

# Agenda

## FREMONT SENIOR CITIZENS COMMISSION

### REGULAR MEETING

Friday, October 21, 2016

9:30 – 11:00 am

City of Fremont Senior Center, Wing A

40086 Paseo Padre Pkwy

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 16, 2016**

**5. ORAL COMMUNICATIONS**

None

**6. WRITTEN COMMUNICATIONS**

None

**7. OLD BUSINESS**

## **7.1 Senior's Night Out – Denise Churchill**

**BACKGROUND:** Tri-City Elder Coalition's annual fundraiser, Senior's Night Out, was held on September 30<sup>th</sup>.

**RECOMMENDATION:** For the Senior Commission to receive an update on the annual TCEC event.

## **8. NEW BUSINESS**

### **8.1 Depression and the Holidays – Dr. Ray Grimm**

**BACKGROUND:** Many older adults experience feeling depressed during the winter, holiday months.

**RECOMMENDATION:** That the Senior Commissioners understand the signs and symptoms of depression and some coping techniques.

## **9. COMMISSION REPORTS**

**9.1 Facility Subcommittee – Commissioners Hobbs, Walsh, Mirchandani, & Rhodes-Jones**

**9.2 Senior Legislation – Commissioner Desai**

## **10. COMMISSION REFERRALS**

None

## **11. STAFF REPORTS**

**11.1 Aging and Family Services – Karen Grimsich, Administrator AFS**

**11.2 Senior Center – Aisha Jasper, Senior Center**

## **12.COMMISSION COMMENTS**

## **Adjournment**