



# MINUTES

## IRVINE SENIOR CITIZENS COUNCIL REGULAR MEETING

**June 16, 2016**

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 June 16, 2016 at 9:00 a.m. at Lakeview Senior Center, 20 Lake Road, Irvine, California; Chair Jacobs presiding.

### ROLL CALL

COUNCILMEMBER	STAN JONES
COUNCILMEMBER	KATHY LEE
COUNCILMEMBER	SIMA RANJBAR
COUNCILMEMBER	BETTY JO WOOLLETT
COUNCILMEMBER	GARY YATES
VICE CHAIR	CAROLYN INMON
CHAIR	GRETA JACOBS

### PLEDGE OF ALLEGIANCE

Councilmember Woollett led the Pledge of Allegiance and a moment of silence for the Orlando, Florida mass shooting victims.

### INTRODUCTIONS

1. Matthew Stevens, Community Services Senior Leader

Community Services Supervisor Ed Kaleikini introduced new Community Services Senior Leader Matthew Stevens as new support staff for

programming services. Senior Leader Stevens is a California State University Long Beach graduate with a Bachelor's degree in Recreation and will begin pursuing a Master's Degree in Public Policy and Administration in the fall.

2. Justin Fernandes, Community Services Specialist

Supervisor Kaleikini introduced Justin Fernandes as the new Program Specialist overseeing facility operations. Specialist Fernandes is also a California State University Long Beach graduate with a Bachelor's degree in Recreation and is pursuing a Master's Degree in Public Administration.

Additional introductions were made of:

- Community Services Leader II Amy Rich, who will serve the Rancho Senior Center fitness center. Leader Rich has a Bachelor's degree in kinesiology and is working toward a Master's degree.
- Community Services Senior Leader Rosa Yeong, who will be supporting graphic services. Senior Leader Yeong has a degree in graphic arts and extensive experience in this field.

## **PRESENTATIONS**

1. Distinguished Service Award: Katy Lai, International Crafters/Friends of Outreach

Supervisor Kaleikini presented this award to Katy Lai for her continued support and participation as an International Crafter in the Friends of Outreach program. She assists by lending her professional seamstress expertise to creating swaddles for premature babies in neonatal intensive care units, donating these items to Swaddles for Sweethearts (a non-profit organization founded by students from University High School).

2. Crime Prevention Against Seniors

Detective Gavin Hudson and Civilian Fraud Investigator Terrie Covarrubias from the Irvine Police Department provided a presentation with handouts.

Points discussed:

- Identity Theft and how to protect yourself.
- Current and active calling scams, to never give out personal information and verify caller is who they are or from the agency they are representing.

- Protect your property and never allow some to rush you into a decision about signing over property or modifying loan documents.
- Block telemarketing calls from land lines and cell phones, as much as possible, by registering phone numbers with 888-382-1222.
- Internet phishing are things like emails indicating you have won a prize.
- Block or tag these emails as spam or forward to *IC3@fbi.gov*.

3. Program Update

Program Coordinator Laura Murphy provided updates on programs and upcoming events at Trabuco Center and Lakeview and Rancho Senior Centers.

**ANNOUNCEMENTS.**

1. Sizzlin' Summer Concert Series

Supervisor Kaleikini distributed a rack card highlighting the Sizzlin' Summer Concert series.

**ADDITIONS AND DELETIONS TO THE AGENDA**

There were none.

**COUNCILMEMBER UPDATES**

There were none.

**COMMITTEE/GROUP/AGENCY REPORTS**

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

A. Irvine Adult Day Health Services (IADHS)

Executive Director Kimberly Beeson reported new flooring has been installed in the IADHS dining room. City Council, at their June 14, 2016 meeting, approved a \$20,000 sponsorship match for the IADHS Take a Chance on Seniors casino night in October 2016. Rotary Club and Friends of Outreach have also made pledges toward this fundraising event. IADHS is averaging 47 participants daily, and is also applying for various grants.

- B. Irvine Evergreen Chinese Senior Association – No report.
- C. Friends of Outreach (FOO)

President Kathleen Pfeiffer reported FOO will have a presence at each of the summer concerts and will receive portions of proceeds from the food trucks that will be at each event. The Craft Cart will have a 50 percent off sale during the first two weeks of July, and will then close for the summer. Tickets for Pageant of the Masters are now available for \$10 each, see Program Coordinator Amber Castrey or President Pfeiffer to purchase.

- D. Irvine Senior Travelers – No report.
- E. NEDA-Association of Iranian American Seniors – No report.
- F. Irvine Korean Evergreen Association – No report.

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

- A. Orange County Senior Citizens Advisory Council – No report.
- B. Health and Nutrition

Chair Jacobs reported a presentation on prebiotics and probiotics was made and distributed handouts.

- C. Housing and Transportation

Councilmember Lee reported a presentation was made by Families Forward, highlighting their family housing assistance and food pantry programs.

Councilmember Woollett commented the housing program is for families and not just seniors, and there is an eligibility process for all programs.

- D. Legislative – No report.

### **3. Senior Citizens Council Committees**

#### **A. Facilities Committee**

Councilmember Woollett reported the Lakeview Senior Center Café carpet will be replaced on June 24, 2016 over the course of a few days.

Chair Jacobs thanked Specialist Fernandes for immediate resolution of planter issue at Lakeview Senior Center entrance, and thanked Program Coordinator Castrey for upgrades to the Little Library display.

#### **B. Leadership Committee – No report.**

#### **C. Nutrition Committee – No report.**

### **PUBLIC COMMENTS**

Pam McGovern, Osher Lifelong Learning Institute (OLLI), shared the following about OLLI's programs and services:

- Currently located at the Woodbridge Shopping Center above the Barnes & Noble bookstore, will be relocating in August to space at the Irvine Regional Transportation Center.
- OLLI provides courses at Lakeview Senior Center.
- OLLI is prominently mentioned on the first page of a Senior Strategic Plan highlights report and is a proud partner.
- OLLI is seeking to build stronger relations with the City and is always recruiting new members.
- OLLI services are promoted as “take your brain to the gym” exercises.
- Courses offered have a fee of \$10 and include science, technology, engineering and mathematics, history, arts and humanities with the benefit of no tests, homework or text books.
- Catalogs are available and more information can be obtained by visiting [www.extension.uci.edu/olli](http://www.extension.uci.edu/olli).
- Would like to develop a connection with the various senior-serving groups at Lakeview Senior Center.

Debra Miller Osorio shared the following information:

- Thank you to Barbara Collins of CalOptima for a very educational tour of the PACE program, where the emphasis is prevention and not just treatment.

- An article about Tai Chi and how this method of exercise helps to lower blood pressure, is low impact, helps with balance and provides a social environment.
- An article about new in-hospital mobility programs that have proven to improve patient mobility post-discharge from a hospital stay of three or more days.

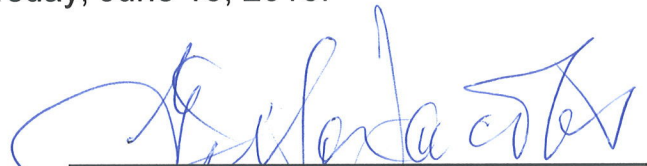
**COUNCIL BUSINESS**

**1. MINUTES**

**ACTION:** Moved by Councilmember Yates, seconded by Councilmember Woollett and carried unanimously by members present to approve the minutes of a regular meeting held on May 19, 2016.

Ayes: 7 Inmon, Jacobs, Jones, Lee, Ranjbar, Woollett, Yates  
 Noes: 0  
 Absent: 0

**ADJOURNMENT** at 10:10 a.m. on Thursday, June 16, 2016.




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**GRETA JACOBS, CHAIR**




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Athena Martinez  
Recording Secretary

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Date July 21, 2016