



Winters Senior Commission on Aging Meeting

Teleconference Meeting

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

To join this meeting via Zoom:

<https://us02web.zoom.us/j/88098197361?pwd=Ty8rciVVckxhZkpWclJ6V2M4ZzhrQT09>

Meeting ID: **880 9819 7361**

Passcode: **991915**

AGENDA

Commission Members

Marianne Boyer

Michael Felsen

Tina Lowden

Debra Palmer

Wally Pearce

Cheryl Sandoval

Valarie Whitworth

Dawn Van Dyke

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.

Roll Call

Approval of Agenda

COUNCIL/STAFF COMMENTS

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.

A. Approval of March 10, 2021 Minutes

DISCUSSION ITEMS

1. Renew and or fill upcoming vacancies for two-year positions On Winters Sr Commission- Debra
2. Housing Survey- last day to complete online survey- www.cityofwinters.org
3. Sub-committee update on funding for Sr Center- Funding goal/ funds pledged and or received to date/ identified fundraising options and or plans.
4. Subcommittee on Sr Center Programing- recommendations and request to submit official recommendations to city council.
5. Progress report(s) on Senior Apartments
6. Progress report on Senior Center Funding and anticipated schedule groundbreaking.
7. AARP community Challenge Grant update Valarie Whitworth
8. Liaison Reports: *Yolo Healthy Aging*- Yolo County Commission on Aging- Winters Senior Foundation-Hispanic Advisory committee (need new name)-Area four.
9. SNAP/Vitals Program update-Valarie.
10. Intergenerational Events/ outreach-Dawn
11. Next meeting- May 12- online -discuss with city possibility of hybrid meeting.

ADJOURNMENT

I declare under penalty of perjury that the foregoing agenda for the February 10, 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 February 5, 2021, and made available to the public during normal business hours.

Ashley Bussart

Ashley Bussart, City Clerk



Minutes of the Regular March 10, 2021 Meeting of the Winters Senior Commission on Aging Held via Teleconference (Zoom)

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

Present: Commission Members Boyer, Felsen, Lowden, Palmer, Pearce, Sandoval, VanDyke

Absent: Whitworth

Approval of Agenda:

There were no changes to the agenda. Motion by Commissioner Sandoval, second by Commission Member VanDyke to approve the agenda. Motion carried with the following roll call vote:

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

NOES: None

ABSENT: Whitworth

ABSTAIN: None

PUBLIC COMMENTS:

CONSENT CALENDAR:

- A. Minutes of the Regular Meeting of the Winters Senior Commission on Aging Held on Wednesday, February 10, 2021

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

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

NOES: None

ABSENT: Whitworth

ABSTAIN: None

DISCUSSION ITEMS:

- 1) Winters Housing Survey to Capture Senior Housing Needs: Survey is on the city website. Purpose is to determine housing needs for all ages and income groups across town. This is a requirement from the State of California. Commission has asked that survey include questions regarding the need for Assisted Living for Seniors and/or Disabled Individuals. Hope to obtain results and open findings for public comment. Formal report will then be generated. Commission to continue to advise, as indicated.
- 2) Sr. Resource Guide: Have obtained 3 quotes for cost/printing. Five donations have been identified.
- 3) Advisor Committee to FFE Fundraising: Have met to review list (s) of items to be purchased. Reviewing costs, including services and warranties. Estimated cost is \$200,000 now. A working document is being generated for ongoing modification (s), as information comes in.
- 4) Advisor Committee for Senior Center Programs: Reached out to national organizations. Located information from the *National Institute of Senior Centers*. Reviewing award packages and programming from senior centers that won awards. Eight categories reviewed: community development and leadership; cultural; fund raising; health and wellness; nutrition; special events; technology; and highlighting the arts. Moving forward, to consider characteristics of programs for cities near the same size as Winters. A common theme for success is the availability of volunteer and cash resources. Note: September is *National Senior Center Month*.
- 5) Progress on Senior Apartments: No updates.
- 6) Progress on Senior Center: No updates.
- 7) AARP Opportunities: *Discussed Community Challenge Grant* that offers funding for specific projects that make a specific social impact of either connection, wellness, economic development, safe transportation, government & senior population connections, Coronavirus recovery or inclusivity for diverse populations. Potential project types were reviewed and discussed. Application would be due mid-April. Not enough time to apply. Moving forward, consider reviewing AARP funding opportunities 3 times per year, to allow for time to apply for relevant grants, etc.
- 8) Liaison Reports:
 - *Yolo Healthy Aging*: Reviewing legislative agendas and the AB-Bills
 - *Winters SR Foundation*: No new information
 - *Yolo C Commission*: No new information
 - *Area 4*: No new information for Area 4. Talked about Winters Elder Day Council and a series of possible seminars, once COVID-19 restrictions lift
 - *Hispanic Advisory Committee*: They are changing the name of this organization. See news article today. Now a non-profit. Discussed collaboration related to senior programs in Winters.
- 9) Promotion of SNAP and VITALs: Member VanDyke to network for opportunities to promote.

10) 2021 Priorities/Other:

•Consider priorities during our upcoming meetings in April and May:

*Discussed in-person *Senior Commission* meetings, and considerations for a possible Hybrid Format (In-person meeting, with option for Zoom-in the Room so that folks can join remotely, as an option).

*Discussed possible outreach programs & inter-generational programs for *Seniors and School-Age Children*, and outreach programs for *Senior Support/Needs (Example: pet care)*

•Discussed Town Hall Meetings: Sheila Allen has grant money for *Town Hall Meetings* regarding a new master plan on aging for the state of CA. Legislative representatives would be in attendance to discuss potential priorities with our community. Meeting could occur via ZOOM as an option.

Motion by Commission Member Boyer, second by Commission Member Lowden to recommend to the City of Winters, that we conduct a Town Hall Meeting for this purpose on a Friday in April or May of 2021. Motion carried with the following roll call vote:

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

NOES: None

ABSENT: Whitworth

ABSTAIN: None

•Discussed Valley Oak Park: Exercise stations now ready for use!

INFORMATION ONLY:

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

ADJOURNMENT:

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

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

NOES: None

ABSENT: Whitworth

ABSTAIN: None

Meeting ended at 6:26 p.m.

Cheryl Sandoval

Cheryl Sandoval, Secretary

Focus = flow of activities with several options at specific intervals. Cost is very low except for meals and projects in the afternoon hours at 1:15 p.m. I have templates/materials for all time intervals.

Possible Monthly Themes for Activities/Guests- Examples: **January**-Health; **February**-African American Heritage; **March**-Gardening; **April**-Poetry; **May**-Cinco De Mayo/Mothers; **June**-Stay~vacations/Fathers; **July**-National Heritage/4th of July; **August**-Ice-cream/back to school; **September**-Hispanic Heritage; **October**-Movies/Halloween; **November**-Native American Heritage/Thanksgiving; **December**-Gift Giving

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30	Coffee/Tea & Muffins/ Fruit	Coffee/Tea & Bagels/ Fruit	Coffee/Tea & Donuts/ Fruit	Coffee/Tea & Muffins/ Fruit	Coffee/Tea & Bagels/ Fruit	
9:30 2 options	Music & Movement Chair Yoga	Music & Movement Stretching	Music & Movement Chair Yoga	Music & Movement Stretching	Music & Movement Chair Yoga	
10:30	Positive Stories in the News	Positive Stories in the News	Positive Stories in the News	Positive Stories in the News	Positive Stories in the News	
11:00	Share a Story-Volunteer	Share a Story-Volunteer	Share a Story-Volunteer	Share a Story-Volunteer	Share a Story-Volunteer	
11:30	Lunch Purchase or bring	Lunch Purchase or bring	Lunch Purchase or bring	Lunch Purchase or bring	Lunch Purchase or bring	Lunch/ Guest
12:15 2 Options, Except Friday	Game: *Name That Tune Game: *Board & Card Games	Game: *Wheel of Fortune Game: *Board & Card Games	Game: *Puzzles Game: *Board & Card Games	Game: *Charades Game: *Board & Card Games	Game: *Bingo	Guest Ideas: *Music *Health *Activity-Fund Raising
1:15-3:00 3 Options Except Friday	Projects: Knitting Painting School Interface/ Volunteer	Projects: Knitting Painting School Interface/ Volunteer	Projects: Crafts Pets School Interface/ Volunteer	Projects: Crafts Models/ Toy Making School Interface/ Volunteer	Talent/ Hobby Sharing School Interface/ Volunteer	Guest Ideas: *Music *Health *Activity-Fund Raising