



MONDAY, DECEMBER 5, 2011

4:30 P.M. –REGULAR SENIOR COMMISSION MEETING

Hillview Community Center, Los Altos Senior Center Room 11
97 Hillview Avenue, Los Altos, California 94022

ROLL CALL

PLEDGE OF ALLEGIANCE

SPECIAL PRESENTATIONS

1. Jim Gustafson, Engineering Building Manager at City of Los Altos will discuss the Senior Commission's lighting survey.

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.

2. Commission Minutes
Recommendation to approve the minutes of the November 7, 2011 regular meeting and special meeting of November 28, 2011.

DISCUSSION ITEMS

3. Senior Commission Outreach
Discuss Senior Commissioners representing the Senior Commission at selected City and Town Commissions and Committee meetings and at Senior focused groups within the Los Altos Communities. Please refer to the City and Town websites for detailed Commission and Committee information.
[Town of Los Altos Hills](#)
[City of Los Altos](#)
4. Community Expo Funding
Discuss support of the Partners for Elder Generation (PEG) of the Los Altos Rotary request for funding from the Town of Los Altos Hills for \$1,500 to become a contributing sponsor of the March 24, 2012 Community Expo.

5. Reports to Council
 - a. 2012 Senior Commission Work plan
Receive report that will be submitted to the City of Los Altos City Council at the December 13, 2011 City Council meeting.
 - b. Prioritization of Senior Questionnaire Recommendations
Receive report that will be submitted to the City of Los Altos City Council at the December 13, 2011 City Council meeting.
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.

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.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.

Los Altos Street Lighting Survey

On October 30, 2011, Karen Jenney and Anabel Pelham, members of the Senior Commission conducted a survey of the lighting downtown between 7:15-8:30 PM. We walked the downtown in a grid fashion with First Street, Edith and San Antonio Road serving as the perimeter streets. We understand that it is the City policy to not have excessive lighting in residential areas. However, the commercial area of downtown with condos on the periphery would benefit from good lighting for safety and to encourage individuals to frequent the restaurants in the evening. Winter months create dark streets at 6:30 PM. The Questionnaire for Seniors suggests that residents wish to stay in Los Altos in their later years and one way to do this successfully is to move to condos near downtown. We particularly noted areas that are dark, areas well lit and areas lit by commercial lighting (not street lights). These are our findings:

Street Lights and city decorative lights that are not functioning:

1. The tall pole street light at 1st and Main
2. There are three decorative street lights out on 1st Street around Maria's antiques (due to construction?)
3. Decorative street light on 1st near Aqua Cleaners
4. Decorative street light at 2nd and State
5. Decorative street light on 4th near Edith

Areas that are especially dark:

1. Plaza South is very dark with only one street light
2. Plaza Central at Cambria is dark
3. Plaza North around 2nd to 3rd is dark (Avivan Apartments). There are 6 small condo lights that are all out in this area at 80 2nd Street
4. At Moison Investments, 350 2nd Street, the exterior lights are out
5. 2nd Street is completely dark at Lyell
6. Whitney business exterior lights help but there are no street lights

7. Edith from 1st to 2nd up to San Antonio is dimly lit. on 3rd the condo lighting helps a little as there are no street lights except one at the intersection of San Antonio.
8. 3rd Street at #86 is completely dark
9. Plaza North at 3rd is very dark
10. The parking lot that sits between the Parc Regent Senior Housing and the downtown area is dangerously dark. This is a major passage way for older adults walking from the residence and the downtown area.

Other areas of concern:

Behind Main Street Café (Plaza Central) facing State Street there is a large grid that slopes right next to a handicapped parking space. This could be dangerous for walkers and/or canes. Perhaps the space could be moved to another nearby location. This was noted in the Senior Questionnaire and has been reported to the City twice.

The lighting around the entry and exit steps of City Hall is minimal. We have noted several near misses for falls in this area.

Well lit areas:

1. Plaza South by Walgreens and Plaza Central in this area has good lighting.
2. Plaza North around the Design and Interiors's rear entrance enjoys 3 attractive parking lot lights. They appear to be new. Each fixture has 4 bulbs and they light the rear parking lot very well.
3. Plaza North around Wells Fargo is well lit because of the bank signs.
4. Plaza North is well lit across from Safeway due to their lights.

It was also noted that some trees have grown around the tall street light blocking their potential spreading light. Perhaps some pruning would provide better lighting.

This survey is given to you in hopes that the street lights that are out can be fixed and that the results will be contemplated in future planning where appropriate.
Thank you for your attention.

**MINUTES OF A REGULAR MEETING OF THE SENIOR COMMISSION OF THE
CITY OF LOS ALTOS/ TOWN OF LOS ALTOS HILLS, HELD ON
MONDAY, NOVEMBER 7, 2011, AT 4:32 P.M. AT HILLVIEW COMMUNITY CENTER,
97 HILLVIEW AVENUE, LOS ALTOS, CALIFORNIA, 94022**

ROLL CALL

PRESENT: Commission Members Traficanti, Jenney, Popell, Tiemann, Pelham, Brauch, De Mare,
Palmer, Seddiqui

ABSENT: None.

PLEDGE OF ALLEGIANCE

Chair Jenney led the pledge of allegiance to the flag.

PUBLIC COMMENT

Laura McCarthy, Alain Pinel. Introduced herself to the Commission.

CONSENT CALENDAR

1. Committee Minutes
Motion by Tiemann seconded by De Mare to approve the October 3, 2011 minutes as written. Motion passed unanimously.

DISCUSSION ITEMS

2. Subcommittee Reports
World Health Organization's global Age-friendly Cities
Motion by Tiemann seconded by Popell to disband the World Health Organization Global Network of Age-friendly Cities subcommittee.
3. Senior Scholarship Update
Received verbal Staff report from the Town of Los Altos Hills. The Town of Los Altos Hills City Council will revisit the Senior Scholarship concept at the January, 2012 meeting. Received an example City of Los Altos Senior Scholarship application packet. The City of Los Altos Senior Scholarship is now available. Those who are eligible may request an application by calling the City of Los Altos Finance Department at 650-947-2615.
4. Commission Goal Setting and Work Plan Development
A special meeting will be held November 28, 2011 to approve two reports to the City of Los Altos City Council; Senior Commission Work plan and Prioritization of Senior Questionnaire Recommendations and to receive a report from Commissioner Tiemann regarding the Santa Clara Council on Aging Advisory Board.

ITEMS FOR INFORMATION

5. Senior Commission Publicity
Tiemann reported on Articles to be written and received pertinent to senior issues
6. Santa Clara Council on Aging Advisory Board Report
Report by Commissioner Tiemann.
7. Get Involved! Get Active! Community Expo for 50+
Unanimous decision to host a table at the City of Los Altos and Rotary event on Saturday, March 24, 2012.

COMMITTEE REPORTS AND FUTURE AGENDA ITEMS

8. Senior Commission Outreach
Discuss Senior Commissioners representing the Senior Commission at selected City and Town Commissions and Committee meetings and at Senior focused groups within the Los Altos Communities.

ADJOURNMENT

Chair Jenney adjourned the meeting at 6:05p.m.

Candace Bates
Senior Center Recreation Coordinator
Liaison to the Senior Commission

**MINUTES OF A SPECIAL MEETING OF THE SENIOR COMMISSION OF THE
CITY OF LOS ALTOS/ TOWN OF LOS ALTOS HILLS, HELD ON
MONDAY, NOVEMBER 28, 2011, AT 4:30 P.M. AT HILLVIEW COMMUNITY CENTER,
ROOM 2, 97 HILLVIEW AVENUE, LOS ALTOS, CALIFORNIA, 94022**

ROLL CALL

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

PLEDGE OF ALLEGIANCE

Chair Jenney led the pledge of allegiance to the flag.

DISCUSSION ITEMS

1. Report to Council: Senior Commission Work plan
Motion by Tiemann seconded by Pelham to accept Work plan as submitted to the City of Los Altos City Council on December 13, 2011. Motion passed unanimously.
2. Report to Council: Prioritization of Senior Questionnaire Recommendations
Motion by Tiemann seconded by Popell to accept the report with changes to be submitted to the City of Los Altos City Council on December 13, 2011. Motion passed unanimously.

ITEMS FOR INFORMATION

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

ADJOURNMENT

Chair Jenney adjourned the meeting at 5:33p.m.

Candace Bates
Senior Center Recreation Coordinator
Liaison to the Senior Commission



November 19, 2011

The Honorable Ginger Summit
Mayor
Town of Los Altos Hills
26379 Fremont Road
Los Altos Hills, CA 94022

Dear Mayor Summit,

Based on a very successful "Get Involved! Get Active!" expo April 2, 2011 (Program enclosed), the Partners for Elder Generation (PEG) of the Los Altos Rotary are planning a 2nd annual event March 24, 2012. The primary objective for this venue is to connect 50+ individuals with non-profit organizations serving Los Altos/Los Altos Hills communities that rely heavily on volunteers. The primary costs for this event are for advertising and promotional materials, and a box lunch. There is no charge for exhibitors or attendees. Our plan for 2012 is to greatly increase the attendance of our target market through the following:

- Our Advertising and Marketing spending should more than double. The focus will be to describe what the organizations do and how volunteers are critical to their success in serving the community. Making a connection with our target market should spark more interest.
- We will pursue more special interest articles in the local newspaper (Town Crier) to feature the work of our contributing sponsors and the feature program.
- The feature program will be a panel discussion of Purpose Prize Fellowship award winners. The Purpose Prize recipients receive grants to pursue new encore careers in the non-profit arena through connecting and contributing to their communities. They are engaging presenters who speak about:
 - What an encore career means
 - What motivated them to pursue a solution to a pressing social problem
 - Challenges they have faced
 - Insights on how to become meaningfully engaged in the second half of life
 - Tips for how to get started creating an encore career... and more!

To achieve our aggressive goals for 2012, we need expand the financial support of Contributing Sponsors. Rotary has doubled its support and we would request that the Town of Los Altos Hills contribute \$1,500. Contributing Sponsors are prominently displayed in all our marketing materials.

We look forward to your involvement in 2012.

Sincerely,

David M. Smith
Partners for Elder Generation Committee
Los Altos Rotary

LOS ALTOS ROTARY CLUB P.O. BOX 794 LOS ALTOS CALIFORNIA 94022



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.

SUMMARY:

Estimated Fiscal Impact:

Amount: None

Budgeted: N/A

Public Hearing Notice: None

Previous Council Consideration: None

CEQA Status: None

Attachments: None

Beverly Tucker, Recreation Director

Date

Russell J. Morreale, Finance Director

Date

Douglas J. Schmitz, City Manager

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.

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

Beverly Tucker, Recreation Director

Date

Russell J. Morreale, Finance Director

Date

Douglas J. Schmitz, City Manager

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.

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:

Senior Questionnaire Prioritization Matrix

Priority	Project	Long Term initiated in 1+ years	Short Term initiated in 3-12 months
5	Education re: Sidewalk/Asphalt Path Repairs		X
2	Improve lighting in downtown corridor		X
12	Aging Experts in Master Planning	X	
9	Increase Recreation Department Educational Programs	X	
1	Update existing Senior Center		X
4	Install Benches at Bus Stops	X	
6	Low-cost taxi-contracts		X
3	Adequate pedestrian crossing time at traffic lights		X
8	Ongoing Education re: Senior Commission Seminars		X
7	Transportation	X	
10	Emergency Preparedness	X	
11	Construction ideas for Senior living space		X

* All of the above will be ongoing once initiated and reviewed annually.

Editorial: What's in the name? For seniors, a lot



Written by Los Altos Town Crier

WEDNESDAY, 30 NOVEMBER 2011



What does it mean to be age-friendly? It could mean funding for needed improvements benefiting the community at large – enhancements that could include new benches, more streetlights, even a revamped senior center.

We have the relatively new Los Altos-Los Altos Hills Senior Commission to thank for this. Through leaders such as gerontology professor Anabel Pelham, the group applied for the coveted “Global Age-Friendly City” designation from the World Health Organization. As one commissioner put it, the age-friendly status “puts Los Altos on the map,” creating exposure and funding opportunities from both the public and private sectors – all leading to the betterment of our quality of life.

The obvious beneficiaries will be seniors – approximately 20 percent of Los Altos’ 29,000 residents are 65 or older. But the city’s population also comprises one-third baby boomers – those born between 1946 and 1964. Improvements for our aging populace mean an investment in succeeding generations of residents, who will be “old” before they know it.

And, as one commissioner pointed out, “age-friendly” actually concerns every age – she indicated that the end-game is a community enjoying “intergenerational” relationships.

One shouldn’t assume improvements would target only those who struggle with mobility. Adding bike lanes, for example, would cater to seniors who enjoy active lifestyles as well as encourage exercise among all ages.

Age-friendly grants also could be used to help seniors with challenges such as continuing to live independently and managing the process of downsizing.

Housing and transportation are the top concerns among area seniors, as revealed earlier this year in a commission-conducted survey.

Transportation, in particular, is a problem for residents who don’t have cars.

Age-friendly status could open the door to additional bus lines and a shuttle service, or possibly even inspire groups of volunteers to offer free transportation to those who would otherwise be isolated in their homes.

The Los Altos of the future will accommodate more seniors, from the soon-to-be expanded Terraces at Los Altos retirement community to plans for additional housing downtown that could provide shopping opportunities just steps from their homes.

We thank the Senior Commission for its efforts and foresight, which have, so far, paid off in a big way.

No Comments

There are no comments up to now.

POST COMMENT

Email (will not be published)

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Title

Comment

999 remaining characters



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