

MINUTES OF THE REGULAR MEETING OF THE
SENIOR CITIZENS COMMISSION
OF THE CITY OF SOUTH PASADENA CONVENED
THIS 9th OF MAY 2018, AT 8:30 A.M.
SOUTH PASADENA SENIOR CENTER
1102 OXLEY STREET, SOUTH PASADENA, CA

ROLL CALL

Chair Vandelwall convened the Regular Meeting of the South Pasadena Senior Citizen Commission at 8:30 A.M.

Chair Vanderwall called the roll. Present were Chair Vanderwall, Commissioners Levitt, Hurtado-Sokolow, Knight, and Shon.

City Council Liaison, Robert Joe, was not present.

Staff present: Community Services Supervisor Torres.

PUBLIC COMMENTS

Chair Vanderwall opened the Public Comment section.

PUBLIC COMMENT: None

APPROVAL OF MINUTES OF MAY 9, 2018

Commissioner Shon motioned to approve minutes as submitted. Motion was seconded by Commissioner Levitt.

AYES: Vanderwall, Levitt, Knight, Hurtado-Sokolow, and Shon.

NOES: None

ABSTAIN: None

DISCUSSION ITEMS

1. Dementia Friends Presentation – Alzheimer’s Greater Los Angeles

Ms. Barbara McClendon, MSW presented on the Dementia Friends program which is sponsored by the City and County of Los Angeles and aims to make communities more dementia friendly. The program will be implemented in Los Angeles, San Bernardino, Riverside, and San Diego Counties. It educates small groups of 10-15 people at a time, provides them five key messages to help them educate others in their communities and thereby decreasing the stigma associated with living with Alzheimer’s disease and other forms of

dementia. Ms. McClendon and/or associates will provide the South Pasadena Senior Citizen Commissioners with a one-hour small group sample of the training, to be scheduled.

2. UPDATED SENIOR COMMISSION GOALS FOR 2018

a. Outreach/Marketing

Commissioner Levitt is working on the presentation "What to Do About Mom and Dad," to provide caregiver information and education to caregivers/family members of older adults.

b. Monthly articles - Assignments

Commissioner Shon completed an article for the South Pasadena Review providing an overview of Alzheimer's disease and programs and activities at the South Pasadena Senior Center can help promote healthy brain functioning, and encouraged seniors to participate in the same.

c. Update from Senior Citizens Foundation of South Pasadena

Ms. Barbara Sinclair updated the Commission on the passing of an esteemed Foundation member Ross MacMichael, and the additional of three new members. Ms. Sinclair is interested in coordinating efforts with the South Pasadena Senior Center and Commissioners on projects that can benefit seniors, including fundraising to the Center's programs and activities, having a Foundation member attend Commission meetings periodically to help promote such collaborations.

INFORMATION ITEMS

3. Report on Events

- Mother's Day - May 11th
- South Pasadena Healthy Aging - May 24th
- Memorial Day Program – May 28th
- Father's Day BBQ – June 15th

4. City Council Liaison's Report – Robert Joe

Councilman Joe was absent

5. Commissioner Comments

Commissioners discussed the value of personally providing talks in the Community to promote the Senior Center's programs, services, and activities to help reach more seniors and their caregivers. Some ideas about potentially helpful information provided to caregivers include information on adult day programs that can help provide them respite and therapeutic biopsychosocial services to seniors.

- **STAFF LIAISON**

Community Services Supervisor Torres advised the Commission that the Senior Center will have both a social work and gerontology intern from USC, which will mutually benefit the Center and its participants as well as provide education and training to the interns. Commissioner Levitt was instrumental in reaching out to USC to secure the interns.

ADJOURNMENT

Commissioner Vanderwall moved to adjourn the meeting and Commissioner Hurtado-Sokolow seconded the motion. All were in favor.

The regular Meeting of the South Pasadena Senior Commission adjourned at 9:30 A.M.



Chair, Robert Vanderwall

Minutes approved by the Commission on _____.