



CITY OF NEWARK

SENIOR CITIZEN ADVISORY COMMITTEE

7401 Enterprise Drive, Newark, CA 94560-3796 510-578-4840 E-mail: senior.center@newark.org

Clark W. Redeker Newark Senior Center
7401 Enterprise Drive, Newark, CA
9:15 a.m.

Minutes

Thursday, September 7, 2017

A. PLEDGE OF ALLEGIANCE/ROLL CALL

Chairperson Al Nagy called the meeting to order at 9:18 a.m. Present were all Senior Advisory Committee Members: Rick Arellano, Sandy Arellano, Elwood Ballard, Faye Hall, Kathleen Lemos, Eileen McDonald, Miranda Miller, Dolores Powell and Glen Wickizer.

Staff present: Cheryl Galvez, Karen Moraida, and David Zehnder.

B. MINUTES APPROVAL

Minutes of the July 6, 2017 Senior Advisory Committee meeting were moved for approval by Committee Member Kathleen Lemos, and seconded by Committee Member Rick Arellano with all in favor.

C. WELCOME/INTRODUCTION

Fremont Senior Citizens Commission Members Pat Helton and JoAnne Rhodes-Jones in attendance.

D. GUEST SPEAKER FATHER JEFF FINLEY, UNDERSTANDING PALLIATIVE CARE, MYTHS AND FACTS

Father Jeff Finley, Palliative Care Coordinator at Washington Hospital, explained the biggest myth is "Palliative Care is not Hospice Care". Unlike Hospice Care for persons with six months or less to live, Palliative Care should be sought as soon as someone is diagnosed with a chronic or terminal illness. Palliative Care walks the journey with patients as they learn to live a new lifestyle focusing on improving the patient's quality of life through pain and symptom management, as well as social and spiritual care. Palliative Care is available with a referral by a patient's primary care physician. For more information on Palliative Care, visit www.webmd.com and search "Palliative Care". For upcoming presentations or events at Washington Hospital, visit www.whhs.com.

E. HUMAN SERVICES/SENIOR CENTER STAFF REPORT

Recreation and Community Services Director David Zehnder announced there was no report available but will present two reports at the next meeting.

F. OLD BUSINESS

Nothing to report.

G. NEW BUSINESS

G.1 Fremont, Union City and Newark Joint Senior Commission/Committee Reports – Committee Member Woody Ballard

Committee Member Ballard invited committee members to attend the 37th Anniversary Celebration of the Fremont Senior Center scheduled for Friday, September 15, 10:00am to 2:00pm.

Committee Member Ballard advised the Joint Senior Commission/Committee is seeking suggestion for next year's workshop planning.

Committee Member Faye Hall presented a report on the July 18, 2017 Tri-City Elders Coalition Meeting, which included:

- Update on the progress of the City of Fremont becoming a World Health Organization Age Friendly Community (handout distributed)
- Alameda County Senior Services shared information on the federal health plan
- CAPS (Community Ambassador Program) announced their next training will be held October 10 and 17 (handout distributed)
- Community Based Care for Older Adults Overview (handout distributed)
- Four Seasons of Health to be held May 12, 2018 at Lake Elizabeth
- Presentation on Alameda County Public Authority In-Home Supportive Services employment or assistance in finding a IHSS homecare worker (handout distributed)
- Senior's Night Out scheduled for Friday, September 29, 2017

G.2 Upcoming Programs/Trips/Special Events

Senior Recreation Supervisor Karen Moraida advised that all Fall Trips are full with waitlists.

Senior Recreation Supervisor Karen Moraida informed the committee members that Spectrum Community Services has discontinued the meal program at the Clark W. Redeker Newark Senior Center. Spectrum informed Senior Center staff Monday afternoon, August 28, 2017 that the Clark W. Newark Senior Center must meet the minimum of 8 meals per day for the program to continue effective September 5, 2017. The Clark W. Redeker Senior Center was averaging just three meals a day and despite a variety of efforts to boost participation, is not able to meet the imposed minimum. Current lunch participants have been informed of the discontinuation of the program.

Committee Member Rick Arellano asked staff to explain the reason lunch numbers have declined from the 20 participants from a several years ago.

Senior Administrative Support Specialist Cheryl Galvez shared that in her 15 years with the Senior Center; the numbers have declined as many of those participants have passed away or are unable to attend the Senior Center. Most seniors in need of meals are using Meals on Wheels. Cheryl further stated "we are serving a younger, more active group of seniors who don't have the need for congregate meals."

Senior Recreation Supervisor Karen Moraida announced the Senior Center Staff will

host special lunchtime entertainment and events in the future that will include lunch. Information on these new events will be available in the Newark Recreation and Community Services Activities Guide.

G.3 Upcoming Meeting Schedule:

October 5, 2017

H. COMMITTEE INPUT/REMARKS

None to report.

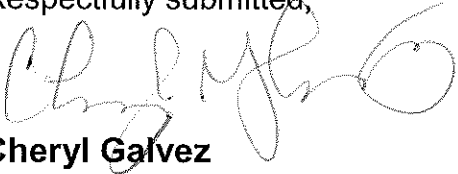
I. PUBLIC INPUT

Fremont Senior Citizens Commission Member JoAnne Rhodes-Jones requested a joint Fremont, Union City and Newark Senior Advisory/Commission meeting be coordinated.

J. ADJOURNMENT

Meeting adjourned at 10:28am.

Respectfully submitted,

A handwritten signature in black ink, appearing to read 'Cheryl Galvez', written over a circular stamp or mark.

Cheryl Galvez
Sr. Administrative Support Specialist