

# **Commission on Aging**

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

# **Agenda**

October 27, 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. September 22, 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			
	Kristi Link-Crosier, Senior Link			
3:35 p.m.	New Business-Action Items			
	3. Grants by 501c3			
	4. Area 4 on Aging One time only funds			
3:40 p.m.	New Business-Information Items			
3:45 p.m.	Old Business-Action Items			
	5. Internship Job Duties & Tasks			
3:45 p.m.	Old Business-Information Items			
	6. Apartment List (give to Senior Link to update)			

 $Note: \textit{Times indicated are approximate For video broadcast schedule can be viewed at } \underline{www.wavetv.org}.$ 

 $\label{local-prop} \mbox{Documents for meeting are available online at www.cityofwoodland.org}$ 

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 1<sup>st</sup>. 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.

N:\PRShare\Commission on Aging\Commission Mtg Packets\2010 Meetings\042610 Commission Packet\04262010 packet.pdf

3:50 p.m. Committee Reports

7. 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: November 24, 2010

4:00 p.m. Adjournment

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# Commission on Aging

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#### **Regular Meeting Minutes**

Regular Meeting Minutes of September 22, 2010

#### Call to Order

Meeting convened at 3:34 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Vice Chair Overholt presiding.

**Commissioners Present:** Overholt, Talkington, Garmon

Absent: Wright, Campbell Staff: Bain, Haynie

**Guests:** 

#### Pledge of Allegiance

#### Minutes

1. Meeting Minutes of July 28, 2010 (Item 1)

Commissioner Talkington moved to approve the Meeting Minutes of July 28, 2010; Commissioner Garmon seconded. Motion carried.

#### Correspondence

#### **Public Comment**

New Commissioner Benjamin Garmon was introduced to the Commissioners. Commissioner Garmon is married and has worked at UC Davis for 3 years.

#### **Communications Written-Staff**

2. Senior Center Report-Bain

Commissioner Talkington made the motion to accept staffs report as written,
Commissioner Garmon seconded the motion. Commissioner's Talkington and Overholt
both expressed enthusiasm of the new format for the staff report. Commissioner
Garmon stated that it seemed to include all the information needed.

#### **Presentations (none)**

#### **New Business-Action Items**

#### **New Business-Information Items**

- 3. Annual Report Recreation Division
- 4. Recreation Org Chart
- 5. Public Works Org Chart

# PARKS& RECREATION

# Commission on Aging

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#### **Old Business-Action Items**

#### 6. Internship

Commissioners discussed needs at the Senior Center that the intern would fill. It was decided that at the next meeting Commission would come up with a job description and tasks for the Internship.

#### **Old Business-Information Items**

#### 7. Apartment List Update

Bain informed the Commission that Senior Link had interns that could help with the apartment list. Bain will invite Kristi Link-Crosier to the next Commission meeting and Commission can pass the Apartment List to Ms. Link-Crosier. Bain will also talk to Link-Crosier about press releases for the office hours here at the Senior Center.

#### **Committee Reports**

#### **Communication-Commission/Staff Statements and Requests**

#### **Other Business**

Commissioner Talkington stated the Transportation Committee will meet every four months consists of representatives from West Sacramento, Winter, Davis and Woodland. The focus for the committee is ADA issues and prioritizing Yolo Special Bus routes.

#### **Business Items for Next Meeting:**

Grants by 501c3 Internship Job Duties and Tasks Area 4 on Aging One Time Only Funds Work Plan Document

#### **Next Meeting Date:**

October 27, 2010

#### Adjourn:

Vice Chair Overholt adjourned the meeting at 4:30p.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 October 2010

TO: Elle Murphy, Recreation Division Manager

FROM: Kris Bain, Senior Center Supervisor

### **Supervisor's Notes**

#### **Fall Potluck**

The fall potluck on September 23 was a very well attended event with 85 in attendance for the evening. Ham was served, in addition to cheesecake for dessert. A huge variety of different dishes were brought by all and the evening was great.

#### Welcome Desk Meeting

On October 8 a meeting was held for all the Welcome Desk volunteers. The meeting was to have all volunteers meet each other, as there are several new volunteers. Also, several procedural items were discussed from the membership drive, to general policies and processes. Overall, it was a productive meeting. We are however, looking for two to three more welcome desk volunteers, as we have had few step down in recent months.

#### Thanksgiving Dinner

November 18 is the upcoming Thanksgiving Dinner sponsored by Senior Center, Inc. All food will be cooked and served by Senior Center, Inc. and their volunteers.

## **Program Report**

SENIOR CENTER	TOTALS			
	<u>Sep-09</u>	<u>Sep-10</u>	YTD	<u>Comments</u>
Programs & Activities				
# offered	19	24	58	
# of Participants	1579	1397	13309	
Revenue	\$ 474.00	\$ 790.00	\$1,695.00	

#### Highlights:

Low Impact Aerobics MWF at 10 am is averaging 50+ participants each day.

# **Highlighted Program – September 2010**

#### **Low Impact Aerobics**

Lillian Huguley is a volunteer instructor of the Low Impact Aerobic classes held on Monday, Wednesdays, and Friday mornings at 10 am. Her classes are becoming so popular that she is frequently seeing 50 or more participants in her class. When asked if she wanted to make the class two separate classes for space, "No way!" was the response. Lillian is very proud of much the class is grown in recent months, as she has been teaching the class over ten years for the Senior Center. Please note Lillian is 88 years old and thriving with energy that she exudes to all of her students physically and mentally.

# Senior Center Programs, Games, & Services Available

**Support Groups Exercise Classes Services Blood Pressure Clinic Arthritis Support Group Low Impact Aerobics Changes to Choices Belly Dance for Seniors** Legal consultations Hear! Here! Parkinson's Exercise Health Insurance consultations Ship Shape Parkinson's Support Group Senior Link Information & Assistance **Outa Sight** Thrift Store Yoga Peripheral Neuropathy Swing Dance Community Care Car Ballroom/Salsa Dance **Computer Classes** Stroke Support Zumba Gold Chit Chat Café **Pilates** Library Video Library YC Food Bank Low cost food distribution

**Special Speakers/Classes Arts & Craft Classes General Recreation** Art painting & drawing AARP Driver's Safety Ceramics Hear! Hear! Speaker Handicrafters Life History

**Needles & Friends Outa Sight Speaker** Woodcarving Shakespeare

**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 Thursdays at 6 pm Pinochle

Second Horizons Bingo 1<sup>st</sup> Friday of the month at 6pm.

#### Senior Center, Inc.

The last board of directors meeting was held on October 7. The general membership was invited to the meeting and SCI hosted a representative from the Yolo County District Attorney's office who spoke on the topic of Fraud Awareness in the Senior community. The topic was so popular, they are looking to bringing him back and advertising more heavily throughout the Senior Center's programs.

The membership drive begins in November. Senior Center, Inc. provides supplemental financial and advisory support for senior programs. In addition to the general membership, seniors can opt to belong to the Century Cub. For a one-time donation of \$100, the member gets life-time membership to Senior Center, Inc. and a gold leaf hung in the Senior Center lobby in their honor.

# **Partnerships**

#### **Community Care Car**

The offered their assistance for the White Cane dinner with two vans driving seniors to and from the dinner on October 16. Additionally, a fundraising dinner is being planned on October 21 hosted by the Lyons Club. All proceeds benefit the Community Care Car.

#### **Computer Club**

The Computer Club is pleased their education program is being offered again. They are making their way through the long list of names interested in computer courses. Classes are typically four weeks in duration taught by volunteer instructors. November's upcoming class is Microsoft Word: Tips & Tricks for the Amateur Publisher taught by Bud Fischer.

#### **Elderly Nutrition**

Elderly Nutrition welcomes **Christina Cruz** to the Chit Chat Café in Woodland. Christina comes to the Elderly Nutrition Program with vast experience working in food service and working with seniors. She began working with ENP in the early 90's as a volunteer in the Winters program where her mother was the site manager. After her mother retired, Christina took over being the site manager. While Christina was working on getting her B.S. in Gerontology from CSU Sacramento she began interning at the main ENP office. She helped to produce the first newsletter for the program. Cristina also spent three years as the Home Delivered Meals Coordinator for ENP. Christina says she is hoping to build stronger connections with the Seniors in Woodland while creating a community awareness of the Elderly Nutrition Program through the county. She encourages lunch-goers to bring a friend and she happily stated, "the more seniors are eating lunches, the healthier our seniors are."

# **Upcoming dates to note**

November 1 Senior Center, Inc. membership drive begins

November 11 Senior Center Closed

November 18 Annual Fall Potluck hosted by Senior Center Inc.

November 25-26 Senior Center Closed