



CITY OF HENDERSON SENIOR CITIZENS ADVISORY COMMISSION AGENDA

Wednesday, March 19, 2014
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. **INTRODUCTION OF MEMBERS AND GUESTS**
- V. **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.

VI. UNFINISHED BUSINESS

1. Discussion of Annual Wellness/Assessment Program and possible approval of dates, times and locations (For Possible Action)

VII. NEW BUSINESS

1. Approval of Minutes from February 19, 2014, Meeting (For Possible Action)
2. Approval of Topics, Dates, Times and Location of Future Educational Forum topics, including, but not limited to “Secrets of Medicare Revealed” (For Possible Action)
3. Possible Collaboration with Organizations that Serve the Senior Community (For Possible Action)
4. Henderson Seniors’ Auxiliary Update (Information Only)
5. Staff Report by Corey Clark, Recreation Manager (Information Only)

VIII. 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.

IX. 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.

X. SET NEXT MEETING – April 16, 2014 – Council Chambers Conference Room 240 Water Street, Henderson, NV

XI. ADJOURNMENT

Posted prior to 9:00 a.m., March 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 VII

Senior Citizens Advisory Commission

Minutes from February 19, 2014

**CITY OF HENDERSON
SENIOR CITIZENS ADVISORY COMMISSION**

**MINUTES
February 19, 2014**

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
Liz Baldizan
Francine Fields
Jordan Flake
Gina Joliff
Jo Ann McEvers
Thomas Mullin
Joyce Nies
Duane Ruliffson
Fran Smith
Gavin Walker

Absent: None

Staff: Corey Clark, Recreation Manager
Nehole Garcia, Assistant City Attorney I
Jayne Mazurkiewicz, Recreation Superintendent
Bob Murnane, Sr. Director of Public Works, Parks and Recreation
April Parra, Minutes Clerk
Joanne Wershba, Administrative Assistant III

Guests: David Karel, David Karel Group
Judy Boyer, Henderson Seniors' Auxiliary
Nancy Sprague
Melanie Hollingshead, City of Henderson
Katie Fese, City of Henderson
Alice Sylva, Henderson Seniors Auxiliary
Marianne Stanger

III. ACCEPTANCE OF THE AGENDA

- (Motion) Ms. McEvers 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. INTRODUCTION OF NEW MEMBERS

Chairman Hyde introduced and welcomed the new members.

V. PUBLIC COMMENT

There were no comments presented by the public.

VI. UNFINISHED BUSINESS

1. Discussion of the Annual Wellness/Assessment Program and possible approval of future dates, times, and locations

Chairman Hyde summarized an article he read regarding hospitals that are giving patients the impression that they are being admitted when in reality they are under “observation”. Patients are then billed for being “observed” and Medicare will decline to pay for any rehabilitation if the patient has not been admitted for at least 72 hours.

Discussion ensued regarding HR1179 and getting representatives to support the bill.

Ms. Fields said she would write an article for the Vegas Voice.

Bob Murnane, Senior Director of Public Works, Parks, and Recreation, introduced himself and gave a brief update regarding the merging of Public Works and the Parks and Recreation Department.

VII. NEW BUSINESS

1. Approval of Minutes – January 15, 2014

- (Motion) Mr. Ruliffson introduced a motion to approve the minutes of January 15, 2014, seconded by Mr. Mullin. The vote favoring approval was unanimous. Chairman Hyde declared the motion carried.

2. Be Kind Initiative – Melanie Hollingshead

Melanie Hollingshead, Recreation Services Supervisor, gave a brief summary of the Be Kind Initiative which is being done in local schools in conjunction with the Josh Stevens Foundation. The program involves “catching” someone being kind and rewarding them for their genuine kindness. Ms. Hollingshead requested the Commission’s input on how this can be expanded to the senior community.

Suggestions included: Lanyards, free coffee, bracelets, pins, and punch cards. It was noted that additional ideas can be submitted to staff.

3. Recognizing and Preventing Elder Exploitation

Chairman Hyde reported that Jeremy Lovell, Division of Aging, will be giving the next forum presentation on March 18, 2014, at the Heritage Park Senior Facility.

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

Ms. Joliff suggested the May forum topic be the issue of seniors no being properly admitted into hospitals, but being held for “observation” as well as other Secrets of Medicare.

(Motion) Ms. Joliff introduced a motion that the May forum topic be Secrets of Medicare Revealed, What You Need to Know, seconded by Mr. Ruliffson. The vote favoring approval was unanimous. Chairman Hyde declared the motion carried.

5. Possible Collaboration with Organizations that Serve the Senior Community, including, but not limited to, Foreclosed-Upon Pets

Nechole Garcia, Assistant City Attorney I, reminded the Commission that anything beyond a forum topic needs to get approval from the City Council.

Ms. McEvers commented that a lot of people would love to adopt a pet; however, it is often cost-prohibitive.

A discussion ensued whether “pet fostering” would be a good forum topic. It was the consensus of the Commission to have Erin Straight, a team leader at Heritage Park, come to the next meeting and have a question and answer session with the Commission.

6. Henderson Seniors' Auxiliary Update

This item was heard immediately following Item 2.

Judy Boyer, Henderson Seniors' Auxiliary, gave a brief monthly update and noted that the Auxiliary has been discussing ways to generate additional income.

7. Staff Report – Corey Clark, Recreation Manager

Corey Clark, Recreation Manager, introduced Katie Fese from the Heritage Park Senior Facility, and highlighted some of the items on the monthly report.

There were no questions from the Commission.

VIII. PUBLIC COMMENT

There were no comments presented by the public.

IX. CHAIRMAN/MEMBER COMMENTS

Chairman Hyde indicated that he attended the City Council meeting the night before at which the Special Budget Ad Hoc Committee reported their findings from the research they conducted over the past six months. The Committee made various recommendations across several City departments including the reduction or elimination of some services. Two of the recommendations included the elimination of senior transportation and cutting costs to the Meals on Wheels program.

Mr. Murnane briefly summarized what occurred at the Special Budget Ad Hoc Committee meetings and how the recommendations were formulated. He noted that there are alternatives to the senior programs Chairman Hyde mentioned such as the Regional Transportation Commission's para-transit program.

Mr. Murnane noted that the City Council is reviewing these recommendations and will be making decisions over the next several months.

X. SET NEXT MEETING

The next regularly scheduled meeting will be held on March 19, 2014, at 5:30 p.m. in the Council Chambers Conference Room of City Hall.

XI. ADJOURNMENT

There being no further business to come before the Commission, the meeting was adjourned at 6:47 p.m.

Respectfully submitted,

April Parra, Minutes Clerk

Item II

Heritage Park Senior Facility

February 2014 Report



Heritage Park Senior Facility

February 2014 Report

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	10,193	19,144	105.70%	17,775	7.70%
November	7,366	8,460	15,826	8,115	8,892	17,007	107.46%	16,610	2.39%
December	7,874	8,883	16,757	8,603	8,887	17,490	104.37%	16,312	7.22%
January	7,874	9,306	17,180	8,836	9,925	18,761	109.20%	17,352	8.12%
February	6,858	8,460	15,318	8,156	9,301	17,457	113.96%	16052	8.75%

Homebound Statistics for December:

Clients on the waiting list as of February 28: 6
 Clients started on Meals on Wheels: 25

Weekend Meals:

The City of Henderson sponsored the program on weekends. Total weekend meals served:
 Saturday brunch: 399
 Sunday lunch: 292

II. Wellness/Senior Social Services

Clients served:

- Phone calls/walk-ins: **633** seniors called or walked in for services
- Tuesday Topics: **56** seniors participated in four educational presentations
- State Health Insurance Assistance Program (SHIP): **6** seniors received Medicare counseling
- USDA Food Commodities: **144** seniors received nutritional assistance
- Ask A Lawyer (Senior Citizen Law Project): had **13** Patrons seek guidance
- Utilities Assistance: **6** people applied for help through various programs
- Senator Heller counseling and assistance: **21** Patrons were assisted
- Vision Support Group: **14** attended
- Blood Pressure Screening: **1** patron

Fitness Center Usage – February

Between February 1 and February 28: 2629 patrons
 Between 5:00-6:00am: 196
 Between 6:00-7:00am: 198
 Busiest Day: Monday, February 10 with 152 workouts
 Overall decrease of 44 workouts from January

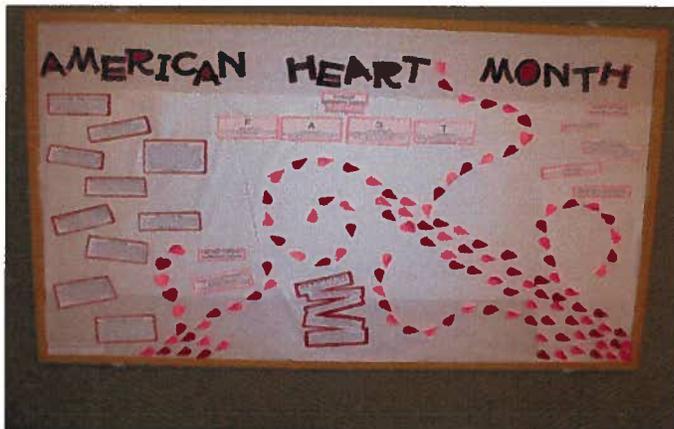
Heritage Park Senior Facility February 2014 Report (continued)

Fitness Center - Items of Interest:

February is “**Safety Month**” in the Fitness Center with staff up to date on all equipment safety requirements, especially the treadmills. Patrons are being informed when entering the Fitness Center that the Treadmill Emergency Clip must be used at all times and clipped on the waistband of their pants/shorts **before** the treadmill is started. New laminated signs have been posted at eye level directly in front of each treadmill informing each participant that wearing an Emergency Clip is a requirement and very important for their safety. There are no exceptions to this rule.

We have just finished Week 7 of the Lighten Up Henderson Weight Loss Challenge with most participants tracking their own weight on a weekly basis. Fitness staff have been providing encouragement to those participating, and have weighed in those requesting assistance. Details are currently being finalized for the Lighten Up Henderson Awards/Celebration Banquet to be held at Heritage Park Senior Facility on April 10. This celebration will be for all participants and the most “lightened up” in each category will receive awards. The specifics are currently being finalized and will be posted throughout the Facility to build excitement for the final weeks and encourage participants to finish strong. Final weigh-outs will be conducted March 31 – April 4.

February is American Heart Month



Stop by our hallway and see the many interesting items about American Heart Month. Display was created by our new Recreation Facility Leader, Katie Fese.

Presidential Proclamation American Heart Month

Maintaining a strong heart is a key to a long and healthy life. The number one killer of American men and women, cardiovascular disease is responsible for one out of every four deaths in the United States. During American Heart Month, we renew our fight, both as a Nation and in each of our own lives, against the devastating epidemic of heart disease.

While anyone can develop heart disease, those with high blood pressure or high cholesterol and those who smoke are at greater risk. Risk factors like Diabetes, obesity, physical inactivity, and excessive alcohol use increase the likelihood of developing heart disease. By adopting a few healthy habits – getting regular exercise; not smoking; eating diets rich in fruits and vegetables

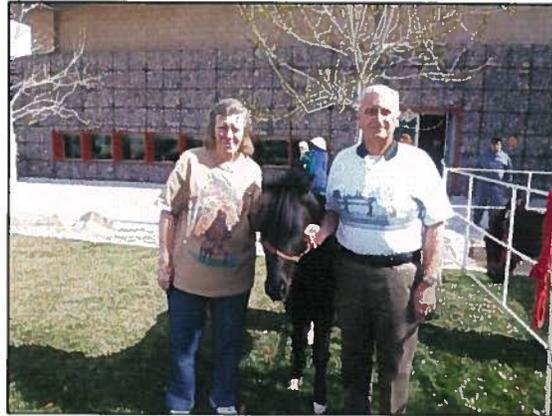
Heritage Park Senior Facility February 2014 Report (continued)

and low in salt, saturated fat, and cholesterol –each of us can reduce our risk. Following health care providers' instructions can also improve heart health and lessen the chance of a heart attack.

Pet Valentine Day Pictures – Enjoy!



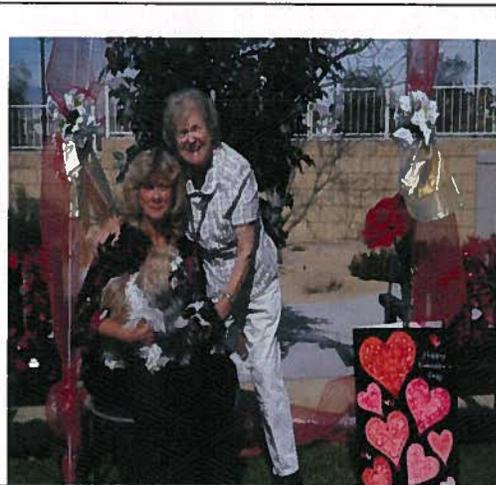
Patron, Vinnie Smith, with baby goat, "Pudding"



Patrons, Linda & Carl Davis, with pony, "Hawk"



Patrons, Jim & Michelle Whitehead, with their dogs



Shirley Steiner & daughter, Mary Matwyuk, with dog.

Billiard Expansion and Room Change

We are excited to announce that there are now 3 billiard tables in the game room along with the addition of a TV and movie viewing area for patrons. Our card and board game room have been relocated to the Stagecoach room at the front of the facility.

Motorcycle Parking

Vroom vroom! Heritage Park Senior Facility has added 2 new motorcycle parking spaces on the north side of the building located next to the low emission and 2 handicap spaces.

Heritage Park Senior Facility February 2014 Report (continued)

Henderson Retro Flyers



<http://www.carymagazine.com/features/cary-seniors-enjoy-high-life>

We've got Spirit!

Ever want to be a cheerleader? Here's your chance. Join the Henderson Retro Flyers of the Heritage Park Senior Facility. Interested participants should be comfortable with basic arm movements and cheers. No leg lifts or acrobatics will be performed. Both men and women are welcome to try out. Individuals selected, will have a chance to ride on a float at the St. Patrick's Day Parade in mid-March.

HEART WALL



The story behind the wall...

"Have you noticed that some older adults continue to feel good and stay active well into their senior years, while others appear to age rapidly and experience increased health problems? Positive thinking may play a significant role.

Research published in *Psychology and Aging*, a journal from the American Psychological Association (APA), shows that while genetics and overall physical health play a part in how people age, positive thinking can also play an important role.

Try to focus your energy on positive thinking rather than negative thinking, and look for reasons to feel happy and hopeful every day. If you put your energy toward positive thinking and ways to make your life more enjoyable, you may discover that positive thinking really *does* help you feel better."

-"Onset of Frailty in Older Adults and the Protective Role of Positive Affect," Glenn V. Ostir, Kenneth J. Ottenbacher and Kyriakos S. Markides, University of Texas Medical Branch at Galveston; **Psychology and Aging**, Vol. 19, No. 3. (PDF format)

*Heritage Park Senior Facility
February 2014 Report (continued)*

VALENTINE'S DAY DANCE



Laura and Tony Alberico



Bert, Karen, Lina and Dave

JACK & JILL 8-BALL TOURNAMENT



GREAT JOB

Thank you to all patrons who participated in the tournament. Everyone had a great time and we can't wait until the next one. Congratulations to the winners!

1ST PLACE- John Hervosma & Polly Phillips

2ND PLACE- Mike & Shirley Smith

3RD PLACE- Jackie & Walter Reinig

*Heritage Park Senior Facility
February 2014 Report (continued)*

PRESIDENT'S DAY FACT CONTEST

On Monday, February 17, 2014 Heritage Park Senior Facility held a trivia contest to see how well our patrons knew their presidents.



-Winner-

Bill Brown

with 32 Correct answers *Congratulations Bill!!*

Anita Gant
Senior Services Supervisor
Heritage Park Senior Facility

Susan Bobby
Senior Services Supervisor
Heritage Park Senior Facility