



SENIOR COMMISSION AGENDA REPORT

MEETING DATE November 10, 2015

ITEM NUMBER: 7B

SUBJECT: FY 2014-2015 Accomplishments and FY 2015-2016 Goals

DATE: November 4, 2015

FROM: Parks and Community Services/Senior Center

PRESENTATION BY: Yvette Aguilar, Senior Center Program Administrator

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RECOMMENDATION

Staff recommend that the Senior Commission review and approve the 2015-2016 goals for the Costa Mesa Senior Center.

BACKGROUND

In September 2014, the City assumed full responsibility of the operations and programs at the Senior Center. Shortly after, a renovation of the Senior Center took place and programming and events were enhanced. The goal was to continue to provide programs and services without interruption, and to make the transition as seamless as possible for seniors.

ANALYSIS

FY 2014-2015 Accomplishments:

During the transition, staff were able to implement and provide new, innovate programs at the senior center, as well as revitalize the senior center as a whole. Outlined are some of the major improvements and accomplishments since the City's assumption of the operations of the Senior Center:

- In September 2014, the City published the first issue, under new management, of "The Chronicle." The issue was published with a full color front page, and black and white interior. Since then, the newsletter has been completely revamped and the programs and services offered have significantly improved (Attachment 1 and 2).
- The September and October 2015 issues of "The Chronicle" are full-color, with an additional four (4) pages of information that focus on programs and health and education

seminars. Also included are articles each month to highlight members, volunteers, and instructors at the center (Attachment 3 and 4).

The increase in health presentations and seminars is due to the many partnerships staff have developed with local organizations, including:

- Alzheimer's Family Resource
- AARP
 - Smart Driver's course
 - Tax preparation
- Braille Institute
 - Vision screenings
- CareMore
 - Haircuts
 - Arts & crafts
 - Massages
- Clear Choice Hearing Aids
 - Hearing Screenings
- CTAP Phone
 - Phone for the visually impaired (demos)
- DaVita Healthcare Partners, Inc.
 - Kidney Smart presentations
- Edward Jones
 - Financial Literacy workshops
- Fair Housing Foundation
 - Landlord and Tenant Information Session
- First Bank
 - Financial Literacy education
- Hoag Family Cancer Institute
 - Breast Cancer education
- Hoag Foundation
 - Durable Power of Attorney workshops
- Hoag Mental Health
 - Mental Health education
- Hoag Voltmer Sleep Center
 - Sleep disorder seminars
- Hoag's Mary and Allen Diabetes Center
 - Diabetes series workshop/education
- SCAN
 - Guided Autobiography course
- MemorialCare Medical Group
 - Laughter Yoga
 - Osteoporosis
 - Brain and Body Boost
- Monarch Healthcare
 - Importance of Exercise and Hydration
- National MS Society
- Orange County Health Care Agency
 - Health screenings (Nurse)
 - Health education workshops/seminars (Nurse)
 - Medication/prescription review/education (Dr. Bill Liu)
- Providence Hearing and Speech
 - Hearing screenings
 - Hearing loss prevention
 - Fall prevention

- Silverado
 - Brain Healthy Food seminar
- Vintage Newport
 - Laughter Yoga
 - Caregiver Support Group
- Vitas
 - Bereavement Support Group

The Orange County Health Care Agency still provides nursing services twice a month, but has expanded the program to include monthly one-hour presentations that focus on behavioral and medication education. The addition of the educational component has been well received, and will continue in 2016.

To highlight, below are some of the ongoing classes that continued to be offered without interruption, with optimistic changes in cost:

Classes Offered (That are the same)	Senior Corporation	Costa Mesa	Justification for discrepancy in price
Knitting Group	\$.25/2 hours	Free, 2 hours/week	None
Bridge, Contract, Social	\$1/4 hours \$.50/4 hours	Free, 14 hours/week	None
Pinochle	\$.50/1.5 hours	Free, 10 hours/week	None
Tennis – Ping Pong (Table Tennis)	\$1/2.5 hours	Free, 2.5 hours/week	None
Jazzercise	Contract Instructor – Price varied	\$38/5 weeks, unlimited classes	The price for the class through the instructor is unknown.
Chair Exercise	Free	Free	None
Melt	Free	Free	None
Play Reading	\$.50/1.5 hours	Free, 1.5 hours/week	None
Poker Basics	\$1/2 hours	Free, 2 hours/week	None
Computer Classes – Various	XXXXX	Price ranges from \$38-72 Instruction times ranges 3-9 hours/session	Classes were taught by volunteer instructors. Agency was not willing to work with City Staff and it was in the best interest of the seniors to hire a contract instructor to teach classes. Classes are of quality service, despite fee.

The following classes have been introduced as contract classes:

- Jazzercise Unlimited
- Jazzercise Lite
- Zumba Gold
- Organize Your Computer
- Essential Computer Skills
- Buying on the Internet

The following groups have been added:

- Caregiver Support Group
- Current Events Group

In addition to the increase in programming, the staff have also maintained or added the following special events:

- Health Fair
- Mother's Day Luncheon
- Father's Day Magic Show
- Love Connection Presentation
Independence Day Celebration
- Casino Night
- Active Aging Week (various programs to highlight the week)
- One Year Anniversary Dessert Social
- Volunteer Appreciation Dinner
- Flu Shot Clinic
- Halloween Monster Mash
- Thanksgiving Dessert Social
- Holiday Decorating Social
- Breakfast with Santa

As a way to implement and solicit input from the members of the center, the reorganization of the Senior Advisory Committee (SAC) to incorporate and collaborate efforts with City staff to provide a conducive environment took place. The group provides feedback and provides ideas for program enhancement and development.

The Senior Commission was appointed by City Council and were seated in March 2015. The commission's purpose is to provide direction on policy and senior advocacy that will guide the overall operations of the senior center and senior programming as a whole within the City of Costa Mesa.

FY 2015-2016 Goals:

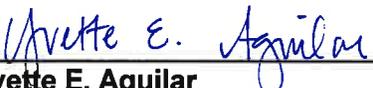
For the upcoming FY 2015-2016, staff are focusing their efforts on bringing new, innovative programming, as well as looking to expand programs into the evening hours to attract the working senior. Staff are looking to implement this by doing the following:

1. Provide programming that focuses on educating older adults about preventative care, maintenance, and linkage for developed illnesses and diseases;
2. Provide innovative and creative activities, and follow the current trends in senior programming to offer classes and programs that meet the demands of senior residents;
3. Provide classes and programs that focus on the mental, physical, and emotional well-being of individuals such as exercise, empowerment, and counseling courses;
4. Provide social settings in the form of special events, that focus on sharing interests and a short-term sanctuary away from home;

5. Provide a place to share talents and other skills to be showcased and/or shared with others by allowing older adults to volunteer at the front desk, to instruct classes, and to serve or assist others in need;
6. Provide a forum to share thoughts and ideas by way of the Senior Commission and Senior Advisory Board, as well as with staff;
7. Utilize volunteers and offer training and personal enrichment courses to carry out the mission and vision of the Senior Center.

CONCLUSION

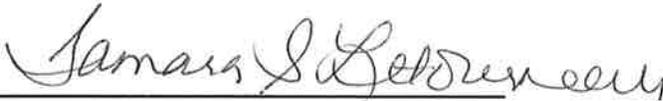
Staff recommend that the Senior Commission review and approve the 2015-2016 goals for the Costa Mesa Senior Center.



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