



**MONDAY, SEPTEMBER 12, 2011**

**4:30 P.M. --SPECIAL SENIOR COMMISSION MEETING**  
Hillview Community Center, Los Altos Senior Center Room 11  
97 Hillview Avenue, Los Altos, California 94022

## **ROLL CALL**

## **PLEDGE OF ALLEGIANCE**

## **PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA**

Members of the audience may bring to the Commission's attention any item that is not on the agenda. Please complete a "Request to Speak" form and submit it to the Staff Liaison. Speakers are generally given two or three minutes, at the discretion of the Chair. Please be advised that, by law, the Commission is unable to discuss or take action on issues presented during the Public Comment Period. According to State Law (also known as "the Brown Act") items must first be noticed on the agenda before any discussion or action.

## **CONSENT CALENDAR**

These items will be considered by one motion unless any member of the Commission or audience wishes to remove an item for discussion. Any item removed from the Consent Calendar for discussion will be handled at the discretion of the Chair.

1. Commission Minutes  
Recommendation to approve the minutes of the August 1, 2011 regular meeting.

## **DISCUSSION ITEMS**

2. Commission Governance  
Receive Report from Los Altos City Clerk Lee Price report regarding August 18, 2011 meeting with Los Altos/Los Altos Hills Staff regarding Senior Commission Governance.
3. Subcommittee Reports
  - a. World Health Organization's Global Age-Friendly Cities  
Discussion of draft of completed application for Los Altos/Los Altos Hills Councils to submit to the World Health Organization to become an Age-Friendly City.
  - b. Senior Commission Questionnaire Analysis  
Discuss Los Altos City Council Study Session on August 23, 2011 and prepare report for Town of Los Altos Hills City Council Questionnaire Analysis.
4. Reports to Council
  - a. Senior Scholarship  
Review City of Los Altos Council proceedings on Senior Scholarship report to Council.
  - b. Town of Los Altos Hills City Council Update  
Discuss report to Los Altos Hills City Council on September 22, 2011 by Commission Chair.

5. Bradsdeals  
Review the Senior Discounts found on the Bradsdeals listing and discuss how to publicize its resources.
6. Items for Information
  - a. Senior Commission Publicity  
Articles to be written and received pertinent to senior issues
  - b. Santa Clara Council on Aging Advisory Board Report  
Report by Commissioner Tiemann.
  - c. Los Altos Senior Center Volunteer Appreciation  
Wednesday, September 14, 2011 at 1:00p.m. in the Hillview Multi-purpose Room.

## COMMISSION REPORTS AND DIRECTIONS ON FUTURE AGENDA ITEMS

### ADJOURNMENT

#### SPECIAL NOTICES TO PUBLIC

In compliance with the Americans with Disabilities Act, the City of Los Altos will make reasonable arrangements to ensure accessibility to this meeting. If you need special assistance to participate in this meeting, please contact the Recreation Department 72 hours prior to the meeting at (650) 947-2894.

Agendas, Staff Reports and some associated documents for Senior Commission items may be viewed on the Internet at <http://www.ci.los-altos.ca.us/committees-commissions/senior/meetings.html>.

On occasion the Senior Commission may consider agenda items out of order.

All public records relating to an open session item on this agenda, which are not exempt from disclosure pursuant to the California Public Records Act, and that are distributed to a majority of the legislative body, will be available for public inspection at the Los Altos Senior Center Coordinator's Office, City of Los Altos, located at 97 Hillview Avenue, Los Altos, California at the same time that the public records are distributed or made available to the legislative body. Any draft contracts, ordinances and resolutions posted on the Internet site or distributed in advance of the Council meeting may not be the final documents approved by the City Council. Contact the Senior Commission Liaison for the final document.

If you wish to provide written materials, please provide the Senior Commission Liaison with **10 copies** of any document that you would like to submit to the Senior Commission for the public record.

For other questions regarding the meeting proceedings, please contact the Senior Commission Liaison at 650-947-2894.

**MINUTES OF A REGULAR MEETING OF THE SENIOR COMMISSION OF THE  
CITY OF LOS ALTOS/ TOWN OF LOS ALTOS HILLS, HELD ON  
MONDAY, AUGUST 1, 2011, AT 4:31 P.M. AT HILLVIEW COMMUNITY CENTER,  
97 HILLVIEW AVENUE, LOS ALTOS, CALIFORNIA, 94022**

**ROLL CALL**

PRESENT: Commission Members Traficanti, Jenney, Popell, Tiemann, Seddiqui  
ABSENT: Commission Members Pelham, Palmer, DeMare, Brauch

**PLEDGE OF ALLEGIANCE**

**DRAFT**

Chair Jenney led the pledge of allegiance to the flag.

**PUBLIC COMMENT**

None.

**CONSENT CALENDAR**

1. Committee Minutes  
Motion by Traficanti seconded by Popell to approve the July 11, 2011 minutes as written. Motion passed unanimously.

**DISCUSSION ITEMS**

2. Subcommittee Reports
  - a. World Health Organization's Global Age-Friendly Cities  
Prepare an application for Los Altos/Los Altos Hills to submit to the World Health Organization to become an Age-Friendly City.
  - b. Questionnaire Analysis  
Motion by Commissioner Tiemann, Seconded by Commissioner Popell to accept the Questionnaire Analysis Report and submit the report as presented to the City of Los Altos and Town of Los Altos Hills Councils with the exception of Section 1A which needs confirmation and the Correction of Attachment 1, "City of Los Altos Hills."
3. Senior Commission Publicity  
The Commission briefly discussed articles published in July.
4. Reports to Council  
Fourth and Final Quarterly Report received by City of Los Altos City Council.  
Senior Subsidy report to Los Altos City Council on August 23<sup>rd</sup>.  
Questionnaire Results Study Session with City of Los Altos City Council on August 23<sup>rd</sup>.  
Questionnaire Analysis Report to Los Altos City Council August 23<sup>rd</sup>.  
Questionnaire Analysis Report to Town of Los Altos Hills City Council on September 22, 2011.

5. Master Calendar  
Report Received.
6. Santa Clara Council on Aging Advisory Board Report  
Commissioner Tiemann provided a verbal report.

**COMMITTEE REPORTS AND FUTURE AGENDA ITEMS**

7. None.

**ADJOURNMENT**

Chair Jenney adjourned the meeting at 5:12p.m.

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Candace Bates  
Senior Center Recreation Coordinator  
Liaison to the Senior Commission

**DRAFT**  
Sept 9 4:43 pm

**Application form to join the WHO Global Network of Age-Friendly  
Cities**  
**An Age-Friendly City: An inclusive and accessible urban environment  
that promotes active aging**

**1. Mechanisms to involve older people throughout the Age-friendly Cities cycle**

Older people in Los Altos and Los Altos Hills are involved in the planning and oversight of the Age-Friendly Cities projects in two significant ways. First, the City Councils of Los Altos and Los Altos Hills established a Senior Committee (Now a Senior Commission) in June 2010. The first three directives of the Senior Commission are: Advise both the City Councils on senior needs and issues; make recommendations about programs and resources that pertain to seniors, (and) gather information from the senior community. The Senior Commission consists of nine members: six from Los Altos and three from Los Altos Hills. A minimum of 65% of the Committee Members from each community will be over the age of 54.

**2. Development of baseline assessment of the age-friendliness of the city**

A sub-committee of the Senior Commission formulated a questionnaire for a “soft survey” which was approved by both Councils. (See Attachment 1, Senior Community Questionnaire). The Senior Commission purchased a zip code mailing list for 94022 and 94024 for residents 55 years and older and mailed 4530 questionnaires in early January 2011. This mailing was preceded and followed by publicity via the local newspaper the Town Crier, various web sites and flyers throughout both communities. The total cost of the Senior Committee project was \$3000.00 and was funded by \$1000.00 from Los Altos Hills City Council and \$2000.00 from Los Altos City Council. The City of Los Altos and the Town of Los Altos Hills graciously provided the cost of a city intern who assisted with data management and entered the data for qualitative questions 1 through 22 (cost: \$1065.36).

A total of 1032 questionnaires were returned for a 23% response rate. It should be noted that some responses were made jointly, at least in part, by couples. Some participants chose not to answer all questions. Computerized analysis of

questions 1 through 22 was completed. Questions 23 and 24 were open-ended as suggested by the Los Altos City Council. This data was entered, word for word, by members of the Senior Committee. Analysis of these comments searched for recurring themes and words using Benner's Stages of Interpretation.

We found that questions 1 through 22 were interpreted by respondents as needs of the *present*. However, open-ended questions 23 and 24 were answered differently. Their comments reflected *future* needs. An example of this is found in the answers of questions 1 through 5, all concerning transportation. Very few expressed a current need for transportation. However, when presented with the open-ended question, #23— “What do you project your needs to be in 10 to 15 years?”—the overwhelming majority saw transportation as a major need.

The Questionnaire proved that Senior's have much to say about their perception and desire for an age-friendly community, and there are no cookie cutter Seniors. Some Seniors say “there is nothing for us, why not?”, others heavily utilize the available resources our communities provide. For those Seniors who say “there is nothing for us”, the Senior Commission has recently compiled a basic list of local resources that supports Senior needs. It is available at both city Halls, the Senior Center, the Chamber of Commerce and both Los Altos libraries. It is available on the Senior Center website now.

Five top emergent needs identified by the Questionnaire were:

- Transportation
- Aging in Place/Community
- Update Senior Center
- Keeping active—mentally, physically, and socially
- Emergency Preparedness

In addition to the baseline assessment undertaken by the Survey, the Health Trust Foundation sponsored a mini-grant (\$4,000) to hire a group of four graduate students in Gerontology to compile an Inventory of resources and areas of age-friendliness and opportunities for improvements. The inventory is not meant to be exhaustive as agencies and businesses are in a constant state of flux and operational definitions vary depending upon the subject.

## **Brief Summary of Findings of the Age-Friendly Health Trust Sponsored Qualitative Assessment**

### 1. Outdoor Spaces and Buildings:

The City of Los Altos has an ambitious plan to revamp its 18-acre Civic Center. The latest draft of the Master Plan includes an improved intergenerational community center for youth and senior programs, classes and gatherings. There is general agreement that the current senior center is inadequate and the master plan addresses this concern. The master plan also aims to establish stronger pedestrian connections to downtown.

#### Suggestions:

- enhance the senior facilities and staffing at the Civic Center
- include a fully equipped kitchen as part of plan and provide senior meals
- improve pedestrian paths and connections from Civic Center to the downtown area and make Los Altos more vibrant at night
- add more pedestrian path sidewalks Note: Many residents enjoy the holiday twinkle lighting on trees and miss the night lighting after the holidays.

### 2. Transportation:

Los Altos is largely a car culture and Los Altos Hills even more so. There are many challenges in this regard and most seem to think offering a shuttle would be useful to the community. Many seniors no longer drive. The Avenidas Senior Center shuttles cannot access many seniors' homes in Los Altos Hills. A privately supported feasibility study is under development for a possible shuttle service. In addition, the Senior Commission is studying the potentials of expanding the "Say Hi" model for neighborhood transportation.

#### Suggestions:

- carefully study the best type of village shuttle/bus for the entire community
- encourage people to walk (with better sidewalks and lighting) and promote green modes of transportation (bicycles)
- install more bike racks and perhaps shared bike parks like in the Netherlands

### 3. Housing:

Many seniors own their own homes in Los Altos and this is a positive as long as persons are independent and have the resources to age-in-place. Still, increasing numbers of seniors live on a very limited budget despite a great deal of equity in their homes. Many seniors express a wish to downsize and purchase a condo in

the downtown village area. At this time, the condo housing stock is limited, expensive and not automatically universally designed.

Suggestions:

- promote below market housing (BMR) for seniors and families and clarify and simplify the process
- encourage housing developers to build according to universal design standards

#### 4. Respect and Social Inclusion:

More than a third of the population of Los Altos/Los Altos Hills is over 55, so that translates to a good deal of awareness of mature adults in multiple media. Still, there are some areas for improvements particularly regarding existing services. Older people have many gifts and talents to offer the community and it is important to educate civic leaders about the positive, productive aspects of aging and the often-untapped potential of generativity in older adulthood.

Suggestions:

- provide routine intergenerational opportunities for those seeking interactions with younger members of the community
- make sure there is an appropriate space for intergenerational activities at the community center. Note: It is important to be culturally competent, inclusive, respectful and creative about building a community for all persons
- help local organizations to recruit and utilize Seniors as a resource in creating and fostering an age-friendly community

#### 5. Social Participation:

Since many residents have lived in Los Altos and the Hills for decades, many have come to know their neighbors and developed a sense of community. It is important to use a variety of media to communicate to seniors and their families about community life and make the downtown village accommodating to persons of all ages. The City Recreation Department offers a variety of adult classes and the Senior Center offers an assortment of daily and monthly activities. All of these are described in an excellent Recreation Guide published seasonally.

Suggestions:

- ensure that all seniors, especially those in the hills, are aware of opportunities that exist for them to be involved in the community
- recognize and promote the volunteer and civic work of Seniors; civic engagement is a path to inclusion
- involve faith-based, civic and educational organizations in promoting age friendly-communities



## 6. Communication and Information:

The Los Altos Town Crier, the local newspaper, reports well on events going on in both the city and the town. Still, more work needs to go into making sure the message is reaching everyone, particularly elders who are house-bound and reside in the hills. Families in particular need more care-giving information.

### Suggestions:

- continue to enhance an already established central database for Senior resources on the Senior Center Website.
- establish a way of contacting Seniors in case of an emergency (and an easy way for them to call for help if they need it). Note: This would be a good opportunity to explore the uses of high technology. Emergency preparedness is a key finding of the Senior Survey and the Personal Emergency Preparedness (PEP) program is a good start. It will be valuable to promote and continue to support this effort.

## 7. Civic Participation and Employment:

Many seniors are actively employed or involved with their communities, either on the city or town councils, commissions, committees or with volunteer work. Many older adults teach in the City of Los Altos Recreation Department.

### Suggestions:

- continue and expand volunteer and civic participation opportunities. This is an arena where intergenerational activities might take place.
- encourage all faith-based organizations to sponsor senior programming
- promote lifelong learning opportunities at community colleges and in adult learning programs in the Los Altos Recreation Department. Note: the Senior New Ways friendly visiting program is a good model to expand. In September 2011, the only Gerontology Certificate Program in the area was closed at Foothill Community College. This is a significant concern as the need for aging services specialists at every level is urgent.

## 8. Community Support and Health Services:

The community is largely well served by medical services in the area, mostly by car, at El Camino and Stanford Hospitals. There are two subacute and rehabilitation facilities, one nursing home and two independent living communities in Los Altos proper. For the health of the aging community, a meals program provides nutritious lunches for those who cannot or don't cook for themselves. Congregate meals are the bedrock of socialization for seniors.

Suggestions:

- a master plan vision for a warm water therapeutic pool as part of the new swim facility Los Altos would be an important benefit
- if the pool is built, water aerobics or exercises would be a very progressive addition and would help promote physical fitness. Note: Prevention is a key component to healthy living for all ages. The intergenerational Community Center might be designed so that a large building would break out into many small spaces where periodic tests and procedures could be easily administered. This might be organized around an annual “health fair” for example. Test might include blood pressure and muscle mass screening; eye tests, eyeglass repair, breast self-exams, proper cane use, screening hearing tests, nutrition counseling, stop smoking, information and referral, safe driving tests and foot care.

**3. Development of a 3 year city-wide action plan based on the findings of this assessment**

The Senior Commission made the following recommendations regarding the identified needs. The Commission knows that communities must be aware of costs but feels that there could be external foundation grants available if the Age-Friendly City program moves forward. Some of the recommendations could be projects for the Senior Commission and/or for other appropriate Commissions or Committees. They could be joint efforts if the Councils so decide. Some items could be incorporated into long-term planning, including the Master Plan.

We are aware that the Senior Commission is directed by the City Council and City Manager to prioritize the following recommendations. Following the hoped for Age-Friendly designation, it is the intention of the Senior Commission to develop a matrix to organize recommendations in terms of possible costs, prior incorporation into the master plan. It is also our intention to explore opportunities for external foundation funding to help support the implementation of projects described below. We understand that the Age-Friendly network membership allows a 1-2 year planning process.

**Planning Process**

- A. Establishment of mechanisms to involve older people (Done)
- B. A baseline assessment of the age-friendliness of the city (In process)
- C. Development of a 3-year city wide plan of action based on assessment findings (In process/see below)
- D. Identification of indicators to monitor progress (In process/see below)

## **Action Plan Based on Senior Committee Recommendations:**

**(Note: These recommendations will be organized into a: no cost/external funding/master plan matrix and prioritized during the A-F 1-2 year planning period)**

1. Transportation
  - a. Work with the SayHi group from the unincorporated LeHigh area to organize neighborhood transportation programs. Theirs is most successful.
  - b. Add benches at all bus stops as funds become available
  - c. Work to get low-cost taxi contracts
  - d. Include sidewalk repairs in long-term planning.
  - e. Continue adding increased lighting in both communities
  - f. Set traffic signals to allow a few more seconds to cross the street
2. Aging in Place/Community
  - a. Continue to allow building of condos near downtown
  - b. Urge builders to make condos Senior ready as in Eskaton homes
  - c. Senior Commission can arrange education sessions in Financial Counseling regarding financing options for purchasing home/condo, including reverse mortgages
  - d. Senior Commission could arrange education sessions to assist Seniors in finding safe, reliable house maintenance and care giver services
3. Improved Senior Center
  - a. Have aging experts as advisors as City develops Master Plan
  - b. Have Senior hours for swimming in new pool
4. Keeping active—physically, mentally and socially
  - a. Have pool and work-out area in Master Plan.
  - b. Encourage volunteer artists to teach at the Senior Center in return for specific space to work in or display their creations
  - c. Continue to support and build on programs we have as time, space and funds are available
5. Emergency Preparedness
  - a. Work with and promote the Personal Preparedness (PEP) Program in Los Altos
  - b. Ultimately, Los Altos and Los Altos Hills could be supportive of each other in case of a major emergency

### **4. Identification of indicators to monitor progress against this plan**

It is our intention to carefully follow the progress in our five categories using both quantitative and qualitative measures. We anticipate conducting an *externally funded* Senior Survey every 5 years to measure progress in the five areas and assess newly emerging needs. In addition, we will insure that Qualitative and Quantitative outcome measures are included in every externally funded grant proposal that we submit to support projects each of the five areas.

We will advise and promote AF recommendations in the progress of the City's Master Plan.

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**1) What is the percentage of older persons (age 65 and above) residing in the city?**

Los Altos 65+: 5,784 total, 20.0% of the population. 2,609 Males, 3,175 Females

Los Altos Hills 65+: 1,838 total, 23.2% of the population. 906 Males, 932 Females

**Important Note: According to the 2010 United States Census:**

- ❖ Note: Los Altos residents 55-64 years old will add almost another 14% in the next decade to Los Altos. These are the aging baby boomers.
  
- ❖ Note: Los Altos Hills residents 55-64 years old made up another 16% of the town's population and soon-to-be seniors. These are the aging baby boomers.

Santa Clara County 65+:

196,944 total, 11.0% of the population. 86,004 Males, 110,904 Females

\*Source: Mike Torres, Director of Contracts and Planning

Council on Aging, Silicon Valley

2115 The Alameda

San Jose, CA 95126

p: 408.350.3271

f: 408.249.8918

<http://factfinder2.census.gov/main.html>

**2) Is there any funding available to assist with this project?**

**Potential Age-Friendly Foundations to support 5 categories above**

**A. Transportation**

- Administration on Aging Funding Opportunities (<http://www.aoa.gov/aoaroot/grants/Funding/index.aspx>)
- National Institute on Aging (<http://www.nia.nih.gov/GrantsAndTraining/>)
- A Los Altos CEO has stepped up to offer to lead a feasibility study to explore private funding to run a downtown/village shuttle service. He has asked to remain anonymous at this time.

#### **B. Aging in Place/Community**

- Amgen Foundation (<http://www.amgen.com/citizenship/foundation.html>)
- AARP Foundation (<http://www.jhartfound.org/grants.htm>)
- Metlife Foundation (<http://www.metlife.com/about/corporate-profile/citizenship/metlife-foundation/index.html>)
  - Also supports healthy aging and mental fitness programs

#### **C. Improved Senior Center**

- The John A. Hartford Foundation (<http://www.jhartfound.org/grants.htm>)

#### **D. Keeping Active – Physically, Mentally, and Socially**

- Winifred Johnson Clive Foundation ([www.pfs-llc.net/clive/index.html](http://www.pfs-llc.net/clive/index.html))
- Amgen Foundation (<http://www.amgen.com/citizenship/foundation.html>)

#### **E. Emergency Preparedness**

- Walmart Foundation (<http://walmartstores.com/CommunityGiving/203.aspx>)

(See supporting documents of foundations as an attachment)

- 3) Are there other related projects currently being planned or implemented in the city that specifically target older people? If yes, please describe them?**

The Los Altos City Master Plan includes an Intergenerational Community Center with an exercise room and a vision for a public pool.

- 4) Have you already started a baseline assessment process of the age-friendliness of your city**

Two studies were undertaken as described in detail above.



## 108 Stores with Senior Discounts

Gone are the days of your grandmother's "early bird special" at the local diner. As our baby boomers reach retirement age, hundreds of retailers are featuring new and improved discounts exclusively for the 60 and older crowd. We have composed a list of senior savings that will help you keep more cash in your pocket. Whoever said getting older was a bad thing, obviously didn't know about these fantastic senior discounts!

### Restaurants

- Applebee's: 15% off with Golden Apple Card (60+)
- Arby's: 10% off (55+)
- Ben & Jerry's: 10% off (60+)
- Bennigan's: discount varies by location
- Bob's Big Boy: discount varies by location (60+)
- Boston Market: 10% off (65+)
- Burger King: 10% off (60+)
- Captain D's Seafood: discount varies on location (62+)
- Chick-Fil-A: 10% off or free small drink or coffee (55+)
- Chili's: 10% off (55+)
- CiCi's Pizza: 10% off (60+)
- Culver's: 10% off (60+)
- Denny's: 10% off, 20% off for AARP members (55+)
- Dunkin' Donuts: 10% off or free coffee (55+)
- Einstein's Bagels: 10% off baker's dozen of bagels (60+)
- Fuddrucker's: 10% off any senior platter (55+)
- Gatti's Pizza: 10% off (60+)
- Golden Corral: 10% off (60+)
- Hardee's: \$0.33 beverages everyday (65+)
- IHOP: 10% off (55+)
- Jack in the Box: up to 20% off (55+)
- KFC: free small drink with any meal (55+)
- Krispy Kreme: 10% off (50+)
- Long John Silver's: various discounts at participating locations (55+)
- McDonald's: discounts on coffee everyday (55+)
- Mrs. Fields: 10% off at participating locations (60+)
- Shoney's: 10% off
- Sonic: 10% off or free beverage (60+)
- Steak 'n Shake: 10% off every Monday & Tuesday (50+)

- Subway: 10% off (60+)
- Sweet Tomatoes 10% off (62+)
- Taco Bell: 5% off; free beverages for seniors (65+)
- TCBY: 10% off (55+)
- Tea Room Cafe: 10% off (50+)
- Village Inn: 10% off (60+)
- Waffle House: 10% off every Monday (60+)
- Wendy's: 10% off (55+)
- White Castle: 10% off (62+)

### **Retail and Apparel**

- Banana Republic: 10% off (50+)
- Bealls: 20% off first Tuesday of each month (50+)
- Belk's: 15% off first Tuesday of every month (55+)
- Big Lots: 10% off
- Bon-Ton Department Stores: 15% off on senior discount days (55+)
- C.J. Banks: 10% off every Wednesday (60+)
- Clarks: 10% off (62+)
- Dress Barn: 10% off (55+)
- Goodwill: 10% off one day a week (date varies by location)
- Hallmark: 10% off one day a week (date varies by location)
- Kmart: 20% off (50+)
- Kohl's: 15% off (60+)
- Modell's Sporting Goods: 10% off
- Rite Aid: 10% off on Tuesdays & 10% off prescriptions
- Ross Stores: 10% off every Tuesday (55+)
- The Salvation Army Thrift Stores: up to 50% off (55+)
- Stein Mart: 20% off red dot/clearance items first Monday of every month (55+)

### **Grocery**

- Albertson's: 10% off first Wednesday of each month (55+)
- American Discount Stores: 10% off every Monday (50+)
- Compare Foods Supermarket: 10% off every Wednesday (60+)
- DeCicco Family Markets: 5% off every Wednesday (60+)
- Food Lion: 6% off every Monday (60+)
- Fry's Supermarket: free Fry's VIP Club Membership & 10% off every Monday (55+)
- Great Valu Food Store: 5% off every Tuesday (60+)
- Gristedes Supermarket: 10% off every Tuesday (60+)
- Harris Teeter: 5% off every Tuesday (60+)
- Hy-Vee: 5% off one day a week (date varies by location)
- Kroger: 10% off (date varies by location)
- Morton Williams Supermarket: 5% off every Tuesday (60+)
- The Plant Shed: 10% off every Tuesday (50+)
- Publix: 5% off every Wednesday (55+)

- Rogers Marketplace: 5% off every Thursday (60+)
- Uncle Guiseppe's Marketplace: 5% off (62+)

### Travel

- Alaska Airlines: 10% off (65+)
- Alamo: up to 25% off for AARP members
- American Airlines: various discounts for 65 and up (call before booking for discount)
- Amtrak: 15% off (62+)
- Avis: up to 25% off for AARP members
- Best Western: 10% off (55+)
- Budget Rental Cars: 10% off; up to 20% off for AARP members (50+)
- Cambria Suites: 20%-30% off (60+)
- Clarion: 20%-30% off (60+)
- Comfort Inn: 20%-30% off (60+)
- Comfort Suites: 20%-30% off (60+)
- Continental Airlines: no initiation fee for Continental Presidents Club & special fares for select destinations
- Dollar Rent-A-Car: 10% off (50+)
- Econo Lodge: 20%-30% off (60+)
- Enterprise Rent-A-Car: 5% off for AARP members
- Greyhound: 5% off (62+)
- Hampton Inns & Suites: 10% off when booked 72 hours in advance
- Hertz: up to 25% off for AARP members
- Holiday Inn: 10%-30% off depending on location (62+)
- Hyatt Hotels: 25%-50% off (62+)
- InterContinental Hotels Group: various discounts at all hotels (65+)
- Mainstay Suites: 10% off with Mature Traveler's Discount (50+); 20%-30% off (60+)
- Marriott Hotels: 15% off (62+)
- Motel 6: 10% off (60+)
- Myrtle Beach Resort: 10% off (55+)
- National Rent-A-Car: up to 30% off for AARP members
- Quality Inn: 20%-30% off (60+)
- Rodeway Inn: 20%-30% off (60+)
- Sleep Inn: 20%-30% off (60+)
- Southwest Airlines: various discounts for ages 65 and up (call before booking for discount)
- Trailways Transportation System: various discounts for ages 50 and up
- United Airlines: various discounts for ages 65 and up (call before booking for discount)
- U.S. Airways: various discounts for ages 65 and up (call before booking for discount)

### Activities & Entertainment

- AMC Theaters: up to 30% off (55+)
- Bally Total Fitness: up to \$100 off memberships (62+)
- Busch Gardens Tampa: \$3 off one-day tickets (50+)



- Carmike Cinemas: 35% off (65+)
- Cinemark/Century Theaters: up to 35% off
- U.S. National Parks: \$10 lifetime pass; 50% off additional services including camping (62+)
- Regal Cinemas: 30% off
- Ripley's Believe it or Not: @ off one-day ticket (55+)
- SeaWorld Orlando: \$3 off one-day tickets (50+)

#### **Cell Phone Discounts**

- AT&T: Special Senior Nation 200 Plan \$29.99/month (65+)
- Jitterbug: \$10/month cell phone service (50+)
- Verizon Wireless: Verizon Nationwide 65 Plus Plan \$29.99/month (65+)

\*Check out our [Secret Cell Phone Discounts](#) to view all cell phone discounts available to you!

#### **Miscellaneous**

- Great Clips: \$3 off hair cuts (60+)
- Super Cuts: \$2 off haircuts (60+)

Since many senior discounts are not advertised to the public, our advice to men and women over 55 is to **ALWAYS** ask a sales associate if that store provides a senior discount. That way, you can be sure to get the most bang for you buck.

Posted on 6/28/2011 at: <http://www.bradsdeals.com/blog/2011/06/28/stores-with-senior-discounts/>

Advisory Council of the Council of Aging  
Meeting 8/29/2011 Report

After our usual Business Meeting (approval of minutes, committee reports etc.,) Our Speaker, Melanie Espino. COA's Aging & Education Preparation Program gave a wonderful present on their program. Here are the highlights.

The COA developed an educational program to help seniors to start planning early in order to stay healthy, safe and ready for their next phase of their life. They held classes (free of charge) and invited Family Members and seniors (40% Family Members ages 40+ and 60% Seniors 60+) to a series of classes given at Santa Clara University (6pm to 8:30pm) on the following topics.

- Aging in the 21<sup>st</sup> Century
- Healthy & Long-Terms Care Insurance
- Effective Family Caregiving
- Financial & Legal Planning
- In-Home Services
- Lifestyle Issues
- Brain Health & Memory Loss
- Housing & Home Safety
- End-of-Life Planning
- Healthy Aging

The COA was concerned that since this was a pilot program there would be very little participation, they were pleasantly surprised when they had an enrollment of 40 people per class. The next series of classes will start in October, however according to Ms. Espino that class is almost full.

Anyone interested in learning more about these classes call 408-350-3200 Option 1 or email [AEP@coasiliconvalley.com](mailto:AEP@coasiliconvalley.com). Ms. Espino is also open to giving presentation to Senior Centers and Civic Groups.

One of our Advisory Council members asked the Group if it would be appropriate to invite City Council Member from their particular area to one of our meetings to discuss items that needed attention from the various City Councils, which had been brought to their attention, but nothing had been done about it.

Case in point, Safety issues regarding Seniors crossing very busy streets (like Alum Rock Ave in San Jose or San Antonio Road in Los Altos), which could be improved by adding a little more time to the Traffic Lights. Or adding more lighting to streets so that people, not just seniors, could go out after dark.

After a long discussion between the Board Members it was suggested that we all gather data regarding the issues and submit Photos or PowerPoint's which we can show to our respective City Councils. This project will be spearheaded by the Traffic Commission of the Advisory Council to the Council on Aging, which I am a member of. After we have gathered our facts we will asked representatives from the various City Councils to attend a meeting, at which time we will present our findings.

Respectfully Submitted

*Gabrielle*

K.Gabrielle Tiemann

Vice Chair, Advisory Council

Of the Council on Aging



*A celebration in honor of you...*

*for all that you are and all that you  
do...thank you.*

**What:** City of Los Altos Senior Center Volunteer  
Appreciation Dessert and Wild Things Inc. Wildlife  
Rescue Center with Animals around the world.

**When:** Wednesday, September 14, 2011

**Where:** Hillview Multipurpose Room  
97 Hillview Avenue, Los Altos, CA 94022

**Time:** 1:00pm—2:30pm

**Phone:** (650) 947-2797

**RSVP:** Please telephone your RSVP to  
the Senior Center by Friday, September 9

*We look forward to a celebration in your honor!*

*Candace Bates  
Jennifer Weiss  
Emily Ufheil-Somers*

