City of Woodland

Commission on Aging

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

Regular Meeting Agenda
Monday, September 28, 2009 at 3:30 p.m.

3:30 p.m.	Call to Order
3:30 p.m.	Pledge of Allegiance
3:32 p.m.	Minutes: 1. July 27, 2009
3:35 p.m.	Correspondence
3:40 p.m.	Public Comment
3:45 p.m.	Presentations (none)
3:45 p.m.	Consent Calendar 2. Senior Center Report
3:50 p.m.	New Business - Action Items 3. December Meeting Cancellation 4. Reschedule November Meeting
3:50 p.m.	New Business – Information Items (none)
3:50 p.m.	Old Business – Action Items (none)
3:50 p.m.	Old Business - Information Items 5. Work Plan 2009
4:00 p.m.	Committee Reports: Senior Transit Issues
4:05 p.m.	Other Business
4:10 p.m.	Business Items for Next Meeting
4:15 p.m.	Next Meeting Date: October 26, 2009
4:15 p.m.	Adjourn

Notice: Times indicated are approximate.
Meeting documents are available online at www.cityofwoodland.org

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.

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City of Woodland

Commission on Aging

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Regular Meeting Minutes of July 27, 2009

I. CALL TO ORDER

Meeting convened at 3:32 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chairperson Wright presiding.

Commissioners Present:	Campbell, Talkington, Wright, (vacancy)
Absent:	Overholt
Staff:	Rice, Atchison
Guests:	none

II. PLEDGE OF ALLEGIANCE

III. MINUTES

Meeting Minutes of May 18, 2009 (Item 1)

Commissioner Campbell moved approval of the Minutes of May 18, 2009, Regular Meeting; Commissioner Talkington seconded. Motion carried.

Meeting Minutes of June 1, 2009 (Item 2)

Commissioner Campbell moved approval of the Minutes of the June 1, 2009, Special Joint Commission Meeting; Commissioner Talkington seconded. Motion carried.

IV. CORRESPONDENCE (no comments)

V. PUBLIC COMMENT (none)

VI. PRESENTATIONS (none)

VII. CONSENT CALENDAR: **Senior Center Report (Item 3)**

Commissioner Talkington moved approval of the Consent Calendar; Commissioner Campbell seconded. Motion carried.

VIII. NEW BUSINESS – ACTION ITEM: **August Meeting Cancellation (Item 4)**

Commissioner Campbell moved approval of the annual August meeting cancellation; Commissioner Talkington seconded. Motion carried.

IX. NEW BUSINESS – INFORMATION ITEMS (none)

X. OLD BUSINESS – ACTION ITEMS (none)

XI. OLD BUSINESS – INFORMATION ITEMS

Work Plan 2009 (Item 5)

Commissioners discussed informally the completed elements of items A through E. The June 17, 2009, Focal Point Coordinating Council meeting in Woodland was well attended and marked by lively sharing among participants. The fall meeting will be hosted by the Yolo County Commission on Aging and Adult Services. Commissioner Talkington, with help from other Commissioners, will begin collecting information for the 2009 Apartment List (F).

Senior Center Concerns Update (Item 6)

Completion of remaining projects was noted.

Budget Update (Item 7)

Commissioners discussed with Superintendent Rice the impact of severe budget cuts and staff reductions upon the Parks & Recreation Department and especially the Senior Center.

XII. COMMITTEE REPORTS (no reports)

XIII. OTHER BUSINESS (none)

XIV. BUSINESS ITEMS FOR NEXT MEETING:

Work Plan, budget and staffing issues.

XV. NEXT MEETING DATE:

Scheduled for September 28, 2009.

XVI. ADJOURN: Chairperson Wright adjourned the meeting at 3:55 p.m.

Respectfully submitted,

Ken Atchison
Administrative Clerk III
Park & Recreation Department

City of Woodland
Parks & Recreation Department
Senior Center

Interoffice Memo

Date: September 1, 2009
To: Carey Sullivan, Parks & Recreation Director
From: Susannah Reinhart, Senior Center Program Manager
Subject: September 2009 Staff Report

Administration

- C&SC Donor Opportunities: Individuals, families, and businesses have the opportunity to have their names, or the names of those they wish to honor, memorialized within the facility. Naming rights to the building and many of its components (including the Senior Center) are available. Donors may dedicate rooms, artwork, furnishings, or outdoor facilities as lasting remembrances. Funds raised from private donors will allow for many enhancements to the facility.

- COW e-newsletter: Monthly e-newsletters feature brief information from each City department on items of public interest, including a link to the *Senior Gram*. Email subscriptions are available at the City website, www.cityofwoodland.org or call Ana Gonzalez at 661.5800.

- Enjoyment Survey: The annual survey is enclosed with the ***Senior Gram***. It helps us know how we are doing and what we could be doing better. Please take time to fill this out and return to the *Welcome Desk* by the end of September.

- Outstanding Volunteers: Sue Ahlquist, Bruce Ahlquist, Karen Wright, and the Outa Sight group were recognized for their outstanding contributions to the Senior Center at our annual SC Volunteer Appreciation on August 13, 2009. Congratulations!

- Senior Resource Guide: Drop by the Welcome Desk and pick up your copy of the 2009 directory which is designed to assist seniors, their families and those who provide services to seniors in Yolo County.

- Staff Changes: Dan Rice, Recreation Superintendent retired on August 14; Ken Atchison, Administrative Clerk 3 and Susannah Reinhart, Senior Center Manager retired on August 31, 2009. As of August 1, 2009 Carey Sullivan, Chief of Police has additional responsibilities as the interim Director of Parks & Recreation. As of September 1, 2009 Yvette Smith, Recreation Supervisor will supervise the Senior Center programs, Community & Senior Center rentals, and office administration.

Boards/Committees

**Commission on Aging (COA):* The next Regular meeting will be held on Monday, September 28, 2009 at 3:30 PM at the Community & Senior Center. Public welcome. Concerned citizens are encouraged to apply for the one vacancy on the Commission. For information and an application, please contact Sue Vannucci, Director of Administrative Services at 661-5800.

**Senior Center, Inc. (SCI):* The next meeting of the BOD (Board of Directors) will be held on Thursday, September 3, 2009 at 9:30 AM.

- Benefit Thrift Shop: This program is coordinated by staff and utilizes many volunteers who work diligently to make it a successful fundraiser. The July 2009 gross revenue was $1690. Proceeds from the Thrift Shop continue to support programming at the Senior Center.

- Membership: Membership dues are $8/calendar year. SCI provides supplemental financial and advisory support for senior programs. In addition to the general membership, seniors are contributing to the Century Club (minimum $100 donation), General Fund, and the Building Fund.

September 2009 Special Events, Activities/Programs & Services

- *AARP* Driver Safety: The next class is scheduled from 9-1PM on October 17 & 24, 2009. Register early. Instructor: Don Campbell.

- Art Workshop: Seniors can work on their own art projects in the company of other artists. This program meets in the Art Room from 9:30-12:30 p.m. on Wednesdays. All mediums welcome. Fee: $5/month. Facilitator: Jan Bello.

- Arthritis Self-Help Group: This group meets at 1 PM on the 1st Thursday, September 3, 2009. For information, call 753.2799.

- Battery Recycling: We found that many of the recycled batteries in the buckets are still good and not ready for recycling. Before you recycle your batteries in our battery buckets, you can use our new battery tester, located in the SC hallway, to check to see if they still hold a charge.

- Benefit Thrift Shop: Our store is in need of clean, usable items to sell. Donations are received on Thursday mornings, 9-11 AM. The Thrift Shop is open on Fridays, 9:30-11:30 AM-seniors first. Proceeds continue to support programming at the Senior Center. Call Paula Crum for information.

- Bingo: This program is held from 12:15-2:45 PM on Wednesdays and Fridays. (Bring exact change).

- Blood Pressure Clinic: Blood pressures are taken from 10-12 PM on the 4th Tuesday of the month, September 22, 2009.

- Bridge for Fun: This program meets at 12:30 PM on Wednesdays. We've also had requests from card players who would like to brush up on their Bridge game before they jump back into Wednesday's regular Bridge players group. If anyone is interested in teaching a Bridge class please contact the Welcome Desk.

- Canasta: This group meets on Tuesdays from 12 Noon-2:30 PM in the SC Lounge. Join us if you have an interest in learning the game, brushing up, or just finding game partners for Canasta.

- Ceramics: Roni Kobel teaches a weekly *Ceramics* class on Tuesdays, from 9-11:30 AM. Underglaze, glaze, dry brushing, and antiquing. Fee $5/month; separate kiln fee. For information, call 662.0618.

- Changes to Choices: This *Senior Peer Counselors* discussion group meets at 10 AM on the 1st and 3rd Tuesdays, September 1 & 15, 2009. For information, call 662.3102.

- *Chit Chat Cafe*: The *Elderly Nutrition Program's* special events include *Birthday Luncheon* on Wednesday, September 30, 2009. Reservations required by 12 Noon the day prior. Check in at 11:15 AM and lunch served at 11:30 AM. **NOTE:** We'd like to thank '*The Californian'* for making a monthly birthday cake and the Tuesday cookie delivery. We appreciate your support!

- Coffee Donations: *Senior Center, Inc*. generously provides coffee (and supplies) for senior participants. 25-cent donation appreciated.

- *Community Care Car*: This all-volunteer transportation program takes seniors to local appointments Monday–Friday. Seniors must be ambulatory and be able to get into and out of the minivan on their own. *Gift Coupons* are a great gift idea from a friend, relative, or yourself! $2.00 round-trip Rider Coupons are available at the front desk. Desk is open to take reservations from 9-2:30PM.

- Computer Club: The Computer Club's general meeting is held at 1 PM on the 4th Monday, September 28, 2009. Call for information on classes. Labs are held from 12:30-3:30 PM on Wednesdays and from 12-3 PM on Fridays. (50 cents/hour). Board meetings are held at 1 PM on the 2nd Tuesday, September 8, 2009.

- Country Western Line Dance Class: Sherri Fay is the instructor for the 12:30 PM Wednesday *Beginner's* and 1:30 PM *Intermediate* classes. It's a great exercise and lots of fun!

- Cribbage: This table game is held at 1 PM every Wednesday. Drop in welcome.

- *Discover Shakespeare*: This class format features a complete play. Instructor Ralph Quinn will discuss Shakespeare's famous play, '*Anthony & Cleopatra'*. This four-week *Discover Shakespeare* class is held from 1-2:30 PM on Thursdays, September 17- October 8, 2009. Class will include careful explanations of Old English words and detailed scene presentations. This program is accompanied by a musical sound track unique to this presentation (available no where else). Participants are encouraged to bring a copy of the play as an aid to understanding. Fee: $28.

- Dominoes: Please let us know if you have a desire to teach or learn dominoes, and also let us know what time you have available. If there is enough interest, we'll check for room availability and add it to our schedule.

- Fall Potluck: We hope you can join us on Friday, September 25, 2009 fro the ***SCI* Fall Potluck**. 5:30pm for Conversation & Snacks & 6:00pm is Dinner. The main dish, bread, beverage, and dessert will be provided by SCI. Guests are asked to bring a salad or side dish to share and your own table service. Reservation deadline is September 18, 2009.

- Family Caregiver Support Program: Appointments may be scheduled with Peggy Phelps, Caregiver Resource Specialist from *Yolo Adult Day Health Center*. For information, call 666.8828.

- Gentle Yoga: This popular class is held from 4-5 PM on Wednesdays. Gentle Yoga offers postures, slow movements and breath techniques to build strength, flexibility and balance and focus the mind. Instructor: Ann Pearson-Franke.

- Handicrafters: This program meets from 9-11 AM on Mondays.

- Hear! Here! This self-help group meets at 2 PM on the 4th Monday of the month, September 28, 2009; (*Teaching Deaf Children/CCHAT).* For information, call 662.5102.

- HICAP (Health Insurance Counseling & Advocacy Program): Individual consultations are available from 1-3 PM on the 1st and 3rd Wednesdays, September 2 & 16, 2009. (Medicare concerns and supplemental health insurance). (Appointments) For information and to register for training, call HICAP at 916.375.3761.

- Home Smart Home Expo: Can you imagine living in your home for the rest of your life: This Expo bring under one roof, for one day, access solutions for your home. Come learn about cutting-edge home technologies and renovations that will enhance your life without compromising the beauty of your home. Join us on Saturday, September 26, 2009 from 10-4PM. $5 suggested donation. All proceeds benefit the National MS Society. For a list of exhibitors and presentations, visit www.homesmarthomeexpo.com

- Homeowner & Renter Assistance: The state budget for the 2008/2009 and 2009/2010 fiscal years does not include funding for the HRA program. Since there is no funding for this program, the *Franchise Tax Board* cannot process and pay claims for these fiscal years. The HRA program has been suspended until/if the program returns. NOTE: The senior Citizens' Property Tax Deferral Program has also been suspended. For information, call 800.852.5711.

- Information Available: Advance Healthcare Directives, Woodland Apartment List, Battery Recycling, Book & Video Libraries, and Yolo Co. Senior Resource Guide. Seasonally available: Tax-AIDE and Flu Clinic.

- Kinship Program: This program through *Woodland Community College* will meet at 1PM on Friday, September 25, 2009. For information, call 574.1964.

- Legal Consultations: Free 15-minute consultations are scheduled from 2-4 PM on the 3rd Friday, September 18, 2009. This service is sponsored by the *Yolo County Bar Association*. (Appointments)

- Life History: *Woodland Adult Education* typically offers three classes held at the Community & Senior Center. Call 662.0798 for more information.

- Low Impact Aerobics: Classes are held from 8-8:30 AM and 10-10:30 AM on Mondays, Wednesdays, and Fridays. Fee: $5/month.

- Mah Jong: Join in on learning this stimulating venerable game of Chinese Tiles at 1PM on Thursdays.

- Needles & Friends: This quilting group meets from 9-2 PM on Mondays. For information about the group, or for fabric donation, call 668.5628.

- Outa-Sight! The self-help group typically meets at 1:30 PM on the 1st & 3rd Tuesday, but will meet this month on September 8 & 22, 2009. The *Speaker Series* meets at 1:30 PM on the

2nd Monday, September 14, 2009; Joannie Tolla will teach *Living Skills Techniques*. For information, call 662.0535.

- Parkinson's Self-Help Group: This group typically meets at 1 PM on the 4th Tuesday, September 29, 2009. For information call 666.5124. Each meeting begins with exercises to maintain flexibility. Wear comfortable clothing. For self-help group information, call 916.489.0226.

- Partnership*Advantage* Health Pla*n:* David McCallum offers monthly office hours for seniors in Yolo County's MediCal program, Partnership*Advantage* Health Plan. By combining Medicare, MediCal and prescription drug coverage, this plan allow members to receive all of their health care benefits in one package. Consultations are held from 9-12 noon on the 2nd Thursday, September 10, 2009. (No appointments necessary)

- Pedro Saturday: As of June 2009, this program on the 3rd Saturday has been cancelled.

- Pedro: This program is held from 12:15-3 PM on Tuesdays.

- Peripheral Neuropathy Self-Help Group: This group meets at 3:30 PM on the 3rd Monday, September 21, 2009. For information, call 661.3238.

- Ping Pong: Seniors are invited to join the fun from 10-11:30 Noon on Friday mornings in the Youth Center. Playing Ping Pong is a fun way to exercise your body and your brain and meet wonderful people, too. Come and learn to play or just cheer your favorite player on! No need to sign up.

- Pinochle: This group meets at 6 PM on Thursdays.

- *Second Horizons* Bingo: This program meets at 6 PM on the 1st Friday of the month, September 4, 2009.

- Ship Shape: This chair exercise class is held from 10-10:30 AM on Tuesdays and Thursdays. Fee is $5/month.

- Stroke Self-Help Group: This support group meets at 1 PM on the 3rd Monday, September 21, 2009. Facilitator: Debbie Porter from *Woodland Healthcare.*

- Swine Flu Precautions: Yolo Co. Health Officer, Rd. Joseph Iser has tips on how to protect yourself from becoming ill: Wash your hands with soap & hot water or Use a waterless hand gel (alcohol base of at least 60%); Avoid kissing or shaking hands with people; Do not share food, drinks or utensils; Avoid touching your eyes, nose or mouth; Avoid close contact with sick people; Get the vaccine for seasonal flu, and if you are in a at risk group for H1N1,get the vaccine when it becomes available. For more information n Novel H N1 Influenza, visit www.yolocounty.org

- T'ai Chi: This standing exercise class is held from 8:45-9:45 AM on Mondays.

- The Novel Book Group: This discussion group meets at 9:30 AM on the 2nd Tuesday of each month, September 8, 2009.

- Trips Program: The Senior Center collaborates with *Collette Vacations* to bring group sightseeing trips to local seniors. **2009 trips** include: *New Year's* in *San Antonio & Dallas, Texas.* **2010 trips** include: *Copper Canyon/Mexico* in March; and *Tulip River Cruise* in

Holland/Belgium in April. There is never any pressure or obligation when you attend our 'Previews'. **NOTE:** The cost of all our trips includes Cancellation Insurance and if you have to cancel for any reason, right up to the last minute, you get a refund of all money paid with the exception of the cost of the insurance. **We hope you can join us for the next '**Trips Preview'** at 11 AM on Thursday, September 24, 2009; all trips will be reviewed in detail, including a new trip to the *Canadian Rockies*, and possibly *Oberammergau, Germany* in 2010.

- Volunteers Wanted: There are several ongoing volunteer opportunities at the Senior Center. Please call or come by the Senior Center if you, or someone you know, would be interested in volunteering. Current opportunities are: Bingo Caller, HICAP/Medicare counseling, Front Desk receptionists, and drivers & substitute drivers for Meals on Wheels. If you are interested, or know of someone wanting to volunteer, please contact Paula Crum.

- Western Dance Party: This event will be held at 6 PM on Friday, September 11, 2009.

- Woodcarving: This program meets at 1 PM on the 1st and 3rd Wednesday, September 2 & 16, 2009 to work on projects. Experienced carvers should bring gloves, tools and something to carve. All ages and skill level are welcome, but the minimum age is 18 years. For information, call 661.3864.

- Woodland Apartment List: This fall the *Commission on Aging* will update the list of apartments in Woodland. This list is a useful tool for seniors who are looking at other possible places to live; the list is frequently used by families who may have parents moving to Woodland. This list is available at no charge.

- Woodland Stompers: This performance group rehearses at 3 PM on Tuesdays.

City of Woodland

Commission on Aging Communication

AGENDA ITEM
 # 3

SUBJECT: December 2009 Meeting Cancellation

DATE: September 28, 2009

PREPARED BY: Yvette Smith, Recreation Supervisor

RECOMMENDED ACTION: Staff is recommending the Commission cancel the December 28, 2009 Commission Meeting.

BACKGROUND INFORMATION:

Traditionally, the Commission on Aging does not meet in the month of December for its regular meeting, unless there is a special issue. Staff's recommendation is to cancel the December meeting.

Respectfully submitted,

Yvette Smith, Recreation Supervisor
Parks & Recreation Department

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City of Woodland

COMMISSION ON AGING COMMUNICATION

AGENDA ITEM
#4

SUBJECT: Reschedule Commission Meeting November 23 to November 30, 2009

DATE: September 28, 2009

PREPARED BY: Yvette Smith,
Recreation Supervisor

RECOMMENDED ACTION: Staff is recommending the Commission reschedule the November 23 Commission Meeting to November 30, 2009.

BACKGROUND INFORMATION:

The November 23, 2009 Regular Commission Meeting is during a City Furlough week. Therefore, staff is recommending that the Commission reschedule the meeting to November 30, 2009. Another alternative would be to cancel the meeting.

Respectfully submitted,

Yvette Smith, Recreation Supervisor
Parks & Recreation Department

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City of Woodland

Commission On Aging Communication

AGENDA ITEM
 # 5

SUBJECT: Work Plan 2009 DATE: September 28, 2009

PREPARED BY: Yvette Smith,
Recreation Supervisor

RECOMMENDED ACTION: Receive update on the 2009 Work Plan items.

BACKGROUND INFORMATION:

A. COA INFOMERCIAL (Commissioners Campbell & Overholt)

Annually, the Commission on Aging provides City Council with information regarding Commission activities. At the May 19, 2009 City Council meeting, Commissioners Campbell and Overholt provided Council with an update on the Commission's activities. This year's presentation included a PowerPoint review of COA membership, Duties & Responsibilities, Primary Senior Issues, Work Plan Items, and Additional Activities & Commissioner Contributions. All commissioners were welcome and encouraged to attend.

STATUS: Completed.

B. FOCAL POINT COORDINATING COUNCIL (FPCC)

(Commissioner Campbell & Manager Reinhart)

The FPCC helps expand opportunities for countywide senior programs, in addition to keeping the COA informed on senior issues and activities. The Woodland COA hosted the FPCC meeting on June 17, 2009 at the Woodland Community & Senior Center; Commissioner Campbell facilitated the meeting. The next meeting will be hosted by the *Yolo County Commission on Aging & Adult Services* to be held this fall.

STATUS: Receive update.

C. PROMOTION (Commissioners Overholt & Talkington)

This project includes a plan to help create positive images of aging and seniors through public information. Such 'Promotion' would result in a greater awareness of positive and healthy aging, including an increased awareness of programs and services for seniors. Commissioners Overholt and Talkington will schedule presentations, of specific interest to seniors, at the Community & Senior Center.

STATUS: Receive update: topics/presentations/dates.

D. SENIOR RESOURCE FAIR (Commissioners Wright & Talkington)

The annual 'Senior Resource Fair' provided human and social service agencies an opportunity to talk one-on-one with seniors, their friends and families about local senior programs and services. Commissioners Wright and Talkington coordinated this year's 'Senior Resource Fair' at the Community & Senior on May 13, 2009.

STATUS: Completed.

E. SENIOR TRANSIT (Commissioners Talkington & Campbell)

Commissioners Talkington and Campbell worked to bring a mobility training program to Woodland that would help enable seniors and people with disabilities to remain independent and mobile by learning how to use public transportation. This program was held on April 17, 2009 and is expected to help increase public awareness of available transportation options that will benefit seniors, their families and our community.

STATUS: Completed.

F. WOODLAND APARTMENT LIST (Commissioner Talkington)

Each fall the Commission on Aging updates their listing of *Apartment Complexes in Woodland*. Commissioner Talkington anticipates this year's list will be completed in September 2009. The Senior Center makes this information available throughout the year to local seniors who are looking for more affordable housing in town, and to others who want to move to Woodland. The Senior Center and the Woodland Chamber of Commerce have supported this project. The list represents most of the apartments in town, however some apartment managers decline to have their complex listed, and others do not provide the requested information.

STATUS: Receive update.

Respectfully submitted,

Yvette Smith, Recreation Supervisor
Parks and Recreation Department