

DATE: March 6, 2017

AGENDA ITEM # 6



TO: Senior Commission

FROM: Jaime Chew, Recreation & Community Services Manager
Sarah Robustelli, Community Services Supervisor

SUBJECT: Monthly Staff Update

Updates

Commission Reorganization

The City Clerk informed City Staff that the Senior Commission prematurely voted to reorganize in February. The Senior Commission will be tasked to vote on reorganization in April 2017 to coincide with the other City Commissions.

Marketing

Calendars

Los Altos Hills Staff has created a Senior Program Calendar. This calendar is located on the Town's website and currently lists all free senior programming. Anyone interested can sign up for these calendar alerts.

Los Altos is working on creating a similar calendar on the City's website.

The Spotlight Newsletter

The March /April newsletter is now available! It lists current programs, classes and events that will be held over the next 2 months.

Activity Guide

The Los Altos Hills Spring/Summer Activity Guide, which includes senior programming has been released. These listings cover March through August. Senior information can be found on page 6 and 7. There is a 4-week ad in the Los Altos Town Crier, it was hand delivered to community organizations, email blasts were sent out, and posts were placed on Nextdoor, Facebook, Twitter and Instagram.

The Los Altos Spring Activity Guide has also been released. This brochure covers April through June. All Los Altos residents will receive a mailed copy by this week. Courtesy registration for Los Altos residents begins Tuesday, March 14. Registration for All Others begins on Friday, March 17.

Programs & Events

Monthly Senior Walk

DATE: March 6, 2017

AGENDA ITEM # 6



In 2016, after a successful pilot senior hike, Los Altos Hills Staff collaborated with the Senior Commission to bring you monthly senior hikes. Locations will rotate and they will be held the first Tuesday of every month at 10am. The first hike will be held on March 7 and will start at the Los Altos Hills Town Hall located at 26379 Fremont Road. All hikes will be roughly 2 miles in length. All ages welcome. Routes will be tailored to the needs of the participants in attendance. Inclement weather may cancel the hike. For more information or to RSVP contact 650-947-2506 or lahseniorprogram@gmail.com.

Safety at Home for Seniors

Los Altos Hills has been holding quarterly forums. The Spring Forum will be held Thursday, March 30 from 2pm – 3:30pm at the Los Altos Hills Town Hall and will focus on different aspects of safety in your home. The panel speakers will include Santa Clara County Sheriff, Santa Clara County Fire, Town of Los Altos Hills Planning Departments and Sourcewise. This event is free and open to the public. To register for the event, please call 650-947-2506 or email lahseniorprogram@gmail.com. Refreshments will be served.

Be Ready: Seniors Prepared

On Thursday, April 27 from 2pm – 3:30pm at the Los Altos Hills Town Hall located at 26379 Fremont Road, Santa Clara County Fire will be providing a 1 hour presentation and will then do small breakout groups for 30 minutes. During this presentation, seniors will learn how to plan for a disaster based on the risks found in their community. They will also learn how to develop a Personal Support Network of family, friends and neighbors to assist them in a time of disaster. They will also assemble a disaster supplies kit and learn how to be kept informed during a disaster with lifesaving information.

The City of Los Altos will be hosting an identical program on July 19.

A Blast from the Past

To continue the 40th Anniversary Celebration, the City of Los Altos Senior Program will be hosting a “mini” museum at the Hillview Senior Center. From March 6 – 20, the display will feature various historical items and artifacts. Come and enjoy a cup of coffee and take a trip down memory lane. The exhibit is free and open to all!

Mini Trips

Mini Trips are back by popular demand! On April 5, the Los Altos Senior Program will host a mini trip to the San Francisco Flower and Garden show in San Mateo! For more information or to register, please contact 650-947-2797.

Resources

Updating Senior Resource Binder

DATE: March 6, 2017

AGENDA ITEM # 6



The Los Altos/Los Altos Hills Senior Commission developed a Senior Resource Binder that is currently posted online and physical copies are located at the Los Altos Hills Town Hall, Los Altos Senior Center, Hillview Community Center, Library and Chamber of Commerce. A summary of the project is listed below. We would like to know if the current Senior Commission would like to update the online and physical binders.

There are many outlets for communication available to seniors in our local communities. This, in itself, constitutes a problem. With so many resources, each giving information about a specific item, it can be overwhelming to seniors and their families/caregivers. They may

need to search through many sources to find the item that is needed. Also, this information may not be available in a format that is readily accessible to seniors. A variety of valued information is shared via internet, phone, newspapers, mailings and on bulletin boards sprinkled throughout neighborhood businesses. Even with all of this available information, a frequent barrier is lack of awareness of the specific information or how to locate it. Another barrier is the visual and auditory presentation of this information. Font size is often too small, page layouts are too confusing, official forms are filled with “legalese”, and buttons on mobile phones and electronic equipment can be too small. Automated answering services can give too much information too quickly and there is little opportunity to speak to a live person. A generation that did not grow up with computers and electronic gadgets may not be quick in their response time. Seniors of Los Altos and Los Altos Hills would benefit from a basic list of resources aimed at their needs, with phone numbers and/or email addresses. This list will be a simple compilation, a beginning set of references only. It will not suggest actual businesses—that would be up to the individual to choose. We have presented our basic resources under the following categories: • EDUCATION • FOOD AND MEAL PROGRAMS • HEALTH SERVICES • HOUSING • SOCIAL PARTICIPATION • TRANSPORTATION