



## MONDAY, NOVEMBER 28, 2011

### 4:30 P.M. –SPECIAL SENIOR COMMISSION MEETING

Hillview Community Center, Los Altos Senior Center Room 12  
97 Hillview Avenue, Los Altos, California 94022

#### ROLL CALL

#### PLEDGE OF ALLEGIANCE

#### DISCUSSION ITEMS

1. Report to Council: Senior Commission Work Plan  
Review and approve.
2. Report to Council: Questionnaire Analysis Prioritization and Cost Analysis  
Review and approve.

#### ITEMS FOR INFORMATION

3. Santa Clara Council on Aging Advisory Board Report  
Report by Commissioner Tiemann.

Public Comments – Members of the audience may comment on any item on the agenda at this time. Speakers are generally given two or three minutes, at the discretion of the Chair.

#### *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.losaltosca.gov/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.



## AGENDA REPORT

**MEETING DATE:** December, 13, 2011

**TO:** City Council

**FROM:** Senior Commission

**SUBJECT:** 2012 Senior Commission Work plan

**RECOMMENDATION:** Review and approve 2012 Senior Commission Work plan.

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**SUMMARY:**

**Estimated Fiscal Impact:**

**Amount:** None

**Budgeted:** N/A

**Public Hearing Notice:** None

**Previous Council Consideration:** None

**CEQA Status:** None

**Attachments:** None

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Beverly Tucker, Recreation Director

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Date

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Russell J. Morreale, Finance Director

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Date

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Douglas J. Schmitz, City Manager

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Date

## **BACKGROUND:**

The Senior Commission will continue to develop in our planning process the eight domains of the Age-Friendly designation, giving particular attention to those five that were identified by seniors in our recent Survey. They were:

1. Transportation
2. Aging in Place/Community
3. Updating of the Senior Center
4. Keeping Active—Mentally, Physically and Socially
5. Emergency Preparedness

## **DISCUSSION:**

The Senior Commission recommends that Council approves the following goals for 2012:

1. Contact Santa Clara Valley Transit Authority to inquire about possibility of installing benches at bus stops in Los Altos/Los Altos Hills
2. Educate and encourage local housing developers to construct universally designed housing
3. Investigate the possibility of up-dating the Senior Center using complimentary services from local decorators and merchants
4. Collaborate with the Senior Center on a variety of educational sessions, including the no-cost Stanford University Falls Prevention Program
5. Investigate the Inter-generational Emergency Preparedness Project developed by the San Francisco State University gerontology graduate students and encourage seniors to participate in the two cities Emergency Preparedness classes
6. Update the Senior Resource Manual. Check current websites and add or subtract service providers as appropriate
7. Research the possibilities of the National Institute of Aging and the U.S. Administration on Aging research and program development grant to help older individuals remain healthy, independent and in their own homes and communities (Translational Community Research)
8. Share with appropriate city officials the results of our after-dark downtown grid lighting survey with the possibility that it be incorporated into the budgeting process
9. Investigate possible Senior Commission liaison representation with other committees and commissions when appropriate.

## **FISCAL IMPACT:**

The work plan items above are exploratory and investigative and entail work to be done by commissioners. Any staff time put to this attention has already been included in the normal operating budget.

## **ALTERNATIVES:**

1. Accept or revise work plan items.



## AGENDA REPORT

**MEETING DATE:** December 13, 2011

**TO:** City Council

**FROM:** Senior Commission

**SUBJECT:** Prioritization of Senior Questionnaire Recommendations

**RECOMMENDATION:** Receive prioritization of Senior Questionnaire Prioritization and Matrix.

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**SUMMARY:**

**Estimated Fiscal Impact:**

**Amount:** None

**Budgeted:** N/A

**Public Hearing Notice:** None

**Previous Council Consideration:** October 26, 2010, August 23, 2011

**CEQA Status:** None

**Attachments:**

1. Senior Questionnaire Prioritization Matrix

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Beverly Tucker, Recreation Director

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Date

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Russell J. Morreale, Finance Director

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Date

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Douglas J. Schmitz, City Manager

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Date

## **BACKGROUND:**

On August 23, 2011, the Senior Commission presented the final statistics of the Senior Questionnaire and the resulting recommendations to the Los Altos City Council. At that time, City Manager, Douglas Schmitz, and the Los Altos City Council asked the Senior Commission to prioritize the proposed projects according to cost and impact.

## **DISCUSSION:**

The recommended projects that could result in the highest costs are:

1. Sidewalk repairs
2. Increased lighting
3. Using “aging experts” when finalizing the Community Center Master Plan
4. Increasing educational programs
5. An updated Senior Center

The Commission feels that they are not requesting costly projects. Some projects will need to be costed with the use of engineering services and can or may be considered in the upcoming budget and capital planning process at the discretion of the Council.

The Senior Commission has met with Jim Gustafson, engineering Building Manager of Los Altos. He shared the City of Los Altos Concrete Sidewalk Inspection, Maintenance and Replacement Policy and Procedure. Our plan (at no cost) is to educate seniors about city guidelines for sidewalk safety and how they can report their specific safety concerns. The Commission has no plans to ask for sidewalks throughout the city. The cost of any repairs would be included in the annual/5year budget.

Lighting was also addressed by Mr. Gustafson. The commission understands that the City of Los Altos will not be adding additional lighting into residential neighborhoods. However, the downtown area, which now includes many condos, inhabited by seniors does have some dark spots. A survey was done on this area and the result was e-mailed to Mr. Gustafson and City Manager, Douglas Schmitz. The survey pointed out lights that needed bulb replacement, lights that could benefit from tree pruning, areas with excellent lighting and several that were very dark. Any non-emergency items could be considered in the annual/5 yr. budget.

Using Aging Experts as consultants for the Community Center, if supported by the City Council and the Planning Department should be part of that overall final budget—which is yet to be determined. This intergenerational Community Center would include facilities such as a pool and work out center which could be used by Seniors.

Increasing recreational classes will, of course, be part of the ongoing budget process—programs can be added as the budget allows.

The projects that could have “small costs” are:

1. Benches at bus stops
2. Low-cost taxi-contracts
3. Increased pedestrian time at traffic lights

The Commission will investigate the non-bench bus stop areas and check with VTA to see who owns the areas and what limitations are involved. After this information is received, costing and maintenance would be researched. We believe, if the Council agrees, that private, age-related grants would be available to fund this project.

Graduate students in Geriatric Studies are presently doing research to find good examples of low-cost taxi contracts in small cities. Findings will be presented at a later date if they prove to be applicable to Los Altos/Los Altos Hills.

Jim Gustafson, Engineering Building Manager of Los Altos, stated that the traffic lights at the major intersections had been changed recently to meet Cal Trans’ requirements. The Federal Highway Administration has recommended that states increase by nearly 15% the amount of time traffic signals afford pedestrians to cross the street after the flashing orange hand appears. FHWA says the reasons for the change include an aging population that needs more time to cross; health-conscious Americans walking more; children encouraged to walk to prevent obesity and high gas prices pushing people to walk instead of drive. Mr. Gustafson said that the contracted company that checks the lights monthly can easily make changes if warranted for a modest cost of \$200.00.

The rest of the recommendations are at no cost:

1. Education of the community, especially seniors, can be offered on financing options for purchasing/selling a home, reverse mortgages, how to find safe, reliable caregiver services and home repair assistance. This can be arranged by the Senior Commission.
2. The neighborhood transportation program used by the Say Hi group is willing to help other neighborhoods set up a program. The Commission would not be public advocates nor assist but could encourage the Town Crier to publicize the program.
3. A group of graduate students in Gerontology are in the process of researching emergency preparedness programs for smaller communities that includes senior awareness and assistance in disasters. If a viable plan is found, it will be presented to the Council.
4. Information on senior ready construction has been forwarded to the City Planning Dept. It contains unique, recent construction ideas that can make it easier to age in place safely,
5. The city is already allowing additional condos to be built in the downtown area.

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Senior Commission Questionnaire Prioritization and Matrix

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Those projects having the greatest impact are lighting in the downtown area, timing of traffic lights to allow adequate time for street crossings and benches at bus stops. All of these items are related to safety and are supportive of independence for seniors.

**FISCAL IMPACT:**

Nothing that is not already incorporated into existing budgets.

**ALTERNATIVES:**

DRAFT

## Senior Questionnaire Prioritization Matrix

Priority	Project	Long Term	Short Term
	Education re: Sidewalk Repairs		X
	Increased Lighting	X	
	Aging Experts in Master Plan	X	
	Increasing Educational Programs		X
	Updated Senior Center	X	
	Installing Benches at Bus Stops	X	
	Low-cost taxi-contracts	X	
	Increased pedestrian time at traffic lights		X
	Ongoing Education re: Resources		X
	Transportation	X	
	Emergency Preparedness	X	
	Construction ideas		X
	Senior Living Space	X	



**Advisory Council of the Council of Aging**  
**Meeting Report**  
**November 2011**

After the usual Calling the Meeting to order, Roll Call, Introduction of Guests/New Members and Adoption of Agenda and Approval of Minutes we moved on to:

**Committee Reports:**

**Health Committee** – Still looking for a Volunteer to serve as Chair – so far nobody volunteered

**Transportation Committee** – Looking for a replacement for the current Chair - Ideally the new chair would be associated with VTA and/or know a lot about transportation systems.

**Planning Committee** – It was announced by Mike Torres from the COA that the Kinship Resource Program (Grandparents raising their Grandchildren) is in the formative stages.

**Legislative Advocacy Committee** – the Committee has great concerns regarding the Supercommission cutting Social Security benefits – they are urging all of us to contact them either at [www.deficitreduction.gov](http://www.deficitreduction.gov) or call 877-762-8762 and voice our concern. There is a representative from California on the Supercommittee, his name is Xavier Becerra and his phone number is 202-224-4254.

**CLS Session:**

Senior Senator Bob Jaffee informed us that updates for the California Senior Legislature can be found on their Website <http://www.4csl.org/>

**Speaker/Membership Report:**

Nancy Murrish from the Congress of California Seniors (a non-profit organization) They are mainly an organization that speaks out on issues and usually takes a position on ballot initiatives and landmark legislation. For more details about their organization you can access: [www.seniors.org](http://www.seniors.org).

**New Business:** none

**Old Business:**

Mike Torres of COA informed us that there is an Advisory Council Training Class on November 21<sup>st</sup> at the COA Office.

**Chairpersons Report:**

Since nobody from our Group was invited to the COA Retreat there was no report.

**Staff Report:**

Mike Torres from COA informed us that there is a vacancy in the California Senior Assembly and anyone over the age of 60 is invited to submit their name for consideration, all of us were urged to spread the word.

**Announcements:**

The undersigned informed that assembly that the Cities of Los Altos and Los Altos Hills had applied to the World Health Organization to be designated “Age Friendly Cities” (we since have been given this designation by them – the first California Cities to be so designated) more information regarding Age Friendly Cities can be obtained at:

[http://www.who.int/ageing/age\\_friendly\\_cities\\_network/en/index.html](http://www.who.int/ageing/age_friendly_cities_network/en/index.html)

Respectfully Submitted

*Gabrielle*

K.Gabrielle Tiemann

Vice Chair, Advisory Council

Of the Council on Aging

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650-796-4723

# 'Age-friendly' status could equal big bucks for Los Altos



Written by Bruce Barton - Staff Writer/bruceb@latc.com

WEDNESDAY, 23 NOVEMBER 2011



Los Altos and Los Altos Hills are now the only "Age-Friendly" cities in California, earning the distinction two weeks ago from the World Health Organization. They join Des Moines, Portland and New York as the only cities in the United States with the designation.

Los Altos resident Anabel Pelham, a member of the Los Altos/Los Altos Hills Senior Commission, called the designation "huge."

"It opens up the door to major funding," said Pelham, founder of the Institute on Gerontology at San Francisco State University.

Such sources of funding might include the National Institute on Aging and the Administration on Aging. Cities recognized as "Age-Friendly Cities" could be eligible for large grants in the range of \$500,000 annually for five years.

Such significant funding could make possible a number of projects that are only pipe dreams now: benches for every bus stop, a warm-water pool for the senior center or funding for an overhaul of the senior center.

Commissioner Karen Jenney, a Los Altos resident and former executive director of Pilgrim Haven retirement community, agreed that the age-friendly status is beneficial.

"It puts you on the map in the world of gerontology," she said, adding that when applying for grants in either the public or private sector, "your name floats to the top."

Los Altos has a sizable older population. Current demographics reveal that approximately 20 percent of the city's 29,000 residents are 65 and older. Pelham added that the community comprises approximately one-third baby boomers, whose oldest members turn 65 this year.

Although senior commissioners have pursued age-friendly status and improvements in services that focus on older residents, Pelham said the designation also indicates that the community is successful at servicing a

range of ages.

"You have to make a concerted effort to welcome people of all ages," she said. "It's about building an intergenerational community."

The age-friendly status caps a busy two years of efforts to help older local residents, including formation of the two-city commission, the development of a binder containing senior resources, a survey of local seniors and the age-friendly application.

Next steps include commission discussion on grant applications and a presentation before the Los Altos City Council at its Dec. 13 meeting. Senior commissioners plan to present first-year goals under the recent age-friendly status, Jenney said. These goals are in line with WHO objectives, which include a wide range of quality-of-life improvements.

Results from a commission-conducted survey earlier this year demonstrated that Los Altos' needs parallel those of the rest of the world: improved housing and transportation and trusted assistance for seniors who want to live independently.

Jenney said that locally, the transportation issue stands out.

"If you don't drive, you're in trouble here," she said.

Jenney said commissioners have encouraged builders to include such items as open showers and grab bars – "little things that could be in anybody's home" – for those attempting to scale down by moving to local condos.

"Everybody wanted a decent senior center," she said of other survey results.

The Los Altos Civic Center Master Plan includes a new senior center, but if funding doesn't materialize, Jenney said the commission could pursue a sprucing up of the current facilities.

The grab bag of improvements could range from resetting traffic lights for longer crossing times to providing more streetlights to eliminate dark spots. Other possibilities include educational sessions featuring experts to assist seniors with tax-law compliance or handling the sale of a longtime home.

"Everyone is excited about the possibilities," Jenney said. "We feel very fortunate."

## No Comments

There are no comments up to now.

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## POST COMMENT

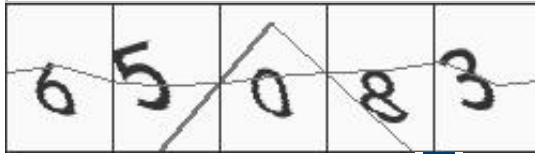
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*City of Los Altos Senior Center*

*www.losaltosrecreation.org*

*97 Hillview Avenue, Los Altos, CA 94022*

*(650)947-2797*



# FOOTHILL COMMUNITY CHOIR

## Monday, November 28th

### At 12:30pm

### in Hillview MPR

## **FREE** Holiday performance!!!

The Foothill Community Choir directed by Karl Schmidt will perform a Holiday Program that will feature inspirational music, Celtic melodies and Holiday favorites including Ring the Bells, Hannakah Night, Sleigh Ride and traditional Carols - all sung by the 30 voice strong choir!

You are invited to join the choir through Foothill-De Anza Community Education.

<http://fhda.augusoft.net>, Karl Schmidt 650-961-3673