



**Commissioners Present:** Commissioner Wanda Buck  
Commissioner Bobbi Estrada  
Commissioner Alma Garcia  
Commissioner Grant McCauley  
Commissioner Sam Orme  
Commissioner Nancy Toledo

**Staff:** Jennifer Herb, Recreation Supervisor  
Kimberly Castro, Recreation Manager

**Guests:** Frank Kadlecek, Sourcewise representative  
Alice Pivacek, Sourcewise representative  
Lucille Hirsch, Community member

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**Matters for Council Action: None**

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**1. Call to Order/Roll Call**

The meeting was called to order by Recreation Supervisor Herb at 10:09 am. Supervisor Herb informed the Commission that Commissioner Diamond had resigned.

**2. Public Presentation – none**

**3. Election of Officers**

The Senior Advisory Commission nominated and elected the following officers:

Chair – Wanda Buck

Vice Chair – Nancy Toledo

Secretary – Grant McCauley

**4. Approval of Minutes**

On a motion by Commissioner McCauley, and a second by Commissioner Buck, the Commission approved (6-0) the minutes for the regular meeting of June 27, 2016.

On a motion by Commissioner Garcia, and a second by Commissioner Toledo, the Commission approved (6-0) the minutes for the regular meeting of July 25, 2016.

**5. Correspondence/Communications - none**

**6. New Business**

A. FY2016-17 Goals – The Commission brainstormed issues of interest and topics for focus of Commission efforts. The following areas for further exploration and goal definition are:

- i. Explore and present current research on “Dementia & Brain Improvement”
- ii. Host workshops for seniors on ways to prevent/address “Elder Abuse”
- iii. Sponsor a Senior Center Health and Wellness Fair

- iv. Support for an Age-Friendly City resolution
- B. Senior Center Health and Wellness Fair, May 2017 – Supervisor Herb informed the Commission that the date of May 20 had been selected, and asked the Commission to save the date.
- C. San Carlos Senior Center Tour – Supervisor Herb reported that the San Carlos Senior Center is happy to provide a tour of the facility and share an update on the senior community in the San Carlos area. Supervisor Herb asked about a Monday or Tuesday availability with the Commission. The Commission agreed to a Tuesday.

**7. Old Business**

- A. ADA Committee meeting September 8 at 10:00 am – Supervisor Herb reminded the commission about the meeting and asked for representatives to attend. Commissioner Toledo, Buck, and Orme volunteered to attend and report back to the commission.

**8. Staff Reports**

- A. Supervisor Herb informed the Commission about the upcoming Ice Cream Social at the Senior Center on Wednesday, August 31 from 10:00 am – 3:00 pm.
- B. Supervisor Herb reported that two new staff have been hired at the Senior Center. Office Specialist II, Omeed Adib, will be working at the Front Office, and TRS Recreation Coordinator, Lauren Council, will be overseeing the Therapeutic Recreation Program for the department.
- C. Recreation Manager Castro updated the Commission on park projects underway in the city, including Bracher and Carli Parks.

**9. Commissioner Reports**

- A. Commissioner Orme reported on an article in the newspaper about dementia care, as well as an article in Scientific America Mind about keeping the mind active by learning a foreign language or playing a musical instrument. Commissioner Orme suggested that the Commission contact Santa Clara University instructor Patti Simone to address steps to take to improve mind health and how people can adjust to getting older.
- B. Commissioner Toledo informed the Commission that on September 27 there will be voter registration at the Santa Clara Library during open hours.
- C. Commissioner Buck reported an episode of 60 Minutes discussing the Science of New Grandparenting, which shared the idea of keeping people young and possibly changing the brain.

**10. Conference and Attendance Reports - none**

**11. Adjournment:** The meeting adjourned at 11:53 am.

12. Adjournment

Prepared by: \_\_\_\_\_  
 Jennifer Herb  
 Recreation Supervisor

Reviewed by: \_\_\_\_\_  
 Grant McCauley  
 Commission Secretary

Submitted by: \_\_\_\_\_  
 Jennifer Herb  
 Recreation Supervisor