

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

**COMMISSION ON AGING AGENDA
October 20, 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 June 23, 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. NEW BUSINESS
 - i. Consider Commissioner Requests for Excused Absences from Future Meetings
 - ii. Appoint a Commissioner to Yolo County Commission on Aging
- G. REGULAR CALENDAR
 - i. 2016 Work Plan
 - ii. Annual Report to Council
 - iii. Speakers Series Update
 - iv. Handicap Parking-Update
 - v. Senior Resource Fair May 2017
 - vi. Thermostat Setting in Senior Game Room
- H. REPORT OF THE STAFF
 - i. Senior Center Report Dallas Tringali
Recommendation: Information only
 - ii. Facility Update, Senior Issues-Dallas Tringali
Recommendation: Information only

- A. 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

10/10/2016

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.

B. AGENDA ITEMS FOR NEXT MEETING

C. ADJOURN

D. NEXT MEETING November 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, October 20, 2016 was posted on October 17, 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
June 16, 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
Absent Overholt
Staff: Tringali, Haynie

Pledge of Allegiance

Consent Item

April 21, 2016 Minutes

Commissioner Brown made the motion to accept the March 17, 2016 as written; Commissioner Parker seconded the motion. 4/0

Communications-Commission/Staff Statements and Requests

Commissioners Campbell asked about poor lighting on the north side of the building. Tringali reported that the area was scheduled for tree trimming on June 23, 2016.

Regular Calendar

Senior Resource Fair May 26, 2016

Commissioner Campbell thanked the Commissioner for their attendance. Commission discussed starting the speakers 30 minutes before the Resource Fair; and limiting speakers to 6-8 speakers.

Speaker Series

Tringali reported on July 11, 2016 UC Davis Fellows will bring their culture to the City of Woodland Senior Center. The Mandela Washington Fellowship Cultural Presentation runs from 9-11:30 a.m.

Handicap parking at front of WC&SC

Commissioner Campbell talked with Council.

Woodland Telephone Reassurance Program

Remove from regular agenda.

Report of the Staff

Senior Center Report

Tringali reported that tonight the City of Woodland was receiving an award from the Yolo County Historical Archives for use of historical pictures in the Woodland Community & Senior Center. The Senior Center offers two types of trips for seniors. Local trips are offered by Senior Center Inc.'s Affordable Adventures. All trips depart from the Woodland Target parking lot. SCI members receive a \$5 discount. Detailed trip flyers are available at the Woodland Senior Center. The Senior Center partners with Collette Vacations for trips domestic and abroad. All flights for travel depart from Sacramento International Airport. These trips are all inclusive, including travel insurance. Some special excursions are not included in the price of the trip. More



Commission on Aging

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

trips and complete flyers with trip details and payment deadlines are available at the Senior Center. Collette travel bookings are done in person, by appointment only. Tringali invited the Commission to the Teens Helping Seniors spaghetti feed fundraiser of June 22, dinner served at 5:30 p.m. and the Computer Club Ice Cream Social on July 4 at 1 p.m.

Facility Update, Senior Issues

This item covered during Commission/Staff Statements and Requests under communications

Business Items for Next Meeting

Minutes

2016 Work Plan

Speaker Series

Handicap parking

Senior Resources Fair 2017

Senior Center Report

Facilities update

Next Meeting Date July 21, 2016

Adjourn

Commissioner Parker made the motion to adjourn the meeting at 3:45 p.m., Commissioner Wheeler seconded the motion, and motion carried 4/0.

Respectfully submitted,

Cathy Haynie, Administrative Supervisor
Community Services Department



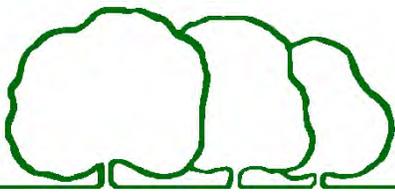
COMMISSION ON AGING

Updated: 9/15/2016

NAME	ADDRESS	PHONE/Email	TERM
Regan Overholt	1521 Saratoga Drive, Woodland, CA 95695	668-9619 Reganaoverholt@gmail.com	12/31/2018
Melody R. Parker	35 W. Clover Street Apt.F-4, Woodland, CA 95695	530-662.0461 melodyangel@rocketmail.com	12/31/2020
Don Campbell, Chairperson	1742 Amherst Way Woodland, CA 95695	H: 530-666-3021 C: 530-908-1189 campbell5224@sbcglobal.net	12/31/2015
Heidi Wheeler	1805 Farnham Avenue Woodland, CA 95776	H: 530-383-2390 H: 530-662-1290 hwheeler@sjrv.org	12/31/2016
Vacant			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 Communication

AGENDA ITEM

SUBJECT: Monthly Senior Center Report

DATE: October 20, 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 Fall Potluck: The Woodland Senior Center, in conjunction with Senior Center Inc., held the annual Fall Potluck event on Thursday September 22. Senior Center Inc. provided the main dish and each of the 100 attendants brought a side dish or dessert. Orchard Supply Hardware donated over 20 flower pots for SCI to use as centerpieces. The next Senior Center social event will be the Thanksgiving Dinner on Thursday November 17 at 5:00 pm.

Commit2Fit 30-Day Fitness Challenge: Commit2Fit is a citywide fitness initiative aimed to increase physical activity and promote a healthy lifestyle. The City and other community partners have joined together to motivate our community and create awareness of how living a healthy lifestyle is easy and fun. Sponsors for this program include Yolo County, Dignity Health, Kaia FIT, YMCA, Cross Court Athletic Club, Oasis Club & Spa, NorCal Indoor Sports, Kuk Sool Won, The Max, Premier Chiropractic and Pilates, and Woodland Joint Unified School District. For the month of November, these agencies will offer access to fitness programs and memberships to the public. On December 1, the City will host a raffle event for Commit2Fit participants and give away prizes such as Fitbits, camping tents, gym memberships, and more.

Dates to Note

- October 26 – Understanding Medicare Presentation (English and Spanish)
- October 27 – Important Documents Workshop
- October 27 – Collette Travel Presentation
- November 11 – WC&SC closed for Veterans Day
- November 3 – Affordable Adventures Travel Presentation
- November 17 – SCI Thanksgiving Dinner
- December 15 – SCI Santa’s Holiday Social brunch

Woodland Senior Center Monthly Participant Report

classes ending: Sept 2016

Activity	End Date	Sign-Ins/ Participants
ART		
Art	9/28/2016	49
Ceramics	9/29/2016	36
Needles & Friends	9/26/2016	30
Woodcarvers	9/21/2016	12
Scrapbooking	9/27/2016	7
EXERCISE		
Badminton	9/30/2016	194
Low Impact Aerobics 8am	9/30/2016	197
Low Impact Aerobics 10am	9/30/2016	319
Ping Pong AM	9/23/2016	6
Ping Pong PM	9/24/2016	10
Pickleball	9/29/2016	45
Ship Shape	9/29/2016	105
Stompers	9/26/2016	47
Yoga	9/29/2016	137
GAMES		
Bingo	9/30/2016	157
Bridge for Fun	9/28/2016	49
Cribbage	9/8/2016	8
Hand and Foot	9/21/2016	49
Mah Jong	9/8/2016	4
Open Game Day	9/30/2016	24
Pedro	9/27/2016	122
GENERAL		
Affordable Adventures -	9/2/2016	46
Chit Chat Café	9/30/2016	513
Collette Travel - Canada Trip	9/8/2016	8
Current Events	9/16/2016	22
Senior Movie Day	9/12/2016	46
The Novel	9/13/2016	9
Thrift Store	9/29/2016	298
EDUCATION/RESOURCE		
Computer Club CLASS	9/23/2016	4
Computer Club Meeting	9/26/2016	15

Computer Lab	9/30/2016	22
Handy Helpers	9/30/2016	4
Hearing Exams	9/22/2016	0
HICAP Consultations	9/30/2016	3
Legal Consultations	9/15/2016	4
One-on-One Tech Help	9/30/2016	21
Senior Link	9/30/2016	27
EVENTS		
Fall Potluck	9/22/2016	139
SUPPORT		
Arthritis Support Group	9/1/2016	5
Outa Sight SPEAKER	9/20/2016	24
Outa Sight SUPPORT	9/20/2016	20
Parkinson's Support Group	9/27/2016	9
Prostate Support	9/14/2016	14
Retiree Assistance Group	9/13/2016	11
Stroke Support	9/19/2006	15
Transitions	9/30/2016	0
SPECIAL PROGRAMS		
Library Usage	9/30/2016	7
Telephone Reassurance Program	9/30/2016	3
St. Johns Blood Pressure Clinics	9/22/2016	1
Fall Prevention Workshop	9/27/2016	57