

**AGENDA STATEMENT  
PARKS & RECREATION COMMISSION**

**TO:** Parks and Recreation Commission  
**FROM:** Arabo Parseghian, Division Manager  
**DATE:** November 14, 2018  
**SUBJECT:** **Update on Senior Citizen Services Database Phase I Project**

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**RECOMMENDATION:**

Parks and Recreation Commission preview the new Senior Citizen Services Database and discuss creating formal guidelines for inclusion requests by agencies to the database.

**BACKGROUND:**

During the City Council's Special Goal Setting meeting, the City Council Discussed a desire to review the services provided within the community addressing both the issues and needs facing Senior Citizens. The City Council requested the discussion go before the Parks and Recreation Commission.

At the April 11<sup>th</sup>, 2018 the Parks and Recreation Commission meeting, the Commission concluded the needs assessment and voted the creation of a digital resource center and newsletter articles to address the senior citizen needs. Since then the City's Vista Newsletter included items regarding the senior citizen needs assessment. In addition, working with the Community Center and the YMCA, staff had been developing the Senior Resource Database.

Phase I of the Senior Resource Database focused on local resources available to senior citizens while Phase II will expand the resources to nearby communities, State and Federal level. Thanks to the City's partnership with the Chamber of Commerce Internship program, the first phase of the resource database has been completed. Following the Commission's meeting, the database will be posted on the City's website at [www.lcf.ca.gov/parks-rec/seniors](http://www.lcf.ca.gov/parks-rec/seniors). Phase II of the Senior Resource Database is being developed and will be brought forth to the Commission at a future meeting.

It is important to note, once the database goes live, requests may come in by agencies/organization requesting to be added to the database. Establishing a set guideline would provide clear direction on how agencies/organizations would qualify to be included in the database.

The Parks and Recreation Commission is asked to consider and provide criteria to be used when considering inclusion to the list. The staff will take Commission comments and establish a formal guideline for the Commission to consider at a future meeting.

**ATTACHMENTS:**

Senior Resource Database





# CITY OF LA CAÑADA FLINTRIDGE SENIOR RESOURCE DATABASE

Service Provider	Description of Services	Link	Contact Information
<b>Transportation</b>			
LCF Shuttle	Free bus transportation along Foothill Blvd., operating from 6:00 AM to 6:30 PM	<a href="http://www.lcf.ca.gov/transit/lcf-shuttle">http://www.lcf.ca.gov/transit/lcf-shuttle</a>	Glendale Beeline (818)548-3960
Dial a Ride	Dial a Ride offers free door-to-door transportation for LCF residents over 60 years old, or disabled residents of any age. An registration form is required to enroll.	<a href="http://www.lcf.ca.gov/transit/dial-a-ride">http://www.lcf.ca.gov/transit/dial-a-ride</a>	La Canada Flintridge City Hall 1327 Foothill Blvd La Canada Flintridge, CA. 91011 (818)790-8880
Beach Bus	The Beach Bus takes residents from La Canada to Santa Monica and back during the summer months.	<a href="https://docs.google.com/a/lcf.ca.gov/viewer?a=v&amp;pid=sites&amp;srcid=bgNmLmNhLmdvdxjaXR5LW9mLWxhLWNhbmFkYSimbGludHJpZGdlLXNpdGV8Z3g6NWExOWY4ZDAiNjVjMDgoZA">https://docs.google.com/a/lcf.ca.gov/viewer?a=v&amp;pid=sites&amp;srcid=bgNmLmNhLmdvdxjaXR5LW9mLWxhLWNhbmFkYSimbGludHJpZGdlLXNpdGV8Z3g6NWExOWY4ZDAiNjVjMDgoZA</a>	La Canada Flintridge City Hall 1327 Foothill Blvd La Canada Flintridge, CA 91011 (818)790-8880
<b>Health and Wellness</b>			
YMCA	The YMCA offers fitness and health classes, like water exercise and balance classes. Also provides fitness and exercise equipment.	<a href="https://www.ymcafoothills.org/senior-programs.html">https://www.ymcafoothills.org/senior-programs.html</a>	Suzanne McMillen smcmillen@ymcafoothills.org (818) 790-0123 1930 Foothill Blvd. La Cañada Flintridge, CA 91011
USC Verdugo Hills Hospital	Verdugo Hills Hospital has an emergency room, and offers services such as cardiological care and a primary stroke center. VHH also hosts lectures to educate seniors on health.	<a href="https://uscvh.org/">https://uscvh.org/</a>	USC Verdugo Hills Hospital 1812 Verdugo Blvd Glendale, CA 91208 (818) 790-7100
<b>Classes and Education</b>			
Community Center of La Canada Flintridge	The Community Center offers classes and activities for seniors, including ceramics, ballroom dancing, wine tastings, and more.	<a href="http://www.cclcf.org/index.lasso?Lg_PAGE=home">http://www.cclcf.org/index.lasso?Lg_PAGE=home</a>	Community Center of LCF 4469 Chevy Chase Drive La Canada Flintridge, CA (818) 790-4353
YMCA	The YMCA offers various classes for seniors and adults, including art and Tai Chi.	<a href="https://www.ymcafoothills.org/programs.html">https://www.ymcafoothills.org/programs.html</a>	YMCA of the Foothills 1930 Foothill Blvd. La Canada Flintridge, CA 91011 (818) 790-0123
USC Verdugo Hills Hospital	USC Verdugo Hills Hospital offers a series of classes and lectures on aging. They also offer DocTalks, a lecture on a variety of health topics.	<a href="https://uscvh.org/patients-and-visitors/classes-events">https://uscvh.org/patients-and-visitors/classes-events</a>	USC Verdugo Hills Hospital 1812 Verdugo Blvd Glendale, CA. 91208 (818)790-7100
LCF Library	The library hosts art shows and book clubs, as well as the Friends of the Library organization, which supports the library and its events. The library is also a meeting place for seniors.	<a href="http://lacountylibrary.org/lib/lacanada/">http://lacountylibrary.org/lib/lacanada/</a>	4545 N Oakwood Drive La Canada Flintridge, CA. 91011 (818)790-3330

<b>Outdoors Recreation</b>			
La Canada Trails	La Canada has a total of 23 miles of trails. Trails vary in difficulty. Available to hikers, equestrians, bikers, and dog walkers.	<a href="https://www.lcftrails.org/">https://www.lcftrails.org/</a>	LCF Trails Council PO Box 852 La Canada Flintridge, CA 91012 info@lcftrails.org
Descanso Gardens	Descanso Gardens is a 150 acre garden in La Canada Flintridge with a diverse array of plants. Admission is inexpensive, and the gardens are open everyday from 9:00 AM to 5:00 PM.	<a href="https://www.descansogardens.org/">https://www.descansogardens.org/</a>	Descanso Gardens 1418 Descanso Drive La Canada Flintridge, CA 91011 (818) 949-4200
Municipal Parks	There are 6 parks in La Canada: Memorial Park, Glenola Park, Glenhaven Park, Mayors' Discovery Park, Winery Channel Trailhead, and Olberz Park. Reservations are available for Memorial Park. All other City parks are only available on a first-come, first-served basis.	<a href="http://www.lcf.ca.gov/parks">http://www.lcf.ca.gov/parks</a>	La Canada Flintridge City Hall 1327 Foothill Blvd. La Canada Flintridge, CA 91011 (818)790-8880
Cornishon Tennis Courts	Eight tennis courts are available to the public at 4490 Cornishon Avenue. Courts are available from 3 PM to dark on weekdays, and from 7 AM to dark on weekends. Reservations can be made up to 31 days in advance for residents.	<a href="http://www.lcf.ca.gov/parks/fields">http://www.lcf.ca.gov/parks/fields</a>	Cornishon Tennis Courts 4490 Cornishon Ave For Reservations: (818)790-8880
La Canada Farmers Market	The LCF Chamber of Commerce sponsors a European-style Farmers Market every Saturday morning from 9:00 a.m. to 1:00 p.m. at 1300 Foothill Blvd., across the street from Memorial Park. Vendors come from all over the region with fresh fruits, nuts, vegetables, flowers, baked goods and much, much more. Many items are organically grown.	<a href="http://www.lacanadaflintridge.com/events-page/farmers-market.html">http://www.lacanadaflintridge.com/events-page/farmers-market.html</a>	La Canada Flintridge Chamber of Commerce 4529 Angeles Crest Hwy., Suite 102 La Canada Flintridge, CA. 91011 (818)790-4289
<b>Volunteer Opportunities</b>			
Assistance League of Flintridge	Assistance League members meet every Wednesday morning. Members volunteer at the Bargain Box thrift store, raise money for ALF's philanthropic programs, and assist in youth enrichment programs.	<a href="https://alflintridge.org/">https://alflintridge.org/</a>	Assistance League of Flintridge 4607 Oakwood Avenue La Canada Flintridge, CA 91011 (818) 790-1328 info@alflintridge.org
Kiwanis Club of La Canada Flintridge	Kiwanis is a global volunteer organization. The La Canada chapter raises money and volunteers to promote charitable causes.	<a href="http://www.lacanadakiwanis.org/">http://www.lacanadakiwanis.org/</a>	Meeting Location: Van De Kamp Hall at Descanso Gardens 1418 Descanso Dr. La Canada, CA 91011 (818) 790-9901
La Canada Thursday Club	The Thursday Club is a women's social and philanthropic club. Members attend fundraising events like the annual fashion show in order to raise money for charity.	<a href="http://lacanadathursdayclub.org/">http://lacanadathursdayclub.org/</a>	4440 Woodleigh Lane La Canada Flintridge, CA 91011 (818) 790-1166 Mailing Address: La Canada Thursday Club PO Box 282 La Canada Flintridge, CA 91012
La Canada Tournament of Roses	The Tournament of Roses hosts fundraisers to build the La Canada Flintridge entry float in the annual Rose Parade.	<a href="https://lcftra.org/home.php">https://lcftra.org/home.php</a>	LCF Tournament of Roses Association PO Box 253 La Cañada Flintridge, CA 91012

Boy Scouts of America	Volunteers can work in a variety of occupations with their local boy scout organization. There are multiple troops in La Canada to volunteer at. Volunteers typically spend about 20 hours per week helping their troop. Contact the local council to find out more about the troops near La Canada	<a href="https://www.scouting.org/">https://www.scouting.org/</a>	Nearest Local Council: Greater Los Angeles Area Council 2333 Scout Way Los Angeles, CA. 90026 (213)413-4400
Girl Scouts of America	The Girl Scouts Organization offers many opportunities for adults to get involved in different capacities. Contact the local council to find out more about the specific needs of local troops. Positions include troop leader, cookie volunteer, and more.	<a href="https://www.girlscouts.org/">https://www.girlscouts.org/</a>	Nearest Local Council: Girl Scouts of Greater Los Angeles Los Angeles, CA 90017 (213) 213-0150 communications@girlscoutsla.org
<b>Social Events, Arts, and Activities</b>			
YMCA	The YMCA offers multiple social groups to seniors, including book clubs, bingo games, Mahjong, and more.	<a href="https://www.ymcafoothills.org/senior-programs.html">https://www.ymcafoothills.org/senior-programs.html</a>	Suzanne McMillen smcmillen@ymcafoothills.org (818) 790-0123 1930 Foothill Blvd. La Cañada Flintridge, CA 91011
LCF Chamber of Commerce	The Chamber offers various social events throughout the year that seniors are welcome to attend. Every Saturday, they host a farmers market near Memorial Park, and they throw an annual Fiesta Days celebration over memorial day.	<a href="http://www.lacanadaflintridge.com/">http://www.lacanadaflintridge.com/</a>	La Canada Flintridge Chamber of Commerce 4529 Angeles Crest Hwy., Suite 102 La Canada Flintridge, CA. 91011 (818)790-4289
Community Center of LCF	The Community Center offers a number of events available to seniors, including casino nights, ceramic sales, painting nights, and more.	<a href="http://www.cclcf.org/index.lasso?L9_PAGE=home">http://www.cclcf.org/index.lasso?L9_PAGE=home</a>	Community Center of LCF 4469 Chevy Chase Drive La Canada Flintridge, CA (818) 790-4353
Kiwanis Club of La Canada Flintridge	Along with their volunteering events, the Kiwanis Club also hosts social events, such as wine tastings and dinners.	<a href="http://www.lacanadakiwanis.org/">http://www.lacanadakiwanis.org/</a>	Meeting Location: Van De Kamp Hall at Descanso Gardens 1418 Descanso Dr. La Canada, CA 91011 (818) 790-0001
Jet Propulsion Laboratory (JPL)	JPL offers a number of events to the public, including tours, a lecture series, and an open house. Reservations must be 3 weeks in advance for tours.	<a href="https://www.jpl.nasa.gov/">https://www.jpl.nasa.gov/</a>	Jet Propulsion Laboratory 4800 Oak Grove Drive Pasadena, CA 91109 (818)354-9314
<b>Financial Assistance</b>			
Community Development Block Grant	Provides financial assistance consisting of a grant of up to \$15,000 for the performance of eligible repairs on qualified residential property. Also, it provides grants up to \$12,000 to plumbing retrofit and hardscape construction costs associated with the connection of single family residences to newly constructed sewer lines	<a href="http://www.lcf.ca.gov/permits-and-licenses/community-development-permits">http://www.lcf.ca.gov/permits-and-licenses/community-development-permits</a>	La Canada Flintridge City Hall 1327 Foothill Blvd La Canada Flintridge, CA. 91011 (818)790-8880