

For Aug Agenda discussion
Workshop/speakers programs

I spoke with Neysa Fligor, city councilwoman, and learned several things. The restrictions on subcommittees are based on staff work requirements. We could have a new sub-comm. If no staff were required. If we are on more than one committee we would have to restrict the conversation to that group's topic. We do have to maintain a less than quorum membership however because of the Brown act.

As part of Age-Friendly recertification one of the important issues is decreasing loneliness by increasing a sense of active community. One possibility is to have a regular series of speakers discussing various topics of interest that would draw people together. This would create opportunities for the audience to meet others with the same interest, i.e. a micro community.

I spoke with Chris about this idea and such a program already exists and is in the quarterly newsletter. Hence, the structure is already developed and staff time has already been committed. I believe we can get volunteer speakers for free on many topics. We can use the twice monthly lunches (Grant part and Community center) for seniors as focus groups to learn what topics are desired. There would be no cost for attendance and a marketing process already exists but could easily be increased by word of mouth. Topic related groups already exist and they could help with marketing. (We need to increase marketing anyway for many reasons.)

A workshop structure for an hour-long event might be 40 min talk and 20 min breakout into small groups (micro-communities). Specific prompt questions would be provided. Some workshops would be scheduled for 2 or more times so the same people would attend the "continuation of topic" and be in the same breakout group.

Everyone wins. The speaker gets free promotion. The audience is informed and perhaps entertained as well as meeting others with a common interest. The Community Center gains more traffic and attendance to other events. Los Altos/Hills create towns with less loneliness and greater citizen wellbeing.