



CITY OF HENDERSON SENIOR CITIZENS ADVISORY COMMISSION AGENDA

Wednesday, January 15, 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. 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

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

VI. NEW BUSINESS

1. Approval of Minutes from December 18, 2013, Meeting (For Possible Action)
2. Spirit of '45 Day Presentation by Dan Roberts from Vegas Voice, and Possible Event Participation (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, including, but not limited to, Elder Abuse (For Possible Action)
5. Possible Collaboration with Organizations that Serve the Senior Community, including, but not limited to, Heaven Can Wait and Nevadans for the Common Good (For Possible Action).
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 – February 19, 2014 – Council Chambers Conference Room
240 Water Street, Henderson, NV**

X. ADJOURNMENT

Posted prior to 9:00 a.m., January 9, 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

Section VI
Item #1

Meeting Minutes from
December 18, 2013

**CITY OF HENDERSON
SENIOR CITIZENS ADVISORY COMMISSION**

**MINUTES
December 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

Karie Teruya, 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
Jo Ann McEvers
Thomas Mullin
Joyce Nies
Duane Ruliffson
Gavin Walker (5:43 p.m.)

Absent: Francine Fields (excused)
Jordan Flake (excused)
Gina Joliff (excused)
Mary Ann Molinaro

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

Guests: David Karel, David Karel Group
Judy Boyer, Henderson Seniors' Auxiliary
Dan Roberts, The Vegas Voice
Marianne Stanger
Jerry Stanger

III. ACCEPTANCE OF THE AGENDA

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

IV. PUBLIC COMMENT

Dan Roberts, Publisher and Editor of The Vegas Voice, informed the Commission that he has been authorized from the Spirit of 45 to put together groups and activities to honor World War II service members and their families. He said Spirit of 45 Day is the second weekend in August and he will be returning to this Commission for input and assistance.

Chairman Hyde requested that this item be placed on next month's agenda.

V. UNFINISHED BUSINESS

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

David Karel, David Karel Group, summarized the annual wellness program and said this is a free benefit provided by Medicare that is very underutilized. Mr. Karel said he would like to work in partnership with the Commission to achieve greater awareness.

2. **Discussion of Medicare's Annual Assessment Program**

There was no discussion under this item as it was a duplicate of the previous item.

VI. NEW BUSINESS

1. **Approval of Minutes – November 20, 2013**

(Motion) Ms. Nies introduced a motion to approve the minutes of November 20, 2013, as submitted, seconded by Ms. McEvers. The vote favoring approval was unanimous. Chairman Hyde declared the motion carried.

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

There was no discussion on this item.

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

After a brief discussion it was determined that the next forum topic would be as follows:

Healthy and Wise – Diabetes Facts
January 21, 2014 at 9:30 a.m.
Heritage Park Senior Facility

March's topic will be discussed at the January meeting.

4. Possible Collaboration with Organizations that Serve the Senior Community

Chairman Hyde circulated several articles regarding seniors that interested him and gave a brief summary:

Article 1 was on the Heaven Can Wait Program which pairs shelter animals with seniors. Ms. Goodman said this was a great idea and suggested this be a future forum topic.

Article 2 was on a coalition of faith-based organizations called Nevadans for the Common Good. It was suggested that the Commission collaborate with this organization. Nechole Garcia, Assistant City Attorney I, said she will check into to see if collaboration is possible.

Article 3 was entitled, "Surge in Seniors Brings Need for Greater Safety Awareness. It was suggested that the topic of elderly abuse be revisited and placed on next month's agenda.

5. HopeLink of Southern Nevada's SparkPoint Program

There was no discussion on this item.

6. Henderson Seniors' Auxiliary Update

Judy Boyer, Henderson Seniors' Auxiliary, gave an updated. She noted that two bake sales have taken place in the last three weeks and the minimart is doing excellent. Ms. Boyer also noted that they are seeking donations for the ITN buses for after hours and weekends. They also received more than \$3,000 from the Sun City Anthem Women's Club.

7. Staff Report – Corey Clark

Corey Clark, Recreation Services Manager, gave an update and noted that 840 meals were served for Thanksgiving and handicapped parking has doubled. Mr. Clark also informed the Commission that the fuel-efficient parking spaces will soon be converted to handicapped and regular parking spaces.

Responding to a question from Chairman Hyde regarding the Meals on Wheels program, Mr. Clark stated that Congress just passed a bill and the program will be funded for at least two years.

VII. PUBLIC COMMENT

David Karel, David Karel Group, stated that he is willing to discuss Medicare in the Anthem community. Ms. Goodman suggested that he speak to Debby Evans.

VIII. CHAIRMAN/MEMBER COMMENTS

Chairman Hyde announced that Rana Goodman has resigned from the Commission. He thanked her for her service and said she will be missed.

IX. SET NEXT MEETING

The next regularly scheduled meeting will be held on January 15, 2014, 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 6:30 p.m.

Respectfully submitted,

April Parra, Minutes Clerk

**Section VI
Item #8**

**Senior Citizens Advisory
Commission
Heritage Park Senior
Facility**

December 2013 Report



Heritage Park Senior Facility

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December 2013 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%

Homebound Statistics for December:

Clients on the waiting list as of December 31: 7

Clients started on Meals on Wheels: 24

Weekend Meals:

The City of Henderson sponsored the program on weekends. Total weekend meals served:

Saturday brunch: 274

Sunday lunch: 292

II. Wellness/Senior Social Services

Clients served:

- Phone calls/walk-ins: 504 seniors called or walked in for services
- Tuesday Topics: 15 seniors participated in five educational presentations
- State Health Insurance Assistance Program (SHIP): 6 seniors received Medicare counseling
- USDA Food Commodities: 146 seniors received nutritional assistance
- Ask A Lawyer (Senior Citizen Law Project): had 13 seek guidance
- Utilities Assistance: 6 people applied for help
- Senator Heller counseling and assistance: 10 Patrons were assisted

Fitness Center Usage

Between November 25 & December 1, 2013: **525 patrons**

Busiest Day: Monday, November 25 with **116 visits**

Between December 2 & December 8, 2013: **553 patrons**

Busiest Day: Monday, December 2 with **123 workouts**

Between December 9 & December 15, 2013 : **555 patrons**

Busiest Day: Wednesday, December 11 with **108 workouts**

Between December 16 & December 22, 2013: **493 patrons**

Busiest Day: Monday, December 16 with **112 workouts**

Between December 23 & December 29: **307 patrons**

Heritage Park Senior Facility

December 2013 Report (continued)

Busiest Day: Friday, December 27 with **94 visits**

Busiest Day in December: Monday, December 2 with **123 workouts**

Total Number of visitors to Fitness Center for December: 2,091

Fitness Center - Items of Interest:

11/25/2013 – 12/1/2013: Patrons continue informing our fitness staff and instructors about the benefits of exercise, and how the exercise improves their overall strength, balance, and stamina. Many participants tell us that visiting the Fitness Center or taking a class is not an option. It is a requirement to lead a long and healthy life. Today, one of our 82 year-old female patrons noted that she relies on the “Stay Young Forever” Class. She told the other class members that her new doctor could not believe she was 82. She is proud to say her doctor noted she is doing everything right with her weight and exercise. She just had to share the good news with the rest of the class. Good Stuff!

12/2/2013 – 12/8/2013: The Double Stamp Days for the Healthy Henderson Rewards Program continues to be a popular program with our Heritage Park Seniors. During a four-hour shift on Sunday, two of the patrons called the Fitness Center to inquire about the double stamp benefits. Our patrons are working hard to earn prizes, and they want to use every advantage available to earn additional points. The Rewards Program keeps patrons coming to the Fitness Center. Our seniors are getting fit and healthy as well!

12/9/2013 – 12/15/2013: We are expecting a good participation in the new Restorative Yoga Class in January 2014. This class uses passive stretching with most postures performed lying down, or seated with additional blocks, bolsters, and blankets to support the body. The class format will allow patrons with mobility and health issues, to experience the benefits of yoga for the very first time. What a great way to start off 2014 for many of our seniors!

12/16/2013 – 12/22/2013: Lots of inquiries have been coming into the Fitness Center from patrons who are interested in starting a workout program. We have been telling these individuals about the special January 2014 promotion. When you purchase a 3-month fitness pass, you receive an additional month free. Most participants noted they will wait until after the first of the new year to sign up, so they can take advantage of the special pricing. We also let interested parties know about the fitness orientation, and reasonably-priced personal training sessions. This information is helpful to patrons who have never worked out before, or have not attended a fitness center in a while. The fitness staff takes pride in helping our seniors with fitness equipment and fitness services.

December 23 – December 23: Fitness usage was less than usual due to the shortened hours this week. HPSF was closed on Christmas and over the weekend (12/28 and 12/29) for maintenance. We also closed early on New Year’s Eve.

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

Volunteer Banquet 2013



Downtown Senior Facility staff featured here left to right: Marilyn Brown, Cathy Fortson, Kyle Gormley, Tanya Myers, and D.J. Star: "Calvin".

Thank you volunteers for all your help this year 2013. Our senior facilities could not have been as successful without you. We had over 200 volunteers who attended a special banquet just for our volunteers. Special thanks to Tanya Myers, Gabi Lopez and staff at the Downtown Senior Facility for handling this event and really making it a "Night at the Oscars". Volunteer Banquet pictures were taken and are now available at the Heritage Park Senior Facility front desk. A night of music, dinner, and fine friends with a special visit from our Mayor Andy Hafen and Director of the Parks and Recreation Department, Mary Ellen Donner. Volunteers also received gift bags and certificates for all their hard work.

Holiday Meal: A Great Success



The holiday meal on December 19, 2013, was a great success at both the Heritage Park Senior Facility and the Downtown Senior Center. Over 800 meals were served at Heritage Park Senior Facility, and Downtown Senior Center. This year's meals were sponsored by "My Very Own Dreams, Inc." The meals featured a menu of turkey, stuffing, yams, and fruit salad and fruit pies. Thanks to all our volunteers and staff who helped serve the holiday meals.

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

**Parks & Recreation Department – Door Decorating Contest 2013
Heritage Park Senior Facility wins “Most Creative Door Entry”!**

“Cowboy Christmas & Boot-Scootin’ Holiday!”



Heritage Park Senior Facility goes country-western for the holidays as part of the Holiday Door Contest, for the Parks and Recreation Department, December 16, 2013. The doors decorated were cleverly titled: “A Cowboy Christmas & Boot-Scootin’ Holiday”. Heritage Park Senior Facility won “Most Creative” for 2013. Patrons & staff complimented the door decorations and western-style holiday decorations, by wearing western attire. Some patrons gathered and did some line dancing, while other patrons tried karaoke. Special thanks to our decorating team, Vicki Hanson, Annie Bradford, Linda Groft, and Linda Upton who helped bring the holiday door to life, and special thanks to Erin Straight and miniature horse, “Angel” for their appearance this day. It was a country-filled holiday event to remember!



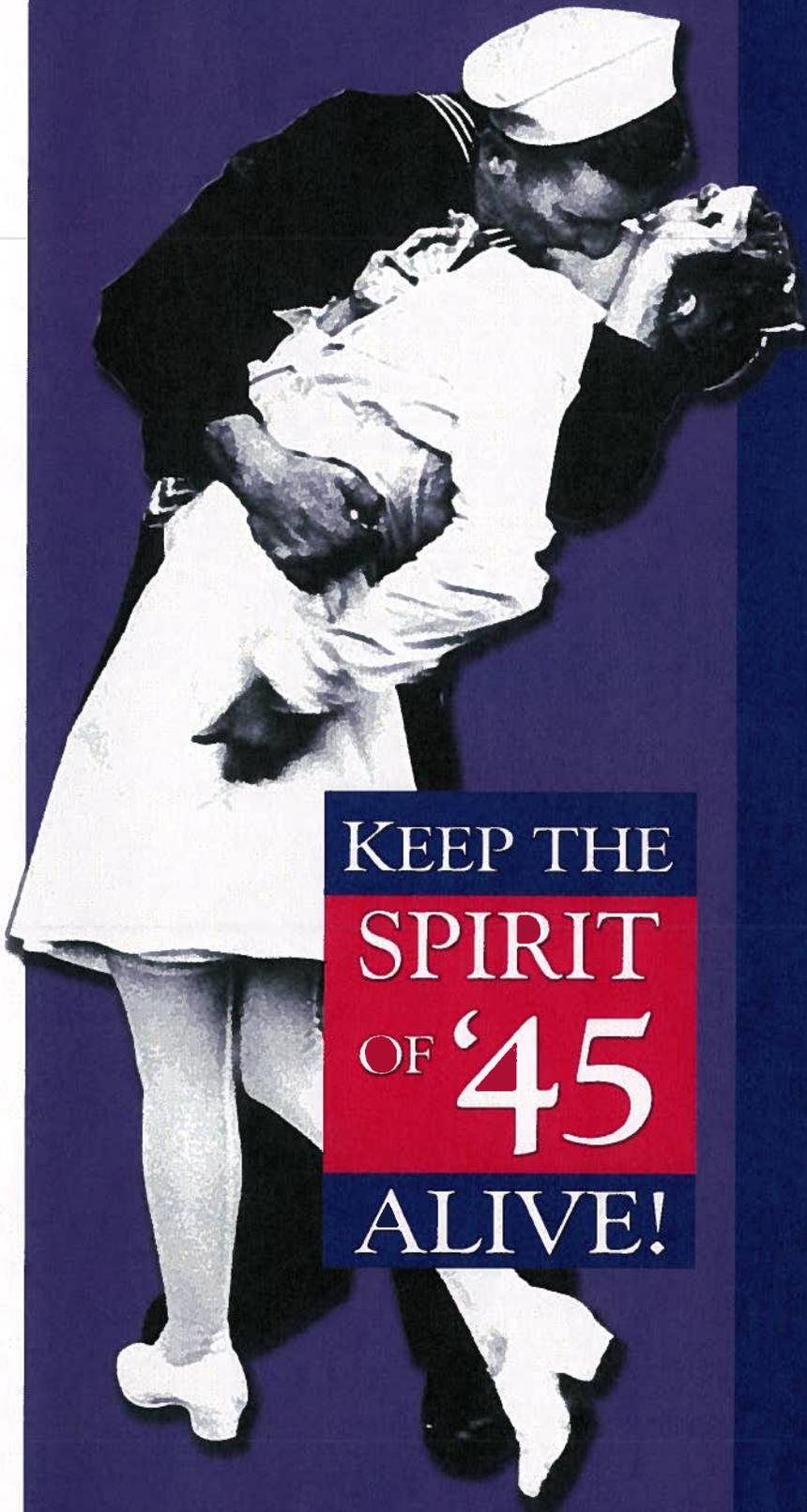
Howdy Partner! Assistant City Manager, Bristol Ellington, Mary Ellen Donner, Director of Parks & Recreation Department, and Shari Ferguson, Assistant Director of Parks & Recreation Department, get a picture with “Nancy’s Fancy Dancers” in front of Heritage Park Senior Facility’s holiday door entry.

Anita Gant
Senior Services Supervisor
Heritage Park Senior Facility

Sue Bobby
Senior Services Supervisor
Heritage Park Senior

Section VI
Item #2

Spirit of '45 Handout
January 15, 2014



KEEP THE
SPIRIT
OF '45
ALIVE!

THEY ENDURED THE
GREAT DEPRESSION...

THEY PRESERVED
OUR FREEDOMS...

THEY REBUILT A
SHATTERED WORLD...

HELP KEEP THEIR SPIRIT
ALIVE... FOREVER!

The Spirit of 45 is a nationwide, non-profit initiative to honor the achievements of America's Greatest Generation so that their example of courage, self-sacrifice, service and national unity will forever inspire America's future generations.

We will be organizing local activities across the Las Vegas Valley in 2014 culminating on Sunday, August 10, 2014 commemorating the 64th anniversary of the end of World War II.

We will be collecting family and military photographs as well as personal stories of the day the War ended as a reminder of how Americans came together as a community.

We invite you to celebrate America's Greatest Generation and join the campaign!

Learn how to get your company, organization or group involved at:

702 201-1197

or www.spiritof45nevada.org

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THE VEGAS VOICE



THE "KISS"

The image of the "Times Square Kiss" is the official symbol of the *Spirit of 45 Day*. The "Kiss" represents a time when everyone came together to confront and defeat historic challenges as well as the legacy of the individuals who, after the war, assured a better future for America.

The "Kiss" reminds America of a time when the *Greatest Generation* put aside their differences in a spirit of shared sacrifice, and working together for a common cause, inspired the world with its imagination and "can do" attitude and compassion.

The Kiss symbolizes America's Greatest Generation's Greatest Day.

SPIRIT OF '45

BACKGROUND:

In 2010, The United States Congress voted unanimously in support of a national "*Spirit of 45 Day*" - an annual day of celebration and remembrance honoring the men and women of the World War II generation.

Spirit of 45 Day is observed on the second Sunday of August aligning with August 14, 1945, when celebrations broke out across America at the news that the most destructive war in history was over.

PURPOSE:

The Spirit of 45 is a nationwide, non-profit initiative to honor the achievements of *America's Greatest Generation* so that their example of courage, self-sacrifice, service and national unity will forever inspire America's future generations.

Its purpose is to renew the sense of community and "can do" attitude that were the hallmarks of America's *Greatest Generation* that endured the difficult times of the Great Depression, fought to defend democracy and led an unprecedented effort to assure a better future for their children and children's children.

WHY:

We need to honor, observe and celebrate the *Spirit of 45* because:

1. We should remember how perseverance, hope, faith, sacrifice and hard work was able to get the *America's Greatest Generation* through their darkest days.
2. *America's Greatest Generation* is a monumental example of what people and this country can accomplish when we all work together.
3. As a tribute to *America's Greatest Generation*. They stepped up to oppose and defeat the worst surge of tyranny, aggression and outright evil the world has ever seen. Then, they rebuilt America and the world.
4. It provides an opportunity for America to say "thank you" in celebration and remembrance to those who served in uniform and those who supported them on the Home Front - the men and women who were the "ordinary heroes" of our *Greatest Generation*.

KEEP THE
SPIRIT
OF '45
ALIVE!

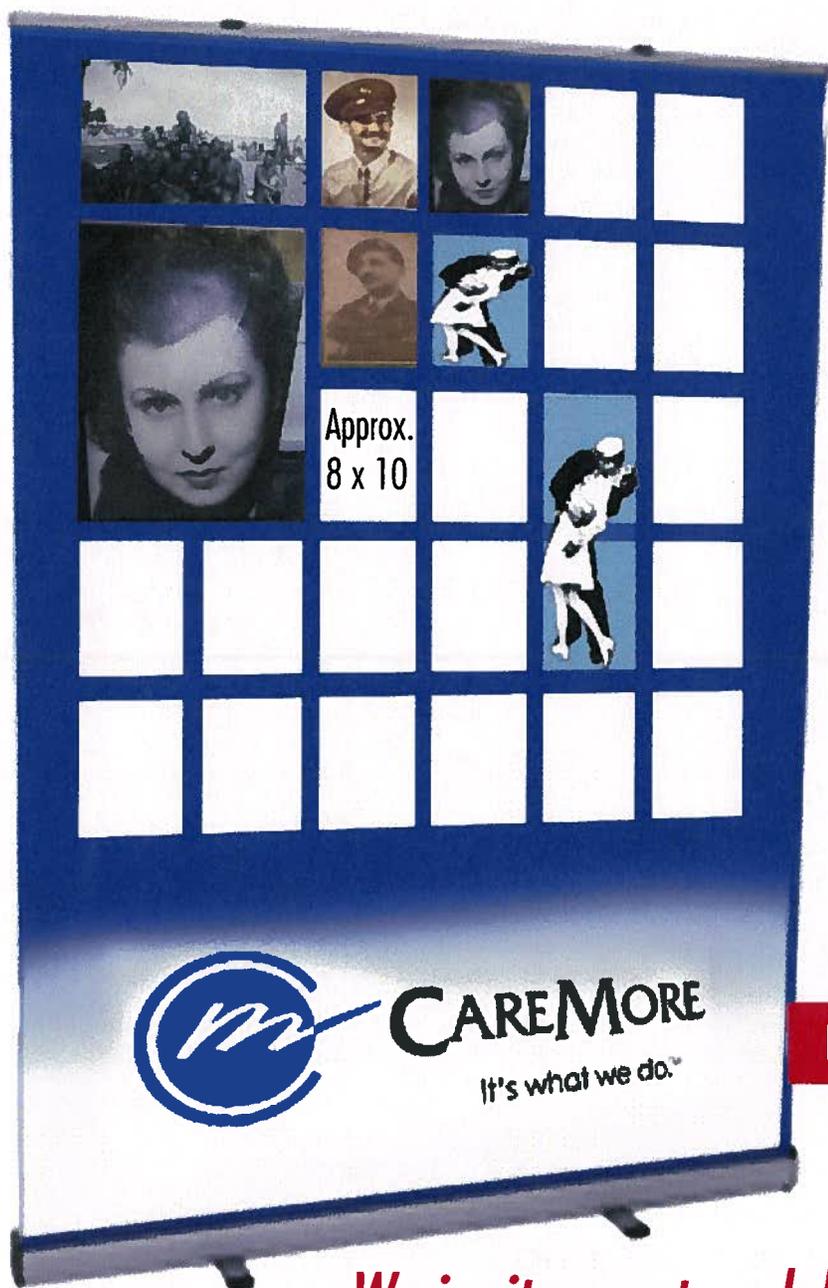
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Learn how your company, organization or group can get involved
at: 702 **201-1197** or www.spiritof45nevada.org

BANNER OF HONOR

FAMILY PHOTOGRAPHS PROJECT

KEEP THE
SPIRIT
OF '45
ALIVE!



Spirit of 45 Nevada invites everyone to submit families' military photos and/or wedding pictures of couples who got together during the 1940's so that they can be placed on the Spirit's Banner of Honor.

The Banners will be displayed at all Spirit of 45 Nevada events - including our

- (a) Spirit of 45 Nevada Celebration of America's Greatest Generation of Women on May 10th
- (b) Spirit of 45 Day on August 10, 2014

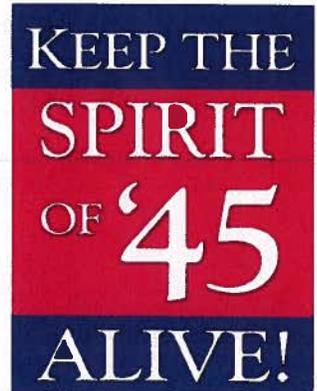
Banner size: 59"W x 78.5"H

*We invite you to celebrate
America's Greatest Generation and join the campaign!*

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SPIRIT OF '45

Event Outline



I. Celebration Events

- A. Senior Apartments/Senior Centers
- B. Age Qualified Communities (Sun City/Sienna)
- C. Stations Casinos/Vet Organizations Across Valley
- D. Spirit of 45 Celebration (Includes Program)
 - (1) America's Greatest Generation of Women - May 10, 2014
 - (2) Spirit of 45 Day - August 10, 2014

II. Ceremony Includes

1. Welcome/MC
2. Presentation of Flag/Color Guard
3. National Anthem/ Pledge of Allegiance
4. Guest Speaker(s)
5. Recognition of WW II Veterans
6. Special Certificate Award(s)
7. Refreshments - Spirit of 45 Cake
8. Entertainment/Raffle Prizes
9. Closing/Moment of Silence/Taps
10. Closing Remarks/Thank You

*We invite you to celebrate
America's Greatest Generation and join the campaign!*

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