



AGENDA

August 14, 2019

SENIOR COMMISSION MEETING

2:00 p.m.
Council Chambers
311 Vernon Street
Roseville, California

THE CITY OF ROSEVILLE WELCOMES YOUR PARTICIPATION

If an agenda item is open to public comment, such public comment shall be addressed to the chair of the meeting.

Public Comment - Speakers have three minutes under Public Comment to speak on issues that are not listed on the agenda and are within the City's jurisdiction. The Brown Act does not permit any action or discussion on items not listed on the agenda.

Consent Calendar - If applicable, the Consent Calendar consists of routine items that may be approved by one motion. Any person can remove an item from the Consent Calendar to be discussed separately.

Agenda Items - Speakers have five minutes to address items that are listed on the agenda.

Americans with Disabilities Act - Notify the City Clerk or Secretary at least 72 hours in advance if special assistance is required to participate in a meeting including the need of auxiliary aids or services.

Audio/Visual Presentations - If making a presentation regarding an agenda item, audio/visual materials must be submitted to the City Clerk or Secretary at least 72 hours in advance.

Roseville City Clerk 311 Vernon Street, Roseville, CA 916-774-5200 TDD 916-774-5220

1. **CALL TO ORDER**
2. **ROLL CALL**
3. **PLEDGE OF ALLEGIANCE**
4. **PUBLIC COMMENTS**
5. **MINUTES**
 - 5.1. Draft Meeting Minutes May 8, 2019
Approve amended minutes May 8, 2019
 - 5.2. Draft Meeting Minutes July 12, 2019

Approve minutes July 12, 2019

6. REQUESTS/PRESENTATIONS

6.1. Commission Goals 2019-2020

6.2. Alternative Transportation Presentation - Mike Dour

Presentation by Mike Dour, Alternative Transportation Manager on the City of Roseville's updated transportation plan.

6.3. Senior Commission Meeting Frequency

6.4. Senior Commission Meeting With Mayor - Commissioners Knapp and Parry

Commissioners Knapp and Parry to present outline of topics to be discussed with Mayor Allard.

7. BOARD MEMBER / COMMISSIONER / STAFF REPORT

8. ADJOURNMENT



MINUTES

May 8, 2019

SENIOR COMMISSION MEETING

2:00 p.m.

Council Chambers
311 Vernon Street
Roseville, California

1. CALL TO ORDER

Chair Knapp called the May 8, 2019 Senior Commission meeting to order at 2:07 p.m.

Absent: Parry, Rain

2. ROLL CALL

Present: Beingessner, Knapp, Williams, Zamora

Absent excused: Rain, Parry

Absent: Parry, Rain

3. PLEDGE OF ALLEGIANCE

Chair Knapp led all in the Pledge of Allegiance.

Absent: Parry, Rain

4. PUBLIC COMMENTS

Lydia Lee, City of Roseville Recreation Coordinator, introduced the Roseville Fifty and Better (FAB) program resources. Lee announced the Placer County Senior Resource Fair at the Maidu Community Center with a flyer for the event.

Kathy Barsotti, City of Roseville Recreation Manager, reported that she reserved a space for the commission to have a booth at the Fair.

Absent: Parry, Rain

5. APPROVAL OF MINUTES

5.1. Draft Meeting Minutes February 13, 2019

Approve Minutes February 13, 2019

Motion by Penny Beingessner, seconded by Nicole Zamora, to approve Motion. The Motion Passed.

Roll call vote: Ayes: Beingessner, Knapp, Zamora

Absent: Parry, Rain

Abstain: Williams

6. REQUESTS/PRESENTATIONS

6.1. New Commission Officers - Kathy Barsotti

Commission selects new officers for 2019: Chair, Vice Chair

Motion by Jim Williams, seconded by Nicole Zamora, Approve Commissioner Parry as Vice Chair. The Motion Passed.

Roll call vote: Ayes: Beingessner, Knapp, Williams, Zamora

Absent: Parry, Rain

Motion by Jim Williams, seconded by Penny Beingessner, Approve Commissioner Knapp as Chair. The Motion Passed.

Roll call vote: Ayes: Beingessner, Knapp, Williams, Zamora

Absent: Parry, Rain

6.2. Commission Goal Setting Workshop - Kathy Barsotti

Commission selects a goal setting workshop date for 2019.

Ms. Barsotti asked the commission for availability to coordinate a date in July for a goals workshop. The commission agreed to email potential July workshop dates when they are available.

Absent: Parry, Rain

7. BOARD MEMBER / COMMISSIONER / STAFF REPORT

7.1. WHO Report Follow Up - Kathy Barsotti

Submitted WHO report accepted by AARP.

Ms. Barsotti informs committee that The American Association for Retired Persons (AARP) has accepted the World Health Organization (WHO) report.

Commissioner Knapp contributed the following information:

- The subcommittee overseeing the Senior Commission Accomplishment reviewed available minutes from 2010 and compiled a list and provided to

commission.

- Requested a follow up regarding link on the Roseville website to Seniors First list of most requested resources-add
- Seniors expressed difficulty finding information regarding the Senior Volunteer Opportunities on the City of Roseville website
- Knapp would like to research other similar communities that have similar senior issues and have developed successful solutions-example VIA program in West Sacramento
- Encouraged commissioners to keep apprised of Placer County events and projects regarding seniors

Absent: Parry, Rain

8. ADJOURNMENT

Motion by Penny Beingessner, seconded by Jim Williams, to adjourn the meeting at 3:21 p.m. The Motion Passed.

Roll call vote: Ayes: Beingessner, Knapp, Williams, Zamora

Absent: Parry, Rain



MINUTES

July 12, 2019

Senior Commission Meeting
9:00 a.m.
Maidu Community Center
Senior Meeting Room
1550 Maidu Drive
Roseville, California

1. CALL TO ORDER

Chair Knapp called the July 12, 2019 Senior Commission Meeting to order at 9:00 a.m.

2. ROLL CALL

Present: Beingessner, Knapp, Parry, Rain, Williams, Zamora

3. PLEDGE OF ALLEGIANCE

Commissioner Parry led all in the Pledge of Allegiance.

4. PUBLIC COMMENTS

Lydia Lee, City of Roseville Recreation Coordinator, followed up on Senior Commission flyer advertised on website and at the Maidu Community Center. Lee reports that the website is being investigated for ease of use.

5. MINUTES

5.1. Draft Meeting Minutes May 8, 2019

Approve Minutes May 8, 2019

Motion by Nicole Zamora, seconded by Tania Rain, Approve minutes for May 8, 2019. The Motion Failed.

Roll call vote: Ayes: Parry, Rain, Zamora

Nays: Beingessner, Knapp, Williams

Chair Knapp requests to add additional notes for May 8, 2019 minutes.

Motion by Penny Beingessner, seconded by Jim Williams, Defer approval of minutes after additional notes are added to May 8, 2019 minutes. The Motion Passed.

Roll call vote: Ayes: Beingessner, Knapp, Parry, Rain, Williams, Zamora

6. REQUESTS/PRESENTATIONS

6.1. Commission Goals 2018 Review Current Status

Commissioner Rain introduced herself to the Commission

Ms. Barsotti reviewed the Commission's 2018-2019 goals including completing the World Health Organization (WHO) Network of Age-Friendly Cities updated report, Improving Communication with the older adult population and Identifying and Improving Transportation opportunities for older adults that was started by Commissioner Egan but not completed prior to the end of his term.

6.2. Commission Goals for 2019-2020

Prioritize Senior Commission goals for 2019-2020

Each commissioner introduced their proposed Senior Commission goals for 2019-2020.

The Commission took a break at 11:37 a.m.

The Commission resumed at 12:12 p.m.

Each commissioner was given ten votes on all the goals presented. Each goal receiving a minimum of one vote was eligible to be voted on in the second/final round of voting. Each commissioner was then given 3 vote on the goals that were eligible from the first vote. The outcome of the second and final vote resulted in three main goals the Commission recommended to focus on for the remainder of 2019 and 2020.

Communication Goal: To develop methods to communicate to seniors and families about available resources in Roseville and partner with groups to coordinate the efforts.

Transportation Goal: To meet with West Sacramento Association Transportation Planner about VIA program and other options for seniors.

Educational Goal: To create educational opportunities informing seniors and families of the importance of early planning before a crisis, illness or death.

6.3. Work Plan To Accomplish Commission Goals

Develop a work plan for the Senior Commission to accomplish 2019-2020 goals.

Commissioners volunteered to be considered for sub-committees for each of the three Commission Goals for 2019-2020

Communication Goal: Knapp, Rain, Williams

Transportation Goal: Beingessner, Parry, Zamora

Education Goal: Knapp, Rain, Zamora

7. BOARD MEMBER / COMMISSIONER / STAFF REPORT

Chair Knapp requested to discuss meeting dates and frequency at the August 14, 2019 Senior Commission Meeting.

8. ADJOURNMENT

Motion by Brian Parry, seconded by Jim Williams, to adjourn the meeting at 1:30 p.m. The Motion Passed.

Roll call vote: Ayes: Beingessner, Knapp, Parry, Rain, Williams, Zamora



SENIOR COMMISSION COMMUNICATION

Title: Commission Goals 2019-2020

Contact: Kathy M. Barsotti, kbarsotti@roseville.ca.us or 916-774-5955

Meeting Date: 8/14/2019

Item #: 7.1.

RECOMMENDATION

Recommend to approve three Senior Commission goals for 2019-2020.

BACKGROUND

On July 12, 2019, the Senior Commission held their annual Goals Workshop. Prior to the meeting, Commissioners sent their recommendations for goals for the Commission to focus on for the next 12-18 months to staff. Staff combined the goals and organized them into the following six overarching categories; Education, Transportation, Communication, Housing, Health & Fitness and Miscellaneous. All the goals were organized on flip charts under their appropriate category.

Each Commissioner provided a brief verbal description of each of their goals and answered any questions the Commission or staff had. The Commission agreed that they would select 3-5 goals to concentrate on for the upcoming year. Each Commissioner was then given ten stickers to vote for their top goals. Once the first round of voting was completed, Commissioners were given an additional three stickers to vote for their top three goals. Only goals that received at least one vote in round one were eligible for a vote in round two.

The three goals receiving the highest number of votes are:

Transportation

- Meet with West Sacramento Association Transportation Planner about "VIA" program & other options for seniors. **(5)**

Communication

- Develop methods to communicate to seniors/families about available resources in Roseville and Partner with other groups to coordinate efforts. **(5)**

Education

- Educational opportunities informing seniors/families of the importance of planning early before crisis, illness, death, etc. **(4)**

All three goals support the information provided in the City of Roseville's World Health

Organization Network of Age-Friendly Cities update report approved by City Council in December 2018.

Respectfully Submitted,

Kathy M Barsotti, Parks, Recreation & Libraries Manager

Dion Louthan, Assistant City Manger

ATTACHMENTS:

Description

2019 Goals Workshop Outcomes

**Senior Commission Workshop
Maidu Community Center
July 12, 2019**

Commission Goals 2019-2020: Round #1 Voting

Below is a list of each of the goals each Senior Commissioner submitted as possible goals for remainder of 2019 through 2020. For the first round of voting, each commissioner was given 10 stickers to place on the goals they felt they would like prioritize. The number of votes each goal received is listed next to each goal. If there are no numbers next to the goal, that goal did not receive any votes.

Education

- Updates/Informative presentations about senior resources available in Roseville **(2)**
- Osher Lifelong Learning **(2)**
- Seniors as Mentors
- Educational opportunities informing seniors/families of the importance of planning early before crisis, illness, death, etc. **(5)**

Transportation

- Finish Transportation goal from 2017-2018 (Egan's progress/Parry's info)
- Meet with West Sacramento Association Transportation Planner about "VIA" program & other options for seniors. **(4)**
- Update existing transportation programs such as:
 - "Mobility training transit Ambassador" etc...communicate them through partners
 - Trying to lower the price for Dial-A-Ride **(4)**

Communication

- Develop methods to communicate to seniors/families about available resources in Roseville and Partner with other groups to coordinate efforts. **(5)**
- Develop presence on COR website informs about Sr. Commission and links to resources.
- 5 year accomplishment report to council **(2)**
- Update letter to council about natural crisis with nursing homes, senior fraud & financial abuse
- Ask Council where they want Sr. Commission to focus efforts regarding senior quality of life **(5)**
- Determine what commission wants to communicate to seniors and create plan to address them
- Senior Commission participate on Placer County's 4-1-1 system to assure seniors are included **(4)**
- Evaluate current methods of communication to insure they are meeting goals. (ie. City website, FAB, RCONA, PD's "Senior Outlook". **(1)**

Housing

- Identify existing programs to assist seniors with modifying homes (grab bars, ramps)
- Explore using volunteers to assist with modifications
- Update affordable housing programs for Roseville **(2)**
- Available housing options for fixed income seniors **(2)**

Health & Fitness

- Identify care giving services. Ie. In-home care, meals on wheels & others. Partner to communicate their services to seniors. **(1)**
- Reducing isolation, loneliness (recreation/transportation/volunteer) **(4)**
- Fall Risk education
- Brain health education
- Nutrition-insuring people are accessing benefits & services **(1)**
- Changes in Medicare/ MediCal to support in-home care and non-medical care. PACE
- Family care giver support **(3)**
- How can City help through programs to help depression, isolation, boredom, non-productivity? **(2)**

Miscellaneous

- Have monthly meetings or every other month. **(3)**
- Start work on WHO report-issues identified as needs improvement **(4)**
- Develop a plan for goals- short term. Long term, ongoing. Appoint work groups accordingly.(Method)
- Work with AARP to find partners in other communities who have addressed similar concerns successfully.(Method)
- Use AARP's resources and experience.(Method)

Commission Goals 2019-2020: Second Vote

Each goal that received at least one vote was moved to the second round of voting for the Commission to prioritize. The Commission agreed they felt they would like to limit the number of goals to address for the upcoming year to 3-5. This voting round, each Commissioner was given three stickers to place on the goals they felt they would like to prioritize. The number of votes each goal received is listed next to each goal. If there are no numbers next to the goal, that goal did not receive any votes.

Education

- Updates/Informative presentations about senior resources available in Roseville
- Osher Lifelong Learning
- Educational opportunities informing seniors/families of the importance of planning early before crisis, illness, death, etc. **(4)**

Transportation

- Meet with West Sacramento Association Transportation Planner about "VIA" program & other options for seniors. **(5)**
- Update existing transportation programs such as:
 - "Mobility training transit Ambassador" etc...communicate them through partners
 - Trying to lower the price for Dial-A-Ride **(3)**

Communication

- Develop methods to communicate to seniors/families about available resources in Roseville and Partner with other groups to coordinate efforts. **(5)**
- 5 year accomplishment report to council
- Ask Council where they want Sr. Commission to focus efforts regarding senior quality of life
- Senior Commission participate on Placer County's 4-1-1 system to assure seniors are included
- Evaluate current methods of communication to insure they are meeting goals. (ie. City website, FAB, RCONA, PD's "Senior Outlook".

Housing

- Update affordable housing programs for Roseville **(1)**
- Available housing options for fixed income seniors

Health & Fitness

- Identify care giving services. Ie. In-home care, meals on wheels & others. Partner to communicate their services to seniors.
- Reducing isolation, loneliness (recreation/transportation/volunteer) **(1)**
- Nutrition-insuring people are accessing benefits & services
- Family care giver support
- How can City help through programs to help depression, isolation, boredom, non-productivity?

Miscellaneous

- Have monthly meetings or every other month.
- Start work on WHO report-issues identified as needs improvement **(1)**

Commission Goals 2019-2020: Moving Forward for Official Vote at August 14, 2019

Commission Meeting

The Commission reviewed the final set of votes and agreed that the following goals should be brought to the next Senior Commission meeting to discuss and finalize. All three goals support the information provided in the City of Roseville's World Health Organization Network of Age-Friendly Cities update report approve by City Council in December 2018.

Transportation

- Meet with West Sacramento Association Transportation Planner about "VIA" program & other options for seniors. **(5)**

Communication

- Develop methods to communicate to seniors/families about available resources in Roseville and Partner with other groups to coordinate efforts. **(5)**

Education

- Educational opportunities informing seniors/families of the importance of planning early before crisis, illness, death, etc. **(4)**



SENIOR COMMISSION COMMUNICATION

Title: Senior Commission Meeting Frequency

Contact: Kathy M. Barsotti, kbarsotti@roseville.ca.us or 916-774-5955

Meeting Date: 8/14/2019

Item #: 7.3.

RECOMMENDATION

Recommend Senior Commission determine if they want to recommend to Council to increase the number of annual meetings.

BACKGROUND

The Senior Commission meets quarterly on the second Wednesday of February, May, August and November and one time per year for a goals workshop. Over the past two years, some Commissioners have requested to increase the number of annual meetings from four per year to possibly 6 (every other month) or 12 (every month). Other Commissioners have expressed that they are not interested in increasing the number of annual meetings.

Commission Chair, Bobbi Knapp has requested this item be included on the agenda in order for the Commission to discuss and make a determination as to how many meetings per year they should request to have. Should the Commission decide to change the number of Senior Commission meetings, Council approval will be required.

Respectfully Submitted,

Kathy M. Barsotti, Parks, Recreation & Libraries Manager

Dion Louthan, Assistant City Manager