



City of Lake Oswego 50-Plus Advisory Board

Friday, January 19, 2007
8:30 a.m.

Members 2006-2007:

Janine Dunphy, Chair
Elizabeth Marietta, Vice Chair
Nanci Cummings
Daniel Baer
Barbara Heisler
MaryLou Webb
Caryl Lindemaier
Ardis Stevenson
Kathy Long Holland

City Council Chambers

City Hall
380 A Avenue

For Information: 503-675-6407

Councilor McPeak, City Council Liaison
Kim Gilmer, PR Director
Brenda Suteu, ACC Manager
Teresa O'Halloran, ACC Admin

Approved Minutes

I. Roll Call

Janine Dunphy called the meeting to order at 8:33a

Present: Janine Dunphy, Daniel Baer, Ardis Stevenson, Nanci Cummings, MaryLou Webb, Caryl Lindemaier, Barbara Heisler, Elizabeth Marietta

Guest: Andy Nelson, Executive Director Hands on Greater Portland, Jean Cochran, Clackamas County Social Services

Staff: Brenda Suteu, ACC Manager, Teresa O'Halloran, ACC Admin

Excused: Councilor Ellie McPeak, Kathy Long Holland, Kim Gilmer, PR Director

II. Approval of Minutes 12/14/06

Janine Dunphy asked for a motion to approve the minutes

Motion made by Barbara Heisler; motion seconded by Ardis Stevenson

Minutes approved with minor clarifying corrections

III. Open Public Communications

None

IV. Old Business

A. Meeting Calendar Discussion

Janine would like this group to create a calendar of guest speakers and/or topics for the year, at least through June. February will be devoted to housing; guests will include Dan Vizzini, Chair of the Planning Commission and Chair of Affordable Task Force, Diane Shavey, from First Presbyterian Church, and former Councilor Jack Hoffman

Suggestion for other months:

- City Council (May or April?)
- City Planning - Update on Transportation Project (March)
- Health and Wellness (April)
- Elders in Action or AARP
- Legacy or Providence (Elder Place?) (June)
- Jim Davis from Seniors First

B. Work Group Reports - Action Plans & Timelines

Not everyone has an action plan in writing to share today; therefore Janine would like to have all groups submit something so that Teresa can attach it to the meeting minutes.

Transportation:

Waiting for a detailed report from city staff regarding costs, transportation routes, staffing, etc...
Report to be presented in March.

Housing:

Work Plan

Jan – Work with Northwest Housing Alternative

Feb – Affordable housing focus on 50+ Meeting

Mar – Meeting with city on code rewrite for SDU

April – Gather information on other communities

Throughout the rest of the year, keep in contact with the City concerning the SDU's, and affordable housing issues.

Work with and support efforts of community Development Corporation or other non-profit housing providers. (The Clackamas County Housing Authority, Northwest Housing Alternatives, and others providing the organizations providing these services in the area.

FYI: Urban Land Institute Feb 21, W, 1-5p in the Willamette Room at 2100 SW River Parkway, Portland. Topics: Developing "Workforce Housing"....moderate incomes not allowing employees to work in the city they live in.

Wellness:

Lecture series to start in September 2007

Determine subjects/topics/name for the series

Mental Health

Hearth Health

Cancer

Diabetes

Neurological – i.e.: Parkinson's, Alzheimer's

Stroke

Healthy growing brain (Memarobics)

Sleep Apnea

Compile a list of speakers

Contact appropriate associations, i.e. Heart Association, Diabetes, Cancer Society, etc.

Contact Legacy Health Systems and Providence

Information on speakers, support they might give for this project

Identify possible venues, how often to hold, costs, and marketing

Develop partnerships with local businesses, health care organizations, etc.

Fitness Expo – September 2007 (coincide with kick-off of Lecture Series)

Compile a list of all health facilities and classes offered, private and city sponsored

Determine venue, costs, marketing

Determine who will be invited to exhibit, fitness clubs, health care organizations, associations, (Hearth, Diabetes, Cancer, etc...)

Healthy cooking demonstrations – New Seasons Market

Blood Pressure, cholesterol, osteoporosis testing – who will provide?

Exercise demonstrations

Sports related clubs, i.e.: Adult softball, ski club, sailing club, walking groups, etc...

Develop partnerships

C. Adult Community Center Update

Brenda shared the new Social Services cards which both Police and Fire departments have now to use. Brenda did a series of presentations to these organizations in order to introduce what services are offered at the Center.

Brenda is working closely with Cliff Newel of the *LO Review*. She shared an article on one of the instructors that was published in the *LO Review* this week as an example of the publicity she is initiating.

LO Reads Program– Brenda is on the steering committee and has various discussion groups scheduled on Friday's in February at the Center.

A composting system will soon be in place at the Center utilizing the kitchen waste to be used in and around the center grounds.

Mayors March – Lake Oswego Meal Network is working on inviting all Mayors past and present to deliver meals on a certain day in March as part of the Meals-on-Wheels campaign called "Mayors March"

New Seasons Update: The New Season's Store is not in Clackamas County and works exclusively with Loaves and Fishes. However, New Season's does offer a program where groups can set up an information table in the store.

A question was raised regarding the fundraising efforts at the Center and how the budget gap is being addressed. The Center needs to fundraise, yet fundraising efforts are not happening. Issues involved is the Friends Board disbanding, the Appeal Letter timing was adjusted due to the Mentor Trust and the volunteer base needed for the traditional Flea Market fundraiser has declined significantly.

Cinnamon Rolls made 7,000-8,000 this past year.

V. New Business

A. Volunteerism in the Region – Guest Presentation

Jean Cochran from Clackamas County Social Services was here to talk about "Volunteer Connection". This program works with any non-profit, working with over 100 agencies utilizing volunteers of all ages. Jean coordinates the volunteers within these various agencies. Andy Nelson, Executive Director of "Hands on Greater Portland" works in partnership with Clackamas County Social Services. This group focuses on meeting the needs in the community through volunteer connections. The idea is that people want to volunteer, but cannot necessarily fit it into their life's schedule, thus shifting the paradigm away from longer commitments into shorter one time opportunities to address the changing needs of the community. "Done in a Day" type volunteer projects were created.

Both agencies are involved in a new program called Life by Design NW (a program that is in its infancy soon to be available through PCC), and other organizations for younger seniors who want to plan out the rest of their lives.

These two organizations are working on grants together as they share a contract through United Way.

Programs assist volunteers, who want to connect back into the business setting, ie: SCORE There is a real need to engage volunteers using their career skills. A retired director of Human Resources, for example, doesn't want to fold a newsletter. The key is to teach individuals in the community about the opportunities that exist through these organizations.

Andy Nelson suggested piloting some projects or an event through this 50+ group to see how it starts up. For example; a volunteer summit or a training session on how to use volunteers. ie: Family Volunteer Day or use news coverage (*LO Review*), marketing, and education. Focus on new volunteer's opportunities that meet the needs and unique skills of the 50+ generation.

Specific Suggestions:

1. Organizing a Day of Service (300-400 people) – Saturday in Spring
2. Volunteers Summit – how can organizations prepare for and use older adults in their every day work. Invite current volunteer organizations within the community.

Jean suggested that we start with a group who needs volunteers or are having trouble organizing events or getting an event off the ground.

I.e.: Kruse Way Rotary – clean up day supporting the Lakewood Theatre occurs in October or November, then again in the spring.

Next month look at a summary of this project so that Nancy can take it back to Rotary to see if it is something they are interested in.

Caryl reminded the group that this is an Advisory Board and that we do not take on projects without Council's approval and even may not actually do the specific project.

Websites referenced:

www.handsonportland.org

www.1800volunteer.org

Books referenced:

"From the Top Down" recommended reading.

- B. Set Next Meeting Date & Agenda - February 8
- C. Adjourn

References:

Gilmer Memo - Work Group Action Plans & Timelines
50+ Meeting Minutes Draft 12/14/06
2007 Work Plan