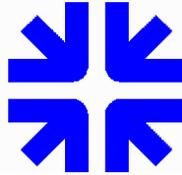


PLEASE POST

Committee Members:
Chair, Jerry Fishman
Vice Chair, Jim Golden
June Abeyta
Ken Bukowski
Kathryn Connell
Nora Davis
Joyce Jacobson
Susan Penner
Louis Labat



AGENDA

COMMISSION ON AGING

Meeting of the Advisory Committee
Special Meeting of the Emeryville City Council
Emeryville Senior Center
4321 Salem Street Emeryville, CA 94608

April 8, 2009
10:00 a.m.

All Advisory Committee meetings are noticed as Special City Council Meetings so that any or all of the City Council may attend and participate in the Advisory Committee's deliberations. However, actions taken by Advisory Committees are not official actions of the City Council but must be ratified at a regular City Council. All writings that are public records and relate to an agenda item below which are distributed to a majority of the Commission on Aging (including writings distributed to a majority of the Commission on Aging less than 72 hours prior to the meeting noticed below) will be available at the Information Counter, 1333 Park Avenue, Emeryville, California during normal business hours (9am to 5pm, Monday through Friday, excluding legal holidays).

AGENDA

- I. Roll Call
- II. Public Comment
- III. Approval of the March 11, 2009 meeting
- IV. Action Items
- V. Information Items
 - A. ACTIA Program Plan/PAPCO/8-To-Go (Joyce Jacobson/Cindy Montero)
 - B. Senior Center Theft (Cindy Montero)
 - C. Pleasant Valley Adult Education Budget Cuts (Cindy Montero)
 - D. Centers New Hours/Other Centers in the Area (Cindy Montero)
 - E. Advisory Council (Jim Golden)
- VI. Staff Comments
- VII. Committee Member Comments
- VIII. Adjournment

FURTHER INFORMATION may be obtained by contacting Cindy Montero, Committee Secretary, at (510) 596-3770. The next regular meeting is scheduled for May 13, 2009

DATED: April 4, 2009

Karen Hemphill, City Clerk

Post on: April 4, 2009
Post until: April 4, 2009

Emeryville Senior Center Commission on Aging
ACTION RECAP

Regular Meeting of March 11, 2008
10:00am

- I. Meeting called to order 10:00
Members Present: Chair Jerry Fishman, Vice Chair Jim Golden, COA
Members June Abeyta, Joyce Jacobson, Kathryn Connell, Louis Labat, Susan
Penner and Council Members Nora Davis and Ken Bukowski.

Members Absent: None

Staff Present: Senior Center Manager Cindy Montero,

Public: Victoria Stone and Judi Oser

- II Public Comments: Judi Oser inquired about joining the Commission on
Aging and all Commissioners and staff encouraged her to do so by filling out
an application and submitting it to the City Clerks Office.

Agenda Action Items:

- III. Motion for approval of the minutes from January 14 , 2009 meeting
Motion: Jim Golden
Second: Ken Bukowski
Ayes: 9
Noes: 0
Abstained: 0
- IV. Action Items
A. The Commission was all in favor of the Center having an AED.
The comment was made to see if the funds could come from the
Emergency Fund, if not “The Friends of the Emeryville Senior
Center” may donate the funds needed to purchase one.
Motion: Ken Bukowski
Second: Jim Golden
Ayes: 9
Noes: 0
- V. Information Items
A. Victoria Stone gave a presentation on the new Senior Housing
Age Song that is being constructed on the corner of 40th Street and
Horton. She informed the COA that there are already 2 facilities in
San Francisco and one in Oakland. The company is family founded
and owned and they take a holistic approach to aging. There will

be 125 apartments and the building will be able to house 165 residents. The four story facility will have a dementia floor a floor for the frail, an assisted living floor and also an independent living floor.

B. Joyce Jacobson and Manager Montero talked about the new transportation service provides by the center from funds obtained through an ACTIA Gap Grant. Commissioner Jacobson shared the comments she heard from people at the Watergate and their hesitations to use the program. She also encouraged all COA members to fill out the application form and to take at least one ride in the vehicle and said that the driver Otis Widley was very friendly and accommodating and a good fit for the program . Manager Montero stated that she would be going to Park Place Plaza on March 12, Emeryville on March 17 and to the Avalon to give presentations and that the Rider Rules was being translated into Chinese and Spanish. She also informed the members the present time there over 100 people signed up to use the program.

C. Manager Montero attended the California Commission on Aging Presentation in Sacramento on February 4, 2009. The presentation was attended by over 500 people who are in some type of Senior Service. The focus of the program was to identify the VISION for the future of Senior Centers and identify the policies and practices needed to fulfill that vision. One trend that successful centers are seeing is the decrease of participants in their structured meal programs. Many centers are going to a Café type programs and have had success. Other changes are the addition of fitness centers and additional classes on health and wellness and holistic healing, along with opening in the evening and weekends.

D. Manager Montero gave an update on the Congregate Meal Program. On March 1 instead of serving meals to the participants the program became a self serve meal. The 2-4 people that attend daily adjusted to the program and still have a hot meal daily.

E. Commissioner and “Friends of the Emeryville Senior Center” Advisor Jim Golden encouraged all COA members to donate items to the Flea Market which will be held on April 30, May 1 and 2. Proceeds go to the centers 501 (c) 3 non-profit. Commissioner Golden invited everyone to come to the Earth Day Celebration on April 18th where the “Friends” would be selling hot dogs and snacks as a fund raiser.

- VI. Staff Comments: Manager Montero informed the COA that the banner was being ordered and that membership was still rising at the center, she also

would be attending a meeting with Senior Center Managers and Directors from Albany, Hercules, Berkeley and Oakland on March 26 to discuss how the centers can work together.

VII.

Committee Member Comments: Commissioners Labat, Penner and O'Connell were glad to see all the great things happening at the center and also the Rani was back doing case management part-time. Council Member Bulowski asked Victoria Stone, from Age Song, how much the rent for the apartments would be and she stated they did not have concrete numbers but thought they would start at approximately \$4,500 per month.

The meeting was adjourned at 11:14am

Submitted by: Cindy Montero, Senior Center Manager, April 3, 2009

Senior Center Report March 2009

Commission on Aging

The Commission recommended that the center purchase an AED for the Center, Manager Montero informed the Commission that she would be attending the Safety Committee and the Risk Management meeting and would present the recommendation to both Committees. Victoria Stone gave a presentation about the new Senior Housing that is being built on 40th and Hollister called Age Song. Manager Montero reported that she attended a Conference on Aging facilitated by the California Commission on Aging. She also gave an update on the congregate meal program. Joyce Jacobson talked about the "8 To Go" transportation service and Judi Oser expressed an interest in joining the COA. The meeting was held on March 11.

Advisory Council

The Advisory Council/ "Friends of the Emeryville Senior Center" met on March 4. The FESC had 2 new members Marilyn Fulrath and Rose Hong. Volunteer sign-up sheets were passed around for the members to pick the times they would like to set-up and cashier. The council talked about the Cruise Trip fund raiser. For every person that signs up for the cruise the 501 (c) 3 will receive \$50. The group also voted to sell hotdogs at the Earth Day Celebration which will be held on April 18th. And also generously paid for and donated re-usable recycled bags for the brown bag program. The bags will be royal blue with white lettering that says "Emeryville Senior Center". Upcoming trips and events were discussed and the next meeting will be April 1. A few other members have expressed an interest in joining the group.

Trips

22 members headed over to Sonoma for a tour of the cheese factory and a few winery stops. The trip took place on March 4th.

The Black Oak Casino was the destination for 22 members on "Go Van Go", on March 14.

The center sent its third trip to the new Academy of Science on March 18th. 22 members hopped on "Go Van Go" for the ride to Golden Gate Park.

18 members enjoyed lunch at the Dead Fish in Crockett for the monthly Dine Around on March 19th.

50 members enjoyed the ride to Carmel by charter bus on March 21.

The Intel Visitors Center and the Rosicrucian Museum were visited by 18 people on March 24.

An overnight trip to Jackson was held on March 29. The group of 20 people enjoyed the ride up on "Go Van Go. While in Gold Country the group visited Daffodil Hill along with other historical stops.

PAPCO/ACTIA

Presentation on 8-To-Go were made at Park Place Plaza on March 12 and at Emeryville on March 17th by Administrative Analyst, Kevin Laven and Manager Cindy Montero. 8 To Go driver, Otis Wiley, parked the vehicle at both locations for people to view. Kevin Laven also dropped off flyers to the Avalon, and Manager Montero stopped at West and North Oakland and met with Dorothy Poston and Doug Howerton to promote "8 To Go" transportation service funded by ACTIA. The Rider Rules handbook was translated into Chinese by Center member Henry Jiang and is also being translated into Spanish. Small business cards were produced in house and Joyce Jacobson and other members are handing them out to prospective clients. Manager Montero and Administrative Analyst Kevin Laven completed the ACTIA Program Application for F/Y 09/10 and submitted them to ACTIA on March 31.

Other Events and Activities

AARP provided Income tax assistance on March, 2, 9, 16, and 23. Arleen Black and two other volunteers assisted over 40 members with filling taxes and questions.

Center Manager Montero attended the CPRS, California Park and Recreation Conference in Santa Clara on March 3. The conference is attended by professionals from California, Arizona and Hawaii. During the conference she attended the CPRS District III board meeting, and is serving as President elect for District III which covers all of Alameda and Contra Costa County.

The center hosted an AARP class on March 9 and 11. The 18 people who attend this class are entitled to a discount on their car insurance.

Manager Montero meet with Juliette Dunn from the Emeryville School District to discuss the possibility of working together to open up a Café in the bar area of the center. The café would be open to the public and would serve packaged food prepared by the cooking class at EUSD. The center is also working with the "Friends of the Emeryville Senior Center" to see if they would like to use this as a fund raising opportunity.

Curtis Winters passed his driving test on March 10 and received his Class B license. Welcome Curtis, our newest bus driver.

The Grandparents Raising Grandkids Support Group met on March 11 and March 25. At the March 11 the group met with representatives from BACS/UCSF, who are promoting a pilot program which offers free case management to seniors who are homebound and depressed.

20 people attended the Maynard Music Salon on March 13. Classical pianist Adam Rochmes performed.

On March 16 the monthly dance was attended by over 30 people. Green was the color of the day and DJ Joe was on hand to spin some tunes.

At the St Patrick's Day lunch, March 17, 52 people enjoyed Corn Beef and Cabbage and a short cello performance by member Tony Gross.

Manager Montero attended both the Safety meeting and the Risk Management meeting at City Hall on March 19th. AEDs were the topic of conversation. Lori Elephant discussed the procedures and policies that need to be in place prior to the city purchasing and installing AEDs in City buildings.

The Round Table meeting on March 20th was attended by Cindy Montero. At the meeting the speakers included the Program Coordinator from Hayward Senior center, the director of Seniors W/O Walls and programs coordinators from Pleasant Valley Adult Education. At the meeting Pleasant Valley explained that the State budget has changed the funding for Adult Education. All moneys that previously were slated for Adult Education will now go to K-12 programs and the city school boards will have the decision on how the funds will be spent and if any will be funneled back to Adult Education. As a result the center lost three teachers that were paid by PVAE. The Monday exercise class will continue, with the teacher volunteering her time. The quilting class teacher will also continue with assistance from "The Friends of the Emeryville Senior Center" and the Friday Club and Friday night club and the monthly social dance will continue with the staff now volunteering their time.

On March 25, the second annual Tea and Talent Day was held at the center. Over 90 people were entertained by members of the center who had a talent to share and also by the numerous classes that the center holds, including the tap, tango, soul line dancing and singing. The art class, knitting and quilting classes all had tables which displayed their creations. While enjoying the entertainment members enjoyed tea, scones and tiny sandwiches. Members also wore their favorite spring bonnets to kick-off the celebration of spring.

Program Coordinator Joe Melancon had a display table at the Albany Senior center Resource Fair. After the fair the managers from Albany, Berkeley and Emeryville met to discuss their programs and the trends the centers are seeing. With the Adult Education money being cut, many of the centers are losing their teachers. The managers also discussed challenges with budgets and staffing.

The center hosted a Wii Bowling Competition at the center on March 27. 14 members competed as the room cheered them on. The competition included guests from Bethany, a senior housing complex in San Francisco. The high score of the day was 201! The winners of the competition and previous competitions won Emeryville Senior Center Wii Championship tee shirts.

Professor Maurice Penner from UCSF, stopped by the center to get permission to conduct a survey about medication and payments. Kira Olsson, also came to the center to ask permission to do a survey on Honeymoons. Kira is writing a senior honors thesis, and attends UC Berkeley.

Volunteer hours for the month of March were 277 hours.

In March the center had 290 hours of scheduled activities.

The center received 42 new membership applications in the month of February, 10 of them from the 94608 zip code.

Case Management (Rani Visweswaran)

- Provided supportive counseling to a 53-year old disabled client following her hospitalization for mental health issues. Consulted the discharge planner, the health insurance company case manager, the grievance/appeals dept., a specialized center for sleep studies, and the outpatient pain management clinic to advocate for client's follow-up care.
- Arranged for purchase and installation of a tub grab bar for an 82-year-old client who is at high risk for falls.
- Followed up with an 80-year-old client and her physician regarding continuing difficulties with changes to her medications.
- Discussed housing and long-term care options with an 82-year old client.
- Followed up with a 76-year-old client who's In-Home Supportive Services case was referred to a special needs department due to her continued problems maintaining a regular chore provider.
- Visited a couple (ages 83 and 82 years) to enroll them in MOWS and assess for other needs. Provided information on community resources, including free and subsidized transportation services. Discussed long-term planning with family.
- Consulted the emergency contact for an 80-year old client regarding client's memory loss and difficulty maintaining her house. Long-term care planning discussed.
- Assisted a 99-year-old client with Social Security and Medicare papers.
- Assisted a 78-year-old client in correcting inaccurate income information on file with the Veterans Administration and Social Security Administration.
- Followed up with a 69-year-old client with anxiety related to the medical testing she is still undergoing for possible cancer.