



Lodi Senior Citizens Commission 2025 Goals Presentation

Commissioners:

J. Loney, T. Spring, T. Whitmire, J. Wilkinson, J. Woelfel,

L. Young



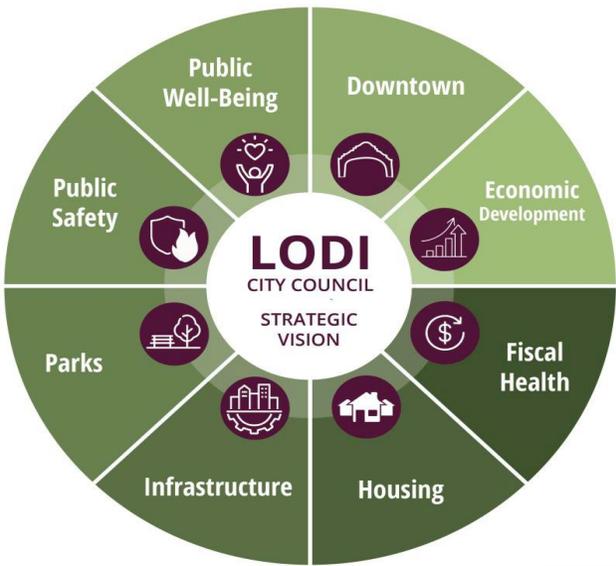
Senior Commission: Vision & Goals

Identify, discuss, introduce, and establish:

- **Programs**
- **Projects**
- **Resources**

to better meet the ongoing needs of our senior community.





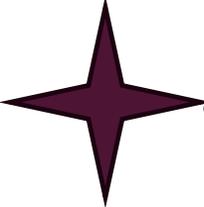
City Council Strategic Vision
2023/24 Workplan and Report

Lodi Senior Citizens Commission



Alignment

2025 Primary Accomplishment



a. **Function** of Lodi Senior **Commission**

I. We are advisors to the City Council about senior needs and concerns.

b. **Goal** of the Senior **Café**

I. Safe place to voice participant concerns, needs, and socialize with others.



c. **Commission Action**

“Listening & responding to the voices of the people!”

Develop action plan in response to Café participant questions and recommendations.



THE LODI SENIOR
COMMISSION PRESENTS

Senior Social Café
November 7th
9:00 - 10:00 a.m.

LOEL Senior Center
COME MEET YOUR COMMISSION!

Resource Information Guest Speaker

Social Time Light Snacks & Coffee

LOEL Senior Center
105 South Washington Street,
Lodi 95240

SENIOR CAFÉ FEBRUARY 2025

- **Number of Participants: 34**
- **Presentations:**
 - **Mayor Cameron Bregman**
 - **Elise Vigil, Deputy Director, Aging &**
 - **Community Services, SJC HSA**
- **Questions from participants:**
 - Have **index cards for participant use** if they did not wish to speak
 - How can the **City increase awareness of 211?**
 - What **phone number should the public use** to call regarding Walkability/
 - other issues
 - Can the **City's website** become **more interactive**,
 - such as: What are your questions? How can we help?
 - Have an **Alzheimer's presentation** and **information on City's website**



SENIOR CAFÉ MAY 2025

- **Number of Participants: 30**
- **Presentation:**
 - **Denise Davis, Alzheimer's Foundation, Alzheimer's Overview and Resources**
- **Feedback from February Café participant questions /recommendations:**
 - **Index cards provided** for non-verbal questions
 - **Call City of Lodi [209-333-6702](tel:209-333-6702) City Clerks Office** to report concerns/ questions including **Walkability Program issues**
 - **Call 211** for resource help/questions with **display on City website**
- **Past Commission Meeting Actions**
 - **Commissioners sent letter to City Manager** to address participant recommendations: **City website improvement, display of 209 333 6700 City number, 211 number, Senior Resource Trifold Guide, developing a Senior Resource page, & link to SJC HSA website**
- **Questions from participants:**
 - Can the public **ride bicycles on sidewalks?**
 - Can the City provide **more social activities for seniors** such as through the Chamber of Commerce or other City service centers?
 - Are there **leash laws for pets** and also how does one **report excessive barking dogs?**
 - **Answers provided that day by Commissioners!**

Dear Acting City Manager Lindsay,

I serve as the chairman of our Lodi Senior Citizens Commission. As approved at our June Commission meeting, we would like to send a letter to you regarding potential improvements on the City of Lodi website and customer services. The letter was unanimously supported by our Commissioners: Lauren Young, Sandra Legasi, Dr. Jane Loney, Terri Whitlock, Terri Spring, Janalee Walker and Dr. Joseph Woelke.

These improvements have been suggested by attendees of our Senior Café held at LODE Center every quarter. These improvements have been discussed and approved at our Commission meetings.

This January we held the first Senior Café. The goal of the Senior Café is to provide a safe place for seniors to voice concerns, needs, and socialize with others.

The following are the suggested improvements:

- appoint a City of Lodi customer service representative for answering and directing calls placed by residents to the 209-333-6700 phone number during work hours
- assure that this number is prominently displayed on the first page of the City website
- add a Senior Resource page to the website
- insert the Senior Commission Resource to-fold into the City Bill mailed annually. This to-fold was presented to the City Council in 2024 and is being distributed locally.

Please consider these proposed improvements.

Additionally, we would like to ask you to attend some of our Commission meetings at your earliest convenience and ask you to attend a Senior Café meeting. The Commission meets at Huntington Street Square on the first Thursday of each month at 8:00AM. The Senior Café is held at LODE Center the first Friday in February, May, August, and November from 9:00-10:00AM. Your presentation could provide an overview of the City's focus on the needs of our senior population and directly answer their questions.

Thank you for considering our requests on behalf of our senior population.

If you have any questions, please contact me.

WALKABILITY PROGRAM

SENIOR CAFÉ AUGUST 2025

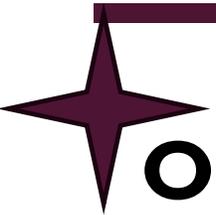
- **Number of Participants: 33**
- **Presentation:**
 - **Advanced Directives by Adventist Health Lodi Memorial Hospital**
- **Feedback Report from May Senior Café**
 - **Participant questions answered at May Café**
- **Past Commission Meeting Actions**
- **Commissioners continued addressing response from City on May action items and letter to City Manager**
 - ***Pending Response from City***



Senior Café November 2025

- **Number of Participants: 36**
- **Presentation:**
 - **Palliative Care by Hospice of San Joaquin**
- **Feedback Report from August Senior Café**
 - **Participant questions answered at August Café**
- **Past Commission Meeting Actions from September and November**
 - **City website redesign ideas**
 - **City will be redesigning website in 2026 to include Café and Commissioner recommendations**
- **Discussed possible Senior Café presentations by/on:**
 - **the new City Manager and Mayor**
 - **the Fire Chief on senior safety**
 - **navigating the new City Website**
 - **City Partners on “home alone” senior checks**
 - **use of cell phones**
 - **rising cost for wastewater**
 - **senior grief support groups**
- **February 2026 Presentation: Wills and Trusts**





Ongoing Aligned Accomplishments

Currently Identified in the “Senior Resource Guide”

To be placed on City Website

**SENIOR COMMISSION OF LODI
SENIOR
RESOURCE GUIDE**

The Senior Commission has been dedicated to introducing programs and projects for the betterment of the local Seniors of Lodi. The Senior Commission has contributed in facilitating the Walkability Program, Red Alert Program, 2-1-1 San Joaquin Resource, and Senior Safety. Enclosed are helpful resources for the senior community.

CITY OF
Lodi
CALIFORNIA
Peace, Prosperity & Cultural Enrichment



WATER FITNESS

CLASSES

Join us at the **Hutchins Street Square Indoor Pool** for Water Fitness, you'll love this active and social experience while being healthy too!



CLASS SCHEDULE

Water Fitness

Monday-Friday 9am - 10 am
Wednesday/Friday 5:30pm -6:20pm

Open Fitness

Monday, Wednesday and Friday
10am - 11am

\$5/class



WALKABILITY PROGRAM

The Senior Commission and Lodi Public Works have collaborated to provide environmental safety improvements. This includes 12 “Senior Zone” areas with signage near senior facilities along with sidewalk repairs. The Walkability Program is an ongoing project for the Commission as they seek out additional areas for improvement.



BE AWARE, STAY SAFE

SENIOR SAFETY

Senior safety is a top priority! While at the grocery store, walking at a park, or strolling around the neighborhood, it's important seniors are aware of their surroundings and prepared in case of emergencies. The Senior Commission recommends purchasing safety whistles in cases when immediate assistance is needed. Manual and electronic safety whistles are available to purchase online.

Environmental Safety Lifelong Healthy Aging

- “Senior Zones”
- “Walkability Program”
- Senior Safety Awareness
- Water Fitness
- Safe Venue Socialization



RED ALERT PROGRAM



Through efforts from Adventist Health Lodi Memorial Hospital, the Red Alert Program was reintroduced to the Lodi community in partnership with the Senior Commission, Lodi Fire, and Lodi Police Department. The Red Alert program is a medical alert program that allows EMS personnel and first responders to access important medical and emergency contact information for participating members. We encourage our senior residents to stop by one of our distribution centers to pick-up a Red Alert Packet listed below. LOEL Center located at 105 S Washington St, Lodi CA 95240. Red Alert Packets are also provided at Hutchins Street Square, the Recreation Office, City Hall, the Fire Department Office and Police Department Office.

• Distribution Centers

- LOEL Center**
105 S Washington St, Lodi CA 95240
- Hutchins Street Square**
125 S. Hutchins Street, Lodi CA 95240
- PRCS Office**
230 West Elm Street, Lodi CA 95240
- City Hall**
221 West Pine Street, Lodi CA 95240
- Fire Department Office**
210 West Elm Street, Lodi CA 95240
- Police Department Office**
215 West Elm Street, Lodi CA 95240

Emergency Preparedness & Response Lifelong Healthy Aging Geriatric Care Expansion

- “Red Alert Program”
- Cooling Centers
- Lodi Police Department
“Project Lifesaver”
- Annual University of the Pacific Health Fairs



**COMMITTED TO HELPING
MEDICARE BENEFICIARIES
AND THE COMMUNITY**

**Medicare
HEALTH FAIRS
2025**

Summary of our screenings/services:

- ❖ Medicare Part D plan review- to help lower your out-of-pocket medication costs
- ❖ Medication review- to ensure that your medications are safe and effective
- ❖ Narcan nasal spray
- ❖ Vaccinations
- ❖ Additional no cost health screenings:
 - Anemia
 - Blood Pressure
 - Bone Density
 - Cholesterol
 - Diabetes
 - Falls Risk Assessment
 - Wellness Screenings

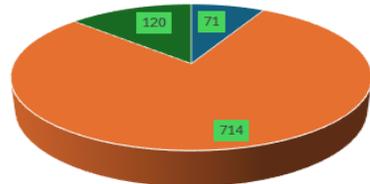


FOR MORE INFORMATION:
please visit
www.pacific.edu/pharmacy/medicare
or call (209) 910-DRUG (3784)



Thomas J. Long
School of Pharmacy

**Pacific Medicare Beneficiary Service
Numbers**



■ Vaccines ■ Health Screenings ■ Medical Supplies

**LOEL CENTER
ENGAGE &
CONNECT**

The LOEL Senior Center offers something for everyone, from social programs to a nutritious lunch program. LOEL is a community gathering site where seniors can participate in a variety of activities such as exercise, bingo, line dancing, making crafts, or simply playing a game of cards with their friends.



Contact

- 📍 105 S. Washington Street
- ☎ 209-369-1591
- 🌐 loelcenter.org

**Adventist Health Lodi
Memorial Adult Day
Services**

Adult day services resource center at Hutchins Street Square is an option of daily care for your loved one. Here their health will be monitored, enjoy socialization, exercise and have a meal in a safe environment with trained staff. These services offer respite and support for the caregivers. Pre-assessment and registration is required.

Contact

- 📍 125 S. Hutchins Street
- ☎ 209-369-4443
- 🌐 AdventistHealth.org/LodiMemorial
Lic# 390313117

Geriatric Care Expansion

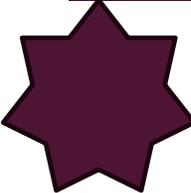
- **Adventist Health LMH Adult Day Care Services**
- **LOEL Center**
- **Annual University of the Pacific Medicare Health Fairs**
- **Alzheimer's Assoc. & Del Oro Caregiver Resource Center**



Review of the 2025 – 2026 California Master Plan for Aging Initiatives

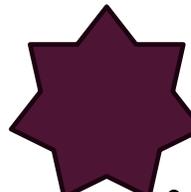


- **Commission current actions address the following Initiative Goals and Themes:**
 - **Goal 2: Health Reimagined**
 - **Theme 33: Advanced Directives** presented at **August Senior Café** meeting and **Palliative Care** presented at **November Senior Café**
 - **Theme 39: Alzheimer's Care program** presented at the **May Senior Café**
 - **Goal 5: Affordable Aging**
 - **Theme 78: Food Support** ongoing through existing **LOEL Center program**



Coming Soon

- **Public Works Department Transportation Team** update, revision, and distribution of transportation service enhancements catering to seniors.
- **Senior Café presentations on:**
 - **Wills and Trusts**
 - **Organ donation**
 - **New Medicare and MediCal (Medicaid) changes**
 - **Falls Prevention**
 - **New City Manager and new Mayor discussion on senior concerns and questions**
 - **Navigating the new City website.**



Returning

- **Senior Café**
- **Medicare Health Fairs** in October and November 2026 by the **University of the Pacific** at Hutchins Street Square and LOEL Center.



It's About Advocating for Our Seniors

**“Listening &
responding to the
voices of the people!”**

Plus Continuing and Building
Partnerships with Others to Benefit
Our Seniors!!

