City of Woodland

Commission on Aging

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

Regular Meeting Agenda
Monday, January 26, 2009 at 3:30 p.m.

3:30 p.m.	Call to Order
3:30 p.m.	Pledge of Allegiance
3:30 p.m.	Minutes: 1. November 24, 2008
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
4:00 p.m.	New Business - Action Items 3. Election of Officers and Committee Assignments 4. 2009 Work Plan Approval
4:00 p.m.	New Business – Information Items (none)
4:00 p.m.	Old Business – Action Items 5. 2008 Work Plan Evaluation
4:15 p.m.	Old Business - Information Items 6. Senior Center Concerns Update
4:20 p.m.	Committee Reports: Senior Transit Issues
4:25 p.m.	Other Business
4:25 p.m.	Business Items for Next Meeting
4:30 p.m.	Next Meeting Date: February 23, 2008
4:30 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.

City of Woodland

Commission on Aging

draft

Regular Meeting Minutes of November 24, 2008

I. CALL TO ORDER

Meeting convened at 3:29 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chairperson Wright presiding.

Commissioners Present:	Campbell, Cooper, Overholt, Talkington, Wright
Absent:	None
Staff:	Puccetti, Tringali

II. PLEDGE OF ALLEGIANCE

III. MINUTES:

Meeting Minutes of October 27, 2008 (Item 1)

Commissioner Talkington moved to approve the amended October 27, 2008 minutes; Commissioner Campbell seconded. Motion carried 5-0.

IV. CORRESPONDENCE

No questions on the correspondence included in packet.

V. PUBLIC COMMENT

Ellen Riegel said she had reported the pneumonia shot fee issue (insurances can be billed instead of seniors paying for them out of pocket) to the District Attorney's office. Seniors are paying for the shots however the insurances can be billed. It was suggested that the "donation" signs at such events be instead "optional donation".

VI. PRESENTATIONS (none)

VII. CONSENT CALENDAR: **Senior Center Report (Item 2)**

Commissioner Talkington moved to approve of the Consent Calendar; Commissioner Overholt seconded the motion. Motion carried 5 -0.

VIII. NEW BUSINESS – ACTION ITEMS (none)

IX. NEW BUSINESS – INFORMATION ITEMS (none)

X. OLD BUSINESS – ACTION ITEMS (none)

XI. OLD BUSINESS – INFORMATION ITEMS

Senior Center Concerns Update (Item 3)

Commissioner Talkington confirmed that Senior Center, Inc. has approved paying to automate the south entrance door. Commissioner Campbell asked that the issue of additional handicapped parking, walkways, etc (similar to the north ADA project) and the other automatic door be added to the next agenda so a discussion could take place. It was also requested to have the Senior Center Concerns/Issues report updated with the proposed timeframe for each of the projects, instead of "pending".

2008 Work Plan (Item 4)

(5 a) COA "Infomercial": Completed.

(5 b) Focal Point Coordinating Council (FPCC): Report to be provided in January.

(5 c) Intergenerational Project: Report to be provided in January.

(5 d) Promotion: Project on hold until January 2009.

(5 e) Senior Discount List: Project on hold until January 2009.

(5 f) Senior Resource Fair and Fitness for Life Event: Completed.

(5 g) Apartment Listing: Completed.

XII. COMMITTEE REPORTS

Transit Issues: Commissioner Talkington reported the Yolo County Commission on Aging Task Force "Triad" is implementing a new transit mobility training course on how to the elderly and disabled can use the bus system. Paratransit Inc. will be training users (groups of 5 or less). SACOG received a $54,000 grant for Woodland and West Sacramento. The Davis Commission on Aging (Elaine Musser) has asked for input on possible training sights that have an area large enough to accommodate a bus as well as easy access to community members. Commission suggested the following sites: Community & Senior Center, The Californian, OSH Shopping Center, County Fair Mall, Holy Rosary School, Donnelly Circle, Super Mercado, Senior Apartment at 260 W. Court, and Senior Apartments at 836 W. Lincoln.

XIII. OTHER BUSINESS

The Commission requested an update as to how Maria Lucchesi duties are being handled now that she has left employment with the City and the position has been frozen. Tringali reported that Recreation Division staff is formulating a list of all programs and ranking them to determine the priorities. The Commission would like to provide input on the criteria for the ranking of senior programs.

XIV. BUSINESS ITEMS FOR NEXT MEETING:

Transit Issues Report, Work Plan; Senior Center Concerns Update. South Parking Lot ADA Project; Senior Center Survey Report.

XV. NEXT MEETING DATE: January 26, 2008

XVI. ADJOURN: Chairperson Wright adjourned the meeting at 3:52.

Respectfully submitted,

Diana Puccetti, Administrative Secretary
Park & Recreation Department

CALIFORNIA COMMISSION ON AGING

ARNOLD SCHWARZENEGGER, Governor

1300 National Drive, Suite 173
Sacramento, CA 95834

Telephone: 916-419-7591
Fax: 916-419-7596
E-Mail: CCoA@ccoa.ca.gov
Web Site: www.ccoa.ca.gov

Executive Director
Sandra Fitzpatrick

December 8, 2009

Dear Colleague:

What will California Senior Centers look like in 10 years? In 20 years? How will they market themselves? Who will be the "new" participants? How will centers stay afloat in difficult economic times? What roles will volunteers and the community at large play? What services will be available for boomer cohorts?

You are cordially invited to attend the statewide **Senior Center Stakeholder Forum** scheduled for **February 4, 2009** in Sacramento and lend your voice to this important discussion about the future roles and needs of California's Centers. As envisioned, the Forum will include a lively, interactive dialogue; inclusive of center leaders, policy makers and aging network advocates.

Earlier this year the California Commission on Aging (CCoA) launched a Senior Center Initiative. The Stakeholder Forum, the first event of the Initiative, will generate recommendations in the areas of policy, vision and practices. **Senior Centers … Strong Today … Stronger Tomorrow** is the theme of the Forum.

Location:
The Forum will take place at the Holiday Inn Capitol Plaza, 300 J Street, Sacramento, 95814. A limited number of rooms have been reserved at the government rate of $84/night plus tax for single occupancy. The rooms will be held until January 12, 2009. The hotel phone number is 800-465-4329. Specify the code **QAG** listed under California Commission on Aging to ensure that the group rate is available to you.

The hotel does not offer an airport shuttle. Super Shuttle is probably the least expensive way to get from the airport to the hotel. Reservations can be made by calling 800-258-3826.

Registration:
To register, return the enclosed form prior to January 21, 2009. An on-line registration form is available at www.ccoa.ca.gov (click on Senior Center Initiative). While there is no fee to attend, registration helps us to plan the event. We can only guarantee a seat and refreshments to those who have pre-registered. Lunch is included as part of the registration. If you require reasonable accommodations to participate, please indicate this on the registration form.

Agenda:
Dr. Manoj Pardasani, renowned for his groundbreaking research on senior centers and Ms. Christine Beatty, former Chairperson of the National Institute of Senior Centers, will be our

morning speakers. Afternoon sessions have been structured to allow for attendee participation. Forum proceedings, including recommendations developed during the break-out sessions will be incorporated into a report and shared with participants and state policy makers.

Forum Partners:
The Senior Center Stakeholder Forum is being hosted by the California Commission on Aging, the Congress of California Seniors and the Triple-A Council of California.

Our partner organizations include:
Aging Services & Activities Section of California Park & Recreation Society
California Association of Area Agencies on Aging
California Association of Senior Service Centers
California Association of Park & Recreation Commissioners & Board Members
California Department of Aging

Forum Sponsors as of December 8, 2008:
The Senior Center Stakeholder Forum is made possible through the generous sponsorship of Congress of California Seniors, Archstone Foundation, Sutter Health, Eskaton Senior Services and Residences, Community Action Commission of Santa Barbara County, Aging Services of California, California Department of Corporations, California Foundation on Aging and the California Senior Legislature.

Scholarship Potential:
Should funding be identified, we may be able to offer partial scholarships for travel expenses to those wishing to attend. Priority for scholarships will be given to Senior Center Directors serving vulnerable or underserved populations. If you are interested in applying for a scholarship, please contact us at (916) 419-7591.

More Information:
To learn more about the Senior Center Initiative, the Stakeholder Forum or the California Commission on Aging, please visit our website at www.ccoa.ca.gov.

Sincerely,

Sandra K. Fitzpatrick, MA
Executive Director

~Proposed Agenda ~

CALIFORNIA SENIOR CENTERS
STRONG TODAY
STRONGER TOMORROW

February 4, 2009
9:00 a.m. – 4:45 p.m.
Capitol Plaza Holiday Inn, 300 J Street, Sacramento

9:00 a.m. **Registration & Coffee**
Networking/Information Exchange

9:45 a.m. **Welcome/Opening Remarks**

10:00 a.m. **Opening Speaker: Christine Beatty (Confirmed)**
Ms. Beatty is the current Director of the Madison Senior Center in Wisconsin and former Chairperson of the National Institute of Senior Centers.

10:30 a.m. **Keynote Speaker: Manoj Pardasani, PhD (Confirmed)**
Dr. Pardasani, renowned for his groundbreaking research on senior centers, is a Professor of Social Work at Fordham University.

12:00 noon **Lunch: (Invited speaker) New Chair of the Assembly Aging & Long Term Care Committee**

1:15 p.m. **Break Out Groups: Track 1**

- **Towards A New Vision**
- **Buildings for Future**
- **Attracting Customers**
- **Community Mobilization**
- **Changing Attitudes & Perceptions**

2:40 p.m. **Break Out Groups: Track 2**

- **Setting a Policy Agenda**
- **Honoring Community Diversity**
- **Image & Delivering the Message**
- **Civic Engagement/Volunteers**
- **Resource Enhancement**

3:50 p.m. **Report Out/Next Steps**

REGISTRATION FORM

STRONG TODAY – STRONGER TOMORROW!

Senior Center Stakeholder Forum
February 4, 2009
Holiday Inn Capitol Plaza, 300 J Street Sacramento, CA 95814

Please return this registration form by January 21, 2009.

Pre-registration is requested because space is limited. We can only guarantee seating and a meal to those who have pre-registered. There is no registration fee.

This form can be completed electronically. Visit HTTP://WWW.CCOA.CA.GOV/SENIOR-CNTR/DEFAULT.ASP for the registration link.*

Name/Title: _____

Center Name or Organization: _____

Address: _____

Telephone: _____ Email: _____

Do you plan on attending the lunch? ___ Yes ___ No

If you have special dietary needs or require reasonable accommodations to fully participate, please check here: ☐

_____

Please indicate your preference for each break-out session below:

Breakout Session #1:	**Breakout Session #2:**
Toward a New Vision _____	Setting the Policy Agenda _____
Buildings for the Future _____	Honoring Community Diversity _____
Attracting Customers _____	Image & Delivering the Message _____
Community Mobilization_____	Civic Engagement/Volunteers _____
Changing Attitudes/Perception _____	Resource Enhancement _____

Hotel reservations must be made separately. If you need lodging, please make your reservation at the Holiday Inn Capitol Plaza at **1-916-446-0100** or **1-800-465-4329.** Reserved rooms are limited. In order to secure a room at state rate ($84 + applicable tax/single occupancy), please make your reservation by JANUARY 12 and reference the **Group Code QAG** listed under **California Commission on Aging**.

*If you have trouble completing this form electronically, please call us at (916) 419-7591. You may also fax us the form at (916) 419-7596. Email: ccoa@ccoa.ca.gov

Yolo County Commission on Aging and Adult Services
and
Focal Point Coordinating Council

Joint Meeting
Minutes

Supervisor
Mariko Yamada
Chair

Members:

Cass Sylvia
Davis Campbell
Dawn Myers Purkey
Deborah Francis
Elaine Roberts Musser
Lenise Curtis
Mariana Henwood
Mary Jane Large
Paula Driver Shimada
Tim Murphy

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

Thursday, October 9, 2008
9:00 a.m. - 11:30 a.m.

I. Welcome and Introductions

Mariko Yamada, Chair, welcomed everyone and called the meeting to order at 9:13 a.m. Supervisor Yamada expressed her gratitude to personnel from the Woodland Senior Center for hosting the event and arranging the set-ups. She also thanked Dr. McCloud for his participation. In addition, Yolo County employees Andrea Jones, Deputy to Supervisor Yamada, and Rita Sogard, secretary at Yolo County DESS, were thanked for helping with meeting coordination, preparing meeting materials and providing refreshments. Lastly, Supervisor Yamada identified the various groups, both public and private, that were represented in the audience.

This meeting is Supervisor Yamada's last as Chair of the Commission on Aging and Adult Services. She will be leaving the Yolo County Board of Supervisors at the end of November, 2008.

II. Public Comment

1. Yolo Caregiver Registry

(a) Elaine Roberts Musser, President of Triad, which is the action arm of the Commission on Aging and Adult Services, announced a new caregiver registry. She also provided a short history of the efforts to organize the registry. According to Elaine, the Yolo Caregiver Registry is designed to provide caregivers for people who neither meet the requirements to receive IHSS services nor can afford private caregivers. The Registry will:

- Offer training classes to caregivers;
- Provide background checks on caregivers;
- Interview potential caregivers; and
- Try to match a caregiver to a client who needs services.

(b) Elaine distributed a September 29, 2008 press release regarding the registry. According to the press release, family caregiving/home health classes are scheduled to start October 18, 2008. Four students have registered for the classes to date.

2. Older Adult Services

Lenise Curtis, MS, Gerontologist, introduced her new business, Older Adult Services. Lenise specializes in (1) care management, which involves linking clients to community resources and services, and (2) in-home recreational activities. Services in both of these areas will help older adults to remain independent and safe in their homes. Brochures were provided to interested parties.

III. Review and Approve Minutes from 08/06/08 Meeting

Cass Sylvia moved, and Elaine Roberts Musser seconded, that this Commission adopt the August 6, 2008 Minutes, without changes. The motion carried unanimously.

IV. Update on A4AA Needs Assessment

1. Dave Soto first spoke about Fall Prevention Awareness Week, which was September 12-27, 2008, and recounted statistics highlighting the seriousness of this issue. Dave also distributed an informational sheet titled "Tips for Preventing Falls."

2. Dave explained how A4AA usually sets asides funds for "one time only" use, e.g., to purchase equipment or to fund special projects. Focal Point Coordinating Councils often receive such funds. However, due to state budget shortages, A4AA has experienced funding reductions in its social services programs. Consequently, A4AA may need to use money that would normally go toward "one time only" purposes to replace funds not received from the state. This shifting of funds means that the "one time only" monies may not be available to Focal Point Coordinating Councils. Nutrition programs, however, should not be affected.

3. Dave also explained that the 2008 Needs Assessment Survey, which is presently available in hard copy and online, is intended to gather demographic information from seniors in the A4AA service area. In addition, the survey will provide information specific to Yolo County. The survey results will help to determine A4AA's funding priorities in the next several years. A4AA's goal is to distribute 1,600 surveys, with a return rate of at least 400. As of October 8, 2008, at 5:30 p.m., 114 online responses had been received. Participants may pick up a copy of the survey at this meeting.

4. The A4AA Baby Boomer Study is just about ready to be published. This study will contain important information regarding the needs of the younger "seniors" in the area served by A4AA.

5. Mariko recognized Dave's long-time service with A4AA, and commended his efforts in helping seniors.

V. Special Presentation: Clarifying Confusion: Understanding Delirium, Dementia and Depression in Older Adults

1. Mariko introduced Dr. Michael K. McCloud, a noted Geriatrician from UC Davis, who then gave a presentation in which he identified possible reasons for confusion in older adults. Dr. McCloud also provided handouts summarizing his PowerPoint presentation.

2. Dr. McCloud defined, described and presented distinguishing clinical features of the following conditions:

   - Dementia
   - Mild Cognitive Impairment
   - Alzheimer's Disease
   - Delirium
   - Depression

3. Following his presentation, Dr. McCloud answered several questions from the audience.

VI. Announcements; Future Agenda Items
Next Meeting: December 3, 2008*, or TBA*

1. Andrea Jones announced a November 5, 2008 joint meeting of the Commission on Aging and Adult Services and the In-Home Supportive Services Advisory Committee. This meeting will be held in the Community Room at the DESS building at 25 N. Cottonwood in Woodland, and will be devoted to emergency preparedness. Richard Devylder from the Governor's Office of Emergency Services will be the guest speaker. While the meeting will begin at 1:30 p.m., light refreshments will be served starting at 1:00 p.m., providing the participants an opportunity to meet and network.

2. Although it is known that Jim Provenza will be assuming the District 4 seat on the Board of Supervisors which is being vacated by Supervisor Yamada, it is not known if Supervisor Provenza will be chairing the Commission on Aging and Adult Services. Mike McGowan of West Sacramento, who holds the District 1 seat, will chair the Board of Supervisors in 2009.

3. Supervisor Yamada informed the group that that the bill proposed by Assemblywoman Lois Wolk, which requires assisted living centers to have back-up generators, has been signed by the Governor. Also signed was a bill introduced by Karen Bass, Speaker Elect of the Assembly, which promotes transparency in rent increases in elderly housing.

VII. Adjournment of COAAS Portion of Meeting

VIII. Commencement of Focal Point Portion of Meeting

IX. Senior Center Facility Updates

1. Davis

(a) Chris Helwig informed the group that she is no longer the Community Services Supervisor at the Davis Senior Center as she has accepted the position of Community Services Superintendent. An announcement naming her successor in the Supervisor's position will be made in the near future. The City of Davis is also recruiting for an Activities Coordinator position.

(b) Elaine Roberts Musser noted that an effort to develop senior housing guidelines is presently underway. Such guidelines could serve to educate developers about what seniors want and need in their housing.

(c) Elaine also said that she, in conjunction with the Davis Police Department, will be presenting an elder financial seminar on October 23, 2008, from noon to 1:00 p.m., in the Cabernet Room at the Silo on the UC Davis campus. The seminar, which will focus on financial predators, will present information important to UC Davis students as well. This event is one in a series of "Brown Bag Lunch" presentations developed by Paula Driver Shimada.

2. West Sacramento

(a) Salina Valencia, Commissioner with the City of West Sacramento's Commission on Aging, reported on the following items, which were discussed at the Commission's last meeting:

(1) A new Civic Center is being built across from the West Sacramento City Hall. A portion of the new building will be dedicated for use by seniors. However, it is presently unclear if all senior programs and activities will relocate to the new facility because of space issues. Some classes may be kept at the present Senior Center or cut altogether.

(2) Senior housing requirements are also being addressed in West Sacramento. Salina has asked City staff what senior housing is available and how it is designed. A new senior complex opened not long ago, and some seniors have expressed concerns about what the complex offers.

(3) Salina stated that the time and location for the Commission's meetings may be changed to make it more convenient for seniors to attend.

Presently, the meetings are held at 3:00 p.m. on Fridays, in the City Council Chambers at City Hall. However, the last meeting was held at the Senior Center, where there was a larger turnout and the Commissioners were able to eat lunch with the seniors.

(b) Christine Prater, Recreation Coordinator for Senior and Adult Services in the Parks and Recreation Department, is also helping to plan whether senior classes and activities will be held in the new Civic Center or at the present Senior Center. Christine also added that plans for the new Civic Center include a Legal Center.

3. Woodland

(a) Maria Lucchesi, Community Resource Specialist for the Woodland Community and Senior Center, announced that the Center is hoping to get approval for a second ADA-compliant automated door and ramp for the north side of the building. These additions will help make the Center even more accessible to the elderly and disabled.

(b) Maria also mentioned that on Saturday, November 8, 2008, the Center will be hosting a public reception for the new sports park, which is located immediately to its east.

X. Council Announcements/Updates

The West Sacramento Commission on Aging will host the next Focal Point Coordinating Council Meeting.

Before adjournment, all remaining participants introduced themselves, stated their positions and agencies or businesses, and summarized what their jobs entail.

ADJOURNMENT: The Commission and the Coordinating Council adjourned at 11:20 a.m.

_____
Mariko Yamada, Chair
Yolo County Commission on Aging
and Adult Services

_____
Rita Sogard, Secretary
Yolo County Commission on
Aging and Adult Services

COMMUNITY SERVICES DEPARTMENT
Senior Services Division
646 A Street, Davis, CA 95616
530-757-5696 Fax: 530-758-0463 TDD: 757-5666
www.cityofdavis.org/meetings

Senior Citizens Commission Minutes
Thursday, November 13, 2008
2:30 p.m.
University Retirement Community
1515 Shasta Drive

Commissioners Present:	Romeo Favreau – Chair, Elaine Musser – Vice Chair, Liz Fisher, Stephen Hayes, Mariana Henwood, Shula Blumenthal, Kitty Liebhardt and Tansey Thomas
Commissioners Absent:	none
City Council Liaison:	none
Staff:	Christine Helweg, Community Services Superintendent Maria Lucchesi, Community Services Supervisor

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The meeting was opened at 2:40 p.m. by Chair R. Favreau, with brief introductions of commissioners and other notable representatives in attendance at the meeting.

1. Approval of Agenda

Approval of the agenda was moved and approved by consensus.

2. Approval of Minutes

Motion to approve minutes for September 11, 2008 was moved by L. Fisher, seconded by T. Thomas, and passed unanimously. Motion to approve minutes for October 9, 2008 was moved by L. Fisher, seconded by M. Henwood, and passed unanimously.

3. Public Communications

Sue Kim, Ombudsman, introduced herself to the Commission and encouraged the Commission to contact her if they had any questions and/or concerns brought before them that required additional assistance from the Ombudsman program.

4. New Business

a. *Purpose and function of the Davis Senior Citizens Commission* – Chair R. Favreau provided a brief overview of the purpose and function of the Senior Citizens Commission.

b. *Commission 08-09 Work Plan and Community Feedback*

1. Database Feasibility - R. Favreau discussed the current work of the Commission related to the data feasibility project. Discussed current pilot project for Information & Assistance Registry Form.

2. Transit Needs & Older Adult Driver Safety – L. Fisher presented general information about the commission's current work projects related to senior transit. Expressed interest in continuing to look at possibilities for expanded or enhanced services during the summer months, and weekend or evenings.

   E. Musser also reported on the current efforts to begin a Mobility Training program in Yolo County.

3. Water/sewer rates and personal emergency preparedness – E. Musser reported that the Commission is continuing to monitor water/sewer rate increases relative to older adults. Musser explained potential impacts to seniors. New rate structure will be based on usage.

   E. Musser discussed recent power outage which showed complications at Atria Covell. She expressed things people can do to be prepared (food for 72 hours and supplies for a week), lights that go on when electricity goes out and discussed other emergency preparedness activities.

4. Community Outreach - K. Liebhardt recapped offsite meetings at Rancho Yolo, Atria Covell, and Eleanor Roosevelt Circle Senior Apartments and the concerns that seniors at each of these facilities have expressed.

5. Senior Housing - T. Thomas and E. Musser discussed current commission efforts on developing Housing Guidelines for Senior and Special Needs populations, in conjunction with the Social Services Commission.

6. Assisted Living Facilities – S. Blumenthal reported on recent legislation that has been approved to help protect seniors who are living in assisted living facilities relative to rent increases and public disclosure of past increases.

c. *Community Feedback relative to the Senior Citizens Commission and current areas of interest.*

- Shasta Point resident, Becky Beckner, expressed her concern and dissatisfaction with the management of the Shasta Point facility. She discussed the lack of response from management concerning a malfunctioning heater, as well as, limited computer access, faxes and copies for residents. Ms. Beckner was encouraged to put the information down in writing, and the Commission identified that they could assist her with this process.

d. *Appoint new Chair and Vice Chair positions* – A motion was made to appoint Elaine Musser as the 2009 Chair of the Senior Citizens Commission. Motion made by R. Favreau, seconded by S. Blumenthal, and passed unanimously. A motion was made to appoint Romeo Favreau as the 2009 vice Chair of the Senior Citizens Commission. Motion made by M. Henwood, seconded by E. Musser, and passed unanimously.

e. *Appoint representative to the Yolo County Commission on Adult & Aging Services* - A motion was made to appoint Mariana Henwood as the continuing 2009 representative to the Yolo County Commission on Adult & Aging Services. Motion was made and approved by consensus.

f. *Appoint representative to the Unitrans Advisory Committee* - A motion was made to appoint Liz Fisher as the 2009 representative to the Unitrans Advisory Committee. Motion was made and approved by consensus.

5. Old Business

None

6. Commission Announcements

a. The commission requested that on the next regular agenda in January that an item be placed to appoint a representative to the California Senior Legislature since former commissioner George Hinkle is no longer able to fulfill this role.
b. Commissioner Fisher also expressed her concern that a City Council Liaison had not attended a Commission meeting since the election. She expressed her desire to inquire with the Commission's liaison as to their availability for future meetings beginning in January.
c. Yolo County Commission on Aging & Adult Services – M. Henwood and E. Musser reported that Supervisor Jim Provenza will be the new Board liaison to the commission, replacing former Supervisor Yamada.
d. Unitrans - no report due to no meeting.
e. Social Services (ADA) Subcommittee – K. Liebhardt reported that she recently attended her first meeting and will be bringing information forward as needed.
f. Climate Action Team – S. Blumenthal and L. Fisher reported that the next meeting will be in January 2009. Discussion of proposed program to reduce carbon footprint in Davis will be featured.

7. City Council Liaison/Staff Comments

a. None.
b. Contained in report.
c. Upcoming events and activities

8. Written Communications

None.

9. Review of Long Range Calendar/Future Agenda Items

- Commission to consider CSL appointment on next regular agenda
- Commission to receive update on Mobility Training program

10. Adjourn Meeting

Meeting was adjourned at 3:45 p.m. by consensus.

Next meeting date: Thursday, January 8, 2009 at 2:30 p.m. at the Davis Senior Center

Submitted by: Christine Helweg, Community Services Superintendent

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Senior Citizens Commission Agenda
Thursday, January 8, 2009
2:30 p.m.
Davis Senior Center, Game Room
646 A Street

Commissioners:	Elaine Musser (Chair), Romeo Favreau (Vice Chair), Shula Blementhal, Liz Fisher, Steve Hayes, Mariana Henwood, Kitty Liebhardt, Tansey Thomas (Alternate) and Janice Bridge (Alternate)
City Council Liaison:	Sue Greenwald, City Council Liaison and Lamar Heystek (Alternate)
Staff:	Maria Lucchesi, Community Services Supervisor Alisa Fisher, Community Services Coordinator Danielle Foster, Housing and Human Services Superintendent Christine Helweg, Community Services Superintendent

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1. Call To Order & Approval of Agenda
Swearing in of New Senior Citizens Commissioner - Janice Bridge (Alternate)

2. Approval of Minutes – Minutes for Regular Meeting of November 13, 2008

3. Public Communications/Comments
This is the time for the public to address the Commission on matters not listed on the agenda. The Commission is unable to take any formal action on an issue that is not listed on this agenda. Public comments may be limited to accommodate all speakers within the time available, or they may also be continued to later in the meeting should the time allotted for public comment expire. Items may also be referred to staff and/or future meeting agendas. Presentation time will be at the discretion of the Chairperson. Citizens who wish to present their comments for matters listed on the agenda should do so at the time the item is considered by the Commission.

4. Unfinished Business

A. Continued Discussion on Senior & Special Needs Housing Project Guidelines
The Commission will continue their discussion on the development of Housing Project Guidelines for Seniors & Special Needs populations upon reviewing changes by the Social Services Commission and receiving an update on review of the Housing Guidelines by the ADA Subcommittee of the Social Services Commission.

B. Continued Discussion of Water/Sewer rate increases
The Commission will receive an updated report on the City's proposed water/sewer rates from the Public Works Department, and continue their discussion on anticipated next steps.

C. Review of FY08-09 Goals & Objectives for Senior Citizen Commission
The Commission will conduct a mid-year review of its key policy initiatives and timelines for their Goals/Work Plan for fiscal year 2008-2009, including discussion on future off-site meeting locations.

5. New Business

A. Review and Discussion on Critical Needs List for Community Development Block Grant (CDBG) process.
The Commission will review the recommended Critical Needs List that is being proposed for the upcoming CDBG grant process and provide feedback to the Social Services Commission for any additional areas of emphasis.

B. Appoint a liaison representative to the California Senior Legislature for 2009

C. Authorize Expenditure from the Ben & Victoria Williams Trust Fund for Fitness Related Equipment
The Commission will review a request for disbursement of $200 from the Williams Trust Fund to assist in the purchase of fitness related equipment at the Senior Center.

6. Commission Announcements/Comments
This time is set aside for Commissioners to report on issues or meetings attended, but not listed on the agenda. No formal action may be taken on matters not listed on this agenda.

A. Mariana Henwood, Representative to the Yolo County Commission on Aging & Adult Services
B. Liz Fisher, Representative to the Unitrans Advisory Committee
C. Kitty Liebhardt, Representative to the Social Services Commission/ADA Sub-committee
D. Shula Blumenthal, Liaison to the Climate Action Team
E. Maria Lucchesi, Representative to the Yolo County Focal Point Coordinating Council – Next meeting to be held in February 2009 hosted by the City of West Sacramento.

7. City Council Liaison/Staff Comments
This time is set aside for Council members and staff to report on issues and/or events of interest not listed on the agenda. No formal action may be taken on matters not listed on this agenda.

A. City Council Liaison Update
B. Staffing Comments – I&A Registry Update
C. Information & Assistance Report –December 2008
D. Upcoming Events & Activities

8. Written Communications
Written correspondence, such as letters and/or messages for Commission members will be distributed in the agenda packet and listed on the agenda. Regular monthly meeting agendas, publications/newsletters will be distributed at the meeting.

9. Future Agenda Items/Review of Long Range Calendar

10. Adjourn Meeting – Next meeting date: Thursday, February 12, 2009 at 2:30 p.m. at the Davis Senior Center, 646 A Street, Davis, CA 95616.

The Davis Senior Citizens Commission is an appointed advisory body to the Davis City Council, and is facilitated through the Community Services Department.

Meeting facilities are accessible to persons with disabilities. Requests for alternative agenda document formats, assisted listening devices or other considerations for persons with disabilities are available by contacting the City Clerk's office by calling (530) 757-5648 (voice) or 757-5666 (TDD). Requests should be made as soon as possible, and preferably at least 24 hours prior to the meeting date.

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City of Woodland
Parks & Recreation Department
Senior Center

Interoffice Memo

Date: January 1, 2009
To: Dan Rice, Recreation Superintendent
From: Susannah Reinhart, Senior Center Program Manager
Subject: January 2009 Staff Report

Administration

- Area 4 Agency on Aging: For a second grant cycle, the City of Davis has agreed to be the Grant Administrator for the Yolo County *Information & Assistance* Grant/2006-2010.
- 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 new 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 results of our annual survey are available at the Welcome Desk. (attached)
- Holidays: The Community & Senior Center, Chit Chat Café, and the Community Care Car will be closed on Thursday, January 1, 2009 to observe the *New Year* and Monday, January 19, 2009 to observe *Martin Luther King, Jr. Day*. NOTE: The Chit Chat Café will also be closed on January 2, 2009.
- Information & Assistance: The City of Woodland has a 'hiring freeze' on all vacant positions (except Police & Fire), and the *Community Resource Specialist* position will not be filled at this time. However, we still provide the grant-funded 'Information & Assistance' service, through a grant by the *Area 4 Agency on Aging*. Please contact the Senior Center if you need assistance.
- User Group Meeting: The annual, required meeting of Lead Volunteers from all regular-user groups will be held at 2 PM on Thursday, January 29, 2009 in the Warren Meyer Family Game Room. Each group must send one (only one, please) representative to sign the 2009 Agreement Forms and discuss schedules and policies. For information, call Susannah at 661-5890.

Boards/Committees

Commission on Aging (COA): The next meeting will be held on Monday, January 26, 2009 at 3:30 PM at the Community & Senior Center. Public welcome.

Senior Center, Inc. (SCI): The next meeting of the BOD (Board of Directors) will be held on Thursday, January 8, 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 December 2008 gross revenue was $1718. Proceeds from the Thrift Shop continue to support programming at the Senior Center.

- Membership: The 2009 membership drive has started. Dues have increased as of 2009 and are now $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.

December 2008 Special Events, Activities/Programs & Services

- *AARP* Driver Safety: The next classes are scheduled from 9-1PM on February 21 & 28, 2009. 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 10-12 noon on Wednesdays. All mediums welcome. Facilitator: Jan Bello.

- Arthritis Self-Help Group: This group typically meets at 1 PM on the 1st Thursday, but due to the holiday, will meet on January 8, 2009. For information, call 662.9038.

- 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.

- Bereavement Self-Help Group: This support group meets at 3:30 PM on the 3rd Thursday, January 15, 2009. Susan Willis, manager of *Vitas Hospice* facilitates the group. This group is open to all people who are suffering with the loss of a loved one, pet, health, etc.

- Bingo: This program is held from 12:15-3 PM on Wednesdays and Fridays. (Bring exact change).

- Blood Pressure Clinic: Blood pressures are taken from 9:30-11:30 AM on the 4th Tuesday of the month, January 27, 2009.

- Bridge for Fun: This program meets at 12:30 PM on Wednesdays.

- 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, January 6 & 20, 2009. For information, call 662-3102.

- *Chit Chat Cafe*: The *Elderly Nutrition Program's* special events include *Birthday Luncheon* on Wednesday, January 28, 2009. Reservations required by 12 noon the day prior. Check in at 11:30 AM and lunch served at 11:45 AM.

- 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 Rider Coupons are available at the front desk.

- Computer Club: The Computer Club's general meeting is held at 1 PM on the 4th Monday, January 26, 2009; Bud Fisher will review music downloading, burning CD's, etc. Call for information on classes and open labs. Labs are held from 1-5 PM on Wednesdays and from 12-3 PM on Fridays. (50 cents/hour) Board meetings are held at 1 PM on the 2nd Tuesday, January 13, 2009.

- Country Western Line Dance Class: Sherri Fay is the instructor for the 1:30-3:00 PM Monday class. 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*: A new class format features two complete plays! Instructor Ralph Quinn will discuss Shakespeare's famous plays, '*Much Ado About Nothing'* and '*Henry IV-Part One'* . Accompanied by a musical sound track unique to this presentation (available no where else). '*Much Ado About Nothing'* represents Shakespeare's comic genius at its height. '*Henry IV'* discovers that a crown gained by force must be maintained the same way. This eight-week *Discover Shakespeare* class is held from 1-2:30 PM on Thursdays, January 8-February 26, 2009. Class will include careful explanations of Old English words and detailed scene presentations. Participants are encouraged to bring a copy of the play as an aid to understanding. Fee: $28.

- 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 2:30 PM on the 4th Monday of the month, January 26, 2009. 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, January 7 & 21, 2009. (Medicare concerns and supplemental health insurance). (Appointments)

- Information & Assistance (I&A): Call the Senior Center at 661.5890 for specialized assistance and referrals. This program is paid, in part, through a grant by the *Area 4 Agency on Aging*. (Appointments available).

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

- Informed Choices After Death: This discussion group meets from 10-11:30 AM on the 3rd Wednesday, January 21, 2009. This discussion group is sponsored by *Yolo Adult Day Health Center/Woodland Healthcare*, and is partially funded by the *Area 4 Agency on Aging*. For information, contact Peggy Phelps at 666.8828 or pphellps@dcn.org

- Legal Consultations: Free 15-minute consultations are scheduled from 2-4 PM on the 3rd Friday, January 16, 2009. This service is sponsored by the *Yolo County Bar Association*. (Appointments)

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

- Low Impact Aerobics: Classes are held from 8-8:30 AM and 10-10:30 AM on Mondays, Wednesdays, and Fridays. Fee is $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.
- *Nugget Market* Receipts: *Nugget's* program resumed in September 2008. This is a fundraiser for *Senior Center, Inc.* Please bring in your receipts.
- Ombudsman: This group no longer meets in Woodland, but in Davis. For information call 668-5775.
- Outa-Sight! The self-help group meets at 1:30 PM on the 1st & 3rd Tuesday, January 6 (Clare Childers & Hearing Resources) & 20, 2009. The *Speaker Series* meets at 1:30 PM on the 2nd Monday, January 12, 2009 ('Center for Independent Living'). For information, call 662.0535.
- Parkinson's Self-Help Group: This group meets at 1 PM on the 4th Tuesday, January 27, 2009. Each meeting begins with exercises to maintain flexibility. Wear comfortable clothing. For information, call 916.489.0226.
- *Partnership Health Plan:* David McCallum offers monthly office hours for seniors in Yolo County's MediCal program, *Partnership Health Plan*. Consultations are held from 9-12 noon on the 2nd Tuesday, January 13, 2009. (Appointments)
- Pedro Saturday: This game is scheduled at 11:30 AM on the 3rd Saturday, January 17, 2009.
- Pedro: This program is held from 12:15-3 PM on Tuesdays.
- Peripheral Neuropathy Self-Help Group: This group typically meets at 3:30 PM on the 3rd Monday, but due to the holiday will meet on January 26, 2009. For information, call 661.3238.
- Ping Pong: Seniors are invited to join the fun from 10-12 noon on Friday mornings. Come and learn to play or just cheer your favorite player on!
- Pinochle: This group meets at 6 PM on Thursdays.
- *Second Horizons* Bingo: This program typically meets at 6 PM on the 1st Friday of the month, but will not meet in January.
- Seniors in the Classroom: If you enjoy working with young children, this is the project for you! In collaboration with the W. Joint Unified School District and the Commission on Aging, *Zamora Elementary School* is piloting a new intergenerational program, "Seniors in the Classroom". Senior volunteers will assist in the kindergarten classroom with reading, art projects, etc. to help enhance and support the love of learning in the youngest students. For more information, and to register, call Ms. Monte Gregg, Principal at 666.3641.
- 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 typically meets at 1 PM on the 3rd Monday, but due to the holiday will meet on January 12, 2009. Facilitator: Debbie Porter from *Woodland Healthcare.*
- 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, January 13, 2009.

- Trips Program: The Senior Center collaborates with *Collette Vacations* to bring group sightseeing trips to local seniors. 2009 trips include: *Peru/Ancient Land of Mystery* (including Machu Picchu) in February; *Southern Charm* (including Savannah, Charleston) in April; *South Dakota/Black Hills/Badlands* in June; *Islands of New England* in August; and the *Smoky Mountains/Kentucky* in October. 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. The next 'Trips Preview' will be held at 3PM on January 8, 2009.

- Veteran's Consultations: As of January 2009, monthly consultations with the *YC Veteran's Service* officer have been cancelled due to low participation.

- 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: Tax Aide preparer, Kitchen helper, Bingo Caller, HICAP/Medicare counseling, Front Desk receptionists, drivers & substitute drivers for Meals on Wheels, and Current Events Leader. If you are interested, or know of someone wanting to volunteer, please contact Paula Crum.

- Western Dance Party: This event will be held at 7 PM on Friday, January 23, 2009.

- Woodcarving: This program meets at 1 PM on the 1st and 3rd Wednesday, January 7 & 21, 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: As of September 2008, the Commission on Aging updated 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.

WOODLAND SENIOR CENTER
ENJOYMENT SURVEY RESULTS (85)
SEPTEMBER 2008

1. FACILITY:
   A. How do you rate the overall condition of the building?

Excellent	38
Good	17
Fair	6
Poor	2
Comments	The best I have ever seen
	Entrance hall lovely

   B. What could be done to improve the facility?
      l. Will be glad when construction completed because of noise in gym
      2. Nothing
      3. Do not use Game Room for storage area
      4. Needs to be easier for Seniors
      5. Air conditioning
      6. Air conditioning – more handicapped parking
      7. Cater to the seniors more
      8. Fix the doors, they haven't worked since it was built
      9. Nothing
      10. Make more easily accessible, doors are too heavy, door jambs are difficult to navigate with a walker
      11. Give the Seniors more room
      12. Put handicap button on all doors; they are too heavy
      13. More conductive to small group meetings
      14. Having doors to outside open during daytime hours of operation
      15. Turn down air conditioning – too cold in entire building
      16. Give more room to seniors
      17. More commodes (for after an event, like at a football stadium)
      18. Push button
      19. Offer day trips occasionally-San Francisco, Apple Hill, scientific or nature
      20. More handicapped parking
      21. Doors easier to open
      22. Freezing in the bathrooms. Arm chairs for bingo
      23. Would like to be in more activities but haven't signed up yet
      24. Need more information on things for seniors
      25. Doors should have opening force of 15#-12# - weigh more now
      26. Swimming pool indoors
      27. Swimming pool indoors
      28. Needs no improvement
      29. Too many to mention
      30. Fix the handicapped button at entrance
      31. It's difficult to find your way around

2 .PROGRAMS:

A. How do you rate programs, services and activities that you are involved with at the Center?

Excellent	25
Good	30
Fair	2
Poor	1

B. How do you rate the Information & Assistance (I&A) program?

Excellent	25
Good	24
Fair	2
Poor	1
Don't know	11

C. Do Senior Center programs, services and activities meet your needs in quality & quantity?

Yes	45
No	5

Explain:

Volunteers and leaders are great
Take exercise classes and programs
I enjoy the activities and am involved, and feel that they meet my needs
So far
More computer classes – the instructors are very knowledgeable
For the most part, yes. I would like to see more classes similar to Shakespeare
Staff is very knowledgeable and helpful
Need swimming pool for year round swimming
Need swimming pool for year round indoor swimming
Everything is done to please us
I'm retired

3. STAFF

A. Are the Staff courteous?

Always	50
Most of the time	13
Seldom	

B.Does the Staff make you feel welcome?

Always	50
Most of the time	10
Seldom	2
Some of the time	1

C. Are Staff efficient and effective?

Always	41
Most of the time	19
Seldom	2
Some of the time	1

D. What is your opinion of the Staff's ability to respond to your needs?

Class has been relocated numerous times, feel displaced without room of our own
Excellent
They are fine
No complaints!
Staff is knowledgeable and very helpful
Fine
Not good
OK
Excellent
Service is rather hit and miss, some are very helpful, others can't be bothered
OK
Depends – staff is unable to do anything about the insufficient building but other needs are well met
Community Ctr. Staff could be much more courteous, more responsive to needs and requests and not be condescending
Very professional and helpful
Good
Good
Very good
Very able and helpful at all times
Very good
Yes
Tops!
They are short-handed and need more paid staff
Fortunately I have not had need of service, my contact with staff has always been favorable
Hard working, for some reason not always happy?
Great
Very good
Very good
Will find answers as needed
Great!
Very helpful
Very helpful
Great!
Great
I think they are great
OK
Fine
Very different and helpful
They deserve an A+
Sometimes seniors can be a little snippy

4. VOLUNTEERS

A. Are volunteer receptionists courteous and welcoming?

Always	43
Most of time	11
Seldom	

B. Are volunteer receptionists efficient and effective?

Always	35
Most of the time	15
Seldom	

Afternoon receptionists could use routine work assignments

C. Are volunteers who lead groups/activities courteous & welcoming?

Always	43
Most of the time	6
Seldom	

Especially Lillian

D. Are volunteers who lead groups/activities efficient and effective?

Always	40
Most of the time	8
Seldom	

E. Would you like to volunteer?

No	8
Yes	2

Already do
I am a volunteer
Already do
Working on it
90 years old
I already do

5. FUTURE PROGRAMS, SERVICES OR ACTIVITIES

A. What new programs, services or activities would you like to see offered at the Senior Center?

Better disability parking, disability curbs at the new building, remove bump at entrance (hinders walkers & wheel chairs)
Access of cars to be able to drop off those with disabilities right at front door. For car poolers have assigned parking in rear so parking is close to building & remains available to seniors
Swimming
Swimming
Can't think of anything
Can't think of anything
Educational, culture & society presentations i.e. Native Americans
Brain exercises
Spanish lessons, singles mixers or BBQ
One day trips!
Canasta
Day trips
Indoor swimming pool
Canasta
Canasta
No comments
More trips within 100 miles
For those that need a brush up for bridge, seniors who could give lessons There must be others who haven't played in awhile.

B. Are there programs, services or activities presently in place you think could be discontinued in order to carry out new programs in the future? Which ones?

No	21
Yes	1
Don't know	1

Bingo
No comment
Don't know

6. OTHER

A. What else would improve your satisfaction level at the Senior Center?

Some locks in the women's restroom do not lock completely
All doors should open automatically for people in wheel chairs
Senior Center's ambience is not warm and friendly. Lunch Bunch can care less, do not seem interested in one another like they did at the old center
More respect for seniors
Exercise classes need private space – and one on a regular schedule
Have facility more accessible for the disabled
No parking for disabled
Doors are much too hard to open – they need to be automatic – parking is a problem
Seniors continue to be misplaced to other rooms
Listen to our concerns when raised and respond positively
OK
OK
Increase things for handicapped, hard to get from parking to front door
An annual orientation to get acclimated into resources & services
Arrange for doors to be opened by 7:45 consistently for 8 AM classes & activites. Too often we are left standing outside when David & Leonard are too busy elsewhere.
Consistency of room locations, moving on a regular basis confusing
Upcoming events stressed more (posters, placards, etc.)
We need swim pool for exercise
More get togethers – continental breakfast – noon snack time
Very nice. Indoor swimming for water exercise and lap swimming
Fountain of youth
It's ok as it is
Less carbohydrates in meals
Wish the cooking class could be more effective and healthy. It's not a good place to have it – in the other place she did cooking in front of us
Volunteers need to learn patience. Newsletter great!
Address should be on this form

B. How many days each month are you at the Senior Center?

5 days or less	22
6-10 days	12
11-15 days	13
16+ days	9

C. How many programs, services or activities do you attend/use the Center?

1-5 days	48
6-10	3
16+	4
None	1

D. What is your age group?

49 or younger	
50-60	5
61-70	14
71-80	21
81-89	12
90+	2

ADDITIONAL COMMENTS:

l. B What could be done to improve the facility?

Some of the doors in the women's bathroom stalls do not lock and the toilets flush 2 or 3 times before you use them. Are you ever going to finish the gym? It has to cost more to fix it now. The noise is deafening! Why are you replacing so many doors and walls?

More handicapped parking. We need shade coverage in the dog park area for further enjoyment. Is the Computer Lab wheelchair accessible?

2C Do Senior Center programs, services and activities meet your needs in quality and quantity?

If the building plan on the south wall (entrance) is correct and drawn to scale you are planning to put aerobics class in a room half (or less) the size of the gym. We use the whole gym now!

More computer classes. The instructors are very knowledgeable.

3D STAFF

It would be helpful if the staff answering the phone at the front desk had more training regarding events. It would be nice is staff and maintenance staff parked back from the building. There is often not enough parking for popular events.

They really try hard to help us. It is not their fault that so many things don't work (the HVAC) and are still not finished a year and a half after the opening. Will the AC Ever work? The only ADA door is the main entrance. Why are you putting in another Fountain when the price of water is going up next year? The flowers were lovely!

5 A FUTURE PROGRAMS, SERVICES OR ACTIVITI4ES:

What new programs/activities would you like to see offered?
More Arts & Crafts
Easier access to the building that is handicap parking and doors that are easily opened
Additional education regarding Medicare D for dual eligibles and prescription fraud by local Pharmacies.

B Programs that could be discontinued?

I enjoy bringing a picnic dinner and watching the puppy training class. Please keep Puppy training at our dog park. We need shades/umbrellas. I am not a pet owner But it is fun to watch the training.

VI OTHER

What else would improve your satisfaction level at the Senior Center?
I do not enjoy the lunches. Lunches are not really appropriate for diabetics and yes I have spoken to the nutritionist.

More convenient wheelchair parking and doors disabled and children and seniors Can open. Your Mission statement says you support <u>healthy</u> aging.

There are many people that feel and expensive dog park could wait until after you finish the Senior center. Many seniors are on low, fixed incomes and need all the help they can get. Thank you for the wide parking spaces. Many Seniors don't "bend" like they used to.

The Senior/Community Center is a wonderful asset to the community.

FROM ONE PERSON:

This is not a Senior Center. It is a COMMUNITY-TEEN-DOG-senior CENTER.

The location is TERRIBLE. We tried to tell you.

PARKING IS HORRIBLE
FAR TOO MUCH LANDSCAPING WITH PARKING TOO FAR FROM BUILDING

NO MORE SPACE FOR SENIORS THAN IN THE OLD BUILDING.

Obviously, you weren't listening when you asked for "input". As usual, the plans had been finalized months before.

****
And from another person who wrote a note and signed her name:

Susannah, some thoughts on your survey:

The staff and volunteers at the Senior Center are great and deserve big thanks from all that use the services offered. We are lucky to have them.

However, I am bewildered by the facility we have been provided—it seems designed to "impress" rather than "welcome". My understanding of goals behind a Senior Center is to keep Seniors active and engaged in their community – socially, physically and mentally.

The physical structure of the facility presents some challenges in this respect. Ideally a center Should be centrally located with convenient access, automatic doors(canes, walkers, wheel-Chairs, etc), adequate bathrooms, a kitchen for socializing, comfortable tables and chairs, Adequate lighting, and as many other attributes at possible. It should radiate "FRIENDLY".

Are my expectations unrealistic?
Woodland 95695

****

City of Woodland

Commission on Aging Communication

AGENDA ITEM
NEW BUSINESS
Action Item **# 3**

SUBJECT: Election of Officers

DATE: January 26, 2009

PREPARED BY: Susannah Reinhart,
Senior Center Program Manager

RECOMMENDED ACTION: The Commission shall elect its officers for the upcoming year.

BACKGROUND INFORMATION:

Annually the Commission elects its officers, Chairperson and Vice-Chairperson at the January meeting. Officers will commence their duties at the February meeting. At the next meeting, typically in February, the Commission will appoint members to assignments for the upcoming year, based on the 2009 COA Work Plan.

Officers:

- Chairperson:
- Vice-Chairperson:

Liaisons: (1 each)

- Focal Point Coordinating Council:
- Senior Transit Issues:

Respectfully submitted,

Susannah Reinhart,
Senior Center Program Manager
Parks & Recreation Department

City of Woodland

Commission on Aging Communication

AGENDA ITEM
NEW BUSINESS
Action Item **# 4**

SUBJECT: 2009 COA Work Plan

DATE: January 26, 2009

PREPARED BY: Susannah Reinhart,
Senior Center Manager

RECOMMENDED ACTION: Approve items for the 2009 COA Work Plan, and identify which commissioners are responsible for which items.

BACKGROUND INFORMATION:

Commissioners will discuss and select items for the 2009 Work Plan, as well as identify which commissioners are responsible for which items. The attached draft lists 8 specific action items from which the commission may select to accomplish, or at least begin in 2008. General objectives, dates and required resources are included. The items are: COA Infomercial to City Council, Focal Point Coordinating Council, Intergenerational Project, Promotion, Senior Discount List, Senior Resource Fair, Senior Transit, and the Woodland Apartment List.

(Attached draft of 2009 Work Plan)

Respectfully submitted,

Susannah Reinhart,
Senior Center Manager
Parks & Recreation Department

DRAFT-FOR DISCUSSION

Commission on Aging
Proposed Work Plan (January – December 2009)

The following action plan contains 8 specific items that the Commission on Aging proposes to accomplish, or at least begin over the next year. General objectives, dates, and required resources are listed for the sake of planning. However, they are subject to change as the year progresses and particular action items are moved towards implementation.

Each action item, with a brief statement of objective, outcome, timeline, and resource requirements are as follows:

1. COA Infomercial to City Council
2. Focal Point Coordinating Council
3. Intergenerational Project
4. Promotion
5. Senior Discount List
6. Senior Resource Fair
7. Senior Transit
8. Woodland Apartment List

1. COA Infomercial Presentation to City Council (Commissioner XXX)

Objective: Update the City Council on status of COA's annual work plan including the duties, challenges and successes.

Outcome: Enhance the recruitment of citizens to serve on the COA.

Timeline: May 2009.

Required Funding: No funding required other than Commission and staff time.

2. Focal Point Coordinating Council (Commissioner XXX)

Objective: A COA liaison will support the meetings of the three Focal Point Senior Centers (Davis, West Sacramento, and Woodland) by participation in the meetings and keep the Commission informed.

Outcome: Expand opportunities for countywide senior programs and COA issues. Keep the COA informed on senior issues and activities.

Timeline: December 2009.

Required Funding: No funding required other than Commission and staff time.

3. Intergenerational Project (Commissioner XXX)

Objective: Develop and implement intergenerational project between seniors and children.

Outcome: Social benefit for children and seniors.

Timeline: October 2009.

Required Funding: Program costs and Commission and staff time

4. Promotion (Commissioner XXX)

Objective: Promote a positive image of aging and seniors through public information.

Outcome: Create greater awareness of positive and healthy aging, including an increased awareness of programs and services for seniors.

Timeline: November 2009.

Required Funding: Program costs and Commission and staff time.

5. Senior Discount List (Commissioner XXX)

Objective: Organize a plan to encourage local businesses to offer senior discounts. The COA will also develop a list of local businesses which offer discounts to seniors.

Outcome: Provide list for seniors and their families.

Timeline: September 2009.

Required Funding: Program costs and Commission and staff time.

6. Senior Resource Fair (Commissioner XXX)

Objective: Encourage and inform seniors and their families/neighbors about senior programs in the community.

Outcome: Create greater awareness and participation in senior programs in the community.

Timeline: May 2009.

Required Funding: Program costs and Commission and staff time.

7. Senior Transit (Commissioner XXX)

Objective: Increase public awareness of available transportation options that will benefit seniors, their families and the community.

Outcome: Assist keeping seniors and persons with disabilities independent and mobile.

Timeline: September 2009.

Required Funding: Program costs and Commission and staff time.

8. Woodland Apartment List (Commissioner XXX)

Objective: To complete annual update of the list of Apartment Complexes in Woodland, which includes apartments for 'Seniors Only'.

Outcome: Provide current rental information for seniors and their families.

Timeline: August 2009.

Required Funding: Program costs and Commission and staff time.

City of Woodland

Commission on Aging Communication

AGENDA ITEM
Old Business
Action Item #5

SUBJECT: 2008 COA Work Plan Evaluation DATE: January 26, 2009

PREPARED BY: Susannah Reinhart, Program Manager
Senior Center

RECOMMENDED ACTION: Approve the 2008 COA Work Plan Evaluation.

BACKGROUND INFORMATION:

Each year the Commission on Aging has a Work Plan to accomplish objectives. The annual Work Plan is evaluated at the end of the year to check the results. Attached is the 2008 Work Plan Evaluation which listed 8 specific action items which the commission proposed to accomplish, or at least begin in 2008. General objectives, dates and required resources were included. The items were: COA Infomercial to City Council, Focal Point Coordinating Council, Intergenerational Project, Promotion, Senior Discount List, Senior Resource Fair, Senior Softball Team Project, and the Woodland Apartment List.

(Attached 2008 COA Work Plan Evaluation)

Respectfully submitted,

Susannah Reinhart, Program Manager
Parks & Recreation Department

Commission on Aging Work Plan (January – December 2008)
Evaluation

The following action plan contains 8 specific items that the Commission on Aging proposed to accomplish, or at least begin in 2008. General objectives, dates, and required resources were listed for the sake of planning. Items were subject to change as the year progressed and particular action items were moved towards implementation.

Each action item, with a brief statement of objective, outcome, timeline, and resource requirements are as follows:

1. COA Infomercial to City Council
2. Focal Point Coordinating Council
3. Intergenerational Project
4. Promotion
5. Senior Discount List
6. Senior Resource Fair
7. Senior Softball Team Project
8. Woodland Apartment List

1. COA Infomercial Presentation to City Council

Objective: Update the City Council on status of COA's annual work plan including the duties, challenges and successes.

Outcome: Enhance the recruitment of citizens to serve on the COA.

Timeline: May 2008.

Required Funding: No funding required other than Commission and staff time.

Status: Completed.

2. Focal Point Coordinating Council

Objective: A COA liaison will support the meetings of the three Focal Point Senior Centers (Davis, West Sacramento, and Woodland) by participation in the meetings and keep the Commission informed.

Outcome: Expand opportunities for countywide senior programs and COA issues. Keep the COA informed on senior issues and activities.

Timeline: December 2008.

Required Funding: No funding required other than Commission and staff time.

Status: Completed.

3. Intergenerational Project

Objective: Develop and implement intergenerational project between seniors and children.

Outcome: Social benefit for young children and seniors.

Timeline: December 2008.

Required Funding: Program costs and Commission and staff time.

Status: Completed.

4. Promotion

Objective: Promote a positive image of aging and seniors through public information.

Outcome: Create greater awareness of positive and healthy aging, including an increased awareness of programs and services for seniors.

Timeline: November 2008.

Required Funding: Program costs and Commission and staff time.

Status: Not completed.

5. Senior Discount List

Objective: Organize a plan to encourage local businesses to offer senior discounts. The COA will also develop a list of local businesses which offer discounts to seniors.

Outcome: Provide list for seniors and their families.

Timeline: September 2008.

Required Funding: Program costs and Commission and staff time.

Status: Not completed.

6. Senior Resource Fair

Objective: Inform seniors and their families/neighbors about senior programs in the community.

Outcome: Create greater awareness and participation in senior programs in the community.

Timeline: May 2008.

Required Funding: Program costs and Commission and staff time.

Status: Completed.

7. Senior Softball Team Project

Objective: Develop recognition project for the 'Woodland Senior Softball Team'.

Outcome: Create greater awareness of Woodland's senior sports champions.

Timeline: May 2008.

Required Funding: Program costs and Commission and staff time.

Status: Completed.

8. Woodland Apartment List

Objective: To complete annual update of the list of Apartment Complexes in Woodland, which includes apartments for 'Seniors Only'.

Outcome: Provide current rental information for seniors and their families.

Timeline: July/August 2008.

Required Funding: Program costs and Commission and staff time.

Status: Completed.

City of Woodland

Commission on Aging Communication

AGENDA ITEM
#6

SUBJECT: Senior Center Concerns Update

DATE: January 26, 2009

PREPARED BY: Susannah Reinhart,
Senior Center Program Manager

RECOMMENDED ACTION: Review the updated list of Senior Center Concerns.

BACKGROUND INFORMATION:

Commissioners to receive update and provide feedback on the Senior Center Concerns (list on page two)

Respectfully submitted,

Susannah Reinhart,
Senior Center Program Manager
Parks & Recreation Department

Community & Senior Center

Senior Concerns/Issues

Updated: January 20, 2009

Item #	Item	Concerns Received	Status
1	Senior Computer Room	Plasma screen installed; however its not large enough and they prefer to have a drop-down screen and projector.	Pending: Portable screen and projector will be purchased for SC Computer Room.
2	Misc.	Glare from windows and doors in Meeting Rooms and Game Room.	Partial completion: Black-out drapes have been installed on windows; door coverings yet to be done. **NOTE**: Senior Center, Inc. paid for the purchase and installation of sun-reflective film on the two exterior Game Room doors.
3	Misc.	Hallway railings need to be installed.	Pending: Railings and wainscoting will be installed in SC hallway.
4	Handicapped Parking	Need additional handicapped parking. COA recommends similar accessibility option for the south lot as north lot.	Partial completion: Both Comissions recommended to Council designating additional handicapped parking for north lot. North lot is in the process of being completed.
5	Automatic Doors	Install automatic doors to north and south hallways.	Pending: Both Commissions recommended to Council the installation of an automatic door in north hallway. Senior Center, Inc. has agreed to donate monies to have an automatic door installed in south hallway.