



SENIOR COMMISSION MEETING AGENDA

3:30 PM - Monday, June 02, 2025

Los Altos Community Center, Sequoia Room

PARTICIPATION: Members of the public may participate by being present at the Los Altos Community Center, Sequoia Room, 97 Hillview Ave, Los Altos, CA 94022. Public comment is accepted in person at the physical meeting location, or via email to SCPublicComment@losaltosca.gov.

RULES FOR CONDUCT: Pursuant to Los Altos Municipal Code, Section 2.05.010 "Interruptions and rules for conduct": Understanding that the purpose of the commission meetings is to conduct the people's business for the benefit of all the people, in the event that any meeting of the commission is willfully interrupted by a person or group of persons so as to render the orderly conduct of the meeting impossible, the chair, vice chair, or any other member of the commission acting as the chair may order the removal of the person or persons responsible for the disruption and bar them from further attendance at the commission, or otherwise proceed pursuant to Government Code Section 54957.0 or any applicable penal statute or city ordinance.

REMOTE MEETING OBSERVATION: Members of the public may view the meeting via the link below, but will not be permitted to provide public comment via Zoom or telephone. Public comment will be taken in-person, and members of the public may provide written public comment by following the instructions below.

<https://losaltosca-gov.zoom.us/j/82006038225?pwd=m9hXeacZS0mpiYtdhH6XXaIY6P8VUK.1>

Webinar ID: 820 0603 8225 / Passcode: 085046

PLEASE NOTE: Commissioner Cohen will participate in the meeting via videoconference from the site listed below. The meeting agenda will be posted on the videoconference site, which is accessible to the public. Anyone wishing to address the Commission from the videoconference site will be provided with an opportunity to do so.

Location for Commissioner Cohen:

905 Campbell Avenue, Los Altos, CA 94024

Please note: Personal information, such as email addresses, telephone numbers, home addresses, and other contact information are not required to be included with your comments. If this information is included in your written comments, they will become part of the public record. Redactions and/or edits will not be made to public comments, and the comments will be posted as they are submitted. Please do not include any information in your communication that you do not want to be made public.

The Chair will open public comment and will announce the length of time provided for comments during each item.

CALL MEETING TO ORDER

ESTABLISH QUORUM

PLEDGE OF ALLEGIANCE

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

Members of the audience may bring to the Commission's attention any item that is not on the agenda. Please complete a "Request to Speak" form and submit it to the Staff Liaison. Speakers are generally given two or three minutes, at the discretion of the Chair. Please be advised that, by law, the Commission is unable to discuss or take action on issues presented during the Public Comment Period. According to State Law (also known as "the Brown Act") items must first be noticed on the agenda before any discussion or action.

ITEMS FOR CONSIDERATION/ACTION

1. [Minutes: Approve minutes of the regular Senior Commission meeting of April 7, 2025](#)
2. [Senior Health Fair: Receive staff report, ad hoc subcommittee and working pair reports, discuss event logistics to complete planning tasks for the event](#)
3. [Work Plan: Update FY 2024/25 Work Plan](#)

INFORMATIONAL ITEMS

4. **Staff Oral Reports:** Receive information and announcements from Town of Los Altos Hills and city of Los Altos staff
5. [Flyers: Receive informational flyers](#)

COMMISSION/SUBCOMMITTEE/STAFF ORAL REPORTS AND REQUESTS FOR FUTURE AGENDA ITEMS

6. **Future Agenda Items**
 - A. Health Fair
 - B. Fall Fling

ADJOURNMENT

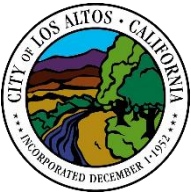
SPECIAL NOTICES TO PUBLIC

In compliance with the Americans with Disabilities Act, the City of Los Altos will make reasonable arrangements to ensure accessibility to this meeting. If you need special assistance to participate in this meeting, please contact the City Clerk 72 hours prior to the meeting at (650) 947-2610.

Agendas, Staff Reports and some associated documents for Senior Commission items may be viewed on the Internet at https://www.losaltosca.gov/meetings?field_microsite_tid_1=2321.

If you wish to provide written materials, please provide the Commission Staff Liaison with **10 copies** of any document that you would like to submit to the Commissioners in order for it to become part of the public record.

For other questions regarding the meeting proceedings, please contact the City Clerk at (650) 947-2720.



MINUTES OF THE REGULAR MEETING OF THE SENIOR COMMISSION OF THE CITY OF LOS ALTOS AND TOWN OF LOS ALTOS HILLS, HELD ON MONDAY, APRIL 7, 2025, AT 3:30 P.M. VIA VIDEO CONFERENCE AND IN PERSON.

CALL MEETING TO ORDER

At 3:30 P.M., Olson called the meeting to order.

ESTABLISH QUORUM:

PRESENT: Buchholz, Dixit, Gallagher Thompson, Olson, and Trapnell

ABSENT: Basiji, Cohen

LATE: None.

PLEDGE OF ALLEGIANCE

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

Arthur Whipple, resident of Los Altos, Director of Resilient Los Altos discussed Resilient Los Altos and emergency response and concerns for older adults in Los Altos.

ITEMS FOR CONSIDERATION/ACTION

1. **Minutes:** Approve minutes of the regular Senior Commission meeting of March 3, 2025.

Public Comment: None

Action: Upon a motion by Buchholz, seconded by Dixit, the Senior Commission approved the minutes of the regular meeting of March 3, 2025.

Approve: Buchholz, Dixit, Gallagher Thompson, Olson, and Trapnell

Oppose: None

Absent: Basiji, Cohen

Abstention: None

Motion passed unanimously: 5-0-2-0

2. **Los Altos Parks & Recreation Marketing:** Receive staff report and take action as appropriate.

Public Comment: None

Action: Received staff report.

3. **Senior Health Fair:** Receive ad hoc subcommittee report, discuss presentation schedule, and

assign working pairs to complete planning tasks for the event.

Public Comment: None

Action: Receive ad hoc subcommittee report, discuss presentation schedule, and assign working pairs to complete planning tasks for the event.

Public Comment: None

Action: The Commission voted to proceed with multiple speaker sessions in separate rooms.

Two options for speaker formats were considered:

- a. Hosting multiple, shorter speaker sessions in various rooms.
- b. Two speakers with longer sessions and a panel discussion.

Option A: Gallagher Thompson, Olson, and Trapnell

Option B: Buchholz, Dixit

Absent: Basiji, Cohen

Action: The Commission unanimously decided on seven overarching health fair topics...

- a. Overall dementia prevention
- b. Nutrition
- c. Exercise/movement
- d. Sleep
- e. Socialization
- f. Caregiver/Caregiving
- g. Public Safety

Action: Assigned working pairs to complete planning tasks for the event....

- a. Vendors: Dixit, Olson
- b. Marketing: Olson, Trapnell
- c. Speakers: Ad-Hoc Subcommittee
- d. Event Title: Ad-Hoc Subcommittee
- e. Event Layout: Buchholz, Dixit
- f. Snacks/Food: Dixit, Gallagher-Thompson
- g. Giveaway: Olson, Trapnell
- h. Ad-Hoc Subcommittee: Basiji, Buchholz, Gallagher, Thompson

4. **Work Plan:** Update FY 2024/25 work plan

Public Comment: None

Action: Updated FY 2024/25 work plan received.

INFORMATIONAL ITEMS

5. **Flyers:** Informational flyers received.

Public Comment: None

**COMMISSION/SUBCOMMITTEE/STAFF ORAL REPORTS AND REQUESTS FOR
FUTURE AGENDA ITEMS**

6. **Staff Oral Reports:** Received information and announcements from Town of Los Altos Hills and city of Los Altos staff.

Public Comment: None

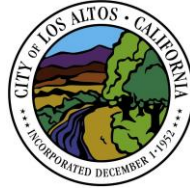
7. **Future Agenda Items:**

- A. Senior Health Fair
- B. Fall Fling
- C. Work Plan

Public Comment: None

ADJOURNMENT:

At 5:08 P.M., Monday, April 7, 2025, Olson adjourned the meeting.



SENIOR COMMISSION AGENDA REPORT

Meeting Date: June 2, 2025

Subject: Senior Health Fair

Prepared by: Jaime Chew, Parks & Recreation Deputy Director

Initiated by: Commission

Staff Recommendation

The staff recommends to receive the staff report, ad hoc subcommittee and working pair reports. Recommended actions are as follows:

1. Finalize event title to facilitate marketing content creation by staff.
2. Select the preferred marketing banner location – San Antonio/El Camino or Lincoln Park.
3. Provide feedback and direction on the give away.
4. Provide feedback on speakers based upon ad hoc subcommittee report.
5. Provide feedback on the refreshments based upon working pair report.

Summary/Project Description:

- The Senior Commission will be hosting a Senior Health Fair on Tuesday, September 9, 2025, from 12pm – 3pm at the Los Altos Community Center.

Fiscal Impact: None

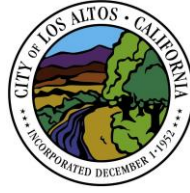
Background

At the September 9, 2024, Senior Commissioner special meeting, the Commission approved hosting a Senior Commission Health Fair event in 2025. On January 6, 2025, the ad hoc subcommittee of Commissioners Basiji, Buchholz, and Gallagher Thompson was formed to manage the overall coordination of the event. City staff has reserved the Grand Oak Room, Sequoia Room, Manzanita Room, and Apricot Room to facilitate the various elements of the event.

The ad hoc subcommittee virtually met with Amanda Hui, Recreation Coordinator for the City of Cupertino to learn best practices to potentially be implemented in the Senior Commission's event. She is coordinating the Health Expo that will be held on Friday, May 9, 2025, from 10am – 1:30pm.

At the April 7, 2025, Senior Commission regular meeting, the Commission made the following determinations for event elements:

- Vendor showcase will be hosted in the Grand Oak Room
- Speakers/Presentations will be hosted in the Sequoia Room, Manzanita Room, Apricot Room



Subject: Senior Health Fair

-
- Presentations will be broad overviews of prioritized topics, 30 minutes for the presentation, 10 minutes for Q&A, and 10 minutes for transition time
 - Preferred topics are:
 - Overview of preventing/delaying dementia/cognitive decline
 - Importance of nutrition – eating for a healthy brain
 - Importance of movement/activity/exercise
 - Importance of healthy sleep habits
 - Importance of social connectedness
 - Caring for the caregiving
 - Public safety – police and fire
 - Ad hoc subcommittee will finalize the title of the event based upon confirmed speakers

The following working pair were assigned:

- Contacting vendors – Dixit, Olson
- Food/refreshments – Dixit, Gallagher Thompson
- Event layout & flow – Buchholz, Dixit
- Marketing – Olson, Trapnell
- Give Away – Olson, Trapnell

Discussion/Analysis

The Senior Commission should receive and discuss the ad hoc subcommittee and working pair reports, and take action as appropriate to continue planning event logistics for the Senior Health Fair.

Attachments:

1. Ad Hoc Subcommittee Report
2. Working Pair Report – Food/Refreshments
3. Working Pair Report – Vendors

Ad Hoc Subcommittee Report – Speakers

Commissioner Gallagher Thompson

1. “Overview” talk at 12:15 on “Healthy Aging/ Preventing Cognitive Decline” or “Healthy Aging: Maximizing Opportunities” (or something like that): We have a “yes” from Nusha Askari, PhD., psychologist and Executive Director of the Stanford Alzheimer’s Disease Research Center. She is a trained neuropsychologist who has worked in the field for many years before taking on this leadership role in the Stanford center.
2. Topic of family caregiving: “Building Resilience in Family Caregivers” (something like that): We have a tentative “yes” from Sherry Beaudreau, PhD; National Manager of VA Advanced Fellowship in Mental Illness – Sherry is a clinical psychologist who works directly with family caregivers as part of her job. She also needs to get final approval re the date – so she too is “pending.”

Commissioner Buchholz

- Contacted 3 offices of geriatricians to determine where they refer patients for the topics that were selected at the last meeting.
- Visited the mental health group at El Camino and will contact them for issues related to social connection.
- Need to finalize schedule based upon number of speakers and determine time allocation for other potential areas like an introduction/welcome and panel (if possible).

Health Fair Refreshments: Commissioner Dixit/Gallagher-Thompson Report

Per our charter, to work on the refreshments, Dolores and I spoke about the food & beverage at the Health Fair.

The staff for Los Altos Hills called and I let her know the plans Dolores and I discussed and the info you (Jaime) provided. (Listed below are the answers Jaime provided).

1. Vendor (LAH) to provide food and water as well as plates, forks and spoons, napkins, tablecloths, and serving ware.
 - a. Food suggestion:
 - b. Packed sandwich (she will check veggie only or mixed with a few veggie and a few turkey) Granola bar or healthy cookie Fruit?
 - c. They will also discuss the possibility of a contracted vendor making a boxed snack out of this suggestion. Decision tbd but basically yes.
 - d. Answer: Since the Grand Oak Room will be utilized for the vendors, we will not have a space set up banquet style for people to sit down all at once to eat. With that, plates will probably not be needed. The Community Center already has tablecloths on hand so that will not need to be provided. In regards to options, boxed or pre-packaged will probable be the most efficient options. For example, a boxed lunch that has a wrapped sandwich, along with fruit. We could also have pre-packaged granola bars or yogurt, etc.
2. Time to drop off and set up(?) at least by 11am on Sept 9th 2025
 - a. Answer: Drop off should be around 11:15am or 11:30am.
3. Number of people estimated : 250
 - a. Answer: Estimated number of 250 is good.
4. Coffee and Tea with cups to be provided by Los Altos Community Center.
 - a. Answer: Yes, we can provide coffee, tea and water.
5. Cleanup by Community Center Staff.
 - a. Answer: Yes, city staff will be present to assist with clean up.
6. Item suggested by Dolores for May meeting:
 - a. Flowers for decorating tables. Can we have any?
 - b. Answer: Yes, we can have decorations and we do have budget for that. Whether it is flowers or other.

Working Pair Report – Vendors

The following vendors have been contacted. Still working to finalize.

- SALA
- PUBLIC HEALTH DEPT., COUNTY OF SANTA CLARA
- STANFORD HEALTH; Farewell to Falls
- SOURCEWISE
- SANTA CLARA COUNTY FIRE
- MID-PENINSULA WIDOWS & WIDOWERS
- LIVE OAK ADULT DAY SERVICES
- PACIFIC HEARING CONNECTION - LOS ALTOS
- HEARTS & MINDS ACTIVITY CENTER
- GERIATRIC CARE SOLUTION
- REBUILDING TOGETHER
- RYDE
- RESILIENT LOS ALTOS
- CERT ACADEMY
- OSHER INSTITUTE; SANTA CLARA UNIVERSITY
- COLLETTE TOURS
- LOS ALTOS PARKS & RECREATION JAZZERCISE
- LOS ALTOS POLICE
- SOUTH ASIAN HEART CENTER – EL CAMINO
- CHINESE HEALTH INITIATIVE – EL CAMINO
- EL CAMINO HEALTH

Senior Commission

2024 - 25 Work Plan

(October 2024 - September 2025)

Agenda Item 3.

Goals	Projects	Due Date	Priority/Source	Status	Assignment	Notes
Outdoor Spaces and Building						
Transportation	Write a letter to El Camino Healthcare District Board regarding the RoadRunner Program	November 2024	Community input	Completed	Buchholz, Gallagher Thompson	Individual letters were written in lieu of a formal letter due to Council being the legislative body that should approve a letter being sent by the city
Housing						
Social Participation	Collaborate with Adult 50+ staff to increase participation in programs and activities	October 2024		Completed	Nagao, Olson	
	Collaborate with Club 55 and Adult 50+ Program to expand the October Club 55 event to a Halloween themed Fall Fling	October 2025	Commission	In Progress	Ad Hoc Subcommittee Olson, Trapnell	
	Collaborate with Club 55 and Adult 50+ Program to host a Spring Fling in April	April 2026	Commission			Planning of this event will be based upon the Fall Fling
Respect and Social Inclusion						
Civic Participation and Employment						
Communication and Information						

Senior Commission

2024 - 25 Work Plan

(October 2024 - September 2025)

Agenda Item 3.

Community Support and Health Care Services	Host a Health Fair	September / October 2025	Commission	In Progress	Ad Hoc Subcommittee Basiji, Buchholz, Gallagher Thompson	Two dates have been reserved at the Los Altos Community Center 1. Tuesday, September 9 2. Tuesday, October 7 Final date will be based upon availability of speakers and vendors
			Commission	In Progress	Working Pair Dixit, Olson	Contact vendors
			Commission	In Progress	Working Pair Dixit, Gallagher Thompson	Work with city staff on refreshments for the event
			Commission	In Progress	Working Pair Dixit, Buchholz	Work with city staff on event layout and flow
			Commission	In Progress	Working Pair Olson, Trapnell	Work with city staff on marketing content creation
			Commission	In Progress	Work Pair Olson, Trapnell	Work with city staff on give away
Emergency Preparedness						

Senior Commission

2024 - 25 Work Plan

(October 2024 - September 2025)

Agenda Item 3.

October 7, 2024	November 4, 2025	December - No Meeting	January 6, 2025	February 3, 2025	March 3, 2025
Reorganization	Work Plan		Work Plan	Work Plan	Health Fair
Age Friendly Action Plan	Meeting Schedule		Health Fair		Fall Fling
Work Plan	Health Fair				
Transportation Alternative Options to RoadRunners	Age Friendly				

April 7, 2025	May 5, 2025	June 2, 2025	July - No Meeting	August 4, 2025	September 8, 2025
Health Fair	Health Fair	Health Fair		Health Fair	Health Fair
Fall Fling	Fall Fling	Fall Fling		Fall Fling	Fall Fling



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YEARS**



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A FAMILY & PICNIC-FRIENDLY EVENT

Agenda Item 5.



Your ticket to Summer Grooves!

STARTS PROMPTLY
AT 6:30PM

June 7	Peninsula Symphony
June 12	Mustache Harbor Yacht Rock
June 26	Coast Tribe Reggae
July 10	Sinister Dexter Funk Horn Band

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1575 HOLT AVENUE
0607-07102025

July 17
The Cheeseballs
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July 24
NEON VELVET
Dance Mix Hits

July 31
Fleetwood Macrame
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Dancin' Starts at 6:30pm!

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AUGUST 8**

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**AGES
3.5 - 11
YEARS**



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FINALE

Join our Adult 50+ Program for a lively pre-concert social featuring complimentary refreshments and light bites. Relax in the exclusive 50+ lounge before enjoying the soulful rock sounds of Fleetwood Macrame, a tribute to Fleetwood Mac. It's the perfect way to kick off the evening!

Free Event, Registration Required



Thursday, July 31



5:15 - 6:30 PM



Adult 50+ Program Room - LACC



Adult 50+ Program

650-9 21 797

Adult50Plus@losaltosca.gov

LOS ALTOS HILLS

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Sunday, May 18, 2025 from 3 to 5 pm

A stunning private garden in Palo Alto

Celebrate an afternoon of inspiration and community as we honor seven individuals and a service group:

Lifetimes of Achievement Honorees

- ✦ Mike Couch
- ✦ Joan MacDonald
- ✦ Helen & Dan Quinn
- ✦ Sheila & Mark Wolfson
- ✦ Sister Trinitas Hernandez (Sister T.)

Lifetimes of Service Award Honoree

- ✦ Association for Senior Day Health (ASDH)

For more information, ticket purchase, or to join as a sponsor, visit: [**2025 Lifetimes of Achievement Awards**](#)

For any questions, please contact:

Nisha Koul, Vice President of Development, at nkoul@avenidas.org

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Featuring artwork by Nancy Wong