

#### **Commission on Aging**

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

Regular Meeting Agenda Monday, March 23, 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. February 23, 2009	
3:35 p.m.	Correspondence	
3:40 p.m.	Public Comment	
3:45 p.m.	Presentations (none)	
3:45 p.m.	Consent Calendar  2. Senior Center Report	
3:50 p.m.	New Business - Action Items (none)	
4:10 p.m.	New Business – Information Items (none)	
4:10 p.m.	Old Business – Action Items (none)	
4:10 p.m.	Old Business - Information Items 3. Work Plan 2009 4. 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: April 27, 2009	
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 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.





#### Commission on Aging *DRAFT*

Regular Meeting Minutes of February 23, 2009

#### I. CALL TO ORDER

Meeting convened at 3:30 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chairperson Wright presiding.

Commissioners Present: Campbell, Overholt, Talkington, Wright, (vacancy)

Absent: None

Staff: Reinhart, Rice, Atchison

Guests: Darlene Briscoe (Mobility Trainer, Paratransit, Inc.)

#### II. PLEDGE OF ALLEGIANCE

#### III. MINUTES: Meeting Minutes of January 26, 2009 (Item 1)

Commissioner Overholt moved approval of the January 26, 2009, minutes; Commissioner Talkington seconded. Motion carried.

- IV. CORRESPONDENCE (no comments)
- V. PUBLIC COMMENT (none)
- VI. PRESENTATIONS (none)

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

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

VIII. NEW BUSINESS – ACTION ITEMS (none)

#### IX. NEW BUSINESS – INFORMATION ITEMS: ADA Parking, South Lot (Item 3)

Even though this project is unlikely to be considered for several years because of lack of financing, Commissioner Campbell believes additional ADA parking in the South Lot is important and wishes it reviewed from time to time. Manager Reinhart noted that installation of automatic doors was funded as part of the North Lot project and that Woodland Senior Center, Inc. has committed funds for automatic doors for the South Wing. Commissioner Talkington has sent a letter of thanks.

X. OLD BUSINESS – ACTION ITEMS (none)

#### XI. OLD BUSINESS – INFORMATION ITEMS

#### Work Plan 2009 (Item 4)

(A) Commissioners Campbell and Overholt will prepare a PowerPoint "Infomercial" for City Council. (B) Focal Point Coordinating Council will meet in West Sacramento on March 26, 2009 (Commissioner Campbell). (C) An "Important Records" presentation for seniors is in the planning stage (Commissioner Overholt). (D) Annual Senior Resource Fair is scheduled for May 13 (Commissioners Wright and Talkington). (E) Darlene Briscoe described her work training seniors to find and use alternative transportation options. Grant funding supports her work in Yolo County, and she is seeking additional contacts with individuals and groups. (F) The Apartment List revision will be completed in August (Commissioner Talkington).

#### **Senior Center Concerns Update (Item 5)**

Manager Reinhart reported that Senior Center, Inc., has paid for tinting of Thrift Shop door and windows and the Arts & Crafts room doors (Item #2) and that work to improve handicapped parking in the North Lot is nearly complete. There was discussion of what might be done about a sloping curb in front of the Community & Senior Center where a senior recently fell. Commissioner Campbell believes the area poses a hazard if nothing is done. He also suggested first aid kits in rooms. Commissioners encouraged the prompt installation of the new automatic doors to help seniors and disabled people.

#### XII. COMMITTEE REPORTS (none)

#### XIII. OTHER BUSINESS

Manager Reinhart reported that there has been one applicant for the vacant position on the Commission and that the Mayor is reviewing the method of selecting commissioners. She also reported on the Senior Center Forum that she attended in Sacramento on February 4, 2009, emphasizing that above all a Senior Center needs to be a "welcoming place" where seniors form meaningful connections through programs and services. Manager Reinhart also informed the Commission that the City would not be reapplying for the Area 4 Agency on Aging Information and Assistance grant in the future, but will continue providing information. Commissioner Talkington inquired about the delay in opening the Fitness Center and hopes that the fee structure will not prohibit seniors from taking advantage of its facilities. Manager Reinhart reported that a new "Welcome to the Senior Center" sign has been posted on the Center's door.

#### XIV. BUSINESS ITEMS FOR NEXT MEETING:

Work Plan; Senior Center Concerns update; transit issues.

- XV. NEXT MEETING DATE: March 23, 2009
- XVI. ADJOURN: Chairperson Wright adjourned the meeting at 4:30 p.m.

Respectfully submitted,

Ken Atchison
Administrative Clerk III
Park & Recreation Department



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

#### Joint Meeting Minutes

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

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

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

#### 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.

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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





#### Yolo County Commission on Aging and Adult Services

Yolo County Health and Justice Building 600 A Street, Conference Room; Davis, CA 95616

Wednesday, February 25, 2009 8:30 a.m. - 10:00 a.m.

Supervisor Jim Provenza *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

#### **AGENDA**

I. Welcome and Introductions Supervisor Provenza II. **Community Members** Public Comment: Opportunity for members of the public to address the Commission on subjects relating to Commission business. The Commission reserves the right to impose a reasonable limit on time afforded to any topic or to any individual speaker. **Commission Members** III. Review and Approve Minutes from 10/09/08 Meeting IV. **David Soto** A4AA Needs Assessment--Yolo County Key Informant Interviews V. Announcements; Future Agenda Items

Adjournment

Next Meeting: April 22, 2009



## Joint Meeting Agenda Focal Point Coordinating Council Meeting

City of West Sacramento Senior Center, 664 Cummins Way West Sacramento, CA 95605 (916) 373-5819 phone

#### Thursday, March 26, 2009 9:00 -11:45 am

Commissioners: Yolo County Commission on Aging

City of Davis Senior Citizens Commission City of West Sacramento Commission on Aging

City of Woodland Commission on Aging

Staff: Maria Lucchesi, Community Services Supervisor (City of Davis)

Christine Prater, Recreation Supervisor (City of West Sacramento)

Susannah Reinhart, Program Manager (City of Woodland)

Note: Times designated for particular agenda items are approximate and subject to change. Items may be heard earlier or later depending upon the time taken on previous agenda items.

\*

9:00 am	1.	Welcome & Introductions		
9:15 am	2.	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 discuss or make a decision on any		
		item not listed on the agenda. Items may be referred to staff and/or future		
10.20		agendas. Presentation time will be at the discretion of the Chairperson.		
10:20	3.	Guest Speaker/Presenter: Aging Nutritional Needs		
		Diane L Metz		
		Agriculture and Natural Resources		
		Cooperative Extension, Yolo County Director		
		70 Cottonwood Street		
		Woodland, CA 95695		
		Phone: (530) 666-8731		
		Fax: (530) 666-8736 dmetz@ucdavis.edu		
10:50	4			
10:50	4.	Points of Discussions		
		a.) Discuss & Develop OTO Equipment Requests/Comments Dave Soto		
		b.) Discuss I&A mid-year service levels for FY08-09Maria		
		c.) Discuss Focal Point programs and services including countywide resource publication		
		d.) Discuss coordination planning efforts for <i>Living Today For a Better Tomorrow</i> events, for Older Americans Month.		
11:35	5	Commission Announcements/Comments		
pm				
11:45	6.	Adjourn		



# City of Woodland Parks & Recreation Department Senior Center

Interoffice Memo

Date: March 1, 2009

To: Dan Rice, Recreation Superintendent

From: Susannah Reinhart, Senior Center Program Manager

Subject: March 2009 Staff Report

#### Administration

• <u>Area 4 Agency on Aging</u>: 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.

- <u>Award Recognition</u>: The Woodland Sports Park (behind the CSC) has just received the "Award of Excellence" form the *CA Park & Recreation Society* in the category of 'Facility Design' for Sports Field/Complexes in communities with 50-100,000 residents. This is the second award the Parks & Recreation Department has received. In February 2008, the CSC received the 'Award of Excellence' in the category of 'Facility Design & Park Planning' for Community Centers/Facilities.
- <u>C&SC Donor Opportunities</u>: 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.
- <u>COW e-newsletter</u>: 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, <u>www.cityofwoodland.org</u> or call Ana Gonzalez at 661.5800.

#### **Boards/Committees**

<u>Commission on Aging (COA)</u>: The next meeting will be held on Monday, March 23, 2009 at 3:30 PM at the Community & Senior Center. Public welcome. Concerned citizens are encouraged to apply for the one vacancy on the Commission. For information and an application, please contact Susannah at 661-5890.

<u>Senior Center, Inc. (SCI)</u>: The next meeting of the BOD (Board of Directors) will be held on Thursday, March 5, 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 February 2009 gross revenue was \$1628.
   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.

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#### March 2009 Special Events, Activities/Programs & Services

- <u>AARP Driver Safety</u>: The next classes are scheduled from 9-1PM on May 23 & 30, 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 9:30-12:30 p.m. on Wednesdays. All mediums welcome.
  Facilitator: Jan Bello.
- <u>Arthritis Self-Help Group</u>: This group meets at 1 PM on the 1<sup>st</sup> Thursday, March 5, 2009. For information, call 662.9038.
- <u>Battery Checks</u>: We found that many of the recycled batteries in the buckets are still good and not ready for recycling. Before you recycle your batteries in our battery buckets, you can use our new battery tester, located in the SC hallway, to check to see if they still hold a charge.
- Benefit Thrift Shop: Our store is in need of clean, usable items to sell. Donations are received on Thursday mornings, 9-11 AM. The Thrift Shop is open on Fridays, 9:30-11:30 AM-seniors first.
   Proceeds continue to support programming at the Senior Center. Call Paula Crum for information.
- <u>Bereavement Self-Help Group</u>: This support group meets at 3:30 PM on the 3<sup>rd</sup> Thursday, March 19, 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.
- <u>Bingo</u>: This program is held from 12:15-2:45 PM on Wednesdays and Fridays. (Bring exact change).
- <u>Blood Pressure Clinic</u>: Blood pressures are taken from 10-12 PM on the 4<sup>th</sup> Tuesday of the month, March 24, 2009. *(new time)*
- Bridge for Fun: This program meets at 12:30 PM on Wednesdays.
- <u>Ceramics:</u> 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 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, March 3 & 17, 2009. For information, call 662-3102.
- <u>Chit Chat Cafe</u>: The <u>Elderly Nutrition Program's</u> special events include <u>Birthday Luncheon</u> on Wednesday, March 25, 2009. Reservations required by 12 noon the day prior. Check in at 11:30 AM and lunch served at 11:45 AM. NOTE: We'd like to thank 'The <u>Californian</u>' for making a monthly Tuesday cookie delivery. We appreciate your support!
- <u>Coffee Donations</u>: *Senior Center, Inc.* generously provides coffee (and supplies) for senior participants. 25-cent donation appreciated.
- <u>Community Care Car</u>. This all-volunteer transportation program takes seniors to local appointments Monday–Friday. Seniors must be ambulatory and be able to get into and out of the minivan on their own. *Gift Coupons* are a great gift idea from a friend, relative, or yourself! \$2.00 round-trip Rider Coupons are available at the front desk. Desk is open to take reservations from 9-2:30PM.

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- Computer Club: The Computer Club's general meeting is held at 1 PM on the 4<sup>th</sup> Monday, March 23, 2009; topic is 'Knowledge Exchange'. Call for information on classes and open labs. Labs are held from 1-4 PM on Wednesdays and from 12-3 PM on Fridays. (50 cents/hour) Board meetings are held at 1 PM on the 2<sup>nd</sup> Tuesday, March 10, 2009.
- <u>Country Western Line Dance Class</u>: Sherri Fay is the instructor for the 12:30PM Wednesday Beginner's and 1:30PM *Intermediate* classes. It's a great exercise and lots of fun!
- Cribbage: This table game is held at 1 PM every Wednesday. Drop in welcome.
- <u>Discover Shakespeare</u>: This class format features two complete plays! Instructor Ralph Quinn will discuss Shakespeare's famous plays, 'Romeo & Juliet' and 'Henry IV-Part Two'. This program is accompanied by a musical sound track unique to this presentation (available no where else). This eight-week Discover Shakespeare class is held from 1-2:30 PM on Thursdays, March 12-April 30, 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.
- <u>Family Caregiver Support Program</u>: 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.
- <u>Hear! Here!</u> This self-help group meets at 2 PM on the 4th Monday of the month, March 23, 2009; topic is *'Hearing & Devices/General Technologies'*. For information, call 662.5102.
- <u>HICAP (Health Insurance Counseling & Advocacy Program)</u>: Individual consultations are available from 1-3 PM on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, March 4 & 18, 2009. (Medicare concerns and supplemental health insurance). (Appointments) **NOTE**: <u>2009 HICAP Training</u> begins March 2, 2009. For information, and to register for training, call HICAP at 916.375.3761.
- <u>Information & Assistance (I&A)</u>: 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).
- <u>Information Available</u>: Advance Healthcare Directives, Woodland Apartment List, Battery Recycling, Book & Video Libraries, Postage Stamps, and Yolo Co. Senior Resource Guide. Seasonally available: Tax-AIDE and Flu Clinic.
- <u>Informed Choices After Death</u>: This discussion group meets from 10-11:30 AM on the 3<sup>rd</sup> Wednesday, March 18, 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
- <u>Legal Consultations</u>: Free 15-minute consultations are scheduled from 2-4 PM on the 3<sup>rd</sup> Friday, March 20, 2009. This service is sponsored by the *Yolo County Bar Association*. (Appointments)
- <u>Life History</u>: Woodland Adult Education offers three classes held at the Community & Senior Center: 2 PM Tuesday, 9 AM Wednesday, and 1 PM Thursday. Call 662.0798 for more information and to register.

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- <u>Low Impact Aerobics</u>: Classes are held from 8-8:30 AM and 10-10:30 AM on Mondays, Wednesdays, and Fridays. Fee is \$5/month.
- <u>Mah Jong</u>: 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. NOTE: Our quilters donated 20 quilts for children to 'Rotoplast', the Rotary International organization that provides facial reconstructive surgery to children worldwide. In March, this group will begin creating wheelchair lap quilts for seniors in Yolo County. These charming small quilts are perfect for new quilters, but experienced quilters have fun with more challenging patterns. For information about the group, or for fabric donation, call 753-1933.
- Nugget Market Receipts: This program has been cancelled. Please do not bring in receipts.
- Outa-Sight! The self-help group meets at 1:30 PM on the 1<sup>st</sup> & 3<sup>rd</sup> Tuesday, March 3 & 17, 2009. The Speaker Series meets at 1:30 PM on the 2<sup>nd</sup> Monday, March 9, 2009 ('Free Home Respite' with Susie McGibbon R. N./Citizens Who Care). For information, call 662.0535.
- Parkinson's Self-Help Group: This group meets at 1 PM on the 4<sup>th</sup> Tuesday, March 24, 2009.
   Each meeting begins with exercises to maintain flexibility. Wear comfortable clothing. For information, call 916.489.0226.
- <u>PartnershipAdvantage Health Plan</u>: David McCallum offers monthly office hours for seniors in Yolo County's MediCal program, PartnershipAdvantage Health Plan. By combining Medicare, MediCal and prescription drug coverage, this plan allow members to receive all of their health care benefits in one package. Consultations are held from 9-12 noon on the 2<sup>nd</sup> Tuesday, March 10, 2009. (Appointments)
- Pedro Saturday: This game is scheduled at 11:30 AM on the 3<sup>rd</sup> Saturday, March 21, 2009.
- Pedro: This program is held from 12:15-3 PM on Tuesdays.
- <u>Peripheral Neuropathy Self-Help Group</u>: This group typically meets at 3:30 PM on the 3rd Monday, March 16, 2009. For information, call 661.3238.
- <u>Ping Pong</u>: Seniors are invited to join the fun from 10-11:30 noon on Friday mornings in the Youth Center. Playing Ping Pong is a fun way to exercise your body and your brain and meet wonderful people, too. Come and learn to play or just cheer your favorite player on! No need to sign up.
- Pinochle: This group meets at 6 PM on Thursdays.
- <u>Second Horizons Bingo</u>: This program meets at 6 PM on the 1<sup>st</sup> Friday of the month, March 6, 2009.
- <u>Ship Shape</u>: This chair exercise class is held from 10-10:30 AM on Tuesdays and Thursdays. Fee is \$5/month.
- <u>Stroke Self-Help Group:</u> This support group typically meets at 1 PM on the 3<sup>rd</sup> Monday, March 16, 2009. Facilitator: Debbie Porter from *Woodland Healthcare*.
- T'ai Chi: This standing exercise class is held from 8:45-9:45 AM on Mondays.

- <u>Tax AIDE</u>: This specialty program is a tax return preparation service sponsored by AARP, in cooperation with the IRS. Volunteer tax counselors, trained in cooperation with the Internal Revenue Service will be available throughout the tax season to provide assistance in preparing income tax returns for seniors. Appointments are available Wednesday afternoons and Thursday mornings, beginning February 4-April 9, 2009. A list of 'What-to-Bring' to your Tax AIDE appointment is available at the Welcome Desk. Forms are filed electronically. For information, and to make appointments, call the Senior Center at 661-5890.
- The Novel Book Group: This discussion group meets at 9:30 AM on the 2<sup>nd</sup> Tuesday of each month. March 10, 2009.
- Trips Program: The Senior Center collaborates with Collette Vacations to bring group sightseeing trips to local seniors. 2009 trips include: 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.
- <u>Volunteers Wanted</u>: There are several ongoing volunteer opportunities at the Senior Center.
  Please call or come by the Senior Center if you, or someone you know, would be interested in
  volunteering. Current opportunities are: Bingo Caller, HICAP/Medicare counseling, Front Desk
  receptionists, and drivers & substitute drivers for Meals on Wheels. If you are interested, or know
  of someone wanting to volunteer, please contact Paula Crum.
- Western Dance Party: This event will be held at 6 PM on Friday, March 13, 2009.
- Woodcarving: This program meets at 1 PM on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday, March 4 & 18, 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.
- <u>Woodland Apartment List</u>: 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.



#### **Commission On Aging Communication**

AGENDA ITEM #3

SUBJECT: Work Plan 2009 DATE: March 23, 2009

PREPARED BY: Susannah Reinhart

Senior Center Manager

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

#### **BACKGROUND INFORMATION:**

**A. COA INFOMERCIAL** (Commissioners Campbell & Overholt)

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

STATUS: Receive update.

### B. FOCAL POINT COORDINATING COUNCIL (FPCC) (Commissioner Campbell & Manager Reinhart)

The FPCC helps expand opportunities for countywide senior programs, in addition to keeping the COA informed on senior issues and activities. Commissioner Campbell and Manager Reinhart will represent the Woodland COA at the next meeting in March 26, 2009, hosted by the West Sacramento Commission on Aging. The Woodland COA will host the following FPCC meeting in June 2009 at the Woodland Community & Senior Center.

STATUS: Receive update.

#### **C. PROMOTION** (Commissioners Overholt & Talkington)

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

STATUS: Receive update: topics/presentations/dates.

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#### **D. SENIOR RESOURCE FAIR** (Commissioners Wright & Talkington)

The annual 'Senior Resource Fair' provides human and social service agencies an opportunity to talk one-on-one with seniors, their friends and families about local senior programs and services. Commissioners Wright and Talkington will coordinate this year's 'Senior Resource Fair' at the Community & Senior, scheduled from 10:30-1PM on Wednesday, May 13, 2009.

STATUS: Receive update.

#### **E. SENIOR TRANSIT** (Commissioners Talkington & Campbell)

Commissioners Talkington and Campbell are working to bring a mobility training program to Woodland that would help enable seniors and people with disabilities to remain independent and mobile by learning how to use public transportation. This program is scheduled for 10:30-11:30AM on Friday, April 17, 2009 and is expected to help increase public awareness of available transportation options that will benefit seniors, their families and our community.

STATUS: Receive update.

#### **F. WOODLAND APARTMENT LIST** (Commissioner Talkington)

Each fall the Commission on Aging updates their listing of *Apartment Complexes in Woodland*. The 2008 Apartment List was last completed in September 2008 and Commissioner Talkington will begin this year's project in August 2009. The Senior Center makes this information available throughout the year to local seniors who are looking for more affordable housing in town, and to others who want to move to Woodland. The Senior Center, Senior Information & Assistance (I&A) service, and the Woodland Chamber of Commerce have supported this project. The list represents most of the apartments in town, however some apartment managers decline to have their complex listed, and others do not provide the requested information.

STATUS: No report at this time.

Respectfully submitted,

Susannah Reinhart Senior Center Program Manager Parks and Recreation Department

#### **Commission on Aging Communication**

AGENDA ITEM #4

SUBJECT: Senior Center Concerns Update DATE: March 23, 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: March 23, 2009

Item #	Item	Concerns Received	Status
1	-	Plasma screen installed; however its not large enough and they prefer to have a drop-down screen and projector.	Pending: Screen and projector will be purchased for SC Computer Room.
2			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. SCI also paid for tinting of the windows and door of the Thrift Shop and the two exterior Art Room doors.
3	Misc.		Completed: Railings and wainscoting have been installed in both North and South hallways.
4	Handicapped Parking		Completed: Additional handicapped parking has been completed for North Lot.
5	Automatic Doors		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.