

AGENDA



COMMITTEE ON AGING
September 18, 2024, 12:00PM
Tulare Senior Community Center
Bill Thompson Room
201 NORTH "F" STREET

MISSION STATEMENT

**TO PROMOTE A COMMUNITY MAKING TULARE THE MOST DESIRABLE PLACE TO LIVE,
LEARN, PLAY, WORK, WORSHIP AND PROSPER**

I. CALL TO ORDER

II. PLEDGE OF ALLEGIANCE

III. CITIZEN COMMENTS

*This is the time for citizens to comment on items within the jurisdiction of the Board. The Board cannot legally discuss or take official action on citizen comments that are introduced today. Each speaker will be allowed **three minutes**, with a maximum time of 10 minutes per item, unless otherwise extended by the Board.*

IV. COMMUNICATIONS

*Communications are to be submitted 10 days prior to a meeting to be considered for this section of the Agenda. No action will be taken on matters listed under communications; however, the Board may direct staff to schedule issues raised during communications for a future agenda. Citizen comments will be limited to **three minutes**, per topic, unless otherwise extended by the Board.*

V. CONSENT CALENDAR:

All Consent Calendar Items are considered routine and will be enacted in one motion. There will be no separate discussion of these matters unless a request is made, in which event the item will be removed from the Consent Calendar to be discussed and voted upon by a separate motion.

(1). AGENDA

- a. Approval of the agenda for meeting – September 18, 2024.

(2). MINUTES

- a. Approval of the minutes from meeting – July 17, 2024.

VI. GENERAL BUSINESS

(1). NUTRITION

- a. Nutrition Report. These reports cover congregate and home delivered (hot and frozen) meal participation for the months of July and August, 2024.

(2). RECREATION-COMMUNITY SERVICES

- a. Recreation Report. These reports cover recreational activities and participation for the months of July and August, 2024.
- b. Classes & Activities: Additional information regarding classes and activities that may be prudent to the Commission.

- i. My Diabetes Tutor

VII. OLD BUSINESS – None.

VIII. NEW BUSINESS

(1) KTAAA Agreement – 24/25-05

- a. KTAAA has sent over their agreement for the 2024 – 2025 year. The contracted amount for this year was for \$289,833, which is an additional \$15,000 more than projected. Contract will be before the City Council for approval on October 1st.

IX. ITEMS OF BOARD – None.

X. ADJOURNMENT

In compliance with the Americans with Disabilities and Brown Act, if you need special assistance to participate in the meeting, including the receipt of the agenda and documents in the agenda package in an alternate format, please contact the Tulare Senior Community Center (559) 685-2330. Notification 48 hours prior to the meeting will enable the Center to make reasonable arrangements to ensure accessibility to this meeting (28 CFR 35.102-35, 104 ADA Title II), and allow for the preparation of documents in the appropriate alternate format.

[Note: Pursuant to Government Code 54957.5 – Effective 7/1/08 Documents produced and distributed less than 72 hours prior to or during an open session of a regular meeting to a majority of the legislative body regarding any item on the agenda will be made available for public inspection at the meeting and at the City Clerk's office at City Hall located at 411 East Kern Avenue during normal business hours.

Next Scheduled Committee Meeting: November 20, 2024

MINUTES

COMMITTEE ON AGING

12 NOON

Wednesday, July 17, 2024

Tulare Senior Community Center, 201 North "F" Street
Bill Thompson Room

MISSION STATEMENT

*To Promote a community making Tulare the most desirable place to
Live, Learn, Play, Work, Worship and Prosper*

I. CALL TO ORDER

The Regular Meeting of the Committee on Aging was called to order at 12:05 p.m. by Jevon Price

MEMBERS PRESENT: Jevon Price, Celeste Galeno, Albert Lemus, and Jackie Zupp

MEMBERS ABSENT: Ralph Cantu

STAFF PRESENT: Brian Beck and Ashlee Winslow

GUESTS: None.

II. PLEDGE OF ALLEGIANCE - The flag salute conducted.

III. CITIZEN COMMENTS – None.

IV. COMMUNICATIONS – None.

V. CONSENT CALENDAR – Approval of the Consent Calendar was made by Albert Lemus, seconded by Jackie Zupp. Motion was passed with no objection.

a. Approval of agenda for the meeting on Wednesday, July 17th.

b. Approval of the minutes from the meeting held on Wednesday, May 15, 2024.

VI. GENERAL BUSINESS

a. NUTRITION REPORT: Ashlee Winslow reported on months May and June 2024.

a. Approval of the May and June Nutrition Report – motion made by Albert Lemus, seconded by Celeste Galeno. Motion passed with no objection.

b. Ashlee provided an informational report on 2023 – 2024 Senior Nutrition report which provided an overview of the last five years and how the nutrition program has developed.

b. RECREATION REPORT: Ashlee Winslow reported on months May and June 2024.

a. Approval of the May and June 2024 Recreation Report – motion made by Celeste Galeno and seconded by Albert Lemus. Motion passed with no objection.

VII. OLD BUSINESS – None.

VIII. NEW BUSINESS

- a. Ashlee provided a brief overview of the Hot Home Delivery program. The program returned July 8th and currently has 16 clients.
- b. Ashlee provided an informational report on the 2023 – 2024 construction projects and a projected plan on projects for the upcoming year.

IX. ITEMS OF BOARD

- a. Staff reported that they worked with the PD to switch vehicles. Allowing the PD to take the van in exchange for a new Chevy Equinox. Until the Equinox has been procured, the PD has provided a loaner car that can be used in the meantime.

X. ADJOURNMENT

The meeting was adjourned at 1:07PM.

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Next meeting is scheduled for Wednesday September 18, 2024 at Noon.

NUTRITION ACTIVITY REPORT

MONTH: JULY 2024
DAYS OF SERVICE: 22

PROGRAM ACTIVITY	SENIOR MEALS	Average Daily Attendance This Month	STAFF GUESTS VOLUNTEERS	TOTAL THIS MONTH	SAME MONTH LAST YR	YEAR TO DATE	LAST YEAR TO DATE
C1 - Congregate	857	39	Staff & Volunteer	952	246	952	246
C2 -To Go/Hot/Frozen			54 Guest 41				
To Go	3,277	149		3,277		3,277	
Hot Delivery	249	11		249	2,567	249	2,567
Frozen Delivery	1,100			1,100	790	1,100	790
C2 TOTAL	4,626	210		4,626	3,357	4,626	3,357
SENIOR TOTAL	5,483			5,578	3,603	5,578	3,603

SENIOR CONTRIBUTIONS

REVENUE	TOTAL THIS MONTH	AVERAGE PER MEAL	SAME MONTH LAST YR	YEAR TO DATE	LAST YEAR TO DATE
C1 - Congregate	\$ 744.59	\$ 0.87	\$ 397.00	\$ 744.59	\$ 397.00
C2 - To Go/Frozen	\$ 2,960.46	\$ 0.64	\$ 2,880.81	\$ 2,960.46	\$ 2,880.81
	\$ 3,705.05		\$ 3,277.81	\$ 3,705.05	\$ 3,277.81

NUTRITION ACTIVITY REPORT

MONTH: AUGUST 2024

DAYS OF SERVICE: 22

PROGRAM ACTIVITY	SENIOR MEALS	Average Daily Attendance This Month	STAFF GUESTS VOLUNTEERS	TOTAL THIS MONTH	SAME MONTH LAST YR	FISCAL YEAR TO DATE	LAST YEAR TO DATE
C1 - Congregate	1,028	47	66 Meals Staff & Vol 49 Guest Meals	1,143	631	2,095	877
C2 -To Go/Hot/Frozen							
To Go	3,415	155		3,415	2,577	6,692	
Hot Delivery	287	13		287		536	5,144
Frozen Delivery	980	45		980	910	2,080	1,700
C2 TOTAL	4,682	213		4,682	3,487	9,308	6,844
SENIOR TOTAL	5,710			5,825	4,118	11,403	7,721

SENIOR CONTRIBUTIONS

REVENUE	TOTAL THIS MONTH	AVERAGE PER MEAL	SAME MONTH LAST YR	FISCAL YEAR TO DATE	LAST YEAR TO DATE
C1 - Congregate	\$ 1,085.80	\$ 1.06	\$ 766.55	\$ 1,830.39	\$ 1,163.55
C2 - To Go/Frozen	\$ 2,733.45	\$ 0.58	\$ 2,487.73	\$ 5,693.91	\$ 5,368.54
	\$ 3,819.25		\$ 3,254.28	\$ 7,524.30	\$ 6,532.09

RECREATION, PARKS, AND LIBRARY, SENIOR SERVICES DIVISION
Recreation and Social Services Attendance Report 2024-2025 July 2024

ACTIVITY/SERVICE NON-REVENUE	AVERAGE ATTENDANCE	TOTAL THIS MONTH	SAME MONTH LAST YEAR	YEAR TO DATE	LAST YEAR TO DATE
Bible Study	13	52	20	52	20
Cards	0	0	10	0	10
Line Dancing Lessons	19	97	25	97	25
Knitting & Crochet	3	16	17	16	17
Mah Jong	9	36	20	36	20
Down Memory Lane Writing	3	3	17	3	17
Open Painting	9	94	53	94	53
Tai Chi	8	24	0	24	0
Subtotal		322	162	322	162
RECREATION - TSS Events					
Bingo	62	308	186	308	186
Dance - Friday	68	273	264	273	264
Subtotal		581	450	581	450
Special Events					
Caregiver Support Group (Monthly)	0	0	4	0	4
Subtotal		0	4	0	4
Outreach					
100X Form New		87	59	87	59
Front Office/Phone		484	393	484	393
Facebook (769 Followers 2 posts)		1,400	602	1400	602
Monthly Newsletter		205	200	205	200
Nutrition Education		231	209	231	209
Subtotal		2407	1463	2407	1463
Social Services					
Referral (C-SET)		35	15	35	15
Subtotal		35	15	35	15
Corporation Meetings					
Aging Commission (I & A)		6	6	6	6
Tulare Senior Services (I & A)		0	9	0	9
Subtotal		6	15	6	15

RECREATION, PARKS, AND LIBRARY, SENIOR SERVICES DIVISION
Recreation and Social Services Attendance Report 2024-2025 August 2024

ACTIVITY/SERVICE NON-REVENUE	AVERAGE ATTENDANCE	TOTAL THIS MONTH	SAME MONTH LAST YEAR	YEAR TO DATE	LAST YEAR TO DATE
Bible Study	9	47	26	99	46
Cards	0	0	2	0	12
Line Dancing Lessons	24	73	40	170	65
Knitting & Crochet	3	13	31	33	48
Mah Jong	7	37	22	73	42
Down Memory Lane Writing	2	9	27	12	22
Open Painting	9	74	58	168	111
Tai Chi	11	43	0	67	0
Subtotal		296	206	622	346
RECREATION - TSS Events					
Bingo	57	227	286	535	472
Dance - Friday	76	378	291	651	555
Subtotal		605	577	1186	1027
Special Events					
Caregiver Support Group (Instructor No Showed)		2	4	2	8
Subtotal		2	4	2	8
Outreach					
100X Form New		75	53	162	112
Front Office/Phone		496	433	980	826
Facebook (776 Followers 2 posts)		1,400	606	2800	1208
Monthly Newsletter		200	200	405	400
Nutrition Education		256	200	487	409
Subtotal		2427	1492	4834	2955
Social Services					
Referral (C-SET)		42	9	77	27
Subtotal		42	9	77	27
Corporation Meetings					
Aging Commission (I & A)		0	0	6	6
Tulare Senior Services (I & A)		36	12	36	26
Subtotal		36	12	42	32










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My Diabetes Tutor helps people take back control of their Diabetes, lower their A1c, and improve their overall health.



Personalized education and support proven to help patients manage their diabetes and overall health

We offer up to 10 sessions for patients with Type 1, Type 2, Gestational, or Pre-diabetes.

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-  Insulin Pump Training
(Omnipod, Minimed, Tandem)
-  Weight Management Counseling
-  Preventing Complications
-  Understanding Medication
-  Continuous Blood Glucose Monitoring
(Dexcom, Libre, Guardian, Eversense)
-  What to Eat
-  Staying Healthy for a Lifetime
-  Gestational Diabetes

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Most My Diabetes Tutor sessions are covered by insurance—at little to no patient cost.

*Contracted with: *Medicare *Tricare *Sante Health System *Brand New Day *Blue Shield *United Healthcare *Blue Cross *Aetna *Anthem Blue Cross Medicaid *Key Medical *United Health Physician Network *LaSalle Medical Associates *Cal Viva Health *Adventist Health Plan *Medi-cal *KOVA Health *Other Insurance Health Plans pending *Self Pay Options Available*

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CALL 844-623-0999
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SIGN UP FORM



¿Necesitas ayuda con El automanejo de tu Diabetes?

My Diabetes Tutor ayuda a las personas a recuperar el manejo de su diabetes, reducir tu A1c y mejorar tu salud en general.

Educación y apoyo personalizados que han demostrado ayudar a los pacientes a manejar su diabetes y salud general

Ofrecemos hasta 10 sesiones para pacientes con tipo 1, Tipo 2, Diabetes Gestacional o Prediabetes.

⊕ Entendiendo tus Medicamentos/Medicinas

❤️ Manteniéndote saludable para toda la vida

👂 Consejos sobre el manejo del peso

⊘ Previendo las complicaciones

💉 Entrenamiento de la Bomba de Insulina
(OmniPod, Minimed, Tandem)

💧 Monitoreo continuo de glucosa en la sangre
(Dexcom, Libre, Guardián, Eversense)

👤 Vivir con diabetes

🍴 ¿Qué comer?

👶 Diabetes gestacional

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Tenemos Convenios contratados con: *Medicare *Tricare *Sante Health System *Brand New Day *Blue Shield *United Health Care *Blue Cross *Aetna *Anthem Blue Cross Medicaid *Key Medical *United Health Physician Red *LaSalle Medical Associates *Cal Viva Health *Adventist Health Plan *Medi-cal *KOVA Health **Otros planes de salud/aseguranza están pendientes *Pagar por cuenta propia, esta disponible

llámanos para una cita virtual hoy!

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LLAMAR 844-623-0999

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