

Agenda

FREMONT SENIOR CITIZENS COMMISSION

REGULAR MEETING

Friday, October 16, 2015

9:30 – 11:00 am

Fremont Senior Center – Wing A

40086 Paseo Padre Parkway

Fremont CA 94538

Assistance will be provided to those requiring accommodations for disabilities in compliance with the Americans with Disabilities Act of 1990. Interested persons must request the accommodation at least 2 working days in advance of the meeting by contacting the Human Services Department at (510) 574-2050.

For information on current agenda items please contact the Human Services Department at (510) 574-2050.

1. CALL TO ORDER

2. ROLL CALL

3. SALUTE TO THE FLAG

4. APPROVAL OF MINUTES of the Regular Meeting of September 18, 2015

5. ORAL COMMUNICATIONS

6. WRITTEN COMMUNICATIONS

- Senior Citizens Commission Contact – Confidential
- Senior Citizens Commission Roster
- Updated Action Areas as of September 18, 2015

7. OLD BUSINESS

7.1 Action Areas – Commissioner Churchill, Chair

BACKGROUND: Part of the commissioners job is to take responsibility for one (or more) of the Action Areas. This responsibility might include attending a meeting around that area. There are reports given to the Commission on each of these Action Areas as scheduled.

Presently, there is a vacancy on the Facility Sub-Committee. This vacancy is filled by an appointment of one of the commissioners by the Senior Citizen Commission Chair.

RECOMMENDATION: That the commissioners have the opportunity to volunteer for this vacancy.

That the Commission Chair appoint one commissioner to fill this vacancy

8. NEW BUSINESS

8.1 Caregiver Support Group – Frishta Sharifi, Family Caregiver Coordinator

BACKGROUND: Frishta Sharifi holds a Master of Science degree in Counseling with emphasis on Marriage and Family therapy, and Professional Clinical Counseling. Currently, she is Counselor to the Family Caregiver Support program of City of Fremont, where she provides individual, couples, family and group therapy to family caregivers of the Tri-city area. In addition to counseling, Frishta enjoys teaching Cognitive Aging and research on emotional memory. She has been part of Mills College Cognition laboratory in the past seven years. Her current research interest includes examining changes in emotional memory across different cultures and through the lifespan. Her research work has been published in Journal of Integrated Social Sciences, Journal of Psychology and Journal of Psychology and Behavioral Sciences.

RECOMMENDATION: That the commissioners have the opportunity to learn about the Caregiver Support Group that started at the Senior Center in October 2015.

9. COMMISSION REPORTS

- 9.1 Area on Aging** – Commissioner Desai
- 9.2 Facility Subcommittee** – Commissioner Hobbs
- 9.3 Health Issues** – Commissioner Helton
- 9.4 Senior Legislation** – Commissioner Narasimhan

10. COMMISSION REFERRALS

11. STAFF REPORTS

- 11.1 Aging and Family Services** – Karen Grimsich, Administrator AFS
- 11.2 Senior Center** – Linda Olla, Senior Center Manager

Adjournment