

SENIOR COMMISSION MEETING

FEBRUARY 4, 2013 - 4:30 P.M.
Los Altos Senior Center Room 11
Hillview Community Center,
97 Hillview Avenue, Los Altos, California

ESTABLISH QUORUM

PLEDGE OF ALLEGIANCE

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

Members of the audience may bring to the Commission's attention any item that is not on the agenda. Please complete a "Request to Speak" form and submit it to the Staff Liaison. Speakers are generally given two or three minutes, at the discretion of the Chair. Please be advised that, by law, the Commission is unable to discuss or take action on issues presented during the Public Comment Period. According to State Law (also known as "the Brown Act") items must first be noticed on the agenda before any discussion or action.

ITEMS FOR CONSIDERATION/ACTION

1. Commission Minutes
Approve minutes of the regular meeting of January 7, 2013
2. Senior Commission structure
Receive an update from the Council Personnel Committee meeting of January 29, 2013
3. Commission accomplishments
Review and discuss 2012 Senior Commission accomplishments to be presented to City Council
4. New Commissioner Orientation
Discuss and approve format for a new Commissioner orientation
5. Co-Sponsorship of Speakers
Receive update regarding Senior Commission Speakers
6. Encore
Discuss participation in Encore on Saturday, March 23, 2013

INFORMATIONAL ITEMS

7. Santa Clara Council on Aging Advisory Board Report
Receive verbal report
8. Monthly Staff Report
Receive information and announcements from City staff

COMMISSIONERS' REPORTS AND COMMENTS

9. Senior Commission Publicity
Receive verbal report from Commissioner Tiemann

POTENTIAL FUTURE AGENDA ITEMS

ADJOURNMENT

SPECIAL NOTICES TO PUBLIC

In compliance with the Americans with Disabilities Act, the City of Los Altos will make reasonable arrangements to ensure accessibility to this meeting. If you need special assistance to participate in this meeting, please contact the City Clerk at least 48 hours prior to the meeting at (650) 947-2720.

Agendas, Staff Reports and some associated documents for Senior Commission items may be viewed on the Internet at <http://www.losaltosca.gov/committees-commissions/senior/index.html>

If you wish to provide written materials, please provide the Commission Staff Liaison with **10 copies** of any document that you would like to submit to the Commissioners in order for it to become part of the public record.

All public records relating to an open session item on this agenda, which are not exempt from disclosure pursuant to the California Public Records Act, and that are distributed to a majority of the legislative body, will be available for public inspection at the Recreation Office, City of Los Altos, located at 97 Hillview Avenue, Los Altos, California at the same time that the public records are distributed or made available to the legislative body.

For other questions regarding the meeting proceedings, please contact the City Clerk at (650) 947-2720.

MINUTES OF A REGULAR MEETING OF THE SENIOR COMMISSION OF THE
CITY OF LOS ALTOS/ TOWN OF LOS ALTOS HILLS, HELD ON
MONDAY, JANUARY 7, 2013 AT 4:30 P.M. AT HILLVIEW COMMUNITY CENTER,
97 HILLVIEW AVENUE, LOS ALTOS, CALIFORNIA, 94022

ROLL CALL

PRESENT: Commission Members Jenney, Popell, Tiemann, Seddiqui, Pelham, De Mare.

ABSENT: Commission Members Smith and Palmer.

PLEDGE OF ALLEGIANCE

Chair Jenney led the Pledge of Allegiance to the flag.

SPECIAL PRESENTATIONS

Marcia Somers, City of Los Altos City Manager, updated the Commission on procedural changes and City matters.

PUBLIC COMMENTS

Katrin Richter, San Francisco State University Grad Student, updated the Commission on the opportunity to train a Tai Chi instructor and to participate in a Stepping On/Stanford Fall prevention program.

ITEMS FOR CONSIDERATION/ACTION

1. Commission Minutes

Approved the minutes of the December 3, 2012 regular meeting.

2. Senior Commission 2012/2013 Work Plan

Reviewed and discussed status of 2012/13 Work Plan.

3. Public Education Programs

Brainstormed 2013 Senior Center speaker topics.

INFORMATIONAL ITEMS

4. Modernization Senior Center

Received verbal staff report regarding status of modernization.

5. Senior Scholarship

Received verbal staff report regarding scholarship applications.

6. Senior Commission Publicity

Received verbal report from Commissioner Tiemann.

7. Santa Clara Council on Aging Advisory Board Report

Received verbal report.

8. Santa Clara County Public Health Department Senior Nutrition Workshops

Received flyer.

COMMISSIONERS' REPORTS AND COMMENTS

POTENTIAL FUTURE AGENDA ITEMS

Explore the concept of a new Commissioner orientation.

Review listing of possible co-sponsorship of speakers.

Pedestrian Master Plan Update.

ADJOURNMENT

Chair Jenney adjourned the meeting at 6:07 p.m.



DATE: February 4, 2013

AGENDA ITEM # 2

TO: Senior Commission
FROM: Jon Maginot, City Clerk
SUBJECT: Senior Commission structure

RECOMMENDATION:

Receive and comment on a City of Los Altos Personnel Committee recommendation regarding the structure of the Senior Commission

BACKGROUND

The City Council Personnel Committee is charged with making recommendations to the City Council regarding any outstanding issues that may arise with City Commissions and Committees. At its January 29, 2013 meeting, the Personnel Committee discussed the reappointment of Commissioners and the structure of the Senior Commission.

DISCUSSION

As part of its discussion, the Personnel Committee identified a recommendation it intends to make to the City Council regarding the structure of the Senior Commission. The recommendation is to model the membership of the Senior Commission after the current joint Library Commission, which is seven members, five of whom are appointed by the Los Altos City Council and two appointed by the Los Altos Hills Town Council.

There are a number of reasons for the recommendation, including:

- Continued standardization of Commissions. All other Los Altos Commissions (excluding the Youth Commission) have seven members.
- Improved ability to ensure a quorum. With seven members, one less person is required to have a quorum for meetings.
- Low number of applicants for vacancies. Los Altos Hills has had one of its positions vacant for an extended period of time and Los Altos received only one applicant for two positions during the latest recruitment period.

It is believed that this recommendation will further enhance the credibility and stability of the Senior Commission, and allow the Senior Commission and staff to better meet the purpose and mission of the Senior Commission.



DATE: 4, February, 2013

AGENDA ITEM # 3

TO: Senior Commission
FROM: Candace Bates, Staff Liaison
SUBJECT: Commission accomplishments

RECOMMENDATION:

Review and discuss 2012 Draft Senior Commission Accomplishments to be presented to City Council

BACKGROUND

Per the City of Los Altos Commission and Committee handbook, a summary of accomplishments in the prior year is submitted to the City Council or the appropriate Commission. Prior Senior Commission accomplishments were presented to the City Council at the Joint meeting with Council on May 1, 2012 and July 26, 2011. The Senior Committee became a Commission on April 26, 2011.

DISCUSSION

The Senior Commission work plan, (attachment A) will need to be reviewed and updated to reflect the Senior Commission accomplishments along with the creation of a summary of the 2012 Senior Commission accomplishments, (attachment B) which will be presented to the City Council.

Attachments:

- A. Senior Commission 2012/13 work plan
- B. Senior Commission 2012 draft summary of accomplishments

Los Altos Senior Commission – 2012-2013 Work Plan
 2012-2013 Council Approved Goals and Projects

Goals	Projects
<p>1 GOAL 1. Transportation – Study issues involving bus transportation for seniors. - Complete (Tanya DeMare and K. Gabrielle Tiemann)</p> <p>a. Benches at Bus Stops (DeMare/Tiemann to follow up with staff)</p>	<p>By July 1, 2012:</p> <ol style="list-style-type: none"> 1) DeMare and Tiemann to meet with Staff in mid July. - completed 2) Contact VTA re: 1) Most widely used routes (2) Feasibility of installing bench/benches - Tiemann contacted VTA and received information on widely used routes. - completed 3) Research the Feasibility/Cost/Process of installing benches and use of grant funds. 4) Validate the need for benches for seniors – Pelham created research binder; given to staff. 5) Identify the location of Los Altos/Los Altos Hills bus stops and which ones have (and don't have) benches – Tiemann contacted VTA and received a print out of bus stops and bench locations. <p>(DeMare/Tiemann)</p>
<p>2 GOAL 2. Provide resources for age-friendly home/condo construction. - Complete (Tanya DeMare and K. Gabrielle Tiemann)</p> <p>a. Compile a listing of resources identifying age-friendly design elements - Complete (DeMare/Tiemann)</p>	<p>By July 1, 2012:</p> <p>Discuss with staff to determine how and to whom to disseminate list of resources –</p> <ol style="list-style-type: none"> 1) DeMare and Tiemann to meet with Staff in mid July. 2) A future informational brochure or handout will be created for Age-friendly residential design and construction (includes ADA compliance) to be distributed to architects and contractors in Los Altos Hills - Completed <p>November, 2012</p> <p>1) An Age-Friendly Design Element is available for public consumption on the City of Los Altos Senior Commission webpage and Town of Los Altos Hills website, or at the front counters. Information is also available through the Town of Los Altos Hills Planning and Building Dept and The City of Los Altos building Division. (DeMare/Tiemann)</p>

<p>3</p> <p>GOAL 3. Refresh/modernize Senior Center. (Kathy Seddiqu)</p>	<p>a. Meet with staff to assess needs of Senior Center</p> <p>b. Contact local designers for possible donation of design plans for center</p> <p>c. Contract furniture stores for possible donations of new furniture and/ or accessories (Seddiqu)</p>	<p>By June 2012:</p> <ol style="list-style-type: none"> 1) Create a list of possible local designers to ask for design plans for the Senior Center 2) Contact designers for design plans for the Senior Center <p>By December 2012:</p> <ol style="list-style-type: none"> 1) Create a list of furniture stores that may donate furniture to implement design plans for the Senior Center 2) Contact furniture stores for the donations of furniture <p>(Seddiqu)</p>	
<p>4</p> <p>GOAL 4. Collaborate with the Senior Center on a variety of educational programs. - Complete (Anabel Pelham and Catherine Popell)</p>	<p>a. Meet with Senior Center staff to assess the needs and scheduling for a senior lecture series COMPLETE</p> <p>b. Explore the no-cost Stanford University Falls Prevention Program (Pelham) COMPLETE</p> <p>c. Explore a Senior lecture series (Pelham/Popell) COMPLETE</p>	<p>By June 2012: COMPLETE</p> <p>Explore options for cost recovery venues for senior lecture series (Library, Town of Los Altos Hills, Main Street Café, State Street Bike Shop, etc.) - completed</p> <p>Invite a representative of the Stanford University Falls Prevention Program to make a presentation to the Commission in order to review its feasibility as an educational program for the Senior Center. Speaker for the Stanford Falls Prevention will present at the Senior Commission Meeting of September 10, 2012. (Pelham/Popell)</p> <p>By August 2012: COMPLETE</p> <p>Have begun to contact possible local speakers with topic expertise, about presenting a lecture in the series (Example: reverse mortgages, health issues, etc.). By November 2012</p> <p>Co-Sponsor Age Well Drive Smart and a Medicare Changes and Updates Presentation. (Pelham/Popell/staff)</p>	

<p>5</p> <p>GOAL 5. Determine if there are gaps in the Emergency Preparedness Programs as they relate to seniors; for example Red Cross, first responders, etc. (Anabel Pelham and Catherine Popell)</p>	<p>By June 2012: COMPLETE</p> <p>Attended a Red Cross focus group on senior emergency preparedness. At her request given the name of facilitator to J. Logan. - Complete</p> <p>Mike Sanders and George Hurst, Emergency Services Coordinators, Santa Clara County Fire Department will present to the Senior Commission at the October 1, 2012 meeting. - Complete</p> <p>Contact the SFSU Gerontology Program Graduate Student team that developed the Intergenerational Emergency Preparedness Project for Los Altos and invite them for a presentation to the Senior Commission. – Complete</p> <p>Invite the American Red Cross to present to the Senior Commission at the November 5, 2012 meeting – Complete</p> <p>April 2013: Co-sponsor a joint fall-prevention, personal emergency preparedness presentation</p> <p>(Pelham/Popell/staff)</p>
<p>6</p> <p>GOAL 6. Continue to update Senior Resource Manual. (Kathy Seddiqui)</p>	<p>(Pelham/Popell/staff)</p>
<p>a. Update senior resource manual annually or as needed</p> <p>b. Solicit feedback from users</p> <p>c. Update the Chamber of Commerce annual brochure (Seddiqui)</p>	<p>By December 2012:</p> <ol style="list-style-type: none"> 1) Review and update all service provider information 2) Add or subtract service providers as necessary 3) Print any updates to the Senior Resource Manuals 4) Update resource books in all locations (Senior Center, Los Altos City Hall, Town of Los Altos Hills Recreation and Chamber of Commerce) 5) Review and add or subtract Senior Resource Manual locations 6) Insert a feedback page in Senior Resource Manuals and City and Town websites

	<p>7) Update City and Town websites to reflect updates (Seddiqui/staff)</p>
<p>7</p>	<p>GOAL 7. Explore research and program development grants and contracts aimed at helping older individuals. (Anabel Pelham)</p>
<p>a. Research grant opportunities (Pelham)</p>	<p>By August 2012:</p> <ol style="list-style-type: none"> 1) Grant process categories and questions developed and will be submitted to City Finance staff in June or July to discuss. 2) Study the Foundation Center's offerings of potential grants and contracts that would serve older persons. Place the emphasis on the eight Age-Friendly Cities criteria 3) Share findings with the Commission and staff (Pelham/staff)
<p>8</p>	<p>GOAL 8. Share with appropriate city officials the results of our after-dark downtown grid lighting surveys. (Karen Jenney and Anabel Pelham)</p>
<p>a. Walking Survey project (Jenney, Pelham)</p>	<p>By May 1, 2012 and November 1, 2012: Share with staff any after-dark lighting safety issues found during next walking surveys in the downtown grid December 5, 2011: Senior Commission meeting with Jim Gustafson and reported on the follow-up progress being made on the Walking Survey results Oct. 29, 2011: Walking Survey done and given to Jim Gustafson, Engineering Services Manager for the City of Los Altos</p>
<p>9</p>	<p>GOAL 9. Identify and/or coordinate common senior initiatives with other agencies that involve senior initiatives (that come within the scope of duties or purposes of Senior Commission). (Linda Smith)</p>
<p>a. Senior Commissioners will attend any meeting of organizations/commissions/committees as invited and/or appropriate and bring that</p>	<p>By June 1, 2012: Review Agendas and Minutes of those organizations that meet Goal 9. If a Senior issue is on the Agenda or Minutes, the assigned Commissioner(s) will attend relevant meetings and report back to the Commission Review organizations that support Seniors in the City of Los Altos/Town of Los Altos Hills and</p>

<p>information back to the Senior Commission</p>	<p>assign Commissioners to other organizations that may have come up Annually review and assign or reassign commissioners to various groups as deemed necessary</p>
<p>10 GOAL 10. Provide Senior Scholarships to encourage Senior Center involvement for those financially challenged.</p> <p>a. Have up to eight \$200.00 scholarships per year in Los Altos utilized</p>	<p>By September 1, 2012</p> <ol style="list-style-type: none"> 1) Simplify and modify application process 2) Present modified process to City Council 3) Reach out to previous applicants that could now qualify 4) Publicize the scholarship availability
<p>11 GOAL 11. Document Age-Friendly Community Events for future reporting. (Linda Smith)</p> <p>a. Maintain a hard and soft copy record of all Age-Friendly Community Events</p>	<p>By December, 2012</p> <ol style="list-style-type: none"> 1) Organize and maintain a record of all Age-Friendly Community Events. 2) Compiled Commission history. (Smith)

Draft Senior Commission 2012 summary of accomplishments

The Los Altos City Council approved ten Senior Commission goals at the Joint Meeting on May 1, 2012. The Senior Commission added Goal 11. *Document Age-Friendly Community Events* for future reporting upon Linda Smith's appointment to the Commission on July 2, 2012 at the Senior Commission meeting. Commissioner Smith has created a binder with documentation of all the City's age-friendly events.

The Senior Commissioners have worked diligently to complete goals one through ten as stated on their work plan.

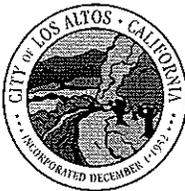
Accomplishments include the compilation of a research binder validating the importance of benches for seniors and information regarding the Valley Transportation Authorities most widely used routes and bus stops that do and do not have benches in Los Altos.

Commissioners and City staff created an Age-Friendly design element that is available for public consumption on the City of Los Altos Senior Commission webpage and Town of Los Altos Hills website, or at the front counters. Information is also available through the Town of Los Altos Hills Planning and Building Department and The City of Los Altos Building Division.

At the Monday, November 5, 2012 meeting the Senior Commissioners received a recommendation from Pattie and Jeanine of New Leaf design on how the Los Altos Senior Center could become more user-friendly and a cheerful place to congregate. Commissioner Seddiqui and Staff are looking into the possibility of ergonomic workstations for Staff and plausible construction costs. The Senior Commission will present their findings to the Council once all costs have been compiled.

The Senior Commission co-sponsored several educational programs including, *Age Well Drive Smart* and a *Medicare Changes and Update presentation*. They have left the next Commission with several possibilities for speakers in 2013 and with a Stanford University Falls Prevention program inclusive of emergency preparedness at the Los Altos Library in April 2013. The Senior Commission suggested new avenues of marketing for the existing Los Altos/Los Altos Hills Emergency Preparedness programs and updated the Senior Commission Senior Resource Manual with an added, "notes page" to receive feedback on the publication.

Commissioners completed a walking survey in November which was turned into City Staff and have continued the Senior Scholarship Program.



DATE: 4, February, 2013

AGENDA ITEM # 4

TO: Senior Commission
FROM: Candace Bates, Staff Liaison
SUBJECT: New Commissioner orientation

RECOMMENDATION:

Discuss and approve format for a new Commissioner orientation

BACKGROUND

A majority of the Senior Commissioners have expressed interest in developing an orientation for those who are new to the Senior Commission. The purpose would be to update the new Commissioners on the accomplishments of the past.

DISCUSSION

A new Commissioner orientation could be planned and implemented by creating a Committee or the Commission could tentatively plan the orientation for next year. A quorum will not be present at the orientation.



DATE: 4, February, 2013

AGENDA ITEM # 5

TO: Senior Commission
FROM: Candace Bates, Staff Liaison
SUBJECT: Co-Sponsorship of Speakers

RECOMMENDATION:

Receive update regarding Senior Commission Speakers

BACKGROUND

Senior Center Staff is conducting its' annual review and implementation of speakers for 2013. Commissioner Popell was contacted by staff to provide a list of speaking topics that the Senior Commission may be interested in collaborating on. At the Senior Commission meeting of January 7, 2013 Commissioners created a list of speaking topics that would be beneficial to Seniors.

This list includes: reverse mortgages, what to do when someone passes away, how to ride VTA, Senior Nutrition (specifically regarding proper hydration), fraud, organizing, housing options for those downsizing.

DISCUSSION

Senior Center Staff is collaborating with several organizations to implement monthly speaking engagements. After the creation of a comprehensive list of speaker topics, Senior Center Staff will contact the Commission to confirm co-sponsorship of upcoming programs or the Senior Commission can plan to organize their own speaking events.



DATE: 4, February, 2013

AGENDA ITEM # 6

TO: Senior Commission
FROM: Candace Bates, Staff Liaison
SUBJECT: Encore

RECOMMENDATION:

Discuss participation in Encore on Saturday, March 23, 2013

BACKGROUND

The City of Los Altos Recreation Department, Senior Center first collaborated with the Los Altos Rotary's Partners Elder Generation Committee (PEG) on an event called, Encore in March of 2010. This event links Older Adults with local volunteer organizations in an effort to build community and support aging well. The Senior Commission participated in last year's event by supplementing marketing efforts and volunteering at an informational table.

On July 2, 2012 the Senior Commission made a recommendation to write a letter of support to the Town of Los Altos Hills City Council in support of the Partners for Elder Generation (PEG) of the Los Altos Rotary request for funding from the Town of Los Altos Hills for \$2,000 to become a contributing sponsor of the March 23, 2013 Encore event. (Attachment A) The Town of Los Altos Hills awarded Los Altos Rotary's (PEG) a Community Services Agency Grant award of \$1976 at the August 23, 2012 meeting.

DISCUSSION

The Senior Commission is invited to participate in this year's Encore event by hosting an informational table and/or helping with marketing efforts. The Commission will need to discuss how the Commission would like to participate in the Encore event.

Attachments:

- A. Encore invitation

Candace Bates

From: Candace Bates
Sent: Thursday, January 31, 2013 5:36 PM
To: Karen Jenney
Subject: Encore 2013 - Volunteer Organization Registration
Attachments: PEG 2013 Invite v02.pdf; Agency Registration form 2013.pdf; 2012EncoreProgramPg1.pdf; EncoreProgramPg2.pdf

Dear Karen Jenney on behalf of the Senior Commission,

The Los Altos Rotary and City of Los Altos are beginning to plan for the 2013 Encore event for the 50+. This year's event will be held in the same location as last year (Los Altos Youth Center) on Saturday, March 23, 2013. The approximate times will be 9:30 – 1 with organizations beginning set-up at 8:30 – 9:30 and clean up after 1:00pm.

Please see attached for the registration form (2 pages), last year's program (see for last year's synopsis) – also 2 pgs. Please return the registration form, and confirm your organizations synopsis by **Monday, February 11, 2013.**

You may mail, email or fax the above information to myself at the contact information below.

Thank you for your support of our event. We look forward to working with you again this year.

Candace Bates
Recreation Coordinator
Senior Center
City of Los Altos Recreation Department
97 Hillview Avenue
Los Altos, California 94022
cbates@losaltosca.gov
Ph: 1-650-947-2894
Fx: 1-650-947-2738
www.losaltosrecreation.org



DATE: 4, February, 2013

AGENDA ITEM # 7

TO: Senior Commission
FROM: Candace Bates, Staff Liaison
SUBJECT: Santa Clara Council on Aging Advisory Board Report

RECOMMENDATION:

Receive verbal report

BACKGROUND

The Council on Aging Silicon Valley (COASV) is a non-profit organization that serves as the Area Agency on Aging in Santa Clara County. The Advisory Council serves as an advisory body to the COASV in areas of planning and advocacy issues.

The City of Los Altos City Council appointed Nancy Dudley to the Council on Aging Silicon Valley Advisory Council at the Tuesday, October 23, 2012 City Council meeting.

DISCUSSION

Nancy Dudley has attended the Monday, January 7, 2013 Council on Aging Advisory Council meeting and will be reporting back to the Senior Commission.



DATE: 4, February, 2013

AGENDA ITEM # 8

TO: Senior Commission
FROM: Candace Bates, Staff Liaison
SUBJECT: Senior Commission Staff Report

RECOMMENDATION:

Receive information and announcements from City staff

DISCUSSION

At the City Council Meeting of February 28, 2013 the City of Los Altos City Council approved \$2,000 for the implementation of a Parks and Recreation Commission survey of households in Los Altos not utilizing Recreation programs. The Commission is currently analyzing the results and will attend a Senior Commission meeting to share its findings after a report has been presented to the Los Altos City Council.

The City of Los Altos Senior Center will be hosting an informational table at the Mountain View Senior Center's Aging in Place event on Saturday, February 9, 2013 from 9:00am – 3:00pm. (Attachment A) This event will provide seminars and access to vendors that support aging in place. For more information contact Nanci Cooper, Senior Advisory Committee member at nancicooper@gmail.com.

Senior Center staff is preparing for Encore on March 23, 2013 from 9:30am – 1:00pm. This is an interactive event for 50+ featuring more than 25 exhibits by local community organizations with lunchtime speaker, Alex (Sandor) Tarics, the oldest living Olympic gold medalist. This event links Older Adults with local volunteer organizations in an effort to build community and support aging well.

The California Parks and Recreation Society will host their annual conference at the San Jose Convention Center March 5-8, 2013. The City of Los Altos Recreation department is in charge of conference signage. Candace Bates, Senior Center staff is Vice-President of the California Parks and Recreation Society, Aging Services and Activities Section and is in charge of hosting an informational table and conference social and awards. The Aging Services and Activities section is sponsoring two five hundred dollar scholarships for full-time students enrolled in Gerontology, Recreation/Leisure Studies or a related human services field. For more information about the California Parks and Recreation Society you may view their website at cprs.org.

The American Society on Aging will host their annual conference March 12-16 in Chicago, IL. For more information you may view their website at asaging.org.



DATE: 4, February, 2013

AGENDA ITEM # 8

AGENDA REPORT

Attachments:

A. Aging in Place 2013 flyer

Aging in Place 2013

Saturday, February 9th 9:00 a.m. – 3:00 p.m.

Mountain View Senior Center

Seniors, families of seniors, baby-boomers! Don't miss out on our second annual Aging in Place event at the Mountain View Senior Center, 266 Escuela Avenue, sponsored by the City of Mountain View's Senior Advisory Committee and partner, DrukerCenter for Innovation. Once again we are providing you with high-quality, comprehensive 40 minute seminars on an array of topics regarding aging in place. AIP-related vendors and volunteer eldercare professionals will be on-site to answer your questions. Note. Conference rooms are assigned by an (A) or (B) after title –choose one for each time slot. This event is FREE. Registration begins at 8.30 am. Lunch available for purchase.

9:00-9:30 Main Hall: Introduction by Elna Tymes, Senior Advisory Committee member
What is Aging in Place? The benefits and challenges of staying in your own home.

9:45-10:30 BLOCK ONE (two choices)

Clutter: Respectful Intervention (A)
Michelle Rogers, Home Instead Senior Care

Advances in Technology for Seniors (B)
Greg Hartwell, Homecare California

12:00-12:45 BLOCK TWO (two choices)

Stroke Prevention (A)
Carolina L. Baron, Stroke Awareness Foundation

Safety, Warmth and Independence at Home (B)
Stewart Hyland, Lily Abt, Rebuilding Together Peninsula

10:45-11:15 Lunch (lunch available for purchase)

11:15-11:45 Main Hall: Lunch speaker, Kelley Ketchmark, Humane Society SV

1:00-1:45 BLOCK THREE (two choices)

Obamacare and the New Medicare Options (A)
Connie Corrales, Sarah Triano, Council on Aging Silicon Valley

Eat Healthy, Eat Smart, Innovative Nutrition (B)
Vanessa Merlano, SCC Public Health Department

2:00-2:45 BLOCK FOUR (two choices)

linkAges: Creating a Community Network to Support Aging in Place (A)
Dr. Paul Tang, DrukerCenter for Innovation

Posture and Fitness for a Pain-free Back (B)
Maya White

3:00: Conference Ends

Contact: Nanci Cooper, Senior Advisory Committee member at nancicooper@gmail.com



DATE: 4, February, 2013

AGENDA ITEM # 9

TO: Senior Commission
FROM: Candace Bates, Staff Liaison
SUBJECT: Senior Commission Publicity

RECOMMENDATION:

Receive verbal report from Commissioner Tiemann

BACKGROUND

Commissioner Tiemann reviews and reports on articles or information published relevant to the Senior Commission. Commissioner Tiemann supports the marketing efforts of the Commission by placing flyers and disbursing information relevant to Senior Commission and Senior Center programming to the greater community.

DISCUSSION

The Commission will discuss any items found in the press.