



SENIOR CITIZENS ADVISORY BOARD AGENDA

Tuesday, February 18, 2014 • 9:00 A.M. • San Bruno Senior Center

WELCOME TO OUR ADVISORY BOARD MEETING . . .

If you wish to speak on an item under discussion by the Board and appearing on the agenda, you may do so upon receiving recognition from the Board Chair. If you wish to speak on a matter not appearing on the agenda, you may do so during PUBLIC COMMENT. In compliance with the American Disabilities Act, individuals requiring accommodation for this meeting should notify us 48 hours prior to the meeting (616-7150).

A. APPROVAL OF MINUTES: January 2014 Minutes

B. TREASURER'S REPORT: January Report

C. SUGGESTION BOX:

D. UNFINISHED BUSINESS:

E. COMMUNICATIONS:

1. Donation Thank you letter to Barbara & Bernie Vas

F. STAFF REPORTS:

1. **Mary E. Tessier** – January Recreation Report
2. **Susan Mrsny** – January Outreach Report
3. **Gloria Deeter** – January Nutrition Report
4. **Mary E. Tessier** – January Class Participation Report

G. COMMITTEE REPORTS:

1. Program Committee
 - a. Minutes of the February 10, 2014 Meeting.

H. NEW BUSINESS:

I. PUBLIC COMMENT ON ITEMS NOT ON AGENDA:

Individuals allowed three minutes, groups in attendance, five minutes. Please state your name and address; if you are representing an organization, please state the name of the organization. It is the Board's policy to refer matters raised in this forum to staff for investigation and/or action where appropriate. The Brown Act prohibits the Board from discussing or acting upon any matter not agenzized pursuant to State Law.

J. ADJOURNMENT:

***** POSTED PURSUANT TO LAW *****

**SAN BRUNO SENIOR CENTER
FINANCIAL REPORT
January 2014**

Checking Account Balance 12/31/2013	\$ 29,835.03	
Income checking account	\$ 0.26	
Checks	\$ -	
Fees	\$ (6.00)	
Checking Account Balance 1/31/2014		\$ 29,829.29
Amount held at City of San Bruno prior 7/1/2013		\$103,932.20
Amount deposited to City since 7/1/2013	\$ 7,671.05	
Deposit made to City account January	\$ 315.75	
Deposit made to City account January	\$ 241.15	
Amount deposited to City this fiscal year		\$ 8,227.95
TOTAL NET WORTH JANUARY 31, 2014		\$141,989.44

February 13, 2014

Barbara & Bernie Vas
18 Queen Anne Ct.
Millbrae, CA 94030

Dear Barbara & Bernie,

On behalf of the San Bruno Senior Center's non-profit Nutrition Program, we thank you for your generous 27th Anniversary donation of \$100.00 in appreciation of our Senior Center programs.

Your donation supports programs that are funded by the Older Americans Act, providing low cost meals, transportation and information and referral service for the community's frail older adults. Each year, we serve more than 20,000 meals and assist approximately 800 individuals with information that helps them maintain their independence and dignity.

We appreciate your recognition of the hard work that goes into providing quality programs at the Center. Once again, thank you for your support. We are lucky to have you as members of our Center.

Sincerely,
San Bruno Senior Center

Mary Tessier
Recreation Services Supervisor

Cc: Senior Advisory Board

DATE: February 13, 2014
TO: Senior Advisory Board
FROM: Senior Center, Mary E. Tessier
SUBJECT: Recreation Items

January

1/16/14: 27th Anniversary Party: 185 seniors helped us celebrate the Senior Center's 27th Anniversary. Everyone enjoyed a delicious Chicken Scaloppini lunch, music and dancing with the "Bob Gutierrez Extended" Band, birthday cake and a raffle.

1/21/14: Conservatory of Flowers: 18 people enjoyed the live butterfly exhibit at the Conservatory followed by a docent led tour of the plant exhibits. After the tour we stopped in the Sunset for home-made ice cream. The Senior Center bus provided transportation to and from San Francisco.

1/29 & 1/30/14: Safe Driver Program: 29 people attended this eight hour class sponsored by AARP.

1/31/14: Wise & Well Heart Smart Program: This program provided through Mills Peninsula Senior Focus has changed slightly in 2014. Instead of glucose readings, there will now be weight/body mass index readings along with the usual blood pressure readings. 17 people met with the nurse for these measurements. After this service there will now be a class each month on a heart health related topic. The service is now only once per month instead of twice.

All of the Adult School classes started the Spring session on the second week of January.

"Annual Supporter" Program: Renewals for the 2014 Senior Center Supporter Program have been coming in steadily.

DATE: February 5, 2014
TO: San Bruno Senior Citizens Advisory Board
FROM: Susan Mrsny
SUBJECT: Monthly Outreach Report

Information/Referral: During the month of January Fifty-Two (52) individuals were assisted with a variety of information and referral needs.

Housing: Eight people were referred to Human Investment Project. (HIP) Referrals were Made for Assisted Living and Retirement Centers.

Health: Eight individuals had questions pertaining to Home Health Agencies on how to hire a caregiver for a loved one, as well as questions on Dementia and Alzheimer's.

Referrals to Social Worker:
Five people were referred to San Mateo County Social Worker with questions and concerns.

Legal: Two referrals were made to Legal Aid Society of San Mateo.

Community Outreach:
Three people were assisted on an individual basis through residential outreach. The assistance involved work with Lifeline, conferring with Home Health Agencies, Meals on Wheels.

Shopping/Food:
Four individuals with frailties were assisted with shopping needs through a program called S.A.S.H. (Shopping Assistance for Senior's who are Homebound), as well as referrals to Second Harvest Food Bank. This program provides a supplemental bag of groceries for low-income seniors.

Insurance:
Two people were assisted with questions and concerns regarding medical insurance and Medicare, as well as Long Term Care Insurance.

Information/Referral/Assistance:
Twenty people requested assistance with a variety of questions and concerns.

February 10, 2014

City of San Bruno
San Bruno Senior Center
January 2014
Advisory Report
Nutrition Program

The nutrition site had 82 volunteers to run the nutrition program. We received a total of 1827 volunteer hours for the month of January. The lunch program served a total of 21 days in January. In January, the program served a total of 1764 hot meals and salads from the salad bar.

Food donations from the Nutrition Site Outreach program, they were to the St. Vincent de Paul, Fire House, A.C.R.C., San Mateo County Teachers Assoc., San Bruno Park Dept., Primrose House, San Bruno Garbage Company, San Mateo County Kaiser Nurse Org, Saint Bruno Church.

To prepare for the Nutrition programs daily lunches, there are many tasks to be performed. These tasks include planning a nutritional menu, to be approved by the San Mateo County Dietician; shop for all items necessary for the lunch program (food and supplies), prepare, cook and serve on site daily and input the transportation and lunch clients into the Aging and Adult Service computer system.

Events in January

January 15, 2014, San Bruno Senior Center's 27th Anniversary Party – 157 people came for the celebration of The San Bruno Senior Center's 27 anniversary.

Gloria Deeter and the Nutrition Site volunteers created most of the meals in January

Upcoming Events in February

February 14, 2014 Valentine Party

Gloria Deeter and the Nutrition Site volunteers will create most of the meals in February

Gloria Deeter,
Community Service Supervisor

	January-14							Total
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
AARP								97
Aerobic Exercise	28 28	41 14 34 32 30		10 15 10 22 21				285
Ballroom Dance/Line		27 26 26 29		4 4 4 6			35	64 71
Bingo	66 55	50	86 80 70 71	123 133 129 126 131	77 71 72 70 101			1511
Birthdays Club								58
Bocce								0
Bridge								0
Ceramics	16 18	L 18	C					18
Computers	12 13	O 14 5 8 4 3	L	6 5 8 10 8 7	7 7 8 8 7			154
Current Events		S	S 12 10 10 11					43
Driver Safety		E	E 29					58
Gardening		D	D		2 2 5 5 5			19
Health/Eyeglass/Spkr			7		45			65
HICAP								7
Hiking/Walking	14 15	14	17 18 20 19	15 15 15 20 16				199
Horseshoes			20 20 22 22					84
Knitting					7 6 9 12 9			43
Stained Glass			12 10 10 11					43
Movie/Singing/Karaoke	9 12	12			8 10			51
Oil Painting				21 20 25 20				86
Pedro				44 48 52 52				248
Pilates	21 19	18						58
Pool	15 12	19 17 18 15 17	22 12 10 14	15 18 18 18 18	12 12 15 16 16			329
Softball/Ping Pong				12 11 19 14 13	15 10 10 10 14			128
Spanish								85
Special Event			185					185
Famous Faces & Places	12 13	12						37
Tai Chi			6 5 8 6					25
Tap Dance	8 9	11						28
Taxes								0
Trips				43 18				49
Ukulele				24				158
Western Line			15	18				33
Writing			20 23 27 30	34 34 44 38				250
Yoga/Qi Gong	16 15	15		7 13 13 11 9				53
Total	217 209 0	224 118 178 208 158	24 239 400 218 248 241 290 294 303 325	241 290 294 303 325	143 133 134 141 213 0	97 0 0 0 35 0	64 120	4974

Draft PROGRAM COMMITTEE

February 10, 2014

Members in attendance were Carmen Attard and Tammy Manini. Mary Tessier took the minutes.

1. Minutes for the December meeting were approved as written.

The movie group enjoyed “Red” and “Red 2”. The **Movie** next month will be Lee Daniels: “The Butler”.

2. **Programs:** Kathy’s “Walk with Ease” program is on break for a month. This eases up the Tuesday space issue for one month. Kathy may offer another Arthritis Exercise Class in the spring to lead up to the “Step Out” walk in May. Tax assistance has begun and the appointments are filling up quickly. The new Wise and Well format started last month and the blood pressure appointments were gone by 9:20 am. People will need to get in early to get a spot to see the nurse. 27 seniors stayed for the presentation on high blood pressure that followed the screening. There was discussion about the Thursday Ballroom Line Dance class. The instructor has been out with an injury for 3 months. The substitute instructor is only getting a few people in the class each week. Mary may need to call the regular instructor to discuss some other options for that time slot. Mary mentioned that she would be developing some criteria for classes that she would review with the committee at the next meeting.
3. **Presentations:** The instructor for the “Healthier Living with Chronic Conditions” program would like to offer the class here again. Mary thought that June would be a good time to offer it. The committee thought we should have a pre-registration to see if enough people would be interested. 29 students attended the “Smart Driver” Class in January. The next class will be in April and will be a 4 hour “Refresher Class”. Students who attended the 8 hour class in the last 3 years would be eligible to attend. This will be the first time that we offer this refresher class.
4. The committee discussed the option of having the meetings every 2 months instead of every month. The committee members were in agreement that we meet on the even months.
5. ***The next Program Committee meeting will be Monday APRIL 14, 2014 at 10:30 a.m.***