Commission on Aging

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

Agenda

December 1, 2010

3:30 –4:30 p.m.

Commission Members	Karen Wright, Chair; Regan Overholt, Vice-Chair; Lucinda Talkington, Don Campbell, Benjamin Garman
3:30 p.m.	**Call to Order**
3:30 p.m.	**Pledge of Allegiance**
3:32 p.m.	**Minutes:**
	1. October 27, 2010
3:32 p.m.	**Correspondence (none)**
3:32 p.m.	**Public Comment**
3:35 p.m.	**Communications Written-Staff Reports**
	2. Senior Center Report-Kris Bain
3:35 p.m.	**Presentations**
3:35 p.m.	**New Business-Action Items**
3:40 p.m.	**New Business-Information Items**
	3. Grants for Internships
	4. Seminar Topics for Senior Link (Senior or Legal)
3:45 p.m.	**Old Business-Action Items**
	5. Workplan Update-Garmon
	6. Internship Job Duties & Tasks
3:45 p.m.	**Old Business-Information Items**
	7. Apartment List

Note: Times indicated are approximate For video broadcast schedule can be viewed at www.wavetv.org.

Documents for meeting are available online at www.cityofwoodland.org

For information on this meeting, contact the Parks & Recreation Department, 661-5880.

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.

3:50 p.m. **Committee Reports**

3. Transportation Update

3:50 p.m. **Other Business**

3:55 p.m. **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.

4:00 p.m. **Business Items for Next Meeting**

4:00 p.m. **Next Meeting Date:** January 26, 2011

4:00 p.m. **Adjournment**

Note: Times indicated are approximate For video broadcast schedule can be viewed at www.wavetv.org.

Documents for meeting are available online at www.cityofwoodland.org

For information on this meeting, contact the Parks & Recreation Department, 661-5880.

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

Regular Meeting Minutes of October 27, 2010

Call to Order

Meeting convened at 3:33 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chair Wright presiding.

Commissioners Present: Wright, Campbell, Talkington, Garmon
Absent: Overholt
Staff: Bain, Haynie
Guests:

Pledge of Allegiance

Minutes

1. Meeting Minutes of September 22, 2010 (Item 1)
   Commissioner Talkington moved to approve the Meeting Minutes of September 22, 2010; Commissioner Garman seconded. Motion carried.

Correspondence

Public Comment

Communications Written-Staff

2. Senior Center Report-Bain
   Commissioner Talkington made the motion to accept staffs report as written with change of spelling "Lyon" to "Lion", Commissioner Garman seconded the motion.

Presentations (none)

New Business-Action Items

3. Grants by 501c3

   Item pulled from agenda, Commissioner Overholt was supplying information for this item.

4. Area 4 on Aging One Time only Fund

   Supervisor Bain explained that these were "one time" funds from the State. Discussion ensued concerning possible items to request and the limited timeframe. Supervisor Bain will attend a meeting in December and finalize the request for this year. Then start investigating potential items to request funding from state for next year.

New Business-Information Items

5. Work Plan Goals

   Commissioner Garman presented the Commission and Staff with a draft of the Work Plan. This document outlined objectives, goals, timeline and funding sources. Commissioner Garman will bring draft document back to the next Commission meeting for discussion and consent.

Old Business-Action Items

6. Internship
   Supervisor Bain will work on job description using the excisting Recreation Leader job description to the next COA Meeting.

Old Business-Information Items

7. Apartment List Update
   Kristi from Senior Link and he interns will take over the updating of the Apartment List. Commission shared with Kristi the questions to ask the property management.

Committee Reports

Communication-Commission/Staff Statements and Requests

Commissioner Talkington informed the Commission that the white cane event had 250 attendees.

Commissioner Campbell stated that the Care Car would be extending its dates for Christmas Light tours to December 15, 15 & 16, able to take up to 18 participants on each date. Supervisor Bain will be putting both of these items into the December Senior Gram.

Supervisor Bain will be attending the next Focal Point meeting in November.

Resource Fair is scheduled for a Wednesday in May 2011.

Other Business

Business Items for Next Meeting:

Grants for Internships
Appartment List
Transportation update
Seminar Topics
Internship Job Duties and Tasks
Work Plan Update-Garman

Next Meeting Date:

December 1, 2010

Adjourn:

Vice Chair Overholt adjourned the meeting at 4:55p.m.

Respectfully submitted,

Cathy Haynie, Administrative Secretary
Parks & Recreation Department

Woodland Parks & Recreation Department
2001 East Street • Woodland, CA 95776 • (530) 661-5880

COMMISSION REPORT
November 2010

TO: Elle Murphy, Recreation Division Manager

FROM: Kris Bain, Senior Center Supervisor

Supervisor's Notes

New programs & classes

Paula and I have been working hard to bring new ideas and programs to the Senior Center. We have been lucky several existing volunteers are happy to bring in their own ideas too. For December, we have the Art Club hosting a Christmas center piece making workshop. Coming up after the first of the year, all of the senior artisans are getting together to display their art in an art show on January 28. In February we are hoping to host a Big Band, Swing Dance & Social event. And in March or April, an excursion is being planned for those seniors looking to get out of town.

Woodland Senior Outreach

Meeting held on November 16. Other than general networking with other senior providers in Woodland, the speaker was Prudential insurance on the topic of Long-term care insurance. While the Senior Center does not refer any person to insurance, it provided me with a better understanding for those who may be faced with the decision for long term care for a loved one or self. Having no idea the costs involved, in this process, I believe this mini workshop helped develop new information to build upon in the senior field.

Yolo County Commission on Aging

A commission headed by Supervisor, Jim Provenza, is spear-heading a major project, once known as the Senior Summit (name still in the works.) This project's goal is to address the needs of seniors and to find holes in levels of service for seniors within Yolo County. The other piece of the project is to find the means and funding to support the services and goals addressed. This project is still in the planning phase and will work toward being a living document for 10 or more years.

Program Report

SENIOR CENTER	TOTALS		
	Sep-10	Oct-10	Fiscal YTD
Programs & Activities			
# offered	24	23	81
# of Participants	1764	1763	6420
Revenue	$790.00	$600.23	$2,295.23

Computer Club is busy offering 4 or more classes per month now there is a consistent instructor and the club is more organized.

Highlighted Program – October 2010

HICAP counseling

At the end of September, we were notified that one of the HICAP counselors was retiring. Within a few weeks, HICAP successfully found a new replacement, in addition, they are able to offer more services at this time of the year. Beginning in October and through the end of the year, we have been able to accommodate seniors with questions about health insurance three times a month, rather than only twice. This added service was perfect timing, for the Open Enrollment for Medicare, the opportunity to make any changes to health insurance for the year. Looking at the appointments for the HICAP counselors, we have been full up with appointments since October and we are full through December.

Senior Center Programs, Games, & Services Available

Support Groups

Arthritis Support Group
Changes to Choices
Hear! Here!
Parkinson's Support Group
Outa Sight
Peripheral Neuropathy
Stroke Support

Exercise Classes

Low Impact Aerobics
Belly Dance for Seniors
Parkinson's Exercise
Ship Shape
Yoga
Swing Dance
Ballroom/Salsa Dance
Zumba Gold
Pilates

Services

Blood Pressure Clinic
Legal consultations
Health Insurance consultations
Senior Link Information & Assistance
Thrift Store
Community Care Car
Computer Classes
Chit Chat Café
Library
Video Library
YC Food Bank Low cost food distribution

Arts & Craft Classes

Art painting & drawing
Ceramics
Handicrafters
Needles & Friends
Woodcarving

Special Speakers/Classes

AARP Driver's Safety
Hear! Hear! Speaker
Life History
Outa Sight Speaker
Shakespeare

General Recreation

Novel Book Club
Senior Travel (Collette Tours)
Woodland Stompers
Computer Lab

Games

Bingo	Wednesdays and Fridays at 12:15pm
Bridge	Wednesdays at 1:00pm
Canasta	Tuesdays at 12 noon.
Cribbage	Wednesdays at 1pm
Mah Jong	Thursdays at 1pm
Pedro	Tuesdays at 12:15pm
Ping Pong	Fridays at 10:00am
Pinochle	Thursdays at 6 pm
Second Horizons Bingo	1st Friday of the month at 6pm.

Senior Center, Inc.

The membership drive for 2011 continues. Senior Center, Inc. provides supplemental financial and advisory support for senior programs. The last board of directors meeting was held on November 4. SCI is thrilled with the Staff report for new and upcoming Senior programs throughout the Center. In fact, Senior Center Inc agreed to sponsor two new upcoming events for refreshments.

Community Care Car

A fundraiser was held at the Lions Club and $1200 was raised for the Community Care Car. This money will aid in funding the service for the vans that will be provided the week of 11/22-26, the week the Care Car is closed. The Care Car will be open for business 12/20-31 and will continue to operate out of the Community Center, even while the Senior Center is closed for business during those two weeks.

Also, the annual Christmas Light Tour provided by the Community Care Car to seniors will be held December 14, 15, and 16.

Computer Club

The Computer Club held four different classes in October ranging from a basic Intro to Computers to an Intermediate MS Word 2-part session. Classes for November and December are put on hold due to the holidays and closure of the Senior Center. Class scheduling will resume in January.

Elderly Nutrition

The Chit Chat Café will remain open at the Community Center during the week of November 22 through 24. The program will continue to offer congregate lunches to the 20-30 during the three days the Senior Center is closed for Thanksgiving. The December Senior Center closure, 12/20-31, ENP has been told they can remain in the kitchen only. They cannot host the congregate lunch while the Senior Center is closed and full time staff is off. It is still to be determined what ENP is doing for the two week closure, they will most likely go to their back-up plan at the CHURCH.

Upcoming dates to note

November 18	Annual Fall Potluck hosted by Senior Center Inc.
November 22-26	Senior Center Closed (including Community Care Car)
December 2	Senior Movie Day **DIARY OF A WIMPY KID**
December 7	**NEW PHONE NUMBERS - Senior Center 668-2001**
December 8	Christmas Centerpiece Creation Workshop
December 9	Santa's Christmas Brunch
December 15	Five Wishes Workshop
January 25	Elder Financial Abuse Workshop
January 28	Senior Art Show