

CITY OF WALNUT
SENIOR CITIZENS COMMISSION AGENDA
WALNUT CITY HALL COUNCIL CHAMBER
21201 LA PUENTE ROAD, WALNUT
OCTOBER 5, 2022

1. CALL TO ORDER 10:00 A.M.
2. FLAG SALUTE COMMISSIONER SIMONELLI
3. ROLL CALL COMMISSIONERS CODAY-LAMB, LEE, MILLER, SHERWOOD-SCOTT,
& SIMONELLI
4. MINUTES REGULAR MEETING SEPTEMBER 7, 2022

5. ORAL COMMUNICATIONS

If any person wishes to address the Senior Commission on any item on the agenda or on any other matter, please present your testimony at this time, and please limit your comments to three minutes. The Commission may choose to remove the item for discussion.

The Chairperson may impose reasonable limitations on public comments to assure an orderly and timely meeting. When addressing the Commission, please write your name and address on the sheet provided.

6. CONSENT CALENDAR

A. Senior Center Activities for September 2022

Recommendation: Receive and file.

7. DISCUSSION

8. STAFF ITEMS

9. ANNOUNCEMENTS

10. ADJOURNMENT

Action Minutes of the Regular Meeting
of the Senior Citizens Commission
of the City of Walnut

A regular meeting of the City of Walnut Senior Citizens Commission was held on September 7, 2022 at the Walnut City Hall, 21201 La Puente Road, Walnut, California. Commissioner Coday-Lamb called the meeting to order at 10:00 A.M.

ROLL CALL

PRESENT: Commissioners Coday-Lamb, Lee, Miller, & Sherwood-Scott
ABSENT: Commissioner Simonelli

Also present at the meeting was Community Services Superintendent Bumia, Recreation Supervisor Fontan, Recreation Coordinator Watanabe and Executive Assistant Vermeer.

APPROVAL OF MINUTES

C/Sherwood-Scott made a motion, seconded by C/Miller and was carried 4-0 to approve the minutes of August 3, 2022.

PRESENT: Commissioners Coday-Lamb, Lee, Miller, & Sherwood-Scott
ABSENT: Commissioner Simonelli

ORAL COMMUNICATION

None

CONSENT CALENDAR

C/Miller made a motion, seconded by C/Sherwood-Scott and was carried 4-0 to receive and file Item 6A.

PRESENT: Commissioners Coday-Lamb, Lee, Miller, & Sherwood-Scott
ABSENT: Commissioner Simonelli

DISCUSSION

None

LATE BUSINESS

None

STAFF ITEMS

None

ANNOUNCEMENTS

None

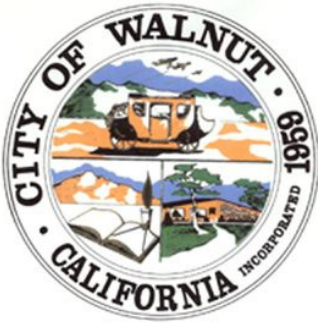
ADJOURNMENT

There being no further business to come before the Commission, C/Coday-Lamb adjourned the meeting at 10:14 A.M.

Chairperson

ATTEST:

Executive Assistant



AGENDA ITEM 6A

- Consent Calendar
 Discussion

CITY OF WALNUT

September 26, 2022

COMMISSION AGENDA: OCTOBER 5, 2022

TO: SENIOR CITIZENS COMMISSION

VIA: MARY ROONEY, ACM – COMMUNITY SERVICES /PUBLIC WORKS
JAMIE BUMIA, COMMUNITY SERVICES SUPERINTENDENT *JB*

FROM: JENNIFER FONTAN, RECREATION SUPERVISOR *JF*
ROBERT WATANABE, RECREATION COORDINATOR *RW*

SUBJECT: SENIOR CENTER ACTIVITIES FOR SEPTEMBER 2022

SUMMARY:

The Senior Center staff has prepared a report summarizing the activities at the Walnut Senior Center during the past month.

COVID-19 Protocols Update:

The Los Angeles County Department of Public Health modified their Health Order to highly recommend indoor masking, regardless of vaccination status. Staff and program participants at the Senior Center and other City facilities have been updated of this modification.

ACTIVITIES SUMMARY:

The following are ongoing social services for older adults in Walnut that occurred last month. Staff continues to provide older adults in the community with pressing social services opportunities.

SENIOR CURBSIDE/HOME DELIVERED NUTRITION LUNCH PROGRAM

Staff continues to coordinate the County Nutrition Program for older adults, which had been a congregate meal program at the Walnut Senior Center. Those residents who cannot leave their home continue to receive home delivered meals by the YWCA, while others are scheduled for drive-through (no contact) pick up.

SENIOR DINE-IN NUTRITION LUNCH PROGRAM

As of June 20, Los Angeles County has reinstated the Senior Dine-In Nutrition Lunch program. The Dine-In program is open to older adults aged 60 years and older. Currently we are serving hot meals

Monday through Wednesday on a first-come first-serve basis. To participant, guest must complete an intake form, check-in opens at 10:30 am with meals served from 11:00 am to 12:00 pm or until food is available.

SEMINARS / SPECIAL EVENTS:

Free Seminar: Healthy Brain Habits

September 6, 2022

Presented by: Alzheimer's LA

Info: Learn about age related changes in memory, risk factors for dementia and how to keep your brain healthy.

Attendance: 25 (FULL)

Free Seminar: Seniors Caring for Seniors

September 13, 2022

Presented by: Foothill Family

Info: Seminar will address Seniors who are caring for their elderly parents, caregiver stress, coping, community support & resources.

Attendance: 4

Free Seminar: Memory Loss & Alzheimer's – Let's Talk

September 20, 2022

Presented by: Alzheimer's LA

Info: Learn about Alzheimer's disease, its effects and what causes memory loss. The difference between normal aging & the signs of dementia.

Attendance: 25 (FULL)

Free Seminar: Dementia Friends & Communities

September 27, 2022

Presented by: Alzheimer's LA

Info: Learn how to become a Dementia Friend. Learn five key messages about dementia and develop action steps to help your community.

Attendance: 23 as of (9/19/22)

OLDER ADULT CLASSES:

Heart and Soul Line Dance classes have been in full swing offering lessons twice a week since the end of August. Monday classes are perfect for the working older adult and scheduled for 6pm. Thursday classes are perfect for the retired person, scheduled for the morning at 9:30 am. These classes are a perfect way to good heart health without the constant strain on joints and easy to follow. All levels are welcome and no partner is necessary.

GROW GROUP COUNSELING

The Senior Group GROW Group Counseling program has continued to be in person, since the transition of the virtual forum. GROW meets the first Friday of every month from 9:00 am to 11:00 am.

Participants ages 55 and older are welcome and encouraged to learn new skills that will allow them to GROW.

SENIOR EXCURSIONS:

All summer trips for 2022 have sold out. Fall registration is scheduled to open on Monday, August 15 for residents and August 22 for all others. We had one scheduled trip in July:

<u>Excursion(s):</u>	<u>Participants:</u>
<i>Valley View Casino</i> Tuesday, September 6, 2022	44
<i>Petersen Automotive Museum</i> Monday, September 26, 2022	32

WEEKLY ACTIVITIES:

The Walnut Senior Center have continued to welcome back a few of the social groups including Mahjong, Bridge, Billiards and Tole Painting. All social groups have designated meeting times with the exception of Billiards, which is open Monday through Friday from 8:00 am to 5:00 pm. Masks are highly recommended for all participants.

Mahjong	Monday/Friday	9:00 am to 12:00 noon
Tole Painting	Monday	10:00 am to 12:00 noon
Chinese Brush Painting	Tuesday	10:00 am to 12:00 noon
Bridge	Tuesday	12:00 noon to 3:00 pm
Senior Club (Bingo)	Wednesdays	12:00 noon to 3:00 pm
Chinese Brush Painting	Friday	10:00 am to 12:00 noon

RECOMMENDATION:

It is recommended that the Senior Citizens Commission receive and file this informational report.