

MONDAY, OCTOBER 1, 2012

4:30 P.M. – SPECIAL SENIOR COMMISSION MEETING
Hillview Community Center, Los Altos Senior Center Room 11
97 Hillview Avenue, Los Altos, California 94022

ROLL CALL

PLEDGE OF ALLEGIANCE

SPECIAL PRESENTATIONS

Mike Sanders and George Hurst, Emergency Services Coordinators, Santa Clara County Fire Department will update the commission on the services they provide the City of Los Altos and Town of Los Altos Hills.

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

Members of the audience may bring to the Commission's attention any item that is not on the agenda. Please complete a "Request to Speak" form and submit it to the Staff Liaison. Speakers are generally given two or three minutes, at the discretion of the Chair. Please be advised that, by law, the Commission is unable to discuss or take action on issues presented during the Public Comment Period. According to State Law (also known as "the Brown Act") items must first be noticed on the agenda before any discussion or action.

1. Commission Minutes
Recommendation to approve the minutes of the special meeting of September 10, 2012.

DISCUSSION ITEMS

2. Los Altos representative to Silicon Valley Advisory Council of the Council on Aging
Consider a motion to recommend that the City of Los Altos City Council appoint Nancy Dudley to the Silicon Valley Advisory Council of the Council on Aging.
3. Senior Commission 2012-2013 Work Plan Progress
Review and discuss 2012-2013 Work Plan approved by City Council on March 27, 2012 and discussed at the Joint Meeting with Council on May 1, 2012.
4. Announcements and Items for Information
 - a. Senior Commission Publicity
Articles to be written and received pertinent to senior issues.

- b. Santa Clara Council on Aging Advisory Board Report
Written report by Commissioner Tiemann.
- c. WHO Age-friendly Cities Website
The updated World Health Organization Age-Friendly Cities website may be found at www.agefriendlyworld.org.
- d. Age Well Drive Smart
Verbal staff report on the Senior Commission co-sponsored Age Well Drive Smart program scheduled for Wednesday, October 17, 2012 from 9:00am – 1:00pm at Hillview Community Center Room 8.

COMMISSION REPORTS AND DIRECTIONS ON FUTURE AGENDA ITEMS

ADJOURNMENT

SPECIAL NOTICES TO PUBLIC

In compliance with the Americans with Disabilities Act, the City of Los Altos will make reasonable arrangements to ensure accessibility to this meeting. If you need special assistance to participate in this meeting, please contact the Recreation Department 72 hours prior to the meeting at (650) 947-2894.

Agendas, Staff Reports and some associated documents for Senior Commission items may be viewed on the Internet at <http://www.ci.los-altos.ca.us/committees-commissions/senior/meetings.html>.

On occasion the Senior Commission may consider agenda items out of order.

All public records relating to an open session item on this agenda, which are not exempt from disclosure pursuant to the California Public Records Act, and that are distributed to a majority of the legislative body, will be available for public inspection at the Los Altos Senior Center Coordinator's Office, City of Los Altos, located at 97 Hillview Avenue, Los Altos, California at the same time that the public records are distributed or made available to the legislative body. Any draft contracts, ordinances and resolutions posted on the Internet site or distributed in advance of the Council meeting may not be the final documents approved by the City Council. Contact the Senior Commission Liaison for the final document.

If you wish to provide written materials, please provide the Senior Commission Liaison with **10 copies** of any document that you would like to submit to the Senior Commission for the public record.

For other questions regarding the meeting proceedings, please contact the Senior Commission Liaison at 650-947-2894.

MINUTES OF A SPECIAL MEETING OF THE SENIOR COMMISSION OF THE
CITY OF LOS ALTOS/ TOWN OF LOS ALTOS HILLS, HELD ON
MONDAY, SEPTEMBER 10, 2012 AT 4:42 P.M. AT HILL VIEW COMMUNITY CENTER,
97 HILLVIEW AVENUE, LOS ALTOS, CALIFORNIA, 94022

ROLL CALL

PRESENT: Commission Members Jenney, Popell, Tiemann, Seddiqui, Palmer, Smith, Pelham, De Mare

ABSENT: None.

PLEDGE OF ALLEGIANCE

Chair Jenney led the pledge of allegiance to the flag.

SPECIAL PRESENTATIONS

Nancy Dudley, Katrin Richter and Laura Guluzzy, graduate students at San Francisco State University presented the importance and characteristics of implementing a Falls Prevention Program.

PUBLIC COMMENT

1. Commission Minutes
Motion by Tiemann seconded by De Mare to approve the minutes of the August 6, 2012 regular meeting as written. Motion passed unanimously.

DISCUSSION ITEMS

2. Senior Commission 2012-2013 Work Plan Progress
Reviewed and discussed 2012-2013 Work Plan.
3. Announcements and Items for Information
 - a. Senior Commission Publicity
Tiemann reported on articles to be written and received pertinent to senior issues.
 - b. Santa Clara Council on Aging Advisory Board Report
Board on summer break.

COMMITTEE REPORTS AND DIRECTIONS ON FUTURE AGENDA ITEMS

Mike Sanders and George Hurst, Emergency Services Coordinators, Santa Clara County Fire Department will present to the Senior Commission at the October 1, 2012 meeting.

ADJOURNMENT

Chair Jenney adjourned the meeting at 5:55 p.m.

Candace Bates
Senior Center Recreation Coordinator
Liaison to the Senior Commission

Nancy Dudley, RN, MSN

PROFESSIONAL OBJECTIVE: To Improve the Quality of Life and Safety for Others Using Strong Compassionate Advocacy and Education.

PROFESSIONAL EXPERIENCE

2012 to Present: Consultant Residential Care Facility for the Elderly

2009 to Present. Obtained MSN Nursing Administration and completing MA Gerontology. To begin doctoral studies Fall 2012 UCSF Health Policy.

Internships: Co-leader RCFE Administration Course. Chief Nursing Executive Jewish Home; Director of Health Services Research - Institute on Aging; and University Mound Ladies Home RCFE. Developing a palliative care quality measurement program to be implemented across the continuum of care in the community, assisted living facilities, and skilled care.

Consulted with Director of Quality and Education Jewish Home and presented a delirium management program and fracture identification program for the Jewish Home. Redesigned the Medication Oversight Program for the Institute on Aging, and developed a business plan for the University Mound Ladies Home (UMLH). Created a new quality of care measurement program that is being implemented at UMLH to measure care outcomes to promote quality care in a new palliative care/hospice program. Teaching Assistant SFSU Gerontology Program.

2007 to 2009: Stanford Hospital & Clinics, Stanford, CA

Program Manager Geriatric Health Services/Aging Adult Services:

Direction, coordination, supervision, and development of new programs and overall management of 12 programs - Manage Geriatric Health Services (GHS), created a new transitions program to support a continuity of care to its patients with long term following after the transition from hospital to home or facility. Implement a new dementia support program providing counseling, care coordination, and resources for Stanford employees, and families within the community. In addition to management duties, provide hospital and community patient/family consultations, assessments, home visits, advocacy, coordination of services, physician referrals, and assistance with appointments and access to community resources. Facilitate patient access to services, established or reinforced collaborations with San Mateo County and Santa Clara County Social Work and Case Management. Initiated and strengthened partnering with Stanford departments and clinics including the Emergency Room, Case Management, Social Work, Stanford Medical Group and Family Practice Group. Initiate and facilitate partnerships within the community including the Menlo Clinic, PAMF Sutter Health, Hyatt, Sequoias, Skilled Nursing Facilities, Dementia Facilities, Independent and Assisted Living Facilities and Senior Centers. Provide educational workshops and lectures for the community and staff. Serve as a member of Process Excellence hospital wide delirium project and assisted with development of a new inpatient delirium service.

2005 to Present: Cardiac Therapy Foundation, Palo Alto, CA

Supervise and provide education for at risk cardiac/pulmonary clients. Provide cardiovascular disease prevention education and counseling including diabetes and pulmonary management, facilitate lifestyle changes including stress reduction education, and monitor overall condition during rehab exercise. Assess health risk factors and guiding clients to take charge of achieving treatment goals. Advance Continuing Life Support (ACLS) - emergency certified.

2005 to 2007: El Camino Hospital, Mountain View, CA
Cardiac/Pulmonary Therapy in charge of EECF Program. Education, counseling, and monitoring of patients during cardiac and pulmonary rehab exercise by evaluating overall condition, EKG rhythms, and providing emergency care when needed. Community education programs for cardiovascular disease prevention.

1978-1990: Stanford University Hospital and Clinics, Stanford, CA

1987 to 1990: Operating Room Services Staff Nurse IV
Patient Education /Care Preoperative, Intra-operative, and Postoperative including discharge planning. Staff Nurse Educator; Mock Code, ACLS, New Drugs.

1984 to 1987: Post Anesthesia Care Unit Staff Nurse IV - Charge Nurse/Researcher
Coordinated Surgical, Recovery Room, Bed Control, Same Day Surgery, and Medical/Surgical, Radiation Therapy Departments. Staff Nurse Educator for patients and families including Discharge Planning / Coordinator for Stanford Community Day/Health Fairs/ Organizer of Educational Seminar for Post Anesthesia Care Unit Nurses.

1981 to 1984: Medical Surgical Intensive Care Unit Staff Nurse IV Charge Nurse
Care coordination for critical patients as a member of the Critical Care Team/Provided support and counseling for patients' families/Co-chaired A.I.D.S Medical Grand Rounds/Staff Nurse Educator for ICU Staff.

1978 to 1981: General Surgery Staff Nurse III
Co-chair of Grand Rounds, Ear, Nose and Throat Surgeries. Provided education to Urology, ENT, Plastic Surgery, General Surgery, and Trauma Patients including Discharge Planning.

EDUCATION

1977 B.S., RN-University of San Francisco (Sigma Theta Tau)

2007 to present ACLS Certification

2009 to present MSN Nursing Administration and MA Gerontology (Sigma Phi Omega)

2012 Doctoral studies Fall 2012 UCSF Health Policy

PUBLICATION

Copp, G., Dudley, N., "Effectiveness of Shoe Covers in Operating Rooms", Nursing Research, November/December 1987, Vol. 36, No. 6

Presented at Operating Room Nurses Conference, Atlanta, Georgia, April 1987

Lead author and co-author of two chapters in a gerontology long-term care text book (Springer publishing) on palliative care and care transitions.

AWARDS

Peter V. Milivard Award for compassion, character, and loyalty.

Patrick Nobis RCFE Scholarship in recognition of work in gerontology and long-term care administration at SF State.

COMMUNITY ACTIVITIES

Volunteer for Community Emergency Preparation, Vice President PTA and Site Council for Los Altos Schools (budget, curriculum), Local Tennis League Team Captain.

PERSONAL ATTRIBUTES

Positive Outlook, Compassionate Advocate for Others, Team Player, Educator, Love of Learning

**Los Altos Senior Commission – 2012-2013 Work Plan
2012-2013 Council Approved Goals and Projects**

Goals	Projects
<p>1</p> <p>GOAL 1. Transportation – Study issues involving bus transportation for seniors. (Tanya DeMare and K. Gabrielle Tiemann)</p> <p>a. Benches at Bus Stops (DeMare/Tiemann to follow up with staff)</p>	<p>By July 1, 2012:</p> <ol style="list-style-type: none"> 1) DeMare and Tiemann to meet with Staff in mid July. - completed 2) Contact VTA re: 1) Most widely used routes 2) Feasibility of installing bench/benches - Tiemann contacted VTA and received information on widely used routes. - completed 3) Research the Feasibility/Cost/Process of installing benches and use of grant funds. 4) Validate the need for benches for seniors – Pelham created research binder; given to staff. 5) Identify the location of Los Altos/Los Altos Hills bus stops and which ones have (and don't have) benches – Tiemann contacted VTA and received a print out of bus stops and bench locations. <p>(DeMare/Tiemann)</p>
<p>2</p> <p>GOAL 2. Provide resources for age-friendly home/condo construction. (Tanya DeMare and K. Gabrielle Tiemann)</p> <p>a. Compile a listing of resources identifying age-friendly design elements - Complete (DeMare/Tiemann)</p>	<p>By July 1, 2012:</p> <p>Discuss with staff to determine how and to whom to disseminate list of resources –</p> <ol style="list-style-type: none"> 1) DeMare and Tiemann to meet with Staff in mid July. 2) A future informational brochure or handout will be created for Age-friendly residential design and construction (includes ADA compliance) to be distributed to architects and contractors in Los Altos Hills. <p>(DeMare/Tiemann)</p>

3	<p>GOAL 3. Refresh/modernize Senior Center. (Kathy Seddiqui)</p> <p>a. Meet with staff to assess needs of Senior Center</p> <p>b. Contact local designers for possible donation of design plans for center</p> <p>c. Contact furniture stores for possible donations of new furniture and/or accessories (Seddiqui)</p>	<p>By June 2012:</p> <ol style="list-style-type: none"> 1) Create a list of possible local designers to ask for design plans for the Senior Center 2) Contact designers for design plans for the Senior Center <p>By December 2012:</p> <ol style="list-style-type: none"> 1) Create a list of furniture stores that may donate furniture to implement design plans for the Senior Center 2) Contact furniture stores for the donations of furniture (Brauch/Seddiqui)
4	<p>GOAL 4. Collaborate with the Senior Center on a variety of educational programs. (Anabel Pelham and Catherine Popell)</p> <p>a. Meet with Senior Center staff to assess the needs and scheduling for a senior lecture series</p> <p>b. Explore the no-cost Stanford University Falls Prevention Program (Pelham)</p> <p>c. Explore a Senior lecture series (Pelham/Popell)</p>	<p>By June 2012:</p> <p>Explore options for cost recovery venues for senior lecture series (Library, Town of Los Altos Hills, Main Street Café, State Street Bike Shop, etc.) - completed</p> <p>Invite a representative of the Stanford University Falls Prevention Program to make a presentation to the Commission in order to review its feasibility as an educational program for the Senior Center. Speaker for the Stanford Falls Prevention will present at the Senior Commission Meeting of September 10, 2012. (Pelham/Popell)</p> <p>By August 2012:</p> <p>Have begun to contact possible local speakers with topic expertise, about presenting a lecture in the series (Example: reverse mortgages, health issues, etc.). (Pelham/Popell/staff)</p>

5	<p>GOAL 5. Determine if there are gaps in the Emergency Preparedness Programs as they relate to seniors; for example Red Cross, first responders, etc. (Anabel Pelham and Catherine Popell)</p> <p>a. Explore how LA/LAH presently encourage seniors to participate in Emergency Preparedness classes</p> <p>b. Investigate the Intergenerational Emergency Preparedness Project developed by SFSU Gerontology Graduate students (Pelham/Popell)</p>	<p>By June 2012:</p> <p>Mike Sanders and George Hurst, Emergency Services Coordinators, Santa Clara County Fire Department will present to the Senior Commission at the October 1, 2012 meeting.</p> <p>Contact the SFSU Gerontology Program Graduate Student team that developed the Intergenerational Emergency Preparedness Project for Los Altos and invite them for a presentation to the Senior Commission.</p> <p>(Pelham/Popell/ staff)</p>
6	<p>GOAL 6. Continue to update Senior Resource Manual. (Dianne Brauch and Kathy Seddiqui)</p> <p>a. Update senior resource manual annually or as needed</p> <p>b. Solicit feedback from users</p> <p>c. Update the Chamber of Commerce annual brochure (Seddiqui)</p>	<p>By December 2012:</p> <ol style="list-style-type: none"> 1) Review and update all service provider information 2) Add or subtract service providers as necessary 3) Print any updates to the Senior Resource Manuals 4) Update resource books in all locations (Senior Center, Los Altos City Hall, Town of Los Altos Hills Recreation and Chamber of Commerce) 5) Review and add or subtract Senior Resource Manual locations 6) Insert a feedback page in Senior Resource Manuals and City and Town websites 7) Update City and Town websites to reflect updates <p>(Brauch/Seddiqui/ staff)</p>

7	<p>GOAL 7. Explore research and program development grants and contracts aimed at helping older individuals. (Anabel Pelham)</p>	<p>a. Research grant opportunities (Pelham)</p>	<p>By August 2012:</p> <ol style="list-style-type: none"> 1) Grant process categories and questions developed and will be submitted to City Finance staff in June or July to discuss. 2) Study the Foundation Center's offerings of potential grants and contracts that would serve older persons. Place the emphasis on the eight Age-Friendly Cities criteria 3) Share findings with the Commission and staff (Pelham/ staff)
8	<p>GOAL 8. Share with appropriate city officials the results of our after-dark downtown grid lighting surveys. (Karen Jenney and Anabel Pelham)</p>	<p>a. Walking Survey project (Jenney, Pelham)</p>	<p>By May 1, 2012 and November 1, 2012: Share with staff any after-dark lighting safety issues found during next walking surveys in the downtown grid</p> <p>December 5, 2011: Senior Commission meeting with Jim Gustafson and reported on the follow-up progress being made on the Walking Survey results</p> <p>Oct. 29, 2011: Walking Survey done and given to Jim Gustafson, Engineering Services Manager for the City of Los Altos</p>
9	<p>GOAL 9. Identify and/or coordinate common senior initiatives with other agencies that involve senior initiatives (that come within the scope of duties or purposes of Senior Commission). (Senior Commissioners)</p>	<p>a. Senior Commissioners will attend any meeting of organizations/ commissions/ committees as invited and/or appropriate and bring that information back to the Senior Commission</p>	<p>By June 1, 2012:</p> <p>Review Agendas and Minutes of those organizations that meet Goal 9. If a Senior issue is on the Agenda or Minutes, the assigned Commissioner(s) will attend relevant meetings and report back to the Commission</p> <p>Review organizations that support Seniors in the City of Los Altos/Town of Los Altos Hills and assign Commissioners to other organizations that may have come up</p> <p>Annually review and assign or reassign commissioners to various groups as deemed necessary</p>

10	GOAL 10. Provide Senior Scholarships to encourage Senior Center involvement for those financially challenged.	
a. Have up to eight \$200.00 scholarships per year in Los Altos utilized	By September 1, 2012	<ol style="list-style-type: none"> 1) Simplify and modify application process 2) Present modified process to City Council 3) Reach out to previous applicants that could now qualify 4) Publicize the scholarship availability

**Advisory Council Minutes
Catholic Charities
August 27th, 2012**

Call to Order

The meeting was called to order by Chairperson Bob Lindley at 12:30 PM. A quorum was not present, so no official action could be taken.

Approval of Agenda and Minutes

The agenda and minutes were approved. New members Melba Holliday, Douglas Palomo, Renita Brien, and Milton Cadena were introduced to the group.

**Legislative Committee, Health Committee, Planning Committee,
Transportation Committee**

No reports

Program – Vivian Silva, Nora Noldon, Karen Goss – Housing Availability for Seniors

Vivian, Nora, and Karen came to speak to the group about difficulty arranging housing for seniors in their roles as care managers. There is a constant need for affordable housing in the area. Clearly individuals have difficulties affording housing and finding housing, but the focus of the presentation is the difficulties faced in arranging housing for clients.

The trio would like to see housing advocates – dedicated individuals to help seniors complete applications, do home visits, return applications, etc. Care managers currently do not have the time and energy to keep up-to-date on housing availability. Language and hearing abilities of seniors contribute to difficulty in finding placement. Online information may be outdated or inaccurate. Volunteers can be helpful but because it is a stressful, time consuming issue, it may not be appropriate for volunteer work.

Nora noted that seniors cannot access up-to-date information on housing fast enough. Those living alone especially have issues as they don't have social support such as children to help them. Karen stated that she gets 4-5 calls daily about finding housing, and that it is the most difficult/time-consuming aspect of her job. Affordable housing is even more difficult to arrange than market rate housing, due to ridiculously long waiting lists. Wait times for subsidized housing are currently 3-5 years. The care managers recommend signing up for as many wait lists as soon as possible.

Seniors Agenda Update

Bev DeKoven from the Health Trust and Wes Mukoyama gave a brief update on the county's Senior Agenda process. The county is convening stakeholder groups, including groups for I&A, housing, transportation, volunteers, policy & fundraising, etc. The policy committee is researching what percentage of county dollars go to seniors. The Agenda

focuses on collaboration, and COASV and SVILC have begun that collaboration process by starting to form an ADRC.

New Business

Sign-up sheets were distributed for Member's Report, Food, and Committees. Betty was unable to attend but provided medication lists for seniors to provide to their doctors.

Old Business

Bob discussed placing an ad in the CSL program book. COASV has agreed to pay for the cost, and a picture will be taken at the October meeting.

Chair's Report

Bob noted that Connie is currently recovering from abdominal surgery, and is recovering well.

Advisory Council Liaison to the Board

Bob noted that at the board meeting, there was discussion of de-siloing aging and disability services at the federal level. COASV is moving in this direction as well, as the agency looks to implement an ADRC model.

Board Liaison to the Advisory Council

Peter Szego discussed an upcoming issue regarding IHSS providers. There is a movement underway to have all provider wages and benefits negotiated at the state level, as opposed to the local level. Locally we have a relatively high wage, so negotiating could cause ripples locally and throughout the state.

Another statewide change is the move towards managed care for so-called "dual eligibles" – those eligible for both Medicare and Medi-Cal. Santa Clara County has been selected as a pilot county. This is a significant change and advocates are trying to make the process as seamless as possible for those who may be affected.

Staff Report

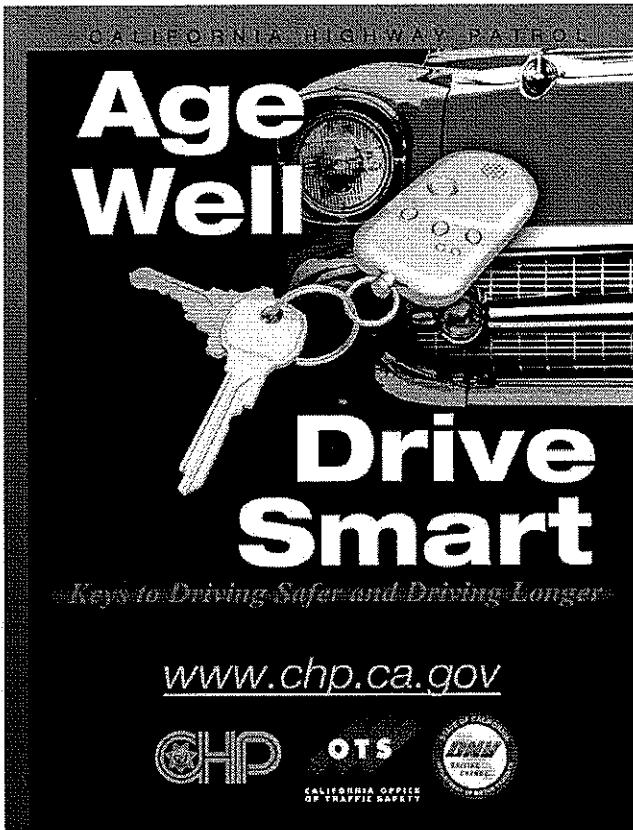
Mike discussed the training that was held for new members the week prior to this Advisory meeting. The Advisory meeting was held at Catholic Charities this time only due to a scheduling conflict, and will return to Santa Clara Senior Center next month.

Announcements

Denny announced that he would no longer be serving on the Advisory Council but wished the council the best of luck going forward.

Bev promoted AGEnts for Change, the advisory group formed by the Health Trust and Catholic Charities to better serve seniors.

Open Appointments



COMING SOON

Date: Wednesday,

October 17, 2012

Time: 9:00 a.m. – 1:00 p.m.

Location:

Hillview Community Center
97 Hillview Avenue, Los Altos,
CA 94022, Room 2

Cost: FREE

Details: RSVP by October 12

Pre-registration is required

Call: 650-947-2797

Space is limited

Topics include:

- Myths about older drivers
- Rules of the road
- Safe driving tips
- Compensating for age related changes
- Role of nutrition, medications and physical fitness
- Mobility options
- Tips from DMV for successful license renewal

A Certificate of Completion will be given to participants at the end of the class.



Joint
Los Altos/Los Altos Hills
Senior Commission





IN CELEBRATION OF ITS
60TH BIRTHDAY
THE CITY OF LOS ALTOS PRESENTS



GROOVIN' ON THE STATE STREET GREEN!

A FREE FAMILY-FRIENDLY CONCERT
FEATURING THE ALISON SHARINO BAND!

WHEN: SATURDAY SEPTEMBER 29, 2012
5:00PM-8:00PM

5:00-6:00PM-CREATE AN IMAGINATION
PLAYGROUND WITH YOUR KIDS!

6:00PM-BIRTHDAY CAKE CEREMONY

6:00-8:00PM-BAND PERFORMANCE

WHERE: STATE STREET
(BETWEEN SECOND AND THIRD STREETS)

COME WITH FRIENDS AND FAMILY
TO DANCE UNDER THE STARS, AND LOUNGE ON
THE LAWN-A TEMPORARY OASIS OF GREEN
IN DOWNTOWN LOS ALTOS!



INFORMATION AT WWW.LOSALTOSAT60.ORG OR CALL 650.947.2790