed at seniors, including health care providers, volunteers, legal assistance, health & fitness, support groups, in-home support, and more. Informational speaker sessions included: “Medicare Advantage Plan Information” by Connie Tam at Health Net; “Five Wishes” by Louise Joyce at Yolo Hospice; and “Brain Health” by Cindi Unger at Comfort Keepers.

Dates to Note

- June 22 – Teens Helping Seniors spaghetti feed fundraiser
- July 4 – Woodland Senior Center Computer Club Ice Cream Social
- July 11 – Senior Movie Day, showing “Hello, My Name is Doris”
- July 11 – Mandela Washington Fellowship Cultural Presentation
- August 4 – Volunteer Appreciation Dinner

Woodland Senior Center Monthly Participant Report

classes ending: May 2016

Activity	End Date	Sign-Ins/ Participants
ART		
Art	5/25/2016	47
Centerpiece Workshops	5/5/2016	16
Ceramics	5/26/2016	34
Needles & Friends	5/23/2016	45
Woodcarvers	5/18/2016	8
Scrapbooking	5/26/2016	4
EXERCISE		
Badminton	5/30/2016	190
Low Impact Aerobics 8am	5/27/2016	173
Low Impact Aerobics 10am	5/27/2016	324
Ping Pong PM	5/31/2016	13
Pickleball	5/31/2016	47
Ship Shape	5/31/2016	78
Stompers	5/16/2016	37
Yoga	5/26/2016	106
GAMES		
Bingo	5/27/2016	169
Bridge for Fun	5/25/2016	45
Cribbage	5/25/2016	21
Hand and Foot	5/25/2016	72
Mah Jong	5/19/2016	8
Open Game Day	5/31/2016	33
Pedro	5/31/2016	148
Pinochle	5/31/2016	28
GENERAL		
Chit Chat Café	5/31/2016	473
Current Events	5/20/2016	18
Senior Movie Day	5/9/2016	55
The Novel	5/10/2016	7
Thrift Store	5/31/2016	301

EDUCATION/RESOURCE		
Computer Club Meeting	5/23/2016	13
Computer Lab	5/27/2016	28
Handy Helpers	5/31/2016	11
Hearing Exams	5/24/2016	1
HICAP Consultations	5/26/2016	6
Legal Consultations	5/19/2016	5
One-on-One Tech Help	5/27/2016	24
Senior Link	5/27/2016	24
EVENTS		
Installation Dinner	5/12/2016	116 +/-
Senior resource Fair	5/26/2016	200 +/-
SUPPORT		
Arthritis Support Group	5/5/2016	5
Outa Sight SPEAKER	5/3/2016	20
Outa Sight SUPPORT	5/17/2016	7
Parkinson's Support Group	5/24/2016	3
Prostate Support	5/9/2016	17
Retiree Assistance Group	5/10/2016	20
Stroke Support	5/16/2016	10
Transitions	5/24/2016	5
SPECIAL PROGRAMS		
Healthier Living- Chronic Disease Workshop	5/18/2016	12
Travel Presentation	5/26/2016	3
St. Johns Blood Pressure Clinics	5/25/2016	11