City Council Chamber
200 S. Anaheim Boulevard
Anaheim, CA 92805
Senior Citizens Commission
February 14, 2008
1:30 p.m.

MINUTES
SENIOR CITIZENS COMMISSION

Commissioners Present
Antonio Rodella, Chair
J. “Kitty” Preston, Vice-Chair
Henry De La Mora
Connie Dunay
Judy E. Huitt
Madeline Jensen
Robert Kuehn

Commissioners Absent

<table>
<thead>
<tr>
<th>AGENDA</th>
<th>ACTION TAKEN</th>
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<tr>
<td>1. CALL TO ORDER</td>
<td>The Senior Citizens Commission meeting for February 14, 2008, was officially called to order by Chair Rodella at 1:36 p.m.</td>
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<td>2. PLEDGE OF ALLEGIANCE</td>
<td>Vice-Chair Preston led the commission in the Pledge of Allegiance.</td>
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<td>3. INTRODUCTION OF VISITORS &amp; PUBLIC COMMUNICATION</td>
<td>Former Senior Citizens Commissioner Carol Morrow was present at the meeting, along with Carlos Younger, the Manager at Linbrook Court &amp; Vineyard Town Homes, and Erin Donovan, Resident Services Coordinator.</td>
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<td>A. Scheduled Public Oral Communication</td>
<td>None.</td>
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<td>B. Unscheduled Public Oral Communication</td>
<td>Victoria Stephen, Interim Executive Director from 2-1-1 Orange County, gave a presentation on their program and answered questions from the commission.</td>
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<td>4. CORRESPONDENCE</td>
<td>None.</td>
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<td>A. Incoming</td>
<td>None.</td>
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<td>B. Outgoing</td>
<td>None.</td>
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<td>5. PRESENTATION:</td>
<td>Commissioner Huitt made a motion to approve the January 10, 2008, minutes as prepared; Commissioner Jensen seconded the motion and all voted in favor.</td>
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<td>6. APPROVAL OF MINUTES OF 1/10/08:</td>
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7. REVIEW OF DECEMBER-JANUARY ACTIVITY REPORT:

Jan Branich reviewed the report for the commissioners; there were no questions.

8. UNFINISHED BUSINESS

A. Advertising SCC Meetings:

None.

B. Future Presentations:

Chair Rodella mentioned he spoke with Jan Branich about a presentation on March 6. Jan indicated that Erin Donovan from Linbrook had contacted her about speaking to their residents, and Chair Rodella will be attending with her to help with bilingual residents. Erin will also try to have residents available to translate Korean and Vietnamese for those who speak those languages.

Jan invited all of the senior commissioners to attend on March 6th at 2 p.m. if they would like; the address is 2240 W. Lincoln Avenue.

9. NEW BUSINESS

None.

10. REPORTS

A. Senior Transportation - Commissioner De La Mora:

Commissioner De La Mora reported there was a speaker from OCTA who explained the Human Services Public Transportation coordination plans to improve mobility in Orange County through coordinated partnerships and projects. This is a new project that the federal government will be implementing called New Freedom Section 5317, which provides funding to support alternatives to public transportation that extend beyond the ADA for persons with disabilities. They also gave a report on the Senior Non-Emergency Medical Transportation for last October, and indicated that they were over budget by $6,839.

B. OC Roundtable - Commissioner Kuehn:

Commissioner Kuehn reported that they had a presentation on Active Aging and changing the way seniors think about aging. She spoke about Lifelong Learning and intellectual skills, opportunities available to seniors that weren’t there in the past. She indicated that the number of retirees who want to do nothing after retirement is 14%; the number who want to do some work after age of 65 is 15%; and the number who want to do some work after the age of 75 is 7%. She also indicated that many seniors have a problem with balance, and that there is a new product that is a plate that you stand on that forces muscles to react. It has also been successful when used with children with Cerebral Palsy who could not walk previous to using it. She said that only 1.6% of healthcare funds are spent on prevention. Commissioner Kuehn indicated that he thought she would be a good speaker for a future Senior Citizens Commission meeting, and Jan Branich said she would get the information and contact her.

C. Housing Committee - Commissioner Dunay:

Commissioner Dunay reported that the Housing Committee talked about the planned visits to the Armories for the homeless, and they have two times set up: Monday, March 3, at 6:00 p.m. in Fullerton,
and Monday, February 25th in Santa Ana. She talked about some donation items, particularly clothing that doesn’t need repair, and food that would be easy to transport and eat since they can’t carry much with them. Chair Rodella also mentioned that they request people to save the individual-size toiletries they get from hotels to donate to the shelters. They also discussed mobile homes, and a movement to try to make them more affordable for low-income people; they are working with some legislators on that issue. They also discussed the number of foreclosures and indicated they expect prices to continue to drop.

D. Senior Citizen Advisory Council - Commissioner Jensen:

Commissioner Jensen reported that the January meeting was held at the Garden Grove Community Center, where Vicki Connelly reported about problems in the Vietnamese community. Margaret Tatter from Cal Optima also spoke briefly about Medicare fund cuts in health and human services, provider reimbursement from long-term care facilities and hospitals. They also had a report from Community SeniorServ who reported that they serve 90 meals a day in Garden Grove and have a waiting list of 160 for home-delivered meals. Karen Roper reported on the WECARE Americorp program.

The February meeting was held in Anaheim, where Jan and her staff provided a breakfast program. Karen Roper gave an update on various programs including homeless prevention and veterans issues. A representative from the Mental Health Services Act Prevention and Early Intervention (PEI) Program spoke about mental health problems and indicated that they begin when people are young, so they are trying to catch it early to prevent later problems. Some seniors were unhappy that the focus was on younger people. The Executive Director of Community SeniorServ reported on their Home Delivered Meals and services provided in Anaheim, indicating that they serve approximately 150 homebound meals to seniors each day and have only 35 on the waiting list. Jan informed the Commissioners that Anaheim also has the Meals on Wheels program which helps keep the waiting list down.

E. Human Services Network– Vice-Chair Preston:

Vice-Chair Preston reported that she was unable to attend the meeting.

F. Health & Nutrition – Commissioner Huitt:

Commissioner Huitt reported that she listened to a presentation by a dentist who said that the bones that holds our teeth together are different than our other bones, and that a lack of saliva creates cavities. He also did not recommend using a rotary toothbrush. She also reported that the governor passed a bill prohibiting the sale of trans-fatty foods in vending machines in public schools, and that surprisingly, cardiovascular disease is the number one killer of women.

G. Legislative Committee – Chair Rodella:

Chair Rodella distributed an updated tracking report of the bills pending, including the ones that have been vetoed by the governor. He also reported that the country is getting closer to using a Federal ID card to use for boarding planes, etc.
10. INFORMATION ITEMS

A. Commissioner De La Mora

Commissioner De La Mora reported that the Dial-A-Ride bus runs from Yorba Linda to Anaheim Hills Tuesdays and Wednesdays from 8 am to 2 pm; it goes from the Yorba Linda Senior Center to the Festival Shopping Center and Placentia Hospital for $1 each way. He also read in the paper that Governor Schwarzenegger is considering taking money that is earmarked for highways and transferring it to the railroads.

B. Commissioner Dunay

Commissioner Dunay reported that everyone who files a tax return will be eligible for the tax rebate, and that people who collect Social Security or VA benefits and don’t usually file taxes should file a Form 1040A anyway so they will get the rebate. She also brought booklets from the Orange County Business Council and offered to lend them to any interested commissioner.

C. Commissioner Huitt

Commissioner Huitt reported that she attended a presentation by Lynn Daucher about dementia, who said that at 85 years old, you have a 50% chance of getting dementia, and that by the year 2020, 20 percent of older adults will have it. They also discussed fall prevention, specifically using scatter rugs cautiously because they are a major cause of falls.

D. Commissioner Jensen

Commissioner Jensen reported that she attended an event at the Ezra Center, where they have received a grant to study senior needs. Lynn Daucher was the speaker, and after lunch, they broke into groups to discuss the issue and share their ideas.

E. Commissioner Kuehn

Commissioner Kuehn discussed foreclosures and the fact that the bank can’t get a deficiency judgment against the homeowner if their home is sold for less than what they owe the bank. He said that California is one of the few states that offers this.

F. Vice-Chair Preston

Vice-Chair Preston reported that she read in the newspaper that AT & T is selling all of their pay telephones and they will be taken over by private parties. She also said that the Red Cross is having a First Aid & CPR class at Angel Stadium for $5 each class, and that there are volunteers at the Senior Center to help with tax preparation. Jan Branich interjected that they are completely booked at both the Downtown Community Center and Brookhurst Community Center, and that they are taking a waiting list. She also indicated that VITA is providing tax help at the DTCC on Saturdays from 9 a.m. to 12 noon for all ages, first come-first served. Vice-Chair Preston also mentioned that she attended a very enjoyable function at Linbrook Court and commented that the residents all seemed to be very happy there.

G. Chair Rodella

Chair Rodella reported that he has been going to see some of the new affordable housing that is being built, and he is finding that even the low-end of the pricing is too expensive for most people.

H. Staff

Jan Branich reported that she was contacted by the Cell Phone
Bank, and they have a program that offers seniors free emergency 9-1-1 cell phones. They are collecting old cell phones at both BCC and DTCC to send to the organization; they refurbish the phones and make them available to seniors who need them. Anyone interested can contact Jan or Llida Hernandez at the Senior Center. They are also collecting used glasses and hearing aids at both centers, working in conjunction with the Lion’s Club.

Jan mentioned that there has been a lot of interest in fall prevention programs, and she is happy to announce that they will be offering two more components to the Balance and Mobility Classes. The first one is called Matter of Balance, which is the educational component with instruction provided by the North Orange County Community College District. It will be held at Brookhurst Community Center Mondays beginning March 31 from 11:30 to 1:00 p.m. The other class is called Healthy Living, where they talk about nutrition and other components for healthy aging. It will be held at the Downtown Community Center beginning April 28 from 1 to 3:30 p.m. The flyers for these classes will be posted and distributed soon.

Jan indicated that she has been asked by OCTA to host a workshop at the Downtown Community Center to discuss the decrease in funding of the SNEMT program and bring agencies together to try to resolve the problems. The meeting will be held on April 22 from 1:00 to 3:00 p.m. at the Downtown Community Center. She reviewed the process that seniors have to go through to get access to the St. Jude’s transportation program.

Finally, Jan mentioned there have been some conflicts with seniors at the Brookhurst Community Center about the dances put on by Community SeniorServ on Tuesdays and Thursdays before lunch. Community SeniorServ is upset because out of 120 seniors that attend the dance, only approximately 70 stay for the lunch. They feel their primary responsibility is for the lunch program, so their site council has decided that seniors will be charged $3 for the dance if they are not staying for the luncheon. If they say they will stay for lunch, there is no charge for the dance, but the suggested donation for the lunch is $2.50. She believes the issue will blow over eventually, but she wanted to let the commissioners know about the issue in case they hear about it from seniors. She also indicated that their new executive director has requested to meet with her, and she will discuss this issue with him and suggest that they do a survey of the seniors to see what they could do to improve participation in their program.

11. ADJOURNMENT: Chair Rodella adjourned the meeting at 3:01 p.m.