

RECREATION & COMMUNITY SERVICES
SENIOR CITIZEN ADVISORY BOARD

MEETING MINUTES
Thursday, April 25, 2013 - 1:00 PM
LAS PALMAS PARK
505 S. HUNTINGTON STREET, SAN FERNANDO, CA

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

BOARD MEMBERS ABSENT: Michael Kmet

STAFF PRESENT: Virginia Ufano, Community Services Supervisor
Maribel Perez, Program Specialist
Linda Bowden-Moreno, Office Specialist

I. CALL TO ORDER

Angel Avila called the meeting to order at 1:10 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 April 25, 2013
Senior Citizen Advisory Board Meeting

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

Second by: Marco "Tulio" Escobar

V. APPROVAL OF MINUTES

Motion was made to approve the minutes for the January 24, 2013 and March 28, 2013 Senior Citizen Advisory Board Meetings.

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

VI. CORRESPONDENCE

- None at this time

VII. PUBLIC COMMENT

- None at this time

VIII. NEW BUSINESS

A. Older Americans Month

- Maribel Perez announced that the 2013 Older Americans Month Proclamation will be presented by City Council on Monday, May 6th.
- The Senior Citizen Advisory Board is invited to attend and receive the Proclamation with this year's theme being "Unleash the Power of Age".

IX. OLD BUSINESS

A. CSUN/San Fernando Wellness Partnership Update

- Liane Fujita reported on the senior fitness classes, which will continue through the summer.
- The Arthritis Foundation is offering a free exercise program at Recreation Park starting on May 1st, on Mondays and Wednesdays at 10:00 a.m.

B. Senior Expo Update

- Maribel reminded the board of the Senior Expo scheduled on Friday, May 24th from 9:00 a.m. – 1:00 p.m.

- At this time, 24 agencies have confirmed their participation including agencies that will do blood pressure and glucose screenings. There will also be exercise demonstrations, refreshments and prizes.
- A draft flyer was presented to the board for their input.

C. Elderly Nutrition Program Update

- Virginia Ufano reported on the QA meeting from yesterday. The menu for 2013-2014 will be finalized in the next two weeks. Next year there is a new requirement of including 3 grams of fiber in each meal. The next QA meeting is scheduled for May 15th and will include an in-service training on communication with the caterer.
- The County has contracted a CPA firm to conduct a fiscal and administrative monitoring review of the ENP to ensure compliance of program guidelines. The audit will be on May 13, 14 and 15, 2013, at City Hall.

D. Senior Programming Update

- Staff informed the board that the L.A. Food Bank will conduct a free food distribution at Las Palmas Park for people age 60 and over . The first distribution will be on May 8th from 9:00 am-11:00 am. Flyers were distributed to the senior apartments and homebound meal participants and the San Fernando Sun paper included an announcement. This service will occur on a monthly basis.
- The Meal Program will celebrate *Cinco de Mayo* on Friday, May 3rd and *Mother's Day* on May 10th .
- The Senior Club had a successful trip to Laughlin with a new Bus Company which was well liked by the participants. The next trip is to *La Paz Restaurant* for brunch and mariachi music this Sunday. There is still limited space available for those interested. The next Senior Club dance will celebrate Mother's Day dinner and dance in the month of May.
- The Senior Yoga and Aerobics Exercise Classes will offer a summer session through the Adult School. Prices will be about \$35.00 for each class. Flyers will be finalized and distributed.

E. Senior Programming Update

- Virginia reported that an application for the Senior Board was received from Danny Gomez, who is a member of the Park Avenue Club and also

a City resident. Mr. Gomez will go before the Parks, Wellness and Recreation Commission to ratify his appointment to the Senior Board on May 14th.

X. STAFF COMMUNICATIONS

- In appreciation for their hard work, program volunteers will be treated to a *Volunteer Breakfast* from 9:00 am-12:00 pm this Saturday.
- Next Senior Board meeting will be on May 23, 2013.

XI. BOARD MEMBER COMMENTS

- Benita Rivera commented on the empty flowerpot outside the gym being used as a trash can. She would like to see a plant replaced.

XII. ADJOURNMENT

There being no further business, the Senior Board meeting was adjourned at 1:36 p.m.

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