**SENIOR ADVISORY COMMITTEE**

**Gus Velasco Neighborhood Center**

**Tuesday, February 11, 2025**

**9:30 a.m.**

**MINUTES**

1. CALL TO ORDER – Chairperson Janie Aguirre called the meeting to order at 9:31 a.m.
2. ROLL CALL

*Members Present:* Gilbert Aguirre, Janie Aguirre, Dolores Duran, Hilda Zamora, Astrid Shesterkin, Josefina Lara, Paul Nakamura, Yoko Nakamura, Nancy Krueger, and Gloria Maghame.

*Members Absent:*

*Staff:* Jose Carrillo, Community Services Supervisor/Executive Secretary

Eddie Ramirez, Community Services Manager

Andrea Grajeda, Community Services Coordinator

Kevin Sanchez, Community Services Supervisor

*Guests:* None.

1. PLEDGE OF ALLEGIANCE – Josefina Lara
2. ORAL COMMUNICATIONS

None.

1. APPROVAL OF MINUTES

A motion was made by Dolores Duran and seconded by Hilda Zamora to approve the minutes for the November 12, 2024 meeting.

1. PRESENTATIONS

None.

1. EXECUTIVE SECRETARY REPORT
2. Eddie Ramirez introduced Andrea Grajeda, the new program coordinator, who will work in the transportation division. Eddie Ramirez also introduced Kevin Sanchez Reyes as the new Community Services Supervisor, who will oversee Heritage Park and Clark Estate. Lastly he introduced Noah Jimenez as the new administrative assistant, who will assist with family human services and the advisory committee.
3. Eddie Ramirez also shared updates on changes to the advisory committee meetings based on Ordinance No. 1151 & Resolution No. 9942. This including the new meeting schedule and attendance policies. Members can now miss up to four meetings within one year, and the meeting schedule has been reduced to six times a year.
4. Eddie Ramirez additionally discussed the new facility rental use policy, including changes to the fee schedule and insurance requirements. Clark Estate and Heritage Park are now available for rent year-round, and there is no longer a deposit required; instead, a down payment is applied to the rental. The new policy requires renters to pull insurance, and there are different levels of fee waivers based on the amount of the rental. The attendees discussed the challenges of managing fee waivers and the importance of promoting the new policy to the community.
5. OLD BUSINESS
6. Jose Carrillo thanked everyone for their participation in the Thankful Basket and Neighborly Out Basket programs, and informed the members that the program distributed 333 food baskets, raised $13,123 in monetary donations, and received $20,000 in food items and $30,000 in toy donations.The team discussed the challenges of managing the program, including the distribution of turkeys and chickens and the need for better organization. Suggestions are made to improve the process for future programs, including having a clear system for distributing items and better coordination among volunteers.
7. Jose also announced a two-part series on Alzheimer's disease, with the first part on March 18 and the second part on April 29.The first session will provide an overview of Alzheimer's disease, its causes, and how to talk to doctors about memory loss. The second session will address concerns about Alzheimer's and provide strategies for dealing with memory impairment. The committee members expressed interest in attending the presentation and discusses the importance of raising awareness about Alzheimer's disease.
8. NEW BUSINESS

The committee voted for the chairperson position, with Nancy Kruger and Janie Aguirre as nominees. Janie Aguirre was elected as the new chairperson with a vote of 7 to 3. The team then voted for the vice chair position, with Astrid Shesterkin and Nancy Kruger as nominees. Astrid Shesterkin was elected as the new vice chairperson with a vote of 6 to 4.

1. DEPARTMENT OF COMMUNITY SERVICES REPORT

Executive Secretary Carrillo provided a brief overview of the older adult programming that is currently in session and the upcoming special events.

1. *Family and Human Services Division Program and Project Updates*
2. Bingo takes place Tuesdays – Fridays (unless there is a Friday activity) from 9:00 – 11:30 a.m. Card sales are from 9:00 – 9:30 a.m., and games run from 9:30 – 11:30 a.m. Each card costs 50 cents.
3. Games and Fun takes place Tuesdays and Thursdays from 9:00 a.m. – 11:30 a.m. This includes classic games such as Uno, Connect Four, Jenga, checkers, and more.
4. Birthday Cake Celebrations take place on the last Wednesday of the month at 11:45 a.m. The next celebration will be February 26.
5. Café con José takes place on the last Thursday of each month at 11:45 a.m. The next session will be on February 27, offering a chance for feedback on programs and ideas for new activities.
6. Movin' N' Groovin' Chair Exercise classes take place on Mondays and Wednesdays through April 30 from 8:15 – 9:15 a.m.
7. Pickleball takes place on Mondays and Wednesdays from 9:00 – 10:30 a.m. at the Activity Center Gym.
8. Latin Dance Cardio takes place on Mondays and Wednesdays from 10:00 – 11:00 a.m. at the GBNC. The class is free for residents, but non-residents now pay $5 per class (previously $3).
9. Yoga takes place on Mondays from 1:00 – 2:20 p.m. at the GBNC.
10. Garden Fun Under the Sun takes place on Mondays from 8:30 – 11:00 a.m. in the Zen Garden.
11. Machine Sewing Classes will take place the first and third Monday of the month through April 21 from 8:30 – 11:30 a.m. at the GBNC in the Tibet Room.
12. Agua Fresca Class (new) will be held on Tuesdays from 1:00 – 2:30 p.m. through March 4. The class will cover Mexican drinks such as horchata, Jamaica, and tamarind.
13. Wood Block Painting will take place on Wednesdays from 1:00 – 2:30 p.m. through March 5. Participants will paint blocks of wood to create seasonal designs.
14. Sensational Salads returns on Thursdays from 1:00 – 2:30 p.m. through March 6.
15. Older Adults Valentine's Dance will take place on February 14 from 9:00 a.m. – 12:00 p.m. Tickets for non-residents sold out quickly.
16. Older Adults Sock Hop Dance will take place on March 14 from 9:00 a.m. – 12:00 p.m. Residents can register starting March 3, and non-residents can register starting March 10.
17. Panoramic Picture Day will take place on February 26 at 11:20 a.m. at the GBNC.
18. Karaoke will take place on Friday, April 21 from 9:00 a.m. – 11:20 a.m..
19. FUTURE AGENDA ITEMS

Paul Nakamura raised concerns about the lack of exercise facilities for seniors, specifically mentioning the discontinuation of the Betty Wilson Center track. Eddie Ramirez explained the security concerns and the current restrictions on using the track during school hours. The committee discussed potential alternatives, including the fitness gym at Los Nietos Park and the walking path at Heritage Park. Eddie Ramirez agrees to follow up with the Parks and Recreation department to explore options for providing more exercise facilities for seniors.

1. MEMBERS COMMENTS/ANNOUNCEMENTS

Hilda Zamora promoted an upcoming event organized by the Little Lake Educational Advance Foundation.

1. ADJOURNMENT – CHAIRPERSON JANIE AGUIRRE

Chairperson Janie Aguirre adjourned the meeting at 11:03 a.m.

**The Next Meeting of the Senior Advisory Committee will be held in-person at the Gus Velasco Neighborhood Center on March 11, 2024.**

Text, letter

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Jose Carrillo, Executive Secretary Noah Jimenez, Administrative Assistant II