

RECREATION & COMMUNITY SERVICES
SENIOR CITIZEN ADVISORY BOARD

MEETING MINUTES
Thursday, August 22, 2013 - 1:00 PM
LAS PALMAS PARK
505 S. HUNTINGTON STREET, SAN FERNANDO, CA

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

BOARD MEMBERS ABSENT: Danny Gomez

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

I. CALL TO ORDER

Michael Kmet 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: Danny Gomez

IV. APPROVAL OF AGENDA

A motion was made to approve the agenda for the August 22, 2013
Senior Citizen Advisory Board Meeting with the following amendment:

New Business Item D: *Parking at Las Palmas Park and Recreation Park* will be
tabled, as Board Member Danny Gomez is absent.

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 June 27, 2013 Senior Citizen Advisory Board Meetings.

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

VI. CORRESPONDENCE

- None at this time

VII. PUBLIC COMMENT

- Fred Olivas, Las Palmas Club President, had questions regarding an issue concerning the caterer hired for a Senior Club Dance. Ismael Aguila agreed to speak with Fred Olivas regarding the details of the issues with the caterer after this meeting.
- Council Member Jesse Avila greeted the board and advised that he will be attending Senior Board meetings more frequently to seek input from the board.

VIII. NEW BUSINESS

A. Meyling Eliash-Daneshfar

- Meyling Eliash-Daneshfar, with the Los Angeles Caregiver Resource Center, discussed services available through this organization such as support services for families of and individuals with neurological diseases such as dementia and Alzheimer's.
- Support groups, scholarship programs, respite services and caregiver classes are some examples of resources made available by this non-profit organization.

B. Senior Board Overview

- Ismael Aguila discussed the objectives of the Senior Citizen's Advisory Board which is an advisory body reporting to the Parks Commission.

- Copies of Senior Board By Laws and Rules & Procedures were handed out to members.
- A list of Senior Board past projects was distributed to board members as well as a copy of the RCS Department's priorities for FY 2013-2014 which were ratified by Council on 7/1/13.
- Board members were asked to think about their vision for the board and overall senior programming.

C. Senior Board Priorities for FY 2013-2014

- Board members were asked to come up with priorities and recommendations pertaining to senior programming including the Park Avenue Club, the Nutrition Program, the Senior Club and other programs for seniors. These goals will be discussed at the next meeting and will eventually be forwarded to the Parks Commission and to Council sometime in the near future.

D. Parking at Las Palmas Park and Recreation Park

- Item tables as Board Member Danny Gomez is not in attendance.

IX. OLD BUSINESS

A. CSUN/San Fernando Wellness Partnership Update

- Ismael provided an update on the 100 Citizen Exercise Program which continues to grow and flourish.
- Available programming for seniors includes senior fitness classes, diabetes prevention classes, a walking club and other free programming available at Recreation Park.
- The Arthritis Foundation continues to offer free exercise programs at Recreation Park on Mondays and Wednesdays at 10:00 a.m.

B. Elderly Nutrition Program Update

- Maribel Perez reported that there are 150 registered seniors for the congregate meal program. Staff and volunteers at Las Palmas Park handled registrations. Staff will now begin to focus on re-registering HDM participants beginning next month. The focus will be on the more frail individuals in need of additional support.

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- The regular monthly QA meeting was conducted to discuss and identify areas that need improvement with the meal program. This latest meeting included an in-service on sanitation procedures.
- The ENP Luau party was held on August 15 and was a successful and fun event for participants.
- The ENP Independence Celebration Event (Fiestas Patrias) is scheduled to occur on Thursday, September 12th.

C. Senior Programming Update

- Staff informed the board that the L.A. Food Bank continues to conduct a free monthly food distribution at Las Palmas Park for people age 60 and over . The next scheduled event will be on September 17th 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.
- The Senior Aerobics and Yoga Exercise Classes began on August 13th. Cost is \$30.00 per semester for each class.
- The Senior Zumba Class has resumed on Fridays at a new time of 12:00 noon. The cost continues to be \$3.00 per class.
- Upcoming senior trips include destinations to San Pedro and Hawaii.
- The Senior Club donated proceeds from the August dance to the C.I.T. program.

X. STAFF COMMUNICATIONS

- Staff informed the board that Humana Healthcare will be hosting a movie and ice cream event at Las Palmas Park for seniors. Flyers to be distributed as soon as they are available.
- The City will be celebrating its 102 birthday at this Sunday's *Concert in the Park* at Recreation Park. .
- Next Senior Board meeting will be on September 26, 2013.

XI. BOARD MEMBER COMMENTS

- Benita Rivera had questions regarding the method of meal ticket distribution.

- Benita Rivera commented that she would like to see the meal program increase the number of meals distributed.

XII. ADJOURNMENT

There being no further business, the Senior Board meeting was adjourned at 2:30 p.m.

Motion:	Michael Kmet	Second by: Benita Rivera
For:	Unanimous	
Against:	None	
Abstained:	None	