



MINUTES

IRVINE SENIOR CITIZENS COUNCIL REGULAR MEETING

June 20, 2024
Council Chamber
1 Civic Center Plaza
Irvine, CA 92606

CALL TO ORDER

The regular meeting of the Irvine Senior Citizens Council (Senior Council) was called to order at 9 a.m. on June 20, 2024, in the City Council Chamber, Irvine Civic Center, 1 Civic Center Plaza, Irvine, California; Chair Jacobs presiding.

ROLL CALL

Present:	7	Senior Council Member	Michele Jacknik*
		Senior Council Member	Zainab Saadi, MD
		Senior Council Member	Bill Sandlin
		Senior Council Member	Preeti Singh
		Senior Council Member	Myung Suh
		Vice Chair	Amal Baradehi
		Chair	Greta Jacobs

**arrived at 9:19 a.m.*

PLEDGE OF ALLEGIANCE

Senior Council Member Suh led the Pledge of Allegiance.

PARTICIPATION IN SENIOR COUNCIL MEETING

Ryan McGraw, Community Services Superintendent, 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. PRESENTATIONS

1.1 Distinguished Service Award: Annette Kennedy

Vice Chair Baradehi presented this award to Annette Kennedy for her dedicated service to the Meals on Wheels Program, providing 203 volunteer hours, delivering meals to Irvine's homebound older adults, and training new volunteers.

1.2 Medication Management and Polypharmacy

Dr. Bill Liu from Orange County Health Care Agency presented on the prevalence of medication and dietary supplement use, chronic diseases, and changes in anatomy and physiology in older adults, along with suggested medication management strategies.

Discussion included: the importance of keeping an updated medication list with details from reliable sources such as the Food and Drug Administration, NIH, Office of Dietary Supplements, and primary physician; the process of pharmacy medication refills; safety measures for refills.

1.3 Elder Abuse Prevention Training

Officer Shiree Lind, Irvine Police Department, presented on fraud prevention, including examples of scams occurring in the community, along with prevention tips and resources.

PUBLIC COMMENTS – NON-AGENDIZED ITEMS

Lillian Hollar, a field representative from the office of Cottie Petrie-Norris, Assembly Member of the 73rd District, provided an update on the upcoming annual Scam Stopper event scheduled for September 19. The event will include participation from the California Department of Insurance, the Department of Financial Protection and Innovation, and the Contractor State Licensing Board, focusing on scam prevention and next steps for victims. Further details can be found at a73.asmdc.org/event, and information is being disseminated to encourage community participation.

STAFF ANNOUNCEMENTS

Denise Bennett-Arabatzis, Community Services Supervisor, made the following announcements:

- The City, in partnership with Irvine 2/11 Marine Adoption Committee, is hosting the annual Field of Valor event. Members of the community are invited to honor veterans, active duty, and fallen service members by sponsoring a flag in their name. Flags will be displayed from July 1–14 on the Civic Center Lawn. Submissions must be received by Friday, June 21. Sponsorships are non-refundable. Visit cityofirvine.org/fieldofvalor for more information or to sponsor a flag.

- The City's third annual Freedom Celebration will be held on June 22 from 11 a.m. to 3 p.m. at the Great Park. This free event, celebrating Black culture, as well as the history and significance of Juneteenth, will feature interactive activities, local organizations, and live performances. Food trucks will be available for visitors to purchase food.
- The first Movies on the Lawn series will be on June 27 at the Great Park. Bring low-back chairs and blankets to watch *Elemental* (rated PG). Guests may also bring a picnic, or purchase food from gourmet food trucks or the snack bar. Food trucks will be available beginning at 6:30 p.m., and the movie will begin after dusk. The next movie will be *Trolls Band Together* on July 18.
- In collaboration with the Melinda Hoag Smith Center for Healthy Living, one-on-one consultations are now available with a Community Nurse Navigator to address health concerns, collaborate on better care planning, and receive continued education to improve self-care for adults age 50 and older. Appointments are available at no cost, on the second Tuesday of each month, from 9:30-11:45 a.m. at Lakeview Senior Center. Visit yourirvine.org to register.
- Lakeview Senior Center will be the site for a community event, Better Together, on June 29 from 10 a.m. to noon. Participants from the age of 10 and older are invited to enjoy a morning filled with activities, an opportunity drawing, and more. Whether you are 10 or 110, there is something for everyone! Space is limited; registration required at yourirvine.org. Course number is 106106.

SENIOR COUNCIL ANNOUNCEMENTS/UPDATES

Senior Council Member Saadi announced she will be giving a lecture on bone health, balance, and fall prevention at Lakeview Senior Center on July 9.

2. COMMITTEE/GROUP/AGENCY REPORTS

2.1 ORANGE COUNTY OLDER ADULTS ADVISORY COMMISSION (OCAAC)

Senior Council Member Jacknik reported the following information from the June 14 OCAAC meeting:

- Brooke Witzman, Executive Director of the Elder Law and Disability Rights Center, presented on Elder Rights and Disability Law.
- OCAAC adopted and will implement the Senior Center Liaison Role guidelines, with optional ice breaker.
- The 2024-2025 OCAAC Goals and Objectives are complete and will be presented to the Board of Supervisors by members of the OCAAC Executive Board. Anyone seeking to volunteer may sign-up at volunteer.org.
- There will not be an OCAAC meeting in July. The next meeting is August 9, 2024.

2.2 SENIOR CITIZENS COUNCIL NUTRITION SUBCOMMITTEE

Vice Chair Baradehi reported the following:

- Nutrition Subcommittee met on June 10.
- Themed lunch attendance:
 - 200 participants attended Mother's Day
 - 139 participants attended on Memorial Day
 - Father's Day occurred on June 14
 - Independence Day will occur on July 3
- Volunteers needed for all programs.
- Statistics shared for meal programs.
- Meals on Wheels service from Trabuco Center still in the works.
- No-shows for congregate meals are still between 25-30 participants; many of those meals are managed and/or distributed to walk-in participants.

ADDITIONS AND DELETIONS

There were no additions or deletions to the agenda.

3. SENIOR CITIZENS COUNCIL BUSINESS

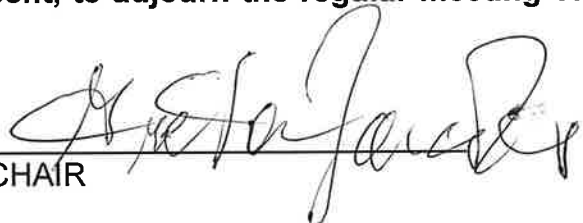
3.1 MINUTES

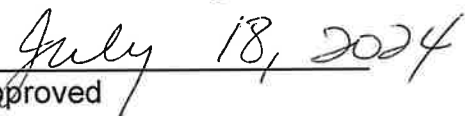
ACTION: Moved by Senior Council Member Sandlin, seconded by Vice Chair Baradehi, and unanimously carried by those members present to approve the minutes of the Irvine Senior Citizens Council regular meeting held May 16, 2024.

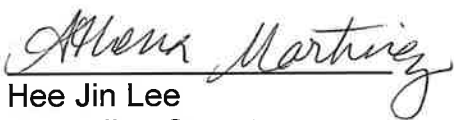
END OF COUNCIL BUSINESS

ADJOURNMENT

Moved by Senior Council Member Sandlin, seconded by Vice Chair Baradehi, and unanimously carried by those members present, to adjourn the regular meeting of the Senior Council at 10:18 a.m.


 CHAIR


 Date Approved


 for Hee Jin Lee
 Recording Secretary