



MINUTES OF THE REGULAR MEETING OF THE SENIOR COMMISSION OF THE CITY OF LOS ALTOS AND TOWN OF LOS ALTOS HILLS, HELD ON MONDAY, APRIL 7, 2025, AT 3:30 P.M. VIA VIDEO CONFERENCE AND IN PERSON.

CALL MEETING TO ORDER

At 3:30 P.M., Olson called the meeting to order.

ESTABLISH QUORUM:

PRESENT: Buchholz, Dixit, Gallagher Thompson, Olson, and Trapnell

ABSENT: Basiji, Cohen

LATE: None.

PLEDGE OF ALLEGIANCE

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

Arthur Whipple, resident of Los Altos, Director of Resilient Los Altos discussed Resilient Los Altos and emergency response and concerns for older adults in Los Altos.

ITEMS FOR CONSIDERATION/ACTION

1. **Minutes:** Approve minutes of the regular Senior Commission meeting of March 3, 2025.

Public Comment: None

Action: Upon a motion by Buchholz, seconded by Dixit, the Senior Commission approved the minutes of the regular meeting of March 3, 2025.

Approve: Buchholz, Dixit, Gallagher Thompson, Olson, and Trapnell

Oppose: None

Absent: Basiji, Cohen

Abstention: None

Motion passed unanimously: 5-0-2-0

2. **Los Altos Parks & Recreation Marketing:** Receive staff report and take action as appropriate.

Public Comment: None

Action: Received staff report.

3. **Senior Health Fair:** Receive ad hoc subcommittee report, discuss presentation schedule, and

assign working pairs to complete planning tasks for the event.

Public Comment: None

Action: Receive ad hoc subcommittee report, discuss presentation schedule, and assign working pairs to complete planning tasks for the event.

Public Comment: None

Action: The Commission voted to proceed with multiple speaker sessions in separate rooms.

Two options for speaker formats were considered:

- a. Hosting multiple, shorter speaker sessions in various rooms.
- b. Two speakers with longer sessions and a panel discussion.

Option A: Gallagher Thompson, Olson, and Trapnell

Option B: Buchholz, Dixit

Absent: Basiji, Cohen

Action: The Commission unanimously decided on seven overarching health fair topics...

- a. Overall dementia prevention
- b. Nutrition
- c. Exercise/movement
- d. Sleep
- e. Socialization
- f. Caregiver/Caregiving
- g. Public Safety

Action: Assigned working pairs to complete planning tasks for the event....

- a. Vendors: Dixit, Olson
- b. Marketing: Olson, Trapnell
- c. Speakers: Ad-Hoc Subcommittee
- d. Event Title: Ad-Hoc Subcommittee
- e. Event Layout: Buchholz, Dixit
- f. Snacks/Food: Dixit , Gallagher-Thompson
- g. Giveaway: Olson, Trapnell
- h. Ad-Hoc Subcommittee: Basiji, Buchholz, Gallagher, Thompson

4. **Work Plan:** Update FY 2024/25 work plan

Public Comment: None

Action: Updated FY 2024/25 work plan received.

INFORMATIONAL ITEMS

5. **Flyers:** Informational flyers received.

Public Comment: None

**COMMISSION/SUBCOMMITTEE/STAFF ORAL REPORTS AND REQUESTS FOR
FUTURE AGENDA ITEMS**

6. **Staff Oral Reports:** Received information and announcements from Town of Los Altos Hills and city of Los Altos staff.

Public Comment: None

7. **Future Agenda Items:**

- A. Senior Health Fair
- B. Fall Fling
- C. Work Plan

Public Comment: None

ADJOURNMENT:

At 5:08 P.M., Monday, April 7, 2025, Olson adjourned the meeting.