



SENIOR COMMISSION MEETING AGENDA

3:30 PM - Monday, August 05, 2024

Los Altos Community Center, Sequoia Room

Please Note: The Senior Commission will meet in person as well as via Telephone/Video Conference

Members of the Public may observe the Senior Commission meeting at

<https://losaltosca-gov.zoom.us/j/82530472437?pwd=6ObiCyn7EVLh9qu1pR1fw7ZEBbZIsO.1>

Webinar ID: 825 3047 2437 / Passcode: 492127

TO PARTICIPATE IN THE MEETING - Members of the public **MUST BE IN ATTENDANCE AT THE MEETING TO PARTICIPATE.**

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.

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.

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 meeting of June 3, 2024](#)
2. [Senior Commission Health Fair: Receive the ad hoc subcommittee report and take action as appropriate](#)
3. [Work Plan: Review FY 2023/24 Work Plan](#)

INFORMATIONAL ITEMS

4. [Age Friendly: Receive update from city staff](#)
5. [Flyers: Receive informational flyers](#)
6. [Senior Health Fair: Receive update from city staff regarding the event scheduled for Wednesday, October 16](#)

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

7. [Age Friendly Task Force Ad Hoc Subcommittee: Receive report](#)
8. **Adult 50+ Programming Ad Hoc Subcommittee:** Receive report
9. **Staff Oral Reports:** Receive information and announcements from Town of Los Altos Hills and city of Los Altos staff
10. **Future Agenda Items**
 - A. Work Plan

ADJOURNMENT

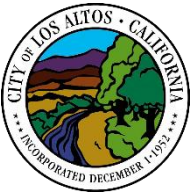
SPECIAL NOTICES TO PUBLIC

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, JUNE 3, 2024, AT 3:30 P.M. VIA VIDEOCONFERENCE AND IN PERSON

CALL MEETING TO ORDER

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

ESTABLISH QUORUM:

PRESENT: Basiji, Buchholz, Cohen, Dixit, Nagao, Olson, O'Reilly

ABSENT: None

LATE: None

PLEDGE OF ALLEGIANCE

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

1. None

ITEMS FOR CONSIDERATION/ACTION

2. **Minutes:** Approve minutes of the Senior Commission regular meeting of May 6, 2024

Public Comment: None

Action: Upon a motion by Basiji, seconded by Buchholz, the Commission approved the minutes of the regular meeting of May 6, 2024

Approve: Basiji, Buchholz, Cohen, Dixit, Nagao, Olson, O'Reilly

Oppose: None

Absent: None

Abstention: None

Motion passed unanimously: 7-0-0-0

3. **Work Plan:** Review FY 2023/24 Work Plan.

Public Comment: None

Action: Review FY 2023/24 Work Plan

INFORMATIONAL ITEMS

4. **Flyers:** Receive informational flyers.

Public Comment: None

Action: Received verbal update from Jaime Chew, Senior Commission liaison, and Chris Knopf, Recreation Coordinator

5. **Age Friendly:** Receive update from city staff

Public Comment: None

Action: Received update from Jaime Chew, Senior Commission liaison.

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

6. **Adult 50+ Programming Ad Hoc Subcommittee:** No report

Public Comment: None

Action: None

7. **Age Friendly Task Force Ad Hoc Subcommittee:** Received report

Public Comment: None.

Action: Received verbal information on Age Friendly Task Force Ad Hoc Subcommittee by Commissioner Buchholz.

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

Public Comment: None.

Action: Received update from Jaime Chew, Senior Commission liaison

9. **Future Agenda Items:**

Public Comment: None

Action:

A) Work Plan

ADJOURNMENT:

At 5:15 P.M., Monday, June 3, 2024, Dixit adjourned the meeting.

Chair Dixit
Health Faire Report

A. Objective:

To gather educational and practical information and enable discussions with experts for Health. The Health Faire would allow us to aim this specifically towards Senior Health.

B: Time frame and setup:

A Half-Day event with vendors and expert lectures followed by lunch.
Spring of 2024. Feb end.. March end?

C. Venue:

Los Altos community Center.

D. Target Audience:

Seniors of Los Altos, Los Altos Hills, Mountain View, Sunnyvale, Menlo Park, Palo Alto and Stanford Community.

E. Vendor participants:

- Reach out to Medical or Health Devices like mobility devices, In-home health aids, stairclimber, sitting bathtub etc.
- Also medical devices like Glucose monitors, BP measuring tools for home.
- Senior assisted living, Senior Day Care.
- Medicare consultant?

F. Los Altos Hills involvement:

I spoke with Councilwoman Kavita Tankha who suggested that we could explore getting help from LAH for Food and Bev sponsorship.

G: Educational Component:

- One or two guest lectures on topics related to Seniors.
- I have spoken with a Gastroenterologist who can discuss topics like Acid Reflux, GI issues for elderly.
- I have spoken with a Gerontologist who can discuss important topics.
- I have spoken with a Psychologist who can address insomnia and loneliness.
- I have spoken with an Orthopedic Surgeon who can discuss Knee Replacement.
- I would like to put this out for our commissioners to discuss. They have tremendous resources that we may be able to bring to the forefront.

SENIOR COMMISSION
2023-24 Work Plan
 (October 2023 to September 2024)

Goal	Projects	Ad-Hoc Assignments	Target Date	Status
Recertify Los Altos as an Age Friendly city	<ul style="list-style-type: none"> AARP Age Friendly Survey outreach 	<ul style="list-style-type: none"> Present AARP Age Friendly Survey to the multi-cultural group Ad-Hoc subcommittee: Dixit	January 2024	Completed
		<ul style="list-style-type: none"> Present AARP Age Friendly Survey to Adult 50+ lunch program (Community Center and Grant) Ad-Hoc subcommittee: O’Reilly & Nagao	January 2024	Completed
		<ul style="list-style-type: none"> Present AARP Age Friendly Survey to Los Altos Rotary Ad-Hoc subcommittee: Basiji	February 2024	Completed
	<ul style="list-style-type: none"> Participate in Age Friendly Task Force 	<ul style="list-style-type: none"> Work with Center for Age Friendly Excellence (CAFÉ) representatives to assist and support outreach and research Ad-Hoc subcommittee: Buchholz, Cohen, O’Reilly	September 2024	
	<ul style="list-style-type: none"> Participate in Age-Friendly focus groups 	<ul style="list-style-type: none"> Participate in a focus group All Commissioners	April 2024	Completed
			<ul style="list-style-type: none"> Attend community focus group and town hall meeting 	April/May 2024
Outdoor Spaces and Buildings	<ul style="list-style-type: none"> Grant Park Community Center 			

Transportation	<p>Improve Senior Transportation options</p> <ul style="list-style-type: none"> • Host a workshop connecting Adult 50+ to transportation options 			
	<ul style="list-style-type: none"> • Explore resources and options 			
Housing				
Social Participation	<ul style="list-style-type: none"> • Collaborate with Adult 50+ staff to increase participation in programs and activities 	<ul style="list-style-type: none"> • Meet with Recreation Coordinator to understand what programs and services are being offered, and determine recommended areas of improvement Ad-hoc subcommittee: Nagao, Olson • Assist Adult 50+ staff in an evaluation of various programs based upon attendance and findings from the Age Friendly action plan Ad-hoc subcommittee: Nagao, Olson 	<p>March 2024</p> <p>October 2024</p>	<p>Completed</p>
	<ul style="list-style-type: none"> • Support and enhance community connections 			
Respect and Social Inclusion				

Civic Participation and Employment				
Communication and Information	<ul style="list-style-type: none"> • Improve outreach 			
	<ul style="list-style-type: none"> • Determine ways to reach isolated seniors 			
Community Support and Health Care Services	<ul style="list-style-type: none"> • Educate and connect seniors to resources to allow them to age in place 			
	<ul style="list-style-type: none"> • Host a Health Fair 	<ul style="list-style-type: none"> • Research ideas and options for hosting a health fair <p>Ad-hoc subcommittee: Dixit</p>	August 2024	



SENIOR COMMISSION AGENDA REPORT

Meeting Date: August 5, 2024

Subject: Age Friendly

Prepared by: Jaime Chew, Deputy Director

Initiated by: City Staff

Staff Recommendation

The staff recommends to receive the report.

Summary/Project Description:

Age Friendly Recertification Project

Fiscal Impact:

The Age Friendly recertification project will cost \$30K.

- Breakdown of funds to be used:
 - o \$30K General Fund
- Amount approved at mid-year by City Council on February 14, 2023

Background

At its regular meeting on June 28, 2011, the Senior Commission proposed that City Council consider applying, on behalf of Los Altos, to join the World Health Organization (WHO) Network of Age-Friendly Cities. City Council supported the efforts and directed the Senior Commission to draft the application for Council's review. Staff was directed to provide an estimate regarding the number of anticipated staff hours required during years 1 and 2 of the planning phase.

On September 27, 2011, City Council approved the Los Altos application to the WHO Network of Age-friendly Cities with an amendment that included the removal of the proposed Senior Commission recommendations from the application to allow the process to be more aspirational in nature.

On June 7, 2021, Anabel Pelham, PhD and Founding Director for the Center for Age-Friendly Excellence (CAFÉ), gave a presentation to the Senior Commission on Age-Friendly Community Sustainability Principles from Grantmakers in Aging. CAFÉ was created to capture all the knowledge, capacity, experience, expertise, and process to become an Age-Friendly City and is currently working with 21 cities. Dr. Pelham has works closely with the California AARP who assists with the process to create a 5-year Age-Friendly Action Plan, as required by the program. On December 6, 2021, the Senior Commission approved the recommendation to pursue Dr. Pelham and CAFÉ to assist the City of Los Altos to update its Age Friendly status and create an Action Plan for the WHO.



Subject: Age Friendly

On February 14, 2023, the Los Altos City Council approved the mid-year budget request of \$30K to fund the Age Friendly Recertification Project.

City staff met with CAFÉ on March 23, 2023, to discuss next steps. Dr. Pelham has recommended that the City of Los Altos conduct the American Association of Retired Persons (AARP) survey first to gain statistical data. This will provide metrics to compliment and compare the information to be gathered in the focus groups. City staff has already initiated outreach to AARP to start the process.

The Recertification Subcommittee met with Dr. Pelham on April 18, 2023, to learn about the recertification process and discuss next steps. In addition, City staff met with AARP representatives to discuss the survey process.

City staff submitted the application to AARP to set up the survey. The City's PIO team is currently working on an outreach plan to inform the Los Altos community of this opportunity to provide feedback.

Staff met with an AARP representative on August 3, 2023, to discuss the survey process. Staff had a follow up meeting with the AARP research and development team on August 31, 2023, to finalize the set up of the online survey link. The research and development team recommended a minimum target of 300 respondents with an ultimate goal of 500.

Staff received the live survey link from the AARP research and development team, and worked with the Public Information Officer (PIO) team to create and release a press announcement which was published in early November 2023. Since then, ad hoc subcommittees have shared and presented information to various community groups which include: cultural exchange group, Los Altos Community Center lunch group, Grant Park Community Center lunch group, and Rotary.

The survey was open through January 29, 2024. A total of 316 completed surveys were received – 248 online and 68 hard copy. Survey data was distributed to the Senior Commission in the April 8, 2024, meeting packet.

All 3 focus groups have been completed – Task Force, Senior Commission, and the community group identified by the Senior Commission. A Town Hall meeting was held on Thursday, May 23 at 1pm at the Los Altos Community Center in the Sequoia Room. There were approximately 35 community members in attendance.

In mid-June, CAFÉ conducted interviews with staff representing the following departments or services: City Manager, Development Services, Fire, Library, Parks & Recreation, Police, and Public Works.



Subject: Age Friendly

Discussion/Analysis

CAFÉ, along with their graphic designer, is currently finalizing the draft action plan. The first draft of the action plan will be presented and reviewed by the Task Force in late September. The Senior Commission is anticipated to review the action plan at their October 7, 2024 meeting. City Council review and adoption is anticipated for November.

No discussion or analysis is required at this time. The staff recommendation is to receive the report.



Los Altos Hills

Hoedown

SAT. SEPT 7 ★ 4-7PM

**Westwind Community Barn
27210 Altamont Road**

- ★ **Barnside BBQ**
- ★ **Bluegrass Music**
- ★ **Square Dance Caller**
- ★ **Equestrian Exhibitions**





CITY OF LOS ALTOS PARKS & RECREATION PRESENTS

Parks
Make
Life
Better!

Family Fun Days

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

10 AM -
1 PM

JOIN US ON SELECT SATURDAYS
FOR TOTAL FAMILY FUN!

FREE!

AUGUST

10

UNDER THE SEA

OCTOBER

26

HALLOWEEN HOOPLA

DECEMBER

14

WINTER WONDERLAND

Games • Crafts • Movies • More



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





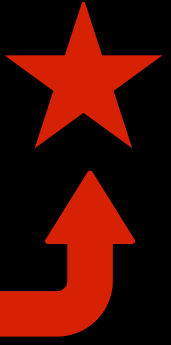
Adult 50+ Program & Club 55 Presents

Agenda Item 5.



POP-UP

NIGHTCLUB



ENJOY FOOD REFRESHMENTS, MUSIC, FRIENDS, & COMMUNITY!

JULY 19 ★ AUGUST 16 ★ SEPTEMBER 20 ★ OCTOBER 18

**LOS ALTOS COMMUNITY CENTER
GRAND OAK ROOM & COURTYARD**

6-8:30 PM

RSVP: Club55LosAltos@gmail.com | Learn More: LosAltosForward.org



**WEDNESDAY,
AUGUST 14
12:45 PM**



AGE-FRIENDLY
transportation

Learn more about transportation resources available to older adults in Los Altos and beyond! Presented by Valley Transportation Authority Communications/Outreach and hosted by Los Altos Adult 50+ Program.

**GRANT PARK
COMMUNITY CENTER**



**Adult 50+ Program
LosAltosRecreation.org
(650) 947-2797**

BOCCE BALL

& COFFEE SOCIAL

WITH THE
ADULT 50+ PROGRAM

Free

Enjoy a friendly game of bocce ball & some sweet treats with fellow Adult 50+ Program members!

**THURSDAY,
SEPTEMBER 19**

9:30 AM-12 PM

Los Altos Community Center
Bocce Ball Courts, 97 Hillview Avenue

QUESTIONS?

LosAltosRecreation.org or
call (650) 947-2797





6TH

ANNUAL

FREE

Adult Softball Game

LOS
ALTOS
HILLS

VS

LOS
ALTOS

SATURDAY, AUGUST 24 | 10 AM - 12 PM

ROSITA PARK

401 ROSITA AVE, LOS ALTOS

COME CHEER ON YOUR TEAM!

For more information visit LosAltosRecreation.org



Los Altos Adult 50+ Program

SOLAH DIWALI



CELEBRATE THE FESTIVAL OF LIGHTS
MUSIC • PERFORMANCES • MORE

WEDNESDAY,
OCTOBER 30

11 AM-1 PM

LOS ALTOS COMMUNITY CENTER
97 Hillview Avenue

QUESTIONS?

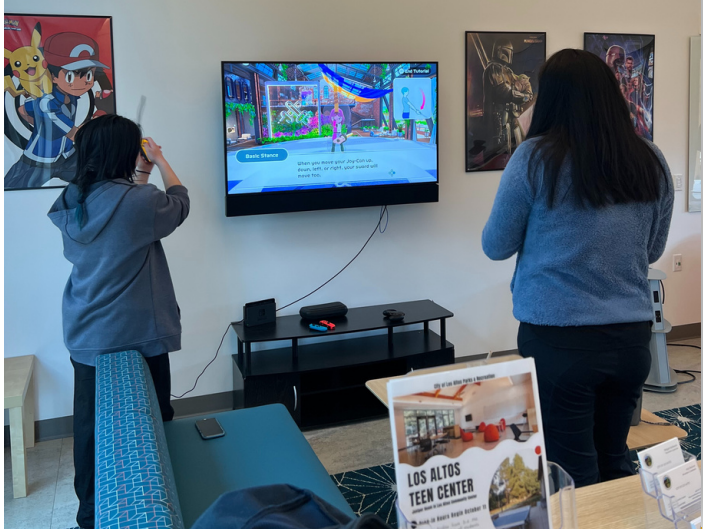
(650) 947-2797 | LosAltosRecreation.org



Los Altos Parks & Recreation

NOW HIRING

RECREATION LEADER II/III (TEEN CENTER)



REQUIREMENTS

- ✓ Enjoy working with teens (gr 6-12)
- ✓ At least 18 years old
- ✓ Available Monday - Friday, 3 - 6 PM
- ✓ Team Player
- ✓ Enthusiastic

APPLY ONLINE

www.LosAltosCA.gov/jobs



QUESTIONS?

Contact Sarah Carrico

SCarrico@losaltosca.gov
(650)-947-2796



TINY TOTS | KINDER PREP

PLAY WITH A PURPOSE
2024 - 2025 PRESCHOOL-AGE PROGRAM

MONDAY - THURSDAY + ADVENTURE FRIDAY
8:45-11:45 AM AT THE SAN ANTONIO CLUB



Kinder Prep is for children not quite ready for full day TK or Kindergarten. Our class size is smaller and our goal is to make learning FUN! Activities include phonics, math, Spanish, art, music, cooking, and plenty of free play indoors and out.

REGISTRATION NOW OPEN TO ALL!



CHILDREN MUST BE 4 YEARS OLD BY JANUARY 1, 2025 AND POTTY TRAINED



FOR MORE INFORMATION

(650) 947-2890 | LosAltosRecreation.org



HILLER AVIATION MUSEUM



DOCENT-LED
TOUR & NO
HOST LUNCH

Los Altos Adult 50+ Program

HILLER AVIATION MUSEUM MINI-TRIP

WEDNESDAY, OCTOBER 2

**9:30 AM-
2:30 PM**

Passport Members: \$48

All Others: \$60

Round-trip motorcoach transportation included



Questions?

(650) 947-2797 | LosAltosRecreation.org





FREE

**UNCOVER THE TREASURES
OF THE ADRIATIC COAST**

Koper, Slovenia

JOURNEY THROUGH THE HISTORY AND CULTURE OF KOPER, SLOVENIA. FROM ITS MEDIEVAL VENETIAN PAST TO ITS VIBRANT PRESENT-DAY ENERGY, WE'LL EXPLORE THE TREASURES OF THIS BEAUTIFUL ADRIATIC COASTAL TOWN AND DISCOVER WHY IT'S A MUST-VISIT DESTINATION FOR ANY TRAVELER SEEKING A UNIQUE BLEND OF OLD-WORLD CHARM AND MODERN-DAY ADVENTURE.

PRESENTED BY SCOTT CADY

**THURSDAY,
AUGUST 22**

**12:45 PM -
1:45 PM**

**LOS ALTOS
COMMUNITY
CENTER, GRAND
OAK**

City of Los Altos Parks & Recreation Presents

Coffee, Community, & Conversation:

SENIOR HEALTH FAIR

Discover the world of wellness at the Senior Health Fair! Explore a variety of vendors, wellness opportunities, and support resources to enhance your quality of life!



**Wednesday,
October 16**



10 AM-12 PM



Grant Park Community Center
Multi-Purpose Room, 1575 Holt Ave



QUESTIONS?

Contact the Adult 50+ Program
(650) 947-2797

For Aug Agenda discussion
Workshop/speakers programs

I spoke with Neysa Fligor, city councilwoman, and learned several things. The restrictions on subcommittees are based on staff work requirements. We could have a new sub-comm. If no staff were required. If we are on more than one committee we would have to restrict the conversation to that group's topic. We do have to maintain a less than quorum membership however because of the Brown act.

As part of Age-Friendly recertification one of the important issues is decreasing loneliness by increasing a sense of active community. One possibility is to have a regular series of speakers discussing various topics of interest that would draw people together. This would create opportunities for the audience to meet others with the same interest, i.e. a micro community.

I spoke with Chris about this idea and such a program already exists and is in the quarterly newsletter. Hence, the structure is already developed and staff time has already been committed. I believe we can get volunteer speakers for free on many topics. We can use the twice monthly lunches (Grant part and Community center) for seniors as focus groups to learn what topics are desired. There would be no cost for attendance and a marketing process already exists but could easily be increased by word of mouth. Topic related groups already exist and they could help with marketing. (We need to increase marketing anyway for many reasons.)

A workshop structure for an hour-long event might be 40 min talk and 20 min breakout into small groups (micro-communities). Specific prompt questions would be provided. Some workshops would be scheduled for 2 or more times so the same people would attend the "continuation of topic" and be in the same breakout group.

Everyone wins. The speaker gets free promotion. The audience is informed and perhaps entertained as well as meeting others with a common interest. The Community Center gains more traffic and attendance to other events. Los Altos/Hills create towns with less loneliness and greater citizen wellbeing.