



# CITY OF HENDERSON SENIOR CITIZENS ADVISORY COMMISSION AGENDA

Wednesday, November 20, 2013  
5:30 P.M.  
Meeting Inquiries: 267-2955

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

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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](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.

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**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 October 16, 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 Jayne Mazurkiewicz, Recreation Superintendent (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** – December 18, 2013 – Council Chambers Conference Room 240 Water Street, Henderson, NV

#### **X. ADJOURNMENT**

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Posted prior to 9:00 a.m., November 14, 2013  
at the following locations:  
City Hall, 240 Water Street, 1<sup>st</sup> Floor Lobbies (2)  
Multigenerational Center, 250 South Green Valley Parkway  
Whitney Ranch Recreational Center, 1575 Galleria Drive  
Fire Station No. 86, 96 Via Antincendio

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**Item I of Section VI**

**Senior Citizens Advisory Commission**

**Minutes from October 16, 2013**

**CITY OF HENDERSON  
SENIOR CITIZENS ADVISORY COMMISSION**

**MINUTES  
October 16, 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  
Francine Fields  
Jordan Flake  
Gina Jolliff (arrived at 5:34 p.m.)  
Jo Ann McEvers  
Mary Ann Molinaro  
Joyce Nies  
Duane Ruliffson

**Absent:** Rana Goodman (excused)  
Thomas Mullin (excused)  
Gavin Walker

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

**Guests:** David Karel, David Karel Group  
Judie Boyer, Senior Auxiliary

### **III. ACCEPTANCE OF THE AGENDA**

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

### **IV. PUBLIC COMMENT**

There were no comments presented by the public.

### **V. UNFINISHED BUSINESS**

There was no Unfinished Business to be discussed.

### **VI. NEW BUSINESS**

#### **1. Approval of Minutes – September 18, 2013 (For Possible Action)**

Under IV. Public Comment, “Joanne” should be spelled “Jo Ann.” Page 4, Item 8, Henderson Seniors’ Auxiliary Update, replace the word “were” with “are.”

(Motion) Ms. McEvers introduced a motion to approve the minutes of September 18, 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 (Information Only)**

This item was tabled due to the absence of Gavin Walker, who was to speak about deferred annuities.

#### **3. Approval of Topics, Dates, Times, and Location of Future Educational forum topics (For Possible Action)**

A discussion ensued regarding selecting an idea for the Tuesday Topic at the Heritage Park Senior Center on November 19, 2013. A suggestion was made for 5 Wishes, which is a presentation by Nathan Adelson Hospice regarding power of attorney components, life support, and healthcare issues. Since this topic was recently discussed a couple months ago, it was suggested to schedule this presentation for the Third Friday topic at the Downtown Senior Center on November 22, 2013, from 10:00 a.m. to 11:00 a.m.

(Motion) Ms. Nies introduced a motion recommending approval of 5 Wishes to be the Third Friday topic at the Downtown Senior Center on November 22, 2013, seconded by Ms. Fields. The vote favoring approval was unanimous. Chairman Hyde declared the motion carried.

Mr. Flake will check to see if he is available on November 22, 2013, to discuss legal matters regarding this topic.

A suggestion was made that the Tuesday Topic on November 19, 2013, at the Heritage Park Senior Center be "Staying Healthy During Flu Season".

(Motion) Mr. Rullifson introduced a motion recommending approval of "Staying Healthy During Flu Season" as the Tuesday topic on November 19, 2013, seconded by Ms. Fields. The vote favoring approval was unanimous. Chairman Hyde declared the motion carried.

Following a brief discussion regarding a speaker, Ms. Jolliff offered to coordinate a speaker for this topic.

It was also suggested that both senior centers post the flyers at their respective centers to advertise their topics.

Note: Items 4 and 5 were discussed together.

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)

Chairman Hyde reported that David Karel, representing the David Karel Group, will be giving a presentation on these programs at his homeowners' association meeting. These programs provide an essential service for seniors. Chairman Hyde will provide an update of the presentation at the next meeting.

6. Henderson Seniors' Auxiliary Update (Information Only)

Chairman Hyde welcomed Judie Boyer, Senior Auxiliary.

Ms. Boyer provided an update on the Henderson Seniors' Auxiliary and reported on elections, a boutique sale, mini-mart sales, and an ice cream social. She reported that she was elected the new president of the Senior Auxiliary.

Chairman Hyde reported that Rana Goodman would like a copy of a logo from the Senior Auxiliary to put in a publication. Following a brief discussion, it was determined that a copy of a pin will be provided to Ms. Wershba who will then forward to Ms. Goodman.

**7. Staff Report – Corey Clark**

Corey Clark, Recreation Services Manager, gave an update and noted that an educational session for the CARE (Consumer Assistance & Resource Enterprise) program will be held on October 28, 2013, and November 15, 2013. Seniors can make an appointment to speak with a CARE counselor.

**VII. PUBLIC COMMENT**

David Karel, David Karel Group, reported that he will give a presentation regarding wellness programs at Sun City Anthem. He also asked if this Commission is interested in partnering with him regarding a television ad on Sun City TV.

This issue will be discussed at the next meeting.

**VIII. CHAIRMAN/MEMBER COMMENTS**

Ms. McEvers commented that the amount of food stamps provided for people will be reduced.

Chairman Hyde asked that the following issue be on the next agenda for discussion: SparkPoint program of Henderson, which assists low-income families with programs and services.

**IX. SET NEXT MEETING**

The next regularly scheduled meeting will be held on November 20, 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 6:15 p.m.

Respectfully submitted,

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## Item II

Senior Citizens Advisory Commission  
Heritage Park Senior Facility  
October 2013 Report



# Heritage Park Senior Facility

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## October 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	8,382	9,729	18,111	8,951	10,204	19,155	105.76%	17,775	7.76%
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 October:

Clients on the waiting list as of October 31: 0  
 Clients started on Meals on Wheels: 21

#### Weekend Meals:

The City of Henderson sponsored the program on weekends. Total weekend meals served:  
 Saturday brunch: 414  
 Sunday lunch: 316

### II. Wellness/Senior Social Services

#### Clients served:

- Phone calls/walk-ins: 628 seniors called or walked in for services
- Tuesday Topics: 29 seniors participated in Five educational presentations
- State Health Insurance Assistance Program (SHIP): 12 seniors received Medicare counseling
- Blood Pressure Screening: 79 seniors received blood pressure screening
- Medicare Extra Help: 4 seniors received counseling and applied for assistance
- USDA Food Commodities: 145 seniors received nutritional assistance
- Ask A Lawyer (Senior Citizen Law Project): had 21 seek guidance
- Vision Support Group: 9 people attended
- Utilities Assistance: 18 people applied for help

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

**Fitness Center Usage**

Between September 30 and October 6: 584 patrons

Between October 14 and October 20: 549 patrons

Busiest Day: Monday, October 14 with 125 workouts

Between October 21 and October 27: 546 patrons

Busiest Day: Monday, October 21 with 136 workouts

**Items of Interest**

The Fitness Center redesign and cabling upgrade was completed this week with positive comments from our patrons. A big thanks to Gary Blunk, Shawn McDermott, and Paul Morris for their coordinated efforts in getting this massive undertaking completed. The Fitness Center televisions are up and running for all cardio-equipment. There are no safety concerns on exposed cords/cables. All cabling and converter boxes have been upgraded. The entire floor space has an enhanced redesign. We encourage everyone to stop by and see the new look in the Fitness Center.

The Healthy Henderson Rewards Program remains popular with many Fitness Center patrons redeeming Cards for typical prizes such as fitness memberships, t-shirts, towels, and the occasional heart watch. The Rewards Calendar also continues to have a large following with patrons anxiously awaiting the opportunity to earn additional stamps. Patrons are definitely enjoying the monthly "2 stamp" day for wearing their favorite NFL jersey or hat in support of the fun 17 week HPSF Football Frenzy that is going strong. Take a minute to review the NFL results on the "boards" lining the hallway by the Dance Room. One thing is for certain.....we definitely have patrons and staff that are either very talented or extremely lucky in selecting winning teams!

We've always known that the Healthy Henderson Rewards Cards are popular with our seniors, but now they are wanted outside of the United States! A patron told staff that his Healthy Henderson Rewards Card was picked out of his pocket while vacationing in Italy. We're not sure why he was carrying his Rewards Card .....but he thought it was rather comical that someone in Italy would be trying to figure out how to redeem it. Maybe the Italians know something about these cards that we have not figured out!

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

**Heritage Park Senior Facility employee  
reunites with family after 47 years**

Employee, Annie Bradford, likes to use Ancestry.com to help track her family tree as do many others. One day, while visiting the website, Annie's daughter noticed someone updated Annie's deceased sister's family information. Annie's daughter decided to go on Facebook and investigate it further. Through some clever detective work, Annie's daughter found her long lost relatives on her sister's side from the updated information. Annie was so thrilled. Annie recently had a visit from her niece. Finding family members is wonderful and miraculous experience as it was the birthday of her deceased sister when newly-reunited family members met. If you see Annie Bradford, congratulate her on her happy news!



**Annie Bradford is featured here in our staff Halloween contest  
wearing a purple jersey. (Right Side)**  
Erin Straight is also in this picture as Referee. (Left Side)

**Employee, Mary Doane Wins Gold Medal!**



On October 5, Mary Doane won **First Place** in the Nevada Senior Games for speed swimmers at Breezeway Park. Mary qualified from the 65 – 69 age groups, and she entered the 100 yard freestyle competition. Mary finished in just 2 minutes and 33 seconds. Mary never swam competitively before but she got some helpful tips from staff member, Leslie Neal, and from Leslie's daughters, Savannah and Katelyn. Richard Belasco, a Heritage Park Senior Facility patron, also offered some helpful advice. The advice and tips must have helped as well as all the swimming practice. Congratulations Mary! We're proud of you!

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

**Celebrity Columnist Visits Heritage Park Senior Facility**



**Patron Anna Sanchez meets Celebrity Columnist Norm Clarke**

On October 28, Norm Clarke, celebrity columnist for the Las Vegas Review Journal, featuring his column, Vegas Confidential, and author of the book, Vegas Confidential: "Sinsational" Celebrity Tales, came to visit Heritage Park Senior Facility to share his inside, humorous, and sometimes heart-warming stories about the famous celebrities he interviewed. This event was sponsored by Henderson Libraries. Many patrons attending the lecture had questions about their favorite celebrities, as well as questions on how he gets his information. This event was free and very entertaining.

**October Self-Management Workshop: Stanford Diabetes Self-Management Program offered at Heritage Park Senior Facility**

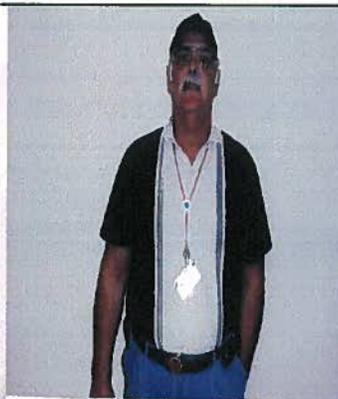
There is a free Diabetes, Self-Management Workshop that meets weekly for 2 ½ hours over a 6 week period. Set your own goals, and make a step-by-step plan to improve your health and your life. This workshop will be offered on Thursdays: October 31 – December 12, 2013. (There is no session on November 28.) Take Control of your Diabetes.

**Halloween Costume Contest - Patron Costume Winners!**

Isabelle Stewart



John Morrison



Steve Brinkman



Anita Gant  
Senior Services Supervisor  
Heritage Park Senior Facility

Sue Bobby  
Senior Services Supervisor  
Heritage Park Senior Facility