



DATE: 7 April 2014

AGENDA ITEM # 4

TO: Senior Commission
FROM: Candace Avina, Staff Liaison
SUBJECT: Preferred Senior Program

RECOMMENDATION:

Discuss and approve components of the preferred Senior Program for distribution at Community Center Master Plan workshops in 2014.

BACKGROUND

At the Senior Commission Meeting of Monday, February 3, 2014 the Senior Commission discussed their research on Senior Center model programs and facilities.

Senior Commissioner Chair Anabel Pelham and Commissioner Mathur created a Power Point which integrated three data sets: information gathered by commissioners on local community/senior centers; a national survey of best practices and models for senior centers by the Foothill College students (a term project submitted in a 48 slide power point), and a survey conducted by El Camino Hospital Staff.

The Power Point was shown at a Commission Community Center Workshop to identify preferred senior program and facility elements for consideration in the Community Center planning process.

DISCUSSION

On Tuesday, March 18, 2014 the City Council suggested the Senior Commission discuss and agree to the components of the preferred Senior Program recommended in the PowerPoint presentation. Once the elements are agreed upon the City Council suggested the gathered information be made available at Community Center Master Plan workshops in 2014.

The Commission will discuss the components of the preferred Senior Program contained in the PowerPoint presentation and approve a final list. The original PowerPoint is included as Attachment One. A complete transcription is inserted below:

Monday, February 3, 2014 PowerPoint Transcript

Five Unmet Needs of Los Altos Seniors

1. Transportation
2. Aging in Place/Community

3. Improved Senior Center
4. Keeping Active—Physically, Mentally and Socially
5. Emergency Preparedness

Four Dedicated Senior Center Spaces

- Pop-Up Clinic by El Camino Hospital
- Technology and Communication Center
- Adaptive Physical Education Center
- Green Banquet and Dining Center

Pop-Up Clinic by El Camino Hospital

- Geriatric Care Manager
- Blood pressure, Vision, Hearing, Vaccinations screenings
- Diabetes support, Foot Care
- El Camino Hospital Resource Library/LinkAges
- Health Insurance Counseling
- Tele-health Kiosks
- Outreach to Support Aging-in-Place
- Medication management via technology (on line care management)
- Homemeds Medication Reconciliation (Carelink)
- Virtual Senior Center and Televisit
- Organizing Friendly Visiting and Visiting Companions and Roadrunners
- Conference calls and telephone reassurance
- Senior Center without walls
- Space for Volunteers to meet and greet

Requirements include:

- a small exam room
- waiting area
- private meeting space for the Geriatric Care Manager.

This Pop-Up Clinic Center meets Unmet Needs: Nos. 2, 3, 4, 5 by supporting: Aging in Place; Improved Senior Center; Keeping Active—Physically, Mentally and Socially; and Emergency Preparedness (A fall is an emergency)

Technology and Communication Center

- High technology devices instruction
- Computer(s) lab use and instruction
- Wi exercise games and instruction

Requirements include:

- Lounge/booth to bring people together for discussions with comfortable seating, open table top surfaces and multiple data/power connections
- Mobile white boards for teaching/brainstorms
- Rows grouping 12 workstations and four independent workstations

- Light filtering shades; lounge chairs; two scanners; two printers; and overhead 46 high-definition LCD monitor

This Technology and Communication Center meets Unmet Needs: Nos. 2, 3, 4 by supporting: Aging in Place; Improved Senior Center; Keeping Active—Physically, Mentally and Socially

Adaptive Physical Education Center

- Assumption and need for a warm water/therapy pool and access to outdoors for variety of lawn games and community garden with raised beds
- Multi-use room for a variety of health promotion/ physical education activities
- Space requirements indoors include room for:
 - Exercise classes and instruction
 - Billiards table, Two table tennis tables
 - Tables for variety of card games
 - AV equipment for ballroom and line dancing classes
 - Temporary use lockers in separate area (JCC model)
 - Golf cart and bicycle parking
 - Outdoor circular walking path

Space requirements outdoors for:

- Lawn Bowling spaces
- Warm water therapeutic pool
- Golf cart and bicycle parking
- Outdoor circular walking path
- Recharging stations for electric cars

This Adaptive and Physical Education Center meets the Unmet Needs of Nos. 2, 3, 4, 5 by supporting: Aging in Place/Community; Improving the Senior Center, Keeping Active—Physically, Mentally and Socially; and Emergency Preparedness (Health promotion and fall prevention prevents emergencies)

Green Banquet and Dining Center

- Hot/cold meal preparation area and kitchen
- Access to Orchard Center gardens
- Designated space for Triangle Café and Pub (This can be a public/private partnership)
- Gathering place for bus day trips and traffic circle for bus parking and embarking/disembarking
- Equipment/supplies and access for home-delivered meals to home-bound SC members

Requirements include:

- Industrial kitchen for congregate meal preparation, box lunches and cooking instruction
- Multi-use room for dining (movable tables/chairs)
- Designated area for Triangle Café and Pub
- Stand-up vegetable and herbs garden
- Access to storage for art and hobby supplies AV for language classes

This Green Banquet and Dining Center meets the Unmet Needs of Nos. 2, 3, 4 by supporting: Aging in Place/Community; Improving the Senior Center; Keeping Active—Physically, Mentally and Socially

We recommend a contest to name the dining area, pub and café.

Attachments:

A. Preferred Senior Program PowerPoint