City of SACRAMENTO
Parks and Recreation

Parks and Recreation Commission

COMMISSION MEMBERS

Caliph Assagai, Chair	Kelly Conroy	Shannon McKinley	David Heitstuman
Lynn Lenzi	Christiana Dominguez	Shane Singh	Dave O'Toole
Fatima Malik	Terri Shettle	Vacant, District 8	

CITY STAFF:

Jim Combs, Director of Parks and Recreation
Lori Harder, Support Services Manager

Historic City Hall Hearing Room
915 I Street
April 2, 2015 – 6:30 p.m.

The Parks and Recreation Commission is a commission of the City Council that provides recommendations and advise on policies, projects and other matters pertaining to parks, recreation, trees, and human services affecting the City of Sacramento.

NOTICE TO THE PUBLIC

You are welcomed and encouraged to participate in this meeting. Public comment is taken (3) minutes maximum) on items listed on the agenda when they are called. Public Comment on items not listed on the agenda will be heard at the beginning of the meeting. Comments on controversial items may be limited and any large groups are encouraged to select 3-5 speakers to represent the opinion of the group.

Notice to Lobbyists: When addressing the Commission you must identify yourself as a lobbyist and announce the client/business/organization you are representing (City Code 2.15.160). **Speaker slips are located in the entryway of the hearing room and should be completed and submitted to the Commission Secretary.**

Government Code 54950 (The Brown Act) requires that a brief description of each item to be transacted or discussed be posted at least 72 hours prior to a regular meeting. The City posts Agendas at City Hall. The order of agenda items is for reference only; agenda items may be taken in any order deemed appropriate by the Chair. The agenda provides a general description and staff recommendations; however, the Commission may take action other than what is recommended. The agenda is available for public review on the Monday prior to the meeting. Hard copies of the agenda, minutes, and staff reports are available from the Parks and Recreation Department at 915 I Street, New City Hall, 3rd Floor (25 cents per page). Meeting facilities are accessible to persons with disabilities. If you require special assistance to participate in the meeting, notify the Parks and Recreation Department at (916) 808-5172 at least 48 hours prior to the meeting.

PARKS AND RECREATION COMMISSION MEETING
Thursday, April 2, 2015 – 6:30 P.M.

Historic City Hall Meeting Room, 915 I Street, Sacramento, CA 95814

All items listed are heard and acted upon by the Parks and Recreation Commission unless otherwise noted.

Call to Order – 6:30 p.m.

Roll Call / Commissioner Introduction

Public Comments- Matters Not on the Agenda

1. **To be announced**

Public Hearings

2. **None**

Special Oral Presentation

3. **None**

Consent Calendar

All items listed under the Consent Calendar are considered and acted upon by one motion. Anyone may request that an item be removed for separate consideration.

4. **Parks and Recreation Commission Meeting Minutes**
   Location: Citywide
   Recommendation: Approve Commission minutes for March 5, 2015
   Contact: Lori Harder, Support Services Manager, 808-5172

Discussion/Action Reports

Discussion/Action reports include oral presentations including those recommending review and comment

5. **Review of the Department of Parks and Recreation's Older Adult Services**
   Location: Primarily through the Ethel MacLeod Hart Senior Center at 27th and J Streets, City-wide
   Recommendation: Review and Comment
   Contact: Sylvia Fort, Recreation Manager, 808-8381

6. **Parks and Recreation Director Report (Oral): March and April 2015 Highlights**
   Recommendation: Review and Comment
   Contact: James L. Combs, Parks and Recreation Director, 808-8526

Questions, Ideas, and Announcements of Commission Members

Adjournment

City of SACRAMENTO
Parks and Recreation

Meeting Minutes of the Parks and Recreation Commission

AGENDA

Thursday, March 5, 2015

Historic City Hall Hearing Room 915 I Street, Sacramento

Call to Order – 6:35 p.m.

Roll Call / Commissioner Introduction

As the Parks and Recreation Commission had no chairperson nor vice chairperson, the meeting was called to order by Jim Combs, Director of the Department of Parks and Recreation. All commissioners were in attendance except Commissioners Heitstuman and Dominguez.

1. **Waive the Parks and Recreation Commission Rules of Procedure to Allow for the Annual Election of Chairperson and Vice Chairperson**
   Location: N/A
   Recommendation: Waive the Parks and Recreation Commission Rules of Procedure to Allow for the Annual Election of Chairperson and Vice Chairperson in March instead of April 2015
   Contact: Lori Harder, Support Services Manager, 808-5172

   Action: Moved, seconded and carried to waive the Parks and Recreation Commission Rules of Procedure to allow for the annual election of Chairperson and Vice Chairperson at this meeting. (O'Toole/McKinley: Ayes: O'Toole, McKinley, Malik, Shettle, Assagai, Lenzi, Conroy, Singh; Absent: Heitstuman, Dominguez)

2. **Nominations and Election of Chairperson and Vice Chairperson to Serve through March 2016**
   Location: N/A
   Recommendation: Nominate and Elect a Chairperson and Vice Chairperson to Serve through March 2016
   Contact: Lori Harder, Support Services Manager, 808-5172

   Commissioner Shettle nominated Commissioner Assagai to serve as chairperson. There were no other nominations. Commissioner Assagai was elected chairperson by unanimous vote. Commissioner Assagai nominated Commissioner Shettle to serve as

vice chairperson. There were no other nominations. Commissioner Shettle was elected vice chairperson by unanimous vote.

Public Comments- Matters Not on the Agenda

1. Robert Mitchell, Ed Egan and Michael Curry spoke to concerns about the closure of the James Mangan Rifle and Pistol Range in Mangan Park and spoke to the value of the facility, its history and use, and inquired about the City of Sacramento's plans for the facility. Director Jim Combs commented.

Public Hearings

2. **None**

Special Oral Presentation

3. **None**

Consent Calendar

All items listed under the Consent Calendar are considered and acted upon by one motion. Anyone may request that an item be removed for separate consideration.

4. **Parks and Recreation Commission Meeting Minutes**
   Location: Citywide
   Recommendation: Approve Commission meeting minutes for December 4, 2014 (January 8th and February 5th meetings cancelled)
   Contact: Lori Harder, Support Services Manager, 808-5172

   Action: Moved, seconded and carried to approve as mailed. (Malik/O'Toole: Ayes: O'Toole, McKinley, Malik, Shettle, Assagai, Lenzi, Conroy, Singh; Absent: Heitstuman, Dominguez)

5. **Designation of Park Site ES-1 as R. Burnett Miller Park and Park Site ES-2 as Alan and Helen Post Park**
   Location: McKinley Village, south of Business 80 and east of the Sacramento American River, Council District 3
   Recommendation: Support Staff Recommendation to Name Parks
   Contacts: C. Gary Hyden, Supervising Landscape Architect, 808-1949

   Councilmember Jeff Harris spoke to R. Burnett Miller's service to the community and strongly recommended the commission support staff's recommendation. Commissioner Malik expressed concern about City parks having similar names or, when abbreviated, the same name.

   Action: Moved, seconded and carried to support the designation of Park Site ES-1 as R. Burnett Miller Park and Park Site ES-2 as Alan and Helen Post Park. (Malik/O'Toole:

Ayes: O'Toole, McKinley, Malik, Shettle, Assagai, Lenzi, Conroy, Singh; Absent: Heitstuman, Dominguez)

Discussion/Action Reports

Discussion/Action reports include oral presentations including those recommending review and comment

6. **Parks and Recreation Director Report (Oral): January through March 2015 Highlights**
   Recommendation: Review and comment
   Contact: James L. Combs, Parks and Recreation Director, 808-8526
   Director Combs spoke to working with residents regarding fences and access along the Sacramento River Parkway in the Pocket Area, the upcoming budget process, and fiscal and staffing challenges in the 4th R and START programs.

Questions, Ideas, and Announcements of Commission Members

Commissioner Singh commented on the fences and levee access, and inquired how revenues generated from a celltower lease in Conlin Youth Sports Complex are being utilized. Commissioner Malik stated that 122 trees were planted in John Mackey Park at the end of January. Commissioners commented on the 4th R and START programs and State funding for after-school programming.

Adjournment

The meeting adjourned at 7:55 p.m.

Respectfully submitted:

Lori Harder

Lori Harder, Support Services Manager
Department of Parks and Recreation

Approved by:

Caliph Assagai, Chairperson
Parks and Recreation Commission

City of SACRAMENTO
Parks and Recreation

March 25, 2015

Parks and Recreation Commission
Sacramento, California

Subject: **Review of the Department of Parks and Recreation's Older Adult Services**

Location: Primarily through the Ethel MacLeod Hart Senior Center, 27th and J Street, City-wide

Recommendation: Review and Comment

Contact: Sylvia Fort, Recreation Manager

For Commission Meeting of: April 2, 2015

The Older Adult Services section operates a wide variety of programs and services for Sacramento's residents ages 50 and above - from the most active adults to the most vulnerable elders in our population. Ethel McLeod Hart Senior Center, located at 915 27th Street in midtown Sacramento, serves as the hub of the Older Adult Services operation and is a focal point of aging services for all of Sacramento.

Locations

In addition to dozens of programs and services at Hart Senior Center attended by residents from throughout the city, fitness classes, social services or activities are also offered at these locations:

Belle Cooledge Community Center
George Sim Community Center
Hagginwood Community Center
Pannell Community Center
South Natomas Community Center

Department of Parks and Recreation
Recreation Services
915 I Street, 3rd Floor
Sacramento, CA 95814
(916) 808-8381

East Portal Club House
Camp Sacramento
Woodlake Elementary School in North Sacramento

Asian Community Center in Greenhaven

Key programs and services include:
Triple-R Adult Day Program
Caring Neighborhoods
ARMS (Assistance, Referrals and More for Seniors)
50+ Wellness Program
Tech Connections
Senior Camps

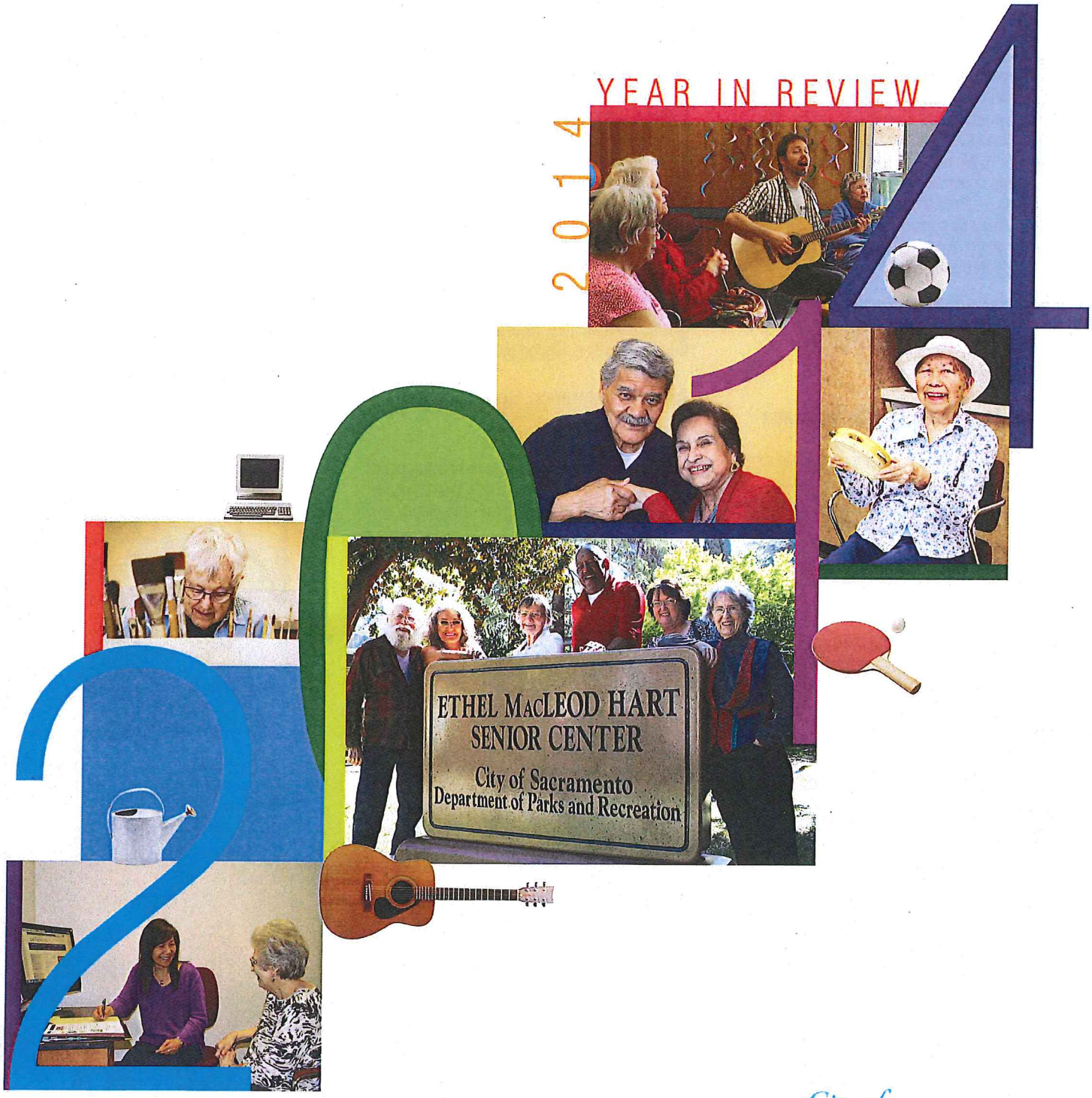
Respectfully submitted,

Sylvia Fort, Recreation Manager

Attachment: Older Adult Services 2014 Year in Review

OLDER ADULT SERVICES

2014 YEAR IN REVIEW



City of
SACRAMENTO
Parks and Recreation

YOUR PARTNER IN OPTIMIZING THE EXPERIENCE OF AGING

Sacramento has more than 130,000 residents ages 50 plus, and a growing number will reach advanced age in the coming years. For most seniors in the 21st century, this is a time of life when doors open and new experiences beckon; by participating in Older Adult Services' many program offerings, thousands of Sacramento's older residents are stepping into this phase with passion and purpose.

2014 was a year of program renewal and expansion, thanks in large part to partnerships with community organizations, hundreds of volunteers, our dedicated and caring city staff, supportive city officials and funding from Measure U. We are proud of our service and look forward to continuing to help Sacramento's older residents — from the most active adults to our most vulnerable seniors — optimize the experience of aging. We are truly grateful to all of you who support our mission.

ENHANCING THE LIVES OF SACRAMENTO'S OLDER ADULTS

Ethel MacLeod Hart Senior Center

Hart Senior Center is a welcoming spot in midtown Sacramento where people try new leisure activities and old favorites, find assistance and friends, and discover the joys of life after 50. This focal point for aging services draws people from throughout the Sacramento region.

Triple-R

Triple-R is an adult day care program for people with dementia offered at three locations: Hart Senior Center in midtown Sacramento, Greenhaven and north Sacramento. While participants attend the program, family caregivers — which are typically spouses or adult children — get respite from their 24/7 duties, giving them time for relaxation, errands or continuing with their career. The north Sacramento site specializes in early stage dementia while the other sites cater to people with moderate to severe dementia. All programs are licensed with the California Department of Social Services.

Caring Neighborhoods

Many residents of Sacramento's neighborhoods are growing older, facing the challenges of living independently and no longer feel connected to the communities they live in. The Caring Neighborhoods program works to strengthen neighborhood connections and promote community support to a growing elderly population by establishing informal, neighborhood-based groups that help their elder neighbors. Caring Neighborhoods is funded by Measure U.

ARMS (Assistance, Referrals and More for Seniors)

Deteriorating health, a change in housing needs, inadequate income, transportation and mobility issues, and the loss of family and friends are among the many challenges that some residents face as they age. For many seniors, these types of problems are very new and their ability to cope and find resources is limited.

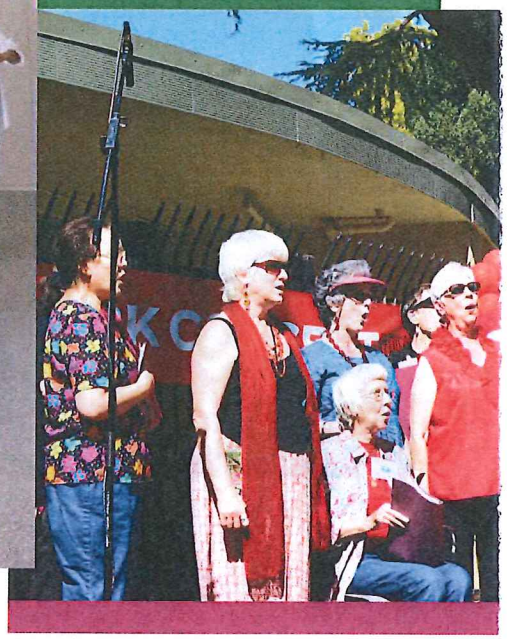
The ARMS Program social worker meets one-on-one with seniors to help work through challenges and locate suitable resources. ARMS is funded by Measure U.

50+ Wellness Program

An active lifestyle often equates to good health and longevity. The 50+ Wellness Program provides options for staying active, including community-based fitness classes, Neighborhood Walk, the Sports for Life Soccer Tournament, and two "senior weeks" at Camp Sacramento. Senior Adventure Camp includes kayaking, biking, day-long hikes and other high-energy activities, while Classic Senior Camp offers traditional camp activities such as nature hikes, craft work, camp fires and the beloved annual talent show.

TechConnections

TechConnections is the City of Sacramento's new technology program to help Sacramento seniors navigate the world of computers and technology. One-on-one assistance and classroom sessions are held at several locations.

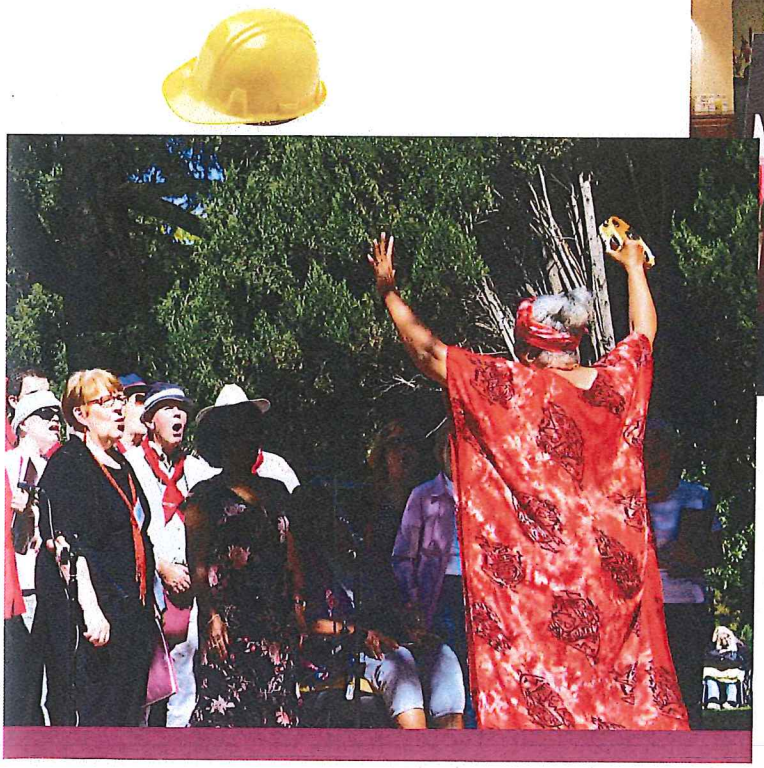


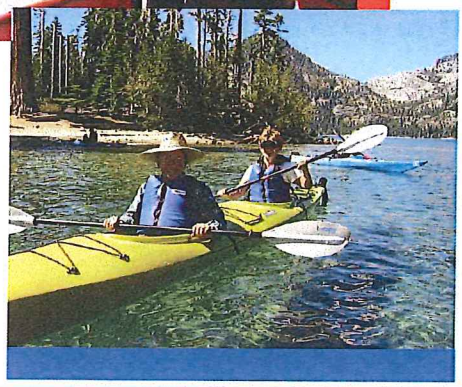
BY THE NUMBERS

- **131** families who care for someone with dementia received a total of **7,631** days of respite at one of our Triple-R Adult Day Care Program sites.
- Each month at Hart Senior Center, the reception staff assisted an average of **2,093** people with class registrations, appointment scheduling, meal reservations and much, much more.
- **442** seniors met with the ARMS social worker; the most frequent issues for which they sought assistance were:
  Housing **183**
  Health care **117**
  Miscellaneous (assistance with phone calls, form interpretation and completion, online searches for information) **102**
  Financial/Legal **88**
  Home Support **62**
  Employment **15**
- **7,470** hours were donated by dozens of Older Adult Services volunteers.
- **125** older adults entered the world of computers for the first time or had their skills enhanced through TechConnections.
- **486** men and women — some age 70 plus — competed in the Sports for Life Soccer Tournament.
- **143** people spent a week "roughing it" at Camp Sacramento while participating in Senior Adventure Camp or Classic Senior Camp
- **387** Fun Passes (scholarships covering fees for recreation programs throughout the city), were issued to low-income seniors.
- **140** storytellers and memoir enthusiasts learned from nationally recognized authors at the 7th annual Our Life Stories cross-generational writers' conference.
- **2,362** e-mail subscribers received Hart News Weekly or the monthly bulletin News from Older Adult Services to keep informed about programs, special events and helpful resources.

2014 HIGHLIGHTS

- Measure U funding allowed for the re-establishment of two important programs lost during the economic downturn: ARMS (Assistance, Referrals and More for Seniors) and Caring Neighborhoods. In addition, Hart Senior Center returned to its full-day schedule thanks to Measure U.
- Triple-R at Greenhaven expanded from three to five days each week and now better serves the needs of working caregivers.
- Senior Adventure Camp was added as a second week of fun for older adults at Camp Sacramento. In addition to Classic Senior Camp, a week of kayaking, hiking and biking was enjoyed by a large group of adventure enthusiasts over a five-day period at the City of Sacramento-operated facility in the Sierras.
- Following a six-month closure for a roofing and heating/air conditioning project, a re-opening celebration was held at Hart Senior Center in January 2014. Hundreds of people attended the information fair and luncheon.
- Two new email bulletins, Hart News Weekly and the monthly News from Older Adult Services were initiated to keep Sacramentans up to date on our programs.
- Making music was a theme at Hart Senior Center. A new professionally directed choral group, "Singers with Hart" was established and headlined the new Hart in the Park noontime concert series. Ukulele and recorder lessons were also added to the offerings at the Hart Senior Center.
- Dozens of low-income seniors now receive several bags of healthy groceries each month due to the establishment of Hart's Healthy Pantry in partnership with the Sacramento Food Bank and Family Services.
- TechConnections kicked off its first semester in September. The new state-of-the-art equipment and the program's technology educator are funded by the Hart Trust Fund. The program expands to satellite locations in 2015.
- Our website was redesigned, providing Sacramento seniors with up-to-date information about Older Adult Services programs and services right at their fingertips.





City of SACRAMENTO OLDER ADULT SERVICES

Ethel MacLeod Hart Senior Center
City of Sacramento
Department of Parks and Recreation • Older Adult Services

50+ Wellness Program
Vitality for Life!

r r r
relate. refresh. rely.
Triple-R Adult Day Program

CARING NEIGHBORHOODS

TechConnections
Bringing the world of technology to Sacramento's seniors

ARMS
Assistance, Referrals and More for Seniors
Let us help!

Community Partners

ACC Senior Services
Alzheimer's Association
Area 4 Agency on Aging
California Health Care Collaborative
Cosumnes River College
County of Sacramento
CSU-Sacramento
Del Oro Caregiver Resource Center
Dignity Health
Legal Services of Northern California
McGeorge School of Law
Meals on Wheels by ACC
Relles Florist
Sacramento Food Bank and Family Services
Sacramento Metropolitan Arts Commission
Social Security Administration
Starbucks
UC Davis School of Medicine

Ethel MacLeod Hart Trust Fund for Senior Citizens

Ethel MacLeod Hart, who died in 1992 at the age of 104, bequeathed her entire estate to the City of Sacramento for the "use, enjoyment and comfort of senior citizens." For the past 20 years, the Ethel MacLeod Hart Trust Fund for Senior Citizens has been used for numerous programs and services throughout Sacramento, benefitting thousands of older residents.

The City Council-appointed Hart Trust Fund Advisory Committee works with city staff on the administration and allocation of the fund. Committee members during 2014 were:

Ron Byrd, Chair
David Feldstein
Gloria Harmon
Kathleen Lane
Kay Merrill
Ophelia Zeff

City of Sacramento MAYOR & COUNCIL

Kevin Johnson - Mayor

Mayor Pro Tem - Angelique Ashby (District 1)
Vice Mayor - Allen Warren (District 2)
District 3 - Jeff Harris
District 4 - Steve Hansen
District 5 - Jay Schenirer
District 6 -
District 7 - Rick Jennings, II
District 8 - Larry Carr

Department of Parks and Recreation

James L. Combs, Director
Sylvia Fort, Recreation Manager

Rosanne Bernardy,
Superintendent, Older Adult Services
Director, Ethel MacLeod Hart Senior Center
915 27th Street, Sacramento, CA 95816
(916) 808-5462
Website:
http://portal.cityofsacramento.org/olderadults