

CITY OF WALNUT
SENIOR CITIZENS COMMISSION AGENDA
WALNUT CITY HALL
21201 LA PUENTE ROAD, WALNUT
AUGUST 2, 2023

1. CALL TO ORDER 10:00 A.M.
2. FLAG SALUTE COMMISSIONER CODAY-LAMB
3. ROLL CALL COMMISSIONERS CODAY-LAMB, GONZALEZ, LEE, MILLER,
& SHERWOOD-SCOTT
4. MINUTES REGULAR MEETING JULY 5, 2023
5. SENIOR COMMISSION REORGANIZATION
 - A. DDCS/Bumia Assumes Gavel
 - B. DDCSBumia to Accept Nominations for Chairperson
 - C. DDCS/Bumia Presents Gavel to New Chairperson
 - D. Chairperson to Accept Nominations for Vice Chairperson

6. 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.

7. CONSENT CALENDAR

- A. Senior Center Activities for July 2023

Recommendation: Receive and file.

8. DISCUSSION

- A. YWCA Senior Lunch Program

Recommendation: Receive and file.

9. STAFF ITEMS

10. ANNOUNCEMENTS

11. 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 July 5, 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 Gonzalez

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

APPROVAL OF MINUTES

C/Miller made a motion, seconded by C/Sherwood-Scott and was carried 4-0 to approve the minutes of June 7, 2023.

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

ORAL COMMUNICATION

William Harrison, spoke regarding food/meal delivery programs for seniors.

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 Gonzalez

DISCUSSION

None

LATE BUSINESS

None

STAFF ITEMS

None

ANNOUNCEMENTS

None

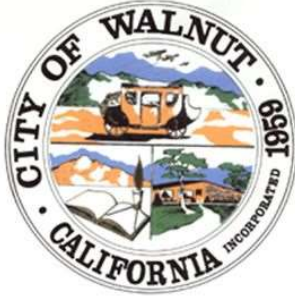
ADJOURNMENT

There being no further business to come before the Commission, C/Coday-Lamb adjourned the meeting at 10:12 A.M.

Chairperson

ATTEST:

Executive Assistant



AGENDA ITEM 7A

- Consent Calendar
 Discussion

WALNUT SENIOR CITIZENS COMMISSION

AGENDA DATE: AUGUST 2, 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 July 2023

RECOMMENDATION:

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

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 DINE-IN NUTRITION LUNCH PROGRAM

The Senior Dine-In Nutrition program is open to seniors 60 years and older. Since the start of May, we are now serving hot meals Monday through Friday, 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 a.m. with meals served from 11:00 a.m. to 12:00 p.m. or until food is available. The program has been averaging an attendance of 45 seniors.

SEMINARS/SPECIAL EVENTS:

Free Seminar: Food for Thought

July 11, 2023

Presented by: Independence at Home

Info: Discussion on how food affects medical conditions and how you may be able to improve your health by changing the foods you eat. Attendance: 6

Meet & Greet: Emanate Health

July 19, 2023

Info: Local nonprofit health care provider serving more than 1 million people in San Gabriel Valley.

Free Seminar – Cancer Awareness

July 25, 2023

Presented by: Department of Public Health and the City of Hope

Info: Presentation on cancer awareness and screenings you should look for as you grow older in age.

Attendance: 6 (as of July 21); Pre-Registered: 6

Meet & Greet: Humana

July 26, 2023

Info: Humana Medicare Advantage plans focus on the things you need to live your healthiest life, inside and out.

Special Event: No special events scheduled.

OLDER ADULT CLASSES

Heart and Soul Line Dance classes started offering lessons twice a week. 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.

Zumba Gold classes are now being offered at the Senior Center on Mondays from 12:30 pm to 1:30 pm. Zumba Gold is a lower impact dance class designed with seniors in mind. This fun and social class will teach different types of Latin and international dances. This class provides simple to follow Zumba choreography that promotes balance, range of motion, posture strengthening and coordination.

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.

SOCIAL CONNECTIONS

The senior center is partnering with Vanessa Valenzuela, Community Liaison Public Health Nurse with the Los Angeles County of Public Health Department, to offer a two-hour support group for seniors allowing individuals to come together around a common activity to develop social connections. Here seniors are able to come and socialize, play

games, share stories, and explore different topics with Vanessa and their fellow peers. This drop-in program is free to attend. Average Attendance is:15+

SENIOR EXCURSIONS:

<u>Name</u>	<u>Date</u>	<u>Participants</u>
Gondola Getaway	July 18	45 (FULL)

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



AGENDA ITEM 8A

- Consent Calendar
- Discussion

WALNUT SENIOR CITIZENS COMMISSION

AGENDA DATE: AUGUST 2, 2023

To: Senior Citizens Commission

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

SUBJECT: YWCA Senior Lunch Program

RECOMMENDATION:

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

BACKGROUND:

At the regular Senior Commission meeting of July 5, 2023, a Walnut resident voiced their concern regarding the Senior Lunch Program hosted at the Walnut Senior Center. The stated concern was that there is no program to deliver food for those in need.

Since 2009, YWCA San Gabriel Valley has been the provider for the Senior Meal Program in Walnut. YWCA offers case management, healthy aging programs, congregate dining, and home delivered meals. The intention for the program is to end food insecurity for the senior population. The congregate meal program offers nutritious meals to mobile older adults. These lunches are an outlet for independent seniors to form social connections and foster friendships. The home delivered meals program are specifically for home-bound individuals. YWCA offers safety and wellness checks when delivering nutritious meals on a weekly basis.

During COVID-19, the City and YWCA transitioned the congregate dining program to a Grab-n-Go drive-thru/ delivery service to ensure seniors were provided food to last them through the week. The meal boxes were comprised of 7 frozen meals, milk, bread, and a bag of fruit. For over two years, YWCA volunteers and City staff partnered to ensure that food was secured, maintained healthy temperatures, and were delivered to those not able to drive.

ANALYSIS:

In May 2023 as the COVID-19 pandemic was declared over, the Grab-n-Go program transitioned back to the in-person congregate dining program with the option for those eligible for home delivery to continue receiving meals. YWCA volunteers and City staffing were limited at this time to continue to hybrid congregate meals and home delivery meals and it was determined to transition solely to the congregate dining program.

Since transitioning back to congregate dining program, YWCA provides 50 hot meals to seniors on Mondays, Tuesdays, Thursdays, and Fridays. And on Wednesdays 65 meals are provided to those at the Walnut Senior Center. The vast majority of seniors requested to have the in-person program return to enhance their socialization with their peers.

As a follow up to the resident's concerns at the July 5 Senior Commission meeting, City staff met with YWCA administration to identify alternatives for providing senior meals, learn the process for home delivery program eligibility, and understand how the waitlist for the program.

Seniors interested in the congregate dining program are able to sign up at the Walnut Senior Center with YWCA staff to ensure that they have an adequate supply of meals delivered. Once they are on the list, they are able to enjoy hot meals, five days a week.

Seniors interested in the home delivery program have to meet the eligibility requirements of being at least 60 years old, live in the service area, and successfully complete the intake process. The intake process screens applicants to ensure that they are home-bound and unable to participate in the congregate dining program.

At this time, there are a total of 19 active home delivery meal participants in Walnut. There are 3 participants who have been successfully screened during the in-take process and are currently on the wait list.