



DATE: August 2, 2021

AGENDA ITEM # 5

**TO:** Senior Commission

**FROM:** Cheryl Anderson, City of Los Altos Staff Liaison  
Sarah Robustelli, Town of Los Altos Hills Staff Liaison

**SUBJECT:** Informational Items

**RECOMMENDATION:**

Receive information and announcements from the Town of Los Altos Hills and City of Los Altos staff

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**Los Altos Hills:**

**Los Altos Hills vs. Los Altos Adult Softball Game**

The City of Los Altos and The Town of Los Altos Hills is currently recruiting adults to play in the Softball Game scheduled for Saturday, August 14<sup>th</sup> from 1-3pm at Purissima Park. For more information or if you are interested in registering, please see links below.

<https://www.losaltoshills.ca.gov/FormCenter/Parks-Recreation-4/Los-Altos-Hills-Softball-Player-Form-90>

<https://www.losaltoshills.ca.gov/FormCenter/Parks-Recreation-4/Los-Altos-Softball-Player-Form-89>

For further information call 650-941-7222 or email: [srobustelli@losaltoshills.ca.gov](mailto:srobustelli@losaltoshills.ca.gov)

**Drive Thru Shred Event**

Saturday, September 4 from 8:00-11:00 am or until the truck fills, this is a free service is available for Los Altos Hills residents and will be held at Town Hall Parking Lot, 26379 Fremont Road, Los Altos Hills, CA 94022.

**Los Altos Hills Hoedown**

Saturday, September 11 will take place from 4:00 – 7:00pm at Westwind Community Barn, 27210 Altamont Road, Los Altos Hills, CA 94022. This event is open to all and will feature a horse show at 4:30 pm, BBQ for purchase, live music, and dance caller. We hope to see you there!

**Registration Link for Classes:**

[losaltoshill.ca.gov/register](https://losaltoshill.ca.gov/register)

**Make the Pool your Gym**

A free webinar was held Tuesday July 6<sup>th</sup>. Dr. Knopf presented water exercise as a method to improve overall fitness for seniors with ten seniors in attendance.

August 2, 2021  
Informational Items

Per the Senior Commission's recommendations, Los Altos Hills Parks and Recreation partnered with the Law Offices of Janis A. Carney to offer two legal webinars for seniors. The webinars were held live and recorded and available on the Town's Vimeo (links below). However, after the below courses, the Law offices are too busy to continue for the Fall/Winter. They will need to take a break and staff plans to circle back with them next year.

### **Held this Spring**

#### **Essential Documents for Aging Seniors <https://vimeo.com/539898805>**

These are unusual and stressful times for sure. If you or someone you know doesn't have estate planning documents in order -- this program will provide a starting point to get that peace-of-mind. We'll explain the various essential documents that all adults should have, including a Will, Trust, Power of Attorney, Advanced Health Care Directive, and HIPAA Waiver. We'll walk through some of the resources, processes, and basic planning to get these documents in place before you or a loved one no longer has capacity to do so.

#### **Planning - Senior Care Options at <https://vimeo.com/577803918>**

Are you (or do you have family members that are) aging quickly, but you're not sure what care options are available, especially now with the COVID-19 pandemic? Our presentation will help you prepare for issues such as dealing with a senior who may be resistant to help, family caregiver burnout, hiring in-home caretakers, knowing when home is no longer the best place, and moving into a senior community or board and care home. We will also specifically address how these care options look different for aging seniors with the COVID-19 pandemic changing the game.

### **Memoir Writing: Tell Your Story**

#### **Discover Your Legacy**

Many people think their lives are not that interesting. Yet we all have stories to share. They tell us who we are, who we were and why it matters. What stories do you want to pass on? Remember those moments in your life and create a valuable story collection and history for your family. No writing experience needed. Everyone with favorite stories to keep is welcome. Participants write at home and share stories with the group over the four-week class. Sign up early as this class is limited for six participants.

Learn about:

- Simple tips to assist storytelling
- How to identify significant moments in our lives
- What our stories tell us about our purpose and legacy

Summer Dates: 8/11 – 9/1

Day: Wednesdays

Time 1:00 – 2:30 pm

Location: Virtual

August 2, 2021

Informational Items

Fee: \$45  
\$40 Resident Rate

### **Virtual Organizing Consultation**

#### **Offered by More Time for You Professional Organizer and Productivity Specialists**

You have likely been spending a lot of time at home this year and you would really love to have less clutter but don't know where to start. Or perhaps your DIY attempts to get organized have not been very successful. Invite professional organizer Lori Krolik of [More Time For You](#) into your home for a virtual walk through to look at what areas are functioning well and what spaces could use an organization makeover. You will get an action plan of recommendations to implement yourself or you can schedule the necessary organizing sessions to get the job done. No more procrastinating as to where to start. You get a plan and a path!

1 Hour Appointments Available, Sign Up to Schedule.

Location: Phone Call or Video Chat

Fee: \$175

### **City of Los Altos:**

#### **Fall Session**

September 7, 2021 – December 18, 2021

#### **Registration Dates**

August 16, 2021 (Residents) August 19, 2021 (Non-Residents)

#### **Registration Link for Classes:**

<https://secure.rec1.com/CA/LosAltosRecreation/catalog>

#### **New Registration Software Now Available!**

We invite you to create your new registration account. The new software launched on March 22, 2021. The new software, CivicRec, is user-friendly and listed below are a few steps to get you started:

- Go to [LosAltosRecreation.org](https://LosAltosRecreation.org)

On desktop, select the big button that says CIVICRec, once selected you will see near the top of the page "Start Here". Follow the steps shown underneath this caption and you will be on your way to getting your new account set up. **Need help setting up your account? call 650-947-2790 or [rec-info@losaltosca.gov](mailto:rec-info@losaltosca.gov)**

#### **Online CivicRec Registration Event:**

Thursday, August 19, 2021 at 11:00am

Learn how to register for classes, events, programs, and facilities usage. Call (650)947-2797 to get the link! This is a FREE event.

### **Join us for an End of Summer Virtual Concert!**

August 2, 2021

Informational Items

Enjoy an afternoon of smooth jazz and pop music by local artists.  
FREE to attend  
Thursday, August 26, 2021 at 12:00 noon

Special Performance by Michael Hatfield featuring vocalist Pamela Rose!  
Call (650)947-2797 to get the Zoom link.

**Virtual Recreation Center:**

<https://www.losaltosca.gov/recreation/page/virtual-recreation-center>

**COVID-19 Resource Link:**

Parks, restrooms, and playgrounds will remain open. To stay updated with the latest information, please visit our City website at <https://www.losaltosca.gov/citymanager/page/covid-19-resource-page>

**Grand Opening of The Los Altos Community Center**

The Grand Opening will be taking place on Saturday, October 2, 2021 at 2:00pm. More details to come. If you have ideas about the Grand Opening or are interested in helping, please reach out to Bridget Matheson at 650-947-2887 or email: [bmatheson@losaltosca.gov](mailto:bmatheson@losaltosca.gov).

**ON THE MOVE (RIDE CARE PROGRAM)**

Beginning July 1, 2019, the City of Los Altos provided a ride reimbursement program for participants of the Recreation and Community Services Adult 50+ Program. This program was created to aid local mature adults in being more mobile within the Los Altos and Los Altos Hills community.

1. Ride services must take place between July 1, 2021 and June 30, 2022
2. You must create an account on CIVIC Rec. <https://secure.rec1.com/CA/LosAltosRecreation/catalog>
3. This program is for ages 50 years and older.
4. Ride must begin and end within the City of Los Altos, Town of Los Altos Hills, El Camino Hospital Complex including North Dr., South Dr., Hospital Dr., and Solace Pl., Kaiser Mountain View (555 Castro St., Mountain View), Palo Alto Medical Foundation in Palo Alto and Mountain View, Palo Alto VA Hospital and all VA associated facilities located on Miranda Ave. and Loop Road, Stanford Hospital and associated facilities on Jordan, Pasteur, and Blake Wilber with no stops outside those areas.
5. Now accepting COVID-19 related trips and other trips that meet guidelines listed in #4.
6. You must use an on-demand ride company that can provide official verification of ride cost and transportation start and finish points.
7. Full cost of ride and up to \$3 driver gratuity will be reimbursed, any additional gratuity given will not be reimbursed.

For more information about this program, please call (650) 947-2797.

For more details about all the wonderful programs and activities the Adult 50+ program has to offer please refer to these links listed above. You can also see all programs offered by the Recreation & Community Services Department as a whole.