CITY OF WOODLAND
2001 EAST STREET
WOODLAND, CALIFORNIA

COMMISSION ON AGING
AGENDA

January 10, 2013
3:00 p.m.

A. CALL TO ORDER

B. ROLL CALL

C. PLEDGE OF ALLEGIANCE

D. 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 to use the microphone in front of the Commission and to 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.

E. COMMUNICATIONS–COUNCIL/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. MINUTES

F.1 Adopt the Minutes of the Commission Meeting of November 8, 2012

G. COMMITTEE REPORTS

H. CORRESPONDENCE

I. PRESENTATIONS

J. CONSENT CALENDAR

I1. Speaker Series
Recommendation: Commission to decide April Speaker event and the logistics for Speakers through 2013.

I2. Timeline for Work Plan
Recommendation: Commission to update Timeline for Work Plan for 2013.

K. REPORT OF THE STAFF

J1. Senior Center Report-Kris Bain
Recommendation: Information only

J2. March 1, 2013 Event-Christine Engel
Recommendation: Information only

L. ADJOURN

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, January 10, 2013 was posted on January 7, 2013 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

November 8, 2012

A. Call to Order

Meeting convened at 3:04 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chair Garman presiding.

B. Roll Call

Commissioners Present:	Garman, Campbell, Wright, and Talkington
Absent:	Overholt
Staff:	Haynie, Bain, and Engel

C. Pledge of Allegiance

D. Communications-Public Comment (None)

E. Communication-Commission/Staff Statements and Requests

Commissioner Talkington informed the Commission that the White Cane Dinner was sold out with 250 attendees. Outa Sight's holiday potluck is on December 4, 11-2 p.m. Commissioner Garman was contacted by Sandra for the Yolo County Transportation Summit. Bain stated that Jan Bello from SCI is in need of volunteers for November 15th Thanksgiving Dinner. Commissioner Garman and Wright volunteered to help serve at the event which starts at 5:30 p.m. Commissioner Campbell informed Bain that the Tree Light Tours are scheduled for December 18, 19 and 20.

F. Minutes and Staff Report

Commissioner Campbell made the motion to accept the minutes as written; Commissioner Wright seconded the motion. Motion carried 4-0.

G. Committee Reports (None)

H. Correspondence (None)

I. Presentations (None)

J. Consent Calendar

J.1 <u>Speaker Series</u>

The next Speaker will be Joann Hatchett PA on January 23, 2013, 10-11:30 a.m. Bain stated that the information will be in the December Senior Gram, press release to the Daily Democrat, flyers, and posted on the web page. Commissioner Campbell said that the Care Car breakfast in on November 26th and would take flyer to the breakfast. Commissioner Garman will make contact with Commissioner Overholt concerning the topic for the April 2013 Speaker.

J.2 Timeline for Work Plan

Commission discussed contacting Dawn Calciano, Conservation Coordinator to have a table at the May 29, 2013 on e-waste, composting and water conservation. Yolo County also offers free hazard material disposal service to seniors once a month.

J.3 Draft Thank You Letter to Kiwanis-Karen Wright

Commissioners signed the Letter to Kiwanis and Commissioner Wright will take it Commissioner Overholt to sign, then mail the letter to Kiwanis.

K. Report of the Staff

K.1 Senior Center Report-Kris Bain

Senior Center Inc. will be funding the "Teens Helping Seniors" program for summer 2013. SCI felt that this was an important program for both seniors and teens.

K.2 March 1, 2013 Event-Christine Engel

Engel reported that planning for the event was on schedule. Request is in to Care Car to extend their hours on March 1st and to have drop off and pick up sites on Main Street and the Community & Senior Center. WC&SC event will be 4-7 p.m. and Downtown Art Show is 5-9 p.m. senior's artwork will be displayed downtown for one month. Care Car $2 coupons sale will be advertised in the Senior Gram.

L. Business Items for Next Meeting

M. Next Meeting Date January 10, 2013

N. Adjourn

Commissioner Campbell made the motion to adjourn the meeting at 4:12 p.m., Commissioner Wright seconded the motion, and motion carried 4-0.

Respectfully submitted,

Cathy Haynie, Administrative Secretary
Parks & Recreation Department

Woodland Parks & Recreation Department

WOODLAND SENIOR CENTER

2001 East Street • Woodland, CA 95776 • (530) 661-2001

Commission on Aging Report

January 2013

TO: Christine Engel, Recreation Manager

FROM: Kris Bain, Senior Center Supervisor

Supervisor's Notes

Thanksgiving & Santa's Holiday Social

The holiday events at the Senior Center for Thanksgiving and Christmas were very successful. Over 175 seniors attended the Thanksgiving dinner. Santa's Holiday Social, held on December 13 was a fun event with great appetizers, and raffle items to bid on. Senior Center Inc. raised over $800 by selling raffle tickets. Many volunteers and sponsors helped make both events a success.

Important Document Workshop

The following marketing has been completed for the upcoming Important Document Workshop on January 23: promotion via social media site (City's Facebook), press releases sent to local newspapers, has been posted on the City's website and event calendar, and included SeniorGram the last two months. After the last Important Document Workshop, numerous requests came in for the handouts. It would be helpful if Joann could provide the handouts before the workshop and additional copies available for us to distribute after the workshop.

Digital Literacy Training provided by Woodland Community College

Nick Montero from Woodland Community College has volunteered his students to provide free Digital Literacy training for seniors. They scheduled five dates to assist seniors with basic computer or smart phone assistance. The service has been offered for free and seniors are able to drop in, as needed on the scheduled dates. The last two dates are on January 14 and 16.

Welcome Desk Appreciation Breakfast

The annual Welcome Desk appreciation/meeting has been schedule for January 24 at 9:00 a.m. During this meeting, Senior Center, Inc. sponsors a breakfast to show appreciation of our Welcome Desk volunteers. This meeting is also an opportunity to update the volunteers on changes and necessary information they may need for the new year. It is also great setting for all of the volunteers to meet other Welcome Desk volunteers.

Program Highlights

Prostate Support Group Meeting, January 14

At the upcoming January 14 Prostate Support Group meeting, Woodland-based urologist David Kollhoff will discuss his perspectives on common complications of prostate cancer treatment, including erectile dysfunction and incontinence.

The Novel

The Novel book group just finished the 12th Anthony Trollope book, THE DUKE'S CHILDREN, and will have their January meeting off-site. In February, they will meet at the Senior Center. The group begins a new book, THE RETURN OF THE NATIVE by Thomas Hardy. The group unanimously selected this book. The program administrator had to purchase books in Oxford, England in order to find enough copies of the bok for the group.

The Novel is in their tenth year providing an "in-depth " study of English literature within Senior Center, and some of the members have been members of the class the entire ten years.

Senior Center, Inc.

Senior Center Inc. has established a reward program for members. Members will receive a $5 discount on any Affordable Adventure trip. They will have a membership only dinner in May, and will receive preferential seating for all Senior Movie Days. More membership benefits are being considered

Elderly Nutrition

Due to budgetary short falls, Elderly Nutrition is still considering if they will have furlough dates once a month.

Woodland Senior Outreach

The next Senior Outreach meeting is January 24. The topic of the meeting is "Home Care at Home."

Upcoming Dates within the Senior Center

January 9	Companions on the Journey (series) CANCELLED due to unavailability of instructor
January 17	Senior Move Day – showing *Big Miracle*
January 21	Senior Center Closed
January 22 & 24	AARP Driver's Safety Course
January 24	Welcome Desk meeting/breakfast
February 14	Collette Travel Showcase Presentation
February 16	Excursion to California Academy of Science in Golden Gate Park
February 18	Senior Center Closed
February 20 .	Companions on the Journey (series)
February 21	Senior Movie Day – showing *Trouble with the Curve*
March 1	Senior Art Show and Parks & Rec. ReXpo
March 21	Senior Movie Day
Marc h 23	Excursion to San Francisco Flower & Garden Show

Program Report November 2012

November 2012 Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	31			1496	11689	$ 232.00

FY 12/13 YTD Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	153			8909	73,453	$ 2,453.30

Recreation Report
classes ending: November 2012

Activity	Start Date	End Date	Meetings	Min/Mtg	Class Hours	Participants	Participant Hours (PH)	Notes
Art	11/7/2012	11/28/2012	3	120	6		**0**	
Arthitis Support Group	11/1/2012	11/1/2012	1	120	2	9	**18**	
Bingo	11/2/2012	11/30/2012	7	120	14	153	**2142**	
Ceramics	11/1/2012	11/1/2012	4	120	8	20	**160**	
Changes to Choices	11/6/2012	11/20/2012	2	120	4	3	**12**	
Computer Club Class	11/13/2012	11/27/2012	3	120	6	16	**96**	
Computer Club Meeting	11/26/2012	11/26/2012	1	120	2	30	**60**	
Computer Lab	11/2/2012	11/30/2012	4	180	12	31	**372**	
Hand and Foot	11/7/2012	11/28/2012	4	180	12	52	**624**	
Hear! Here!					0		**0**	
HICAP Consulations	11/7/2012	11/28/2012	3					
Legal Consulations	11/16/2012	11/16/2012	1	30	0.5	2	**1**	
Low Impact Aerobics 8am	11/2/2012	11/30/2012	12	30	6	160	**960**	
Low Impact Aerobics 10am	11/2/2012	11/30/2012	12	30	6	389	**2334**	
Needles & Friends	11/5/2012	11/26/2012	3	60	3	46	**138**	
Outa Sight SPEAKER	11/6/2012	11/6/2012	1	120	2	15	**30**	
Outa Sight SUPPORT	11/20/2012	11/20/2012	1	120	2	11	**22**	
Parkinson's Support Group	11/27/2012	11/27/2012	1	60	1			**no report provided**
Ping Pong	11/2/2012	11/30/2012	4	60	4	17		
Peripheral Neropathy	11/19/2012	11/19/2012	1	60	1		**0**	**no report provided**
Pedro	11/6/2012	11/27/2012	4	120	8	124	**992**	
Pinochle	11/1/2012	11/29/2012	4	120	8	56	**448**	
Prostate Support Group	11/13/2012	11/13/2012	1	120	2	16		
Ship Shape	11/1/2012	11/29/2012	8	30	4	47	**188**	
Senior Movie Day	11/15/2012	11/15/2012	1	120	2	25	**50**	**Moonrise Kingdom**
Stompers	11/5/2012	11/26/2012	4	60	4	40	**160**	
The Novel	11/13/2012	11/13/2012	1	60	1		**0**	**no report provided**
Stroke Support	11/19/2012	11/19/2012	1	120	2	9	**18**	
White Elephant Thrift Shop	11/2/2012	11/30/2012	8	120	16	170	**2720**	
Woodcarvers	11/7/2012	11/21/2012	2	120	4	17	**68**	
Yoga	11/8/2012	11/15/2012	2	60	2	24	**48**	
Hatha Yoga	11/19/2012	11/27/2012	2	60	2	14	**28**	
SPECIALThanksgiving Dinner	11/15/2012	11/15/2012	1		3	175	**525**	
Library Usage		8.25vol. hours			115 ret. Book	165 new books		

Program Report December 2012

December 2012 Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	27			1349	9516	$ 620.00

FY 12/13 YTD Totals:	Classes Offered			Total Participants	Total PH	Net Revenue
	180			10258	82,969	$ 3,073.30

Recreation Report
classes ending: December 2012

Activity	Start Date	End Date	Meetings	Min/Mtg	Class Hours	Participants	Participant Hours (PH)	Notes
Art	12/5/2012	12/26/2012	4	120	8		**0**	
Arthitis Support Group	12/6/2012	12/6/2012	1	120	2	12	**24**	
Bingo	12/5/2012	12/28/2012	8	120	16	177	**2832**	
Ceramics	12/6/2012	12/27/2012	4	120	8	27	**216**	
Changes to Choices	12/4/2012	12/18/2012	2	120	4	4	**16**	
Computer Club Meeting							**0**	**No Meeting in December**
Computer Lab	12/7/2012	12/28/2012	4	180	12	22	**264**	
Hand and Foot	12/5/2012	12/26/2012	4	180	12	61	**732**	
Handy Helper (referal only)					0	3	**0**	
Hear! Here!					0		**0**	**No Meeting in December**
HICAP Consulations	12/12/2012	12/26/2012	2			6		
Legal Consulations				30	0		**0**	**No Legal consulations in December**
Low Impact Aerobics 8am	12/3/2012	12/31/2012	11	30	5.5	134	**737**	
Low Impact Aerobics 10am	12/3/2012	12/31/2012	10	30	5	269	**1345**	
Needles & Friends	12/3/2012	12/31/2012	5	60	3	43	**129**	
Outa Sight SPEAKER				120	0	25		
Outa Sight SUPPORT	12/18/2012	12/18/2012	1	120	2	17		
Parkinson's Support Group				60	0			**No Meeting in December**
Ping Pong	12/7/2012	12/28/2012	2	60	2	8		
Peripheral Neropathy			1	60	1		**0**	**No Meeting in December**
Pedro	12/4/2012	12/18/2012	3	120	6	92	**552**	
Pinochle	12/6/2012	12/27/2012	4	120	8	43	**344**	
Prostate Support Group				120	0			**No Meeting in December**
Ship Shape	12/4/2012	12/27/2012	7	30	4	46	**184**	
Senior Movie Day	12/13/2012	12/13/2012	1	120	2	35	**70**	**Brave**
Stompers	12/3/2012	12/17/2012	3	60	3	29	**87**	
The Novel	12/11/2012	12/11/2012	1	60	1	6	**6**	
Stroke Support	12/17/2012	12/17/2012	1	120	2		**0**	
White Elephant Thrift Shop	12/4/2012	12/28/2012	7	120	14	114	**1596**	
Woodcarvers	12/5/2012	12/19/2012	2	120	4		**0**	
Yoga	12/13/2012	12/27/2012	3	60	3		**0**	
SPECIAL Hatha Yoga	12/3/2012	12/17/2012	3	60	3	24	**72**	
SPECIAL Centerpiece Class!	12/20/2012	12/20/2012	1		2	8	**16**	
SPECIAL Holiday Social	12/13/2012	12/13/2012	1		2	150	**300**	
Library Usage		5.5 vol. hours			81 ret. Book	105 new books		

COA Meeting 2013

January

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				