



N E V A D A

AGENDA
Regular Meeting
Senior Advisory Committee
Friday, December 13, 2024 • 9:00 AM

Members

Jacqueline LaVoie - Chair
Denise Moorman - Vice Chair
Sharon Holley - Committee Member
Lisa Callahan - Committee Member
Debbie Skinner - Committee Member

Fernley City Council Chambers, 595 Silver Lace Boulevard, Fernley, NV 89408

Zoom information:

Please click the following link to join the webinar: <https://us02web.zoom.us/j/82966343247>, or one tap_mobile: 12532158782, Dial: 669 900 9128, Webinar ID: 829 6634 3247

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Public Comment: Those wishing to address the FSCAC Committee may submit public comment through the [online public comment form](#), or by sending an email to cityclerk@cityoffernley.org. Comments received prior to 4:00 pm the day before the meeting will be provided to the Committee and added to the record but will not be read during the live meeting. Public comments received after 4 pm the day before the meeting will be included in the record but may not reach committee members before action is taken. Public comment, whether on action items or public comment, is limited to three (3) minutes per person. Unused time may not be reserved by the speaker, nor allocated to another speaker. The public may comment on any matter that is not specifically included on an agenda as an action item or comment on a specific agenda item. Items not included on the agenda cannot be acted upon other than to place them on a future agenda. Additionally, if you wish you can comment in person at the meeting or use the Raise your Hand feature in Zoom (*9 if you are participating via phone).

Accommodations: The FSCAC Committee and staff will make reasonable efforts to assist and accommodate individuals with disabilities desiring to attend the meeting. Please contact the City Clerk's Office at (775) 784-9830 in advance so that arrangements can be made.

Supporting Material: Staff reports and supporting material for the meeting are available at the City Clerk's Office, and on the City's website at www.cityoffernley.org Pursuant to NRS 241.020(6), supporting material is made available to the general public at the same time it is provided to the City Council.

Order of Business: The presiding officer shall determine the order of the agenda. The FSCAC Committee may combine two or more agenda items for consideration; remove an item from the agenda; or delay discussion relating to an item on the agenda at any time. All items are action items unless otherwise noted. Items scheduled to be heard at a specific time will be heard no earlier than the stated time but may be heard later.

1. INTRODUCTORY ITEMS

- 1.1. Pledge of Allegiance**
- 1.2. Roll Call**
- 1.3. Public Forum**
- 1.4. (For Possible Action) Approval of Agenda**
- 1.5. (For Possible Action) Approval of Minutes**

2. PRESENTATIONS

- 2.1. Presentations from businesses and organizations in and around the City of Fernley who offer services and benefits to senior citizens.**

3. GENERAL BUSINESS

- 3.1. (For Possible Action) Discussion of the outcome of the inaugural FSCAC Angel Tree, and next steps to be taken for distribution of gifts on December 20, 2024.**
- 3.2. (For Possible Action) Discussion of establishing new guidelines or procedures for when the City receives solicitations from outside sources to add content to the FSCAC webpage and/or newsletter.**

4. ITEMS REQUESTED BY COMMITTEE MEMBERS

- 4.1. (For Possible Action) Discussion and approval of the FSCAC periodically submitting op-ed articles to the Fernley Reporter newspaper in 2025.**
- 4.2. Subcommittee updates on the Meals on Wheels program activities locally.**

5. ADDRESS REQUEST(S) FOR FUTURE AGENDA ITEMS

- 5.1. (For Possible Action) Discussion of creating dates and logistics needed for another FSCAC Cemetery Cleanup event in early Spring 2025.**
- 5.2. (For Possible Action) Discussion of creating dates and logistics needed for a FSCAC Fan Collection and Giveaway event in Spring 2025.**
- 5.3. (For Possible Action) Discussion and any updates on a potential Health and Wellness Fair/Senior Resource event in collaboration with Lyon County in 2025.**

6. PUBLIC FORUM

7. ADJOURNMENT

Next Meeting: February 14th @ 9am

**MINUTES OF THE
FERNLEY SENIOR ADVISORY COMMITTEE MEETING
OCTOBER 11, 2024**

Chair Jacqueline LaVoie called the meeting to order at 9:00 am.

1. INTRODUCTORY ITEMS

1.1. Pledge of Allegiance

1.2. Roll Call

Present: Chair Jacqueline LaVoie, Vice-Chair Denise Moorman, Committee Member Sharon Holley, Committee Member Lisa Calahan, Deputy City Attorney Brandi Jensen, Management Analyst Casey Kasten, Administrative Specialist II Reba Skinner, Administrative Specialist I Sandy Harris, Committee Member Debbie Skinner arrived at 9:07am.

1.3. Public Forum

None at this time.

1.4. (For Possible Action) Approval of Agenda

Motion: I MOVE TO APPROVE THE AGENDA. **Action:** Approved. **Moved by:** Committee Member Sharon Holley, **Seconded by:** Committee Member Lisa Callahan. **Vote:** Passed, **Summary:** Yes 4, **Yes:** Committee Member Holley, Chair LaVoie, Vice Chair Moorman, Committee Member Callahan. **Absent:** Committee Member Debbie Skinner.

1.5. (Possible Action) Approval of Minutes

Chair LaVoie stated there was some confusion under 3.1 general business about the angel tree and the starting date for applications in the minutes for August 9, 2024. Those dates will be clarified when item 5.3 on the current agenda is discussed.

Motion: I MOVE TO APPROVE THE MINUTES AS WRITTEN WITH FUTURE CONSIDERATION. **Action:** Approved. **Moved by:** Vice Chair Denise Moorman, **Seconded by:** Committee Member Lisa Callahan. **Vote:** Passed, **Summary:** Yes 4. **Yes:** Committee Member Holley, Chair LaVoie, Vice Chair Moorman, Committee Member Callahan. **Absent:** Committee Member Debbie Skinner.

Committee Member Debbie Skinner arrived at 9:07 am.

2. PRESENTATIONS

2.1. Presentations from businesses and organizations in and around the City of Fernley who offer services and benefits to senior citizens.

Mindy Lokshin, MD, Board Chair for the Parkinson Support Center of Northern Nevada gave a presentation. She discussed what the Parkinson Support of Northern Nevada (PSCNN) is, what Parkinson's disease (PD) is, the risk factors, motor symptoms, non-motor symptoms, cognitive symptoms, diagnosis, treatment options, and surgical options. She stated that the only thing shown to decrease the progression of motor symptoms is exercise. It improves balance and function. Parkinson's specific exercises are rock steady boxing, dance for PD, and yoga for PD. PSCNN offers an extensive website with up-to-date info, support groups, mentor programs, educational programs and advocacy.

3. GENERAL BUSINESS

3.1. (For Possible Action) Discussion and election of Chair and Vice Chair of the Senior Citizen Advisory Committee.

Motion: I MOVE TO KEEP THE POSITIONS AS THEY ARE FOR THIS NEXT YEAR. **Action:** Approved. **Moved by:** Committee Member Sharon Holley, **Seconded by:** Vice Chair Denise Moorman. **Vote:** Passed, **Summary:** Yes 5. **Yes:** Committee Member Holley, Chair LaVoie, Vice Chair Moorman, Committee Member Skinner, Committee Member Callahan.

3.2. (For Possible Action) Re-appointing members to the various subcommittees

a. Communication

b. Partnership

c. Events

Motion: I MOVE THAT WE CONTINUE WITH APPOINTMENTS TO SUBCOMMITTEES AS FOLLOWS: LISA CALLAHAN - PARTNERSHIP; DENISE MOORMAN AND JACQUELINE LAVOIE - COMMUNICATIONS; AND DEBBIE SKINNER AND SHARON HOLLEY - EVENTS, FOR THE NEXT YEAR. **Action:** Approved. **Moved by:** Committee Member Lisa Callahan, **Seconded by:** Committee Member Sharon Holley. **Vote:** Passed, **Summary:** Yes 5. **Yes:** Committee Member Holley, Chair LaVoie, Vice-Chair Moorman, Committee Member Skinner, Committee Member Callahan.

4. STAFF REPORTS

4.1. Subcommittee reports on, but not limited to, attending the recent Senior Fest, meeting with the Reno SCAC, and the coordination with the County on their Health & Wellness Fair.

Committee Member Callahan reported that she attended the Senior Fest. There was higher participation than last year. FSCAC was invited to come to Reno and attend their meeting and speak about what Fernley is doing. They were very interested in collaborating with the senior citizen committees throughout the state. The Chairperson of the Committee had specifically asked to meet with Fernley. Committee Member Callahan attended their last meeting and gave a report about the Fernley Newsletter, resource guide, ice cream social, the upcoming angel tree, the possibility of having a resource fair in Fernley, looking to the beginning of next year with the distribution of fans, and some of the issues we face in Fernley as a rural community for our seniors' transportation. She also stated that she has been in contact with Stacy Stuart over the past few months about trying to get together to talk about partnering with the County for the Resource Fair. Committee Member Callahan stated that she would send what FSCAC is looking for in writing along with a spreadsheet of potential attendees. They will try to set up a meeting in the next month or so before we get to the end of the year.

Chair LaVoie asked if the committee was still looking to participate in the county's wellness fair in the spring of 2025 and at the senior center in Fernley.

Committee Member Callahan stated that FSCAC is trying to be a part of the county's health and wellness fair and have the ice cream social at the Senior Center in May 2025.

5. ITEMS REQUESTED BY COMMITTEE MEMBERS

5.1. (For Possible Action) Discussion of participation in the 2024 City of Fernley Spooktacular event.

Committee Member Callahan stated that they received an email regarding a meeting on October 22, 2024, at 9 am for the volunteers that she will be attending along with Committee members Holley, and Skinner.

5.2. (For Possible Action) Updates and discussion by Fernley Senior Citizen Advisory Committee members on organizing future dates for the maintenance program of the Desert Memorial Garden Cemetery in Fernley.

Committee Member Holley suggested having one in the first part of November and the first part of spring. She will meet with Barry Williams, Public Works Director, to schedule and get fliers and the schedule put on the reader board. She will also check with the county for help. She will report back to the committee with the dates after meeting with Mr. Williams the county.

Committee Member Skinner suggested that they consider the week in between Mother's Day and Memorial Day so it is clean for Memorial Day.

Chair LaVoie stated that Committee Member Skinner's idea was a great idea and they would like whatever day they can get in November.

5.3. (For Possible Action) Updates and discussion by Fernley Senior Citizen Advisory Committee members on the progress of the FSCAC Angel Tree during Christmas 2024.

Chair Jacqueline LaVoie asked for clarification on the number of applications, the amount and the dates. There will be 50 applications and not to exceed \$50.00. Applications will be available from November 1st through November 15th. Angels will be available on the tree from November 16th through December 13th. The deadline to drop off unwrapped gifts is December 16th, and distribution will be on December 20th. The sign-out she prepared has the angel number, the name of the recipient, the name of the person taking the angel and their phone number. She suggested putting the city logo and FSCAC Angel Tree on the tags, and not asking for age, and making it generic.

Committee Member Skinner provided sample tags. She explained how the process would work. On December 16th she will reach out to anyone who has not returned the angel with their gifts. She suggested reaching out to local businesses to help assist, in the event an angel is not taken from the tree.

Committee Member Callahan stated that she spoke with the activities' director at Fernley Estates, and she's going to get with their wellness director. They do want to participate. They will handle the requests and get the application. She doesn't believe there will be a huge number of participants from there. She doesn't know what the Senior Center is doing this year. She will check with them and also check with the Case Manager for Lyon County.

5.4. (For Possible Action) Discussion and possible action regarding organizing a FSCAC collection of fans and community fan giveaway, tentatively slated for February 2025.

Chair LaVoie suggested giving the fans away in the spring. We will advertise in our Newsletter in February that we're going to have a fan giveaway, and it'll follow basically the same process as the Angel Tree. The Newsletter will talk about the fan drive and how it'll be in the spring, and we're looking for donations and have contact information. We could alert seniors if they have need of a fan to contact us. We should make the age of 60 a requirement.

Committee Member Skinner suggested 75 to 100 fans to start with. She stated that she would write a letter, and have it presented at the December meeting so they can make any changes, if needed, before publishing it.

6. ADDRESS REQUEST(S) FOR FUTURE AGENDA ITEMS

Chair LaVoie asked for follow-ups with the angel tree, the cemetery and the fans. She had asked the city attorney about terms of office that are in the bylaws. It states a person can serve 2 full terms, 2 times, for a total of 4 years on the Committee, unless you were appointed at any midpoint. She suggested that they start advertising for members next spring or summer.

Committee Member Skinner inquired if that is something that we would need to make sure we put on the agenda or is that something Casey Kasten already has planned to be able to advertise appropriately to fill those for next October.

Casey Kasten stated he would do recruitment the same as last time unless they want to change the bylaws.

7. PUBLIC FORUM

None at this time.

The next meeting will be December 13, 2024, at 9:00am.

8. ADJOURNMENT

There being no further business to come before it, the Fernley Senior Citizens Advisory Committee meeting adjourned at 10:04 am.

Approved by the Fernley Senior Citizen Advisory Committee on December 13, 2024, by a vote of:

AYES _____ NAYS: _____ ABSTENTIONS: _____ ABSENT: _____

Chairwoman Jacqueline LaVoie

ATTEST: