



# CITY OF HENDERSON SENIOR CITIZENS ADVISORY COMMISSION AGENDA

Wednesday, December 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](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*)

1. Discussion of the Medicare Annual Wellness Program and possible approval of future dates, times, and locations for formal presentations (For Possible Action)
2. Discussion of Medicare's Annual Assessment Program (Discussion Only)

## **VI. NEW BUSINESS**

1. Approval of Minutes from November 20, 2013 Meeting (For Possible Action)
2. Discussion of Past Educational Forum Topics (Discussion Only)
3. Approval of Topics, Dates, Times and Location of Future Educational Forum topics (For Possible Action)
4. Possible Collaboration with Organizations that Serve the Senior Community (Discussion Only).
5. HopeLink of Southern Nevada's SparkPoint Program (Discussion 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** – January 15, 2014 – Council Chambers Conference Room  
240 Water Street, Henderson, NV

## **X. ADJOURNMENT**

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Posted prior to 9:00 a.m., December 12, 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 November 20, 2013**

**CITY OF HENDERSON  
SENIOR CITIZENS ADVISORY COMMISSION**

**MINUTES  
November 20, 2013**

**I. CALL TO ORDER**

Vice-chairman Duane Ruliffson 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, Recording Secretary, 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: Francine Fields  
Jordan Flake  
Gina Jolliff  
Jo Ann McEvers  
Joyce Nies  
Duane Ruliffson

Absent: Dan Hyde (excused)  
Rana Goodman (excused)  
Mary Ann Molinaro (excused)  
Thomas Mullin (excused)  
Gavin Walker (excused)

Staff: Nechole Garcia, Assistant City Attorney I  
Jayne Mazurkiewicz, Recreation Superintendent  
Joanne Wershba, Recording Secretary

Guests: Judie Boyer, Henderson Senior Auxiliary  
Marsha Jefferies, Bee Hive Homes of Henderson  
Cynthia Bailey, Bee Hive Homes of Henderson  
Jerry Stanger, citizen  
Marianne Stanger, citizen

**III. ACCEPTANCE OF THE AGENDA**

(Motion) Ms. McEvers introduced a motion to accept the agenda as presented, seconded by Ms. Joliff. The vote favoring approval was unanimous. Vice-chairman Ruliffson declared the motion carried.

**IV. PUBLIC COMMENT**

Cynthia Bailey, Administrator of Bee Hive Homes of Henderson, and Marsha Jefferies, Owner of Bee Hive Homes of Henderson, introduced themselves and

spoke about their assisted living facility. Beehive Homes is a franchise and there are 160 homes in 15 states around the country. Their facility is in Henderson and has 19 rooms and 20 beds.

## **V. UNFINISHED BUSINESS**

There was no Unfinished Business to be discussed.

## **VI. NEW BUSINESS**

### **1. Approval of Minutes – October 16, 2013**

(Motion) Ms. Nies introduced a motion to approve the minutes of October 16, 2013, seconded by Ms. Fields. The vote favoring approval was unanimous. Vice-chairman Ruliffson declared the motion carried.

### **2. Discussion of Past Educational Forum Topics**

This item will be continued to the next meeting on December 18, 2013 due to the absence of Mr. Walker, who was to speak about deferred annuities.

### **3. Approval of Topics, Dates, Times, and Location of Future Educational Forum Topics**

Ms. Joliff reported that attendees at the recent Tuesday Topic forum were interested in the topic of diabetes. Ms. Mazurkiewicz indicated that she has a contact person that may be able to speak about this topic.

(Motion) Ms. Joliff introduced a motion recommending approval of using the topic of "Diabetes" as the Tuesday Topic on January 21, 2014 at Heritage Park Senior Facility as well as the topic on Friday, January 24, 2014 at the Downtown Senior Center, seconded by Ms. Fields. The vote favoring approval was unanimous. Vice-chairman Ruliffson declared the motion carried.

### **4. Discussion of the Medicare Annual Wellness Program and possible approval of future dates, times, and locations for formal presentations.**

No action or discussion took place on this item.

### **5. Discussion of Medicare's Annual Assessment Program**

No action or discussion took place on this item.

### **6. Henderson Seniors' Auxiliary Update**

Senior Auxiliary President, Judie Boyer, reported that the Auxiliary has

been very busy during this past month. Their fund-raising events included a silent auction, bake sale, and yard sale. They raised approximately \$1,700 for this month. The Auxiliary will vote for two new officers in January 2014 to complete their slate of officers.

**7. Staff Report**

Jayne Mazurkiewicz, Recreation Superintendent, reported that Halloween was celebrated at the Heritage Park Senior Facility with a costume contest and parade. She also announced that the Senior Facility and the Downtown Senior Center are gearing up for the Thanksgiving meal on Wednesday, November 27, 2013. Last year, over 700 meals were served, which was a record. Ms. Mazurkiewicz invited everyone to come for the meal or volunteer to serve at Heritage Park Senior Facility or the Downtown Senior Center.

**VII. PUBLIC COMMENT**

**No comments were made.**

**VIII. CHAIRMAN/MEMBER COMMENTS**

Ms. McEvers suggested that Assistant City Attorney, Nechole Garcia, invite her legal team to volunteer for the Thanksgiving meal or the Holiday meal. Ms. Mazurkiewicz confirmed that if anyone is interested in volunteering to contact Ms. Wershba and she will provide the details.

Ms. Nies had a question regarding the City Council agenda for Tuesday, December 3, 2013. She inquired why the Council is slated to vote on approving an amendment to the Ordinance for the Senior Citizens Advisory Commission as it applies to the Bylaws. Ms. Garcia offered to research the matter and report back at the next meeting.

Ms. Fields noted that she had a Master Mailing list of members' addresses and Rana Goodman's zip code should be 89052 instead of 89012. Ms. Wershba ensured that the zip code will be corrected.

**IX. SET NEXT MEETING**

The next regularly scheduled meeting will be held on December 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 5:55 p.m.

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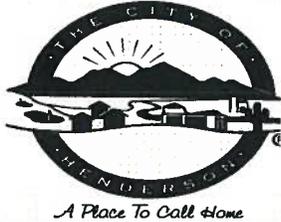
Respectfully submitted,

Joanne Wershba, Recording Secretary

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## Item II

# Senior Citizens Advisory Commission Heritage Park Senior Facility November 2013 Report



# Heritage Park Senior Facility

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## November 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	7,366	8,460	15,826	8,091	8,896	16,987	107.34%	16,610	2.27%

#### Homebound Statistics for November:

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

#### Weekend Meals:

The City of Henderson sponsored the program on weekends. Total weekend meals served:  
 Saturday brunch: 512  
 Sunday lunch: 289

### II. Wellness/Senior Social Services

#### Clients served:

- Phone calls/walk-ins: 555 seniors called or walked in for services
- Tuesday Topics: 26 seniors participated in Five educational presentations
- State Health Insurance Assistance Program (SHIP): 11 seniors received Medicare counseling
- Medicare Extra Help: 1 seniors received counseling and applied for assistance
- USDA Food Commodities: 145 seniors received nutritional assistance
- Ask A Lawyer (Senior Citizen Law Project): had 19 seek guidance
- Vision Support Group: 8 people attended
- Utilities Assistance: 6 people applied for help
- ACA (Affordable Care Act): 1 person

#### Fitness Center Usage

Between October 28 and November 3: **545 patrons**  
 Busiest Day: Wednesday, October 30: **124 workouts**

Between November 4 and November 10: **570 patrons**  
 Busiest Day: Monday, November 4 with **132 workouts**

Between November 18 and November 24: **581 patrons**  
 Busiest Day: Wednesday, November 13: **112 workouts**

Between November 25 and December 1: **525 patrons**  
 Busiest Day: Monday, November 25: **116 visits**

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

**Items of Interest**

**11-4-13 - 11-10-13:** Although November is typically a slower time of the year for the Fitness Center, our area is experiencing an increase in new fitness memberships. Fitness staff has been busy getting acquainted with the new fitness patrons, reviewing the rules and procedures, enrolling them into the Healthy Henderson Rewards program, and scheduling them into a free fitness orientation. The fitness orientation opens up communication with patrons about the different types of fitness needs, and dance classes needs, as well as discussion about the variety of other services and activities offered at Heritage Park Senior Facility. As a result, not only do patrons enroll in fitness classes, but they also look at the variety of other class opportunities, such as sewing and woodcarving, which offers them a new interest, a new challenge, and diversity.

**11-11-13 - 11-24-13:** The second session of new class, "I Am Fall-Proof", is underway and the fitness center is receiving many positive comments and compliments from the class participants. The exercises performed in this class help improve the balance. Balance is an issue, especially with some of our senior transportation patrons. These participating patrons are encouraging their friends to attend this as one of their future classes because they are excited with the positive results. Fourteen patrons signed up for both the first and second sessions. Seven of these patrons, are taking this class a second time. Due to the popularity of "I Am Fall-Proof" class, both the beginning class and intermediate class sessions will be offered again in the next upcoming issues of the Henderson Happenings Brochure.

On Veterans Day, the Heritage Park Senior Facility Fitness Center was still very busy with 111 patrons working out between 5:00 a.m. and 6:00 p.m. Closing two hours early on Veterans Day had no impact on the volume of participants at the Fitness Center.

**11-25-13 – 12-1-13:** Patrons continue to inform fitness staff and instructors about the benefits of exercise and how it's improving their strength, balance, and stamina. Many participants of the Fitness Center tell us that coming here to work out or taking an exercise class is not an option; it is a requirement to lead a long and healthy life! Today, an 82 year-old female taking, "Stay Young Forever Strength" class, told the other class members, that her new doctor could not believe she is 82! She is so proud to say that her doctor says she was doing everything right, with her weight and exercise. She just had to share it with the rest of the class. Good stuff!

**NSC Students conduct interviews November 11, 2013**

On November 11, the Nevada State College nursing students will be conducting surveys with our patrons regarding chronic pain issues. The information gathered from the survey will be used to help develop future pain management education programs. If you are currently experiencing any chronic pain, please plan on attending this event, and sharing your information with nursing students and their volunteers.

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

**Prom Night 2013! - Pictures to Enjoy!  
Theme: "Let's Fall In Love"**



**Prom Queen: Joan Crooks & Prom King: Tom Dail**

Prom Night 2013 was a great success. The room was beautifully decorated in fall colors of orange, brown and burnt sienna. Wonderful music filled the air. Fall leaves surrounded the room. This was a night of dancing and enjoying friends. Prom Night 2013 will be a night to remember!

**Thanksgiving Luncheon**



Thanksgiving at Heritage Park Senior Facility was a day for all to remember in 2013. The food selection was delicious, and many of the patrons paid thanks with complimentary suggestion cards. Eight-hundred forty (840) Thanksgiving meals were served! (665 of the Thanksgiving meals were served at Heritage Park Senior Facility, and 175 meals were served at Downtown Senior Center.) This year's meal was sponsored by "My Very Own Dreams, Inc." Meals on Wheels also shared the holiday spirit by delivering 300 Thanksgiving holiday meals to homebound seniors.

Special thanks to our team at Heritage Senior Facility, staff from the Parks and Recreation Department, and the wonderful team of volunteers for all their help to make Thanksgiving Luncheon 2013 a success and a day to remember.

Anita Gant  
Senior Services Supervisor  
Heritage Park Senior Facility

Sue Bobby  
Senior Services Supervisor  
Heritage Park Senior