



# CITY OF NEWARK

## SENIOR CITIZEN ADVISORY COMMITTEE

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Clark W. Redeker Newark Senior Center  
7401 Enterprise Drive, Newark, CA  
9:15 a.m.

### Minutes

Thursday, April 7, 2016

#### A. PLEDGE OF ALLEGIANCE/ROLL CALL

Chairperson Al Nagy called meeting to order at 9:21 a.m. Present were Senior Advisory Committee Members Rick Arellano, Elwood Ballard, Faye Hall, Kathleen Lemos, Dolores Powell, Tamara Tucker, and Glen Wickizer.

Advisory Committee Members Sandy Arellano and Gloria Wilson were noted absent.

Staff present Karen Moraida and Edda Rivera.

Staff absent David Zehnder.

#### B. MINUTES APPROVAL

Minutes of the March 3, 2016 Senior Advisory Committee meeting were moved for approval by Senior Advisory Committee Member Dolores Powell and seconded by Senior Advisory Committee Member Kathleen Lemos with all in favor.

#### C. WELCOME/INTRODUCTION

Chairperson Al Nagy welcomed Fremont Senior Citizen Commissioners Pat Helton, JoAnne Rhoades-Jones, Newark Resident Jack Dane and guest speaker Frishta Sharifi.

#### D. GUEST SPEAKER FRISHTA SHARIFI, Family Caregiver Coordinator, City of Fremont Human Services Division

Ms. Sharifi provided an overview of the City of Fremont Caregiver Support Program and Services. This support program was started in 2001 to address the concerns that face those who care for an elderly friend or family member. Their stated purpose is to recognize and meet the needs of the caregivers which help families to better cope with the challenges of caring for aging loved ones. Services are available to residents of the Tri-Cities who are at least 60 years old, or are providing care for someone 60 years of age or older.

The Caregiver Support Program is part of the National Caregiver Support Program funded through Alameda County's Area Agency on Aging, as well as community donations. The program is also coordinated by a licensed professional counselor who works closely with other healthcare professionals to provide comprehensive care to caregivers.