



**TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR SERVICES COMMISSION MEETING
September 22, 2020
110 East Main Street
LOS GATOS, CA
5:00 p.m.**

*George Rossmann, Chair
Laura Kramer Rahmil, Vice Chair
Lydia Norcia, Commissioner
Jeffery P. Blum, Commissioner
Arshia Mathur, Youth Commissioner
Commissioner - Vacant
Commissioner - Vacant*

IMPORTANT NOTICE REGARDING THE SEPTEMBER 22, 2020 COMMUNITY HEALTH AND SENIOR SERVICE COMMISSION MEETING

This meeting is being conducted utilizing teleconferencing and electronic means consistent with State of California Executive Order N-29- 20 dated March 17, 2020, regarding the COVID- 19 pandemic. **In accordance with Executive Order N-29- 20, the public may only view the meeting teleconference and not in the Council Chamber.**

PARTICIPATION

If you are interested in providing oral comments real-time during the meeting, you must join the Zoom webinar at <https://losgatosca.gov.zoom.us/j/99997174180> password: 372921

Or Telephone:

Dial:

USA 636-651-0002

USA 877-336-1829 (US Toll Free)

Conference code: 986172

During the meeting:

- When the Chair announces the item for which you wish to speak, click the “raise hand” feature in Zoom. If you are participating by phone on the Zoom app, press *9 on your telephone keypad to raise your hand. If you are participating by calling in, press #2 on your telephone keypad to raise your hand.
- When called to speak, please limit your comments to three (3) minutes, or such other time as the Chair may decide, consistent with the time limit for speakers at a Council meeting.

If you are unable to participate in real-time, you may send an email to PublicComment@losgatosca.gov with the subject line “Public Comment Item #__” (insert the item number relevant to your comment) or “Verbal Communications – Non Agenda Item.” Comments will be reviewed and distributed before the meeting if received by 3:00 p.m. on the day of the meeting. All comments received will become part of the record. The Chair has the option to modify this action on items based on comments received.

REMOTE LOCATION PARTICIPANTS

The following Commission Members are listed to permit them to appear electronically or telephonically at the Community Health and Senior Services Commission meeting: Commissioner George Rossman, Commissioner Kramer Rahmil, Commissioner Norcia, Commissioner Blum, and Youth Commissioner Mathur. All votes during the teleconferencing session will be conducted by roll call vote.

MEETING CALLED TO ORDER

ROLL CALL

COMMISSIONER REPORTS

CONSENT ITEMS (TO BE ACTED UPON BY A SINGLE MOTION)

1. Approve Community and Senior Services Commission Minutes of August 25, 2020 (Attachment 1)

VERBAL COMMUNICATIONS *(Members of the public may address the Community and Senior Services Commission on any matter that is not listed on the agenda consistent with the Participation instructions contained on page 1 of this agenda. Unless additional time is authorized by the Community and Senior Services Commission, remarks shall be limited to three minutes.)*

OTHER BUSINESS *(Up to three minutes may be allotted to each speaker on any of the following items consistent with the Participation instructions contained on page 1 of this agenda.)*

2. Site visit schedule and reports
 - a. LGS Rec 55 Plus Program (Attachment 2)
3. Discussion on Submissions to the General Plan Advisory Committee Regarding Updates to the General Plan Public Health Element (Attachment 3) and Senior Services Element (Attachment 4).
4. Discussion and Direction on CHSSC Accomplishments for FY 2019/20 and Goals for FY 2020/21 (Attachment 5).
5. Staff Liaison Report
 - a. Update from CHSSC partners
 - b. Update from staff liaison

ADJOURNMENT

IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES ACT, IF YOU NEED SPECIAL ASSISTANCE TO PARTICIPATE IN THIS MEETING, PLEASE CONTACT THE CLERK DEPARTMENT AT (408) 354-6834. NOTIFICATION 48 HOURS BEFORE THE MEETING WILL ENABLE THE TOWN TO MAKE REASONABLE ARRANGEMENTS TO ENSURE ACCESSIBILITY TO THIS MEETING [28 CFR §35.102-35.104]



DRAFT
MINUTES OF THE COMMUNITY AND SENIOR SERVICES COMMISSION MEETING
AUGUST 25, 2020

The Community and Senior Services Commission of the Town of Los Gatos conducted a Regular Meeting on Tuesday, August 25, 2020, at 5:05 p.m.

MEETING CALLED TO ORDER

ROLL CALL

Present: Commissioner Blum, Commissioner Rossmann, Youth Commissioner Mathur, Commissioner Rahmil

Absent: Commissioner Norcia

Also Present: Liaison Andrews, Jeannie Mirassou, Richard Konrad, Tom Picraux

COMMISSIONER REPORTS

Chair Rossmann, Commissioner Blum, and Commissioner Mathur discussed participation in the General Plan Advisory Committee meeting regarding Pandemic Response, Environmental Justice, and Racial and Social Justice in the General Plan.

Chair Rossmann provided information regarding the El Camino Health Community Grant Funding of \$3.7M. The program consists of three areas; Healthy Body, Healthy Mind, Healthy Community Partners.

CONSENT ITEMS (TO BE ACTED UPON BY A SINGLE MOTION)

1. Approve Community and Senior Services Commission Minutes of July 28, 2020

MOTION: Motion by Chair Rossman to approve the minutes of July 28, 2020. Seconded by Commissioner Blum.

VOTE: Motion passed unanimously.

VERBAL COMMUNICATIONS *(Members of the public may address the Community and Senior Services Commission on any matter that is not listed on the agenda. Unless additional time is authorized by the Community and Senior Services Commission, remarks shall be limited to three minutes.)*

Jeannie Mirassou provided information about her aging in place business dedicated to seniors. Commissioners asked questions of the participant.

Tom Picraux provided information about the upcoming Los Gatos-Saratoga Service Providers meeting.

OTHER BUSINESS *(Up to three minutes may be allotted to each speaker on any of the following items.)*

2. Site visit schedule and reports
 - a. LGS Rec Summer Enrichment School Grant
Chair Rossmann provided an update that the program was canceled due to Covid and that they will be returning the grant.
 - b. LGS Rec Clubhouse Childcare Grant
Chair Rossmann provided an update that the program had to be suspended due to Covid. Prior to SIP the program provided 5 scholarships and the remaining grant will be returned.
 - c. West Valley Community Services
Chair Rossmann provided an update regarding WVCS and the large increase in clients and client need during Covid. In particular WVCS has raised over \$1M for rental assistance. \$201,000 was allocated to Los Gatos versus \$30,000 last year.
3. Discussion and Submissions to the General Plan Advisory Committee Regarding Updates to the General Plan Senior Services Element

Commission members discussed the current wording and relevance of the existing goals and policies of the Senior Services Element. In addition, Commission members discussed ideas submitted by Commission members for possible inclusion in the updated General Plan. The Commission determined to provide the Chair with the discretion for the final submission to the General Plan Advisory Committee (GPAC).

MOTION: Motion by Commissioner Blum to grant the Chair authorship of final submission to GPAC. Seconded by Commissioner Mathur.

VOTE: Motion passed unanimously.

4. Discussion and Direction on CHSSC Accomplishments for FY 2019/20 and Goals for FY 2020/21

Commissioners discussed developing goals and objectives individually and providing them at the next meeting.

5. Staff Liaison Report
 - a. Update from CHSSC partners
None
 - b. Update from staff liaison
None

ADJOURNMENT

The meeting adjourned at 6:06 p.m.

This is to certify that the foregoing is a true and correct copy of the minutes of the August 25, 2020 meeting as approved by the Community and Senior Services Commission.

Arn Andrews, Assistant Town Manager

Los Gatos Community and Senior Services Commission
2019-2020 Human Services Grant Recipient Site Visit



Agency Name	Los Gatos Saratoga Recreation
Commissioner Name	George Rossmann
Date of Site Visit	Wednesday, Jan. 29, 2020, LG-S Adult Recreation Center July 25, 2020. Zoom session with program coordinator
Agency Representative Name, Title, Phone	Trinh Nguyen, Program Coordinator, tnguyen@lgsrecreation.org 408-335-0973
Type of Service	Recreational, educational, and wellness opportunities for adults 55+, free or at minimal cost.
Summarize the program funded by the agency's current grant.	The 55+ programs are conducted on Wednesday and Thursday at the LG-S Adult Recreation Center. Participants are members of the local senior community and represent all income levels. The programs include Table Games, Reader's Theater, a widow's support group, Life Happens (social connectivity), and Women Artist Connection. The grant application indicated that the 55+ program budget was \$31K, but \$15K of that goes to after school programs and the Vasona Park boat rental.
Is the program having its intended impact?	The Wednesday programs are fairly well attended. The target is 80-100 participants; there were 72 participants on the 29 th . Growth comes from the incorporation of small affinity groups, e.g. widows, into the larger assemblage. In addition to participation, success is measured by a number of soft goals – social engagement and sense of community – but these are not actively measured. Regular surveys could fill the gap.
What have been the biggest challenges/barriers to fulfilling the objectives of	Funding - the 55+ program loses money every year. It is a "bare bone" program – there are only two facilitators. Space – the hall is shared with Live Oak Nutrition on Wednesdays and there is little room for expanding participation or introducing additional programs. Marketing –A newsletter and flyers are published regularly, but recruitment is mostly by word of mouth. New programs – Would like to add tax, legal, and financial support,

<p>the program?</p>	<p>but need facilitators in addition to all of the above. COVID-19 restraints.</p>
<p>How are you overcoming those barriers?</p>	<p>Attempted to merge with Saratoga Area Senior Coordinating Council to share resources, but a pilot proposal was rejected.</p> <p>The table game programs have been offered on Zoom, but the response hasn't been overwhelming. There are lots of online game alternatives that are better structured, so without the socialization element this 55+ program is struggling.</p> <p>An online "Workout of the Day" program has been offered to maintain contact with participants but it competes with lots of fitness alternatives.</p> <p>New programs could be introduced once the pandemic is contained. For example, a Caregivers program. 55+ had hoped to host home health services providers to present their service offerings to participants, but that had to be postponed. Campbell has taken the lead in advancing the importance of such services. Los Gatos has held back. 55+ would jump all over this if the town was more supportive.</p> <p>Another possibility is to develop a technology assistance program that aids seniors in developing a greater online presence. Los Gatos high school students are already involved in such an effort, but it's a natural fit for 55+ because social interaction is very important to the population it serves.</p>
<p>Have other funding sources been approached? How have they responded?</p>	<p>The 55+ program organizes a number of donor events during the year – picnics, concerts, etc. The cost of participation is minimal, but the hope is that more substantial donations from participants will emerge. So far that hasn't been the case. Donor events raise between \$1K and \$2K per year.</p> <p>55+ did not receive a supplemental grant from the town in April, because its programs focus on socialization which was being restricted.</p>

<p>What are some of the agency's greatest accomplishments during the past year?</p>	<p>Staying alive.</p>
<p>What are the key emerging issues for the agency that might impact future grants?</p>	<p>34% of the residents of Los Gatos are over 55. Senior socialization and services will become more significant to our community going forward.</p> <p>Lots of the materials that are used in the Table Game and Women's Artist programs need to be replaced.</p>
<p>How can the Town help the agency deal with those issues?</p>	<p>Provide financial support for some of the pilot programs identified to address emerging needs in our community, such as home health services and technological assistance.</p>

<p>What services does the agency offer specifically to Los Gatos residents?</p>	<p>All of its services are directed as Los Gatos residents.</p>
<p>Interview Notes</p>	<p>Trinh attends all of the CHSSC committee meetings and all of the LG/S Service Provider meetings. He is very engaged with the community his organization serves.</p> <p>Finally, I asked Trinh to comment on the policies being developed for GPAC 2040. He thought that PFS-1.5, Intergenerational Spaces, and PFS-1.6, Dedicated Spaces for Seniors, made no sense. He also was not clear what was meant by PFS-1.1- “act as a clearinghouse”.</p>

Memorandum

To: General Plan Update Advisory Committee 2040

From: George Rossmann

Subject: Comments on Public Health Goals and Policies in the Initial Draft of the Public Facilities and Services Element.

Date: September 9, 2020

The goals and policies proposed in the draft simply maintain those in the existing general plan. They are inadequate as guideposts for the next twenty years.

“PFS-9 To ensure resources and programs are available for the health needs of the entire community, including youth and seniors.”

PFS9 is a narrowly worded strategy that relies on local hospitals, non-profit agencies, and residential health care providers to provide the essential public health services that address the needs of the Los Gatos community. GPAC should consider adding a policy that aligns with the “Health in all Policies” initiative and add additional policies that focus specifically on the Town’s most pressing needs, such as mental health services, substance abuse services, suicide prevention, teen violence, and domestic abuse.

“PFS-10 To foster all resident’s health and well-being.”

PFS10 is a broadly worded strategy whose specific policies barely scratch the surface of what is required to sustain a healthy Town. The Healthy Cities Program sponsored by the Santa Clara County Public Health Department and Attachment 3 of the GPAC Report dated 7/30/2020 offer a number of policy proposals that address health and wellness. The GPAC should carefully consider which of these policies should be added by the Town to the PFS10 strategy.

Memorandum

To: General Plan Update Advisory Committee 2040

From: LG Community Health and Senior Services Commission (CHSSC)

Subject: Comments on Senior Services Policies in the Initial Draft of the Public Facilities and Services Element.

Date: July 29, 2020

Senior Services –

PFS-1

To ensure programs and facilities for social interaction for senior citizens. [Source: Existing General Plan, Goal HS-8]

PFS-1.1

Social Program Review

The Town shall act as a resource for seniors by which seniors may locate agencies or programs that address their social problems. [Source: Existing Policy HS-8.1]

PFS-1.2

Consult with Senior Population

Regularly consult with seniors on the services and programs they desire and need. [Source: Existing Policy HS-8.2]

PFS-1.3

Provide a Wide Variety of Senior Services and Programs

Encourage and facilitate to the extent possible the LGS Recreation and other service providers to provide a wide variety of senior services and programs, including daily opportunities for seniors to have physical activity, social interaction, and mental stimulation. [Source: Existing Policy HS-8.3]

PFS-1.4

Senior and Youth Activities

Coordinate with local organizations to support intergenerational opportunities for seniors to safely interact with youth in Los Gatos. [Source: Existing Policy HS-8.4]

PFS-1.5

Intergenerational Spaces

Encourage new development to include intergenerational spaces, such as cafés or family-oriented outdoor spaces. [Source: Existing Policy HS-8.5]

This policy should probably appear in the Community Design Element.

PFS-1.6

Dedicated Spaces for Seniors

Encourage the establishment and operation of a dedicated space for seniors. [Source: Existing Policy HS-8.6]

Delete this policy. There is no need for a dedicated space for seniors according to many LG service providers.

PFS-2

To improve mobility and access to care and services for seniors. [Source: Existing General Plan, Goal HS-9]

PFS-2.1

Convenient Access to Social and Medical Services

Ensure that seniors have convenient **and reasonable** access to social and medical services, commercial areas, and transportation by coordinating with senior shuttle service providers. [Source: Existing Policy HS-9.1]

PFS-2.2

Encourage Transportation Services from Senior Housing Developments

Encourage, **and facilitate to the extent possible**, all new senior housing developments to provide transportation services. [Source: Existing Policy HS-9.2]

PFS-2.3

Encourage Senior Oriented Services

Encourage businesses and health care providers that serve seniors to locate in Town. [Source: Existing Policy HS-9.3]

PFS-3

To encourage a wide variety of types of senior housing, including independent living, residential care facilities, and affordable housing within the Town. [Source: Existing General Plan, Goal HS-10]

PFS-3.1

Barrier-Free Design Principles

Encourage new development or substantial remodels to incorporate barrier-free design principles to ensure access for people of all ages and abilities. [Source: Existing Policy HS-10.1]

PFS-4

To ensure safe environments for Los Gatos seniors. [Source: Existing General Plan, Goal HS-11]

PFS-4.1

Identify Isolated Seniors

Identify isolated seniors who may need assistance in natural disasters such as earthquakes or floods. [Source: Existing Policy HS-11.1]

The special nature of this assistance should be described in the Hazard and Safety Element.

PFS-4.2

Public Safety Outreach to Seniors

Continue daily public safety outreach and communications to seniors and their families requesting such support **and track the nature and types of support requested**. [Source: Existing Policy HS-11.2]

Memorandum

To: Community Health and Senior Services Commission

From: George Rossmann

Subject: Some proposed FY 2021 Goals

September 14, 2020

Note: In proposing these goals I have tried to account for the strengths, assets, and resources of the commission and the direction provided by the policies incorporated in the LG2040 draft general plan.

1. Inform, educate, and empower Los Gatos about public health issues, especially behavioral health, mental health, substance abuse, domestic abuse, and suicide prevention.
 - 1.1 Engage local hospitals and health care providers to determine how the town can become more effective in dealing with these issues.
2. Continue advancing the goals of the Los Gatos Age Friendly Initiative.
 - 2.1 Proactively support efforts that focus on social bridging for isolated seniors.
 - 2.2 Expand efforts to provide digital inclusiveness for seniors.
 - 2.3 Provide information on older adult issues to town and local media.
3. Continue to join and develop coalitions of mutual interest.
 - 3.1 Capitalize on our unique relationship with the Los Gatos Service Providers.
 - 3.2 Enhance service providers' volunteer recruitment and development by analyzing their needs and sponsoring community wide recruiting events.
 - 3.3 Sponsor and work closely with new businesses targeting the commission's interests.
 - 3.4 Regularly participate in state and county activities and capitalize on any initiatives.
4. Actively measure our progress on any initiative the commission undertakes.
 - 4.1 Learn from the best practices of other communities and incorporate them.
 - 4.2 Regularly report our activities and findings to the Los Gatos Town Council.

Submission from Commissioner Blum

1. As we discussed, holding a publicized forum for seniors to learn their needs;
2. Work on publicizing our commission so that people in the community know who we are, what resources we provide, etc. I would envision this occurring in part by using brochures about us and writing articles for local publications.
3. Holding a community wide event in which we try to recruit citizens to join/contribute to the non profits of their choice. We could jazz it up (literally and figuratively) with music, food, etc.