

SENIOR CITIZEN ADVISORY COMMISSION

C-6

Annual Report

January 2005 through December 2005



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 2005

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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

Nancy Higginson	3 rd District	Chairperson
Berry Yolken	3 rd District	Vice-Chairperson
Lu Wall	3 rd District	Secretary
Rose Cabanban	6 th District	Parliamentarian

Members

January 2005 – July 2005

July 2005 – December 2005

Patricia Bergendahl	6 th District	Patricia Bergendahl	6 th District
Barbara Bolin	9 th District	Barbara Bolin	9 th District
Henry Brunner	7 th District	Henry Brunner	7 th District
Rose Cabanban	7 th District	Rose Cabanban	7 th District
Florence Dodge	3 rd District	Florence Dodge	3 rd District
Rita Ellner	2 nd District	Rita Ellner	2 nd District
Teodoro Felix	1 st District	Teodoro Felix	1 st District
Rabbi Sidney Guthman	3 rd District	Rabbi Sidney Guthman	3 rd District
Mary Hernandez	7 th District	Mary Hernandez	7 th District
Nancy Higginson	3 rd District	Nancy Higginson	3 rd District
Vivian Linderman	8 th District	Slettie Jones	8 th District
Teresa Munoz	2 nd District	Vivian Linderman	8 th District
Debra Teofilo - (Resigned)	3 rd District	Teresa Munoz	2 nd District
Lu Wall	3 rd District	Lu Wall	3 rd District
Berry Yolken	3 rd District	Berry Yolken	3 rd District

City Staff (Department of Parks, Recreation and Marine)

Chrissy Marshall, Manager, Community Recreation Programs

Belem Solis, Superintendent, Community Recreation Programs

Del Ransom, Clerk, Community Recreation Programs

Shelley Hellen, Community Services Supervisor, Community Recreation Programs

Senior Services, Community Recreation Programs Bureau Staff

Sherry Nixon, Recreation Superintendent

Terry Eggers, Community Services Supervisor

Gladys Kaiser, Community Services Supervisor

Jose Olmos, Community Services Supervisor

Sonny Seng, Community Services Supervisor

Renee Henderson, Recreation Assistant

La Chonda Lard, Recreation Assistant

Eileen Ludlam, Recreation Assistant

Brenda Williams, Recreation Assistant

Helen Barree, Recreation Leader Specialist VII

Senior Citizen Advisory Commission Purpose

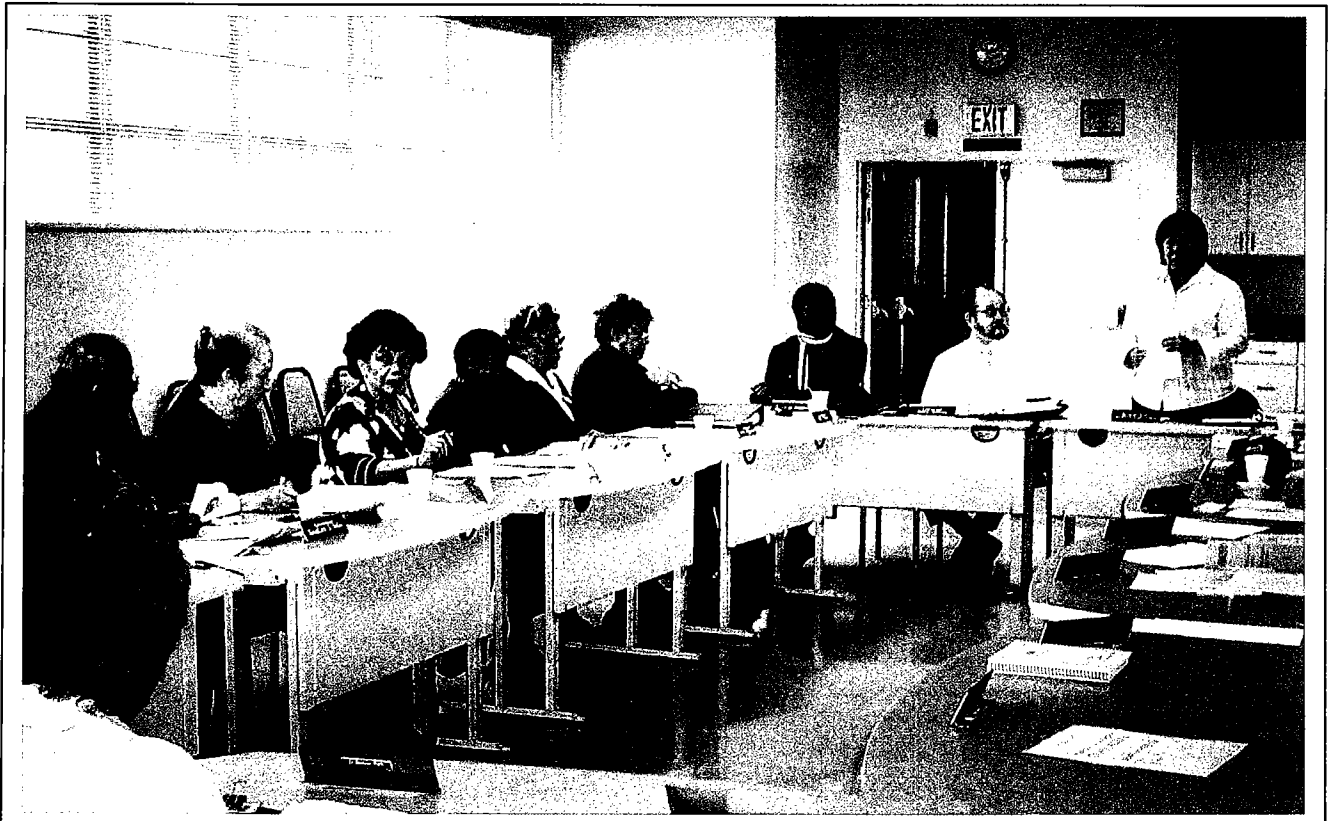
The purpose of the Senior Citizen Advisory Commission is to:

- 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 the elderly;
- 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 over the age of 50 years who are appointed for a two-year term and who may serve for a maximum of four terms. The regular meeting of the Commission was held on the third Thursday of each month through 2005 from 9:00 to 11:00 a.m., at the Long Beach Senior Center. Beginning in 2006, the Commission meetings were held on the second Thursday of each month. The Executive Committee meets two weeks before the general meeting, on the last Thursday of the month at 9:30 a.m., to develop the Commission meeting agenda and respond to any emergency business.



Summary of Significant Achievements

- Assisted, supported and participated in the development of the Long Beach Strategic Plan for Older Adults. Involved in the Advisory/Oversight Committee and the Collaborative Planning Task Force that involved 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.
- Encouraged recreation supervisors of the different satellite Senior Centers to present monthly program highlights.
- Revised the Senior Citizen Advisory Commission Bylaws.
- Took an active role in supporting the City's change of nonprofit provider for the senior nutrition lunch programs.
- Supported the annual flu shot clinics.
- Participated in the Cesar Chavez Senior program opening day festivities in the month of November.
- Formed a collaborative with the City of Long Beach Department of Parks, Recreation and Marine and Health and Human Services, and the nonprofit organization, American Red Cross Greater Long Beach, to reinstate the mobile nurse program at each community satellite Senior Center program site.
- Developed Commission biography handbook.
- Completed and published in August 2005, the Long Beach Senior Citizen Advisory Commission Resources Directory.
- 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

Andie Squires, Outreach Specialist, California Communications Access Foundation.

MARCH

Debbie Ricker, OTR/L, Executive Director, Wellness Center, Laguna Hills.

APRIL

Kathy Berry, Community Medical Center's Intergeneration Partnerships for Seniors.

MAY

Phil T. Hester, Director of Parks, Recreation and Marine.

JUNE

David Wodynski, Budget Management Officer, City Manager's Office.

JULY

John McKinney, United States Postal Inspector, Long Beach Domicile, L.A. Division.

AUGUST

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

SEPTEMBER

Dan Rosenfeld, Local Government, Community Relations Representative,
Long Beach Transit.

OCTOBER

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

NOVEMBER

Attorney, Michael McGuire with California Elder Law Center.

DECEMBER

Autrilla Scott, National Association for the Advancement of Colored People

Senior Facilities

Long Beach is a commercial city, a shipping point, an oil city, a city of homes, shopping center for a wide area - it is all of these and more. Beyond these important material developments, 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 Centers are to promote the most enriching quality of life for our Long Beach residents. Long Beach Senior Centers are a community focal point where older persons can gather for activities and services, which enhance their dignity, support their independence and encourages their involvement in and with the community. Long Beach Senior Centers have developed and implemented programs and activities in the areas of health & fitness, education, recreation, socialization and volunteerism. The Department's goal is to increase public awareness and promote active participation in 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. Additionally, other facilities offer senior activities and classes.



Senior Classes, Activities, Services, Clubs and Organizations

In a report necessarily limited in size, it would be impossible to list every activity or service offered at each of our (6) Long Beach Senior Centers. A sampling of program offerings, however, has been provided below. Also listed below are the Clubs and Organizations the department partners with to enhance service delivery.

CLASSES, ACTIVITIES AND SERVICES

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

Affiliated Senior Center Clubs and Organizations

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

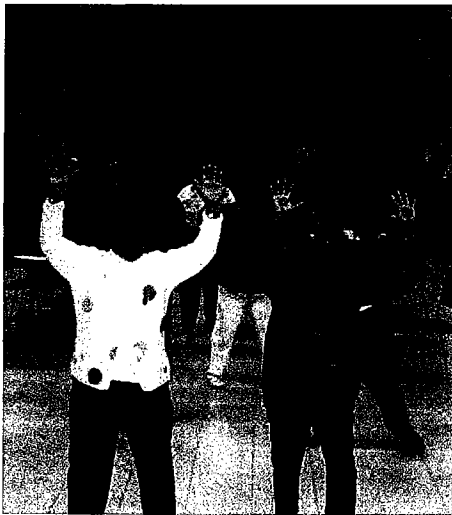
Senior Participation Levels

Year Round Programs Cover Many Activities

During the year covered by this report, approximately 249,905 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 9, an alphabetical list is provided which includes activities and organizations coming under the Senior Citizens Advisory Commission's observation. In the scope of this 14-page report, any activity that interests people is important, not only to seniors but to the community as well.

Attendance figures are kept in all Senior Centers and from these records, the following table was created. The concern of whether a million persons enjoyed year-round recreation or a hundred thousand enjoyed them a hundred times each is not important. The fact that the facilities were maintained and the programs arranged to instruct and entertain a great many men and women was important.



**Senior Participation Levels
(cont.)**

ARTS & CULTURAL

Arts & Crafts	1,586
Card Making	1,355
Crochet/Knitting	2,052
Flower Arranging	530
Lapidary	1,002
Quilting	1,628
Themed Events	2,050
Weaving	200
Wood Carving	230

DANCE

Dances - Big Band	25,300
Dances - Senior Dance Club	7,660
Tap Dance Class	1,032
Ballroom Dance Class	600

DRAMATIC ACTIVITIES

Have A Hearts	250
Prime Time Players	130
Sing A Long	500

ENRICHMENT

Adventures in Photography	80
Computer Classes	3,757
Driving Course	660
Language	1,200
Library	6,736
Seminars	1,764
Volunteer Opportunities	500

FITNESS

Aerobics for Seniors	8,200
Fitness Rooms	8,000
Strength Fitness	20,078
Senior Strutters	2,160
Senior Swimmers 60+	1,320
Tai Chi For Seniors	1,700

SERVICES - HEALTH

Blood Pressure and Diabetic Screens	2,000
Flu & Pneumonia Shot Clinic	3,250
Health Department Services	3,500
Health Screening	11,094
Mammograms	80
Medical Equipment Loans	50
Optelec	120
Podiatry Exams	120

SERVICES - NUTRITION

Brown Bag Food Distribution	9,308
Friendly Cup Cafe	17,500
Supplemental Food Program	9,898
V.O.A. / HSA Senior Nutrition	19,400

SERVICES - SOCIAL

Asian Pacific Outreach	900
Financial Advisor	2,102
Homeowner & Renter's Assistance	1,406
Income Tax Assistance	810
Information, Assistance and Referral	21,765
Notary Public Service	144
Safety Net Program	60
Southeast Asian Task Force	180
Transportation-Vouchers & Tokens	600
Utility Users Tax Exemption	1,228
Utility Users Tax Refund	1,511
Work Experience Program	12
H.I.C.A.P. - (Health Insurance Counseling and Advocacy Program)	489

SOCIAL

Billiards	5,000
Bingo	1,500
Bridge	5,200
Cards	7,020
Dinner & A Movie	240
Dinner Dances	556
Excursions	1,560
Golden Tours	1,000
Game Room	1,992
Movies	2,304
Pinochle	1,920
Table Tennis	600

SOCIAL CLUBS & GROUPS

Courage to Change	500
Council of the Blind	230
Gray Panthers	240
Have-A-Heart Performers	200
Latino Club	342
Lithuanian Club	462
Mineral & Gem Society	5,200
Phillipino American Senior- Civic Club of Long Beach	600
Poetry & Prose Club	480
Red Hat Society	300
Singles Club	480
Variety Band	1,040
	1,152

Grand Total Participation 249,905

Community Outreach and Involvement

As a part of their responsibilities, Commissioners are involved in the community in a variety of ways. The following is a partial list of committees, agencies, and organizations that Commissioners are appointed to, serve on, or actively 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-Greater Long Beach Chapter
- 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
- Healthy City Project
- Interfaith Community Organizing Committee
- Jefferson Academy, Mentor Program
- Las Hermanas
- Latin American Heritage Association
- Latino Advisory Committee

Community Outreach and Involvement (cont.)

- Legal Aid Foundation of Los Angeles
- Long Beach Memorial Medical Center- Senior Advantage
- Long Beach Neighborhood Water
- 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 Executive Committee
- 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)
- 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

Community Outreach and Involvement (cont.)

- Temple Beth Zion-Sinai
- Thomas Jefferson Academy
- Unidad y Fuerza
- Volunteer – Long Beach Senior Center
- Volunteers in Public Schools (VIPS)
- West Long Beach Association
- Westside Long Beach Blessed Hope Assembly
- Wrigley Community Organization

LONG BEACH SENIOR CITIZEN ADVISORY COMMISSION
2005 ATTENDANCE RECORD

MEMBERS	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
PATRICIA BERGENDAHL	X	X	X	X	E	E	E	X	E	U	X	X
BARBARA BOLIN	X	X	E	X	X	X	E	X	X	X	X	X
HENRY BRUNNER	X	X	X	X	X	X	X	X	X	X	X	E
ROSE CABANBAN	X	X	X	X	X	E	X	X	X	E	E	E
FLORENCE DODGE	X	X	X	E	X	X	E	X	X	U	E	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	X	X	X	X
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
VIVIAN LINDERMAN	X	X	X	X	X	X	X	X	X	X	X	X
TERESA MUNOZ	X	X	E	E	X	X	E	E	U	E	E	E
DEBRA TEOFILO	X	X	R	-	-	-	-	-	-	-	-	-
LU WALL	X	X	X	X	X	X	X	X	X	X	X	E
BERRY YOLKEN	X	X	X	X	X	X	X	X	X	X	X	X
SLETTIE JONES	-	-	-	-	-	-	-	X	X	X	X	X

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

The Senior Citizens Advisory Commission meetings are held on the second Thursday of the month at 9:00 a.m. These meetings are held at the Long Beach Senior Center and are open to the public.

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:

Chrissy Marshall, Manager, Community Recreation Programs
Belem Solis, Recreation Superintendent, Community Recreation Programs
Shelley Hellen, Community Services Supervisor, Community Recreation Programs
Del Ransom, Clerk Typist III, Community Recreation Programs

FUNDS EXPENDED IN SUPPORT OF THE COMMISSION:

Personal Services

Agenda Meetings:

Superintendent	\$ 1,112
Clerk Typist III	\$ 329

Regular Meetings:

Superintendent	\$ 1,112
Supervisor	\$ 600
Clerk Typist III	\$ 412

Meeting Preparation and Follow-up:

Superintendent	\$ 926
Clerk Typist III	\$ 360

TOTAL PERSONAL SERVICES **\$ 4,439**

Non-Personal Services

Postage	\$ 250
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Office Supplies	\$ 150
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Miscellaneous Supplies	\$ 450
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TOTAL NON-PERSONAL SERVICES **\$ 850**

TOTAL FUNDS EXPENDED **\$ 5,289**