



CITY OF LONG BEACH

C-7

DEPARTMENT OF PARKS, RECREATION & MARINE

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www.lbparcs.org

May 22, 2007

HONORABLE MAYOR AND CITY COUNCIL
City of Long Beach
California

RECOMMENDATION:

Receive and file the 2006 Senior Citizen Advisory Commission Annual Report.
(Citywide)

DISCUSSION

The Senior Citizen Advisory Commission has prepared an annual report for the period of January 1, 2006 to December 31, 2006, to keep the City Council informed of its activities. The report provides an overview of Senior Citizen Advisory Commission activities, meetings and attendance throughout the year.

The Senior Citizen Advisory Commission is proud of the work they have accomplished during the past year and have appreciated the support provided by the Mayor, City Council and staff.

TIMING CONSIDERATIONS

City Council action on this item is not critical.

FISCAL IMPACT

None.

SUGGESTED ACTION:

Approve recommendation

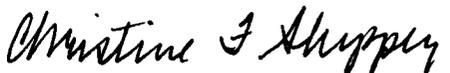
Respectfully submitted,

By: 

PHIL T. HESTER
DIRECTOR OF PARKS, RECREATION AND MARINE

PTH:CM:dr

APPROVED:


for GERALD R. MILLER
CITY MANAGER

SENIOR CITIZEN
ADVISORY COMMISSION

ANNUAL REPORT

January 2006 through December 2006



City of Long Beach
Department of Parks,
Recreation & Marine
Long Beach Senior Center
1150 E. 4th St.
Long Beach, CA 90802

LONG BEACH SENIOR CITIZEN ADVISORY COMMISSION ANNUAL REPORT FOR 2006

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Name of the Commission, Membership and City Staff

The Commission is known as the Long Beach Senior Citizen Advisory Commission.

The Senior Citizen Advisory Commission consists of fifteen (15) members appointed by the Mayor and confirmed by the City Council.

Executive Officers

Berry Yolken	3 rd District	Chairperson
Vivian Linderman	8 th District	Vice-Chairperson
Rita Ellner	2 nd District	Secretary
Mary Hernandez	7 th District	Parliamentarian

Members

January 2006 – July 2006

Patricia Bergendahl	6 th District
Barbara Bolin	9 th District
Henry Brunner	7 th District
Rose Cabanban	7 th District
Florence Dodge	3 rd District
Teodoro Felix	1 st District
Rabbi Sidney Guthman	3 rd District
Nancy Higginson	3 rd District
Slettie Jones	8 th District
Teresa Munoz	2 nd District
Lu Wall	3 rd District

July 2006 – December 2006

Patricia Bergendahl	6 th District
Barbara Bolin	9 th District
Henry Brunner	7 th District
Florence Dodge	3 rd District
Fred Dunn	3 rd District
Teodoro Felix	1 st District
Rabbi Sidney Guthman	3 rd District
Nancy Higginson	3 rd District
Slettie Jones	8 th District
Peggy Krynicki	8 th District
Brenda Riddick	1 st District

City Staff (Department of Parks, Recreation and Marine)

Phil T. Hester, Director, Parks, Recreation and Marine
Chrissy Marshall, Manager, Community Recreation Services
Sherri Nixon-Joiner, General Superintendent, Community Recreation Services
Belem Solis, Recreation Superintendent, Community Recreation Services
Nathan Israel, Clerk, Community Recreation Services

Senior Service Program City Staff

Terry Eggers, Community Services Supervisor, Community Recreation Services
Ashleigh Griset, Community Services Supervisor, Community Recreation Services
Shelley Hellen, Community Services Supervisor, Community Recreation Services
Jose Olmos, Community Services Supervisor, Community Recreation Services
Sonny Seng, Community Services Supervisor, Community Recreation Services
Renee Henderson, Recreation Assistant, Community Recreation Services
La Chonda Lard, Recreation Assistant, Community Recreation Services
Eileen Ludlam, Recreation Assistant, Community Recreation Services
Patricia Gallagher, Senior Coordinator, Community Recreation Services
Ellen May, Senior Coordinator, Community Recreation Services

Purpose of the Commission

The purpose of the Senior Citizen Advisory Commission is to:

- Act in an advisory capacity to any City Department or City Council Committee or Member concerned with senior citizen issues on all matters pertaining to senior citizens and their needs;
- Assemble information on issues and their solutions for senior citizens through all available means including public hearings;
- Be empowered on its own initiative to make recommendations to senior citizen service agencies on matters within its purview;
- Act to Facilitate coordination between existing proposed programs for senior citizens;
- Carry out such studies as may be assigned to it by the City Council; and
- Report to the Mayor and City Council its findings from time to time.

Structure of the Commission

The Commission is comprised of fifteen citizens of the City of Long Beach who are 50 years of age and older and who are appointed for a two-year term and who may serve for a maximum of four terms. The regular meetings of the Commission are held on the second Thursday of each month from 9:00 to 11:00 a.m. at the Long Beach Senior Center. The Executive Committee meets on the last Thursday of the month at 9:00 a.m., to develop the Commission's agenda and respond to any emergency business.

Summary of Significant Achievements

- The Commission assisted, supported and participated in the development of the Long Beach Strategic Plan for Older Adults. The Commission was involved in the Advisory/Oversight Committee and the Collaborative Planning Task Force that consisted of more than sixty representatives, consumers and stakeholders from neighborhoods, the older adult services community, and City departments who participated for more than two years during the plan's research and development stages. The plan reflects the voices, concerns and hopes of its contributors that the future will be filled with dignity and independence for older adults in Long Beach.
- The Commission encouraged recreation site supervisors from the different satellite Senior Centers to present monthly program highlights at Commission meetings.
- The Commission revised the Senior Citizen Advisory Commission Bylaws.
- The Commission supported the annual flu shot clinics.
- The Commission formed a collaborative with the City of Long Beach Departments of Parks, Recreation and Marine, Health and Human Services and the American Red Cross of Greater Long Beach, to reinstate the mobile nurse program at each community satellite Senior Center program site.
- The Commission created the Commission biography handbook.
- The Commission printed the Long Beach Senior Citizen Advisory Commission Resources Directory.
- The Commission prepared and submitted the Commission's 2005 Annual Report.



Guests/Public Discussion of the Senior Citizen Advisory Commission

JANUARY

There were no Guest Speakers or Public Discussion in the month of January.

FEBRUARY

Rudy Rivera, Recreation Assistant, gave an overview of Adults 50 + programs at Bixby Park.

MARCH

There were no Guest Speakers or Public Discussion in the month of March.

APRIL

There were no Guest Speakers or Public Discussion in the month of April.

MAY

Josephine Caron, Community Services Department Librarian discussed the community outreach services provided by the Long Beach Public Libraries.

JUNE

There were no Guest Speakers or Public Discussion in the month of June.

JULY

Mary Lowen, Director of Older Adult Services, Jewish Family & Children's Services of Long Beach discussed the programs provided by the organization to senior citizens.

AUGUST

Alex Gordon, Deputy Director, Disaster Management Division, LBFD, discussed disaster preparedness and readiness.

SEPTEMBER

Theresa Marino, Manager, Bureau of Public Health, City of Long Beach discussed the Strategic Plan for Older Adults.

OCTOBER

Ben Green, Executive Director, Pasadena Senior Center, spoke about the programming at the Pasadena Senior Center.

NOVEMBER

Jeanne Bader, PhD., Associate Professor, CSULB & Director of Center for Successful Aging Spoke of the aging experience among senior citizens.

DECEMBER

There were no Guest Speakers or Public Discussion in the month of December

Senior Facilities

The City of Long Beach stresses the cultural, educational and recreational values for, which it is famous. Primarily, the plan of supervised senior recreation was designed to meet the needs of all seniors living in the city.

The purpose of Long Beach Senior Center's are to promote the most enriching quality of life for our older Long Beach residents. Long Beach Senior Center's are a community focal point where older persons can gather for activities and services, which enhance their dignity, support their independence and encourages involvement in and with the community. Long Beach Senior Center's have developed and implemented programs and activities in the areas of health & fitness, education, recreation, socialization and volunteerism. The Departments goal is to increase public awareness and promote active participation for our senior population.

Senior Citizen Sites

The Department operates six senior centers that offer activities and services tailored to the interests and needs of adults age 50 and over.

Cesar Chavez Park
401 Golden Avenue
(562) 570-8890
Hours: 9:00 a.m. to 2:00 p.m.

Houghton Park
6301 Myrtle Avenue
(562) 570-1640
Hours: M-F, 9:00 a.m. to 3:00 p.m.

California Recreation Center
1550 Martin Luther King Jr. Avenue
(562) 570-1605
Hours: M-F, 8:30 a.m. to 2:00 p.m.

Long Beach Senior Center
1150 E. 4th Street, (562) 570-3500
Hours: M-F 8 a.m. to 4:30 p.m.
Sa. 10 a.m. to 4 p.m.

El Dorado Park West
2800 Studebaker Road.
(562) 570-3227
Hours: M-F, 9:00 a.m. to 3:00 p.m.

Silverado Park Senior Center
1545 W. 31st Street
(562) 570-1675
Hours: 8:30 a.m. to 2:00 p.m.

Senior Classes and Activities

It is impossible to present a description of every activity promoted and supervised for our local seniors in this brief report. In order to adequately cover the varied scope, a simple listing is provided. As indicated by the headings below, the list includes three different types of activities and programs:

1. Classes which meet for instruction regularly at scheduled times and places
2. Activities other than instructional conducted at Senior Center's in Long Beach
3. Organization sponsored meeting and classes, which are the result of close cooperation between Departmental staff and other civic groups.

CLASSES AND ACTIVITIES

Abs Plus Below the Belt	Driving Course	Notary Public Service
Adventure Club	ESL Language	Pinochle
Adventures in Photography	Excursions	Podiatry Exams
Aerobics for Seniors	Financial Advisor	Quilting Class
Almost Ballet	Fitness Rooms	Quilting/Sewing
Arms, Legs & Abs/Chair	Flu Shot Clinic	Safety Net Program
Arthritis Exercise Class	Food Stamp Registration	Seminars
Asian Pacific Outreach	Friendly Cup Has	Senior Nutrition
Beading Group	Gardening Center	Senior Strutters
Bicycle Repair	Golden Tours	Senior Swimmers 60+
Billiards	Health Department Services	Sing-A-Long
Bingo	Hearing Impaired Telephone	Strength Fitness
Blood Pressure and Diabetic	Homeowner & Renter	Supplemental Food Program
Bridge	Assistance	Table Tennis
Brown Bag Food Distribution	Health Insurance Counseling	Tai Chi For Seniors
Bus Passes	Horseshoes	Tap Dance Class
Cake Decorating	Housing Assistance	Telephone Reassurance
Card Making	Information	Themed Dinner Dances
Chair Aerobics	Hula Dance	Transportation
Crafts Unlimited	Income Tax Assistance	(TTY)
Creative Wire Wrap	Information, Assistance and	Utility Users Tax Exemption
Crochet/Knitting	Referral	Utility Users Tax Refund
Crochet Class (We Care)	Karaoke	Voter Services
Cards	Latin Style Dance	Volunteer Opportunities
Chess	Lapidary	Weaving
Computer Classes	Legal Services	Wood Carving
Dances – Big Band	Library	Work Experience Program
Dinner Dances	Medical Equipment Loans	
Dances – Senior Dance Club	Movies	
Dinner & A Movie	Needlework	

Affiliated Senior Center Clubs and Organizations

Asian Pacific Older Adult Outreach	HSA (Human Services Association)	Poetry Club
Bikes 90808	Have-A-Heart Performers	Prime Time Players
Council of the Blind	Hellman Area	Red Hat Society
Courage to Change	Neighborhood Assoc.	Singles Club
FAME Transportation	Latino Club	Southeast Asian Task Force
Golden Tours	Lithuanian Club	Variety Band
Gray Panthers	Mineral & Gem Society	Wood Carving Association
H.I.C.A.P. (Health Insurance Counseling and Advocacy Program)	Phillipino American Senior Civic Club of Long Beach	

Social Recreation

Arts & Crafts

There is a constantly growing consciousness on the part of the public as to the value and purpose of hobby interests. The Department of Parks, Recreation and Marine have promoted this interest among senior citizens of the community. A hobby interest is one, which is followed in spare time and as a recreation activity, aside from the interests of everyday and necessary tasks. Arts & Crafts take the form of collecting things, making things and acquiring knowledge. They constitute a relaxation from commonplace affairs and are broadening and entertaining. Craft classes at community centers are a regular feature and considerable interest is maintained through participation in classes such as weaving, basketry, woodwork and modeling.

Card Playing

The world's most challenging mental sport, Bridge, is a game of skill, communication and infinite possibilities. Many advance to "Duplicate Bridge" to enjoy its social and competitive aspects.

Gardening

Community gardening is good for health and well being, and having a green thumb can be very rewarding when a person sees the beautiful results of hard work. The hands-on process of growing plants involves tasks that stimulate thought, exercise the body, nourish the imagination, soothe the spirit, lower blood pressure and reduces stress. Project gardening is designed to suit the season and the capabilities of the proposed participant. The program goals are: to stimulate the senses, especially touch and smell; to stimulate physically through the use of motor functioning; to stimulate cognitively through following step-by-step instructions; and to encourage intellectual processing.

Fitness

The purpose of Senior Fitness is to encourage fitness and a more active lifestyle for those who are fifty years or older. The program demonstrates that misuse and disuse of the body and mind are more the cause of disability than chronological age alone. Exercise, Nutrition, Meditation and Self-Esteem are key to lowering the risk of major diseases, slowing and reversing the aging process and increasing the odds of a longer and more independent lifestyle for adults by expanding awareness and involvement in health and fitness activities.

Dramatics

Dramatic activity appeals to an instinct and is a good for culture, self-confidence, grace and social fitness. It is an important part of the overall Long Beach recreation program. Drama is one of the oldest art forms known and appears to have its origin in the impulse to imitate, symbolize and ritualize experiences in an attempt to understand and control them. Drama is a unique way for students to blend intellectual and emotional experiences. The wish is to encourage the aspiring, as well as the established senior actor, to higher levels of professionalism and to allow for continuing education and personal growth in theatre arts.



Recreation Participation Levels

Year Round Programs Cover Many Activities

During the year covered by this report, approximately 251,525 seniors in the City of Long Beach enjoyed recreational programs. This is the measure of service performed by the Department of Parks, Recreation and Marine.

On page 6 and 7, an alphabetical list was presented, including most of the activities and organizations coming under the Senior Citizens Advisory Commission's observation.

The attendance figures are kept in all Senior Centers, and from these figures the following table has been developed.

ARTS & CULTURAL		FITNESS	
Arts & Crafts	4,409	Arthritis Foundation Exercise	520
Card Making	500	Chair Aerobics	60
Cake Making	150	Fitness Rooms	8,975
Crochet/Knitting	1,617	Stand up/Sit down Exercise	18,000
Flower Arranging	400	Senior Strutters	1,872
Jewelry Making	350	Senior Swimmers 60+	720
Lapidary	1,248	Thai Chi for Arthritis	423
Quilting	240	Thai Chi For Seniors	1,500
Themed Events	1,823	Yoga	780
Weaving	364		
Wood Carving	1,923		
DANCE		SERVICES - HEALTH	
Almost Ballet	90	Blood Pressure and Diabetic Screens	2,410
Dances - Big Band	21,620	Flu Shot Clinic	2,407
Dinner Dance	600	Services:	
Dances - Senior Dance Club	7,210	Senior Links	300
Hula Dance	416	Senior Health Clinic	4,212
Latin Dance	1,560	Mobil Health	1,500
Tap Dance Class	350	Health Screening	5,750
Ballroom Dance Class	1,390	Medical Equipment Loans	75
		Optelec	40
		Podiatry Exams	120
DRAMATIC ACTIVITIES		SERVICES - NUTRITION	
Have A Hearts	420	Bread Giveaway	3,000
Karaoke	780	Brown Bag Food Distribution	900
Prime Time Players	385	Friendly Cup Cafe	26,400
Sing A Long	975	Supplemental Food Program OCFB	8,100
		HSA Senior Nutrition	36,832
ENRICHMENT		SERVICES - SOCIAL	
Computer Classes	480	Asian Pacific Outreach	500
Driving Course	385	Financial Advisor	1,860
Language ESL	270	Food Stamp Registration	216
Library	2,900	Homeowner & Renter's Assistance	1,875
Seminars	3,200	Income Tax Assistance	485
Volunteer Opportunities	3,400	Information, Assistance and Referral	33,631

Senior Participation Levels (cont.)

SERVICES - SOCIAL

Legal Aid Counseling	108
Notary Public Service	12
Safety Net Program	24
Southeast Asian Task Force	180
Transportation-Vouchers & Tokens	700
Bus Passes	900
Utility Users Tax Exemption	223
Utility Users Tax Refund	1,227
Work Experience Program	60
H.I.C.A.P. - (Health Insurance Counseling and Advocacy Program)	204

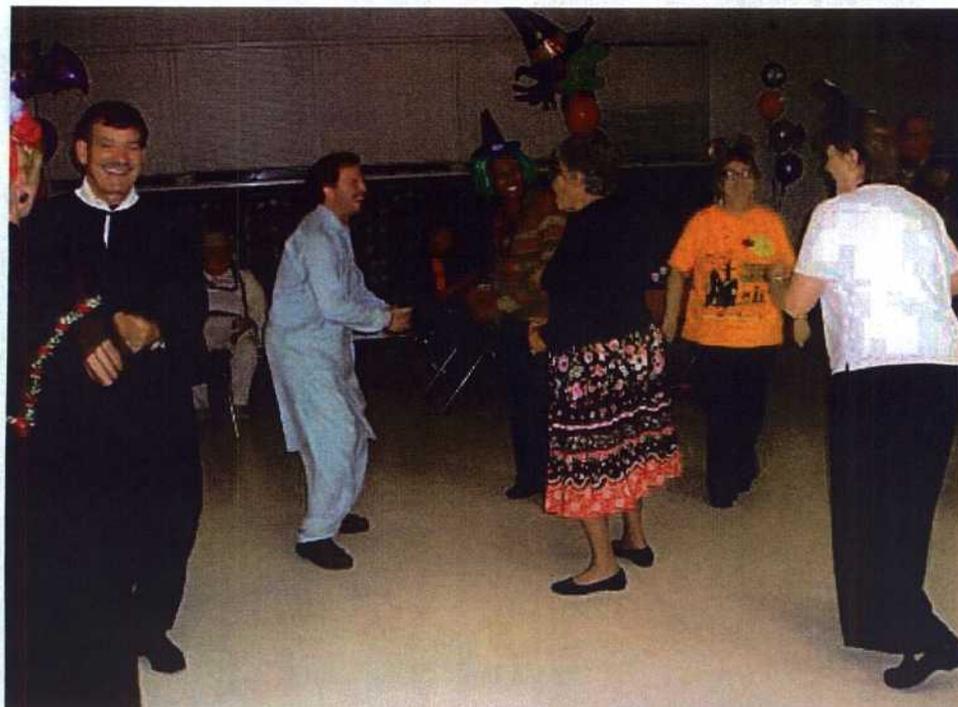
SOCIAL CLUBS & GROUPS

Courage to Change	780
Council of the Blind	520
Gray Panthers	520
Latino Club	250
Mineral & Gem Society	240
Filipino American Senior- Civic Club of Long Beach	462
Reading Book Club	300
Red Hat Society	120
Singles Club	180
Variety Band	300
Wood Carving Association	2,340
	360

SOCIAL

Billiards	1,240
Bingo	2,560
Bridge	1,800
Cards	500
Dinner & A Movie	192
Excursions	500
Golden Tours	5,720
Game Room	1,050
Movies	3,700
Pinochle	1,237
Table Tennis	98

Grand Total Participation 251,525



Community Outreach and Involvement

Commissioners are involved in the community in a variety of ways. The following is a list of committees, agencies, and organizations that Commissioners are appointed to serve and/or participate in:

- Agencies and Programs on Aging
- Al Malaikah Masonic Shrine of Los Angeles
- American Radio Relay League
- American Red Cross of Greater Long Beach
- Assembly Member Jenny Oropeza's Senior Advisory Committee
- Cal West Tariff Bureau
- California Congress of Seniors
- Camp Fire Boys & Girls U.S.A.
- Department of Health and Human Services, Senior Strategic Planning Task Force
- Disabled Resource Center Board
- El Dorado Nature Center
- ESL- Latino Club
- Filipino Association of Long Beach
- First District Advisory Committee
- Gray Panthers
- Interfaith Community Organizing Committee
- Las Hermanas
- Latin American Heritage Association
- Latino Advisory Committee
- Legal Aid Foundation of Los Angeles
- Long Beach Memorial Medical Center- Senior Advantage
- Long Beach Neighborhood Water

Community Outreach and Involvement (cont.)

- Long Beach Police Department, Chaplin
- Long Beach Police Department, Community Relations
- Long Beach Police Department, Westside Leadership Forum
- Long Beach Senior Center Advisory Council
- Long Beach Senior Center Latino Club
- Long Beach Senior Services, Fund Raising Committee
- Love Your Neighborhood
- Meals On Wheels of Long Beach
- North Long Beach Neighborhood Association
- North Long Beach Redevelopment Project Area Committee
- Philippine Education Organization
- Philippine Association of Long Beach
- Rancho Los Alamitos
- RSVP Executive Board
- Salvation Army
- Senior Advisory Council, 54th Assembly District (Lowenthal)
- OLLI Senior University, CSULB Social Services for West Long Beach
- St. Lucy's Friendship Club
- St. Mary's Foundation 21 Society
- St. Mary's Medical Center
- Temple Beth Zion-Sinai
- Thomas Jefferson Academy
- Unidad y Fuerza
- Volunteer – Long Beach Senior Center
- Volunteers in Public Schools (VIPS)
- West Long Beach Association

Community Outreach and Involvement (cont.)

- Westside Long Beach Blessed Hope Assembly
- Wrigley Community Organization



LONG BEACH SENIOR CITIZEN ADVISORY COMMISSION
ATTENDANCE RECORD FOR 2006

MEMBERS	J	F	M	A	M	J	J	A	S	O	N	D
PATRICIA BERGENDAHL	X	X	X	X	E	E	E	E	E	X	X	X
BARBARA BOLIN	X	X	E	X	X	X	E	X	X	E	X	X
HENRY BRUNNER	X	X	X	X	X	X	X	X	X	X	X	X
ROSE CABANBAN	X	X	X	X	X	E	T	-	-	-	-	-
FLORENCE DODGE	X	X	X	E	X	X	E	E	X	X	E	X
FRED DUNN	-	-	-	-	-	-	X	X	X	X	X	X
RITA ELLNER	X	X	X	X	X	X	X	X	X	X	X	X
TEODORO FELIX	X	X	X	X	X	X	X	X	X	X	X	X
RABBI SIDNEY GUTHMAN	X	X	X	X	X	X	E	X	R	R	R	R
MARY HERNANDEZ	X	X	X	X	X	X	X	X	X	X	X	X
NANCY HIGGINSON	X	X	E	X	X	X	X	X	X	X	X	X
SLETTIE JONES	X	X	X	X	X	X	X	X	X	X	R	-
PEGGY KRYNICKI	-	-	-	-	-	-	X	X	X	E	X	X
VIVIAN LINDERMAN	X	X	X	X	X	X	X	X	E	E	X	E
TERESA MUNOZ	X	X	E	E	X	X	T	-	-	-	-	-
BRENDA RIDDICK	-	-	-	-	-	-	X	X	X	E	X	X
LU WALL	X	X	X	X	X	X	T	-	-	-	-	-
BERRY YOLKEN	X	X	X	X	X	X	X	X	X	E	E	E

X = PRESENT
E = EXCUSED ABSENCE
U = UNEXCUSED ABSENT
R = RESIGNED
A = APPOINTED TO COMMISSION
T = END OF TERM
- = NOT IN OFFICE

**CITY PERSONNEL ASSISTING
THE SENIOR CITIZEN ADVISORY COMMISSION**

NUMBER OF MEETINGS HELD: 12 Regular monthly meetings
12 Executive Board (agenda) meetings

CITY PERSONEL ASSISTING THE COMMISSION:

Phil T. Hester, Director, Parks, Recreation and Marine
Chrissy Marshall, Manager, Community Recreation Services
Belem Solis, Recreation Superintendent, Community Recreation Services
Nathan Israel, Clerk, Community Recreation Services

FUNDS EXPENDED IN SUPPORT OF THE COMMISSION:

Personal Services

Agenda Meetings:

Superintendent	\$ 1,212
Clerk	\$350

Regular Meetings:

Superintendent	\$1,112
Clerk	\$312

Meeting Preparation and Follow-up:

Superintendent	\$1,200
Clerk	\$360

TOTAL PERSONAL SERVICES **\$ 4,546**

Non-Personal Services

Postage	\$250
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Office Supplies	\$176
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Miscellaneous Supplies	\$500
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TOTAL NON-PERSONAL SERVICES **\$ 926**

TOTAL FUNDS EXPENDED **\$ 5,472**