

PARKS, WELLNESS AND RECREATION COMMISSION

**August 12, 2014 Special Meeting Minutes
6:00 p.m., City Hall-Council Chambers
117 Macneil Street, San Fernando, CA 91340**

PRESENT: Commissioner Adriana Gomez, Commissioner Nina Ballin, Commissioner Saydith Navarro and Commissioner Joe Ponce

ABSENT: Commissioner Danitza Pantoja

ALSO PRESENT: Ismael Aguila, Recreation and Community Services Operations Manager
Linda Bowden-Moreno, Recreation & Community Services Office Specialist

I. Call to Order/Roll Call

- Commissioner Gomez called the meeting to order at 6:01 p.m.
- Present: Gomez, Ballin, Navarro and Ponce
- Absent: Pantoja

II. Pledge of Allegiance

- Commissioner Gomez led the Pledge of Allegiance.

III. Approval of Agenda

Motion was made to approve the agenda of the Parks, Wellness and Recreation Commission for August 12, 2014 with the following amendment: Item VI, "Police Monthly Report", was removed from the agenda.

Motion: Ballin Second by: Ponce

For: All

Against: None

Abstained: None

IV. Consent Calendar

- Approval of Minutes – July 8, 2014

Motion was made to approve the minutes of the Parks, Wellness and Recreation Commission for July 8, 2014.

Motion: Ponce Second by: Ballin
For: All
Against: None
Abstained: None

V. Public Comment

- None

VI. New Business

A. Implementation of Champions for Change-California Fit Business Kit to Recreation and Community Services Department
(presented by Xochitl Valdivia, Work Site Analyst)

- Ismael Aguila provided some background on this item. He was approached by the L.A. County Department of Public Health in an effort to bring this worksite wellness program offered to low-income companies. The RCS Department qualifies based on the salaries of the RCS Department employees as a whole.
- Xochitl Valdivia, Worksite Analyst with the L.A. County Department of Public Health, presented the Commission with information on the Worksite Program. The mission of this program is to promote access to healthy foods and physical activity at the workplace, foster supportive work environments that encourage healthy lifestyles and establish policies that will serve these efforts.
- Employers are encouraged to participate in this program as obesity continues to be a leading cause in escalating medical care costs, especially among minorities. Over \$147 billion are spent on weight related conditions which are preventable when healthy lifestyles are adopted.
- Employers are directly and indirectly affected by poor health issues in the form absenteeism, disability, and productivity losses.
- The California Fit Business Kit is a tool which is adapted and tailored to an organization's specific needs. This begins with an assessment of the

business to gather information. Implementing healthy eating policies is just one example of improving employee's options.

- There are three levels of partnerships depending on how involved the business would like to be. Changes may start out slowly and will take time to implement.
- Commissioner Ponce had questions regarding the wage qualifications for this program. The qualifying employee hourly wage is \$13.79 for 50% of the department's staff.
- This program may also partner with other organizations such as the American Heart Association and the American Diabetes Association to name a few.
- The City has previously worked with this program to seek out qualifying local businesses wanting to participate in improving the health of their employees.
- Commissioner Navarro commented that this sounds like a great program.
- Commissioner Gomez had questions regarding the time commitment for employees and about the minimum number of employees.
- Ms. Valdivia explained the time commitment can vary and the minimum number of employees needed to participate is 25.
- The Commission was asked to refer businesses in L.A. County that may qualify. The San Fernando Mall Association may be a candidate.
- This program comes from a State Initiative funded by the Farm Bill (USDA).
- Ismael will meet with the City Manager tomorrow to discuss this program and get his feedback and direction. .

VII. Old Business

A. Health Campaign/5K Diabetes Event Update

- Ismael reported that the Health Campaign has been implemented as of July 1st. About 12, 000 advertisements have gone out to promote this campaign.

- The 5K event is planned for October 11th. On-line registration is available. Kiwanis has offered to sponsor some families facing financial hardships.
- A training program is available for those interested at a cost of \$25.00.
- The application is not available in Spanish but assistance is available for those who request it.
- Outreach has been in the form of on-line and email. A full page ad will be in the San Fernando Sun and on raceplace.com (website and magazine). Door to door delivery will be starting next week. Volunteers will be visiting local businesses and schools. Incentives for participation will include prizes and a pool party.
- Tierra del Sol students have been invited to participate.
- Commissioner Gomez commended Ismael for the extensive outreach. She suggested staff reach out to the Boys and Girls Club. She will seek volunteers from Kiwanis Key Club.
- Commissioner Ponce will reach out Olive View Hospital.

B. Adoption of Parks, Wellness and Recreation Commission Priorities FY 2014-2015

- Ismael discussed the priorities adopted for the previous Fiscal Year and the progress that has been made in reaching those goals.
- Commissioners discussed the priorities they wish to address this Fiscal Year.
- A consensus was reached to adopt the following priorities: Park Safety, Special Needs Programming, Park Maintenance, Farmers Market, and Health Hub with LIFT/Levantate.

VII. Staff Communication

- Ismael informed the Commission that this Friday is *Family Swim Night*, MMAP will perform at the Summer Concert on August 24th, and the *Passport to Fitness Event* is scheduled on August 28th to promote L.A. Care's new resource center and the City's 103rd birthday will be celebrated on August 30th.

- The next Food Bank Distribution will be on Tuesday, September 9th. The Senior Yoga class is starting the fall semester on August 11th. The Aerobics class is not scheduled to begin at this time as there is no instructor available. The adult school will continue to search for an instructor to be able to offer this class.

VIII. Commissioner Comments

- Commissioner Gomez had questions regarding the use of the new parking lot.
- The parking lot was quite full during the summer. The lot is empty overnight as it is locked up.
- Commissioner Gomez referred *Compañia de Café* as a candidate for California Fit Business Kit Program.

X. Agenda Items for Next Meeting (September 9, 2014)

- Commissioners may email agenda items to staff.

XI. Adjournment

A motion was made to adjourn the meeting at 6:43 p.m.

Motion: Gomez Second by: Ponce

For: All

Against: None

Abstained: None