



Commissioners Present:	Commissioner Wanda Buck Commissioner Bobbi Estrada Commissioner Grant McCauley Commissioner Sam Orme Commissioner Carolyn Seeger Commissioner Nancy Toledo
Excused:	Excused - Commissioner Alma Garcia
Councilmember(s)	None
Staff:	Jennifer Herb, Recreation Supervisor Anna McGill – Community Development
Guests:	Leslie Dubridge – International Coach Federation Dimitri Quddus – Student at DeAnza

Matters for Council Action: None

1. Call to Order/Roll Call

The meeting was called to order by Chair Bobbi Estrada at 10:10 a.m.

2. Approval of March 26 meeting minutes

On a motion by Commissioner McCauley, and a second by Commissioner Buck, the Commission approved (6-0) the minutes for the regular meeting.

3. Public Presentations

- A. Leslie Dubridge, International Coach Federation – Provided the Commission with a brief overview of professional coaching and the free services that are available to individuals that might benefit from such services.

4. General Business

- A. Senior Advisory Commission 2017-18 Work Plan & Goals Update
- i. Develop opportunities to promote Health & Wellness
- Host “Be Strong, Live Long’ Health & Wellness Fair, May 2018 (Commissioner McCauley) – Commissioner McCauley updated the Commission that 40 exhibitors will be participating in the event. He asked the Commissioners to arrive at 9:00 am and be available to assist with the following: act as Greeters at the beginning of the event; Greet at the Senior Advisory Commission booth; Pass out event evaluations and box lunches to exhibitors; Assist patrons with their lunch.
 - Promote “Brain Health” through research articles, and events (Commissioner Orme and Buck) – Commissioner Orme suggested that the Commission hosts Aging Presentations at the Senior Center, based on the National

Institute on Aging tool kit for Senior Centers. The Commission asked him to bring the tool kit to the May 23 meeting so members could review the content.

- ii. Promote Quarterly Elder Fraud Workshops (Commissioners Estrada/Garcia) – Supervisor Herb updated the Commission about the Internet Safety presentation from the IT Department. The dates that have been proposed are May 24 or 31st. This workshop will focus on internet browsing and protection from scams.
- iii. Champion implementation of the World Health Organization's "Age-Friendly City Initiative" in Santa Clara (All) – Supervisor Herb informed the Commission that the layout of the "Be Strong, Live Long" Health & Wellness Fair reflects the WHO Age-Friendly eight (8) domains.
- iv. Send two (2) representatives to attend the City's ADA Committee (Commissioner Orme and Toledo) – the next scheduled meeting will be at the beginning of June.

5. Staff Report

- A. Appoint one Senior Advisory Commissioner and one alternate to participate on the El Camino Real Community Advisory Committee (Presented by Community Development Associate Planner, Anna McGill) – City Staff invited the Senior Advisory Commission to appoint one member and one representative to participate on the ECR-CAC and to communicate with the SAC on progress with the El Camino Real Corridor Plan.

6. Commissioners Report

- A. Commissioner Orme attended two seminars on Calming an Overactive Brain, and Mindfulness and Stress Reduction.
- B. Commissioner Buck shared a book called "Mind – The Organized Mind, Thinking Straight in the Information Overload."
- C. Commissioner Toledo invited the Commission to attend the upcoming Mission Library fundraiser on Tuesday, May 8 from 4:30 – 6:30 pm, at Taplands in Santa Clara.

7. Adjournment

On a motion by Commissioner Toledo and seconded by Commissioner Buck, the Commission (6-0) adjourned the meeting at 12:00 p.m.

Prepared by: _____
Jennifer Herb
Recreation Supervisor

Reviewed by: _____
Grant McCauley
Commission Secretary

Submitted by: _____
James Teixeira
Director of Parks and Recreation