

**RECREATION & COMMUNITY SERVICES**  
**SENIOR CITIZEN ADVISORY BOARD**

**MEETING MINUTES**  
**Thursday, March 28, 2013 - 1:00 PM**  
**LAS PALMAS PARK**  
**505 S. HUNTINGTON STREET, SAN FERNANDO, CA**

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

BOARD MEMBERS ABSENT:

STAFF PRESENT: Ismael Aguila, RCS Operations Manager  
Maribel Perez, Program Specialist  
Linda Bowden-Moreno, Office Specialist

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**I. CALL TO ORDER**

Michael Kmet called the meeting to order at 1:07 p.m.

**II. PLEDGE OF ALLEGIANCE**

Led by Angel Avila

**III. ROLL CALL**

Roll call by Linda Bowden-Moreno.

Present: Angel Avila, Marco "Tulio" Escobar, Michael Kmet, Benita Rivera  
Absent: None

**IV. APPROVAL OF AGENDA**

A motion was made to approve the agenda for the March 28, 2013  
Senior Citizen Advisory Board Meeting

Motion: Benita Rivera  
For: Unanimous  
Against: None  
Abstained: None

Second by: Marco "Tulio" Escobar

**V. APPROVAL OF MINUTES**

Staff informed the board that minutes for January 24, 2013 were unavailable due to department computers not functioning at this time.

- Minutes for January 24, 2013 tabled

**VI. CORRESPONDENCE**

- None at this time

**VII. PUBLIC COMMENT**

- None at this time

**VIII. NEW BUSINESS**

**A. Senior Expo**

- Staff announced that the 2013 Senior Expo is scheduled on Friday, May 24<sup>th</sup> from 9:00 a.m. to 1:00 p.m. This year's theme is "Unleash the Power of Age".
- Thus far, 11 agencies have confirmed their participation. A flyer with all the details will be available soon.

**IX. OLD BUSINESS**

**A. CSUN/San Fernando Wellness Partnership Update**

- Liane Fujita reported on the senior fitness classes, which meet on Monday, Wednesday and Friday at 8:30 a.m. at Recreation Park.
- A flyer on Spring/Summer activities is coming soon. CSUN students are working on promoting classes in the community.
- A Senior Fitness Manual is currently being developed. This will include instructions and illustrations on various exercises.
- The *100 Citizens Fitness Program* was recently recognized by the First Lady, Michelle Obama, at the White House. Ismael Aguila and Dr. Loy were presented with an award for this very successful program.

**B. Elderly Nutrition Program Update**

- The next QA meeting is scheduled on 3/18/13. At this time, there have been improvements on the quality and taste of the food, although there are still some issues with the food temperature from time to time.
- The HDM drivers attended a training on policies and procedures.
- There is a meeting scheduled next Wednesday with staff and the dietician to prepare next year's menu.

**C. Senior Programming Update**

- Maribel reported that the senior exercise classes at Las Palmas are currently on Spring break and will resume next week.
- The Senior Zumba class will now be taught by a new instructor. The previous instructor, Aracely, has relocated out of the country.
- Senior Club trips are selling out quickly. Those interested in reserving a space should do so quickly.
- The Spring Senior Club Dance will be held on Saturday, April 20<sup>th</sup>.
- The week of April 22 is *National Volunteer Week*. Staff will honor our volunteers in some way, possible a pancake breakfast. Board members are invited to attend.

**D. Board Member Appointment Update (Nominate Sector: Park Avenue)**

- At this time there are four board members. The board has been seeking someone to fill the vacant position.
- Ismael informed the board that the Parks, Wellness and Recreation Commission made a recommendation at the previous meeting on seeking a member from the Senior Housing Apartments in the event that no one from the Park Avenue Club shows interest in membership.
- The Senior Board discussed the recommendation and reached consensus on accepting a member to represent the Senior Housing Apartments to fill the current vacancy should no one from the Park Avenue Club come forward.

**X. STAFF COMMUNICATIONS**

- The Older Americans Month Proclamation will be recognized at the May 6<sup>th</sup> City Council Meeting. The board reached consensus in nominating Fred Olivas to be recognized. Board members are invited to attend.
- Ismael informed the board that staff is working with the County on emergency preparedness. The City is focusing on a campaign to prepare for emergencies such as floods, earthquakes, etc.
- Maribel will add an item on emergency preparedness to the monthly newsletter.
- The Eggstravaganza is scheduled this Saturday, from noon to 3:00 p.m. at Las Palmas Park. Flyers were distributed to the board.
- Staff announced that National Food Bank will be distributing food on a designated day for individuals who are 60 years of age and over. Flyers will be made available with details in the near future.
- Next Senior Board meeting will be on April 25, 2013.

**XI. BOARD MEMBER COMMENTS**

- Benita Rivera reported on some items that need attention at Las Palmas Park. She would like to see the park maintained more frequently. Debris should be picked up on a regular basis. Trees and shrubs need regular pruning. This will allow for a neater appearance. She also reported that the walkway just outside the gym is lifted and may be a safety hazard.
- Ismael explained that the Public Works Department is currently understaffed. Certain tasks are now taking longer to complete. These items will be reported to the Public Works Department.

**XII. ADJOURNMENT**

There being no further business, the Senior Board meeting was adjourned at 1:45 p.m.

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|------------|-------------|--------------------------|
| Motion:    | Angel Avila | Second by: Benita Rivera |
| For:       | Unanimous   |                          |
| Against:   | None        |                          |
| Abstained: | None        |                          |