

CITY OF LOS ALAMITOS
Council Chamber
3191 Katella Ave., Los Alamitos CA 90720

PARKS, RECREATION AND CULTURAL ARTS COMMISSION
AGENDA
REGULAR MEETING

Wednesday, September 7, 2022 – 7:00 PM

SAFETY ALERT – NOTICE REGARDING COVID-19

Pursuant to the provisions of the Governor’s Executive Orders N-25-20 and N-29-20, some members of the City of Los Alamitos City Council may participate by videoconference.

The public may access the meeting in person. If you wish to attend the Parks, Recreation, and Cultural Arts Commission meeting in person, the Council Chamber is located at 3191 Katella Ave., Los Alamitos, California 90720, will have seating for this meeting and the public shall have the right to observe and offer public comment at this location.

Masks will be required before entering the Council Chamber. Seating will be available based on six feet of social distancing. The City of Los Alamitos continues to follow the Centers for Disease Control and Prevention (CDC) guidelines and these provisions are subject to change at short notice.

Please consider carefully before attending this meeting in person and keep a six foot distance from others as much as possible. Please do not attend this meeting in person if you have traveled out of state and/or you have had direct contact with someone who has travelled or tested positive for Coronavirus (COVID-19), or you are experiencing symptoms such as coughing, sneezing, fever, difficulty breathing or other flu-like symptoms.

NOTICE TO THE PUBLIC – This Agenda contains a brief general description of each item to be considered. Except as provided by law, action or discussion shall not be taken on any item not appearing on the agenda. Supporting documents, including staff reports, are available for review at the Recreation & Community Services Department or on the City’s website at www.cityoflosalamitos.org once the agenda has been publicly posted.

Any written materials relating to an item on this agenda submitted to the Parks, Recreation & Cultural Arts Commission after distribution of the agenda packet are available for public inspection at the Recreation & Community Services Department, 10911 Oak St., Los Alamitos CA 90720, during normal business hours. In addition, such writings or documents will be made available for public review at the respective public meeting.

It is the intention of the City of Los Alamitos to comply with the Americans with Disabilities Act (ADA) in all respects. If, as an attendee, or a participant at this meeting, you will need special assistance beyond what is normally provided, please contact the Recreation & Community Services Department at (562) 430-1073, extension 501, 48 hours prior to the meeting so that reasonable arrangements may be made.

Persons wishing to address the Parks, Recreation & Cultural Arts Commission on any item on the Parks, Recreation & Cultural Arts Commission Agenda should complete a yellow “Request to Speak” card and will be called upon at the time the agenda item is called or during the Parks, Recreation & Cultural Arts Commission’s consideration of the item and may address the Parks, Recreation & Cultural Arts Commission for up to three minutes.

1. CALL TO ORDER

2. ROLL CALL

Commissioner Bandak
Commissioner Beck
Commissioner K. Duran
Commissioner Gallagher
Commissioner Joseph
Vice Chair Murphy
Chair A. Duran

3. PLEDGE OF ALLEGIANCE

Chair Duran will lead the Pledge of Allegiance.

4. ORAL COMUNICATIONS

5. APPROVAL OF MINUTES

Approval of the Minutes for the Regular Meeting of April 6, 2022, May 4, 2022, June 1, 2022, August 3, 2022, Special Meetings of June 29, 2022, July 13, 2022 and August 3, 2022.

6. STAFF REPORTS

A. Findings Required by AB 361 for the Continued Use of Teleconferencing for Meetings (Recreation)

For the Parks, Recreation & Cultural Arts Commission to continue to have the option to meet via teleconference during the pandemic, AB 361 requires the Parks, Recreation & Cultural Arts Commission to make specific findings at least every thirty (30) days.

Recommendation:

Make the following findings by a majority vote of the Parks, Recreation & Cultural Arts Commission:

- a. A state of emergency has been proclaimed by California's Governor due to the COVID-19 pandemic, and continues to be in effect;
- b. The Parks, Recreation & Cultural Arts Commission has reconsidered the circumstances of the state of emergency; and
- c. State and local officials continue to recommend measures to promote social distancing to slow the spread of COVID-19.

B. Los Alamitos Art Program Discussion (Development Services)

A discussion concerning the establishment of an Art Program Policy consisting of permitting art exhibits, displays, murals and various approved art on public and private properties within the City limits.

Recommendation:

1. Discuss the Art Program; and,
2. Provide feedback to staff on recommendation on the Los Alamitos Art Program; and,
3. If changes to the code are recommended by the Commission, they shall direct Staff to draft a resolution to forward a written recommendation to Council whether to approve or approve in modified form.

C. Summer Recap (Recreation)

This report provides the Parks, Recreation & Cultural Arts Commission a recap of the Los Alamitos Recreation and Community Services Department's 2022 summer programs, classes, camps, and events.

[Summer Recap Video](#)

Recommendation:

Commission receive and file.

D. National Senior Center Month with Senior Club Update (Recreation)

This report provides the Parks, Recreation, & Cultural Arts Commission with an update regarding senior related programming.

Recommendation:

Commission receive and file.

E. "Elevate" Women's Conference Preview (Recreation)

This report provides the Parks, Recreation & Cultural Arts Commission with information regarding the new event "Elevate" Women's Conference.

Recommendation:

Commission receive and file.

7. ITEMS FROM THE RECREATION & COMMUNITY SERVICES DEPARTMENT

8. COMMISSIONER REPORTS

At this time, Commissioners may report on items not specifically described on the Agenda that are of interest to the community, provided no action or discussion is taken except to provide staff direction to report back or to place the item on a future Agenda.

9. ADJOURNMENT

The Parks Recreation and Cultural Arts Commission will adjourn to Wednesday, October 5, 2022.

I hereby certify under penalty of perjury under the laws of the State of California, that the foregoing Agenda was posted at the Los Alamitos City Hall, 3191 Katella Ave. and online at www.cityoflosalamitos.org not less than 72 hours prior to the meeting. **Dated this 1st of September 2022.**

Trini Zenovka, Department Secretary

City of Los Alamitos

PARKS, RECREATION AND CULTURAL ARTS COMMISSION AGENDA REPORT

MEETING DATE: September 7, 2022

ITEM NUMBER: 6A

To: Chair Alex Duran & Members of the Parks, Recreation and Cultural Arts Commission

Presented By: Emeline Noda
Director of Recreation & Community Services Department

Subject: Findings Required by AB 361 for the Continued Use of Teleconferencing for Meetings

SUMMARY

For the Parks, Recreation & Cultural Arts Commission to continue to have the option to meet via teleconference during the pandemic, AB 361 requires the Parks, Recreation & Cultural Arts Commission to make specific findings at least every thirty (30) days.

RECOMMENDATION

Make the following findings by a majority vote of the Parks, Recreation & Cultural Arts Commission:

- a. A state of emergency has been proclaimed by California's Governor due to the COVID-19 pandemic, and continues to be in effect;
- b. The Parks, Recreation & Cultural Arts Commission has reconsidered the circumstances of the state of emergency; and
- c. State and local officials continue to recommend measures to promote social distancing to slow the spread of COVID-19.

BACKGROUND

Assembly Bill 361 (AB 361) was signed into law by the Governor on September 16, 2021. A portion of AB 361 enacted amendments to California Government Code section 54953 regarding teleconference meetings. Those amendments authorize local agencies, like the City, to continue to conduct meetings by teleconference during a Governor-proclaimed state of emergency provided that certain findings are made by the legislative body, and provided that certain procedural requirements are met regarding public access to the meetings.

A new requirement in AB 361 requires specific findings be reaffirmed at least every thirty (30) days in order for the Parks, Recreation & Cultural Arts Commission to continue to have the option for one (1) or more of its members to use teleconferencing.

DISCUSSION

Required Findings

The teleconference provisions in AB 361 may only be utilized as long as a Governor-proclaimed state of emergency remains active, or while state or local officials have recommended measures to promote social distancing. When either of those is the case (both are true at this time), then in order to continue to teleconference using the new provisions of AB 361, the Parks, Recreation & Cultural Arts Commission must make the following findings by majority vote every 30 days:

(A) The Parks, Recreation & Cultural Arts Commission has reconsidered the circumstances of the state of emergency; and

(B) Either of the following circumstances exist:

- i. The state of emergency continues to directly impact the ability of the members to meet safely in person; or
- ii. State or local officials continue to impose or recommend measures to promote social distancing.

To comply with that requirement, the recommended action would have the Parks, Recreation & Cultural Arts Commission find each of the following:

- a. A state of emergency has been proclaimed by California's Governor due to the COVID-19 pandemic, and continues to be in effect;
- b. The Parks, Recreation & Cultural Arts Commission has reconsidered the circumstances of the state of emergency; and
- c. State and local officials continue to recommend measures to promote social distancing to slow the spread of COVID-19.

The "Every 30 Days Thereafter" Requirement

As noted above, AB 361 findings must be made "no later than 30 days after teleconferencing for the first time pursuant to , and every 30 days thereafter..."

In order to preserve the option for the Parks, Recreation & Cultural Arts Commission or individual members of the Parks, Recreation & Cultural Arts Commission to participate in meetings during the pandemic via teleconference in the future, the Parks, Recreation & Cultural Arts Commission will have to adopt the required findings at least every 30 days.

Potential Consequence of Not Making the Findings Every 30 Days

AB 361 does not expressly state what happens if a legislative body fails to make the required findings "every 30 days." However, it expressly requires the timely re-approval of the findings "in order to continue to teleconference" in the manner that AB 361 authorizes.

As a result, if the Parks, Recreation & Cultural Arts Commission does not adopt the required

findings every 30 days, then the Parks, Recreation & Cultural Arts Commission could be precluded from continuing to teleconference thereafter, perhaps even if the Parks, Recreation & Cultural Arts Commission was later willing to adopt the findings at a later date. For this reason, the City Attorney recommends that the , or otherwise be recognized for the purpose of providing public comment.

A "teleconference" occurs for purposes of AB 361 whenever one or more members of the Parks, Recreation & Cultural Arts Commission connect to a Parks, Recreation & Cultural Arts Commission meeting via electronic means. Thus, even if four members of the Parks, Recreation & Cultural Arts Commission meet in person, if the fifth joins the meeting via Zoom, the meeting will be a teleconference meeting that must be conducted in accordance with the requirements of AB 361.

For purposes of AB 361 "...state of emergency' means a state of emergency proclaimed pursuant to Section 8625 of the California Emergency Services Act..." Cal. Gov't Code Sec. 54953(e)(4). Section 8265 of CESA in turn refers to a state of emergency proclaimed by the Governor.

Cal Gov't Code Sec. 54953(e)(3)

FISCAL IMPACT

N/A

Attachment: None

City of Los Alamitos

PARKS, RECREATION AND CULTURAL ARTS

COMMISSION AGENDA REPORT

MEETING DATE: September 7, 2022

ITEM NUMBER: 6B

To: Chair Alex Duran & Members of the Parks, Recreation and Cultural Arts Commission

Presented By: Irving Montenegro Jr., Manager

Subject: Los Alamitos Art Program Discussion

SUMMARY

A discussion concerning the establishment of an Art Program Policy consisting of permitting art exhibits, displays, murals and various approved art on public and private properties within the City limits.

RECOMMENDATION

1. Discuss the Art Program; and,
2. Provide feedback to staff on recommendation on the Los Alamitos Art Program; and,
3. If changes to the code are recommended by the Commission, they shall direct Staff to draft a resolution to forward a written recommendation to Council whether to approve or approve in modified form.

BACKGROUND

Per the 2035 General Plan, the City of Los Alamitos identified a priority to establish an art program and sets the following goals under the Land Use Element, where it states,

“Policy 1.6. Public art. Encourage the incorporation of art in public and private spaces that celebrates the community’s history and imagines a greater future.”

“Action 1.12. Public art. Establish a program that promotes the provision of revolving and permanent public art exhibits within the public right-of-way in the town center. Coordinate with public utilities, schools, and businesses to design equipment as functional public art. Ensure that art provided in private spaces (e.g., plazas) is accessible by the public and immediately adjacent to the public right-of-way.”

“Action 5.8. Bicycle parking. Identify opportunities for bicycle parking in the downtown, including the conversion of single parallel parking spaces along smaller side streets into on-street or curb-adjacent bicycle parking. Bike racks should serve as functional public art and can reflect the types of businesses or uses. Encourage employers to provide bike lockers for

employees; consider amending the municipal code to count bicycle lockers (maximum number and quality threshold to be determined) toward the satisfaction of onsite and/or offsite employee parking requirements.”

The City recognizes that an Art Program is currently lacking and would bring another layer of community engagement, pride and unity. Additionally, the program would enact policy for establishing samples of art throughout the community on public and private property. Lastly, the City will establish criteria for the approval stages and implementation process for the various type of art exhibits.

DISCUSSION

The City of Los Alamitos would like to establish language and policy toward implementation of an Art Program. The purpose of the Art Program is to enhance the cultural and aesthetic environment of the City of Los Alamitos while embracing creativity, education, and an appreciation of the arts and cultural values. The program also serves to implement a number of goals and policies of the City of Los Alamitos General Plan. The following definitions will help establish the criteria for which the Art Program will be evaluated and implemented:

“Art in Public Places” shall mean public art installed, either on or off-site, as a part of a new development project in conformance with the development standards set forth in the Municipal Code.

“Art Program Commission” shall mean the City of Los Alamitos Parks, Recreation and Cultural Arts Commission and will help serve as the advisory committee of public art requests.

“Public art” shall include, but not be limited to, wall murals, utility box artistic wraps, modern/abstract sculptures, paintings, street paint, asphalt art, mosaics, photographs, decorative fountains, branding and inspirational art displays, located in or on a site open and accessible to the public. Public art may be either representational or non-representational (i.e., abstract), but may not have any derogatory or inappropriate content. This content will be subject to the approval and interpretation of the Art Program Commission.

“Public art component” shall mean the piece of public art and any accompanying landscape, hardscape, lighting, public performance space, public art display space, and plaques, signs or narrative materials.

The following are indirect benefits an Art Program can provide in the City.

1. Emotional Benefits - The presence of art throughout the City contributes to community engagement, unity, sense of place, and creative expression. Art can be inspirational and uplifting.
2. Social Benefits – Art is vital to the character and beautification of the City, offering many elements of physical and mental health. Social behavior and community pride are strengthened as a direct result.
3. Economic Benefits - In an urban setting where buildings, structures and otherwise open

land is hard to come by, art displays bring aesthetic value and branding throughout the City. Art can be isolated or embedded in the community to preserve its historical heritage while looking toward future development such as residential, retail and mixed use, like the Town Center.

4. Cultural Benefits – Through the expression of art, all residents can feel celebrated and included. This is where community is celebrated and the importance of inclusivity is met.

City Goals

In order to maintain an art program which accomplishes all of the City's goals and long-term vision, its policies must be managed and executed properly. As such, the following are goals to help direct the path of the Art Program.

- Identify appropriate location for public art displays
- Enhance City aesthetics through creativity, expression and use of public and private space
- Strengthen community engagement, unity and inclusivity
- Embrace historical heritage and build toward the future
- Establish partnerships with local groups such as community non-profits and Los Alamitos School District for special projects and events
- Advocacy for cultural arts and design

City Standards

The display of public art can be inviting and often times interpretive through the creativity of expression. However, the City of Los Alamitos would like to establish standards to assist the Advisory Committee and City Staff in the implementation and approval process. The following are standards that will allow the Advisory Committee and City Staff to determine such criteria through the following type of public art displays.

Public Artist Review Process

1. Call to Artists – The City will conduct a semi-annual call to all artists who live in the City of Los Alamitos. Artists may range from children to adults, aspiring artists to professional artists such as school teachers. During this time, all artists will submit an application and entries must be an original design and artwork of the entrant must be suitable for viewing by all ages. Application will include criteria and limitations for each of the following types of public art displays: wall murals, utility box artistic wraps, modern/abstract sculptures, paintings, street paint, asphalt art, mosaics, photographs, decorative fountains, branding and inspirational art displays.

2. Advisory Committee – Staff is proposing the creation of an Advisory Committee which consists of the Parks, Recreation, & Cultural Arts Commission and City Liaison from the Development Services Department. The role of the Advisory Committee shall assist in the review of public art requests and applications, implementation of public art displays and the

evaluation of design concepts.

3. Establish Budget – The City will allocate funding from the City’s general fund and seek alternative funding through donations and sponsorships.

4. Embrace Art through City Services and Programs – The City of Los Alamitos Recreation and Community Services Department conducts an annual special event in the spring called Weekend of Art. This event celebrates local artists through visual and performing arts exhibition. In addition to this event, the City of Los Alamitos would like to partner with non-profit groups and Los Alamitos School District to generate increased awareness for programs and opportunities for public art display.

FISCAL IMPACT

If Commission approves the Art Program, staff will present Council with a proposed budget.

Attachment: None

City of Los Alamitos

PARKS, RECREATION AND CULTURAL ARTS

COMMISSION AGENDA REPORT

MEETING DATE: September 7, 2022

ITEM NUMBER: 6C

To: Chair Alex Duran & Members of the Parks, Recreation and Cultural Arts Commission

Presented By: Joanna Contreras
Recreation Supervisor

Subject: Summer Recap

SUMMARY

This report provides the Parks, Recreation & Cultural Arts Commission a recap of the Los Alamitos Recreation and Community Services Department's 2022 summer programs, classes, camps, and events.

[Summer Recap Video](#)

RECOMMENDATION

Commission receive and file.

BACKGROUND

The Recreation and Community Services Department had a very successful 2022 summer. The 10 weeks of summer is one of the busiest periods of the year with the largest number of participants along with a variety of summer events and activities. During these summer weeks, the Department experiences an increase in staffing levels (paid staff and volunteers) and revenue generated, as a majority of programs, events, and classes occur throughout this season.

DISCUSSION

Los Alamitos Volunteer Program (L.A.V.P.)

L.A.V.P. is a volunteer-based program, sponsored by Southland Credit Union, for middle and high school students between the ages of 11 to 17. This program provides participants with the opportunity to give back to their community, while assisting them in completing their community service requirements necessary for high school graduation. These students gain experience in the varied fields of recreation, while supporting other local non-profit organizations as well as the City of Los Alamitos.

This summer, the L.A.V.P. program had 67 registered volunteers who volunteered a combined

total of 2,400+ hours in various programs and events, including:

Special Events: Summer Concert Series, 4th of July Fireworks Spectacular, and National Night Out.

Ready, Set, Go! Preschool Program: Assist staff with classroom duties.

Youth Sports: Assist staff with drill set-up, execution, and clean up.

Specialty Camps: Assist staff with preparing and executing themed activities according to which camp.

Summer Day Camp: Assist staff with leading campers in games, arts and crafts, and special events.

Summer Park Program: Assist staff with games, arts and crafts, special events, and excursions.

Community Service Projects: Summer Harvest Backpack Stuffing Event and Serve Los Al Older Adult Home Project.

Office Assistance: Assist staff with the completion of daily tasks such as minor organizing, cleaning, and filing.

Parks Program

Parks Program is a free drop-in program held at Little Cottonwood Park and Orville R. Lewis Jr. Park. The nine week program takes place at Little Cottonwood Park on Monday, Wednesday, Friday and Orville R. Lewis Jr. Park on Tuesday and Thursday. Recreation staff organize, plan, and implement structured activities including sports, arts and crafts, and special events. Every week the Orville R. Lewis Jr. Park site had a "Treat Thursday" event and the Little Cottonwood Park site had a "Fun Friday" event.

Over 2,000 children participated in the Parks Program and were treated to free excursions such as Discovery Cube, Scooters Jungle, Santa Ana Zoo, Linbrook Bowl, Cinemark Movies, and Mother's Beach. The Parks Program concluded on Friday, August 12.

Los Alamitos Summer Day Camp

The Los Alamitos Summer Day Camp program, sponsored by Southland Credit Union, provided 10 weeks of camp programming for youth ages 5 to 12. This summer's weekly themes were Blast Off into Summer, Believe in Magic, Animal Planet, Party in the USA, Blast from the Past, Around the World, Summer Science Explosion, Let the Games Begin, Last Splash, and Spirit Week. Campers participated in daily crafts, and organized games and activities based on the weekly theme.

Day Camp reached its maximum of 100 campers daily for most of the summer. More than 1,051 campers registered for the Day Camp. Campers had the chance to participate in fun arts

& crafts, sports, games, swimming, and excursions every Thursday and some Tuesdays to popular locations such as Rockin' Jump, Aquarium of the Pacific, Harbor Cruise in Long Beach, Pirates Dinner Adventure, the Discovery Cube, Scooter's Jungle, Peppertree Park, Santa Ana Zoo, an Angels Baseball game, Harkin's Movie Theatre, Seal Beach, Mother's Beach, and Knott's Berry Farm.

Ready, Set, Go! Preschool Program

The summer preschool session ran for eight weeks total, with each session being two weeks long. Two separate classes were held: a 4 to 5 year-old class held three times a week (Monday, Wednesday, Friday) and a 3 to 4 year-old class held twice a week (Tuesday, Thursday). The 4 to 5 year-old class had an average of 16 participants registered and the 3 to 4 year-old class had an average of 18 participants. The designated themed weeks included: Melting into Summer, Bugged Out, Howdy Partner, and Around the World. Each week's crafts and activities were curated to the specific themes. Participants enjoyed learning about colors, numbers, shapes, and letters through the themes.

Staff-led Specialty Camps

This summer, the Department offered seven specialty camps, all individually led by Recreation staff. Seven staff challenged themselves this summer by taking on the lead roles of planning, budgeting, and executing their own specialty camps. Each camp was specifically themed and ran Monday through Thursday for two hours per day. The most popular camps offered again this summer included Lil Chef Cooking Camp and Master Chef Cooking Camp. Lil Chef Cooking Camp is for participants 4 to 6 years old, and Master Chef is for participants 7 to 12 years old. Each camp can hold up to 15 participants and maxed out each session with a waitlist of 10+ participants. A total of 90 participants participated in this camp this summer. Two camps that were offered at Little Cottonwood Park included Jedi Training Camp and Jurassic Dino Camp. Jedi Training Camp was for participants 5 to 12 years old and they trained to become Jedi's and create their very own lightsabers. The camp had a total of 23 participants. Jurassic Dino Camp is for participants 4 to 6 years old, with a total of 19 participants. Wood Building Camp was the newest camp held this summer. Participants built new wooden objects each day and ended the week by racing the wooden racecars they built and painted with a total of 9 participants. Modern Tween Home Economics is for 10 to 12 year olds with a total of 12 participants in this camp. Youth Art Camp became the second most popular camp this summer. In just one session, 30 participants were in attendance. They had a total of 45 participants attend the camp this summer.

Events

4th of July

The 35th Annual UWS 4th of July Fireworks Spectacular took place on Monday, July 4th at the Joint Forces Training Base (JFTB) in Los Alamitos. The cities of Los Alamitos, Seal Beach, and the JFTB collaborated to host this annual event to honor the men and women of the military and celebrate our country's birthday. Universal Waste Systems was the title sponsor of the event, providing a generous sponsorship of \$20,000.

An estimated 7,000 to 8,000 people attended the patriotic event, which included activities such as military static displays, food and commercial vendor booths, a family zone, and live music on the main stage. The evening concluded with a spectacular fireworks show which remains one of the most popular attractions in the area.

Summer Concert Series

The Summer Concert Series, sponsored by the MemorialCare Miller Children's and Women's Hospital Long Beach took place on Thursdays from June 16 to August 11, excluding July 7. The event started on Pine Street for the first four dates and then switched to Los Alamitos parks for the remaining four dates. An average of 150 community members came out to each event with their friends and family to listen to great live music. The Los Alamitos Community Foundation also had a Beer Garden to fundraise for projects and programs to benefit the local community. Below is a recap of the band schedule:

June 16th – Partywave Band
June 23rd – Woody and the Longboards
June 30th – Radio Royalty
July 14th – Britain's Finest
July 21st – Brad Johnson and the Killin' Time Band
July 28th – OC3 Band
August 4th – Ortega Highway Band
August 11th – Familiar Faces Band

FISCAL IMPACT

The Recreation and Community Services Department receives a significant amount of its revenue during the summer months in each of the areas discussed above. Funding for these programs have been budgeted in various accounts listed in Fiscal Year (FY) 2021-22 (through June 30, 2022) and the FY 2022-23 (begins July 1, 2022) Recreation and Community Services Department budgets. All classes, camps, and programs have fees that help offset the costs of the programs except for the 4th of July Fireworks Spectacular, Summer Concert Series, and Parks Programs which are free to attend. The Summer Concert Series was offset by the MemorialCare sponsorship.

Attachment: None

City of Los Alamitos

PARKS, RECREATION AND CULTURAL ARTS COMMISSION AGENDA REPORT

MEETING DATE: September 7, 2022

ITEM NUMBER: 6D

To: Chair Alex Duran & Members of the Parks, Recreation and Cultural Arts Commission

**Presented By: Via: Emeline Noda
Director of Recreation & Community Services
Presented By: Gilberto Arteaga-Ceja
Community Services Coordinator**

Subject: National Senior Center Month with Senior Club Update

SUMMARY

This report provides the Parks, Recreation, & Cultural Arts Commission with an update regarding senior related programming.

RECOMMENDATION

Commission receive and file.

BACKGROUND

The City of Los Alamitos offers a wide variety of programs, activities, and services to seniors. These programs help seniors in the community maintain an active and healthy lifestyle, while building friendships, community awareness and wonderful memories.

DISCUSSION

National Senior Center Month:

September is recognized as National Senior Center month and although the Recreation and Community Services Department does not have a traditional, sole-purpose senior center, it does provide a wide variety of classes, programs and events geared toward the older adult population. During September, the Department's senior programs will be the highlight of its social media channels, including spotlights on programs such as Dine-In & Dough House, Senior Club, Balance and Fitness and Senior Grocery Program. Additionally, social media posts will include information on services for the older adult population, such as caregiving, housing and social services, in addition to healthy aging.

Los Alamitos Senior Club:

The Los Alamitos Senior Club is a non-profit organization established in 1978. The Club operates in both 501(c)3 and 501(c)7 statuses. The Club meets every Thursday at the Community Center from 9:00 a.m. to 3:00 p.m. The Senior Club has its own Board of

Directors and provides opportunities to meet new friends, develop new interests and socialize with one's peers. Club activities include:

- Bingo
- Table games
- Luncheons, holiday parties and birthday celebrations
- Guest speakers, crafts and entertainment
- Charity projects and volunteer opportunities

Guests are welcome to attend twice before becoming a member. The annual membership fee is \$20.

In addition, the Club continues to work in conjunction with the City's Dine-In & Dough House program to host "VSP Luncheons" once a month. Dine-In & Dough House helps cater from local restaurants for the Club's luncheons, which typically have a theme of food and attire. Members who are over the age of 90 get to eat lunch for free as a perk of joining the Club.

Senior Club also continues to offer a "Social Hour" event to encourage the public to join and play a variety of games, enjoy potluck luncheons, friendly conversation, and make new friends. Social Hour happens every 1st and 3rd Wednesday of every month. The Club requires a \$5 attendance fee.

The Club has been directly affected by the COVID-19 closures but has been slowly getting back into form. They currently hover around 60 members with new members coming in every month. Their current goal is to improve membership and bolster their finances. One way it plans to tackle this goal is by bringing back its travel program. This program has proven to bring in new members and extra revenue in the past. It is actively working on finding a pickup and drop off space for extended day parking. A portion of the profits beyond what is required to sustain the trips will be transferred to assist in supplementing the Club's expenses for activities and luncheons. The Club recently brought back its popular Bingo Fundraiser and plans to host another event in November 2022 due to the success of the August event.

Intergenerational Activities:

Throughout the year, the Ready, Set, Go! Preschool Program joins the Senior Club for intergenerational activities such as passing out roses on Mother's Day or handing out flags to the seniors on Flag Day.

Staff are also looking into bringing in other age groups for future expansion of intergenerational activities.

Dine-In & Dough House:

Dine-In & Dough House continues to operate on Tuesdays and Thursdays and remains a two-part program. The "Dine-In" portion is the main component of the program, which consists of lunch catered from, primarily, local restaurants. Although increasing costs in the food industry have made this difficult, lunch has remained at a \$5 fee but will soon need to

increase due to rising costs to \$7. Paul's Place and El Pollo Loco have pledged to continue offering a discount of 10% and 20% respectively. The "Dough House" offers bread and pastries for a suggested nominal donation to help offset the cost of lunches. Currently, Donut House donates surplus donuts every Tuesday and Thursday, while Jimmy Johns donates bread rolls every Tuesday. Staff has been in communication with Panera Bread and Starbucks Coffee to secure extra pastries.

Lunch participant numbers have been steadily increasing since reopening and easing COVID restrictions. Typically, Thursday meals average higher participation compared to Tuesday; however, Tuesday has been bringing in new people from our Senior Balance & Fitness class as well as a few participants from outside the City's programming. Tuesday has been averaging around 30 weekly participants, while Thursday has been averaging 35 to 40 weekly participants. Dine-In & Dough House has seen increased success on Thursdays due to continued support and participation from our Los Alamitos Senior Club. The program consistently partners with the Club to host their monthly Club luncheons.



Los Alamitos
Recreation & Community Services
Creating Quality of Life

Los Al's Dine-In Dough House

My City ♥ My Los Al

Lunch will be served at 11:00 a.m. every Tuesday and Thursday. Pre-registration is recommended. Please call at (562) 430-1073 a minimum of 48 hours in advance to register. **\$5.00 Fee Requirement. Increased rate for specialty lunches \$8.00. Ages 50+ No Refunds. Menu Subject to Change.**

The Los Alamitos Recreation & Community Services Department has a dine-in lunch experience with restaurant style menu options from local eateries.



The Dough House is open Tuesday and Thursday from 8:00 a.m. to 11:15 a.m. and offers pastries and bread from local restaurants upon availability at a suggested donation. Join us for a morning cup of coffee.

AUGUST LUNCH MENU

Tuesday, August 2 California Cocina • Chicken Tacos • Rice • Fruit	Thursday, August 4 Nick's Deli • Americano Burrito • Fruit	Tuesday, August 9 Ameci Pizza & Pasta • Philly Cheesesteak • Chips
Thursday, August 11 In-N-Out • Cheeseburger • Fruit	Tuesday, August 16 El Pollo Loco • Grilled Chicken • Mashed Potatoes • Salad	Thursday, August 18 Costco • Cheese & Pepperoni Pizza • Chips
Tuesday, August 23 CLOSED	Thursday, August 25 Paul's Place • Pastrami Sandwich • Chips	Tuesday, August 30 Costco • Croissant Sandwich • Salad




10909 Oak Street Los Alamitos, CA 90720
EPSON *Program subject to change or cancellation due to COVID-19 restrictions*

Senior Grocery Program:

The City of Los Alamitos has continued its partnership with Second Harvest Food Bank and has transitioned from drive-up to in-person. This project is designed to help alleviate hunger among seniors living on low and fixed incomes. Second Harvest Food Bank partners with grocery stores that donate to the organization and then deliver that product to various food distribution sites across Orange County. They provide a variety of fruits, vegetables, dried goods, and other grocery store products every Tuesday morning. Second Harvest Food Bank accepts all financial obligations related to grocery items including delivery, thus allowing participants to pick up food weekly at no cost.

Groceries are delivered directly to the Los Alamitos Community Center, where staff coordinate with volunteers to sort and prepare for food distribution. Participants are checked in and seated when the doors open at 1:00 p.m. Each participant is assigned a number and called upon one by one in the order they came in. Food is set up in a fashion where seniors can walk down and pick the items they need. In addition, volunteers and staff have carts available to aid seniors in transporting their groceries to their car.

Several volunteers from Cottonwood Church help operate the program along with Recreation staff. This program currently serves 50 to 60 households every week. The Senior Grocery Program runs alongside the Dine-In & Dough House with the intent of helping feed a different subset of the senior population.

Senior Balance and Fitness:

The Senior Balance and Fitness class is a free exercise program that takes place on Tuesday mornings from 10:00 a.m. to 11:00 a.m. at the Los Alamitos Community Center. The class is designed specifically for older adults and covers low-impact exercises such as seated stretches and strength training along with balance and coordination movements.

Since its inception in 2008, the class has grown to 100 participants every week. The class has been offered every single season and fills up completely with an active waiting list. The class is led by the beloved Molly Knox who teaches various fitness classes across Orange County. This class is offered for free in partnership through Scan Health Plan.

To supplement the popularity of this chair exercise class, the Department has added a fee-based Chair Yoga program that is open to adults 18 and up. The class is expected to start October 15.

Contract Classes & Programs:

The Recreation and Community Services Department offers several contract classes that appeal to seniors' interests, such as:

- T'ai Chi Chih
- Needlecrafts
- Chair Yoga
- Line Dancing
- Watercolor Painting
- Guitar Club

These classes range in ability and cost and are offered six days a week at various times and days. In addition, a partnership is in place with the Alzheimer's Association Orange County Chapter to offer a support group for caregivers assisting family members with Alzheimer's hosted at Cottonwood Church.

Senior Prom:

The Los Alamitos Senior Prom is held once per year and provides seniors a fun-filled evening of dancing, dining and live entertainment. Approximately 100 guests attend the event each year and enjoy a plethora of amenities with their ticket including:

- Live music
- Dinner
- Dessert
- Alcoholic & non-alcoholic beverages
- Photo booth
- Raffle prizes
- Prom King & Queen Ceremony

The Los Alamitos Community Center hosted its most recent Senior Prom event this past May. The event was “Grease” themed and sold out at 100 seats. Thanks to sponsorships, the event cost was kept at only \$6 per ticket. Sponsors included:

- MemorialCare Long Beach Medical Center (Title Sponsor)
- Beach Orthopaedics (Partnership Program Partner)
- Los Alamitos Senior Club (Wine Sponsor)
- Home Instead (Dinner Sponsor)
- Alamitos West Health & Rehabilitation (Dinner Sponsor)
- Bella Rosa Garden (floral arrangements)

The event brought together guests from neighboring cities and communities such as Seal Beach’s Leisure World as well as members from the Los Alamitos Senior Club.

Expansion of Programs for Older Adults:

An estimated 14% of Los Alamitos residents are aged 65 and older, according to the United States Census Bureau, with the surrounding communities of Rossmore at 21%, Seal Beach at 42%, Long Beach at 12%, Cypress at 16%, while Orange County as a whole is at 16%. The Orange County total is expected to double by 2040 according to the Orange County Healthy Aging Initiative, a collaboration of public and non-profit agencies serving the older adult population.

The Los Alamitos Recreation and Community Services Department continues to work on a plan to expand classes, programs and events catering toward this population in accordance with findings from its Senior Needs Assessment launched in early 2022. Results from the survey indicated the top three interests for seniors in Los Alamitos:

1. Special interest classes and workshops (i.e. arts & crafts, cards & games, educational workshops, comparative religion, creative aging)
2. Health and wellness programs (i.e. chair exercise, fall prevention, health workshops)
3. Travel program

Staff has made progress this year to fill these needs with addition of the following programs:

- Chair exercise
- Knitting and needlecraft
- Art classes

Additional programming through Osher Lifelong Learning Institute (OLLI) at St. Isidore Historical Plaza, and a community workshop covering Medicare is scheduled for Wednesday, August 31 at 11:00 a.m. at the Community Center. Full details of these programs can be viewed at the Recreation [website](#).

Additionally, partnerships have been formed with Health Insurance Counseling and Advocacy Program (HICAP), which provides free Medicare counseling services, as well as with the Alzheimer's Association for a free caregiver support group hosted at Cottonwood Church. Although the Knitting and Needlecraft program through North Orange Continuing Education was postponed due to low attendance, staff is working with the partnership to bring an additional Health and Wellness class during fall and winter.



HICAP
a Program of Council on Aging

**MEDICARE ESSENTIALS
UNDERSTANDING
MEDICARE BASICS**

Wednesday, August 31
11:00 a.m. – 12:00 p.m.
Los Alamitos Community Center
10911 Oak Street

QUESTIONS ABOUT MEDICARE?

Join HICAP's presentation which will include information on:

- Medicare enrollment periods
- Medicare coverage and benefits
- Health care options
- Medicare Part D prescription drug coverage
- Medicare costs and cost saving options
- Resources
- Health Insurance Counseling and Advocacy Program (HICAP) is a program of the Council on Aging-Southern California.

HICAP does not sell or endorse insurance products

We will also review the importance of the upcoming Medicare Open Enrollment Period (starts October 15- runs through December 7) and HICAP's assistance available.

Support Group for Family Caregivers



COVID UPDATE: We strongly recommend all participants be vaccinated. Masks are welcome but not required at this time. We will continue to monitor health guidance & adjust accordingly.

Alzheimer's & Dementia Caregiver Group

Where: Cottonwood Church
Building B (MPR)
4505 Katella Ave
Los Alamitos, CA 90720

When: 1st Tuesday of each month
2:30 – 4:00pm

Register online at <https://bit.ly/ataSG>
or call 800.272.3900

Build a support system with people who understand.

- Connect with others.
- Exchange practical information on caregiving challenges & possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs & concerns.
- Learn about local resources.

PARKING INFORMATION
Please park in the small lot off of Enterprise Drive as this is right next to the meeting room. If you have difficulty finding the room please call the Cottonwood Church front office 714.947.5300

Support group offered by:  **ALZHEIMER'S ASSOCIATION**

Special thanks to our host:  **cottonwood CHURCH**

This group is for family and friends supporting a loved one with Alzheimer's or related dementia. For programs for professionals, students, or persons with Alzheimer's, please call 800.272.3900

Alzheimer's Association - Orange County Chapter 800.272.3900 | alz.org/or

FISCAL IMPACT

These programs are made possible due to a combination of free partnerships with local organizations, financial sponsorships from local businesses and the Department's annual budget.

Attachment: None

City of Los Alamitos

PARKS, RECREATION AND CULTURAL ARTS COMMISSION AGENDA REPORT

MEETING DATE: September 7, 2022

ITEM NUMBER: 6E

To: Chair Alex Duran & Members of the Parks, Recreation and Cultural Arts Commission

**Presented By: Emeline Noda
Director of Recreation & Community Services Department**

Subject: “Elevate” Women’s Conference Preview

SUMMARY

This report provides the Parks, Recreation & Cultural Arts Commission with information regarding the new event “Elevate” Women’s Conference.

RECOMMENDATION

Commission receive and file.

BACKGROUND

The Los Alamitos Recreation & Community Services Team prides itself in offering a wide array of community events for all ages, abilities and demographics. With the success of the Teen Expo event that took place April of 2022, staff had the idea of planning a Women’s Conference with a similar format of keynote speakers and breakout sessions with a variety of topics. The goal of this conference is to create a local network of women who can support one another and share resources and experiences to enhance the quality of life in Los Alamitos.

DISCUSSION

The Recreation & Community Services Department is planning a new event called “Elevate” Women’s Conference scheduled for Wednesday, October 12, from 8:30 a.m. to 1:00 p.m. This event is a personal and professional development conference targeted for women ages 18+ and tied to the Economic Development workshop series for Los Alamitos businesses also called “Elevate Los Al” being developed by the Development Services Department to take place in the fall.

Guest speakers include Keynote speakers Mayor Shelley Hasselbrink, Mayor Pro Tem Tanya Doby, Michelle Boos-Stone from Five Elements Consulting, and breakout session speakers including LTC Manju Vig from the Joint Forces Training Base (JFTB) & CDR Lisa Sharkey of Coast Guard Base Los Angeles Long Beach, Amy Payne from Summer Harvest, Theresa Murphy from Precious Life Shelter, Tara Farajian from Transitions in Motherhood/Community Congregational United Church of Christ (CCUCC), Marie Knight from Knight Leadership

Solutions, Felicia Gonzalez from Edward Jones, Angie Avery, retired Los Alamitos City Manager, and Kristen DiMiceli from Garage Pilates.

The cost of the event will be \$40 per person and go towards offsetting the event costs including speaker fees, lunch, giveaways, décor, etc. Staff will work on securing more sponsors and display vendors. Following the conference, staff is working on developing quarterly “Meet Up” events to take place at various locations throughout the City to develop a network of women who can continue to share stories/commonalities and support one another in the community.

FISCAL IMPACT

The Elevate Women’s Conference event costs will be offset by participant fees and sponsorships, with the remaining costs will come from the City’s General Fund in the Recreation & Community Services Department Special Events division.

Attachment: None