

**MINUTES FOR THE REGULAR MEETING  
OF THE LA MIRADA SENIOR COUNCIL  
JANUARY 27, 2016**

**CALL TO ORDER**

The regular meeting of the La Mirada Senior Council was called to order at 10:00 a.m. by Chairperson Peggy Roman at the La Mirada Activity Center, Community Room 1, 13810 La Mirada Boulevard, La Mirada, California 90638.

**PLEDGE OF ALLEGIANCE**

The Pledge of Allegiance was recited.

**ROLL CALL**

Present:

Member Diane Albert  
Member Mariann Hampton  
Member Jackie Holtzen  
Member Larry McCollum  
Member Tom Rosholt  
Member Martha Viayra  
Alternate Member Lois Nelson  
Vice Chairperson Larry Torres  
Chairperson Peggy Roman

Staff:

Lisa Montoya, Community Services Supervisor  
Micaela Diores, Community Services Clerk Typist

**APPROVAL OF MINUTES**

**1. MINUTES OF THE SPECIAL MEETING OF DECEMBER 16, 2015**

**Member Viayra moved and Vice Chairperson Torres seconded to approve the minutes of the December 16, 2015 Senior Council meeting.**

**MOTION CARRIED BY THE FOLLOWING ROLL CALL VOTE:**

**AYES: Members Albert, Holtzen, McCollum, Rosholt, Viayra, Vice  
Chairperson Torres, Chairperson Roman**  
**NOES: None**  
**ABSENT: None**  
**ABSTAIN: Member Hampton**

## **UNFINISHED BUSINESS**

### **2. SENIOR COMMUNITY EVENTS UPDATE**

Member Viayra said cooking demonstrations provided by management are held on an ongoing basis at Breezewood Village. She reported on community events including a Valentine's Day tea party on February 12, free massages provided by CareMore on February 18, and a lunch social on February 16.

Alternate Nelson said a Super Bowl party would take place on February 7 at 3:30 p.m. She reported \$10 tickets were available through La Mirada Landmark for a bus trip to Harrah's Casino on March 7.

Member Holtzen reported La Mirada Lake Park continues to have Bunco and Bingo on alternating Wednesdays. She said a Super Bowl party would take place on February 7 and the Installment of Officers dinner on February 13 at 6 p.m.

Member McCollum said Bingo is held on the last Wednesday of the month at Vista Alicante.

Member Albert recommended increased advertisement for future Meals On Wheels Spaghetti Dinners.

Member Hampton reported the Meals On Wheels Spaghetti Dinner would be held on January 29 at 5 p.m. at the La Mirada Activity Center.

Vice Chairperson Torres reported the Veteran's History Project would meet on Tuesdays from 9 to 11 a.m. at the La Mirada Activity Center. He said registration and class enrollment for SeniorNet had an increase of participants during the winter session. He recommended members with questions regarding computer hardware should attend the open lab on Fridays from 1 to 5 p.m.

### **3. COMMUNITY SERVICES EVENTS AND PROGRAMS UPDATE**

Ms. Montoya reported on several programs held at the La Mirada Activity Center for the month of February including the "Power Over Stress" workshop provided by PIH Health, a workshop on the prevention of heart disease provided by Mirada Hills Rehabilitation on February 25 at 10 a.m., a Valentine's Day Craft provided by CareMore on February 11 at 10 a.m., and the Birthday Celebration on February 25 at 10 a.m. She also said the "Ask the Nurse" program would take place on Wednesdays from 8:30 a.m. to 12 p.m. beginning February 17 through May 7.

### **4. MONTHLY VOLUNTEER UPDATE**

Chairperson Roman commented on recording hours for volunteer services.

## **NEW BUSINESS**

### **5. AARP INCOME TAX ASSISTANCE**

Ms. Montoya reported on the AARP Tax Assistance Program available to seniors and low income families. Free federal and state income tax assistance is offered by trained AARP volunteers at the La Mirada Activity Centers beginning February 2 through April 15 from 8:30 a.m. to 12 p.m.

Alternate Nelson has participated in the AARP income tax assistance program for 10 years and commended the free service.

Member Albert reported the AARP income tax assistance program serves local seniors and those from surrounding communities.

### **6. "LOVE A TREE" POSTER CONTEST**

Ms. Montoya reported the annual "Love a Tree" poster contest would begin on February 29 and requested assistance from the Senior Council during the judging process on March 23. All members of the Senior Council volunteered as judges.

Member Torres recommended each student receive acknowledgement of participation in the poster contest.

### **7. FATHER DAUGHTER DANCE**

Ms. Montoya reported that the Father Daughter Dance would be held on February 5 at the La Mirada Gymnasium from 7 to 9 p.m. She encouraged members to advertise the dance at their senior communities.

## **PUBLIC COMMENT PERIOD**

Pauline Hampton encouraged the members to share the prevalence of scams geared towards seniors during the tax season with family and friends.

Historical Preservation Advisory Council Vice Chairperson Marlene Olsen reported the Neighborhood Watch meeting was well attended. She said the La Mirada Vistas quilting group continues to recruit new participants and that the Chair Chi class has nine students.

## **MEMBER ANNOUNCEMENTS**

Member Rosholt inquired about the regularity of city-wide fire drills. Ms. Montoya responded and said two Disaster Preparedness exercises are held each year.

Members Viarya and Rosholt recommended members be wary of senior scams.

Member Hampton reported on several programs taking place at the La Mirada Theatre in the month of February including "Empire the Musical" on February 12, "Music of Abba" on February 19, and the Phantom Projects' "To Kill a Mockingbird" on February 18. She said the La Mirada Symphony performance would take place on February 21 at no cost to the community.

Vice Chairperson Torres reported that his request for a list of businesses that offer discounts for seniors and veterans would be discussed during a La Mirada Chamber of Commerce meeting. He said the Veterans History Project discussed a new mentoring program for veterans and those interested in joining the armed forces.

Member Hampton participated in the Homeless Count held on January 26 and said her group monitored the Frontier Park area.

Alternate Nelson shared the importance of informational workshops on Alzheimer's disease for seniors and their families.

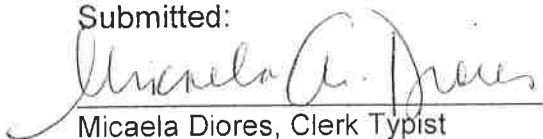
### **STAFF ANNOUNCEMENTS**

Ms. Montoya distributed results of the 2020 Strategic Plan and encouraged additional feedback. She reported on the Concert Share held on January 27 at the La Mirada Gymnasium and the Helping Hands program.

### **ADJOURNMENT**

The meeting adjourned at 10:55 a.m.

Submitted:

  
Micaela Dioces, Clerk Typist

Attest:

  
Peggy Roman, Chairperson