

**MINUTES OF THE MEETING OF THE SENIOR COMMISSION OF THE CITY OF
LOS ALTOS/TOWN OF LOS ALTOS HILLS, HELD ON MONDAY, SEPTEMBER 09,
2019, AT 3:30 P.M. AT LOS ALTOS HILLS, 26379 FREMONT ROAD,
LOS ALTOS HILLS, CALIFORNIA**

ROLL CALL

PRESENT: Chair Harding, Vice Chair O'Reilly, Commissioners Basiji, Buchholz, Nagao,
Torbeck and Yu

ABSENT: None

PUBLIC COMMENTS

Jayne Cohen spoke about her concern that there is no air conditioning at Hillview and Grant Community Centers. Hillview is a non-issue because of the new community center coming. She mentioned that not having proper air conditioning is a health issue. The other issue that was brought up during this time, is the fact that there is an electrical concern. The building has a very old electrical system that is unable to sustain more than one item plugged into the outlets at one time. If more items are plugged in, then it short circuits and causes the power to go out. Jayne is hoping that something can be done about these two issues.

Tanya DeMare' spoke about having the council meetings televised. Currently the council meetings are taking place in LAYC, where they are not able to be televised. She was told that the meetings can be viewed through Facebook. There are many seniors who watch the meetings on their TV. She mentioned that the council voted on going back to the council chambers and it was a 4 to 1 vote to move back. She wants to know why this has not occurred. She said that she was told that it was an ADA issue. Tanya continued to say that there are many seniors who depend on the televised meetings, because they currently are not able to physically attend them. She urges the Senior Commission to write a letter to support this concern that she has.

ITEMS FOR CONSIDERATION/ACTION

1. Commission Minutes

Action: Upon a motion by Vice Chair O'Reilly, seconded by Commissioner Basiji, the Commission unanimously approved the minutes of the meeting of July 09, 2019.

2. Item #2 Donna Legge, Director of City of Los Altos, Recreation & Community Services

Donna Legge, introduced herself to the Senior Commission. She gave a few special event and program updates. She mentioned that the Ground Breaking Ceremony for the new community center will be taking place on October 8th. Donna mentioned that there have been a few staffing changes and that currently there is an opening for a new Volunteer Specialist position. Donna encouraged the Senior Commission to help spread the word about this new job opportunity. She mentioned that there are a variety of holiday activities taking place in the next few months. Donna mentioned the move from Hillview Community Center to Shoup Park. She concluded by sharing her background in the Recreation Field.

Public Comment

None

Action: None

3. Item #3 Draft-Workplan

Chair Harding lead the discussion of putting together an updated draft of the workplan that would be for 2019-2020. Chair Harding, Vice Chair O'Reilly and Commissioner Nagao met to work through this document. The purpose was to update the projects and update each committee. They also went through all the projects and goals to see if they still make sense with the Senior Commission's overall purpose.

Public Comment

None

Action: None

3a. Item# 3A Copy of Draft Workplan

This document was handed out during the discussion that Chair Harding lead regarding proposed changes and updates to be made to the workplan.

4. Item# 4 Senior Commission Charter

Public Comment: None

Action: None

Discussion:

This topic was tabled until the next Senior Commission Meeting that will take place on October 07, 2019.

5. Item# 5 Review and discuss status of Grant Community Center Projects

Public Comment: None

Action: None

Discussion:

Staff Liaison Bridget Matheson shared information with the Senior Commission regarding projects that have been completed at Grant Community Center. The New Tuft Shed was completed as of Tuesday, July 23, 2019. The staff is currently working on storage logistics to plan on what items would be going into the shed. Report from Vice Chair, Kevin O'Reilly regarding the status of the new Gazebo.

6. Item# 6 Review and discuss status of Hillview Community Center Project

Public Comment: None

Action: None

Discussion:

Staff Liaison Bridget Matheson shared information with the Senior Commission regarding the update on the progress of the new community center. The Los Altos City Council received an update on the Community Center project at a Special Meeting which took place on Tuesday, July 30, 2019. The meeting was held at 6:00pm in the Las Altos Youth Center located at 1 N San Antonio Road. The City received one bid from a pre-qualified construction contractor (Gonsalves & Stronck Construction Company Inc.) Staff presented details about the bid as well as a recommendation to the Council regarding moving forward with construction. The total of the base bid and the recommended Add Alternates is \$38,604,00. Council approved the bid. The Recreation & Community Services Department is now located at Shoup Park/The Underground (400 University Avenue, Los Altos, CA). For updated information, please visit LosAltosRecreation.org or call us at 650-947-2790.

INFORMATIONAL ITEMS

7. Monthly staff report

Programs & Events

Los Altos Hills:

The Los Altos Hills Fall Winter Activity Guide is now available online: [PDF](#) and interactively [here](#). Guides were mailed to Los Altos Hills residents on Monday, August 23rd. There are also copies available at Town Hall, Parks and Recreation Building, Los Altos Library, Grant Park, Chamber of Commerce and Westwind Community Barn.

Club 55 was held on Friday, October 4th at 6 pm.

Town Safety Forums: Wildland Fire Evacuation and Power Shut Off are being held 9/6, 9/14, 9/16, and 9/25. More information & registration can be found at: www.losaltoshills.ca.gov/safetyforum.

Layers: Art Exhibit & Reception will be held on Sunday, September 15th at 2pm at Town Hall. For more information visit Women's Caucus for Art – Peninsula Chapter at www.wcapeninsula.org/

A Shred Event will be held Saturday, September 28th beginning at 9:00 am in the Town Hall parking lot. Los Altos Hills Residents (LAH Residents ONLY) will receive free assistance destroying documents. More information can be found on [page 4](#) of the Activity Guide.

The Los Altos History Committee have a couple upcoming presentations: Tales of Moody Road & The

First 50 Years. Tales of Moody Road will be held on Sunday September 29th at 2:00pm in Town Hall Council Chambers and The First 50 Years will be held on Thursday, October 10th at 3:00pm in Town Hall Council Chambers. More information can be found on [page 4](#) of the Activity Guide.

Stay Active, Stay Safe, Stay for Lunch

TOPIC: Crime Prevention & Home Fire Safety will be held Thursday, November 7th from 10am – 12:30pm at Town Hall, 26379 Fremont Road. This is a free event with Lunch Provided. RSVP Required visit: losaltoshills.ca.gov/201/Parks-and-Recreation and open Stay Active, Stay Safe, Stay for Lunch.

Medicare Enrollment Presentation will be held on Tuesday, November 12 at 10:30am in the Town Hall Council Chambers. This free presentation coincides with the annual Medicare enrollment period.

Los Altos Hills Senior Friendly Programs:

Fitness for Seniors registration is open for September at losaltoshills.ca.gov/201/Parks-and-Recreation. Seniors may call Recreation at 650-947-2506 to register over the phone.

A free and open to all Monthly Recreation Walk was held Wednesday, October 2nd at 9:30am and began at the Town Hall.

Free Tech Help for Senior was held on Thursday, October 3rd at 4 PM in the Parks and Recreation building. Sign up for future Tech Help events at <http://seniortech.cf/>.

Intermediate Bridge will begin on Wednesday, September 11th at 1:30pm in the Council Chambers. Registration is open at losaltoshills.ca.gov/201/Parks-and-Recreation or Seniors may call recreation at 650-947-2506 to register over the phone.

Basic Manners for Community Dogs begins a new session on Wednesday, September 11th at 9am at Hillview Baseball Field. Registration is open at losaltoshills.ca.gov/201/Parks-and-Recreation or Seniors may call recreation at 650-947-2506 to register over the phone.

Mindful Eating: Mind-Body Connection a free series that “enhances our understanding of what to eat, how to eat, how much to eat, and why we eat what we eat.” will begin on Thursday, October 17th at 6:30pm in the Parks and Recreation building.

City of Los Altos

ON-DEMAND RIDE REIMBURSEMENT PROGRAM

Starting on July 1, 2019, the City of Los Altos is providing an on-demand ride reimbursement program for senior members of the Recreation and Community Services Senior Program. This is a program that was created to aid local seniors in becoming more mobile within the Los Altos community.

REQUIREMENTS FOR REIMBURSEMENT

To be eligible for on-demand ride reimbursement you must meet ALL of the following criteria.

1. Ride services must take place between July 1, 2019 and June 30, 2020
2. You must be an active member of the Los Altos Recreation & Community Services Senior Program. (2019/2020 annual membership rates are \$26 Resident / \$40 All Others)
3. Ride must begin and end within the City of Los Altos, Town of Los Altos Hills, EL Camino Hospital, Mountain View's Kaiser Hospital location (555 Castro St., Mountain View), Mountain View's Palo Alto Medical Foundation location (701 El Camino Real, Mountain View) or the Palo

Alto Veterans Hospital (3801 Miranda Ave., Palo Alto) with no stops outside those areas.

4. You must use an on-demand ride company that can provide official verification of ride cost and transportation start and finish points.
5. Full cost of ride and up to \$3 driver gratuity will be reimbursed, and additional gratuity given will not be reimbursed.

Process for reimbursement is as follows.

1. Complete reimbursement form.
2. Print a copy of ride receipt from your rider history.
3. Submit completed reimbursement form and ride receipt to the Recreation and Community Services (Location: 97 Hillview Ave., Los Altos).
4. Approvals (Recreation and Finance Departments)
5. Check request processed and mailed (2-3 weeks)

Ayurveda

The ancient Hindu system of healing based on the idea of balance in the bodily system. Presented by Neha Kabra, an Ayurvedic Health Counselor.

Wednesday September 11th 12:30-1:30 RM 4

It is a holistic and sustainable alternative medicine science that ensures natural healing and works best in cases of chronic diseases. Ayurvedic remedies help to restore balance by working with diet, lifestyle, yogic breathing, and herbs, all of which have no side effects.

Tech Workshops (with Shalini)

Room 3 at 10:00 AM at Grant Park

Monday, Sept 16th

Email Management—The features and functions of email, how to best optimize and understand email clients.

Speaker- Korinne Skinner, Public Affairs Manager for Mid-Peninsula Open Space

September 25th in Grant Park RM 4 at 12:30 PM

Outdoor recreation geared toward active seniors

COMMISSION AND STAFF REPORTS AND DIRECTIONS ON FUTURE AGENDA ITEMS

Future agenda items-Senior Commission Charter.

ADJOURNMENT

Chair Harding adjourned the meeting at 5:10 p.m.