



Agenda DATE 10/12/16 TIME 8:45

SERVED BY Luz Gonzales

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**DIVISION OF SENIOR SERVICES
SENIOR ADVISORY BOARD OF DIRECTORS**

Mary Esther Gonzales Senior Center
1121 Alto Street (Board Room)

Wednesday, October 26, 2016 (Time: 9:30 a.m.)

- I. CALL TO ORDER
- II. INVOCATION/PLEDGE OF ALLEGIANCE
- III. ROLL CALL
- IV. APPROVAL OF AGENDA
- V. APPROVAL OF MINUTES – September 21, 2016
- VI. DSS DIRECTORS REPORT – Ron J. Vialpando, Director
 - a). DPA Program Units of Service
- VII. COMMITTEE REPORTS
 - a). Foster Grandparent/Senior Companion Program
 - b). RSVP
 - c). In-Home Support
 - d). Transportation/Nutrition Programs
 - e). Senior Olympics
- VIII. UNFINISHED OTHER BUSINESS
- IX. NEW BUSINESS
 - a). None
- X. COMMENTS FROM FLOOR
- XI. DATE AND PLACE OF NEXT MEETING
- XII. ADJOURNMENT

Persons with disabilities in need of accommodations, contact the City Clerk's office at (505) 955-6520, five (5) working days prior to meeting date.

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DIVISION OF SENIOR SERVICES

ADVISORY BOARD MEETING

October 26, 2016

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MINUTES OF THE
DIVISION OF SENIOR SERVICES
ADVISORY BOARD OF DIRECTORS

October 26, 2016

A meeting of the City of Santa Fe Division of Senior Services Advisory Board of Directors was called to order by Andres Romero, Chairperson at 9:30 a.m. on this date at the Mary Esther Gonzales Senior Center, 1121 Alto Street, Santa Fe, New Mexico.

Roll Call indicated the presence of a quorum for conducting official business as follows:

MEMBERS PRESENT

Andres Romero, Chairperson
Mary Louise Giron, Vice Chairperson
Gilbert Alarid
Bernardo C de Baca
Toni Ann Gallegos
Dennis Gonzales
Elaina K. Gonzalez
Virginia Lucero
Doug Schocke

MEMBERS ABSENT

Rosemary Trujillo, Secretary, excused
Corrine Sanchez, excused

STAFF PRESENT

Lugi Gonzales, Division of Senior Services Manager

OTHERS PRESENT

Rodner Winget, visitor
Jo Ann G. Valdez, Stenographer

INVOCATION

Invocation was led by Dennis Gonzales.

PLEDGE OF ALLEGIANCE

The Pledge of Allegiance was led by Doug Schocke and was recited by all present.

APPROVAL OF AGENDA

Mr. Gonzales moved to approve the agenda as published. Ms. Gonzalez seconded the motion. The motion passed unanimously by voice vote.

APPROVAL OF MINUTES: September 21, 2016

The following change was made to the Minutes of the September 21, 2016 meeting:

Page 4, under RSVP Report, Ms. Lucero noted that she has been appointed as the liaison for the Division of Senior Services **Senior Volunteer Program**.

Mr. C de Baca moved to approve the Minutes of the September 21, 2016 meeting as amended. Mr. Gonzales seconded the motion. The motion passed unanimously by voice vote.

DIVISION OF SENIOR SERVICES DIRECTOR'S REPORT

a) DPA Program Units of Service

Lugi Gonzales gave an update on the Program Units of Service for the month of September as follows:

- The Division of Senior Services provided 5,558 congregate meals in the month of September.
- The Division of Senior Services provided 11,806 home delivered meals in the month of September.
- The Division of Senior Services provided 3,926 units of services for transportation services.
- The Division of Senior Services provided 738 units of services for respite services.
- The Division of Senior Services provided 760 units of services for homemaker services.

Lugi Gonzales reminded the Board Members to vote on November 8th. She distributed a handout of the locations where people can vote.

COMMITTEE REPORTS: (October 2016)

The written Committee Reports were submitted, distributed and reviewed.
{Please see Exhibit "A" for the specifics.}

Foster Grandparent /Senior Companion Programs Committee

Mr. Alarid moved to accept the Foster Grandparent/Senior Companion Program Committee monthly report as submitted, and include it as part of the record with the Minutes. Ms. Gallegos seconded the motion. The motion passed unanimously by voice vote.

RSVP Committee

Chairman Romero noted that there will be a Caregiver Support Group presentation for those "Living with Alzheimer's- The Middle Stage" on Friday, November 4th from 1:30 p.m. to 4:30 p.m. at the Mary Esther Gonzales Senior Center. This session will provide educational and emotional support to adults who deal with stress associated while providing specialized care for homebound individuals. The presentation will be made by Tina De La Luz, the Alzheimer's Association Northeast Regional Manager.

Mr. Gonzales moved to accept the RSVP Committee monthly report as submitted, and include it as a part of the public record with the Minutes. Mr. Schocke seconded the motion. The motion passed unanimously by voice vote.

In-Home Support Services Committee

Ms. Giron asked if they had any applicants for the respite care provider position.

Lugi Gonzales said they have not posted the vacancy as of yet because the homemaker who retired has entered into a retirement contract and will be on the books until the end of October.

Ms. Giron moved to accept the In-Home Support Services Committee monthly report as submitted, and include it as a part of the public record with the Minutes. Ms. Gonzalez seconded the motion. The motion passed unanimously by voice vote.

Transportation and Nutrition Committee

Ms. Lucero moved to accept the Transportation and Nutrition Committee monthly report as submitted, and include it as a part of the public record with the Minutes. Ms. Giron seconded the motion. The motion passed unanimously by voice vote.

Senior Olympic Committee

Mr. Alarid moved to accept the Senior Olympics Committee monthly report as submitted and include it as a part of the public record with the Minutes. Mr. Gonzales seconded the motion. The motion passed unanimously by voice vote.

UNFINISHED/OTHER BUSINESS

There was no unfinished or other business.

NEW BUSINESS

There was no new business.

COMMENTS FROM THE FLOOR

Proposal from Rod Winget

At the last Board meeting, Mr. Winget spoke about an idea/proposal he had regarding an outdoor activity (for Senior Citizens in Santa Fe) that is popular in Albuquerque. He said he would be interested in organizing this if there is any interest. Chairman Romero requested that Mr. Winget put his request in writing and present it to the Board.

Copies of Mr. Winget's proposal were distributed to the Board Members. A copy is hereby incorporated to these Minutes as Exhibit "B".

Mr. Winget explained his proposal for a new activity for Division of Senior Services. The City of Albuquerque Department of Seniors offers a program of outdoor activity through their Palo Duro 50+ Sports and Fitness Center called Outdoor Winter Recreation and Outdoor Summer Recreation.

He noted that he went down to Albuquerque and talked to the Director of the Albuquerque Department of Seniors about the program. He noted that their program is handled by the RSVP staff.

Mr. Winget explained that "Santa Fe Moai" (pronounced mo eye) is an Okinawan term for social walking groups, popularized by Dan Buettner and Blue Zone

status for numerous cities throughout the United States, especially in Minnesota, California and Iowa. Although these activities are not labeled "Moai", they are based on the same principle.

Mr. Winget is proposing that the Santa Fe Department of Senior Services offer a simpler version of the same thing on a trial basis, specifically weekly snowshoeing during January through March 2017. A van would leave the MEG Center on Tuesdays for various locations along highway 4 between Los Alamos and Jemez Springs. Participants would sign a liability waiver, provide their own equipment, and be familiar with snowshoeing.

Mr. Winget mentioned that during the summer months from April through October, the activities switch to hiking and walking.

He said that group leaders and van drivers are provided by the city's RSVP program. The vans belong to the City of Albuquerque and liability insurance is through the City's self-insurance. The cost to participate is \$9.00 per person.

Ms. Giron asked Mr. Winget if he has participated in any of these activities himself.

Mr. Winget said yes. He also did a 30-minute documentary movie (Snow Birds) on this in 2008 that was aired on Channel 16 - the Santa Fe Community College television station.

Lugi Gonzales offered to check with the RSVP program to see if this is something they are interested in doing.

Chairman Romero suggested that Mr. Winget get with Lugi Gonzales and RSVP staff and propose the idea to them and get back to the Board.

TIME AND PLACE OF NEXT MEETING

The next meeting is scheduled for November 16, 2016 at 9:30 a.m. at the Mary Esther Gonzales Senior Center.

ADJOURNMENT

There being no further business to come before the Board, the meeting adjourned at 10:20 a.m.


Andres Romero, Chairperson

Respectively submitted by:


Jo Ann G. Valdez, Stenographer

City of Santa Fe, New Mexico

memo



Date: October 12, 2016

To: Senior Services Board of Directors

From: Melanie Montoya, Volunteer Programs Administrator *MM*

Re: Foster Grandparent/Senior Companion (FGP/SCP) Programs

The following are some program highlights:

- The volunteer programs are still collecting socks for homeless veterans. Thus far, we have had a great turn out. We will collect them until November 11th (Veteran's Day).
- Our next mandatory in-service training for volunteers will be held on Thursday, October 20, 2016. Representatives from the Utility Billing Division will be onsite to talk about the new Beacon Badger meter reading system, assistance programs available, payment plans, questions about your bill, and options to pay your bill. They will also inform participants on water conservation tips and efforts in our community.
- Volunteers have been invited to attend the 2016-2017 Get Up Get Movin Get Fit event sponsored by the New Mexico Senior Olympics. The event will be held at the Genoveva Chavez Community Center on Tuesday, November 15 from 9:00 a.m. until 3:00 p.m. They will offer free health screening, fitness tips, etc.
- As always, we are currently recruiting for both the Foster Grandparent and the Senior Companion Programs. Prospective recruits may set up an appointment with Melanie.
- Our next Volunteer Programs Advisory Committee meeting is set for Tuesday, November 22nd.
- The in-service for November has been set and will feature the topic "Being Mortal", which focuses around the choice people have to die comfortably at home instead of at an institution.

If you have questions or require additional information, please feel free to contact Melanie at 955-4761. Thank you.

City of Santa Fe, New Mexico

memo

Date: October 2016
To: Senior Services Board of Directors
From: Triston Lovato, RSVP & Community Relations Administrator
Re: Retired Senior Volunteer Program (RSVP)

The following are some program highlights for RSVP:

- RSVP is currently working to gather all volunteer hours for the months of July – September for the state quarterly hours report due on October 25, 2016. A total number of hours for the quarter will be reported in next month's memo.
- RSVP is also working on its mid-year progress report, which is due to the Corporation for National & Community Services (CNCS, federal funder) on October 31, 2016. This will report on the number of volunteers serving in various areas of the community between April 1, 2016 and September 30, 2016, which follows the reporting timeline set by CNCS.
- The Volunteer Programs assisted in coordinating the Health & Resource Fair that took place at MEG on Wednesday, September 21 from 9 a.m. to 1:30 p.m. There were flu shots, blood checks and massages in addition to many other informational booths. Around 150 people attended and there was a recorded 110 questionnaire/feedback forms turned in. Many comments included wanting cholesterol checks and more information on organic food; this will be taken into consideration for next year.
- The Volunteer Programs are collecting socks for veterans in need. The sock drive kicked off on September 11, a National Day of Service and Remembrance, and will run through Veteran's Day on November 11; socks will be distributed at the "Vet Stand Down" on that day. There is a collection bin at the Mary Esther Gonzales Senior Center (1121 Alto Street) and in City Hall.
- The End Hunger in NM Summit took place Tuesday, September 27 at the Sheraton Uptown in Albuquerque. Many volunteers and interested seniors attended this one-day conference, which featured keynote speakers, informational booths, and roundtable discussions.

Upcoming

- The Volunteer Programs will be hosting a Senior Services dance on Thursday, November 17 to recognize and thank FGP, RSVP, and SCP volunteers for everything they do. There will be light refreshments and gifts will be distributed to active volunteers. This event is in lieu of the annual spring recognition for the upcoming year (2017). The dance will be held at the Eagles from 1 to 4 p.m. and will be open to all seniors to attend.

**Please feel free to contact Triston Lovato at (505) 955-4760 if you have questions.
Thank you!**

City of Santa Fe, New Mexico

memo

DATE: October 11, 2016

TO: Advisory Board Members

FROM: In-Home Support Services Committee
Theresa P. Trujillo, IHSS Supervisor T.T.

SUBJECT: Committee Status Report

September, 2016 units of service are as follows:

- Homemaker – 760.5 hours to 110 clients
- Respite – 738 hours to 36 caregivers
- Equipment - 41 units
- Nutritional Supplements – 65 cases

Units of service were short by 56.25 regarding Homemaker hours and short by 174.5 for Respite hours for September totaling 230.75 hours short for In-Home Support. Year to date, we are short in Homemaker hours by 220.5 hours and short in Respite hours by 250.25 hours. IHSS providers took off a total of 208 hours in September (plus 176 hours of retirement leave). Additionally, September 5 and September 9 (afternoon) were holidays.

We will be having a Caregiver Support Meeting on November 4, at the Mary Esther Gonzales Senior Center from 1:30 pm – 4:30 pm. November is National Family Caregiver Month as well as National Alzheimer's Disease Awareness Month. Please let me know if you have any suggestions for Caregiver gifts.

We are short one respite care provider since August 11. These clients are being assisted by other providers at least once weekly. We are waiting for position to be posted for hiring.

Lillian, a homemaker retired; her last day of work was Friday, June 10. She has entered into a retirement contract and will be on the books until the end of October.

If you have any questions or require additional information, please let me know.



**City of Santa Fe
Division of Senior Services**



Please join us for a Caregiver Support Group

**“Living with Alzheimer’s
The Middle Stage”**

Presented by: Tina De La Luz
Alzheimer’s Association Northeast Regional Manager

Friday, November 4, 1:30 p.m. to 4:30 p.m.

Mary Esther Gonzales Senior Center
1121 Alto Street

This session will provide education and emotional support to adults who deal with stress associated while providing specialized care for homebound individuals.

Navigating through the web of Alzheimer’s while extending a supportive atmosphere, so caregivers can comfort each other in meaningful ways, while getting some relaxation.

**November is National Family Caregiver’s Month and
National Alzheimer’s disease Awareness Month**

Refreshments will be provided, new faces welcome,
we look forward to seeing you!

For reservations, please call Theresa Trujillo at 955-4745

alzheimer’s 
association



City of Santa Fe, New Mexico

memo

Date: October 06, 2016

To: DSS Advisory Board Members

From: Fran Rodriguez, DSS Project Manager

Subject: Transportation/Nutrition Committee Monthly Report

Transportation Monthly Report

- In September 2016, DSS Transportation staff provided a total of 3,926 rides to seniors.

Nutrition Monthly Report

- In September 2016, DSS Nutrition staff provided a total of 11,806 meals-on-Wheels to DSS clients.
- In September 2016, DSS Nutrition staff provided a total of 5,558 congregate meals.

City of Santa Fe, New Mexico

memo

Date: October 12, 2016

Fr: Cristina Villa, DSS Program Coordinator *CV*

Subj: Senior Olympics

The Senior Olympics Committee will meet on Wednesday, October 19th, At this time I have nothing to report until next month.

Santa Fe Moai

A Proposed New Activity for DSS

Moai (pronounced mo eye) is an Okinawan term for social walking groups, popularized by Dan Buettner and Blue Zone status for numerous cities throughout the US, especially in Minnesota, California, and Iowa. Blue Zone status is a program for healthy living based on exercise, healthy nutrition, and social interaction.

The City of Albuquerque Department of Senior offers a program of outdoor activity through their Palo Duro 50+ Sports and Fitness Center called Outdoor Winter Recreation and Outdoor Summer Recreation. During January-March, three vans from the center take members age 50 or older on mid-week winter sports excursions. Tuesday is for cross-country skiing, Wednesday is for snowshoeing, and on Thursday the van travels to Santa Fe for downhill skiing. The first two are generally in the Jemez mountains. In addition, they offer two special trips for both cross country skiers and snowshoers in the Valles Caldera National Preserve. One is during the day, and for the romantic folks they have a moonlight excursion. The regular trips are \$9.00 per person and the specials are \$10.

During the snowless months from April through October, the activities switch to hiking and walking. Monday is reserved for fitness hikes (C/D level) and Wednesday is for easier hiking A/B groups. Cost for transportation is \$0.50 per mile per person. Half day hikes are also available for \$6.00. Finally Tuesday and Thursday walkabout Albuquerque trips are available for \$15 for the season.

Group leaders and van drivers are provided by the city's RSVP program. Vans belong to the city of Albuquerque and liability insurance is through the city's self-insurance. Membership in the fitness center is \$13 / year.

Although not labeled "Moai," these activities are based on the same principle. People of any age are much more likely to participate in and stick to a program of exercise that includes fun activities and social interaction. In 2008 I made a documentary that featured the Palo Duro outdoor program for Santa Fe Community television. It was aired on Friday evenings throughout the 2008-2009 winter and is still shown on occasion. The oldest skier (down hill) in the movie was 90 and legally blind.

I propose that the Santa Fe Department of Senior Services offer a simpler version of the same thing on a trial basis, specifically weekly snowshoeing during January-March, 2017. A van would leave the MEG center on Tuesdays for various locations along highway 4 between Los Alamos and Jemez Springs. The van would depart at 8:15 am and return at 4:30. Check in is 8:00 am. Participants would sign a liability waiver, provide their own equipment, and be familiar with

snowshoeing. RVSP would contribute the driver / leader. Cost would be \$9.00 per person.