Commission on Aging

Location: Woodland Community & Senior Center, 2001 East Street, Woodland, CA 95666

Agenda

February 23, 2010

3:30 –4:30 p.m.

Commission Members	Karen Wright, Chair; Regan Overholt, Vice-Chair; Lucinda Talkington, Don Campbell, (1) Vacancies
3:30 p.m.	**Call to Order**
3:30 p.m.	**Pledge of Allegiance**
3:32 p.m.	**Minutes:** 1. January 27, 2010
3:35 p.m.	**Correspondence** None
3:40 p.m.	**Public Comment**
3:45 p.m.	**Communications Written-Staff Reports** 2. Senior Center Report-Yvette Smith
3:50 p.m.	**Communications-Commission/Staff Statements and Requests** *This is an opportunity for the Commission Members and Staff to make comments and announcements, to express concerns, or to request Commission's consideration of any items a Commission Member would like to have discussed at a future Commission Meeting.*
3:55 p.m.	**Presentations**
3:55 p.m.	**New Business-Action Items** 3. Update Work Plan a. Survey Monkey b. Apartment List c. Resource Fair

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

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

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

Upon request, agendas and documents in the agenda packet will be made available in appropriate alternative formats to persons with a disability, as required by law. Any such request must be made in writing to the Office of the City Clerk of the City of Woodland. Requests will be valid for the calendar year in which the request is received, and must be renewed prior to January 1st. Persons needing disability-related modifications or accommodations in order to participate in public meetings, including persons requiring auxiliary aids or services, may request such modifications or accommodations by calling the Office of the City Clerk (530-661-5806) at least 48 hours prior to the meeting.

d. Focal Point
e. Transportation (quarterly meeting)
f. Biannual Joint Commission Meetings

4:10 p.m.	**New Business-Information Items**
4:10 p.m.	**Old Business-Ation Items**
4:10 p.m.	**Old Business-Information Items**
4:20 p.m.	**Committee Reports**
4:20 p.m.	**Other Business**
4:25 p.m.	**Business Items for Next Meeting**
4:30 p.m.	**Next Meeting Date:** February 24, 2010
4:30 p.m.	**Adjournment**

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Commission on Aging
Woodland Community & Senior Center, 2001 East Street, Woodland, CA 95776

Regular Meeting Minutes

Regular Meeting Minutes of January 27, 2010

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, Talkington, Wright, Overholt (vacancy)
Absent:	0
Staff:	Smith, Haynie
Guests:	None

II. Pledge of Allegiance

III. Minutes

Meeting Minutes of December 2, 2009 (Item 1)
Commissioner Talkington moved approval of the Minutes of December 2, 2009, regular Meeting; Commissioner Campbell seconded. Motion carried.

IV. Correspondence

V. Public Comment (none)

VI. Communications Written-Staff

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

VII. Communication-Commission/Staff Statements and Requests

Commissioners would like this item moved to the end of the agenda.

VIII. Presentations (none)

IX. New Business-Action Items

Election of Officers
Chairperson: Wright Vice Chair: Overholt

Liaisons

Focal Point Coordinating Council: Campbell

Senior Transit Issues: Talkington

Commissioner Talking made the motion to accept the new officers and liasons, Commissioner Campbell seconded the motion. Carried 4-0

X. **New Business-Information Items**

Commissioners changed the next meeting to February 23, 2010.

XI. Old Business-Action Items (none)

XII. Old Business-Information Items

XIII. Committee Reports

XIV. Other Business

XV. Business Items for Next Meeting:

Update the Work Plan

1. Survey Monkey
2. Aparment List
3. Resource Fair
4. Focal Point
5. Transportation (quarterly meeting)
6. Biannual Joint Commission Meeting

XVI. Next Meeting Date: February 23, 2010.

XVII. **Adjourn:** Chairperson Wright adjourned the meeting at 5:00 p.m.

Respectfully submitted,

Cathy Haynie, Administrative Secretary
Parks & Recreation Department

California's Proposed 2010-2011 Budget: Senior-Related Program Reductions	
California Governor Arnold Schwarzenegger released his proposed 2010-2011 Budget on January 8, 2010, which includes significant cuts to health and human services programs that serve California's senior population.	
Understanding the Problem	The Department of Finance projects a General Fund (GF) shortfall of approximately $19.9 billion for the two-year period ending June 30, 2011. This figure represents a current-year shortfall of $6.6 billion and an anticipated shortfall of $12.3 billion in 2010-11, including a $1 billion GF reserve.
2010-2011 Proposed Budget	The 2010-11 Governor's Budget proposes to decrease GF spending in the California Health and Human Services Agency by $4.0 billion, or 16.2 percent, from the revised current year budget. The proposed budget assumes receipt of additional federal funds totaling $6.9 billion across all program areas. Should the state fail to receive these funds, this event will trigger an additional $4.6 billion GF in reductions – $3.5 billion of which would come from cuts and eliminations to several health and human services programs, including those serving older adults.
Proposed 2010-2011 Budget: Program Reductions Impacting Seniors	
The proposed budget includes current fiscal year and budget year (2010-2011) reductions.	
In Home Supportive Services (IHSS)	IHSS provides in-home assistance to low-income adults who are over 65 years of age, blind, or disabled, and to children who are blind or disabled. IHSS currently serves approximately 460,000 recipients, with services delivered by more than 370,000 providers. County social workers assess individuals using a standardized assessment to determine need and then authorize service hours per month based on functional scores of one to five (1=lowest need; 5=highest need). • **IHSS Worker Wage Reduction:** Currently, IHSS workers are paid an hourly wage ranging from $8 to $12.35, depending on the county. Under the proposed budget, state support for IHSS wages would be reduced to the state minimum wage of $8.00/hour plus an additional charge of $.60 per hour for health benefits effective June 1, 2010 (GF Savings $21.3 million in 2009-10; $271.8 million in 2010-11). • **Eligibility Reduction**: The proposed budget would provide IHSS services only to recipients with a functional index score of 4.00 or higher. Therefore, any person with a functional index score of 3.99 or less would lose all IHSS services. This change would eliminate services to 87 percent of IHSS recipients, or about 426,733 people, effective June 1, 2010 (GF Savings $56.6 million in 2009-10 and $650.8 million in 2010-11). Both of these proposals assume that the state will prevail in pending litigation on similar but lesser IHSS reductions previously enacted.
Adult Day Health Care (ADHC)	ADHC is a community-based day care program that provides health, therapeutic, and social services to persons at-risk of nursing home placement. • **Program Elimination:** The budget proposes eliminating the ADHC program, impacting approximately 45,000 Medi-Cal beneficiaries (GF Savings: $104 million).
Supplemental Security Income/State Supplementary Payment (SSI/SSP)	SSI/SSP is a federal/state income program that provides a monthly cash benefit to low-income aged, blind, disabled individuals or couples. California is one of 23 states that supplement the federal SSI payment with state dollars. The budget estimates that approximately 1.26 million children and adults will receive monthly SSI/SSP cash assistance in 2010-11. Of these, 880,093 (69 percent) are disabled, 363,145 (29 percent) are aged, and 18,960 (2 percent) are blind. • **Payment Reduction for Individuals Receiving SSI/SSP** – Under the proposed budget, monthly SSI/SSP grants for individuals (only) would be reduced to the federal minimum on June 1, 2010, from $845 to $830 per month (GF Savings: $13.7 million in 2009-10; $177.8 million in 2010-11).

Medi-Cal Cost Containment	The budget proposes savings through Medi-Cal cost-containment strategies, which may include a combination of limits on services, increased cost-sharing through co-payment requirements and/or premiums, payment reductions, and other programmatic changes. The Administration has not yet specified how it would carry out such reductions (GF Savings: $750 million).
Cash Assistance Payment for Immigrants (CAPI)	CAPI is a state-funded program that provides the equivalent of SSI/SSP for individuals to approximately 8,500 aged, blind, and disabled legal non-citizens who are ineligible for SSI/SSP due to their immigration status. • **Program Elimination**: The budget proposes to eliminate the CAPI program, ending benefits on June 1, 2010 for approximately 8,500 recipients (GF Savings $8.1 million in 2009-10; $107.3 million in 2010-11).
Federal Reimbursement and the "Trigger" Mechanism	
The Governor's Budget relies on receipt of additional federal funds totaling $6.9 billion through the following items: • Extend federal support provisions from the American Recovery and Reinvestment Act of 2009 to California's Health and Human Services programs ($2.1 billion) • Increase the Federal Medical Assistance Program (FMAP) rate (the federal match for Medi-Cal) from 50% to the national average of 57% ($1.8 billion) • Secure reimbursement for Medi-Cal costs that should have been paid by Medicare and changes in the required level of state payment for Medicare prescription drug benefits ($1 billion) • Provide reimbursement for special education mandates ($1 billion) • Provide reimbursement for costs of incarcerating undocumented immigrants ($879.7 million) • Expand federal foster care funding ($94.4 million)	
"Trigger" Reductions	If these federal funds do not materialize, then a "triggering" of permanent budget reductions would occur. Below is a list of only the reductions that would directly or indirectly impact seniors through the trigger.
Elimination of In Home Supportive Services (IHSS)	Elimination of this program would result in the remaining 63,239 recipients to no longer receive IHSS services ($495 million).
Medi-Cal Program Reductions	• Most Medi-Cal optional benefits would be eliminated – including hearing aids, physical therapy, occupational therapy, orthotics, independent rehabilitation facilities, medical supplies, prosthetics, and durable medical equipment. • Medi-Cal eligibility standards would be reduced to federal minimums, resulting in approximately 575,000 people losing access to services through rollbacks in the 1931(b) program, reductions in the Aged, Blind, and Disabled Program, elimination of the Medically Needy Program, and elimination of the Medically Indigent Adult Long-Term Care Program. • Other Medi-Cal program reductions ($532 million for all Medi-Cal program reductions).
Mental Health Services Act	This proposal would require a ballot initiative to use Mental Health Services Act funds to pay for Department of Mental Health state hospital costs, community mental health services costs, and Medi-Cal-related prescription drug costs to mental health care. These funds would not be available to counties as authorized under the Mental Health Services Act ($847 million).

Sources:
"California Health and Human Services Agency Budget Facts: Governor's Proposed Budget FY 2010-11" California Health and Human Services Agency, January 2010.
"The Governor's Budget Summary 2010-2011" California Department of Finance, January 2010.
"The 2010-11 Budget: Overview of the Governor's Budget" Legislative Analyst's Office, January 2010.
"Quick Summary: The Governor's Special Session Proposals and Proposed 2010-11 Budget" Senate Committee on Budget and Fiscal Review, January 2010.
"2010-11 Governor's Budget Highlights: Department of Health Care Services" California Department of Health Care Services, January 2010.

For more information contact:
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Woodland Parks & Recreation Department
2001 East Street • Woodland, CA 95776 • (530) 661-5880

COMMISSION REPORT
February 2010

TO: Carey Sullivan, Interim Director

FROM: Yvette Smith, Recreation Supervisor

Special Events & Activities

- **AARP** – In January the AARP will hold 7 training classes for the volunteers who will be doing tax preparation here at the Senior Center. Tax preparation will be done for seniors at no charge on Wednesday afternoons and Thursday mornings from February 4th through April 15th. Sign ups will began January 11th.
- **AARP Drivers Safety** – The next safety classes will be on February 20th and February 27th. Participants must come to both classes which are about 4 hours each. AARP members pay $12.00 and non members $14.00.
- **Arthritis Support Group** – Meetings held on the 1st Thursday 1 – 3:00pm. For more information call 753-2799.
- **Blood Pressure** – Blood Pressure taken on the 4th Tuesday from 10:00 – 12:00.
- **Changes to Choices** – This Peer Counselors discussion group meets on the 1st & 3rd Tuesdays for 10-11:30am. For more information call 753-1933.
- **Chit Chat Café** – Lunch is served at the Senior Center Monday – Friday. Check in at 11:15, and lunch served at 11:30am. Senior donation (age 60+) $3.00. Reservations are required by noon the previous day – 661-5890. Monthly Birthday Social is held at 11:30am on the last Wednesday.
- **Community Care Car** – Rides offered Monday – Friday, 8:00am – 3:00pm. Reservations must be made in advance. This all volunteer transportation program takes seniors to local appointments Monday – Friday. Seniors must be ambulatory and be able to get into and out oif the minivan on their own. $2.00 round-trip Rider Coupons are available at the front desk. Desk is open to take reservation from 9:00am – 2:30pm. For more information call 662-7800.
- **Computer Club Meeting** – This meeting is held on the 4th Monday from 1:00pm-3;00PM. Speaker program and help for beginning and experienced users.
- **Computer Open Lab** – Supervised labs are available on Wednesdays 12:05 – 3:00pm and Fridays 12-3pm. Learn to operate the computer and use the Internet. Help available. Fee: $0.50/hour.

- **Family Caregiver Support** – Appointments may be scheduled with Peggy Phelps, Caregiver Resource Specialist from Yolo Adult Day Health Care. For information, call 666-8828.
- **HICAP** – Health Insurance Counseling: 1st & 3rd Wednesday from 1-3pm. State registered counselor offers help with Medicare billing problems and comparisons of HMO's and supplemental health insurance policies. (Appointments)
- **Legal Consultations** – 3rd Friday 2:00pm-4:00pm. Brief consultations (15 minutes) with local attorneys at no charge. (Form and document completion, etc. may be arranged at normal fees). Sponsored by the Yolo County Bar Association. (Appointments)
- **Library (books)** - Books are available to browse and borrow. Donations are welcome.
- **Life History** – Tuesdays, Wednesdays & Thursdays during school term through Woodland Adult Education, 662-0798.
- **Partnership Advantage** – 2nd Thursday 9:00-12:00. Questions regarding MediCal through the Partnership Advantage Program. To be eligible you must have MediCal and Medicare Parts A & B, David McCallum, Community Liaison No Appointments necessary.
- **Pilates** – This class focuses on pure Pilates technique emphasizing proper breathing, correct spinal and pelvic alignment, and complete concentration on smooth, flowing movement. Pilates exercise strengthen core abdominal muscles as well as train several muscle groups at once in non-impact, continuous movements. Classes are held on Thursdays. 4 classes for $44. Instructor Liz Shull.
- **Salsa Dance** – The most popular club dance Salsa is fun and easy to learn. Come learn basic Salsa patterns so you can stay loose and enjoy the Salsa Club. No experience necessary, with or without a partner. Classes are held on Thursdays 6:30pm – 7:30pm. $35 for 5 classes.
- **Social Dance** – Learn the basic skills of dancing with a partner, while having fun and meeting people. The class covers basic steps of the most popular social dances. Foxtrot, Waltz, Tango, Cha Cha, Rumba and Swing to get you out on the dance floor. No experience necessary, no partner needed. Classes are held on Thursdays 7:30pm – 8:30pm. $35 for 5 classes.
- **Tai Chi** – This standing exercise class is held from 8:45 – 9:45 on Mondays.
- **The Novel** – This discussion group meets at 9:30am on the 2nd Tuesday of each month.
- **Thrift Shop** – The shop is open on Fridays 9:30 – 11:30am. All ages welcome, but seniors shop first. Donations are accepted on Thursdays from 9am – 11am.
- **Video Library** – Videos are available to borrow. Donations are welcome.
- **Woodland Senior Travel** – Tours planned for 2010 for Seniors (flights leave from Sacramento International Airport) ***CANADIAN ROCKIES & GLACIER NATIONAL PARK*** (July 31-August 7) Tour starts in Calgary and highlights will be Waterton Lakes National Park, Glacier National Park, "Going to the Sun" Road, Banff, Columbia Icefields, Athabasca Falls, and Jasper Cost per person Double Occupancy $2,489.00. ***BRANSON MUSICAL GETAWAY*** (September 17 – September 22) Fly to Branson and enjoy a variety of shows from banjo playing to Broadway-style revues. Eight meals are included on this trip. Cost per person Double Occupancy is $1,965.00. ***SHADES OF IRELAND*** (September 21 – October 3). You will fly to Dublin to start this adventure traveling to Northern Ireland. See Kilkenny, Waterford Crystal, Blarney Castle, Killarney, Limerick and many other wonderful sites. The end of the tour will be in Belfast and you will spend the last night at Cabra Castle. Rates for this trip are $3,499.00 per person Double Occupancy.

- **Yoga Classes** – This popular class is held from 4-5pm 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.
- **Zumba Gold** - For the active senior: this class fuses together Latin-inspired music and fun dance fitness movements. Zumba is more like a dance party than a workout and leaves people feeling fit and happy! Class taught by Mallory Gorenzel and is held on Mondays at 10:30am – 11:15am for 50 year olds and up. 6 class for $35.

Other Programs, Services & Upcoming Events

- Aerobics
- Art Workshop
- Ball Room Dance
- Bingo
- Bridge for Fun
- Art Workshop
- Canasta
- Ceramics
- Cribbage
- Handicrafters
- RPEA
- Hear Hear
- Stroke Support
- Mah Jong
- Needles & Friends
- Pedro
- Ping Pong
- Pinochle
- Second Horizons Bingo
- Ship Shape
- Woodcarving
- Woodland Stompers
- Second Horizons Bingo
- User Group Meeting
- Outa Sight
- Western Line Dance/Party

Boards/Committees

**Commission on Aging (COA):* The next Regular meeting will be held on Tuesday, February 23, 2010 at 3:30 PM at the Community & Senior Center. Public is welcome. Concerned citizens are encouraged to apply for the one vacancy on the Commission. For information and an application, please contact Sue Vannucci, Director of Administrative Services at 661-5800.

**Senior Center, Inc. (SCI):* The next meeting of the BOD (Board of Directors) will be held on Thursday, March 4, 2010 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. Proceeds from the Thrift Shop continue to support programming at the Senior Center.
- Membership: Membership dues are $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.
- 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: 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.