



CHAIR ROBERT GONZALES
VICE CHAIR PATTY LOPEZ
COMMISSIONER ERICA FRIEND
COMMISSIONER NATASHA SANCHEZ-BROOKS
COMMISSIONER VACANT

CITY OF SAN FERNANDO

PARKS, WELLNESS, AND RECREATION COMMISSION REGULAR MEETING AGENDA SUMMARY THURSDAY, FEBRUARY 8, 2024 – 6:30 PM

CITY HALL COUNCIL CHAMBERS
117 MACNEIL STREET
SAN FERNANDO, CALIFORNIA 91340

PUBLIC PARTICIPATION OPTIONS

Please visit the City's YouTube channel to live stream and watch previously recorded Parks, Wellness, and Recreation Commission meetings, which is also available with Spanish subtitles at: <https://www.youtube.com/c/CityOfSanFernando>

In accordance with the Americans with Disabilities Act of 1990, if you require a disability-related modification/accommodation to attend or participate in this meeting, including in-person translation services, or other services please call the Recreation and Community Services Department at (818) 898-7349 or email at LMoreno@sfcity.org at least 2 business days prior to the meeting.

SUBMIT PUBLIC COMMENT IN PERSON:

Members of the public may provide comments in person in the City Council Chambers during the Public Comments section of the Agenda by submitting a comment card to the Board Secretary.

SUBMIT PUBLIC COMMENT VIA EMAIL:

Members of the public may submit comments by email to LMoreno@sfcity.org no later than **12:00 p.m. the day of the meeting**, to ensure distribution to the Parks, Wellness, and Recreation Commission prior to consideration of the agenda. Comments received via email will be distributed to the Parks, Wellness, and Recreation Commission and made part of the official public record of the meeting.

CALL-IN TO PROVIDE PUBLIC COMMENT LIVE AT THE MEETING:

Members of the Public may **call-in between 6:30 p.m. and 6:45 p.m.** Comments will be heard in the order received, and limited to three minutes. If necessary, the call-in period may be extended by the Chair.

Call-in Telephone Number: (669) 900-6833
Meeting ID: 986 1620 1615
Passcode: 988843

When connecting to the Zoom meeting to speak, you will be placed in a virtual "waiting area," with your audio disabled, until it is your turn to speak and limited to three minutes.

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CALL TO ORDER

ROLL CALL

TELECONFERENCE REQUESTS/DISCLOSURE

Recommend consideration of requests received for remote teleconference meeting participation made by members of the City’s legislative bodies, as permitted under the provisions of Assembly Bill (AB) 2449, Government Code Section 54953, and the City of San Fernando adopted Resolution No. 8215, effective March 1, 2023.

PLEDGE OF ALLEGIANCE

Led by Chair

APPROVAL OF AGENDA

Recommend that the Parks, Wellness, and Recreation Commission approve the agenda as presented.

DECORUM AND ORDER

City Commissioners are appointed by City Council and must be free to discuss issues confronting the city in an orderly environment. Members of the public attending City Commission meetings shall observe the same rules of order and decorum applicable to the City Council ([SF Procedural Manual](#)). Any person making impertinent derogatory or slanderous remarks or who becomes boisterous while addressing a City Commission or while attending a City Commission meeting, may be removed from the room if the Presiding Officer so directs the Sergeant-At-Arms and such person may be barred from further audience before the City Commission.

PUBLIC STATEMENTS – WRITTEN/ORAL

Members of the public may **provide comments in person in the City Council Chambers** during the Public Comments section of the Agenda by submitting a comment card to the Board Secretary.

Members of the public may submit comments by email to LMoreno@sfcity.org no later than **12:00 p.m. the day of the meeting**, to ensure distribution to the Parks, Wellness, and Recreation Commission and made part of the official public record of the meeting.

Members of the public may provide a **live public comment by calling in between 6:30 p.m. and 6:45 p.m. CALL- IN INFORMATION: Telephone Number: Telephone Number: (669) 900-6833, Meeting ID: 986 1620 1615; Passcode: 988843**

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CONSENT CALENDAR

Items on the Consent Calendar are considered routine and may be disposed of by a single motion to adopt staff recommendation. If the Parks, Wellness, and Recreation Commission wishes to discuss any item, it should first be removed from the Consent Calendar.

1) CONSIDERATION TO APPROVE PARKS, WELLNESS, AND RECREATION COMMISSION MEETING MINUTES FOR:

- a. January 11, 2024

ADMINISTRATIVE REPORTS

2) UPDATE AND DISCUSSION REGARDING THE FOOD SECURITY AD HOC COMMITTEE

Recommend that the Parks, Wellness, and Recreation Commission:

- a. Receive and file a report regarding the Food Security Ad Hoc Committee's strategies to address food insecurity in the community; and
- b. Provide recommendations as appropriate.

3) DEPARTMENT PROGRAMS AND SERVICES UPDATE

Recommend that the Parks, Wellness, and Recreation Commission:

- a. Receive and file a report updating the programs, services activities, and business conducted by the Recreation and Community Services Department; and
- b. Provide staff direction as appropriate.

STAFF COMMUNICATION

COMMISSIONER UPDATES/REQUESTS TO AGENDIZE ITEM FOR DISCUSSION AT A FUTURE MEETING

Commissioner(s) may request to agendize an item for discussion at a future meeting, subject to approval by the Commission. Requests should align with the commission's scope of responsibility, adhere to City Council policies, and consider the availability of staff resources and budget constraints.

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ADJOURNMENT The meeting will adjourn to its next regular meeting.

AFFIDAVIT OF POSTING

I hereby certify under penalty of perjury under the laws of the State of California that the foregoing agenda was posted on the City Hall bulletin board not less than 72 hours prior to the meeting.

Dated: _____ at: _____

Signed By: _____

Agendas and complete Agenda Packets (including staff reports and exhibits related to each item) are posted on the City's Internet Web site (www.sfcity.org). These are also available for public reviewing prior to a meeting at the Recreation and Community Services Department Public Counter. Any public writings distributed by the Parks, Wellness, and Recreation Commission to at least a majority of the Commissioners regarding any item on this regular meeting agenda will also be made available at the Recreation and Community Services Department Public Counter located at 208 Park Avenue, San Fernando, CA, 91340 during normal business hours. In addition, the City may also post such documents on the City's Web Site at www.sfcity.org. In accordance with the Americans with Disabilities Act of 1990, if you require a disability-related modification/ accommodation to attend or participate in this meeting, including auxiliary aids or services please call the Recreation and Community Services Department Office at (818) 898-7349 or LMoreno@sfcity.org at least 48 hours prior to the meeting.



CITY OF SAN FERNANDO
PARKS, WELLNESS AND RECREATION COMMISSION

REGULAR MEETING MINUTES
JANUARY 11, 2024
ZOOM MEETING STREAMED ON YOUTUBE

THE FOLLOWING MINUTES ARE A SUMMARY OF ACTIONS TAKEN BY THE PARKS, WELLNESS AND RECREATION COMMISSION. VIDEO AND AUDIO OF THE ACTUAL MEETING ARE AVAILABLE FOR LISTENING AT: <https://www.youtube.com/c/CityOfSanFernando>

CALL TO ORDER/ROLL CALL

Commissioner Robert Gonzales called the meeting to order at 6:55 p.m. Administrative Assistant, Linda Bowden-Moreno, called the roll call.

The following persons were recorded as present:

PRESENT:

Commissioners Robert Gonzales, Patty Lopez, Erica Friend, and Natasha Sanchez-Brooks

ABSENT:

ALSO PRESENT:

Recreation and Community Services Supervisor Maribel Perez, Administrative Assistant Linda Bowden-Moreno, and Office Clerk Soledad Chavez

PLEDGE OF ALLEGIANCE

Chair R. Gonzales led the Pledge of Allegiance.

APPROVAL OF AGENDA

Commissioner Friend motioned to approve the agenda for the January 11, 2024 Parks, Wellness and Recreation Commission Regular Meeting. Commissioner Lopez seconded the motion. The motion passed unanimously with the following roll call vote:

AYES: R. Gonzales, P. Lopez, E. Friend and N. Sanchez-Brooks

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NOES:

ABSENT:

ABSTAIN:

PRESENTATIONS

None

PUBLIC STATEMENTS – WRITTEN/ORAL

None

CULTURAL ARTS LIAISONS REPORT

None

CONSENT CALENDAR

Vice Chair Patty Lopez motioned to approve the Consent Calendar approving the Minutes of the November 9, 2023 Parks, Wellness and Recreation Commission Meeting with the following edit: correct title of staff member Freddy Tapia to Recreation Program Specialist. Commissioner Sanchez-Brooks seconded the motion. The motion passed unanimously with the following roll call vote:

AYES: R. Gonzales, P. Lopez, E. Friend and N. Sanchez-Brooks

NOES:

ABSENT:

ABSTAIN:

ADMINISTRATIVE REPORTS

1. CESAR E. CHAVEZ MEMORIAL

There are no updates on the part of staff nor the Ad Hoc Committee to report on at this time.

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2. DEPARTMENT PROGRAMS AND SERVICES UPDATE

M. Perez reported that all the programs and services are up and running in the Recreation and Community Services Department. The Holiday Tree Lighting event was a great success. Senior programs paused for a short period during December, but now are in full swing. Youth Basketball is beginning this Saturday. Mission City Baseball will begin in February. Adult sports are making a comeback this spring. New leisure classes are now offered, such as the Academic Drawing Class and a new class introducing contact-free martial arts.

Commissioner Friend thanked staff and commented that she is looking forward to the programs and events offered by the RCS Department.

Commissioner Sanchez-Brooks commented that she is excited for baseball season to begin.

Vice Chair Lopez asked if there is a program and event calendar available. She also asked about outreach to seniors who may not have internet access. Staff reported that brochures and monthly calendars are available on the City website. Hardcopies are available at Las Palmas Park. Information can also be sent by U.S. mail upon request. Staff will email the winter brochure to commissioners.

STAFF COMMUNICATION

Staff informed the Commission that applications for the veteran banner program will be available in February. Banners will be displayed from November through May.

Movement for Life exercise class is offering a free demonstration on January 25th. The class will be offered monthly in February. Technology Workshops will be offered beginning in February to teach seniors the basics of navigating a computer. Classes are available in Spanish and English. Matinee afternoons are back at Las Palmas beginning in February. A workshop will be offered on February 6th to learn how to make a lovely Valentine's Day card. On February 14th, Las Palmas Park will host La Amistad Café. In partnership with Optum Health Group, a Café Lounge at Las Palmas Park will offer coffee, tea, and pastries and provide an opportunity to celebrate love and friendship on Valentine's Day.

Staff reported that the 3Wins Fitness Program will now be an in-house led program. Dr. Loy has retired but the program will continue to operate under the instruction of City staff. The goal is to continue offering this free and popular program to the community.

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COMMISSIONER UPDATED/REQUESTS TO AGENDIZE ITEM FOR DISCUSSION AT A FUTURE MEETING

Commissioner Friend inquired about a clean up at the City Montanez Natural Park. Staff reported that a clean-up is planned for the 20th as a Day of Service event.

Vice Chair P. Lopez requested an update on the status of the repairs at the Rudy Ortega Tea House. An email was sent to the City Manager several months ago and the Tea House is still in disrepair.

Vice Chair P. Lopez motioned to add an agenda item regarding the status of the repairs at the Rudy Ortega Tea House. Chair R. Gonzales seconded the motion. The motion passed unanimously with the following roll call vote:

AYES: R. Gonzales, P. Lopez, E. Friend and N. Sanchez-Brooks

NOES:

ABSENT:

ABSTAIN:

Vice Chair P. Lopez commented that safety at Rudy Ortega Park is a concern. She would like to recommend more police presence at the park.

Chair R. Gonzales commented that Dr. Loy's retirement is a hard loss to the 3Wins Program. He is happy to hear the program will continue with Dr. Loy's guidance behind the scenes.

ADJOURNMENT

Chair Gonzales adjourned the Parks, Wellness and Recreation Commission meeting at 7:13 p.m.

To: Chair Robert Gonzales and Commissioners

From: Juan Salas, Recreation and Community Services Supervisor

Date: February 8, 2024

Subject: Update and Discussion from the Food Security Ad Hoc Committee Regarding Food Security Efforts in San Fernando

RECOMMENDATION:

It is recommended that the Parks, Wellness and Recreation Commission:

- a. Receive and file a report regarding the Food Security Ad Hoc Committee's strategies to address food insecurity in the community; and
- b. Provide recommendations as appropriate.

BACKGROUND:

1. On April 17, 2023, Mayor Celeste Rodriguez and Councilmember Mary Solorio recommended the establishment of a Food Security Ad Hoc Committee.
2. On April 17, 2023, the City Council voted and approved the committee.
3. The Food Security Ad Hoc Committee has been meeting and planning on offering various new programs such as a City-run food pantry, collaborating with Los Angeles Regional Food Bank in March 2024, and providing additional food resources to families.

ANALYSIS:

Food security is defined as all people, at all times, having access to sufficient, safe, and nutritious food to meet their dietary needs. Although there are a number of supermarkets, restaurants and healthy food vendors within the City of San Fernando, not all people have physical and economic access to these markets. Alternatively, access to fast food restaurants within the city is also notable. Prevalence and access of fast food within an area has been linked to poorer health outcomes associated with diabetes, weight gain and other health challenges.

Update and Discussion from the Food Security Ad Hoc Committee Regarding Food Security Efforts in San Fernando

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Food security is also an important aspect of social justice. Nutritious food should be accessible regardless of socioeconomic status. Having the ability to meet this basic need contributes to overall community health, quality of life and can reduce the burden on healthcare systems.

Previous Food Access Programs

Between 2017 and 2019, the City collaborated with Los Angeles County to provide free lunches at Recreation Park to all children during the summer school break. This changed to a grab and go program during the COVID-19 lockdown. As the impacts of the pandemic continued throughout 2020, the Recreation and Community Services Department provided six monthly food box distributions to residents who registered through the City website. Each box contained facemasks, cleaning products, and over \$150 worth of food items. Over \$80,000 of food and products were purchased and distributed to residents between October 2020 and May 2021.

Current Food Access Programs

Currently, Las Palmas Park hosts the congregate Elderly Nutrition Program (ENP) in which seniors are able to eat a hot lunch five days per week in a social setting. The program also provides home delivered meals (HDM) to seniors who are ill or disabled and cannot physically attend the park to eat lunch. Las Palmas Park also hosts the Los Angeles Regional Food Bank once a month, where seniors can pick up a meal kit. Please see the following table illustrating program data gathered during 2023:

		Food Security Resources 2023											
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Organization/Program													
ONEgeneration, Elderly Nutrition Program (ENP) Weekdays, hot meals	528	770	800	800	1,018	803	790	1,030	951	988	846	717	10,041
LA Regional Food Bank, senior food box distribution Monthly, food kits	94	165	170	157	168	206	194	219	280	206	246	234	2,339
ONEgeneration, Home Delivered Meals (HDM) Weekdays, hot meals	600	570	690	600	660	630	600	660	600	630	600	600	7,440

Staff recently finalized the food distribution calendar for the public to be informed of where they can obtain food in the City as well as in nearby communities (Attachment "A"). The calendar also has additional food resources such as CalFresh, WIC, and the Business and Community Resource Center.

In November 2023, the city celebrated the grand opening of the Business and Community Resource Center (BCRC), which was created to bring resources to the community. On Mondays and Wednesdays, Home Again LA has office hours at the BCRC to assist patrons in applying for

Update and Discussion from the Food Security Ad Hoc Committee Regarding Food Security Efforts in San Fernando

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available social services such as CalFresh. CalFresh is a statewide program that provides an essential hunger safety net for those that qualify. Beginning in March 2024, Home Again LA will be providing two workshops every month related to nutrition, thereby strengthening the community to make informed decisions about their health and wellbeing.

Food Security Ad Hoc

The Food Security Ad Hoc was formed by Mayor Rodriguez and Councilmember Solorio to explore all of the potential partnerships that can be fostered. Organizations such as M.E.N.D., North Valley Caring Services, Los Angeles Regional Food Bank, local churches, and local food pantries, will be targeted for these new partnerships. In addition, after reviewing current food resources, it was recognized that the city is supporting seniors and can support expanding services to individuals and families. As such, the Ad Hoc has worked with staff to develop a resource guide that will be made available to the public that identifies the different programs and opportunities for those in need of food.

Future Food Access Programs

As part of their scope of work, the Food Security Ad Hoc is soliciting public feedback regarding potential partnerships, available resources, and any additional needs the community may have relating to food security. Specifically, the Ad Hoc is exploring the development of a dry foodbank, approved by City Council on October 16, 2023, and intentional connections between resources to promote CalFresh enrollment, available resources and upcoming events.

BUDGET IMPACT:

There is no budget impact to receive and file this report regarding the Food Security Ad Hoc Committee.

CONCLUSION:

It is recommended the Parks, Wellness and Recreation Commission receive and file this report regarding the Food Security Ad Hoc Committee's strategies to address food insecurity in the community, and make recommendations as appropriate.

ATTACHMENT:

A. Food Distribution Calendar

Food Distributions

Mondays

1:00 PM - 3:00 PM
 JFS Food & Resource Program
 14750 Sherman Way, Van Nuys, CA 91405
 (818) 988-7682

*First-timers must register on-site

Tuesdays

4:00 PM - 5:00 PM
 Rock of the Valley Church
 7722 Kester Ave., Van Nuys, CA 91405
 (818) 781-4156

Wednesdays

9:00 AM - 11:00 AM
 Meet Each Need with Dignity (MEND)
 10641 San Fernando Rd., Pacoima, CA 91331
 (818) 896-0246

*Distribution for individuals 18+; ID Required

1:00 PM - 3:00 PM
 JFS Food & Resource Program
 14750 Sherman Way, Van Nuys, CA 91405
 (818) 988-7682

*First-timers must register on-site

Thursdays

10:00 AM - 11:30 AM
 Oasis Foursquare Church
 8856 Kester Ave., Panorama City, CA 91402
 (818) 892-4025

1:00 PM - 3:00 PM
 JFS Food & Resource Program
 14750 Sherman Way, Van Nuys, CA 91405
 (818) 988-7682

*First-timers must register on-site

Fridays

3:00 PM - 4:00 PM
 Lighthouse of San Fernando
 6222 N. Maclay Ave., San Fernando, CA 93140
 (818) 403-6432

9:00 AM - 11:00 AM
 Meet Each Need with Dignity (MEND)
 10641 San Fernando Rd., Pacoima, CA 91331
 (818) 896-0246

*Distribution for individuals 18+; ID Required

2nd and 4th Friday of the Month
 9:00 AM - 11:00 AM
 St. Ferdinand Outreach Center
 1040 Coronel St., San Fernando, CA 91340

*Bring a cart to haul food box

2nd and 4th Friday of the Month
 9:30 AM - 10:00 AM
 St. Didacus Catholic Church
 142325 Astoria St., Sylmar, CA 91342
 (818) 367-6181

8:30 AM - 11:30 AM
 North Valley Caring Service (NVCS)
 15453 Rayen St., North Hills, CA 91343
 (818) 891-0481

*Drive-thru distribution; ID Requested

Saturdays

1:30 PM - 2:30 PM
 Making It Happen
 9666 Foothill Place, Lakeview Terrace, CA 91342
 (818) 398-6232

*Drive-thru only

9:00 AM - 11:00 AM | 1st & 3rd Saturday of the Month
 Meet Each Need with Dignity (MEND)
 10641 San Fernando Rd., Pacoima, CA 91331
 (818) 896-0246

*Distribution for individuals 18+; ID Required

Services for Seniors

10:00 AM - 12:00 PM | Monday - Friday
 ONEgeneration – Elderly Nutrition Program
 505 S. Huntington St., San Fernando, CA 91340
 (818) 654-8007

*Meal program for individuals 60+; Registration on-site
 *Home delivered meals for San Fernando residents

9:00 AM - 11:00 AM | First Monday of the Month
 LA Regional Food Bank
 505 S. Huntington St., San Fernando, CA 91340
 (323) 234-3030 Ext. 170

*Meal program for individuals 60+; ID Required

9:00 AM - 11:00 PM | Every Tuesday
 Meet Each Need with Dignity (MEND)
 10641 San Fernando Rd., Pacoima, CA 91331
 (818) 896-0246

*Meal program for individuals 55+; ID Required

Additional Food Resources

WIC

Moms, Babies & Kids under 5
 Call 1-888-WIC-WORKS or call 2-1-1
 Call 2-1-1 for walk-up distribution sites

CalFresh

Individuals or Families
 1-866-613-3777
 GetCalFresh.org

Business & Community Resource Center

SAN FERNANDO CITY HALL

117 Macneil St., San Fernando, CA 91340

MONDAY - THURSDAY

8:00 AM - 5:00 PM

FRIDAY BY APPOINTMENT

CONTACT US!

resources@sfcity.org | (818) 898-1210



Distribuciones de alimentos

Lunes

1:00 PM - 3:00 PM
JFS Food & Resource Program
14750 Sherman Way, Van Nuys, CA 91405
(818) 988-7682

*Los principiantes deben registrarse en el sitio

Martes

4:00 PM - 5:00 PM
Rock of the Valley Church
7722 Kester Ave., Van Nuys, CA 91405
(818) 781-4156

Miércoles

9:00 AM - 11:00 AM
Meet Each Need with Dignity (MEND)
10641 San Fernando Rd., Pacoima, CA 91331
(818) 896-0246

*Mayores de 18 años; Identificación requerida

1:00 PM - 3:00 PM
JFS Food & Resource Program
14750 Sherman Way, Van Nuys, CA 91405
(818) 988-7682

*Los principiantes deben registrarse en el sitio

Jueves

10:00 AM - 11:30 AM
Oasis Foursquare Church
8856 Kester Ave., Panorama City, CA 91402
(818) 892-4025

1:00 PM - 3:00 PM
JFS Food & Resource Program
14750 Sherman Way, Van Nuys, CA 91405
(818) 988-7682

*Los principiantes deben registrarse en el sitio

Viernes

3:00 PM - 4:00 PM
Lighthouse of San Fernando
622 N. Maclay Ave., San Fernando, CA 93140
(818) 403-6432

9:00 AM - 11:00 AM
Meet Each Need with Dignity (MEND)
10641 San Fernando Rd., Pacoima, CA 91331
(818) 896-0246

*Mayores de 18 años; Identificación requerida

2do y 4to viernes del mes
9:00 AM - 11:00 AM
St. Ferdinand Outreach Center
1040 Coronel St., San Fernando, CA 91340

*Traiga un carrito para transportar cajas de comida

2do y 4to viernes del mes
9:30 AM - 10:00 AM
St. Didacus Catholic Church
142325 Astoria St., Sylmar, CA 91342
(818) 367-6181

8:30 AM - 11:30 AM
North Valley Caring Service (NVCS)
15453 Rayen St., North Hills, CA 91343
(818) 891-0481

*Distribución desde el auto; Identificación solicitada

Sábado

1:30 PM - 2:30 PM
Making It Happen
9666 Foothill Place, Lakeview Terrace, CA 91342
(818) 398-6232

*Distribución desde el auto; Identificación solicitada

9:00 AM - 11:00 AM | 1er y 3er sábado del mes
Meet Each Need with Dignity (MEND)
10641 San Fernando Rd., Pacoima, CA 91331
(818) 896-0246

*Mayores de 18 años; Identificación requerida

Services for Seniors

10:00 AM - 12:00 PM | lunes - viernes
ONEgeneration – Elderly Nutrition Program
505 S. Huntington St., San Fernando, CA 91340
(818) 654-8007

*Mayores de 60 años; Registro en el sitio

*Comidas a domicilio para residentes de San Fernando

9:00 AM - 11:00 AM | Primer lunes del mes
LA Regional Food Bank
505 S. Huntington St., San Fernando, CA 91340
(323) 234-3030 Ext. 170

*Mayores de 60 años; Identificación requerida

9:00 AM - 11:00 PM | cada martes
Meet Each Need with Dignity (MEND)
10641 San Fernando Rd., Pacoima, CA 91331
(818) 896-0246

*Mayores de 55 años; Identificación requerida



Recursos Adicionales

WIC

Mamás, bebés y niños (-5 años)
Llame 1-888-WIC-WORKS o
2-1-1 para sitios de distribución

CalFresh

Individuos o familias
1-866-613-3777
GetCalFresh.org

Business & Community Resource Center

SAN FERNANDO CITY HALL

117 Macneil St., San Fernando, CA 91340

LUNES - VIERNES

8:00 AM - 5:00 PM

VIERNES CON CITA PREVIA

¡CONTÁCTANOS!

resources@sfcity.org | (818) 898-1210



SCAN

To: Chair Robert Gonzales and Commissioners

From: Maribel Perez, Recreation and Community Services Supervisor
By: Juan Salas, Recreation and Community Services Supervisor

Date: February 8, 2024

Subject: Department Programming, Services, Activity, and Business Updates

RECOMMENDATION:

It is recommended that the Parks, Wellness, and Recreation Commission:

- a. Receive and file a report updating the programs, services, activities, and business conducted by the Recreation and Community Services Department; and
- b. Provide staff guidance or recommendations, as appropriate.

BACKGROUND:

1. The mission of the Recreation and Community Services Department (RCS) is to develop and implement enriching community, cultural, and recreational opportunities that foster the overall well-being and personal development of our community.
2. The RCS Department conducts a wide array of programs, services, activities, and business throughout the year. Staff provides a monthly update on items discussed at the Parks, Wellness, and Recreation Commission (PWRC) meetings and welcomes any guidance or recommendations regarding the items presented.

DEPARTMENT UPDATES:

Programs and Services

The RCS Department provides a variety of programming and services for the San Fernando community. All Los Angeles County Department of Public Health protocols and Best Practices guidelines for operating recreational facilities are strictly adhered to. Safety is the top priority for RCS staff when conducting activities for the community. All program participants and park visitors are made aware of safety guidelines being implemented to ensure patrons feel safe while participating in the Department's programs.

Los Angeles Regional Food Bank Distribution

The Regional Food Bank monthly distribution was held on February 5, 2024 from 9:00am-11:00am. This program continues to serve seniors age 60+ on a monthly basis at Las Palmas Park. This drive-through food program provides a free food kit containing nutritious items such as meats, canned fruits and vegetables, cereals and grains. The program serves an average of 150 seniors monthly. The next distribution will be held on March 4, 2024. For more information on food assistance programs please contact Las Palmas Park at 818-898-7340.

SENIOR SERVICES

Senior Meals

In partnership with ONEgeneration, Las Palmas Park continues to host the Elderly Nutrition Program (ENP) for seniors. Free nutritious hot meals are served Monday through Friday. The program also provides meals five days a week for folks that are homebound, registration and home assessment required. The program is free for senior 60+ with a suggested donation of \$3.

Intro to Computers for Seniors

The program is designed to teach seniors the basics of technology such as navigating a computer and registering for an email address. Workshops are offered in English and Spanish on Wednesday mornings at Las Palmas Park.

La Amistad Café

In honor of Valentine's Day, Las Palmas Park is partnering with Optum to host a café social on February 14th. All are welcome to stop by and enjoy a delicious cup of coffee or tea with tasty pastries.

Charla con Dra. Janet Yanez

On February 8th, Alzheimer's Los Angeles hosted a workshop on brain health and how to communicate with your doctor when addressing symptoms related to cognitive function. This particular workshop was offered in Spanish, attendees enjoyed light refreshments and learned some valuable tips.

Las Palmas Senior Club News:

- The Valentine's Day dance will be held on Saturday, February 17th.
- Senior Club Monthly Meetings occur on the first Sunday of each month from 1:00 pm to 3:00 pm.

SOCIAL SERVICES

Teens for a Better Community (TBC)

The January TBC gathering centered around creating a vision board with emphasis on setting personal goals and visualizing aspirations for the future. Thirteen teens actively engaged in discussions on the topic of holistic well-being, encompassing mental, physical, financial, and relational aspects. These dynamic discussions and activities are shaping our community's future leaders. We commend the teens for their dedication to personal development and community betterment.

Next meeting will be held on Wednesday, February 21, from 6:00 PM - 7:30 PM at Las Palmas Park.

Tutčint Program

On February 10th, Tutčint will be celebrating the program's Cohort 9 culmination. The celebration will be hosted at San Fernando Recreation Park from 12 pm- 2 pm. The partnership with the City has played an important role in the success of this program. With its heritage-enhanced knowledge, empowering youth to believe in achieving their fullest potential and improving their quality of life within the inter-Tribal community. For more information on this program, call 818-366-6105.

Social Services – Spotlight on Mental Health Support

During the month of January, staff developed Mental Health Support informational boards at both park facilities. The following information was posted and is readily available for any one in need of services:

LA County Department of Mental Health

Anyone experiencing or affected by a mental health, substance use, or suicidal crisis, are encouraged to dial the 24/7 help line at 800-854-7771 for mental health referrals and crisis services.

988 Suicide & Crisis Lifeline

We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

RECREATION

Leisure Classes

In January, staff launched a new Academic Drawing class. The first session had five participants ages 7-10. Students enjoyed learning about shapes, composition and rendering techniques. Staff will develop demonstrations at future City events to increase exposure and participation.

February 5th was the start of another new class this year for the department, Ninja Ninja Learns! This first session has fourteen participants ages 2-6. The program focuses on teaching youth the

fundamentals of martial arts in a fun and creative way utilizing non-contact and non-competitive methods.

Fitness Classes

3 Wins Fitness San Fernando is back! The nationally recognized free exercise program has returned to Recreation Park as of January 29th. Returning participants received a program t-shirt, courtesy of Dr. Loy (program founder), on the first day of session. Class meets Monday, Wednesday and Fridays at 8:15am.

February 5th marked the start of the Total Body Conditioning Fitness Bingo Challenge. Class attendees are encouraged to participate in this fun fitness challenge throughout the month. Complete a workout, set a goal and drink some water are all examples of the challenges on the bingo card. Those that achieve a “bingo” will be able to submit their cards into a drawing at the end of the month for some fun prizes.

Inclusive Zumba will host a special Friendship class during the month of February in honor of Valentines Day. Participants will be encouraged to dress in their Valentines’ best and showcase their dance moves. The monthly class themes are a collaboration between the instructor and staff to keep the special needs participants motivated and engaged.

Youth Sports

The winter season of Youth Basketball is underway serving over 90 participants ages 7-15. Catch all the action on Saturday mornings now through mid-March at Recreation Park from 9am-2pm.

Spring season of Mission City Baseball is just around the corner. Staff held a coach’s meeting on January 31st and player tryouts on February 3rd. Depending on registrations, the league will plan to interlock with surrounding Pony leagues for games this coming Spring.

Adult Sports

Coed Softball is back at Recreation Park! The spring season started on February 6th with five teams on deck. The community is invited to swing by on Tuesday evenings from 7-10pm and check out the excitement as the teams break in the new field at Recreation Park!

Upcoming Adult Spring Leagues

Basketball: April – June

Volleyball: April – June

Pickleball Open Gym is going strong at Las Palmas Park on Tuesday evenings. Both seasoned and new players join in on the fun and take advantage of the free lesson before hitting the courts to show off their skills. The evening program will move back to Recreation Park in April.

COMMUNITY EVENTS

Upcoming Events

Spring Jamboree | Saturday, March 30th | 10am – 1pm, Las Palmas Park

SPECIAL INTERESTS

Lopez Adobe

Tours of the Lopez Adobe will resume this month. A full calendar for the year will be available on the City website by early March. Special group/private tours can be arranged by calling the park office at 818-898-1290.

February – March

4th Sunday of the month | 1-4pm

Feb. 25 & Mar. 24

April – October

3rd Saturday of the month | 6-9pm & 5-8pm

Tours on the same night as the San Fernando Outdoor Market

(full calendar will be available by early March)

BUDGET IMPACT:

The programs, services, activity, and business updates in this report are part of the Department's work plan and funds have been allocated for such work in the FY 2023-2024 budget.

CONCLUSION:

It is recommended that the Parks, Wellness, and Recreation Commission receive and file the Department Update Report and provide any guidance or recommendations as appropriate.