



MINUTES

IRVINE SENIOR CITIZENS COUNCIL REGULAR MEETING

August 17, 2023
Lakeview Senior Center
20 Lake Road
Irvine, CA 92604

CALL TO ORDER

The regular meeting of the Irvine Senior Citizens Council (Senior Council) was called to order at 9 a.m. on August 17, 2023, in the Homer Guimond Studio, Lakeview Senior Center, 20 Lake Road, Irvine, California; Chair Sandlin presiding.

ROLL CALL

Present:	7	Senior Council Member	Amal Baradehi
		Senior Council Member	Greta Jacobs
		Senior Council Member	Patti Ragland
		Senior Council Member	Zainab Saadi, MD*
		Senior Council Member	Myung Suh
		Vice Chair	Rachel Owens
		Chair	Bill Sandlin

*arrived at 9:13 a.m.

PLEDGE OF ALLEGIANCE

Senior Council Member Suh led the Pledge of Allegiance.

PARTICIPATION IN SENIOR COUNCIL MEETING

Amber Castrey, Community Services Supervisor, provided instructions on how to participate in the Senior Council meeting for those attending via Zoom or in person.

INTRODUCTIONS

There were no introductions.

1. PRESENTATION

1.1 Distinguished Service Award – Chair Sandlin

1.1.1 Chair Sandlin presented award to Mike and Kana Schaffer for their dedicated service as Nutrition Program volunteers.

PUBLIC COMMENTS – NON-AGENDIZED ITEMS

Ron Scolesdang, Program Director at Seniors Fight Back, made the following comments:

- Established a nonprofit entity known as Seniors Fight Back offering free programs to teach seniors methods of self-defense.
- The program is designed for older adults and has successfully instructed 5,000 students through in-person sessions, with the capacity to accommodate classes of up to 500 participants.
- For additional details, visit website *seniorsfightback.com*.

STAFF ANNOUNCEMENTS

Supervisor Castrey made the following announcements:

- The August 19 Summer in the City concert at Mike Ward Community Park-Woodbridge will feature vocal group DW3 playing R&B, old school funk, and smooth jazz music.
- The Senior Expo will be held August 25 from 9 a.m. to 12:30 p.m. at Lakeview Senior Center. This outdoor event will include health screenings, nutrition information, demonstrations, and a wide variety of the latest health and fitness products. A handout for the event was distributed.
- The CHAMPION Program (Community Helpers Assisting Mature Persons in Our Neighborhood) will conduct its annual orientation and seven-week training series for new volunteers. The orientation is scheduled for September 20 from 1 to 2:30 p.m. at Lakeview Senior Center, and trainings are scheduled every Wednesday, from September 27 to November 8. For additional information or to sign up for the orientation and training, contact the Keen Center for Senior Resources at 949-724-6926.
- In partnership with Parkinson's Exercise Programs 4 You, Senior Services is pleased to introduce the latest addition to programming, Strength and Movement with Parkinson's, offering specialized strength and movement exercises designed to aid individuals with Parkinson's. A care partner is required for participation. Register at *yourirvine.org*.
- Expanded operating hours for Keen Center for Senior Resources are now 9 a.m. to 4 p.m., Monday through Friday, as of August 1.

SENIOR COUNCIL ANNOUNCEMENTS/UPDATES

Senior Council Member Ragland provided a reminder to submit drawings for new City Council districts. She reported submission of drawings is a simple process through drawirvine.org. Both draft and posted maps are accessible on the website. Submissions will be accepted through August 31.

Vice Chair Owens shared the Irvine Animal Care Center's annual comedy show fundraiser event will be held on September 19 and tickets are available for purchase at \$44. Vice Chair Owens also reported she was appointed as the County's Senior Citizens Advisory Council liaison for senior community staff. Additional information on this assignment is forthcoming.

Senior Council Member Jacobs inquired about a recent Senior Services activity, the Variety Show. Supervisor Castrey reported the showcase was successful, featuring 17 acts and attracting an audience of 210 attendees.

Chair Sandlin reported on the prevailing discussion related to senior nomenclature and provided insights from an OC Register article suggesting alternative words in lieu of "senior."

Senior Council Member Saadi announced Patty Oh from Cool Irvine is seeking additional volunteers and is interested in providing a presentation to Senior Council. An update was shared on offering a social event to help renters and landlords connect and network.

2. COMMITTEE/GROUP/AGENCY REPORTS

2.1 Orange County Senior Citizens Advisory Council-Affiliated Committees

2.1.1 Orange County Senior Citizens Advisory Council (SCAC)

Vice Chair Owens reported the following:

- The 2023 Aging in Orange County report is available on ocagingplan.org. The report indicates seniors age 65 and older are projected to make up 25% of the country's population in a few decades.
- The Office on Aging is accepting proposals for the Elderly Nutrition Program; deadline is September 6. Additional information can be found at cop.ocgov.com/doing-business-oc and a letter of intent is due by August 16.
- The Veterans Affairs back-pay benefits have been extended to August 14; contact 714-480-6555 to file a letter of intent.
- Alzheimer's OC, in partnership with the UCI Division of Geriatric Medicine and Gerontology, is offering doctor training on early cognitive decline detection. This training is available in person, through webinars, and on-demand at dementiacareaware.org.

2.1.2 Wellbeing Reimagined – No report.

2.1.3 Housing/Transportation

Senior Council Member Ragland reported the following Veterans Service Office updates:

- Veterans Service Office aids OC veterans by providing a range of benefits and services. A team of 12 advocates connect veterans to lesser-known services. A hotline is available for advice.
- Available benefits to veterans include compensation for service-related injuries, spousal compensation, pensions for specific service criteria, and veteran caregiver support.
- Education benefits cover post-911 support and college tuition waivers. Housing assistance includes Section 8 vouchers and housing support for college-attending children.
- Prop 63 allows for Uber passes for medical appointments and work travel.
- Employment aid involves collaborations with organizations such as Working Wardrobes and OC4Vets.
- Recent business includes reports on medical transportation costs.

Senior Council Member Ragland also reported SCAC bylaws changes will be voted on by the General Committee in September.

2.1.4 Senior Citizens Engagement – No report.

2.2 Senior Citizens Council Subcommittees

2.2.1 Facilities Subcommittee – No report.

2.2.2 Nutrition Subcommittee

Senior Council Member Baradehi reported the following:

- Independence Day luncheon served 149 participants, with 130 reservations and 19 walk-ins. Cheeseburgers were the main dish, and centerpieces were sponsored by Greater Newport Physicians.
- Veterans Day will take place on November 9 with one seating. Staff is working on the menu with Zest in a Bowl, and centerpieces will be sponsored by Great Newport Physicians.
- Thanksgiving will be held on November 17 and will feature two seatings, with an estimated 100 to 125 seats per seating. Menu will feature turkey, and centerpieces will be courtesy of Greater Newport Physicians. A piano player will provide entertainment. Volunteers are needed to assist with lunch service.
- New menu cycle starting this month, six new menu items added.
- Age Well Senior Services served 2,484 meals to 382 participants through Congregate Meals Program in July. Meals on Wheels program served 8,013 meals to 179 registered participants for July 2023. To address no-shows, reminder calls are made in the morning and afternoon

calls following-up on no-show participants. There are on average 23 no-shows per day, with about five wasted meals, after walk-ins are accepted.

2.2.3 Strategic Plan for Aging Subcommittee – No report.

ADDITIONS AND DELETIONS

There were no additions or deletions to the agenda.

At this time, Vice Chair Owens and Senior Council Member Suh inquired about the rationale behind the decrease in the number of participants in July from the distributed program report. They raised the question of whether this decline could be considered a recurring pattern observed in previous years. Supervisor Castrey responded people are back to normal patterns of traveling again and being active elsewhere, which is seen as a positive note.

3. SENIOR CITIZENS COUNCIL BUSINESS

3.1 MINUTES

ACTION: Moved by Senior Council Member Jacobs, seconded by Vice Chair Owens, and unanimously carried by those members present to approve the minutes of the Irvine Senior Citizens Council regular meeting held July 20, 2023.

END OF COUNCIL BUSINESS

ADJOURNMENT

Moved by Vice Chair Owens, seconded by Senior Council Member Ragland, and unanimously carried to adjourn the regular Senior Council meeting at 9:40 a.m.


CHAIR


Hee Jin Lee
Recording Secretary


Date Approved