

MINUTES
COMMISSION ON AGING AND DISABILITIES
FEBRUARY 12, 4:00 P.M.
Wells Center, 1153 East Madison Avenue
El Cajon, CA

CALL TO ORDER

Vice Chair Martinez calls the meeting to order at 4:05PM

PLEDGE OF ALLEGIANCE

Vice Chair Martinez leads the group in saying the Pledge of Allegiance.

ROLL CALL

Commissioners present: Fred Cicalo, Janet Light, Martz Martinez, Pat McDonnell, Tricia Mattingly

Staff members present: Sara Ramirez, Recreation Services Manager (RSM); Susie Lowe, Recreation Services Supervisor (RSS); Judi Gonzalez, Administrative Secretary

MINUTES - NONE

AGENDA CHANGES

Action Item 4 should read Participated with selection of consultant for ADA Transition Plan and not Translation Plan.

PUBLIC COMMENT

ACTION ITEMS

1.* Introduction of Commissioners and Staff

Commissioner Martinez introduces all staff and Commissioners. RSS Lowe asks that everyone provide a brief history of him/herself. Commissioner Mattingly states that she has been a life long resident of the East County; growing up in the Santee/Lakeside area. She is a special education teacher and is currently doing research for Harvard University on bilingual students. Commission McDonnell states that he has lived in El Cajon since 1986 and that he once was an insurance salesman in Chicago. Commissioner Martinez says that he has lived in El Cajon for seventeen years. He is originally from New York and used to work for the telephone company there. He was one of the original members on the Commission for Aging. Commissioner Light has lived in El Cajon since 1953 and has a daughter with developmental disabilities. She approached City Council and asked them to establish a Commission on Disabilities. The Commission was formed in 1999. Commissioner Cicalo has lived in El Cajon since 1953 and bought his first home in 1956. He worked for the County of San Diego for

twenty-five years. He has been a Commissioner since 1999. RSM Ramirez has worked for the City of El Cajon for more than twenty years and took recreation classes as a child in 1968. She was the facilitator for the Commission on Disabilities before it merged with the Commission on Aging. She is now the facilitator for the Commission on Aging and Disabilities. Her job assignment with the Commission has been a very interesting one and she has learned a lot. RSS Lowe has worked for the City for eleven years. She began working with the Commission on Aging in 1997. She is currently the supervisor at Wells Center. Judi Gonzalez, Administrative Assistant, has been with the City for almost two years. She is a native of Virginia and has lived in California since 2001.

2.* Orientation of Commission - RSM Ramirez

RSM Ramirez addresses the list of terms found in each Commission member's packet. She explains that the Commission meets only on an as needed basis. The Commissioners will be notified if City Council needs the Commission to meet on a matter. She reviews the roles of the Commissioners and the responsibilities of the Commission. She states that the Commission acts as an advisory board and makes recommendations to City Council, but that it does not establish policies and procedures. She reviews the role of the Chair and Vice Chair and asks that everyone be respectful of one another and work as a team. She explains staff responsibility to the Commission.

Commissioner Light says that there is a mistake with her appointment date. Commissioner McDonnell asks if he will be notified when his term is about to expire. Vice Chair Martinez advises Commissioner McDonnell that he will receive a letter and a packet of information to fill out and send to the City Clerk's office when his term is about to end.

3.* Review of Brown Act – RSM Ramirez

RSM Ramirez provides a brief review of the Brown Act stating that it is an act that governs not only the Commission on Aging and Disabilities, but City Council as well. The Act is designed to protect public interest with business matters concerning the City. City business is not conducted behind closed doors, but available for public information. For the Commission to discuss any action during this meeting, it must be listed on the Agenda as an action item. Questions can be asked during a meeting, but minimal discussion can occur regarding an item if it is not on the Agenda. A quorum of three Commissioners must be present in order for a meeting to be conducted. There cannot be a quorum held outside of a scheduled Commission meeting. This would include telephone conversations and e-mails. More than three Commissioners can attend the same gathering if it is purely a social or ceremonial function. An example of this would be the Intergenerational Games and the annual flu shot clinic. RSM Ramirez asks that each Commissioner carefully review the Brown Act handout they were given.

4.* Highlights of Activities for FY 05/06

- **Proclamation of “October as National Disabilities Awareness Month”**– RSS Lowe says that even though the Commission did not have regular meetings, they accomplished a lot last year. The Proclamation regarding

National Disabilities Awareness was given to the Commission. Commissioners McDonnell and Cicalo accepted the Proclamation. The Proclamation encompassed the white cane law as well as individuals with disabilities.

- **Participated with selection of consultant for ADA Transition Plan** – There was a team who interviewed three different consultants concerning the ADA Transition Plan. This team included Commission Light from the Commission on Aging and Disabilities, a Traffic Commissioner, and City staff. The desire at this meeting was to have a large knowledge base present so the best consultant could be chosen.
- **Intergenerational Games** – Vice Chair Martinez says the event was great and that the kids loved the games. The awards ceremony was wonderful. Both the adults and the children had fun. He plans on doing this event for the next several years. Commissioner Light asks about the keynote speaker. Vice Chair Martinez says she was a decathlon athlete who was very fascinating. The kids enjoyed listening to her. The event was on Fox News and a copy of the tape can be obtained from Aging and Independence Services. There was excellent sponsorship at this year's event and eighty children and forty adults participated. RSS Lowe says that the advisory committee that put this event together really appreciated all of the volunteer help. Commissioner Light asks if the children did another fruit squash event this year. Vice Chair Martinez says no, that it was too messy. RSS Lowe says the children did do a vegetable guess, which they enjoyed.
- **Flu Shot Clinic** – RSS Lowe says the event was held in November. The Commissioners are key to having a successful event. Commissioners Cicalo and Light helped the seniors fill out authorization forms. Participation was estimated to be right around 100. Numbers were a little lower this year than in the past due to a lack of advertising by Sharp Healthcare.

5.* Conditional Use Permit – Drive through Requests – Commissioners Light and McDonnell – Commissioner McDonnell says that Taco Bell is building a new location at the old Boll Weevil restaurant on 2nd street. The City asked that the Commission review the plans. He says the first problem they saw was that the disabled parking was all the way in the back of the restaurant near the trashcans. Vehicles that enter off of 2nd Street travel the length of the property and exit out of same area. This would prove to be a hardship for disabled individuals trying to enter the restaurant. Commissioner Light says the drive through cover was only 9'2" high and that most vehicles that transport handicapped individuals are at minimum, 9'5" in height. The cover needs to be raised or clearly marked with the height variance. Both Commissioners say they offered their suggestions, but do not know if they will be implemented. The suggestions were slated to go to the Planning Commission on February 26th for consideration and recommendations.

6. Election of New Officers (Chair and Vice Chair)

Motion by McDonnell, second by Cicalo and carried unanimously to have Commissioner Martinez serve as Chair for the Commission on Aging and Disabilities.

Motion by Light, second by Cicalo and carried unanimously to have Commissioner McDonnell serve as Vice Chair for the Commission on Aging and Disabilities.

RSM Ramirez informs Commission that a letter will be sent to City Council advising them of the new Chair and Vice Chair.

7. Review of Citywide Adult Service – RSM Ramirez

RSM Ramirez says that as a City and a department we need to take a look at who we are servicing as adult seniors in El Cajon. The baby boomers are coming up in age and do not like to be called seniors. They do not want the same services other seniors have had in the past. RSS Lowe says that in 2000, a consultant came and surveyed seniors in El Cajon regarding the need for a new senior center in the area. In addition, AARP has also done research with regard to baby boomer issues and trends. The studies have shown that it is important to look at programming components. Chair Martinez says that new programs will have to be implemented at night or on the weekends because older adults are still working. In addition, there are a lot of problems getting people together due to their schedules. Commissioner Light says that San Diego State University received a grant to study boomers and what they are doing and what services they want. If she is able to obtain the study information, she will provide it to the Commission. She feels that it is important to get a cross section of seniors to decide what kinds of programs should be implemented. There are still a lot of seniors that are older than the boomers that would like to continue with the current programs. RSM Ramirez says that the physical structure of Wells Senior Center needs to be looked at, as the building is getting older. How would Wells Senior Center and the other recreation centers fit into these new plans and programs? RSM Ramirez suggests starting a subcommittee that would look at all of this different information to help guide future programs and services of the City. Commissioner Martinez says that he does not want programs in place that teach him something. He wants to do things that are fun. Commissioner Light suggests making signs at the centers larger so people can read them as eyesight deteriorates when people get older. RSM Ramirez suggests looking at volunteer opportunities for baby boomers because volunteerism is a characteristic of this generation. Commissioner Mattingly asks the age of the boomers. Commissioner Light says they are from those individuals born between 1946 and 1964. Vice Chair McDonnell says that he is an active member of SCORE (Service Corp. of Retired Executives) and adds that there are a lot of people out here that have business backgrounds that can assist people. He loves the SCORE organization because it gives him something worthwhile to do. It motivates him. He says that there are a lot of things we can do to motivate people to help keep them active. Commissioner Cicalo talks about Grossmont High School having students interview seniors to find out what they have done in their lives. He offers a magazine called Growing Together for everyone to look at. Commissioner Mattingly participated in a similar project as the one mentioned at Grossmont when she was a student at West Hills High School. Commissioner Cicalo says that maybe the Commission should coordinate with the Teen Coalition to play music or bring magazines and books to the local nursing homes. Commissioner Mattingly comments that there is a big difference between boomers and individuals in their 70's. A lot of older individuals cannot use the Internet. However, younger seniors would love to have someone show them how to do these types of

things. Commissioner Martinez says he passed around a list at a prior AARP meeting and only 10-15 individuals had e-mail addresses and that some had computers, but could not subscribe to the Internet because they could not afford it. RSM Ramirez says that it is important to inventory all of the resources we know are available to seniors. Motion by Vice Chair McDonnell, second by Mattingly, and unanimously approved by all to establish a Subcommittee for the Task Force for Adult Services to inventory all pertinent information and makes recommendations as to the types of activities seniors want. Commissioners Cicalo and Mattingly volunteer to serve on the Subcommittee. Commissioner Lights suggests that the two volunteers touch base with Kathy Holmes-Hardy of ECAN.

INFORMATION ITEMS

8. Commission Information Items - None

Commissioner Light hands out a flyer on the East County Children's Disability Council. It will meet at the El Cajon Community Center on March 22nd and it is for both adults as well as children. Chair Martinez says that the Consumer Protection Meeting should be held sometime in March and the Vital Aging Conference should be in June.

9.* City Council Action Related to Commission on Aging and Disabilities

- A. October 10, 2006 – Item 3.1: Vacancies and Term Expirations on City Commissions and Public Safety Facility Financing Oversight Committee.**
- B. November 28, 2006 – Item 100: Interviews for and Appointments to Commissions**

DATE AND TIME OF NEXT MEETING

ADJOURNMENT

Motion by Chair Martinez, *second* by Commissioner Mattingly, and *carried unanimously* to adjourn the meeting at 4:55PM

Chair Martinez

Date