



C-17

CITY OF LONG BEACH
DEPARTMENT OF PARKS, RECREATION & MARINE



2760 N. Studebaker Road, Long Beach, CA 90815-1697
(562) 570-3100 • FAX (562) 570-3109
www.LBParks.org

selected
best in the nation

April 15, 2008

HONORABLE MAYOR AND CITY COUNCIL
City of Long Beach
California

RECOMMENDATION:

Receive and file the 2007 Senior Citizen Advisory Commission Annual Report.
(Citywide)

DISCUSSION

The Senior Citizen Advisory Commission has prepared an annual report for the period of January 1, 2007 to December 31, 2007, 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*

PHIL T. HESTER
DIRECTOR OF PARKS, RECREATION AND MARINE

PTH:CM:dr

APPROVED:

Patrick H. West
for PATRICK H. WEST
CITY MANAGER

SENIOR CITIZEN ADVISORY COMMISSION

ANNUAL REPORT

JANUARY THROUGH DECEMBER 2007



City of Long Beach
Department of Parks,
Recreation and Marine



Long Beach Senior Center
1150 E. 4th street
Long Beach, CA 90802

LONG BEACH SENIOR CITIZEN ADVISORY COMMISSION ANNUAL REPORT FOR 2007

TABLE OF CONTENTS

Name of the Commission, Membership and City Staff	3
The Senior Citizen Advisory Commission Purpose	4
Structure of the Commission	4
Summary of Significant Achievements	5
Guests and Public Speakers	6
Senior Facilities	7
Senior Classes and Activities/Affiliated Senior Center Clubs and Organizations	8-9
Social Recreation	10-12
Social Recreation Program Participation Levels	13-14
Community Outreach/Community Involvement	15-16
Commission Attendance Record	17
City Personnel Assisting Senior Citizen's Advisory Commission	18

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
Fred Dunn	3 rd District	Vice-Chairperson
Rita Ellner	2 nd District	Secretary
Mary Hernandez	7 th District	Parliamentarian

Members

January 2007 – July 2007

Patricia Bergendahl	6 th District
Barbara Bolin	9 th District
Henry Brunner	7 th District
Florence Dodge	3 rd District
Teodoro Felix	1 st District
Nancy Higginson	3 rd District
Peggy Krynicki	8 th District
Vivian Linderman	8 th District

July 2007 – December 2007

Patricia Bergendahl	6 th District
Barbara Bolin	9 th District
Henry Brunner	7 th District
Florence Dodge	3 rd District
Teodoro Felix	1 st District
Nancy Higginson	3 rd District

City Staff (Department of Parks, Recreation and Marine)

Phil T. Hester, Director
Chrissy Marshall, Manager of Community Recreation Services
Belem Solis, Recreation Superintendent
Ted Stevens, Recreation Superintendent
Norma Salazar-Walker, Secretary
Ardige Pittman, Clerk Typist

Senior Service Program City Staff

Terri Eggers, Community Services Supervisor
Patricia Gallagher, Senior Coordinator
Ashleigh Griset, Community Services Supervisor
Angela Bartholomew, Senior Coordinator
Shelley Hellen, Community Services Supervisor
Jean Rabune, Recreation Assistant
La Chonda Lard, Recreation Assistant
Maya Mia Tauvaa, Senior Coordinator
Toni Forde-Hixon, Community Services Supervisor
Ellen May, Senior Coordinator
Sonny Seng, Community Services Supervisor
Eileen Ludlam, Recreation Assistant
Luz Contreras, Senior Coordinator

The 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 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 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 second Thursday of each month through 2007 from 9:00 to 11:00 a.m., at the Long Beach Senior Center. The Executive Committee meets two weeks before the general meeting, on the fourth Thursday of the month at 9:00 a.m., to develop the Commission meeting agenda and respond to any emergency business.



Summary of Significant Achievements

- Advised the City Council and City Management staff of the importance of providing funds to HSA to help support the congregate meals program.
- Participated in the Optimization Study of the Long Beach Strategic Plan for Older Adults.
- Encouraged Recreation Site Supervisors from the different satellite Senior Centers to present monthly program highlights.
- Supported the annual flu shot clinics.
- Distributed “Vials of Life” provided by the nonprofit organization, American Red Cross Greater Long Beach, to each of the community satellite Senior Center program sites.
- Prepared and submitted the Senior Commission’s 2006 Annual Report.



Guests/Public Discussion of the Senior Citizen Advisory Commission

JANUARY 2007

Slettie Jones presented a film about the effects of dementia entitled "Darkness in the afternoon."

FEBRUARY

Jack Humphrey, former Advanced Planning Officer for the City of Long Beach.

MARCH

Cynthia A. Brayboy, M.S.W., Department of Health and Human Services.

APRIL

Ex-Commissioner, Slettie Jones, Supervising Psychiatric Social Worker, L.A. County.

MAY

Debbie Levan, Director of Senior Services, Behavioral Health Services, Inc.

JUNE

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

JULY

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

AUGUST

Darren Dunaway, Associate Director for Human Services Association (HSA)

SEPTEMBER

Barney Berlyn, Senior Police Partners.

OCTOBER

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

NOVEMBER

C.J. Harmatz, Director of Senior Health Services at Long Beach Memorial Medical Center.

DECEMBER

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

Senior Facilities

Long Beach is a commercial city, a shipping -point, an oil city, a city of homes, shopping centers 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 is 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 encourage 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.

Bixby Park

130 Cherry Avenue, (562) 570-1602
(Senior classes offered)
Class hours vary

California Recreation Center

1550 MLK Jr. Ave., (562) 570-1605
Hours: M-F, 9:00 a.m. to 2:00 p.m.

Cesar Chavez Park

401 Golden Ave., (562) 570-8890
Hours: M-F, 9:00 a.m. to 2:00 p.m.

El Dorado Park West

2800 Studebaker Rd., (562) 570-3227
Hours: M-F, 9:00 a.m. to 3:00 p.m.

Houghton Park

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

Silverado Park Center

1545 W. 31st Street, (562) 570-1675
Hours: 9:00 a.m. to 2:00 p.m.



Senior Classes and Activities

In a report necessarily limited in size, it would be impossible to present a description of every activity promoted and supervised. In order to adequately cover the varied scope, a simple listing was necessary. As indicated by the headings below, the list includes three somewhat different types of leadership. There are classes which meet for instruction regularly at scheduled times and places. There are activities, other than instructional, conducted at Senior Centers in Long Beach. There are also clubs and organizations, sponsored and directed in a general manner, which either maintain their own individual programs and leadership, or those that are the result of close cooperation between Departmental staff and other civic groups.



Abs Plus Below the Belt
Adventure Club
Aerobics
Almost Ballet
Arms, Legs & Abs/Chair
Arthritis Exercise Class
Asian Pacific Outreach
Ballroom Dance
Beading
Bicycle Repair
Billiards
Bingo
Body Works
Bridge
Brown Bag Food Distribution
Bus Passes
Cake Decorating
Card Making
Card Play
Chair Aerobics
Chess
Computer Classes
Creative Wire Wrap
Crochet/Knitting
Crochet Class (We Care)
Dances – Big Band
Dinner Dances
Dances – Senior Dance Club
Dinner & A Movie
Dominoes
Drawing & Painting
ESL Language
Excursions
Eye & Ear Exams

Classes and Activities

Financial Advisor
Fitness Rooms
Floral Arranging
Flu Shot Clinic
Food Stamp Registration
Friendly Cup Cafe
Gardening Center
Golden Tours
Happiness & Humor Class
Health Department Services
Health Insurance Counsel
Hearing Impaired Telephone
Homeowner & Renter
Assistance
Health Insurance Counseling
Health Screenings
Home Delivered Meals
Horseshoes
Housing Information
Income Tax Assistance
Information, Assistance and
Referral
Karaoke
Lapidary
Legal Services
Library
Mammograms
Medical Equipment Loans
Mobil Health Van
Movies
Needlework
Notary Public Service
Optelec Script Enlarger
Pinochle
Podiatry Exams
Quilting Class
Quilting/Sewing
Renter's Rights Counseling
Roadwise Review



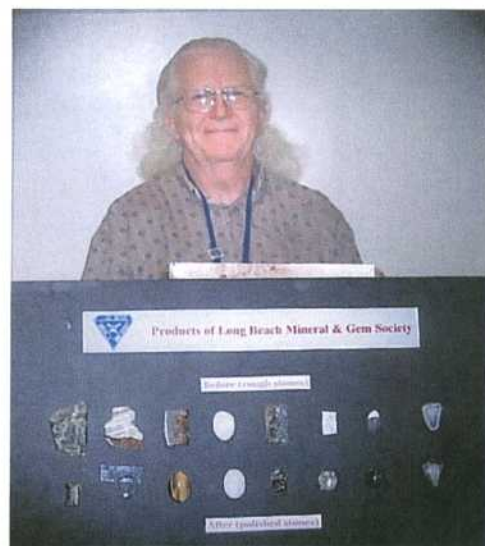
Safe Driving Course
Safety Net Program
Seminars
Senior Nutrition Program
Senior Strutters
Senior Swimmers 60+
Sing-A-Long
Spanish
Special Events/Celebrations
Stand Up/Sit Down Fitness
Strength Fitness
Stretch & Flex
Supplemental Food Program
Table Tennis
Tai Chi For Arthritis
Tai Chi For Seniors
Tap Dance Class
Tap & Jazz Dance
Taxi Vouchers
Telephone Reassurance
Themed Dinner Dances
Transportation Information
(TTY)
Utility Users Tax Exemption
Utility Users Tax Refund
Variety Band
Voter Services
Volunteer Opportunities
Weaving
Wire Wrap Jewelry
Wire Weave Jewelry
Wood Carving
Work Experience Program
Yoga

Affiliated Clubs, Organizations and Agencies with Programs at Sites

American Association of Retired People
 American Red Cross Long Beach Chapter
 Arthritis Foundation
 Asian and Pacific Islander Older Adult Outreach
 Bet Tzedek Legal Services
 Bikes 90808
 CSULB Recreation and Leisure Studies
 CSULB Student Dietetic Assn.
 California Franchise Tax Board
 Center for Health Care Rights
 Council of the Blind
 Courage to Change
 First AME Church of LA
 Food Bank of Long Beach
 Food Finders
 Golden Tours
 Gray Panthers
 Guardian Financial Services
 Have-A-Heart Performers
 Human Services Association
 Jewish Children and Family Services
 LA County Area Agency on Aging
 LA County Mental Health
 Latino Club
 League of Women Voters
 Legal Aid Society of Long Beach
 Linda Wall, Notary Public
 Long Beach Community Development
 Long Beach City College
 Long Beach Disabled Services
 Long Beach Health and Human Services
 Long Beach Housing Authority
 Long Beach Library Services
 Long Beach Police
 Long Beach Transit Authority



Long Beach Treasurer Mineral & Gem Society
 North Alamitos Beach Association
 Orange County Food Bank
 Osher Lifelong Learning Institute
 Philippine American Senior Civic Club of LB
 Poetry Club
 Prime Time Players
 Red Hat Society
 Retired and Senior Volunteer Program
 Senior Police Partners
 Senior Singles Club
 Silver Age Yoga Community
 Southeast Asian Task Force
 USC Occupational Therapy
 Variety Band
 Wood Carving Association
 YMCA



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. This interest has been promoted among senior citizens of the community by the Department of Parks, Recreation and Marine. 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 are a regular feature and considerable interest is maintained in many lines, 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.

Dramatics

Dramatic activity appeals to an instinct and is 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.



Social Recreation

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 reduce 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.



Social Recreation

Special Events

Special events are held continuously throughout the year and are an important part of Senior Program offerings. Special events consist of field trips to museums or other places of interest and themed Dinner dances, (Halloween, Christmas, Spring time, 4th of July, Valentine's Day, Hawaiian Luau, and many others). These types of events are vital to getting seniors out of their homes and socializing with other seniors. Social contact is one of the most important things a senior needs to allow them to make friends and reduce depression. Thousands of seniors attend and many long term friendships are developed and strengthened during these events.



Senior Participation Levels

Year Round Programs Cover Many Activities

During the year covered by this report, approximately 322,702 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 pages 8 and 9, 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 tracked at all Senior Centers and from these the following table is composed.

ARTS & CULTURAL

Arts & Crafts	4,409
Card Making	800
Cake Making	150
Cooking	420
Crochet/Knitting	1,617
Flower Arranging	400
Jewelry Making	350
Lapidary	1,248
Quilting	240
Themed Events	1,823
Weaving	364
Wood Carving	<u>1,923</u>
Total	13,744

DANCE

Almost Ballet	90
Dances - Big Band	20,930
Dinner Dance	600
Dances - Senior Dance Club	7,320
Latin Dance	1,160
Tap Dance Class	350
Ballroom Dance Class	<u>1,990</u>
Total	32,440

DRAMATIC ACTIVITIES

Have A Hearts	900
Karaoke	1,500
Prime Time Players	1,460
Sing A Long	<u>975</u>
Total	4,835

FITNESS

Arthritis Foundation Exercise	780
Body Works	5,250
Chair Aerobics	820
Fitness Rooms	23,280
Stand up/Sit down Exercise	1,872
Senior Strutters	720
Senior Swimmers 60+	523
Stretch & Flex	2,080
Thi Chi for Arthritis	1,401
Tai Chi For Seniors	780
Yoga	<u>1,500</u>
Total	39,006

SOCIAL CLUBS & GROUPS

Courage to Change	880
Council of the Blind	520
Gray Panthers	520
Latino Club	415
Mineral & Gem Society meeting	2,080
Phillipino American Senior	
Civic Club of LB	1,662
Reading Book Club	300
Red Hat Society	120
Singles Club	480
Southeast Asian Task Force	250
Variety Band	3,120
Wood Carving Association	<u>427</u>
Total	10,774

Senior Participation Levels (cont.)

ENRICHMENT

Computer Classes	675
Driving Course	385
Language - ESL	270
Language - Spanish	150
Library	2,900
Seminars	2,700
Volunteer Opportunities	15,500
Total	22,580

SERVICES - NUTRITION

Bread Givaway - Food Finders	3,640
Brown Bag Distribution-LB Food Bank	900
Friendly Cup Cafe	34,500
Supplemental Food Program - OCFB	8,100
HSA Senior Nutrition	70,189
Total	117,329

SERVICES - SOCIAL

Asian Pacific Outreach	500
Financial Advisor	1,860
Food Stamp Registration	216
H.I.C.A.P. - (Health Insurance Counseling and Advocacy Program)	204
Homeowner & Renter's Assistance	1,950
Income Tax Assistance	1,440
Information, Assistance and Referral	36,500
Legal Aid Counseling	108
Notary Public Service	12
Safety Net Program	24
Transportation-Vouchers & Tokens	700
Bus Passes	900
Utility Users Tax Exemption	450
Utility Users Tax Refund	1,285
Work Experience Program	60
Total	46,209

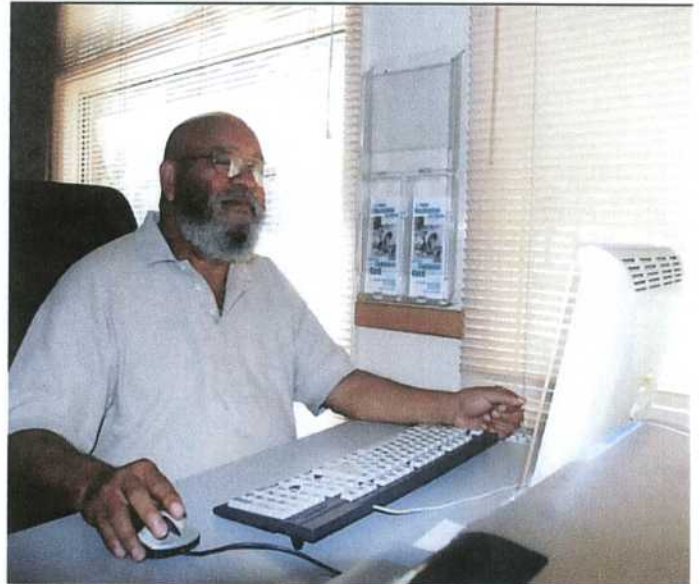
Grand Total 322,702

SERVICES - HEALTH

Blood Pressure and Diabetic Screens	2,410
Flu Shot Clinics	3,250
Health Department Services:	
Senior Links	300
Senior Health Clinic	2,600
Mobil Health	1,500
Health Screening	5,750
Medical Equipment Loans	75
Optelec	40
Health, Eye, Ear, & Foot Exams	345
Total	16,270

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	4,601
Pinochle	1,237
Table Tennis	115
Total	19,515



Community Outreach and Involvement

As a part of their responsibilities, Senior 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 participate in:

- Agencies and Programs on Aging
- American Radio Relay League
- American Red Cross of Greater Long Beach-Greater Long Beach Chapter
- Camp Fire Boys & Girls U.S.A.
- Central Long Beach Redevelopment Project Area Committee (CPAC)
- Department of Health and Human Services, Senior Strategic Planning Task Force
- ESL- Latino Club
- Filipino Association of Long Beach
- Healthy City Project
- Interfaith Community Organizing Committee
- Jefferson Academy, Mentor Program
- Las Hermanas
- Long Beach City College Senior Advisory Board
- Long Beach Memorial Medical Center- Senior Advantage
- Long Beach Neighborhood Watch
- Long Beach Police Department, Community Relations
- Long Beach Police Department, Safety and Crime Prevention
- Long Beach Police Department, Westside Leadership Forum
- Long Beach Senior Center Latino Club
- Meals On Wheels of Long Beach
- NAG (Neighborhood Advisory Group)

Community Outreach and Involvement (cont.)

- North Long Beach Neighborhood Association Executive Committee
- North Long Beach Redevelopment Project Area Committee (NPAC)
- PEO (Physical Education Opportunity)
- Philippine Education Organization
- Rancho Los Alamitos
- Salvation Army
- 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 Board
- Thomas Jefferson Academy
- Volunteer – Long Beach Senior Center
- Volunteers in Public Schools (VIPS)
- West Long Beach Association
- Wrigley Community Organization



LONG BEACH SENIOR CITIZEN ADVISORY COMMISSION
ATTENDANCE RECORD FOR 2007

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	X	X	A	X	X	X
HENRY BRUNNER	X	X	X	X	X	X	X	X	X	X	X	E
FLORENCE DODGE	X	E	X	E	X	A	E	X	X	E	X	X
FRED DUNN	X	X	X	X	X	X	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	E	X	X	X	X	X	X	X	X
RABBI SIDNEY GUTHMAN	R	R	R	R	R	R	R	R	R	R	R	R
MARY HERNANDEZ	X	X	X	X	X	X	X	X	X	X	X	X
NANCY HIGGINSON	E	X	X	X	X	X	X	X	E	E	X	X
SLETTIE JONES	R	R	R	R	R	R	R	R	R	R	R	R
MARGARET KRYNICKI	X	E	R	R	R	R	R	R	R	R	R	R
VIVIAN LINDERMAN	E	X	X	E	E	X	R	R	R	R	R	R
BRENDA RIDDICK	R	R	R	R	R	R	R	R	R	R	R	R
BERRY YOLKEN	X	X	X	X	X	X	X	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 Citizen 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 PERSONNEL ASSISTING THE COMMISSION:

Phil T. Hester, Director
Chrissy Marshall, Manager, Community Recreation Services
Belem Solis, Recreation Superintendent
Ted Stevens, Recreation Superintendent
Shelley Hellen, Community Services Supervisor
Norma Salazar-Walker, Secretary
Ardige Pittman, Clerk

FUNDS EXPENDED IN SUPPORT OF THE COMMISSION:

Personal Services

Agenda Meetings:

Superintendent	\$ 700
Clerk	\$ 528

Regular Meetings:

Superintendent	\$ 936
Supervisor	\$ 600
Clerk	\$ 528

Meeting Preparation and Follow-up:

Superintendent	\$468
Clerk	\$790

TOTAL PERSONAL SERVICES **\$ 4,550**

Non-Personal Services

Postage	\$ 250
---------	--------

Office Supplies	\$ 150
-----------------	--------

Miscellaneous Supplies	\$ 450
------------------------	--------

TOTAL NON-PERSONAL SERVICES **\$ 850**

TOTAL FUNDS EXPENDED **\$ 5,400**