



# MINUTES

## SENIOR CITIZENS COUNCIL MEETING

March 21, 2013  
9 AM

Lakeview Senior Center  
20 Lake Road  
Irvine, California

### CALL TO ORDER

A regular meeting of the Irvine Senior Citizens Council was called to order on March 21, 2013, 9:04 a.m. at Lakeview Senior Center, 20 Lake Road, Irvine, California, by Chair Wong.

### MEMBERS PRESENT

COUNCILMEMBER  
COUNCILMEMBER  
COUNCILMEMBER  
COUNCILMEMBER  
VICE CHAIR  
CHAIR

CHARLIE CHOI  
GRETA JACOBS  
JANET KLEIN  
NAJMA QUADER  
KATHLEEN PFEIFFER  
PK WONG

### MEMBERS ABSENT

COUNCILMEMBER

HELEN KENNEDY

**PLEDGE OF ALLEGIANCE** – Councilmember Jacobs

**MOMENT OF SILENCE** – Councilmember Jacobs

## INTRODUCTIONS

### 1. Senior Council Member Spotlights

Councilmembers Jacobs and Klein provided spotlights highlighting their families, previous work experiences and why they are interested in serving senior citizens.

### 2. Priyanka Devkota, Masters of Social Work Outreach Consultant

Outreach Consultant was not present, but Supervisor Conger described her role of providing assessments and referrals in the Keen Resource Center.

### 3. Daniel Helfman, Community Services Leader II

Supervisor Kaleikini and Program Coordinator Gutfeld introduced new staff member Daniel Helfman, who is a certified trainer and former employee of Gold's Gym. Daniel is assigned to the Rancho Senior Center Fitness Center. Daniel has developed and implemented three new programs for patrons: Circuit Training, Steps and Stretches, and Health and Wellness. Daniel's hours are as follows:

- Wednesday and Friday from 8 a.m. to 1 p.m.
- Saturday from 9 a.m. to 1 p.m.
- Sunday from 9 a.m. to 2 p.m.

### 4. Erica Desselle, Community Services Senior Leader

Supervisor Kaleikini introduced new staff member Erica Desselle, who comes to City of Irvine by way of Pinole Senior Center in Northern California. Erica holds a degree in Health Services and has also worked at the Tustin Area Senior Center.

## PRESENTATIONS

### 1. Distinguished Service Award

Supervisor Conger presented a Distinguished Service Award to John Rogers for his volunteer services assisting seniors to live safely in their homes. John installs, free of charge, handrails, grab bars and other safety mechanisms that allow seniors to feel secure in their homes so

they can live independently with dignity for as long as possible. John also crafts and sells wood pens. Profits from sales are donated to Friends of Outreach and other local charities.

Supervisor Conger explained that Barbara Robinson, CHAMPIONS Volunteer, was unable to attend but shared about her contributions to the CHAMPIONS and Meals on Wheels programs. She also described Barbara's devoted assistance to a senior over the past six months which led to reconnecting her to her family.

2. Trabuco Senior Center

Environmental Programs Administrator Meredith Reynolds provided a PowerPoint presentation on design plans for the Trabuco Senior Center. The Community Services Commission will serve as the approving body of the park and building design, and the Senior Citizens Council will be asked to provide recommendations on furniture and programming needs.

3. Program Updates

Program Coordinator Duehr presented an update on programs and activities at Lakeview and Rancho Senior Centers and provided a flyer with details.

**RECESS**

Chair Wong recessed the Senior Citizens Council meeting at 10:05 a.m.

**RECONVENE TO THE SENIOR CITIZENS COUNCIL MEETING**

Chair Wong reconvened the Senior Citizens Council meeting at 10:27 a.m.

**ANNOUNCEMENTS**

1. Goodwill Tour

Social Services Supervisor Conger provided a summary of the Goodwill Warehouse tour and also shared that the goal of the organization is to provide job skills for individuals with disabilities to become self-sufficient.

2. Norman P. Murray Community and Senior Center Tour

Supervisor Kaleikini provided a summary of the tour and commented on the appealing architecture, landscaping and water features of the center. Chair Wong suggested that the City’s Park Planning staff take a tour of recently visited senior facilities to obtain ideas for future Irvine facility improvements.

3. Volunteer Recognition Event April 5, 2013

Supervisor Kaleikini distributed official invitations to the Council and advised the Black and White theme indicated that it was a formal event.

**COUNCILMEMBER UPDATES**

Chair Wong complimented new Recording Secretary Athena Martinez on doing a good job in supporting the Council.

**CORRESPONDENCE** None

**ADDITIONS AND DELETIONS TO THE AGENDA** None

**PUBLIC COMMENTS**

Sarah Smith of Friends of Outreach thanked the Council for doing a good job and staying focused during this time of change in City government.

**COMMITTEE/GROUP/AGENCY REPORTS**

1. **Senior Services Support/Interest Groups**

A. Irvine Adult Day Health Services

Executive Director Beeson shared about a presentation given by Dr. Sam Elsanadi on assessment and treatment of the elderly dementia patient. Reported cases of dementia are on the rise globally. Executive Director Beeson reported that 80 percent of registered participants have a diagnosis of Dementia. Executive Beeson also announced a presentation on March 30 by Dr. Jenny Taylor on recommendations and preventative measures on hiring a caregiver. Executive Director Beeson thanked the Friends of Outreach for their recent contribution to the scholarship fund,

which is currently assisting ten families with services. IADHS has an average of 42 participants per day and there are seven enrollments scheduled for this month.

Councilmember Quader shared about recent commendations from the County on the services provided by IADHS, which can be looked upon as a role model in the County.

Councilmember Jacobs inquired about funding impacts due to recent federal budget cuts.

B. Irvine Evergreen Chinese Senior Association

President Lin reported the two Chinese New Year celebrations held in February each had 250 attendees. The Association will conduct board elections in May. Kingston Technology has donated \$5,000 to the Association. Membership enrollments are \$25 annually, but the cost to cover services for each member is greater than that. Recurring donations are provided by Kingston Technology and members Mr. and Mrs. Fung continue to help with funding. A day trip to Carlsbad and San Diego is scheduled for March 26 and is \$30 per person and includes lunch. A request was made for assistance from staff in developing a waiver for participants that will hold harmless the Association during this trip.

A. Irvine Multicultural Association

Member Maria Yousef reported that the March event highlighting Slovenia was a success. Upcoming events include: Italian movie on April 3; Chinese movie on May 1; Brazil will be featured on June 5; Cuba on July 10; two events in August highlighting Korea; and the Republic of Georgia at a future date.

B. Friends of Outreach

Member Maria Yousef reported that a donation of \$2,000, designated for seniors with extenuating emergency circumstances, has been received. Member Mohammad has developed a promotional video to assist with fundraising and outreach efforts. A dine-out fundraiser has been scheduled at Chili's on July 12. A swap meet and book sale recently held in the parking lot of Lakeview raised over \$50. The recent Bingo marathon raised

\$740.50 and another marathon is scheduled for July 31. The Crafters are doing very well with fundraising, with a luncheon scheduled for July 3 and tickets are currently being sold. Funds raised will be utilized to purchase supplies to make more chemo caps.

- C. Irvine Senior Travelers - No report.
- D. NEDA – Association of Iranian American Seniors – No report.
- E. Leadership Committee - No report. Next meeting is Thursday, April 11, 2:30 p.m. at Rancho Senior Center.

**2. Orange County Senior Citizens Advisory Council (SCAC)-Affiliated Committees**

- A. Housing / Transportation - Chair Wong and Councilmember Jacobs

Councilmember Jacobs distributed a flier highlighting project updates for the Anaheim Regional Transportation Center, scheduled to be completed by the end of 2014.

The City of Orange is proposing to build an affordable housing complex of 40 one-bedroom units, ten of which will be designated for residents with mental health issues. For more information or to be added to the wait list, contact the County Development Administrator, Kevin Fincher, at 714-480-2994.

- B. Orange County Senior Citizens Advisory Council (SCAC)- Councilmember Quader

Councilmember Quader reported the general SCAC meeting was held on March 8, 2013 at the Buena Park Senior Activity Center in Buena Park. Agenda items included a report from the County's Veteran's Office, a Community Resources report on assistance with transportation, affordable housing and other essential services. The Office on Aging has been providing exercise bands, which help with strengthening and stability to assist with the recent increase in reported falls. To obtain an exercise band or the booklet, Fit after Fifty, call 800-510-2020. Tax preparation

assistance for seniors is available and referrals can be obtained by calling 800-510-2020.

C. Health and Nutrition - Councilmembers Choi and Quader

Councilmember Quader reported that the March 20 meeting focused on the many life and health issues faced by seniors, and the resources and programs available to address these issues. The Irvine Adult Day Health Services facility was also a topic of discussion as indicated during Executive Director Beeson's report above.

D. Legislative - Vice Chair Pfeiffer and Councilmember Klein

Vice Chair Pfeiffer reported that the Committee is researching ways in which they communicate with the County Supervisors to convey legislative desires/needs for the year. The California Senior Legislature has completed a Top 10 list of items to be presented. Councilmember Klein offered assistance to SCAC in scheduling meetings with County Supervisors.

Councilmember Klein distributed a flier for the April 26 forum on Senior Identity Theft and Senior Scams, hosted by Assemblyman Mansoor and Mayor Choi, at Lakeview Senior Center. Additional comments made regarding the rise in lack of financial stability for the Baby Boomer population as they reach retirement age. This will eventually become a major issue for many communities as the demand for services to support this generation grows dramatically.

**3. Senior Citizens Council Committees**

A. Facilities Committee – Chair Wong; Councilmember Jacobs

No report.

B. Nutrition Committee – Vice Chair Pfeiffer and Councilmember Quader

An update on the nutrition program budgets was provided, a small amount of One Time Only money was received through the Federal Title III grant. The sequestration action will have an effect on the nutrition program budgets, possibly between 5 and 8

percent decrease in funding next fiscal year. The Meals on Wheels waiting list is down to less than 12. The special lunch events continue to be well attended, with an average of 160 in attendance per event.

C. Donor Committee – Chair Wong, Councilmembers Choi and Klein

Social Services Supervisor Conger reported a \$3,000 donation was received by Friends of Outreach for the Special Needs program. A grant application has been submitted to the Kaiser Foundation for care management and an application to Edward Life Sciences for personal emergency response systems is pending completion and submittal. Supervisor Conger thanked John Bell, an Administrative Masters of Social Work intern, for preparing the Kaiser grant application and for his assistance with the an application to the California Parks and Recreation Society that recognized the Keen Center for Senior Resources.

## COUNCIL BUSINESS

### 1. Senior Citizens Council Committee Assignments

**ACTION:** It was moved by Councilmember Klein and seconded by Councilmember Quader, to make the following committee assignments:

Orange County Senior Citizens Advisory Council – Affiliated Committees

- Health and Nutrition: Councilmembers Choi and Quader
- Legislative: Vice Chair Pfeiffer and Councilmember Klein
- Housing and Transportation: Chair Wong and Councilmember Jacobs
- OC SCAC: Councilmembers Jacobs and Quader

Senior Citizens Council Committees

- Facilities: Chair Wong and Councilmember Jacobs
- Nutrition: Vice Chair Pfeiffer and Councilmember Quader
- Donor: Chair Wong and Councilmembers Choi and Klein
- Leadership: Councilmember Jacobs

Motion unanimously carried by those members present.



**2. Minutes**

**ACTION:** It was moved by Councilmember Choi, and seconded by Vice Chair Pfeiffer, to approve the minutes of a regular meeting held on February 21, 2013.

Motion unanimously carried by those members present.

**END COUNCIL BUSINESS**

**ADJOURNMENT** at 11:37 a.m. on Thursday, March 21, 2013.



**P K WONG**  
**Chair**

4-18-13

Date



**ATHENA MARTINEZ**  
**Recording Secretary**