

**RECREATION & COMMUNITY SERVICES**  
**SENIOR CITIZEN ADVISORY BOARD**

**MEETING MINUTES**  
**Thursday, May 22, 2014 - 1:00 PM**  
**LAS PALMAS PARK**  
**505 S. HUNTINGTON STREET, SAN FERNANDO, CA**

BOARD MEMBERS PRESENT: Michael Kmet, Angel Avila, Benita Rivera,  
Marco "Tulio" Escobar and Danny Gomez

BOARD MEMBERS ABSENT: None

STAFF PRESENT: Ismael Aguila, Operations Manager  
Virginia Ufano, Community Services Supervisor  
Linda Bowden-Moreno, RCS Office Specialist

\*Mayor Sylvia Ballin also in attendance.

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**I. CALL TO ORDER**

Michael Kmet called the meeting to order at 1:10 p.m.

**II. PLEDGE OF ALLEGIANCE**

Led by Angel Avila

**III. ROLL CALL**

Roll call by Linda Bowden-Moreno

Present: Angel Avila, Marco "Tulio" Escobar, Michael Kmet, Danny Gomez,  
Benita Rivera

Absent: None

**IV. APPROVAL OF AGENDA**

A motion was made to approve the agenda for the May 22, 2014  
Senior Citizen Advisory Board Meeting:

Motion:	Benita Rivera	Second by:	Angel Avila
For:	Unanimous		
Against:	None		
Abstained:	None		

**V. APPROVAL OF MINUTES**

Motion was made to approve the minutes for the April 24, 2014 Senior Citizen Advisory Board Meetings.

Motion:	Angel Avila	Second by:	Benita Rivera
For:	Unanimous		
Against:	None		
Abstained:	None		

**VI. CORRESPONDENCE**

- None at this time

**VII. PUBLIC COMMENT**

- No public comment

**VIII. NEW BUSINESS**

- None at this time

**IX. OLD BUSINESS**

**A. Senior Expo**

- Staff reminded board members that tomorrow is the annual Senior Expo from 9:00 a.m. to 2:00 p.m. at Las Palmas Park.
- Free Health Screenings will be offered at the Expo such as bone density, memory loss, blood pressure, cholesterol testing and weight management. Presentations by Mission Community Hospital will include preventing/managing diabetes and how to get the most out of the time with your doctor.
- Performances will include the Line Dancers, The Golden Dreams and a Zumba demonstration. Refreshments and lunch will be provided.
- Senior Board members will have a table reserved in the gym.

**B. Elderly Nutrition Program Update**

- Virginia Ufano reported on the QA meeting conducted on May 12<sup>th</sup>. Some of the items addressed were about a missing latch on one ice

chest and a complaint about the brown rice being too salty. Overall, individuals are satisfied with the meals.

- The next QA meeting scheduled on June 12<sup>th</sup> will include an in-service on food borne illness which will be provided to individuals who handle food.

### **C. Senior Programming Update**

- Virginia Ufano reported that the Center for Healthcare Rights will be offering a free bilingual workshop at Las Palmas Park on the topic of changes to Medicare and Medi-Cal benefits. The presentation is scheduled on Tuesday, June 3<sup>rd</sup> at 10:00 a.m.
- The Summer Fitness Senior Classes will be starting soon. The Aerobics class goes from June 23<sup>rd</sup> through July 31<sup>st</sup>. The Yoga Class will be offered in two separate sessions. Dates for Yoga are not confirmed yet.
- The next Food Bank distribution is scheduled for Monday, June 2<sup>nd</sup>.
- Blood pressure screenings will be offered by Humana on the third Wednesday of the each month at Las Palmas Park lobby from 9:00 a.m. to 11:00 a.m.

### **X. STAFF COMMUNICATIONS**

- Ismael Aguila reminded the board members about the cleanup day that is planned at Las Palmas. The projected date is June 21<sup>st</sup> or June 28<sup>th</sup>. Ismael asked the board to help select a Saturday in June as well as assist in recruiting volunteers, as this was one of the board's adopted priorities. Board members will let staff know how many people will be planning on participating. The target number of volunteers is about 20 people. The focus will be on the front of the park to improve the appearance for the summer months.
- Ismael will provide an update at next month's regular meeting on the board's priorities. There has been progress on some of the board members' concerns such as parking, wrong way drivers, sidewalks and other items. Some funding has been budgeted for next fiscal year to address some of the items on the list of priorities. More details to be provided next month.
- One of the student volunteers from the *100 Citizens Program*, Dario, was presented with a prestigious award from the Presidential Council on Fitness. Only 40 awards for Community Volunteer are distributed annually. Dario was given a small reception from staff along with Mayor Ballin.

- The Health Campaign will go before Council on June 2<sup>nd</sup>. The cost is estimated at \$25,000. At this time, \$19,000 has been secured toward the campaign. If Council approves this item, all programs will now contain messages promoting health. A 5K Relay Race will be organized as part of the campaign. The teams will consist of three people walking or running a mile at Recreation Park. The cost to participate in the 5K Relay will be \$35.00 per team.
- Mayor Ballin expressed the Council's appreciation regarding board members like Benita Rivera who speak at Council Meetings on behalf of seniors and their needs. Council is aware that additional senior meals are needed. City Council is working hard to address items that are in the best interest of the residents such as improving health and increasing Senior Meals.

#### **XI. BOARD MEMBER COMMENTS**

- Benita Rivera commented that a tour bus routinely parks on Woodworth St. and Workman St. blocking visibility to drivers and creating a safety concern. The bus is owned by Inter-California Bus Company. Staff will discuss this further after the meeting.
- The next Senior Board Meeting is scheduled on June 26<sup>th</sup>.

#### **XII. ADJOURNMENT**

There being no further business, the Senior Board meeting was adjourned at 1:35 p.m.

Motion: Angel Avila  
For: Unanimous  
Against: None  
Abstained: None

Second by: Marco Tulio Escobar