



# AGENDA

## IRVINE SENIOR CITIZENS COUNCIL REGULAR MEETING

**MAY 16, 2019  
9:00 AM**

Lakeview Senior Center  
20 Lake Road  
Irvine, California

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**Speaker's Form/Request to Speak:** If you would like to address the Senior Council on a scheduled agenda item, including a Consent Calendar item, please complete the Request to Speak Form. Speaker's Forms are located on the table at the entrance to the meeting room. Please identify on the form your name, address (optional) and the item on which you would like to speak and return to the Recording Secretary. The Request to Speak Form assists the Chair in ensuring that all persons wishing to address the Senior Council are recognized. Your name will be called at the time the matter is heard by the Senior Council. City policy is to limit public testimony to three minutes per speaker (unless extended by the Chair) which includes the presentation of electronic or audio visual information.

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### CALL TO ORDER

### ROLL CALL

COUNCILMEMBER	JERRY CHANG	Council Appointee: Kuo
COUNCILMEMBER	JUNEU KIM	Council Appointee: Fox
COUNCILMEMBER	KEVIN KONDRU	Member-at-Large
COUNCILMEMBER	HARISH MURTHY	Council Appointee: Khan
COUNCILMEMBER	VACANT	Council Appointee: VACANT
VICE CHAIR	RACHEL OWENS	Council Appointee: Shea
CHAIR	CAROLYN INMON	Member-at-Large

**PLEDGE OF ALLEGIANCE** – Senior Council Member Chang

## **INTRODUCTIONS**

New Senior Services Employees - Community Services Supervisors  
Denise Bennett-Arabatzis and Ed Kaleikini

## **PRESENTATION**

Keen Center for Senior Resources – Supervisor Bennett-Arabatzis

## **ANNOUNCEMENTS**

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Announcements, Committee Reports and Council Comments are for the purpose of presenting brief comments or reports, are subject to California Government Code Section 54954.2 of the Brown Act and are limited to 15 minutes per meeting.

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Community Services Superintendent Sandra Salcedo

## **PUBLIC COMMENTS**

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Any member of the public may address the Senior Council on items within the Senior Council's subject matter jurisdiction, but which are not listed on this Agenda during PUBLIC COMMENTS. However, no action may be taken on matters that are not part of the posted agenda. PUBLIC COMMENTS are scheduled for 30 minutes and are limited to 3 minutes per person. If you wish to speak, please complete a Speaker's Form and submit it to the Recording Secretary.

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## **ADDITIONS AND DELETIONS**

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Additions to the agenda are limited by California Government Code Section 54954.2 of the Brown Act and for those items that arise after the posting of the Agenda and must be acted upon prior to the next Senior Council meeting.

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## **COUNCILMEMBER UPDATES**

## **COMMITTEE/GROUP/AGENCY REPORTS**

1. **Senior Services Support/Interest Groups**  
*(Please limit Committee Reports to 3 minutes per person)*
  - A. Irvine Adult Day Health Services – Kimberly Beeson, Executive Director
  - B. Irvine Evergreen Chinese Senior Association – Jerry Chang, Director
  - C. Friends of Outreach – Pat Hendee, President
  - D. Irvine Senior Travelers – Natalie Chaikin, Representative

- E. NEDA-Association of Iranian American Seniors – Nasser Fathi, President
- F. Irvine Korean Evergreen Association – Juneu Kim, President

**2. Orange County Senior Citizens Advisory Council-Affiliated Committees**  
***(Please limit Committee Reports to 3 minutes per person)***

- A. Orange County Senior Citizens Advisory Council – Chair Inmon and Senior Council Member Owens
- B. Health and Nutrition – Senior Council Member Kondru
- C. Housing and Transportation – Chair Inmon and Senior Council Member Chang
- D. Legislative – Senior Council Member Murthy

**3. Senior Citizens Council Committees**  
***(Please limit Committee Reports to 3 minutes per person)***

- A. Facilities Committee – Senior Council Members Kondru and Murthy
- B. Leadership Committee – Senior Council Members Chang and Kim
- C. Nutrition Committee – Chair Inmon

**COUNCIL BUSINESS**

**1. MINUTES**

**ACTION:** Approve the minutes of the April 18, 2019 regular meeting.

**END COUNCIL BUSINESS**

**ADJOURNMENT**

Adjourn to a Senior Citizens Council Regular Meeting on **Thursday, June 20, 2019 at 9:00 AM** at Lakeview Senior Center, 20 Lake Road, Irvine, California.

**NOTICE TO THE PUBLIC**

At 11:00 a.m., the Senior Citizens Council will determine which of the remaining agenda items can be considered and acted upon prior to 12:00 noon and will continue all other items on which additional time is required until a future Committee meeting. All meetings are scheduled to terminate at 12:00 noon.

**STAFF REPORTS**

As a general rule, staff reports or other written documentation have been prepared or organized with respect to each item of business listed on the agenda. Copies of these materials are on file with the Senior Citizens Council liaison and are available for public inspection and copying once the agenda is publicly posted, (at least 72 hours prior to a regular Senior Citizens Council meeting).

If you have any questions regarding any item of business on the agenda for this meeting, or any of the staff reports or other documentation relating to any agenda item, please contact Senior Citizens Council liaison at (949) 724-6690.

**SUPPLEMENTAL MATERIAL RECEIVED AFTER THE POSTING OF THE AGENDA**

Any supplemental writings or documents distributed to a majority of the Senior Citizens Council regarding any item on this agenda after the posting of the agenda will be available for public review in the Community Services Department, One Civic Center Plaza, Irvine, California, during normal business hours. In addition, such writings or documents will be made available for public review at the respective public meeting.

**SUBMITTAL OF INFORMATION BY MEMBERS OF THE PUBLIC FOR DISSEMINATION OR PRESENTATION AT PUBLIC MEETINGS**

Written Materials/handouts: Any member of the public who desires to submit documentation in hard copy form may do so prior to the meeting or at the time he/she addresses the Senior Citizens Council. Please provide 10 copies of the information to be submitted and file with the Recording Secretary at the time of arrival to the meeting. This information will be disseminated to the Senior Citizens Council at the time testimony is given.

**CITY SERVICES TO FACILITATE ACCESS TO PUBLIC MEETINGS  
AMERICANS WITH DISABILITIES ACT:**

It is the intention of the City of Irvine to comply with the Americans with Disabilities Act (ADA) in all respects. If, as an attendee or a participant at this meeting, you will need special assistance beyond what is normally provided, the City of Irvine will attempt to accommodate you in every reasonable manner. Please contact the Senior Citizens Council liaison at 949-724-6690 at least 48 hours prior to the meeting to inform us of your particular needs and to determine if accommodation is feasible. Please advise us at the time if you will need accommodations to attend or participate in meetings on a regular basis.

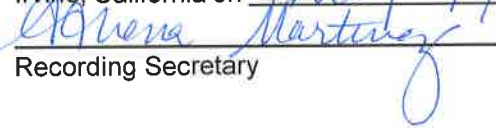
**COMMUNICATION DEVICES**

To minimize distractions, please silence or turn off all personal communication devices.

**MEETING SCHEDULE**

Regular meetings of the Senior Citizens Council are held on the third Thursday of each month at 9 a.m. unless otherwise noted. The Senior Citizens Council Agenda is posted in the Police Department. Meeting agendas and approved minutes are kept current on the City website at [cityofirvine.org](http://cityofirvine.org).

I hereby certify that the agenda for the Senior Citizens Council meeting was posted at the main entrance of City Hall and in the posting book located in the Public Safety Lobby of City Hall, One Civic Center Plaza, Irvine, California on May 9, 2019 by 5:30 p.m. as well as on the City's web page.

  
Recording Secretary

# **PRESENTATION**

# Keen Center for Senior Resources

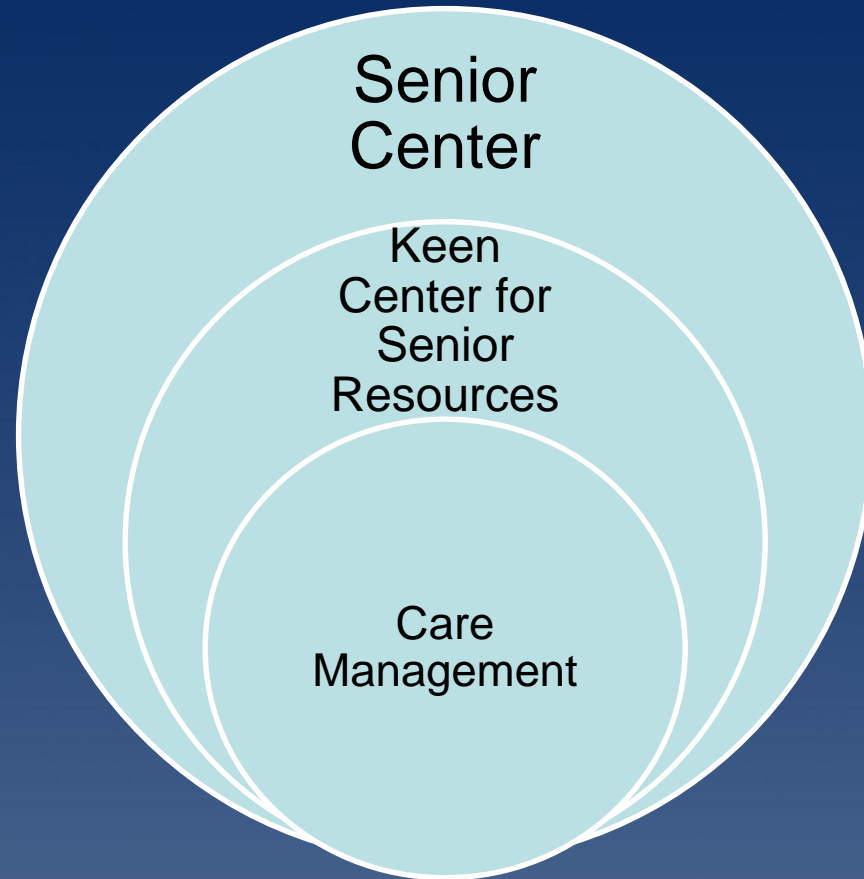
*“To provide resources and information directly related to maintaining independence, dignity and quality of life to Irvine seniors and their families.”*

Senior Citizens Council  
May 16, 2019

Presented by:

Denise Bennett-Arabatzis, Community Services Supervisor  
Hee Jin Lee, Community Services Program Specialist

# Senior Services Care Continuum



# Outreach Team

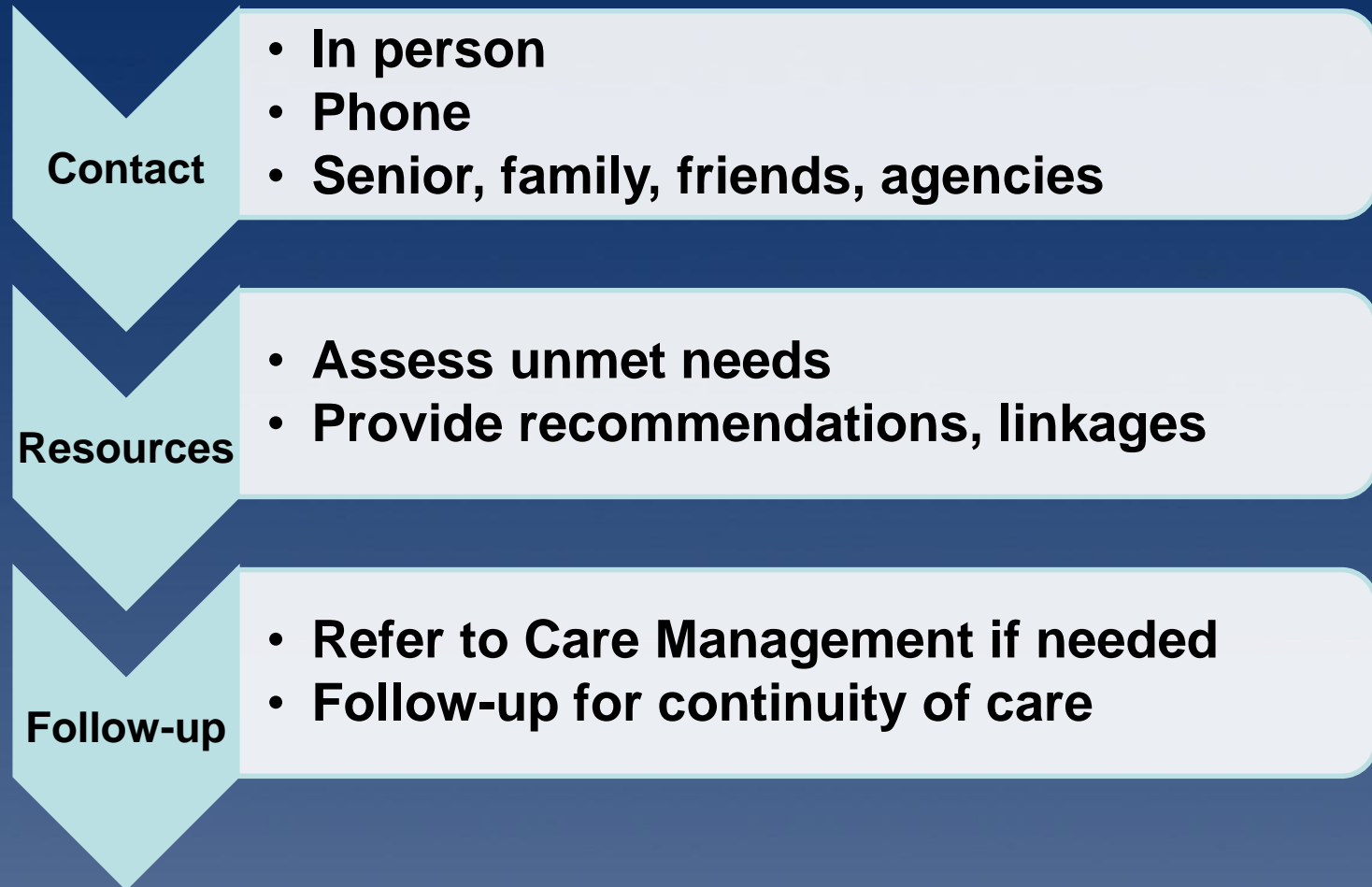
## Bilingual

- Farsi
  - Korean
  - Mandarin
  - Cantonese
  - Spanish
- 
- City and grant funded positions





# Keen Center for Senior Resources Process



# Keen Center for Senior Resources Issues

## Top 6 topics

- Transportation 16%
- Medication Equipment 8%
- Affordable Housing 8%
- Insurance 7%
- Health/ Medical 6%
- Legal Question/ Assistance 5%



# Keen Center for Senior Resources

## Common Resources Provided

- CalFresh/ Food Pantries
- Elderly Fraud & Scam Prevention
- Fair Housing Foundation
- Health information about Diabetes, loss of eyesight, dementia, Measles, etc.
- In-Home Services
- Rides on short notice: Senior Friendly Services like Go Go Grandparent, Ride with 24
- Veteran Benefits and Services

# Keen Center for Senior Resources Programs and Support Groups

## Assistance Programs

- AARP Tax Assistance (seasonal)
- CarFit
- California Telephone Access Program
- Financial Investment Counseling
- Food Commodities
- Health Insurance Counseling
- Hearing Evaluation
- HICAP Medicare Annual Enrollment Clinic
- Legal Aid
- Legal Counseling ( Wills and Trusts)
- Medical Transportation
- Mobility Equipment lending

## Support Groups

- Aging Education Groups (English, Farsi)
- Cancer Support Group (Mandarin)
- Caregiver Support Group
- Compassionate Friends
- Diabetes Education & Support Group

# Keen Center for Senior Resources Demographics

Limited English 6%

Irvine residents 85% (non-residents may be family members or providers)

In person 46% Telephone contacts 54%

In 2018, we served 11,792 participants.

How did you hear about the Keen Center?

-Family/friends -Senior Centers -Newsletter -Agencies - Other

# Keen Center for Senior Resources Successes

*“It’s so nice to have people looking out for seniors in the community”.*

*“The transportation program makes my life easier and the drivers are so nice”.*



*“The staff here is so friendly and helpful”*

*“The tax program was so convenient for me”*

# Keen Center for Senior Resources





## Support Groups

- Caregivers
- Cancer (Mandarin)
- Coping with Aging Series (English and Mandarin)
- Diabetes Education

## Assistance Programs

Individual consultation appointments are available at no charge.

- CarFit® Check
- Fair Housing Clinic
- Food Commodities
- Health Insurance Counseling
- Hearing Evaluation
- Home Safety Consultation
- Income Tax Preparation Assistance
- Legal and Financial Consultation
- Medication Review
- Mobility Equipment Lending Program
- Transportation Options Consultation
- Volunteer Non-emergency Medical Transportation

## Health and Education Presentations

- Financial Planning for Retirement
- Health Insurance Workshops
- Physician Lectures



*Keen Center for Senior Resources*

## Information Packets

The Keen Center for Senior Resources also maintains information packets that address many commonly asked questions or needs of older adults. Areas include:

- Affordable Housing
- Assisted Living
- Community Resource
- End of Life Planning
- In-home Care Resources
- Transportation Options

## Donation Opportunities

Donations help support care management and in-home services for homebound seniors, partially funded by the California Department of Aging and the Older Americans Act (Title III). Every donation makes a difference in the lives of vulnerable seniors. 100 percent of your contribution will go to directly to those services.

All donations are tax deductible. If you would like to make a donation call:

**949-724-6913**  
**lconger@cityofirvine.org**



**Community Services** | Senior Services

# Outreach Services

Promoting independence, dignity and quality of life. Providing resources, information and guidance to assist Irvine seniors, age 50 and older and their support persons.

Keen Center for Senior Resources  
Support Groups · Assistance Programs  
Health and Education · Care Management  
In-Home Support Services · Information Packets  
CHAMPION Volunteer Visitors  
Donation and Volunteer Opportunities

## Lakeview Senior Center 20 Lake Road · Irvine

### Facility Hours

Monday-Friday  
9 a.m.-5 p.m.  
949-724-6900

### Keen Resource Center Hours

Monday-Thursday  
9 a.m.-3 p.m.  
Friday  
9 a.m.-noon  
949-724-6926



Additional times and translation services available by appointment.

[irvineseniors.org](http://irvineseniors.org)



## Keen Center for Senior Resources

The Keen Center for Senior Resources (Keen Center) offers support and assistance designed to help seniors and their families deal with the physical, emotional and practical challenges of aging. Located within the Lakeview Senior Center, the Keen Center hosts an exceptional team of bilingual volunteers and staff who are standing by to help. The Keen Center is your destination for up-to-date senior resources and information.

**Direct Line:** 949-724-6926  
**Operating Hours:**  
Monday-Thursday 9 a.m.-3 p.m.  
Friday 9 a.m.-noon

**Additional times and translation services available by appointment.**



## Care Management

Home and office visits are available to assist Irvine senior residents in connecting to local resources and services. Care Managers provide assessments and care-plan recommendations to help seniors remain safely at home or to make a successful transition to a higher level of care.

## Referrals for In-home Support Services and Emergency Response Services

Referrals for in-home care services, including homemaker, chore and personal care assistance and emergency response services are provided by Care Management staff.

## CHAMPION Volunteer Visitors Community Helpers Assisting Mature Persons In Our Neighborhoods

Trained volunteers visit homebound seniors to help reduce isolation and support re-engagement in the community. Volunteers complete an eight week training program on senior needs and attend monthly supervision meetings.

CHAMPION Volunteer Visitors



[irvineseniors.org](http://irvineseniors.org)



TRIPS



Irvine Meals on Wheels

## Volunteer Driver Services

### Door-to-Door/Non-emergency Medical

#### DAV Transportation Network Disabled American Veterans (DAV)

Volunteer network providing transportation for U.S. disabled veterans to/from the Long Beach Veteran's Administration Medical Center.

**Cost:** Free

**Requirements/Specifics:** Registration required. Trips require 7-10 day advance notice.

**Phone:** 310-283-5796

**Website:** [dav.org/veterans/i-need-a-ride](http://dav.org/veterans/i-need-a-ride)

### Road to Recovery

#### American Cancer Society

Transportation for medical appointments directly related to cancer treatment.

**Cost:** Free for patients and caregiver

**Requirements/Specifics:** Participants must be ambulatory. Patient's caregiver can provide mobility assistance if needed. Registration required. Trips require four business day advance notice.

**Times:** Monday-Friday, 7 a.m.-5 p.m.

**Phone:** 888-227-6333 (Patient Services)

**Website:** [cancer.org/treatment/support-programs-and-services/road-to-recovery](http://cancer.org/treatment/support-programs-and-services/road-to-recovery)

### Volunteer Driver Program

#### Irvine Senior Services Outreach Program

Transportation for non-emergency medical appointments.

**Cost:** Free

**Requirements/Specifics:** Irvine Residents age 50+ who are ambulatory. Registration required. Up to two round trips per month. One week advance notice required.

**Phone:** 949-724-6926

**Website:** [cityofirvine.org/senior-services/transportation-services](http://cityofirvine.org/senior-services/transportation-services)



## Transportation Directory

### Quick Call List

#### Public Transportation

Amtrak.....	800-872-7245
iShuttle (OCTA).....	714-636-7433
Metrolink.....	800-371-5465
OCTA.....	714-636-7433

#### Paratransit Services

ACCESS (OCTA).....	714-560-5956
Reservation Line.....	877-628-2232
<i>(for registered participants)</i>	
TDD.....	800-564-4232
Age Well.....	949-855-9766
TRIPS (City of Irvine).....	949-724-7433

#### Volunteer Driver Services

<i>City of Irvine</i>	
Outreach Services.....	949-724-6926
Disabled American Veterans.....	562-826-5796
Road to Recovery.....	888-227-6333
<i>(American Cancer Society)</i>	

#### Other Transportation/Mobility Services

AARP Smart Driver Course.....	800-350-7025
Irvine courses.....	949-724-6800
<i>Automobile Club of America (AAA)</i>	
Irvine Office.....	949-477-4999
CarFit®.....	949-724-6926
Department of Motor Vehicle... ..	800-777-0133
<i>Hoag Driving Training and</i>	
Assessment Services.....	949-764-4624
<i>St. Jude Medical Center Driver</i>	
Assessment Program.....	714-578-8706
<b>Ext. 2327</b>	

## Transportation Guide for Seniors



A key component to healthy living is getting out, whether it is to your doctor, the senior center, grocery store or local museum. This Transportation Guide designed for seniors will help you get to where you need to go. All programs, prices, and registration requirements are subject to change so please check schedules before planning your trip.



### More information

**Keen Center for Senior Resources**  
20 Lake Road • Irvine • 92604  
949-724-6926  
[irvineseniors.org](http://irvineseniors.org)





## Door-to-Door/Curb-to-Curb Services

### ACCESS

#### Orange County Transit Authority (OCTA)

For Orange County residents who are disabled and unable to use regular bus service.

**Cost:** Varies

**Requirements/Specifics:** Passengers must meet Americans with Disabilities (ADA) eligibility criteria. Interview and certification by ACCESS required. Modification of service beyond curb must be approved. Same Day Taxi Program available.

**Phone:** 714-560-5956 (eligibility)  
877-628-2232 (reservation)  
800-564-4232 (TDD)

**Website:** [octa.net/access](http://octa.net/access)

### Age Well Transportation

#### Age Well Senior Services, Inc.

Transportation for non-emergency medical appointments.

**Cost:** \$2.00 one-way trip. Accompanying care attendants ride free.

**Requirements/Specifics:** South Orange County residents aged 60+. Pre-enrollment required. Up to 8 round trips per month. 24 hours advance notice required.

**Phone:** 949-855-9766

**Website:** [agewellseniorservices.org/transportation](http://agewellseniorservices.org/transportation)

### TRIPS

#### City of Irvine

Transportation for Irvine residents (aged 18+) who are unable to drive due to a disability.

**Cost:** \$1.90 one way to any area in Irvine (other areas limited and costs range from \$3.80-\$5.70)  
\$25 initial registration fee/\$20 annual renewal  
\$30 ticket (16 rides)

**Requirements/Specifics:** Pre-registration and determination of eligibility. Accompanying care attendants ride free. Call for availability.

**Email:** [TRIPS@cityofirvine.org](mailto:TRIPS@cityofirvine.org)

**Phone:** 949-724-7433

**Website:** [cityofirvine.org/TRIPS](http://cityofirvine.org/TRIPS)

## Public Transit/Fixed Route System

### Amtrak

Daily trips to and from Los Angeles, Santa Barbara and San Diego with stops in Orange County, including the Irvine Station.

**Cost:** Varies (based upon route)

**Requirements/Specifics:** Check website for more information on discounts available for seniors (aged 65+), veterans, persons with disabilities and their companions.

**Phone:** 800-872-7245 (800-USA-RAIL)

**Website:** [amtrak.com](http://amtrak.com)

### Big Bus

#### Orange County Transportation Authority (OCTA)

Bus system with countywide service.

**Cost:** \$2 Single fare

\$0.75 Seniors (aged 65+), persons with disabilities and Medicare recipients

**Requirements/Specifics:** Day, weekly and monthly passes available.

**Email:** [seniors@octa.net](mailto:seniors@octa.net)

**Phone:** 714-636-7433

**Website:** [octa.net](http://octa.net)

### MetroLink

Commuter rail system with service to Los Angeles, Orange and Riverside Counties. "Quiet" cars available.

**Cost:** Varies (based upon route). Senior and disabled discounts available. Attendants ride free with disabled passenger. Proof of disability required.

**Requirements/Specifics:** Tickets purchased at station kiosk. Free online ticketing app also available; search on mobile device in app store for MetroLink (Southern California Regional Rail Authority).

**Phone:** 800-371-5465

**Website:** [metrolinktrains.com](http://metrolinktrains.com)



Denotes transportation options that are wheelchair accessible.

## Driver Education and Assistance

### AARP Smart Driver Course

#### City of Irvine Senior Services and AARP

State-recognized driver improvement course.

Learn how to safely operate your vehicle and adjust to common age-related changes in vision, hearing and reaction time. Offered in English and Mandarin. Auto insurance discounts available upon course completion.

**Cost:** \$15 AARP members  
\$20 non-members

**Requirements/Specifics:** For drivers 55 and older. Pre-registration required.

**Phone:** 800-350-7025

Irvine courses 949-724-6800

**Website:** [aarpsdriversafety.org](http://aarpsdriversafety.org)

### CarFit®

#### City of Irvine Senior Services, AOTA, AAA and AARP

Offers older adults the opportunity to check for personal vehicle "fit."

**Cost:** Free

**Requirements/Specifics:** Pre-registration required.

**Phone:** 949-724-6926

**Website:** [car-fit.org](http://car-fit.org)

### TREDS: Training, Research and Education for Driving Safety

Resource and referral guide to promote safe driving and mobility.

**Website:** [treds.ucsd.edu/older-drivers](http://treds.ucsd.edu/older-drivers)

## Other Resources

### Orange County Group Ambulance Providers

Please call for service area and fees. Contact your health insurance before using services.

**Website:** [healthdisasteroc.org/ems/afh/ambulance](http://healthdisasteroc.org/ems/afh/ambulance)

### Orange County Taxicab Companies

**Website:** [octa.net/060208/OCTAP.aspx](http://octa.net/060208/OCTAP.aspx)

Smartphone enabled services that arrange one-time rides on short notice:

Lyft [lyft.com](http://lyft.com)

Uber [uber.com](http://uber.com)

The City of Irvine does not endorse or guarantee any of the aforementioned products or services

## National Charity League



Irvine Meals on Wheels (MOW) is a joint partnership between the City of Irvine and the National Charity League, Inc. (NCL) Irvine chapter. For more than 30 years, NCL's Irvine chapter has adopted MOW as its main philanthropic activity, providing funding for administrative program costs. MOW is available on a donation basis for qualifying seniors ages 60 plus.



## Irvine Meals on Wheels

20 Lake Road  
Irvine, CA 92604  
Phone: 949-724-6910

*IrvineSeniors.org*



**City of Irvine**  
Community Services

# Irvine Meals on Wheels

*Established 1980*



*Providing nutritious, healthy, great tasting home delivered meals to Irvine senior residents for more than 30 years.*

**949-724-6910**





# Irvine Meals on Wheels



Irvine Meals on Wheels provides nutritious, healthy, great tasting meals to senior residents or other individuals who cannot prepare or shop for meals themselves.

Food for an entire day is delivered Monday through Friday between 11:30 a.m. and 1:00 p.m.

The meals consist of:

- Assorted breakfast cereals and breads, milk and juice
- A hot entrée and sides for lunch
- A ready-made evening meal (no heating required)

Appropriate condiments and sides are served with each meal. All three meals meet the Required Daily Allowance for senior citizens. All meals are offered with no sugar added.

Meals are prepared at the Lakeview Senior Center and are cheerfully delivered by caring volunteers. Volunteer drivers provide more than just nourishment; their daily visits offer friendly greetings and dependable, reassuring contact.

Meals on Wheels allows clients the dignity and comfort of remaining self sufficient in their own homes.



- *Do you feel that you could benefit from this wonderful program?*
- *Do you know someone else who might need this service?*
- *Are you interested in supporting the Meals on Wheels program by becoming a community driver or by making a tax deductible donation?*

*If you have answered "YES" to any of these questions, please contact our office at:*

**Irvine Meals on Wheels**  
20 Lake Road  
Irvine, CA 92604  
Phone: 949-724-6910

*IrvineSeniors.org*



## Irvine Apartment Communities

The properties listed below are owned by the Irvine Apartment Communities (IAC), a private, for-profit company, and contain affordable housing units. For assistance with IAC properties, visit [rental-living.com](http://rental-living.com).

### Cedar Creek

5051 Alton Parkway, #10  
1 & 2 bedrooms  
949-733-0404

### Cross Creek

22 Creek Road  
949-733-0414  
2 & 3 bedrooms

### Deerfield Apartments

3 Bearpaw  
949-559-5000  
Studio & 2 bedrooms

### Northwood Park

146 Roosevelt Street  
949-552-0177  
1, 2 & 3 bedrooms

### Northwood Place

1300 Hayes Street  
949-857-4100  
1, 2 & 3 bedrooms

### Orchard Park

50 Tarocco  
949-651-0200  
2, 3 & 4 bedrooms

### San Leon Villa Apartments

1 San Leon  
949-863-7050  
1, 2 & 3 bedrooms

### San Marco Villa Apartments

101 Veneto  
949-975-1888  
1, 2 & 3 bedrooms

### San Marino Villa Apartments

403 San Marino  
949-553-1662  
1, 2 & 3 bedrooms

### San Paulo Apartments

100 Duranzo Aisle  
949-756-0123  
1, 2 & 3 bedrooms

### San Remo Villa Apartments

1011 San Remo  
949-474-5056  
1 & 2 bedrooms

### The Parklands

1 Monroe Street  
949-651-0468  
1, 2 & 3 bedrooms

### Turtle Rock Canyon

100 Stonecliffe  
949-854-8989  
1, 2 & 3 bedrooms

### University Town Center Apartments

1100 Stanford  
949-854-2417  
1 & 2 bedrooms  
Properties:  
• Berkeley Court  
• Columbia Court  
• Cornell Court  
• Dartmouth Court  
• Harvard Court  
• Stanford Court

### Villa Siena

18600 Jamboree Road  
949-474-4422  
Studio, 1, 2 & 3 bedrooms

### Windwood Glen

97 Hearthstone  
949-551-1577  
1 & 2 bedrooms

### Windwood Knoll

2 Flagstone, #121  
949-551-3258  
2, 3 & 4 bedrooms

### Woodbridge Oaks

1 Knollglen  
949-786-7154  
2 & 3 bedrooms

### Woodbridge Villas

10 Thunder Run, #30  
949-786-5110  
2, 3 & 4 bedrooms

### Woodbridge Willows

344 Knollglen  
949-857-0383  
1, 2 & 3 bedrooms

## Additional Apartment Communities

The properties listed below are located within Irvine and contain affordable housing units. To inquire about the availability of affordable units, please contact the apartment community or property management company directly.

### Alegre Apartments

3100 Visions  
949-872-2589  
2, 3 & 4 bedrooms

### Anton Portola Apartments

100 Fountainhead  
949-232-1819  
1 & 2 bedrooms

### Avalon Irvine

2777 Alton Pkwy  
949-863-9549  
1 & 2 bedrooms

### AXIS 2300

2300 Dupont  
949-474-0733  
2 bedroom lofts

### Camden Apartments

2801 Main  
949-833-7900  
1 & 2 bedrooms

### Doria Apartments

1000 Crested Bird  
949-701-4719  
1, 2 & 3 bedrooms

### Elements

1000 Elements Way  
844-694-7969  
1, 2 & 3 bedrooms

### Espira

2117 Hamal  
949-346-3999  
2 & 3 bedrooms

### 360 Fusion

17321 Murphy Ave.  
949-347-5328  
Studio, 1 & 2 bedrooms

### Granite Court Apartments

2853 Kelvin  
949-863-9790  
1, 2 & 3 bedrooms

### Harvard Manor

21 California  
949-854-1536  
1, 2, 3 & 4 bedrooms

### Inn at Woodbridge

11 Osborn  
949-651-8600  
For adults age 62+  
1 & 2 bedrooms

### Irvine Community Land Trust

Various locations throughout the City of Irvine with 7 very-low income 2 & 3 bedrooms  
[irvineclt.org](http://irvineclt.org)

### Irvine Inn

2810 Warner Avenue  
949-551-7999  
Single room occupancy

### Kelvin Court Apartments

2552 Kelvin Ave.  
949-797-0003  
Studio, 1, 2 & 3 bedrooms

### Laguna Canyon Apartments

400 Limestone  
949-502-5424  
1, 2 & 3 bedrooms

### Luminaira

1158 Hamal  
949-346-2995  
2 & 3 bedrooms

### Luxaira

1158 Hamal  
949-346-5444  
For adults age 55+  
Studio, 1 & 2 bedrooms

### Mariposa Villas

3773 University Drive  
949-509-7012  
For persons with disabilities  
1 & 2 bedrooms

### Metropolis

2100 Sullivan Drive  
844-309-1588  
Studio, 1, 2 & 3 bedrooms

### Montecito Vista Apartments

4000 El Camino  
714-389-7580  
2 & 3 bedrooms

### Parc Derian

16201 Derian  
714-288-7600 ext. 340  
1, 2 & 3 bedrooms

### Rize

1100 Synergy  
877-548-2076  
Studio, 1 & 2 bedrooms

### Santa Alicia Apartments

100 Santorini  
949-653-2995  
1, 2, 3 & 4 bedrooms

### Solaira Senior Apartments

100 Ridge Valley  
Call 949-209-5025  
For adults age 55+  
1 & 2 bedrooms

## Additional Apartment Communities

The properties listed below are located within Irvine and contain affordable housing units. To inquire about the availability of affordable units, please contact the apartment community or property management company directly.

### The Alton Apartments

2501 Alton Pkwy  
949-344-7701  
1 & 2 bedrooms

### The Arbor at Woodbury

300 Regal  
949-336-8300  
1, 2 & 3 bedrooms

### The Residences on Jamboree

2801 Kelvin Ave.  
949-298-6870  
Studio, 1, 2 & 3 bedrooms

### The Kelvin Apartments

2850 Kelvin Ave.  
949-955-9411  
1 & 2 bedrooms

### Toscana Apartments

30 Via Lucca  
949-757-1111  
Studio, 1 & 2 bedrooms

### Villa Hermosa Irvine

14501 Harvard  
949-559-5902  
For persons with disabilities  
1 & 2 bedrooms

### Windrow Apartments

5300 Trabuco  
949-861-2470  
1, 2 & 3 bedrooms

### Woodbridge Manor

27 Lake Road  
949-552-6794  
For adults age 62+ or persons with disabilities  
1 bedroom

### Woodbury Walk

99 Talisman  
949-861-8914  
1, 2 & 3 bedrooms



## Find Affordable Housing in Irvine



For additional information and housing related questions, call 949-724-7456 or visit [cityofirvine.org/affordablehousing](http://cityofirvine.org/affordablehousing)



Renters with a disability seeking accessible/modified units, please contact the affordable rental units directly using the information provided in this directory.





## Rental Opportunities



### Affordable Apartment Units – Locations and the Application Process

To inquire about availability of units and/or put your name on a waiting list, please contact the apartment complexes listed in this brochure. If units are not immediately available, request to be placed on the waiting list. As units become available, the leasing office will contact you. We recommend calling each leasing office periodically to confirm your place on their waiting list. For most affordable two-bedroom units, a two-to four-year wait can be expected. A five-year wait, or longer, is common for three- and four-bedroom units.

### Resources to Help You Find an Apartment

The Irvine Apartment Communities (IAC) provides comprehensive information through its Rental Living Apartment Information Center about apartment opportunities, sites and availability to prospective apartment residents. For more information about apartments owned and operated by the Irvine Company call 949-223-0800 or [rental-living.com](http://rental-living.com).

Private party (individual) landlords offer a variety of other types of rental housing (single-family homes, duplexes, condominiums). Such properties can be found through local realtors, classified ads and college bulletin boards, to name a few possibilities.

The Orange County Housing Authority provides rental assistance in Irvine. Housing Choice Vouchers can be used to subsidize rent in a variety of rental dwellings and locations with almost any property owner who is willing to participate in the program. For more information, visit [ochousing.org](http://ochousing.org) or call 714-480-2700.

### Landlord/Renter Disputes

The City of Irvine contracts with the Fair Housing Foundation to assist Irvine resident and landlords to understand their rights under fair housing law. Services provided by the Foundation include fair housing education and enforcement, landlord/tenant counseling and mediation. If you feel you have been discriminated against please contact the Fair Housing Foundation, located at 2300 E. Katella Avenue, Suite 405, Anaheim, CA 92806; call 714-918-8001 or visit [fhfa.org](http://fhfa.org).

If you live in an Irvine Apartment Community, you may also contact the Irvine Company's renter dispute hotline at 949-430-4949.

## Homeownership Opportunities

### California Housing Finance Agency

California Housing Finance Agency (CalFHA) provides loan programs for low- to moderate-income first-time homebuyers. For information and to check borrow eligibility requirements, visit [calhfa.ca.gov](http://calhfa.ca.gov).

### U.S. Department of Housing and Urban Development

The U.S. Department of Housing and Urban Development (HUD) offers homes for purchase through special programs. While HUD does not provide direct financial assistance for the purchase of a HUD home, it may be possible for buyers to qualify for an FHA-insured mortgage to finance the purchase. HUD Home Store is the listing site for HUD real estate owned single-family properties and provides a centralized location to search the inventory of HUD properties for sale. For more information, visit [hudhomestore.com](http://hudhomestore.com).

### Community Programs

The **Affordable Housing Clearinghouse** (AHC) is a nonprofit organization consisting of a network of lenders, community groups and public agencies dedicated to the creation of quality affordable housing. The Clearinghouse provides homebuyer assistance to low- and moderate-income families. For a list of programs, information and applications, call AHC at 949-859-9255 or 877-990-5626 (toll free) or visit [affordable-housing.org](http://affordable-housing.org).

**NeighborWorks Orange County**, a separate nonprofit organization, also offers first-time homebuyers down payment assistance. Call 714-490-1250 or visit [nwoc.org](http://nwoc.org).

The federal **Making Home Affordable Program** includes opportunities for homeowners to modify or refinance their mortgage to make their monthly payments more affordable. It also provides foreclosure alternatives for homeowners who are interested in a short sale or deed-in-lieu of foreclosure. For program information, visit [makinghomeaffordable.gov](http://makinghomeaffordable.gov) or call 888-995-4673.



## Additional Resources

### South County Outreach

South County Outreach is a nonprofit, public service organization that prevents homelessness and minimizes hunger by serving as a safety net for individuals facing a crisis situation. Services to Irvine residents include food pantry, emergency rental and utility assistance, computer training, counseling and referrals to other assistance organizations. For additional information, call 949-380-8144 or visit [sco-oc.org](http://sco-oc.org).

### Families Forward

Families Forward is a nonprofit, public service organization that helps families in need achieve and maintain self-sufficiency through transitional and emergency housing, food, counseling, education and other support services. For more information, call 949-552-2727 or visit [families-forward.org](http://families-forward.org).

### Housing Assistance Referral

211 Orange County is a comprehensive information and referral system that links Orange County residents to community health and human services and support. If you are in need of emergency shelter, transitional housing or other types of housing assistance, please dial 2-1-1 or call 888-600-4357 (toll free). For additional information, visit [211oc.org](http://211oc.org).



*The City of Irvine has earned a reputation as one of the best places in America to live. A high quality of life, excellent schools, a vibrant business economy and remarkable shopping and recreational opportunities combine to make Irvine one of America's most attractive residential communities.*

The City is committed to providing a wide range of housing opportunities for people of all income levels. To accomplish this goal, the City works in cooperation with housing developers to ensure that a percentage of all new housing is affordable to families earning less than the area's median income. Through these efforts, there are more than 3,000 affordable housing units in Irvine.

## 2018 Income Limits Table

Household Size	Very-Low Income	Low Income	Moderate Income
1 person	\$38,300	\$61,250	\$77,900
2 person	\$43,750	\$70,000	\$89,000
3 person	\$49,200	\$78,750	\$100,150
4 person	\$54,650	\$87,450	\$111,250
5 person	\$59,050	\$94,450	\$120,150
6 person	\$63,400	\$101,450	\$129,050
7 person	\$67,800	\$108,450	\$137,950
8 person	\$72,150	\$115,450	\$146,850

For more information about affordable housing units, visit [cityofirvine.org/affordablehousing](http://cityofirvine.org/affordablehousing) or contact:

**Amy Mullay, Senior Planner**  
949-724-7454  
[amullay@cityofirvine.org](mailto:amullay@cityofirvine.org)



**COMMITTEE/GROUP/  
AGENCY REPORTS**





# EVERYONE COUNTS

## 2019 POINT IN TIME COUNT: CITY BY CITY

CITY	UNSHELTERED	SHELTERED	TOTAL
Anaheim	694	508	1,202
Brea	30	0	30
Buena Park	142	145	287
Cypress	39	0	39
Fullerton	308	165	473
La Habra	45	0	45
La Palma	9	0	9
Los Alamitos	1	21	22
Orange	193	148	341
Placentia	55	108	163
Stanton	71	45	116
Villa Park	0	0	0
Yorba Linda	1	0	1
County Unincorporated	8	0	8
Domestic Violence Programs	N/A	29	29
<b>NORTH SERVICE PLANNING AREA</b>	<b>1,596</b>	<b>1,169</b>	<b>2,765</b>

CITY	UNSHELTERED	SHELTERED	TOTAL
Costa Mesa	187	6	193
Fountain Valley	28	14	42
Garden Grove	163	62	225
Huntington Beach	289	60	349
Newport Beach	64	0	64
Santa Ana	830	939	1,769
Seal Beach	8	0	8
Tustin	95	264	359
Westminster	159	25	184
County Unincorporated	4	31	35
Domestic Violence Programs	N/A	104	104
<b>CENTRAL SERVICE PLANNING AREA</b>	<b>1,827</b>	<b>1,505</b>	<b>3,332</b>

CITY	UNSHELTERED	SHELTERED	TOTAL
Aliso Viejo	1	0	1
Dana Point	32	0	32
Irvine	127	3	130
Laguna Beach	71	76	147
Laguna Hills	24	0	24
Laguna Niguel	7	3	10
Laguna Woods	5	0	5
Lake Forest	76	36	112
Mission Viejo	22	9	31
Rancho Santa Margarita	15	0	15
San Clemente	96	49	145
San Juan Capistrano	62	0	62
County Unincorporated	0	0	0
Domestic Violence Programs	N/A	49	49
<b>SOUTH SERVICE PLANNING AREA</b>	<b>538</b>	<b>225</b>	<b>763</b>

Notes from

**Health & Nutrition Committee Meeting of May 15, 2019**

1. Guy Navarro is the new Chair of the Committee.
2. Frank Hernandez, Office on Aging, provided stats on April workshops (see attachment)
3. New Goals for 2019 are under discussion.
4. Information on OC food banks, congregate meal sites, food stamps, meals on wheels, and much more, can be found at:

[www.officeonaging.ocgov.com](http://www.officeonaging.ocgov.com)

## **ASSISTANCE: HEALTH EDUCATION**

### **Chronic Disease Self-Management Program CDSMP Workshops**

- 4 CDSMP workshops had 34 people in attendance with 21 completers
  - 5 workshops are scheduled to start in the 2<sup>nd</sup> quarter
- Organizations interested in scheduling a Healthier Living with Chronic Conditions in English or Spanish workshop, please contact Frank Hernandez at [frank.hernandez@occr.ocgov.com](mailto:frank.hernandez@occr.ocgov.com) or 714-480-6451

### **Diabetes Self-Management Program DSMP Workshops**

- 5 DSMP workshop had 36 people in attendance with 22 completers
  - 5 workshops are scheduled to start in the 2<sup>nd</sup> and 3<sup>rd</sup> quarter
- Organizations interested in scheduling a DSMP workshop can contact Frank Hernandez at [frank.hernandez@occr.ocgov.com](mailto:frank.hernandez@occr.ocgov.com) or 714-480-6451

### **A Matter Of Balance (AMOB)**

- 6 Matter of Balance workshops had 88 in attendance with 73 completers
  - 5 workshop are scheduled to take place on or before October 2019
- The Office on Aging is seeking community partners who are interested in hosting AMOB workshops. Interested parties can contact Frank Hernandez at [frank.hernandez@occr.ocgov.com](mailto:frank.hernandez@occr.ocgov.com) or 714-480-6451

### **Down With Falls Coalition**

- Down with Falls Coalition is on a temporary break.

### **Health Education**

- In Celebration for Falls Prevention Awareness Day, Mission Hospital will be hosting a Fall Prevention event at Laguna Woods City Hall on Sep 20<sup>th</sup> from 9:00am to 12:00pm. More information will follow
- Continued participation on the OCSPA Healthcare subcommittee, OC Healthier Living committee.
- Continued participation with OCSPA Technology Meeting

— Can hold workshops anywhere on demand. Contact FH.



Notes from

**Facility Committee Meeting of May 8, 2019**

1. Lakeview Clarence Auditorium Flooring: Patchwork done to remove unsafe areas. Funding for the entire floor replacement is included in the next FY budget.
2. ~~Lakeview~~ *Rancho* Ballroom Flooring: Funding for the entire floor replacement is included in the next FY budget.
3. Lakeview 25<sup>th</sup> year Anniversary: Special events are planned. Two recurring maintenance items were discussed:
  - a. Bald spots near the front entrance need fixing
  - b. Building exterior needs evaluation for repainting
4. Rancho Garden Plot Fencing: Replacing the old wood fencing with wrought iron. City staff is installing chicken wire.

# **MINUTES**

**ITEM 1**



# MINUTES

## IRVINE SENIOR CITIZENS COUNCIL REGULAR MEETING

**APRIL 18, 2019**

Lakeview Senior Center  
20 Lake Road  
Irvine, California

### CALL TO ORDER

A regular meeting of the Irvine Senior Citizens Council was called to order at 9 AM by Chair Inmon.

### ROLL CALL

COUNCILMEMBER	JERRY CHANG	Council Appointee: Kuo
COUNCILMEMBER	JUNEU KIM	Council Appointee: Fox
COUNCILMEMBER	HARISH MURTHY*	Council Appointee: Khan
COUNCILMEMBER	RACHEL OWENS	Council Appointee: Shea
COUNCILMEMBER	VACANT	Council Appointee: VACANT
CHAIR	CAROLYN INMON	Member-at-Large

*\*Arrived at 9:07 a.m.*

### ABSENT

COUNCILMEMBER	KEVIN KONDRU	Member-at-Large
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### PLEDGE OF ALLEGIANCE

Chair Inmon led the Pledge of Allegiance.

### INTRODUCTIONS

Community Services Supervisors Denise Bennett-Arabatzis and Ed Kaleikini introduced the following new Senior Services staff:

1. Skyylr Hernandez, Outreach Assistant PT
2. Cindy Johnson, Office Assistant I PT
3. Juan Muñoz-Reyes, Community Services Leader II PT
4. Lisa Winter, Outreach Assistant EPT

## **PRESENTATION**

City Clerk Molly M. Perry provided a Brown Act Refresher presentation.

## **ANNOUNCEMENTS**

Community Services Superintendent Sandra Salcedo made the following announcements:

- The Senior Services Volunteer Recognition is April 19 from 12:30 to 2:30 p.m. at the Lakeview Senior Center.
- An Older Americans Month Proclamation will be made at the April 23 City Council meeting. A copy of the proclamation was distributed.
- A Community Idea-thon will be held on May 1 at the Mission Viejo Norman P. Murray Community and Senior Center to identify challenges older adults are facing around loneliness and possible solutions using technology. A flyer was distributed.
- The Senior Council will continue to operate with a vacancy until the vacant City Council seat is filled. The City Council is accepting applications to fill the City Council vacancy through May 3. A handout was provided outlining the details of the application process.

## **PUBLIC COMMENTS**

There were no public comments.

## **ADDITIONS AND DELETIONS**

There were no additions or deletions to the agenda.

## **COUNCILMEMBER UPDATES**

Senior Council Member Owens announced the Ryan Lemmon Foundation is seeking volunteers for the High School Senior Showcase that is scheduled for May 31 through June 2.

Chair Inmon announced City Councilmember Kahn will attend the May 16 Senior Council meeting to present the Older Americans Proclamation to the Senior Council.

## **COMMITTEE/GROUP/AGENCY REPORTS**

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

#### **A. Irvine Adult Day Health Services (IADHS)**

Executive Director Kimberly Beeson reported the State Department of Aging re-certification process that began in December 2018 is now in phase three, and the State's site visit resulted in zero findings. IADHS has purchased advertising space in the Senior Connection and the Woodbridge Association newsletter (sample ads were distributed). IADHS will be celebrating its 25<sup>th</sup> anniversary with an open house on July 11 from 4 to 6 p.m. The event will feature entertainment and a food truck. IADHS will be honoring its volunteers on April 26.

#### **B. Irvine Evergreen Chinese Senior Association (IECSA)**

Director Jerry Chang reported IECSA's monthly meeting on April 20 will include entertainment and a discussion on health and well-being. IECSA will publish its 30<sup>th</sup> anniversary commemorative memory book. IECSA membership from inception to present day is at over 2,000 members. IECSA will host a free celebratory banquet on July 20 and everyone is welcome.

#### **C. Friends of Outreach (FOO)**

President Pat Hendee reported the Bingo program is averaging \$500 per week and 70-80 participants. The International Crafters continue to work on pocketed holders for chair/couch arm rests for holiday gift bags. Regarding restaurant fundraisers, Ruby's was held last week, California Pizza Kitchen will be held on June 13, and Chili's will be held in September. The Ride with 24Hr HomeCare transportation program is very popular and continues to be in high demand.

#### **D. Irvine Senior Travelers (Travelers) – No report.**

#### **E. NEDA-Association of Iranian American Seniors (NEDA) – No report.**

#### **F. Irvine Korean Evergreen Association (IKEA)**

President Juneu Kim reported working with a previous high school student as an intern yielded positive results. IKEA is considering working with a fourth year Ph.D candidate specializing in multi-cultural relations to work as a research consultant.



**G. Senior Services Strategic Plan Update**

Superintendent Salcedo reported the first campaign to recruit volunteers was rolled out through a citywide effort called “Serving Up Smiles” and brought in 68 new volunteers. Two orientations were held and all interested individuals were placed, many in the Rose Garden Café and as Meals on Wheels drivers. A complete Plan Update Year 1 Outcomes report will be provided at the June meeting.

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

**A. Orange County Senior Citizens Advisory Council**

Senior Council Member Owens reported a presentation on the Take Me Home program was provided by the Orange County Sherriff’s Department. Seniors at risk of wandering and children with special needs can be pre-registered with the County to expedite alert systems and mobilization of search efforts, with all parties having advance knowledge of medical/mental issues to help reduce combative or catastrophic results. Additional resources are available in the OC Senior Resource app and magazine.

Chair Inmon reported the annual Senior Summit will be held on May 17 and shared that many Orange County libraries offer many senior-related activities and events.

**B. Health and Nutrition – No report.**

**C. Housing and Transportation**

Senior Council Member Chang reported many cities in Orange County are trying to find ways to address the lack of affordable housing.

**D. Legislative – No report.**

**3. Senior Citizens Council Committees**

**A. Facilities Committee**

Supervisor Kaleikini reported the Lakeview Senior Center Computer Lab renovation is nearing completion, and staff is receiving positive feedback on what has been done thus far.

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

**C. Nutrition Committee**

Supervisor Bennett-Arabatzis reported adjustments have been made to Meals on Wheels delivery routes, allowing for 16 individuals to be taken off the waitlist and added to the program, bringing the program participation up to 163 seniors.

**RECESS**

Chair Inmon recessed the Senior Citizens Council meeting at 10:17 a.m.

**RECONVENE**

Chair Inmon reconvened the Senior Citizens Council meeting at 10:30 a.m.

**COUNCIL BUSINESS**

**1. MINUTES**

**ACTION:** Moved by Senior Council Member Chang and seconded by Senior Council Member Kim to approve the minutes of the March 21, 2019 regular meeting.

The motion carried as follows:

Ayes: 5 Chang, Inmon, Kim, Murthy, Owens  
Noes: 0  
Absent: 1 Kondru

**2. SENIOR SERVICES PROPOSED FISCAL YEAR 2019-21 TWO-YEAR BUDGET**

Community Services Senior Management Analyst Laurie Gruschka presented the item and responded to Senior Council inquiries.

Discussion included: communicating the monetary value that the many Senior Services volunteers provide.

**ACTION:** Moved by Senior Council Member Owens and seconded by Senior Council Member Murthy to recommend City Council approve the Proposed Senior Services Fiscal Year 2019-21 Two-year Budget, adding the dollar value of volunteer hours to Community Services recommendations to City Council.

The motion carried as follows:

Ayes: 5 Chang, Inmon, Kim, Murthy, Owens

Noes: 0

Absent: 1 Kondru

**3. CONDUCT INTERIM ELECTION FOR IRVINE SENIOR CITIZENS COUNCIL VICE CHAIRPERSON**

Chair Inmon opened the floor for nominations.

Senior Council Member Kim nominated Senior Council Member Owens to serve as Vice Chair; nomination was accepted.

**ACTION:** Moved by Senior Council Member Kim and seconded by Senior Council Member Chang to elect Senior Council Member Owens as interim Irvine Senior Citizens Council Vice Chairperson to serve in this capacity through the next scheduled election in January 2020.

The motion carried as follows:

Ayes: 5 Chang, Inmon, Kim, Murthy, Owens

Noes: 0

Absent: 1 Kondru

**END COUNCIL BUSINESS**

**ADJOURNMENT**

Moved by Senior Council Member Murthy, seconded by Vice Chair Owens, and unanimously carried by members present to adjourn the meeting at 11:01 AM.

\_\_\_\_\_  
**CAROLYN INMON, CHAIR**

\_\_\_\_\_  
Athena Martinez  
Recording Secretary

\_\_\_\_\_  
Date

# **HANDOUTS**

# June 2019 Senior Citizens Council Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5 9–10:30 a.m. <b>Aging Services Collaborative Mtg</b> Location: AOC	6	7	8
9	10	11	12 2 p.m. <b>Facilities Mtg</b> Location: LSC	13	14 11-12:30 p.m. <b>Father's Day Luncheon</b> Location: LSC	15
16	17	18	19	20	21	22
23	24	25	26 9 a.m. <b>SCAC Executive Board Mtg</b> Location: OA	27	28	29
30	Key: <b>AOC</b> —Alzheimer's OC (21514 McCabe Way) <b>LSC</b> —Lakeview Senior Center (20 Lake Road) <b>OA</b> – Office on Aging (1300 S. Grand Avenue, Building B)					

## Program Report for Senior Citizens Council – May 16, 2019

### EVENTS, EXCURSIONS, UPDATES

#### Memorial Day Luncheon

Enjoy a special meal at the Rose Garden Café in honor of the men and women who sacrificed their lives while serving in the armed forces. Tickets can be purchased at the Lakeview Senior Center Front Desk. Event is sponsored by Anthem BlueCross.

Date: Friday, May 24  
Time: Seating 1 from 11-11:30 a.m.  
Seating 2 from 12:30-1 p.m.  
Cost: \$4 suggested donation for ages 60 and older  
\$5.25 fee for ages 59 and younger  
Registration: By ticket only, available at the front desk  
Location: Lakeview Senior Center

#### Father's Day Luncheon

All fathers will be celebrated at this special luncheon. Tickets can be purchased at the Lakeview Senior Center Front Desk beginning June 3. Event Sponsored by Anthem BlueCross.

Date: Friday, June 14  
Time: Seating 1 from 11-11:30 a.m.  
Seating 2 from 12:30-1 p.m.  
Cost: \$5 suggested donation for ages 60 and older  
\$7 fee for ages 59 and younger  
Location: Lakeview Senior Center

#### International Yoga Day

Celebrate International Yoga Day by practicing a series of organized sequence postures to help relax the body and mind. Relaxing postures will stimulate the parasympathetic nervous system, also known as the rest and digest system. Participants will be guided into a relaxing "yoga sleep" using the vibration of a planet gong, an ancient instrument used to deepen the experience.

Date: Friday, June 21  
Time: 1:30-3:30 p.m.  
Cost: \$10 for Irvine residents, \$15 for nonresidents  
Registration: Required for Course #18535  
Location: Rancho Senior Center

## **NEW PROGRAMS AND ACTIVITIES**

### **Education Lecture – Dementia Tour**

The Virtual Dementia Tour is a comprehensive experience that allows participants to immerse themselves in the overwhelming effects of trying to perform everyday tasks for a person living with memory loss. Taking you from the beginning to late stages of the disease process, this experience will put you one step closer to truly empathizing with someone with memory impairment.

Date: Tuesday, June 25  
Time: 10-11:30 a.m.  
Cost: Free  
Registration: Recommended for Course #17868  
Location: Lakeview Senior Center

### **Creative Writing**

Do you have a half-finished novel, great family stories, or an idea for a children's book, short story, or screenplay? Get serious and start writing with guidance from a former magazine editor. An assignment will be provided for those who are just starting. Open to all levels of experience. Please bring a pen and spiral notebook. More information can be obtained at [YourProfessorD@gmail.com](mailto:YourProfessorD@gmail.com)

Date: Wednesdays, June 26 through July 31  
Time: 7:30-9 p.m.  
Cost: \$175  
Registration: Required for Course #17414  
Location: Rancho Senior Center