



Winters Senior Commission on Aging Meeting

Teleconference Meeting

Wednesday, July 14 2021 5:30 p.m.

To join this meeting via Zoom Meeting link

<https://us02web.zoom.us/j/88098197361?pwd=Ty8rcIVVckxhZkpWclJ6V2M4ZzhrQT09>

Meeting ID: 880 9819 7361

Passcode: 991915

AGENDA

Commission Members

Marianne Boyer
Wally Pearce

glen Ripley
Cheryl Sandoval

Tina Lowden
Valerie Whitworth

Debra Palmer
Dawn VanDyke

PLEASE NOTE – The numerical order of items on this agenda is for convenience of reference. Items may be taken out of order upon request of the Commission Members. Public comments time may be limited, and speakers will be asked to state their name.

Pledge

Roll Call

Approval of the Agenda

PUBLIC COMMENTS

At this time, any member of the public may address the Commission on matters, which are not listed on this agenda. Citizens should reserve their comments for matter listed on this agenda at the time the item is considered by the Commission. An exception is made for members of the public for whom it would create a hardship to stay until their item is heard. Those individuals may address the item after the public has spoken on issues that are not listed on the agenda. Presentations may be limited to accommodate all speakers within the time available. Public comments may also be continued to later in the meeting should the time allotted for public comment expire.

CONSENT CALENDAR

All matters listed under the consent calendar are considered routine and non-controversial, require no discussion, and are expected to have unanimous Council

support and may be enacted by the City Council in one motion in the form listed below. There will be no separate discussion of these items. However, before the Commission votes on the motion to adopt, members of the Commission, staff, or the public may request that specific items be removed from the Consent Calendar for separate discussion and action. Items(s) removed will be discussed later in the meeting as time permits.

1. Approval of June 9, 2021 Minutes
2. Presentation Regarding SNAP/ Vitals with Q and A by Police Dept
3. Change in Commission Leadership Vote

Round Table Updates / Q & A

1. City Administration:
 - a. Senior Center re finalized contract and resources to move forward
 - b. CDBG grant for Senior Center programming & coordination
 - c. AARP Grant Art in Park Kathleen and Valerie
2. Community Liaison Reports:
 - a. Yolo Healthy Aging - Debra
 - b. YCCAAS - Debra/Marianne
 - c. Winters Senior Foundation - Marianne
 - d. WCC formerly HAC– Tina,
 - e. Area 4 and Winters Elder Day Council – Wally
 - f. FFE advisory subcommittee – Marianne / new Liaison TBD,
 - g. Sr. Center Planning Advisory Subcommittee –Debra
3. Projects:
 - a. Senior Resource Guide Funding and printing update - Tina

Action Items (motions required):

1. Vote on required change in commission leadership
2. Discuss September National Senior Center Recognition month planning
 - a. Community survey / focus groups. Media presentations

ADJOURNMENT

I declare under penalty of perjury that the foregoing agenda for the July 14, 2021 regular meeting of the Winters Senior Commission on Aging was posted on the City of Winters website at www.cityofwinters.org and Commission Members were notified via e-mail of its' availability. A copy of the foregoing agenda was also posted on the outside public bulletin board at City Hall, 318 First Street on July 8, 2021, and made available to the public during normal business hours.



Minutes of the Regular Meeting of the Winters Senior Commission on Aging Held via
Teleconference (Zoom)
June 9, 2021

Meeting called to order at 5:30 p.m.

Swearing in of Recently Appointed Continuing and New Commission Members:

Debra Palmer, Marianne Boyer, Wally Pearce, Glen Ripley

Roll Call Present: Commission Members Boyer, Ripley, Lowden, Sandoval, Pearce, VanDyke, Whitworth, Palmer
Absent: None

Staff: City Manager Kathleen Trepá

APPROVAL OF AGENDA:

There were no changes to the agenda except for a spelling correction. Motion by Commissioner Pearce, second by Commission Member Boyer to approve the agenda. Motion carried with the following roll call vote:

AYES: Commission Members Boyer, Lowden, Sandoval, Pearce, VanDyke, Whitworth, Palmer

NOES: None

ABSENT: None

ABSTAIN: Ripley

PUBLIC COMMENTS:

None

CONSENT CALENDAR:

A. Minutes of the Regular Meeting of the Winters Senior Commission on Aging Held on Wednesday, May 12, 2021

Motion by Commission Member Boyer, second by Commission Member Lowden to approve the Consent Calendar. Motion carried with the following roll call vote:

AYES: Commission Members Boyer, Lowden, Sandoval, Pearce, VanDyke, Whitworth, Palmer

NOES: None

ABSENT: None

ABSTAIN: Ripley

DISCUSSION ITEMS:

Round Table Updates/ Q and A

1) **City Administration:**

- a) Senior Center Funding and Final Plans: We have 4.26 million dollars. Agreement signed and returned to the State of CA. Waiting for the executed contract. Working to line up resources while we are waiting for the contract.
- b) CDBG Grant for Senior Center: No new information. Will likely have information in September or thereafter.
- c) Senior Commission Vacancies Update: Vacancies filled.
- d) Housing (Survey) update regarding senior needs: Posted on the city's website and hard copies are available at the library and at City Hall. Open for public comment until 6/30/2021. Will present information at the next Planning Commission Meeting.
- e) Waste Management discounts for Seniors-research: There are varied rates based on size of can. No senior discounts.
- f) AARP grant update Art in Park: Design is in process. Report to be prepared and reviewed at the July Senior Commission Meeting for input and recommendations.

2) **Community Liaison Reports:**

- a) Yolo Health Aging and YCCAAS: Discussing how to disperse monies allocated by the federal government through recent legislative acts. Funding requests to be considered, must be related to improving conditions that were brought to the forefront through the COVID crisis or have a direct impact on improving COVID related situations. Communities like Winters can ask for funding in such areas as decreasing the digital divide for seniors. Suggesting that City Council consider requesting funds for specific Senior Center needs.
- b) Winters Senior Foundation: Reviewing monies received from the "Big Day of Giving" and possible usage. Considering the start-up of the driving program- Seniors take Seniors to medical appointments. Program has been on hold secondary to COVID-19 restrictions and concerns.
- c) HAC "Winters Corazon Foundation," name changed again. Now "Winters Community Corazon." Considering the date of 9/25/2021 for their annual festival. Looking for volunteers.
- d) Area 4 and Winters Elder Day Council: Reviewed that 6/15/21 is *World Elder Abuse Day* - reviewed a related article and methods for getting help.
- e) FFE advisory subcommittee: Waiting for information regarding what is fixed and not fixed in terms of needs. Architect will provide the final design and schematic. Then we can look at needed equipment and projected costs, etc. Recently completed brochure and insert for our newspaper.
- f) Sr. Center Planning Advisory Subcommittee: Compiling information from other programs in California. Glen Ripley offered to join this subcommittee and will be working with Commissioners Sandoval and Palmer.

3) **Projects:**

- a) Senior Resource Guide Funding (SRG) and Printing Update: Ready to go to bid. Proofreading the final version in English. Once completed will finalize the Spanish version.

- b) Vitals/Snap/CERT program promotion to senior and disabled families: Discussed having a city representative (Chief Miller) present information on these programs and how the data is managed, at one of our future Commission meetings. Discussed the need to be proactive for disaster preparedness, like fires. Specifically referenced the new 3-story senior apartment building. Place this on the agenda for next month for further discussion and consideration.

ACTION ITEMS:

- 1) Next steps for promoting SR Resource Guide digitally/in print - See project A, above.
- 2) Discuss next steps for promoting Vitals/SNAP and or CERT- See project B, above.
- 3) Discuss next step for promoting National Senior Center Recognition month, September planning - **HOLD**
 - a) Community survey/focus groups: - **HOLD**
 - b) Partnering with other liaison organizations with similar missions - **HOLD**
- 4) Leadership in the commission-change or request continuation for one more year before change to promote continuity. Discussed potential nominations for Chair. Discussed Chair and Vice-Chair roles, and possible role modifications. Example: Point person for facilitating meetings, point person for operations. Motion by Commission Member Lowden, second by Commission Member Boyer to hold the vote for leadership until the July Commission Meeting. Motion carried with the following roll call vote:

AYES: Commission Members Boyer, Lowden, Sandoval, Pearce, VanDyke, Whitworth, Palmer, Ripley

NOES: None

ABSENT: None

ABSTAIN: None

INFORMATION ONLY:

The next regular meeting of the Winters Senior Commission on Aging will be held via teleconference July 14, 2021.

ADJOURNMENT:

Motion that we adjourn was made by Commissioner Palmer. Motion seconded by Commissioner Lowden. Motion carried with the following roll call vote:

AYES: Commission Members Boyer, Lowden, Sandoval, Pearce, VanDyke, Whitworth, Palmer, Ripley

NOES: None

ABSENT: None

ABSTAIN: None

Meeting ended at 6:41 p.m.

Cheryl Sandoval

Cheryl Sandoval, Secretary

Sample Summary of Senior Center Programs

Introduction

Senior Centers in California were identified through an internet search on WWW.Senior center.org. Ten centers, serving populations of 2,000-19,000, were selected for further analysis. The following is a synopsis of information found on county, city and individual senior center websites regarding unique features as well as commonalities between all ten centers. Centers with Asterix* were visited in person.

1. Anderson Vally Sr Center- 14470 Hwy 128 BOONSVILLE Mendicino County. Physical site is the local Veteran's Center Building Offers 2 meals in the evening after Bingo in lieu of lunch meal twice a month. Office Hrs. 2 days a week 10-3
2. Lodi-the LOEI Senior Center 105 So Washington 95240-started as a vacant church purchased as a gift to the city. Offers free farmers market 1 time a week food donated from food bank.
3. *Bishop- 682 spruce St./Big Pine, Lone Pine/ Tecopa all in Inyo county
4. *Antelope Sr Cntr. 107655 Hwy 395 Walker Ca Mono County Thrift store next door open Tue -Sat 10-3 proceeds benefit center.
5. Lake Port 527 Konocti Ave NON-Profit Community organization. Cultivates partnerships with Chamber of Commerce, County Board of Supervisors and AARP
6. Murphy population 2,000 small but active
7. Ojai Population 111 Santa Ana St 7,000 has its own Thrift store-all classes offered by volunteers' partners with community organizations to offer community assistance information like Health Insurance Community program, Heating Energy Assistance Program
8. Pinole 2500 Charles Pl. has recreation director and Manager on staff.
9. Rio Vista pop. 7,000. Involves community members in annual planning events and evaluation of programs.
10. Shasta Lake Sr center in Redding population 10,000 NON Profit 5013 C organization
11. San Francisco population of 880,000 has 30 senior centers- one center for every 29,000 people in 30 neighborhoods in area 49 square miles one center per 1.6 square miles of note is the Onloc 30th Street Senior Center near the Mission District -all classes in both English and Spanish. It started in 1979 in one office space as a place for seniors to hold social events. Currently it

offers over 50 activities serving 6-7,000 people annually. Health education classes include specifically Diabetes management.

All centers had an annual membership fee approximately \$30. With some centers having funds set aside in an account for those who could not pay. Age varied from 50-60 for membership or persons any age with disability. Each center was assessed for programs and activities within the following categories. All centers had a presence on the internet on a county or city website or a center website. Most websites had an activity calendar which included meals offered for the month for community congregate meals with a suggested donation averaging \$5.00. Others included senior community resources information. Some had a monthly newsletter. One county had a hard copy senior news newspaper About 30 % identified annual events which were both fun activities to promote socialization in the community and served as a fundraiser. Fund raising events were 1-2 per year and annual social events announced on website, FB pages and in newsletters. All programs offered community meals, a few evening meals, and set class schedules for a variety of exercise classes, games, and education to learn a new hobby, skill or craft offered for free or a nominal fee to cover expenses. A few centers offered training on use of technology. All centers were closed during the pandemic. Some offered resource materials and community resource training to access services. Only 5 identified a staff in charge with office hours. Many centers served as a gather space for transportation to doctor's offices in nearby towns, either free or at reduced costs and health screening activities like BP checks, memory assessment screening.

Summary of Recommended Program Planning

Maintain an active and invested Program Planning Subcommittee that solicits ideas and support from the entire community of winters through community engagement (articles in paper, Web sites, FB etc., Posters, signs, brochures, fliers and in person through regular participation at community events. Consider annual survey of interest through website and in person surveys or focus groups and representation in Senior Winters Foundation and YHAA. Include in the planning process an evaluation plan for the community members to annually include input into future planning and improvements. Suggest using outside objective evaluation plan that assesses best practices and recommended standards for running a Senior center.

Community engagement, development, volunteer recruitment and leadership intergenerational activities

Combine these activities with fund raisers and programs- City wide Senior Book club sponsored by Senior center, Groundbreaking event for entire city and grand opening event to be done in collaboration with younger community members through the high school or Solano Community college. Promote Concept of the

Senior Center in September- National Senior Center Month- post recommendations and best practices for Senior centers. Consider input from the community on naming the center and or a Center Logo and recognize the participants who submitted suggestions and vote on preferred name or logo. Solicit ideas and suggestions from newspaper and set up committee to run the Name Your Center campaign.

Fund Raising

Two times a year blend in with arts and culture or recreational activities. Fund raising for programming to teach classes of interest to community members like use of technology, lessons for drawing/painting, music. Consider partnering with another group or start a senior center Thrift store with proceeds benefiting the center and offer volunteer workers to help run the store- this promotes community engagement.

Health and Wellness

Tai Chi, strength and balance training, walking groups, yoga, chair exercises, silver sneakers, dance classes and dances. Socialization programs included games like Bingo, Card playing groups. Offer Community Assistance information classes to access social services, information on Health Insurance Heating and Energy assistance Programs etc.

Nutrition

Meals on wheels daily M-F monthly include evening meal with a cultural or special event or fund raising- Plan an outing to a restaurant in collaboration with an arts or cultural center. Continue working with Yolo county for program funding. Consider an all-senior run community garden, and possibly on-site meal prep for Meals on Wheels rather than serving meals delivered from main kitchen in Woodland. Cooking Healthy classes, Smar grocery shopping classes. Regular transportation to grocery stores in outer lying areas in Winters or Vacaville or teach use of technology to have food delivered. Use center as location for Yolo Food Bank distribution and or possible farmers Market.

Arts

Plan an outing to an Art center, theater, or Music venue a few times a year, offer classes of interest to members suggested by survey include visual arts, music, literature (book clubs) writing classes- how to write your memoir or legacy, theater- collaborate with Winters Theater in productions or plan trips to Mondovi or SF or Sacramento. Collaborate with leadership in new Pocket park on Main street for monthly art installations, or presentations or with the local Mural painting group or Gorilla Gardeners.

Cultural programs

Collaborate with Hispanic Advisory group, include cultural activities associated with younger age groups, nationalities known and not known in the community, culture of promoting Health and wellbeing. To start with Piggyback onto monthly themes from library or suggestions from AARP programming

Special events

Start with grand opening which includes a community survey of interest in programs and volunteer participation. Start planning a city-wide grand opening- tap into membership of any and all local community groups and churches. Once center is open plan special events that tie in with city calendar, holidays, birthdays monthly at noon hour, monthly themes of interest to community members.

Technology

Use technology at center for internet classes in collaboration with other centers or standalone classes, or you tube videos like Master classes with Museums and Historical activities, teach use of technology- smart phone, laptops, PC, digital cameras, use of APPS, scheduling zoom calls, etc. Perhaps collaborate with Library and or high school or Solano Community College. Recruit volunteers and offer classes as a special event.