



CITY OF HENDERSON SENIOR CITIZENS ADVISORY COMMISSION AGENDA

Wednesday, September 18, 2013
5:30 P.M.
Meeting Inquiries: 267-2955

**Council Chambers Conference
Room
City Hall
240 S Water Street
Henderson, NV 89015**

Notice to persons with special needs: For those requiring special assistance or accommodation to attend or participate in this meeting, arrangements for a sign language interpreter or services necessary for effective communication for qualified persons with disabilities should be made as soon as possible, but no later than 72 hours before the scheduled event. Listening devices are available for persons with hearing impairments.

Please contact Joanne Wershba (702) 267-2955 or TTY: 7-1-1, **at least 72 hours in advance** to request a sign language interpreter. You may also submit your request by using [Contact Henderson](#).

The Chairman reserves the right to hear agenda items out of order, combine two or more agenda items for consideration, remove an item from the agenda, or delay discussion relating to an item on the agenda at any time. All items are action items unless otherwise noted.

Individuals speaking on an item will be limited to three (3) minutes and spokespersons for a group will be limited to ten (10) minutes.

Backup materials for agenda items can be found at:
http://www.cityofhenderson.com/parks/commissions/senior_citizens_advisory_commission_meeting_agendas.php

To request backup materials, please contact Joanne Wershba at (702) 267-2955.

I. CALL TO ORDER

II. CONFIRMATION OF POSTING AND ROLL CALL

III. ACCEPTANCE OF AGENDA (For Possible Action)

IV. PUBLIC COMMENT

Note: Items discussed under Public Comment cannot be acted upon at this meeting, but may be referred to a future agenda for consideration (NRS 241.020). Individuals speaking on an item will be limited to three (3) minutes and spokespersons for a group will be limited to ten (10) minutes.

V. UNFINISHED BUSINESS

VI. NEW BUSINESS

1. Approval of Minutes from August 21, 2013 Meeting (For Possible Action)
2. Board Election of Chairperson and Vice Chairperson (For Possible Action)

3. Discussion of Past Educational Forum Topics (Discussion Only)
4. Approval of Topics, Dates, Times and Location of Future Educational Forum topics (For Possible Action)
5. Discussion of *FIVE WISHES* Advanced Directive (Discussion Only)
6. Discussion of the Medicare Annual Wellness Program and possible approval of future dates, times, and locations for formal presentations (For Possible Action)
7. Discussion of Medicare's Annual Assessment Program (Discussion Only)
8. Henderson Seniors' Auxiliary Update (Information Only)
9. Staff Report by Corey Clark, Recreation Services Manager (Information Only)

VII. PUBLIC COMMENT

Note: Items discussed under Public Comment cannot be acted upon at this meeting, but may be referred to a future agenda for consideration (NRS 241.020). Individuals speaking on an item will be limited to three (3) minutes and spokespersons for a group will be limited to ten (10) minutes.

VIII. CHAIRMAN/MEMBER COMMENTS

The Chairman and Members may speak on any subject under this section of the agenda. Chairman and Members may comment on matters including, without limitation, future agenda items, upcoming meeting dates, and meeting procedures. Comments made cannot be acted upon or discussed at this meeting, but may be placed on a future agenda for consideration by the Body.

- IX. SET NEXT MEETING** – October 16, 2013 – Council Chambers Conference Room, 240 Water Street, Henderson, NV

X. ADJOURNMENT

Posted prior to 9:00 a.m., Thursday, September 12, 2013
at the following locations:
City Hall, 240 Water Street, 1st Floor Lobbies (2)
Multigenerational Center, 250 South Green Valley Parkway
Whitney Ranch Recreational Center, 1575 Galleria Drive
Fire Station No. 86, 96 Via Antincendio

Item I of Section VI

Senior Citizens Advisory Commission

Minutes from August 21, 2013

**CITY OF HENDERSON
SENIOR CITIZENS ADVISORY COMMISSION**

**MINUTES
August 21, 2013**

I. CALL TO ORDER

Chairman Dan Hyde called the Senior Citizens Advisory Commission Meeting to order at 5:39 p.m., at 240 Water Street, Henderson City Hall, in the Council Chambers Conference Room.

II. CONFIRMATION OF POSTING AND ROLL CALL

Joanne Wershba, Administrative Assistant III, confirmed the meeting had been posted in accordance with the Open Meeting Law by posting the agenda three working days prior to the meeting at City Hall, Multigenerational Center, Whitney Ranch Recreation Center, and Fire Station No. 86.

Present: Chairman Dan Hyde
Francine Fields
Jordan Flake (left at 6:15 p.m.)
Rana Goodman
Gina Jolliff (arrived at 5:32 p.m.)
Jo Ann McEvers
Mary Ann Molinaro
Thomas Mullin
Joyce Nies
Duane Ruliffson
Gavin Walker

Absent: None

Staff: Nechole Garcia, Assistant City Attorney I
Jayne Mazurkiewicz, Recreation Superintendent
April Parra, Minutes Clerk
Monica Rivera, Recording Secretary
Joanne Wershba, Administrative Assistant III

Guests: David Karel, David Karel Group
Captain Tim Garner, Henderson Fire Department
Chief Steve Goble, Henderson Fire Department

III. ACCEPTANCE OF THE AGENDA

- (Motion) Ms. McEvers introduced a motion to accept the agenda as presented, seconded by Mr. Mullin. The vote favoring approval was unanimous. Chairman Hyde declared the motion carried.

IV. PUBLIC COMMENT

Nehole Garcia, Assistant City Attorney I, distributed a flyer regarding training on the Open Meeting Law training taking place on September 19, 2013.

V. UNFINISHED BUSINESS

There was no Unfinished Business to discuss.

VI. NEW BUSINESS

1. Approval of Minutes – July 17, 2013

It was noted that under Item 2, “Congressman Hutchinson” needs to be changed to “Senator Hutchinson”.

- (Motion) Ms. Goodman introduced a motion to approve the minutes of July 17, 2013, as amended, seconded by Mr. Ruliffson. The vote favoring approval was unanimous. Chairman Hyde declared the motion carried.

2. Discussion of Past Educational Forum Topics

Chairman Hyde reviewed the list of past forum topics and suggested that several of the topics be revisited such as: Elder abuse and medications made easy. He asked the Commission to start thinking about this suggestion.

3. Approval of Topics, Dates, Time and Location of Future Educational Forum Topics

Ms. Joliff stated there is a local dentist that has a website called “The Calming Influence” and is available to speak at forums.

Mr. Ruliffson requested that staff email him the dates and information on the various forums so he can introduce the speakers at each one.

4. Discussion of Medicare Annual Wellness Program and Possible Approval of Future Dates, Times and Location for Formal Presentations.

Chairman Hyde distributed a flyer regarding a Special Medicare Forum taking place on September 28, 2013 at 10:00 a.m.

David Karel, David Karel Group, gave a brief presentation on the program and noted that areas of discussion will include: Medicare and a Healthy Lifestyle, Medicare "Special Enrollment Periods" Turning 65, and Medicare and the Affordable Care Act (Obamacare) Facts and Myths.

There were no questions from the Commission.

5. Discussion of Medicare's Annual Assessment Program

See discussion under Item 4.

6. Update on the "Knox Box" Program Sponsored by the City of Henderson's Fire Department

This item was heard immediately following Item 1.

Captain Tim Garner, Henderson Fire Department, showed the Commission an actual Knox Box and gave a brief update on the program. He noted that the cost of a box is \$220 and that "loaner" boxes are available for people who need them but cannot afford them. Captain Garner said the Henderson Fire Department was able to purchase 30 of the boxes as the result of a federal grant and recommended that every senior have one of these boxes.

Captain Garner noted that members of the fire department are available to make presentations to homeowners' associations.

A brief discussion ensued regarding how the fire department handles situations where dogs are present. Captain Garner said the fire department ensures that dogs are taken care of either by a family member or neighbor.

7. Update on the Annuity Forum and Discussion on Possible Dates at the Heritage Park Senior Facility and other Locations

Ms. Goodman gave an update and said that Richard Arendt and Gavin Walker will be making a presentation at Sun City on September 30, 2013. She noted that they would also like to make presentations at MacDonald Ranch as well as Heritage Park.

It was noted that the Heritage Park presentation is already scheduled and Chairman Hyde will assist in scheduling the presentation at MacDonald Ranch.

8. Henderson Seniors' Auxiliary Update

Jayne Mazurkiewicz, Recreation Superintendent, gave a brief update and noted that bylaws were reviewed and passed at the last meeting. She also informed the Commission that Judy Boyer is serving as the Interim President until elections are held in January.

9. Staff Report – Jayne Mazurkiewicz, Recreation Superintendent

Jayne Mazurkiewicz, Recreation Superintendent, gave a brief update and pointed out various additional services offered at the senior center including: Docent desk, Senator Dean Heller's office hours , and USDA food commodities.

There were no questions from the Commission.

VII. PUBLIC COMMENT

There were no comments presented by the public.

VIII. CHAIRMAN/MEMBER COMMENTS

Ms. McEvers noted that the Tuesday Silver Star bus may be eliminating the Thursday route and suggested that staff check into this.

IX. SET NEXT MEETING

The next regularly scheduled meeting will be held on September 18, 2013, at 5:30 p.m. in the Council Chambers Conference Room of City Hall.

X. ADJOURNMENT

There being no further business to come before the Commission, the meeting was adjourned at 6:17 p.m.

Respectfully submitted,

April Parra, Minutes Clerk

Item II

Senior Citizens Advisory Commission
Heritage Park Senior Facility
August 2013 Report



Heritage Park Senior Facility

♦ ♦ ♦ ♦

August 2013 Report

I. Nutrition Program

Month	Minimum Meals Required			Total Meals Served			% of requirement	Last Year	% Change over LY
	HB	Cong	Total	HB	Cong	Total			
October	7,029	10,281	17,310	7,912	9,863	17,775	102.69%	13,982	27.13%
November	6,390	9,387	15,777	7,571	9,039	16,610	105.28%	14,722	12.82%
December	5,964	8,940	14,904	7,974	8,338	16,312	109.45%	14,586	11.83%
January	6,816	9,834	16,650	8,064	9,288	17,352	104.22%	15,655	10.84%
February	5,964	8,940	14,904	7,150	8,902	16,052	107.70%	15,212	5.52%
March	6,177	8,940	15,117	7,392	8,804	16,196	107.14%	15,418	5.05%
April	6,816	9,834	16,650	8,034	9,265	17,299	103.90%	14,987	15.43%
May	6,603	10,281	16,884	8,151	9,311	17,462	103.42%	16,358	6.75%
June	5,964	8,940	14,904	7,131	8,178	15,309	102.72%	15,066	1.61%
July	7,029	10,281	17,310	9,009	9,156	18,165	104.94%	15,444	17.62%
August	6,603	9,834	16,437	8,063	9,157	17,220	104.76%	16,853	2.18%

Homebound Statistics for August:

Clients on the waiting list as of August 31: 0
 Clients started on Meals on Wheels: 29

Weekend Meals:

The City of Henderson sponsors the program on weekends. Total weekend meals served in August:
 Saturday brunch: 563
 Sunday lunch: 295

II. Wellness/Senior Social Services

Clients served

- Phone calls/walk-ins: 803 seniors called or walked in for services
- Tuesday Topics: 86 seniors participated in four educational presentations
- State Health Insurance Assistance Program (SHIP): 7 seniors received Medicare counseling
- Blood Pressure Screening: 3 seniors received blood pressure screening
- Medicare Extra Help: 6 seniors received counseling and applied for assistance
- Senator Dean Heller: 8 seniors received assistance from Senator Heller's office
- USDA Food Commodities: 144 seniors received nutritional assistance
- Ask A Lawyer (Senior Citizen Law Project): had 27 seek guidance

- Vision Support Group: 15 people attended
- Utilities Assistance: 22 people applied for help

Heritage Park Senior Facility August 2013 Report (continued)

Heritage Park Volunteers Part of “Best of the City” Award Winner

Spread the Word Nevada, an organization that cleans, then distributes books to underprivileged children, was named “Best Non-Profit of the Year” by *Vegas Seven Magazine*.



Congratulations to all those who come in every Tuesday from 9-11 a.m. to clean books!

City of Henderson Senior Knit & Crochet Groups Donate 750 Hats



Sixteen-year-old Boy Scout Michael Sprenz (3rd from left), was working on his Eagle Scout project to donate 800 hats to cancer treatment centers in the Las Vegas Valley. His Mom, Melissa (2nd from left) has cancer and told him that many local cancer centers give hats free of charge to their patients, since many of the patients lose their hair. Michael’s troop of boy scouts made over a hundred hats. They reached out and were able to collect another 650 hand-made hats from throughout the United States! The momentum was building! Our knitters/crocheters also got involved. Between the Wednesday Heritage Park group (shown above) and the Monday Downtown Senior Center group, they were able to donate an additional 750 hats! The original goal of 800 hats had doubled to 1,600! Mrs. Sprenz became quite emotional when she saw the volume of hats being donated, and then the volunteers became emotional too. These wonderful ladies – and all who became

involved in this project – epitomize what volunteering is all about. Many cancer patients will benefit from this combined effort!

***Heritage Park Senior Facility
August 2013 Report (continued)***

Fitness Center Usage

Between July 29 and August 4: 559 patrons

Between August 5 and August 11: 618 patrons

Between August 12 and August 18: 590 patrons

Between August 26th & September 1st: 548 patrons

Fitness Center Items of Interest

The fall 2013 Henderson Happenings is the buzz around HPSF with patrons excited and asking lots of questions about the new fitness and health-related class offerings. We are pleased to introduce the following *new classes*: **I Am Fall-Proof, Pilates Basics, Healthy Living Up2Me, and Diabetes Self-Management** (Stanford Medical School program). We will continue to offer the popular fitness classes including **Zumba Gold, Zumba Gold: Toning, Simply Yoga, Chair Yoga, Chair Exercise, Tai Chi Beginning, Tai Chi for Arthritis, Traditional Tai Chi, Strength Training and Low Impact Conditioning, Stay Young Forever Stretch, Stay Young Forever Strength, Challenging Total Body Workout, Free Fitness Orientation, Fitness Room Basics Personal Training** and the very popular **Rock Hounds and Line Dancing**. Based on the questions received so far, we are anticipating an above-average turnout on Wednesday, August 28 when registration begins.

Items of Interest

Kudos to a 77 year-old male patron who spent time with Debbie learning how to properly use the fitness equipment. The unique thing about this individual is that he is currently undergoing chemotherapy and kidney dialysis and his doctors want him to stay strong for the difficult treatments. Debbie started this gentleman out slowly informing him to work at his own pace and rest as needed. He went through the workout with flying colors, talking and smiling the whole time. What a determined and motivated individual.....we learn so many life skills from many of our patrons. Did we mention he also has a heart condition with a pacemaker? And yes, we received medical releases from both of his doctors before working with him.

Heritage Park Nutrition Services

Congratulations to Senior Services Supervisor, Anita Gant and the Nutrition Team for successfully passing another grant audit with flying colors. Their ongoing efforts to ensure the accuracy of the program are sincerely appreciated.

Susan Bobby
Senior Services Supervisor
Heritage Park Senior Facility

Anita Gant
Senior Services Supervisor
Heritage Park Senior Facility