

SENIOR CITIZEN COMMISSION
MINUTES
Wednesday, January 22, 2020 - 12:00 p.m.
Council Chambers

The City of Gardena, in complying with the Americans with Disabilities Act (ADA), requests individuals who require special accommodations to access, attend and/or participate in the City meeting due to disability, to please contact the City Clerk's Office by phone (310) 217-9565 at least two business days prior to the scheduled meeting to ensure assistance is provided. Assistive listening devices are available.

1. Meeting Call to Order at 12:20 pm
2. Pledge of Allegiance was led by Commissioner M. Kirksey.
3. Roll Call
 - a. Present Commissioners: M. Kirksey, P. Worthy, P. Evans, C. Lynch
 - b. Absent Commissioners: None
 - c. Also Present: C. Theobald
4. Approval of Minutes
 - a. November 20, 2019; Commission was dark December 2019.
 - i. Commissioner Worthy made a motion to approve the minutes. Commissioner Evans seconded the motion. The motion was passed and carried.
5. Unfinished Business
 - a. C. Theobald to print Commissioner ID/Info cards for each Commissioner (except M. Kirksey). Template was approved at October 2019 meeting.
 - b. C. Theobald will find retyped/reformatted copy of "Guidelines & Procedures for the Senior Citizens Commission" and will print copies for each Commissioner.
6. New Business
 - a. Senior Day Care Annual BBQ to take place June 24th 2020 in place of regularly scheduled Commission meeting
 - b. Propose an additional date for another BBQ at the Senior Day Care Center combining the efforts of both Affiliated Committee on Aging and the Seniors Commission.
 - c. C. Theobald to update the Senior Citizen Commission Office Rotation schedule as outlined on Section IV (B) in the "Guidelines & Procedures for the Senior Citizens Commission" booklet.
 - d. C. Theobald to find out if the City of Gardena's insurance covers HDM drivers.
 - e. C. Theobald will follow up with Commissioner Evans to have her volunteer to be a HDM driver.
 - f. C. Theobald to share LA Found Program information with Commissioners via email.
7. Commission Reports
 - a. Commissioner Peggy Evans
 - i. 12/10/19: Attended the Top Notch Senior Volunteer Club dinner
 - ii. 1/13/20: Attended the 2nd Time Around Seniors Club meeting
 - A. LA County Fire Chief from the Gardena fire station spoke about the proposed \$.06 property tax increase on the March 2020 ballot.
 - B. Commissioner Evans voiced her opinions on the proposed tax as well as the fact that there is a Gardena-sponsored sales tax measure on the

March ballot as well.

C. Councilmember M. Henderson spoke about the new voting system and made the club aware of the new election schedule.

iii. 1/17/20: Attended the MLK Youth Night celebration

b. Commissioner Charlotte Lynch

- i. 12/3/19: Attended the COPCAP (Chief of Police Citizens Advisory Panel) holiday meeting.
- ii. 12/5/19: Attended the Rowley Park HOA meeting.
- iii. 12/7/19: Attended the Christmas Craft Fair at the Nakaoka Community Center.
- iv. 12/10/19: Attended the Top Notch Senior Volunteer Club dinner
- v. 12/14/19: Had a "Chat" with Chief of Police, M. Saffell
- vi. 1/7/20: Attended COPCAP meeting
- vii. 1/8/20: Did a Ride-Along with Commissioner P. Worthy to observe how Meals on Wheels works.
 - A. Delivered 23 meals
 - B. Cars should be identified with the programs information
 - C. Parking is horrible
- viii. 1/9/20: Attended the Serra neighborhood watch meeting
- ix. 1/11/20: Attended the Active Shooter Response seminar taught by Lt. V. Osorio
- x. 1/13/20: Did a 2nd Ride-Along with Commission P. Worthy for the Meals on Wheels Program.
 - A. Learned a different aspect of the job as a volunteer
 - B. Delivered 20 meals
- xi. 1/14/20: Attended City Council meeting to honor USAF Veteran Ms. Stacy Lyn Summers
- xii. 1/15/20: Attended the pinning ceremony of Chief of Police M. Saffell
- xiii. 1/16/20: Attended Town Hall Meeting, updating March election system.

c. Commissioner Martha Kirksey

- i. 12/10/19: Attended the Top Notch Senior Volunteer Club dinner
- ii. 1/14/20: Attended the quarterly Gardena Senior Services Advisory Committee (GSSAC) meeting
- iii. 1/16/20: Attended Town Hall Meeting, updating March election system.
- iv. 1/17/20: Attended the MLK Youth Night celebration
 - A. Event was well attended
 - B. Award winners received certificates from many levels of government officials including State Senator S. Bradford and State Assembly member A. Burke.
 - C. Enjoyed the entertainment break with the dancers performing during the event.

d. Commissioner Pat Worthy

- i. Attended Gardena's Beautification Committee's "Home Beautiful" award ceremony for December's winner, Mr. & Mrs. Nguyen located at 15607 St. Andrews Place.
- ii. 1/15/20: Attended the pinning ceremony of Chief of Police M. Saffell
- iii. 1/16/20: 1/16/20: Attended Town Hall Meeting, updating March election system
 - A. How can we reach those who did not attend the town hall meeting?
- iv. 1/18/20: Attended the MLK Parade representing the Seniors Citizen Commissioners.

- A. Event was very multicultural and diverse
 - B. Over 2000 people in attendance
 - C. Great turnout on parade "float" entries
- 8. Affiliated Committee on Aging Report
 - a. Vice President L. Barentine volunteered to work with C. Theobald regarding gathering presentations to be made by organizations to our seniors at lunchtime.
 - b. Reviewed the bylaws and gave them to Senior Bureau Aide J. Mataali to re-type/update.
 - c. Gave bylaws to Senior Bureau Aide J. Mataalii to retype and present at next meeting.
 - d. Updated Committee's personal information on the sign-in sheet assuring its accuracy and updating the snack schedule rotation.
- 9. Staff Report/Department Monthly Report – Christina Theobald
 - a. Current Classes
 - i. Chair Yoga with Jussara: 10:30am-11:30am Wednesdays in January
 - A. Moving to Monday's at 10am in February
 - B. Adding an additional class Monday's from 9am-10am in order to accommodate participants who can do a more traditional form of yoga utilizing mats rather than chairs.
 - ii. Massage: 2nd and 4th Thursdays
 - A. 6-10 minutes each, depending on how many participants attend
 - iii. Cell Phone Assistance: 1st and 3rd Wednesdays, taught by Recreation Leader Kelly Abyad
 - A. Want to expand to incorporate iPads and other tech devices
 - B. Commissioner Evans mentioned that an additional instructor will be necessary if the class continues to grow so each attendee will get adequate time for their questions to be answered.
 - b. "Gardena On the Go" Excursions
 - i. San Antonio Winery Trip planned on Tuesday, January 28th
 - A. \$40 fee includes transportation, winery tour, wine tasting (4 award winning selections), and prix fixe menu lunch at the on-site restaurant.
 - ii. Trips are now open to non-seniors. Any adult 18 years + (or 21+ if alcohol is involved) can register to attend an excursion
 - iii. February Excursion is in the works- our intern is planning it
 - iv. We will take suggestions on where to go to next.
 - v. We have a goal this year to take one overnight trip.
 - c. Meetings
 - i. South Bay Cities Council of Governments (SBCCOG) meeting January 28th at City Hall
 - A. Gardena will be joining the AARP's network of "Age-Friendly" Cities
 - B. Application is currently being completed
 - C. Will require input from each of the City's departments
 - ii. LA Found- meeting on January 15th attended by Christina Theobald
 - A. County sponsored program which issues tracking bracelets to anyone in LA County suffering from cognitive impairment such as Alzheimer's, Dementia, Autism, etc.
 - B. Potential client must have experienced a "wandering episode" in order to qualify
 - C. Bracelet and 1-year supply of batteries are free to qualified clients
 - D. Caregiver must check/test bracelet daily

- E. County is looking for more funding to purchase more bracelets
 - a. They have distributed over 500 in the last year.
 - b. Goal is another 500 by June 30, 2020
 - d. Presentations
 - i. January 21st- Anthem Blue Cross had an information table during part of senior lunch/bingo
 - A. They had a sign-up sheet for anyone who requested additional information
 - B. Contributed a prize for a lucky bingo winner
 - ii. January 30th- Partners in Care, a local non-profit senior citizen organization is coming to present the classes they offer for free to seniors in the community and get a sign-up list
 - A. Fall prevention class
 - B. 8-16 seniors, 2 hours a week for 8 weeks
 - C. Other classes offered by the agency:
 - a. Healthier Living
 - b. Diabetes Self-Management
 - c. Chronic Pain Self-Management
 - d. Arthritis Foundation Exercise Program
 - e. Arthritis Foundation Walk with Ease Program
 - iii. Not Scheduled Yet: LA Metro "On the Move" Rider Program
 - A. Teaches seniors how to ride public transportation
 - e. Notes
 - i. Intern program is growing: We currently have one in the Senior Bureau office; one at the Senior Day Care Center, and one working with Chi Tran for the SSP/Case Management program
 - ii. We need volunteers
 - A. HDM Drivers
 - B. HDM Helpers
 - C. Front Desk Receptionists
 - D. Congregate Lunch Servers/Kitchen Staff at NCC and Rowley Park
 - E. New volunteer flyer and informational brochures are being created/updated and will be distributed shortly
 - iii. "Live Work Play in Gardena" brochure of classes and services will be mailed to Gardena residents and available at city facilities for pick up beginning the first week in February.

10. Oral Communications

- a. None

11. Written Communications

- a. None

12. Announcements

- a. Black History Month "Afternoon in the Park", Saturday, February 29, 2020, from 10:00 a.m. to 3:00 p.m. at Rowley Park. Featuring food, entertainment, crafts and vendor booths, children's crafts and play area.
- b. Annual Cymbidium Orchid Show, Saturday, February 29, 2020, from 12:00 pm to 5:00 p.m. and Sunday, March 1, 2020, from 10:00 a.m. to 4:00 p.m. at the Nakaoka Community Center.
- c. Annual Zen Nippon Airinkai Koi Show on Saturday, March 14, 2020, from 9:00 a.m. to 5:00 p.m. and Sunday, March 15, 2020, from 9:00 a.m. to 3:00 p.m. at the Gardena

Civic Center.

- d. State of the City, Thursday, March 19, 2020. Save the date. More details to follow.

13. Upcoming Senior Events

- a. Candlelight Dinner on January 23rd at 5pm
 - i. Tony Dettore, singer, is performing
- b. February Candlelight Dinner is Feb. 27th
 - i. Mardi Gras theme
- c. Next Special Lunch is February 14th, Valentine's Day Theme
- d. Meal Planning Meeting February 13th
 - i. With current caterer, Tender Loving Care, to agree on a certified menu which is approved by the ENP program site managers, the caterer, and the Consulting Nutritional Services (CNS) registered dietician
 - ii. Menu is based on feedback from program participants and adjusted to meet changing tastes/recommendations of seniors
 - iii. Catering contract expires June 30, 2020 and RFP for the next contract is being put together by City Hall staff
 - iv. Certified menu which will be created at menu planning meeting is what will be presented to potential bidders for the 2020-2023 contract.
- e. Casino Night Fundraiser March 21st at the NCC Auditorium
 - i. Initial planning stages
 - ii. Nikki Sweeney/Stephany Santin will provide an update shortly and keep commissioners informed
- f. Volunteer Appreciation Dinner in April (Date TBD)
 - i. Honoring the "Volunteer of the Year"
 - ii. Youth Commission to partner with Senior Commission to help plan/execute event
 - iii. Staff/Commissioners volunteer to serve meal to guests

14. Next Meeting: Wednesday, February 26, 2020, 12:00 pm

15. Adjournment:

- a. Commissioner Kirksey made a motion to adjourn the meeting. Commissioner Worthy seconded the motion. The motion was passed and carried.
- b. The meeting adjourned at 1:56 p.m.

Respectfully Submitted



Christina Theobald