



**CITY OF PETALUMA, CALIFORNIA**  
**REGULAR MEETING OF THE SENIOR ADVISORY COMMITTEE**

Petaluma Community Center  
320 N. McDowell Blvd  
Petaluma, CA 94954

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**MINUTES**

Thursday, August 10, 2023

1. **CALL TO ORDER** – 9:04am by Chairperson Jern

2. **ROLL CALL**

**Present:** Railey Album, Don Forman, Nickola Frye, Cheryl Jern, Patricia Souza

Absent - Elizabeth Savage, Absent due to resignation from Committee - James Pointer

Staff Liaison: Iya Josephmenard

Recreation Supervisor: Rachel Beer

3. **PUBLIC COMMENT** - To members of the Senior Advisory Committee,

I'm uncertain when the manual was written from which you're considering a strategic plan, but it seems to be missing references to both equity and climate change impacts/action potential.

Both areas are priorities of the General Plan update currently underway.

For your Ad Hoc Committee items 4 and 5, including equity and environmental awareness would be beneficial for senior residents of Petaluma.

The Blue Zones program about which people seem very excited includes an emphasis on plant-based nutrition, which could be a great focus of the Senior Advisory Committee, especially considering the level of obesity in Petaluma and the animal agriculture history.

Connecting to Nature is also part of Blue Zones' recommendations - and ensuring your plans and activities include connecting to natural areas in Petaluma, perhaps helping to revitalize and restore areas in

need, and highlighting experiences that bring contentment and joy such as hearing bird songs or seeing a doe with twin fawns and knowing they are safe and respected, protected by us humans as species who need us, could also be a very positive addition to your Senior Advisory Committee plans and actions.

Sincerely,

Susan Kirks, Petaluma

- 4. PRESENTATION** Strategic planning information document, including ideas and thoughts from SAC members. Discussion centered around clarification of duties as outlined in the Petaluma Senior Advisory Committee Handbook and the need for the committee and its members to advocate for seniors. Additional discussion - Goal 1: Enhance Social Activities for Seniors - committee members will be working toward collaborative involvement with local organizations (PPSC, Sonoma County Library, etc.). Goal 2: Improve Senior Physical Health and Well-being - committee members learned about the goal of securing and installing a gazebo, and the idea of developing a proposal for the creation of an outdoor physical exercise facility specifically designed for seniors. Goal 3 - Improve Senior Mental Health and Well-being - was discussed and the importance was documented. Rachel Beer will look into the possibility of having a geriatrician do a presentation at a future meeting. Discussion of Goals 4, 5, & 6 were put on hold until a future strategic planning day.

**5. APPROVAL OF MINUTES**

Approval of Minutes for the meeting of Thursday, July 13, 2023 with corrections. MSP: Patricia/Railey

A. Approved with corrections.

**6. PUBLIC HEARINGS AND MATTERS OF CONSIDERATION**

1. Discuss creation of Ad Hoc Committee to Enhance Social Activities for Seniors – no action was taken
2. Discuss creation of Ad Hoc Committee to Improve Senior Physical Health and Well-being - action was taken to form a committee of Nickola Frye, Don Forman, and Patricia Souza to meet specifically regarding researching and creating a working document for a senior physical activity facility, possibility at Lucchesi Park, MSP: Patricia/Railey, Approved
3. Discuss creation of Ad Hoc Committee to Improve Senior Mental Health and Well-being - no action was taken, but Cheryl and Railey will be looking into programs on aging and Aging Gracefully.
4. Discuss creation of Ad Hoc Committee to Increase Access to Information and Resources for Seniors - put on hold
5. Discuss creation of Ad Hoc Committee to Advocate for Senior-Friendly Infrastructure - put on hold

6. Discuss creation of Ad Hoc Committee to Foster Intergenerational Connections – put on hold

7. **COMMITTEE COMMENT**

Cheryl Jern and Railey Album - Listening Bench Report and Memoir Recording Project - for each of these projects it is unclear how they will evolve.

**STAFF COMMENT**

Iya Josephmenard discussed the current programs and activities at the Senior Center and explained that the Senior Center Newsletter for August is available, check it out at the center or online. The center is having speakers specifically regarding transportation in September, including on Sept 6 a representative from the local bus company talking about Public Transportation and Beyond, on Sept 11 a representative from the CHP discussing Age Well and Drive Smart, on Sept 18 someone to discuss Bikes, Trikes, Trails, and Feet – Other Ways to Move. Iya suggested that each committee member make a list of five things that they would like to be working on to support seniors.

**NEXT MEETING** - Agreement was made that the SAC would be meeting monthly starting on Sept 14, 9:00 am at Lucchesi Community Center.

8. **ADJOURN** by Chairperson Jern at 10:45am