



CITY OF NEWARK

SENIOR CITIZEN ADVISORY COMMITTEE

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Clark W. Redeker Newark Senior Center
7401 Filbert Street, Newark, CA
9:15 a.m.

Minutes

Thursday, October 3, 2019

A. PLEDGE OF ALLEGIANCE/ROLL CALL

Chairperson Al Nagy called the meeting to order at 9:20 a.m. Present were Senior Advisory Committee Members: Sandi Arellano, Stanley Keiser, Dolores Powell and Glen Wickizer.

Committee Members: Rick Arellano, Elwood Ballard, Kathleen Lemos and Eileen McDonald were noted absent.

Staff present: David Zehnder and Cheryl Galvez

B. MINUTES APPROVAL

Minutes of the Thursday, September 5 Senior Advisory Committee Meeting were moved for approval by Committee Member Dolores Powell and seconded by Committee Member Stanley Keiser with all in favor.

C. WELCOME/INTRODUCTIONS

Chairperson Nagy welcomed Heidi Stein, LCSW Senior Peer Counselor Coordinator, City of Fremont.

D. GUEST SPEAKER

Heidi Stein, LCSW Senior Peer Counselor Coordinator, City of Fremont introduced Committee Members to the City of Fremont Peer Counseling Program which matches lonely and socially isolated seniors ages 55+ in the Tri-City area with trained Senior Peer Counseling Volunteers. Volunteers meet weekly with their assigned senior in their home or at City of Fremont offices. Services are free and all conversations between seniors and their counselors are private and confidential.

Chairperson Nagy inquired about the confidentiality limitations. Heidi Stein, LCSW Senior Peer Counselor Coordinator, City of Fremont explained she is a mandated reporter and "the reporting relationship is bound by confidentiality and is only breached if senior is in danger or a danger to others".

E. HUMAN SERVICES/SENIOR CENTER STAFF REPORT

Recreation and Community Services Director David Zehnder distributed and reviewed statistics.

F. OLD BUSINESS

None

G. NEW BUSINESS

G.1 Upcoming Programs/Trips/Special Events

Recreation Coordinator Cheryl Galvez announced that the Clark W. Redekar Newark Senior Center hosted it's first of three "Learn and Lunch" events. 24 seniors attended and received health and wellness information followed by a free lunch. Additional "Learn and Lunch" events have been scheduled as follows: October 15, Senior Housing and October 29, Senior Transportation. Recreation Coordinator Galvez explained even with the lure of a free lunch, registration is minimal. Most seniors don't seem to want resource information, they attend the Center for socialization and specific recreation activities.

Recreation Coordinator Cheryl Galvez extended an invitation to the Clark W. Redekar Newark Senior Center 30th Anniversary Party to be held on Wednesday, October 16 at 12:00 noon. Festivities will include a barbershop quartet, comments from Mayor Al Nagy and a buffet lunch. All participants will also receive a commemorative t-shirt.

**G.2 Upcoming Meeting Schedule:
Thursday, November 7, 2019 9:15 a.m.**

H. COMMITTEE INPUT/REMARKS

Chairperson Nagy suggested a future presentation be scheduled to introduce the Senior Advisory Committee to available discounts/reductions available to seniors for medical supplies and certain utilities. Recreation and Community Services Director David Zehnder stated that may be difficult to find a presenter knowledgeable in all of those specific services. Recreation Coordinator Galvez stated without a local chapter it may be challenging to inquire with AARP.

Committee Member Dolores Powell inquired if a fountain would be put in place of the trees removed at the future Newark Civic Center site. Committee Member Nagy stated there will be a Plaza but cannot confirm if a fountain will be installed with current water conservation limits.

Committee Member Sandi Arellano shared that her iPhone/iPad help sessions at the Senior Center are becoming quite popular and are also providing a social opportunity for seniors.

Due to the on-going construction of the Civic Center, Recreation and Community Services Director Zehnder announced that the annual Holiday Tree Lighting/Trees of Angels event will now be held at the Silliman Activity and Family Aquatic Center. The event, scheduled for Monday, December 2, 5:30 p.m. will feature family activities, hot chocolate bar, photo booth, performances

by the Licensed Child Care and Newark Memorial High School Advanced Choirs and a special visitor from the North Pool. He invited committee members to attend this very special holiday community event

I. PUBLIC INPUT

None

J. ADJOURNMENT

Meeting adjourned at 10:23 a.m.

Respectfully submitted,

Cheryl Galvez
Recreation Coordinator