

RECREATION & COMMUNITY SERVICES
SENIOR CITIZEN ADVISORY BOARD

MEETING MINUTES
Thursday, March 27, 2014 - 1:00 PM
LAS PALMAS PARK
505 S. HUNTINGTON STREET, SAN FERNANDO, CA

BOARD MEMBERS PRESENT: Angel Avila, Marco "Tulio" Escobar Michael Kmet,
Danny Gomez and Benita Rivera

BOARD MEMBERS ABSENT:

STAFF PRESENT: Ismael Aguila, RCS Operations Manager
Virginia Ufano, Community Services Supervisor
Maribel Perez, Program Specialist
Linda Bowden-Moreno, RCS Office Specialist

I. CALL TO ORDER

Michael Kmet called the meeting to order at 1:05 p.m.

II. PLEDGE OF ALLEGIANCE

Led by Angel Avila

III. ROLL CALL

Roll call by Linda Bowden-Moreno

Present: Angel Avila and Marco "Tulio" Escobar
Michael Kmet, Benita Rivera and Danny Gomez

Absent:

IV. APPROVAL OF AGENDA

A motion was made to approve the agenda for the March 27, 2014
Senior Citizen Advisory Board Meeting:

Motion:	Marco Tulio Escobar	Second by:	Benita Rivera
For:	Unanimous		
Against:	None		
Abstained:	None		

V. APPROVAL OF MINUTES

Motion was made to approve the minutes for the October 24, 2013 Senior Citizen Advisory Board Meetings.

Motion: Michael Kmet Second by: Danny Gomez
For: Unanimous
Against: None
Abstained: Angel Avila, Marco Tulio Escobar

VI. CORRESPONDENCE

- None at this time

VII. PUBLIC COMMENT

- No public present

VIII. NEW BUSINESS

A. L.A. County Emergency Preparedness

- Joni Novosel with the L.A. County Department of Health addressed the Board to request the opportunity to conduct a presentation sometime in June on the topic of emergency preparedness.
- Natalie, representative of Walgreens Pharmacies, added that first aid kits and other items will be donated by Walgreens to individuals interested in preparing emergency kits. Walgreens has been a strong supporter in assisting victims of disasters and emergencies by providing supplies.
- Joni Novosel reported that a presentation had already been conducted at Gridley and Morningside Elementary Schools.
- A Teen Certification Program will be scheduled to provide training for emergency preparedness. Adults can also participate in this 16 hour training.
- Mr. Kmet recommended securing a central location to store important supplies such as food and medication in the event of a disaster.
- Virginia Ufano reported that Las Palmas Park was recently assessed as a possible emergency shelter. She will report on the outcome of

the assessment as soon as the results are available. In the past, Recreation Park has been the assigned emergency shelter.

- Virginia Ufano requested adding the Home Delivery Meal Program to the City's Emergency Plan in order to assist the most vulnerable individuals of this community who are home bound. Ismael will look into this request.
- A booth on emergency preparedness information will be included in this year's Senior Expo.

B. Senior Expo

- This year's Senior Expo is scheduled for Friday, May 23rd. This year's theme is "Safety Today, Healthy Tomorrow".
- This year's expo will include presentations on topics such as In Home Support Services, Emergency Preparedness, and more.
- May is "Older Americans Month". The May 5th Council Meeting will include a Proclamation recognizing May as "Older Americans Month". The Senior Board was invited to attend this Council meeting.

IX. OLD BUSINESS

A. CSUN/San Fernando Wellness Partnership Update

- Ismael provided an update on the 100 Citizen Exercise Program. He reported that funding from the Kaiser Grant has allowed for the 12 week diabetes program to be offered at Recreation Park. This program includes nutrition information and assessments. This free program will end in three more weeks.
- City Council voted to move forward with the Health Campaign which will include a 5K event.
- Ismael discussed the "My House My Rules" Campaign which promotes a healthy lifestyle to protect children against serious health problems such as obesity, type 2 diabetes, heart disease, stroke, and certain types of cancer.

B. Senior Board Priorities for FY 2013-2014 Update

- Ismael reviewed the Senior Board Priorities that were adopted at the previous meeting and provided an update on the progress being made to reach those objectives.

- The Senior Board agreed on the following priorities:
 1. Park Maintenance
 2. Increase Senior Meals
 3. Improvements at Park Ave. Club
 4. Identify Solutions for Parking Situation at Park Avenue
 5. Emergency Preparedness
- A *Clean Up Day* was conducted at Las Palmas Park to tidy up the appearance. More Clean Up Days will be planned in the future with the assistance of Rudy Ortega Jr.
- A Risk Assessment was conducted in the City to address sidewalks and other safety concerns.
- A work order has been submitted to apply reflective tape to sidewalks.
- Staff is researching opportunities to identify partners who can assist with increasing the number of meals served. Staff requested assistance from Board members to identify contacts.
- Much needed improvements are planned to occur at Recreation Park, which will include an upgraded A/C, ADA compliant doors, and purchase of new chairs.
- Parking continues to be a problem at Recreation Park. City Council has approved a parking lot on Fourth Street and Park Ave., which will provide 80 parking spaces.
- The item on Emergency Preparedness is in progress. A presentation will be scheduled to address this priority.

C. Elderly Nutrition Program Update

- Virginia Ufano reported that the Fire Inspector issued the fire clearance certification for Las Palmas Park, which is a requirement of the Nutrition Program.
- The Facility Audit was completed and a score of 100/100 was issued.
- The Nutritionist did a presentation for the ENP participants and reviewed the ENP menu.
- The Nutrition program will have a Spring Celebration on April 17th at 10:00 a.m.

- The Homebound Delivery Meal program has space for two new add-ons. Staff will fill these spaces with applicants on the waiting list.

D. Senior Programming Update

- The Senior Yoga and Aerobics classes will be offering a summer session. Flyers will be provided in the near future.
- The Senior Aerobics class will have a new instructor in the Fall as Steve Steinberg will be assigned to other classes.
- The Senior Club is in the process of setting up policies and procedures. Marco Tulio Escobar is the sitting Treasurer who carries a lot of responsibilities to the club.
- The current trips are sold out at this time. A new list with added trips will be distributed soon.
- National Volunteers Week is in the month of April. Approximately 30 volunteers will be recognized at this year's Senior Expo.
- The L.A. Food Bank is now requiring that participants meet an income requirement. Registration is now necessary in order to participate in this program.

X. STAFF COMMUNICATIONS

- Ismael reported on the upcoming Master Zumba class at Recreation Park and the Eggstravaganza Event scheduled on April 19th at Las Palmas.
- Ismael informed the Senior Board that the City now has a new City Manager.
- Ismael thanked the Board members for all their hard work and contributions.

XI. BOARD MEMBER COMMENTS

- Benita Rivera commented on a local church providing yard clean up services to seniors in the community. She benefited from this free service provided to residents in need of assistance to do yard clean up work.

- Benita commented on the need to provide more upkeep to Las Palmas Park. The large bush located on Huntington Street sidewalk is in need of pruning. Lighting along the back wall by the basketball court is not working properly. She also pointed out that vehicles have been exiting through the park entrance often creating a safety concern.
- Danny Gomez reported concerns about speeding vehicles and illegal U-turns on Park Ave.

XII. ADJOURNMENT

There being no further business, the Senior Board meeting was adjourned at 2:32 p.m.

Motion:	Michael Kmet	Second by: Danny Gomez
For:	Unanimous	
Against:	None	
Abstained:	None	