

CITY OF WALNUT
SENIOR CITIZENS COMMISSION AGENDA
WALNUT CITY HALL
21201 LA PUENTE ROAD, WALNUT
APRIL 5, 2023

1. CALL TO ORDER 10:00 A.M.
2. FLAG SALUTE COMMISSIONER CODAY-LAMB
3. ROLL CALL COMMISSIONERS CODAY-LAMB, LEE, MILLER, SHERWOOD-SCOTT,
& SIMONELLI
4. MINUTES REGULAR MEETING MARCH 1, 2023

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 March 2023

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 March 1, 2023 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 Deputy Director Community Services Bumia 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 February 1, 2023.

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

ORAL COMMUNICATION

None

CONSENT CALENDAR

C/Sherwood-Scott made a motion, seconded by C/Miller 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 10:41 A.M.

Chairperson

ATTEST:

Executive Assistant



AGENDA ITEM 6A

- Consent Calendar
- Discussion

WALNUT SENIOR CITIZENS COMMISSION

AGENDA DATE: APRIL 5, 2023

TO: Senior Citizens Commission

VIA: Jamie Bumia, Deputy Community Services Director *JB*

**FROM: Jennifer Fontan, Recreation Supervisor *JF*
Robert Watanabe, Recreation Coordinator *RW***

SUBJECT: Senior Center Activities for March 2023

RECOMMENDATION:

It is recommended that the Senior Citizens Commission receive and file this informational report for the month of March 2023.

COVID-19 PROTOCOL UPDATE:

The Los Angeles County Department of Public Health continued 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

The Senior Dine-In Nutrition program is open to seniors 60 years and older. Currently we are serving hot meals Monday through Wednesday on a first-come first-serve basis. To participate in this program guests must complete a YWCA intake form, check-in begins 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: 10 Myths About Medication Use

March 14, 2023

Presented by: Independence at Home

Info: Learning the TRUTH about medication use.

Attendance: 9

Free Seminar: Understanding the Safe Use of Pain Medications

March 21, 2023

Presented by: Independence at Home

Info: Presentation and followed with a Q & A session.

Attendance: 10

YWCA Mini Market Place

March 21, 2023

Provided by: YWCA Nutrition Program

Info: YWCA provided fruits, vegetables, bread and more to seniors ages 60 and older while supplies lasted.

Attendance: 63

Free Screening: Grip Strength Health Screening Test

March 28, 2023

Presented by: AltaMed Pace

Info: Gauging muscle strength through a handgrip test.

Attendance: OPEN

OLDER ADULT CLASSES

Heart and Soul Line Dance classes started offering lessons twice a week since early January. 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:

<u>Name</u>	<u>Date</u>	<u>Participants</u>
Santa Barbara International Orchid Show	Mar 10	44 (Sold Out)
The Unforgettable Getty	Mar 20	44 (Sold Out)

WEEKLY ACTIVITIES:

The Walnut Senior Center have continued to welcome back a few of the social groups including Mahjong, Bridge, Billiards, Friendship Quilting 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.

Mahjong	Monday/Friday	9:00 am to 12:00 noon
Tole Painting	Monday	10:00 am to 12:00 noon
Friendship Quilting	1 st & 3 rd Monday	12:30 pm to 3:00 pm
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