



SENIOR COMMISSION AGENDA

3:30 PM - Monday, December 05, 2022

Telephone/Video Conference Only

Please Note: Per California Executive Order N-29-20, the Senior Commission will meet via Telephone/Video Conference Only.

Telephone: 1-669-444-9171 / Meeting ID: 860 9064 5020

Members of the Public may join and participate in the Senior Commission meeting at <https://losaltosca.gov.zoom.us/j/86090645020?pwd=M21kYlNKZ3c1UFhBUFdKvJkA1SWZLQT09>
Passcode: 694009

TO PARTICIPATE VIA VIDEO: We have moved to **ZOOM!** Members of the public will need to have a working microphone on their device and must have the latest version of ZOOM installed (**available at <https://zoom.us/download>**). To request to speak, please use the "Raise hand" feature located at the bottom of the screen under the Reactions Icon.

TO PARTICPATE VIA TELEPHONE: Members of the public may also participate via telephone by calling the number listed above. To request to speak, press *9 on your telephone.

TO SUBMIT WRITTEN COMMENTS, prior to the meeting, on matters listed on the agenda email SCpubliccomment@losaltosca.gov with the subject line in the following format:

PUBLIC COMMENT AGENDA ITEM ## - MEETING DATE.

Emails sent to the above email address are sent to/received immediately by the Senior Commission. Correspondence submitted in hard copy/paper must be received by 2:00 p.m. on the day of the meeting to ensure it can be distributed prior to the meeting. Correspondence received prior to the meeting will be included in the public record.

Public testimony will be taken at the direction of the Chair and members of the public may only comment during times allotted for public comments. Once called to speak, speakers will be asked to state their name and place of residence. Providing this information is optional.

CALL MEETING TO ORDER

ESTABLISH QUORUM

PLEDGE OF ALLEGIANCE

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

Members of the audience may bring to the Commission's attention any item that is not on the agenda. Please complete a "Request to Speak" form and submit it to the Staff Liaison. Speakers are generally given two or three minutes, at the discretion of the Chair. Please be advised that, by law, the Commission is unable to discuss or take action on issues presented during the Public Comment Period. According to

State Law (also known as “the Brown Act”) items must first be noticed on the agenda before any discussion or action.

ITEMS FOR CONSIDERATION/ACTION

1. [Minutes: Approve minutes of the Senior Commission regular meeting of November 7, 2022](#)
2. **Outdoor Spaces and Buildings:** Receive update from Outdoor Spaces and Buildings Subcommittee (Basiji, Nagao) and take action as appropriate
3. [Housing Subcommittee Goals: Receive update from Housing Subcommittee \(Basiji, O'Reilly\) and take action as appropriate](#)
4. [Work Plan: Review recommended FY 2022/23 Work Plan and Subcommittees](#)

INFORMATIONAL ITEMS

5. **Senior Membership:** Receive update from City of Los Altos staff
6. [Flyers: Recieve informational flyers](#)
7. [Commission/Subcommittee Reports: Receive updates from Commission/Subcommittees](#)
 - A. [Age Friendly City Recertification \(Buchholz, Dixit, Li\)](#)
 - B. [Transportation \(Basiji, O'Reilly\)](#)
 - C. [Social Participation \(Buchholz, Cohen, Dixit\)](#)
 - D. [Respect and Social Inclusion \(Buchholz, Cohen, Dixit\)](#)
 - D. [Civic Participation and Employment \(Li\)](#)
 - E. [Communication and Information \(Basiji, Nagao\)](#)
 - F. [Community Support and Health Care Services \(Buchholz, Cohen\)](#)
8. **Staff Oral Reports:** Receive information and announcements from Town of Los Altos Hills and City of Los Altos staff

COMMISSION/SUBCOMMITTEE/STAFF ORAL REPORTS AND REQUESTS FOR FUTURE AGENDA ITEMS

9. **Future Agenda Items:**
 - A. Updates from Subcommittee: Transportation

ADJOURNMENT

SPECIAL NOTICES TO PUBLIC

In compliance with the Americans with Disabilities Act, the City of Los Altos will make reasonable arrangements to ensure accessibility to this meeting. If you need special assistance to participate in this meeting, please contact the City Clerk 72 hours prior to the meeting at (650) 947-2610.

Agendas, Staff Reports and some associated documents for Senior Commission items may be viewed on the Internet at https://www.losaltosca.gov/meetings?field_microsite_tid_1=2321.

If you wish to provide written materials, please provide the Commission Staff Liaison with **10 copies** of any document that you would like to submit to the Commissioners in order for it to become part of the public record.

For other questions regarding the meeting proceedings, please contact the City Clerk at (650) 947-2720.



MINUTES OF THE REGULAR MEETING OF THE SENIOR COMMISSION OF THE CITY OF LOS ALTOS AND TOWN OF LOS ALTOS HILLS, HELD ON MONDAY, NOVEMBER 7, 2022 AT 3:30 P.M. WITH REMOTE ACCESS VIA ZOOM

PRESENT: Chair Cohen, Vice Chair Li, Commissioners Buchholz, Nagao, O'Reilly

ABSENT: Commissioner Basiji, Dixit

LATE: None.

CALL MEETING TO ORDER

At 3:30 P.M., Chair Cohen called the meeting to order.

ESTABLISH QUORUM

PLEDGE OF ALLEGIANCE

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

Gary Hedden, Board Member and Conservation Lead from Green Town Los Altos spoke regarding the 500 Trees 2022-23 Tree Planting Campaign.

ITEMS FOR CONSIDERATION/ACTION

1. **Minutes:** Approve minutes of the Senior Commission regular meeting of October 3, 2022.

Public Comment: None.

Action: Upon a motion by O'Reilly, seconded by Vice Chair Li, the Commission approved the minutes of the meeting of October 3, 2022.

Approve: Chair Cohen, Vice Chair Li, Commissioners Buchholz, Dixit, Nagao.

Oppose: None.

Absent: Commissioner Basiji and Dixit.

Abstention: None.

Motion passed unanimously: 5-0-2-0.

2. **Outdoor Spaces and Buildings:** Receive update from Outdoor Spaces and Buildings Subcommittee (Basiji, Nagao) and take action as appropriate.

Public Comment: None.

Action: Moved update to December or January.

3. **Transportation Subcommittee Goals:** Receive update from Transportation Subcommittee (Basiji, O'Reilly) and take action as appropriate.

Public Comment: None.

Action: Commissioner Buchholz proposed a motion, seconded by Commissioner Nagao:

- 1) Explore the feasibility of expanding the ride reimbursement program destinations to include attending medical appointments.
- 2) Explore the possibility of joining neighboring shuttle services and
- 3) Agendize this topic for further discussion at the December meeting.

Approve: Chair Cohen, Vice Chair Li, Commissioners Buchholz, Dixit, Nagao.

Oppose: None.

Absent: Commissioner Basiji and Dixit.

Abstention: None.

Motion passed unanimously: 5-0-2-0

4. **Work Plan:** Review recommended FY 2022/23 Work Plan and Subcommittees.

Public Comment: None.

Action: Request to agendize and discuss distribution of the January/February Spotlight newsletter and flyers at the December meeting.

5. **Age Friendly:** Discuss and finalize Age Friendly talking points

Public Comment: None.

Action: Request to agendize and finalize Age Friendly talking points at the December meeting.

INFORMATIONAL ITEMS

6. **Flyers: Receive informational flyers**

Public Comment: None.

Action: Received informational flyers

COMMISSION/SUBCOMMITTEE/STAFF ORAL REPORTS AND REQUESTS FOR FUTURE AGENDA ITEMS

7. **Commission/Subcommittee Reports:** Receive updates from Commission/Subcommittees
 - A. Recertify Los Altos as an Age-Friendly City (Buchholz, Dixit, Li) – No report
 - B. Social Participation (Buchholz, Cohen, Dixit) – No report
 - C. Respect and Social Inclusion (Buchholz, Cohen, Dixit) – No report
 - D. Civic Participation and Employment (Li)-No report
 - E. Communication and Information (Basiji, Nagao) – Update
 - F. Community Support and Health Care Services (Buchholz, Cohen) – Update

8. **Staff Oral Reports:** Receive information and announcements from Town of Los Altos Hills and City of Los Altos staff

9. **Future Agenda Items:**
 - A. Age Friendly Talking Points

- B. Subcommittee Reports –Outdoor spaces, buildings and housing
- C. Senior Center Membership
- D. Transportation options
- E. January 2, 2023 meeting moved to January 9, 2023

ADJOURNMENT

At 4:47 P.M., Monday, November 7, 2022, Chair Cohen adjourned the meeting.

Age Friendly Housing Report

December 5, 2022

Affordability

As noted in recent surveys, Los Altos is one of the most expensive cities, both nationally and in the State of California, in which to live. This skews the affordability picture for seniors as home prices and rents are extremely high. While Los Altos does not have public housing per se, rent assistance based on income has been available through the County of Santa Clara. This program, however, is impacted and is currently closed to new applications. Newly approved multi-family developments do require below-market-rate accommodation.

Essential Services

Basic utilities, gas/electric/water are required for all residences and are reliable and available by providers, PG&E and Cal Water Services. For owners or renters with lower income, reduced rates for these utilities are available. While some of our older homes do not have air conditioning, our senior facilities can serve as cooling centers as needed.

Design

Rigorous standards of construction are required by the City of Los Altos for any new construction and/or remodeling. The permitting and inspection processes insure that high standards are maintained.

Modifications / Maintenance

The city maintains and publicizes a list of resources or service providers to help seniors maintain or rehabilitate their homes. (Policy 6.2.2, 2015 City Housing Element)

While the City does not directly fund these upgrades, some grants/loans for this purpose are also available through agencies such as the US Dept of Housing and Urban Development and the Red Cross. Additional assistance is available through volunteer organizations within the County.

Recommendations

1. As noted in the 2015 City of Los Altos Housing Element, “It is likely that many of the extremely low-income households in Los Altos are senior residents who own their homes but who have extremely low fixed incomes.” This category also includes seniors who are renters.

We recommend that the City of Los Altos provide funds to assist low income seniors for home maintenance, repairs and necessary adaptive modifications to their living spaces as they age in place.

2. As new multifamily construction is approved in the City of Los Altos, in addition to providing affordable rents for low income people, “low income seniors” should be included in the categories of eligible tenants.

3. We do not have enough data on our low income seniors, home owners or renters, who are most likely to need services.

To better pro actively serve our most needy seniors with respect to the above recommendations, we need to obtain this kind of information.

Note: The city of Los Altos is currently in the process of updating its Housing Element which may result in additions or revisions to this report.

SENIOR COMMISSION
FY 2022-23 Work Plan (May 2022 to May 2023)

Goal	Projects	Assignments	Target Date	City Priority related to	Status
Recertify Los Altos as an Age-Friendly City	Action Plan	<ul style="list-style-type: none"> Engage CAFÉ (Center for Age Friendly Excellence) to create an Action Plan to recertify as an Age-Friendly City. Subcommittee: Buchholz, Dixit, Li	July 2022	Community Engagement	In progress
	Outdoor Spaces and Buildings	<ul style="list-style-type: none"> Participate in Grant Park Master Plan committee. Recommend hot water, HVAC and electrical upgrade in Grant Park in the CIP budget. Work collaboratively with Parks & Recreation to support senior use/age friendly programming in public areas. Plan joint meeting with Parks and Recreation Commission. Subcommittee: Basiji, Nagao		Community Engagement	Pending Action Plan details
	Transportation	<ul style="list-style-type: none"> Explore resources and options (transportation studies). Recommend (evaluate, check-in) ridesharing and reimbursement program improvements. Explore outreach strategies. Consider COVID impacts. Subcommittee: Basiji, O'Reilly		Community Engagement	Pending Action Plan details
	Housing	<ul style="list-style-type: none"> Understand local senior housing issues. Understand how other Commissions have addressed the housing needs of seniors. Advocate for senior housing needs/projects. Support senior elements in Los Altos Housing Element. Subcommittee: O'Reilly, Basiji		Housing	Pending Action Plan details

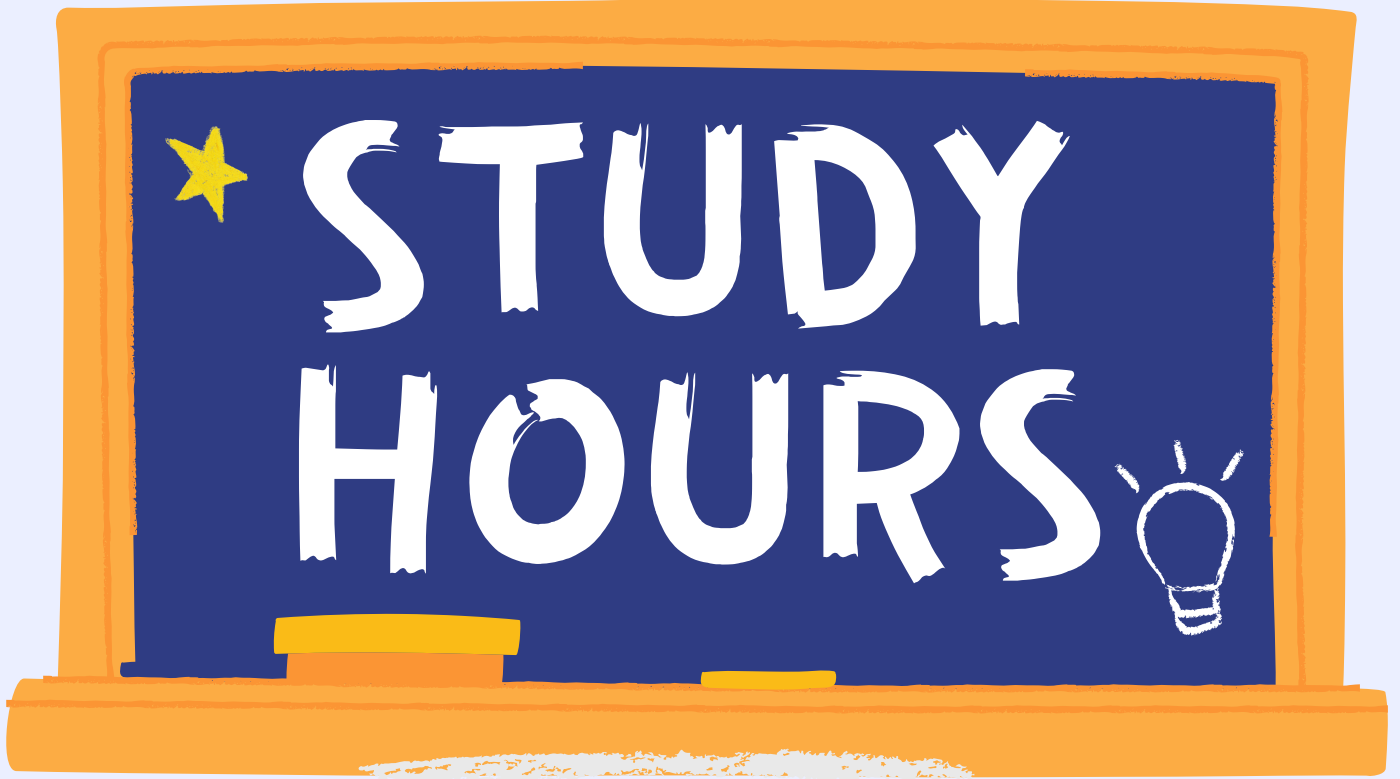
Goal	Projects	Assignments	Target Date	City Priority related to	Status
Maintain City/Town of Los Altos Age-Friendly status	Social Participation	<ul style="list-style-type: none"> Reach isolated seniors not online. Partner with Parks & Recreation Commission on Pop-Up Activities. <p>Subcommittee: Buchholz, Dixit, Cohen</p>		Community Engagement	Pending Action Plan details
	Respect and Social Inclusion	<ul style="list-style-type: none"> Reach isolated seniors not online and provide timely information. Address impacts of social isolation. Partner with Parks & Recreation Commission on Pop-Up Activities. <p>Subcommittee: Buchholz, Cohen, Dixit</p>		Community Engagement	Pending Action Plan details
	Civic Participation and Employment	<ul style="list-style-type: none"> Raise awareness regarding age discrimination in the workforce. Attract more employers while keeping the village feeling. <p>Subcommittee: Li</p>		Community Engagement	Pending Action Plan details
	Communication and Information	<ul style="list-style-type: none"> Develop strategies to promote senior programs and facilities including grassroots marketing. Widely distribute Spotlight newsletter and flyers. Meet with Marketing/Recreation staff. <p>Subcommittee: Basiji, Nagao</p>		Community Engagement	Pending Action Plan details
	Community Support and Health Care Services	<ul style="list-style-type: none"> Plan for next endemic and boosters. Keep those not on social media or using technology informed. <p>Subcommittee: Buchholz, Cohen</p>		Community Engagement	Pending Action Plan details



CITY OF LOS ALTOS PARKS & RECREATION

Agenda Item 6.

Life
Better!



JUNIPER ROOM
LOS ALTOS COMMUNITY CENTER
97 HILLVIEW AVE.

STARTS OCTOBER 11

FREE TO
STUDENTS
GRADES 9 - 12

TUESDAYS &
THURSDAYS
6:30 - 9 PM

QUESTIONS: WHANEL@LOSALTOSCA.GOV OR (650) 947-2727



LOS ALTOS TEEN CENTER

Juniper Room in Los Altos Community Center

Drop-in Hours Begin October 11

Tuesday-Friday from 3-6 PM.
Drop in is free for all students
in 6th-12th grade.

Amenities

- Video Game Console
- Outdoor Patio
- Ping Pong Table
- Study Area
- TV/Flat screen Monitor
- Space to Hold Club Meeting or Event



97 Hillview Ave, Los Altos, CA
Question? whanel@losaltosca.gov or (650) 947-2727



35th Annual

FREE!

Gingerbread House Exhibit

Los Altos Community Center, Birch Room
97 Hillview Avenue



HOUSE DROP-OFF

Friday, December 9
8 AM - 5 PM

Saturday, December 10
10 AM - 2 PM

See Participation Information &
Rules at LosAltosRecreation.org

EXHIBIT VIEWING

Monday, December 12 -
Friday, December 16
8 AM - 5 PM



Los Altos Parks & Recreation
(650) 947-2790 | rec-info@losaltosca.gov





35th Annual

Gingerbread House Exhibit

Participation Information & Rules

- Registration is not required for the free event.
- All ingredients must be edible, including items used in a non-edible form such as dried pasta or beans.
- Sample structural ingredients include gingerbread, cookies, crackers, candies, or other edible materials.
- Tape, glue, or pins are prohibited.
- A limited number of gingerbread house kits will be available for purchase at our Family Fun Day on December 10.
- All entries must be original work, must not violate or infringe another's rights such as privacy, publicity, and intellectual property rights, and may not include content which is offensive, violent, derogatory, sexually suggestive, obscene, defamatory, contain explicit language or imagery, or is otherwise unlawful or inappropriate for display. The entry must not promote bigotry, racism, hatred, or harm against any group or individual or promote discrimination based on race, gender, religion, nationality, disability, sexual orientation or age. All decisions regarding appropriateness of an entry are at the sole discretion of the City of Los Altos.

House Drop Off

Drop off your creation at the Los Altos Community Center on Friday, December 9, 8 AM - 5 PM or Saturday, December 10, 10 AM - 2 PM.



Los Altos Parks & Recreation

(650) 947-2790 | rec-info@losaltosca.gov





CITY OF LOS ALTOS PARKS & RECREATION PRESENTS



Family Fun Days

AT THE LOS ALTOS COMMUNITY CENTER
CO-SPONSORED BY THE LOS ALTOS LIBRARY



JOIN US ONE SATURDAY A MONTH
FOR THEMED FAMILY FUN!



OCTOBER

22

HAPPY HALLOWEEN



NOVEMBER

19

GIVING THANKS



DECEMBER

10

WINTER WONDERLAND

Games • Crafts • Movies • Read Alouds



97 Hillview Avenue
(650) 947-2790 | LosAltosRecreation.org



CAROLING IN THE HILLS

TUESDAY, DECEMBER 20TH

7:30 - 9:00 PM

TOWN HALL COUNCIL CHAMBERS

**FOR MORE INFORMATION, SCOTT VANDERLIP AT
650 793-0475 OR SCOTT@INET-SCIENCES.COM.**



New Year's Walk

Pathways Committee

Agenda Item 6.

Los Altos Hills New Year's Day Pathways Walk is an annual community hike led by the Pathways Committee. The goal is to showcase the pathways and encourage residents to explore new sections of the pathways. Well-behaved dogs welcome!

Meet at 1:00 pm at Gardner Bullis



We have planned three different walks highlighting Town Pathways following; a leisurely, moderate, and challenging route. Our moderate & challenging routes feature the latest pathways addition; La Paloma - Conception Connector!



LEISURELY ROUTE
Gardner Bullis Rear 1.8 Miles



MODERATE ROUTE
Conception to La Paloma 4.5 Miles



STRENUOUS ROUTE
Conception to La Paloma, After Esther Clark 5.7 miles

Link to Routes



Each hike involves some off-road, native paths giving an opportunity to explore our natural environment. Not recommended for strollers because of uneven steep terrain. However, there are walks around the area suitable for young families. Rain will cancel event.

FREE

21st Annual

Fun Run / Walk

5K



January 7 | 9 AM
State and Main Sts.

Join this community event to run,
walk or roll into the new year!

Visit LosAltosRecreation.org
for additional details



Los Altos Parks & Recreation
(650) 947-2790 | rec-info@losaltosca.gov

**Parks
Make
Life
Better!**

TED^x Los Altos Hills

x = independently organized TED event



tedxlosaltoshills.com

JOIN US IN THIS INAUGURAL
TEDXLOSALTOSHILLS TO HEAR
IDEAS WORTH SPREADING TO
IMPROVE OUR COMMUNITY.
WE AIM TO CREATE THE
DIALOGUE AMONG RESIDENTS,
COMMUNITY LEADERS, AND
PARTNERS TO CATALYZE CHANGE.

POWER OF Creativity & Innovation in Silicon Valley

January 28th, 2023

2:00 - 5:00 pm

Los Altos Hills Town Hall

Ticket and information: www.TEDxLosAltosHills.com

Chamber Music Concert

Agenda Item 6.



Telegraph Quartet, an internationally recognized ensemble, brings a uniquely intimate and immersive concert experience to Los Altos Hills. The ensemble has devoted their lives to chamber music and is eager to share this performance with the people of Los Altos Hills.

Date: Sunday, February 12th
Time: 7:00 - 8:30 pm

Location: Los Altos Hills Town Hall
Fee: \$20 at losaltoshills.ca.gov/register

A. Recertification Subcommittee: Talking Points for Age Friendly City Presentation

- The ultimate goal is to improve the Los Altos and Los Altos Hills communities.
- The World Health Organization (WHO) declared that senior wellbeing is an international issue as populations age.
- The WHO certifies Age Friendly cities when they begin and successfully accomplish specific goals in 8 general domains which include: Outdoor Spaces and Buildings, Transportation, Housing, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, and Community Support and Health Care Services.
- In 2011 the City of Los Altos became California's first Age Friendly City. City Council approved the submission of their application on September 27, 2011.
- Re-evaluation of Seniors' needs and a new work plan is required every 5 years.
- Focus groups representative of Los Altos/Los Altos Hills demographics will be interviewed to determine what are current unmet needs.
- CAFÉ (Center for Age-Friendly Excellence) in consultation with city administration develops an action plan to address these needs.
- A Re-evaluation in 5 years is needed to determine if these goals are met.
- Audiences
 - SIRS
 - Kiwanis
 - Senior sports associations like Pickleball
 - Others

Invite members of these groups to visit Community Center.

Give talks for these groups.

Discussions and contacts at houses of worship.