



CITY OF HENDERSON SENIOR CITIZENS ADVISORY COMMISSION AGENDA

Wednesday, October 16, 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 (optional)

VI. NEW BUSINESS

1. Approval of Minutes from September 18, 2013 Meeting (For Possible Action)

2. Discussion of Past Educational Forum Topics (Information Only)
3. Approval of Topics, Dates, Times and Location of Future Educational Forum topics (For Possible Action)
4. Discussion of the Medicare Annual Wellness Program and possible approval of future dates, times, and locations for formal presentations (For Possible Action)
5. Discussion of Medicare's Annual Assessment Program (Information Only)
6. Henderson Seniors' Auxiliary Update (Information Only)
7. 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, October 10, 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 September 18, 2013

**CITY OF HENDERSON
SENIOR CITIZENS ADVISORY COMMISSION**

**MINUTES
September 18, 2013**

I. CALL TO ORDER

Chairman Dan Hyde called the Senior Citizens Advisory Commission Meeting to order at 5:30 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
Rana Goodman
Gina Jolliff
Jo Ann McEvers
Mary Ann Molinaro
Thomas Mullin
Joyce Nies
Duane Ruliffson
Gavin Walker

Absent: Francine Fields (excused)
Jordan Flake (excused)

Staff: Nechole Garcia, Assistant City Attorney I
Corey Clark, Recreation Services Manager
April Parra, Minutes Clerk
Joanne Wershba, Administrative Assistant III

Guests: David Karel, David Karel Group

III. ACCEPTANCE OF THE AGENDA

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

IV. PUBLIC COMMENT

Ms. Goodman mentioned that Richard Arendt would like to do an interview with Joanne McEvers at the Heritage Park Senior Center for his radio show.

V. UNFINISHED BUSINESS

There was no Unfinished Business to discuss.

VI. NEW BUSINESS

1. Approval of Minutes – August 21, 2013

- (Motion) Mr. Ruliffson introduced a motion to approve the minutes of August 21, 2013, as amended, seconded by Ms. Molinaro. The vote favoring approval was unanimous. Chairman Hyde declared the motion carried.

2. Elections

- (Motion) Ms. Goodman introduced a motion to re-elect Dan Hyde to the office of Chairman and Duane Ruliffson to the office of Vice Chairman, seconded by Mr. Mullin. The vote favoring approval was unanimous. Chairman Hyde declared the motion carried.

3. Discussion of Past Educational Forum Topics

Chairman Hyde noted that there is a lot of fear and confusion regarding Medicare and the effects of Obamacare on Medicare. He suggested aggressive informational seminars to help clarify to the public.

Mr. Walker said no one knows what is going on right now as there has been no training, no literature, or informational seminars conducted.

Chairman Hyde asked Mr. Walker to forward any information he receives to Joanne Wershba so she can distribute it to the Committee members.

4. Approval of Topics, Dates, Times, and Location of Future Educational Forum Topics

Chairman Hyde suggested that November's forum topic be the Affordable Care Act's (ACA) effect on Medicare.

Ms. McEvers concurred and suggested it be presented twice, once in October and November.

- (Motion) Mr. Walker introduced a motion to have the Affordable Care Act's effect on Medicare be the forum topic in October and November, with the presenter to be determined, seconded by Ms. Joliff. The vote favoring approval was unanimous. Chairman Hyde declared the motion carried.

5. Discussion of Five Wishes Advanced Directive

Chairman Hyde asked if the Five Wishes booklet is a binding document if it is properly executed and notarized.

Ms. McEvers stated she believes it is a legal document.

After a brief discussion, Chairman Hyde said he feels comfortable telling people that it is a legal, binding document.

6. Discussion of the Medicare Annual Wellness Program and possible approval of future dates, times, and location for formal presentations

Items 6 and 7 were heard simultaneously.

Chairman Hyde noted that the Medicare Annual Wellness Program is scheduled at MacDonald Ranch on September 28, 2013.

Ms. Goodman commented that she would like it held at Anthem as well.

Chairman Hyde encouraged the other Commission members to get their communities involved with presenting informational seminars.

Mr. Walker suggested the Downtown Senior Center and senior apartments next door as additional venues for senior forums. The third Friday of each month was suggested, pending availability at the center.

- (Motion) Mr. Walker introduced a motion to reach out to the Downtown Senior Center to see available times to present the same forum topics on the third Friday of every other month, seconded by Mr. Mullin. The vote favoring approval was unanimous. Chairman Hyde declared the motion carried.

It was suggested that new senior apartment complexes in Henderson be targeted as well.

7. Discussion of Medicare's Annual Assessment Program

See discussion under Item 6.

8. Henderson Seniors' Auxiliary Update

Corey Clark, Recreation Services Manager, gave a brief update on the Henderson Seniors' Auxiliary. He noted that elections were held in October and the bylaws have been approved. He said there are four officer positions that still need to be filled.

There were no questions from the Commission.

9. Staff Report – Corey Clark

Corey Clark, Recreation Services Manager, gave an update and noted that the food program has been fully funded by a federal grant.

There were no questions from the Commission.

VII. PUBLIC COMMENT

David Karel, David Karel Group, said he is knowledgeable on various topics that the Commission is interested in and offered his speaking services for seniors.

VIII. CHAIRMAN/MEMBER COMMENTS

Joanne Wershba, Administrative Assistant III, reminded those present about the Open Meeting Law and Ethics training taking place on September 19, 2013.

IX. SET NEXT MEETING

The next regularly scheduled meeting will be held on October 16, 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 6:33 p.m.

Respectfully submitted,

Item II

Senior Citizens Advisory Commission
Heritage Park Senior Facility
September 2013 Report



Heritage Park Senior Facility

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September 2013 Report

I. Nutrition

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%
September	5,964	9,387	15,351	7,602	9,067	16,669	108.59%	14,487	15.06%

Homebound Statistics for August:

Clients on the waiting list as of September 30: 0
 Clients started on Meals on Wheels: 26

Weekend Meals:

The City of Henderson sponsored the program on weekends. Total weekend meals served:
 Saturday brunch: 380
 Sunday lunch: 372

II. Wellness/Senior Social Services

Clients served

- Phone calls/walk-ins: 832 seniors called or walked in for services
- Tuesday Topics: 23 seniors participated in Three educational presentations
- State Health Insurance Assistance Program (SHIP): 6 seniors received Medicare counseling
- Blood Pressure Screening: 43 seniors received blood pressure screening
- Medicare Extra Help: 5 seniors received counseling and applied for assistance
- Senator Dean Heller: 25 seniors received assistance from Senator Heller's office
- USDA Food Commodities: 145 seniors received nutritional assistance
- Ask A Lawyer (Senior Citizen Law Project): had 15 seek guidance
- Vision Support Group: 25 people attended
- Utilities Assistance: 22 people applied for help
- Balance Testing: 57 Seniors received this service

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

FOOTBALL FITNESS FRENZY!



**Who is your favorite NFL Football Team?
Want to join our Football Fitness Frenzy challenge?**

Are you ready for some football? Pre-Season Football is upon us! Are you a fan of Dallas? Seattle? Pittsburg? If so, join us in our unique Football Fitness Frenzy challenge. During the regular NFL football season, visit the docent desk, check out the NFL Season schedule and pick three winners from the schedule. If all your selections are correct, you win a ONE YEAR pass to the fitness room! There is a catch...If any of your choices lose, you owe us and yourself an additional (15) minutes in the fitness room. It's a great way to support your favorite team and get fit at the same time! The Football Fitness Frenzy contest is off to a good start! 60 entries have been received so far in the challenge. Thursday Night starts the NFL season off with Baltimore Ravens vs. Denver Broncos!

Eat, Laugh and Be Well!



The Henderson Auxiliary sponsored an event appropriately named, "Eat, Laugh and Be Well." Free catered meals included a selection of fruits, salads, herbed chicken, baked salmon, quinoa, and steamed vegetables. Food was followed by lots of laughing, chair exercise, and a

presentation by Marty Jacobs on Improving One's Health. The program was conducted by the *Wellness Outreach Program* at Nevada Senior Services with 64 people participating.

Football Fitness Frenzy Week One



"Lions, Packers, and Bears ... Oh my!"

Week one for the Football Fitness Frenzy was an exciting week in NFL football! It brought some interesting results in the Football Fitness Frenzy. Among the 60 ballots turned in for the NFL season, there was a fairly even distribution for the ladies and the gents. Week One: (21) of the participants got it exactly right and picked all three games! (31) participants got two correct. (39) of you have an opportunity to spend (15) minutes in the fitness room.

Week two ballots are in and we just picked up an additional (18) participants! That's great! This brings the total to (78) and it keeps growing!

Week three ballots are now being collected. If you would like to participate, pick up a ballot at the fitness room, or at the Docent desk in the lobby, fill out a ballot, and drop it in the Suggestion Box at the Docent desk. **15 weeks of NFL football fun!** Visit the Docent desk for more details on Football Fitness Frenzy and the NFL scheduled games.

Fitness Center Monthly Usage

Between September 1 and September 30: 2,317 patrons

Between 5:00-6:00am: 191

Between 6:00-7:00am: 143

Busiest Day: Monday, September 30 with 127 workouts.

Overall decrease of 187 workouts from August

Fitness Center Items of Interest

Both the paid personal training sessions (Fitness Room Basics) and the free fitness orientations are continuing to go well with appointments booked solid three weeks out. A sampling of typical personal training sessions indicates they are comprised of 70% females and 30% males, with an average age of 69. Typical fitness orientations are comprised of 60% females and 40% males, with an average age of 64. Interesting statistics show similar demographics between the two classes.

Both staff and patrons are anxiously awaiting the return of our popular snowbirds. They will have interesting stories to share about their families as well as their trips to locations around the world. Many of our seniors are very well traveled and have great suggestions for vacation destinations for many of us. These conversations help keep the Fitness Center atmosphere friendly and non-intimidating while motivating patrons to come back.

Congratulations to a fabulous 73 year old female patron who shared information about the results of her annual physical. This gal was told by her doctor that she is in better shape than most 40 year olds as her weight, blood pressure, cholesterol, and other vital factors were exceptional. This patron works out in the Fitness Center on a consistent basis and participates in various classes such as Zumba Gold and Line Dancing. Her doctor told her that exercise is the number one thing she can do for herself and that she was definitely on track to lead a long and active life. Even though we all know that exercise is the recipe for longevity, it is nice to receive actual statistics confirming this.

Susan Bobby
Senior Services Supervisor
Heritage Park Senior Facility

Anita Gant
Senior Services Supervisor
Heritage Park Senior Facility