



Senior Citizens Advisory Board Agenda

Items listed on the agenda may be taken out of the order presented; two or more agenda items for consideration may be combined; and any item on the agenda may be removed or related discussion may be delayed at any time. Backup material for this agenda may be obtained from LuAnn D. Holmes, City Clerk, at the Office of the City Clerk, 495 South Main Street, 2nd Floor or on the city's webpage at www.lasvegasnevada.gov.

1. **Call to Order**
2. **Announcement Regarding: Compliance with Open Meeting Law**
3. **Public Comment:** Comment during this portion of the agenda must be limited to matters on the agenda for action. If you wish to be heard, come forward and give your name for the record. The amount of discussion, as well as the amount of time any single speaker is allowed, may be limited.
4. For possible action to approve the Final Minutes by reference of the Regular Meeting of March 7, 2019
5. Discussion for possible action on reports given by Board Members regarding senior issues within their Council Wards and at large – All Wards
6. Discussion on the formation of Senior Citizens' Advisory Board subcommittees – All Wards
7. Report by Gregory Gray, Community Program Technician, Office of Community Services, regarding senior issues directed to the Office of Community Services – All Wards
8. **Discussion regarding topics for future agenda items.** Comments made during this portion of the agenda by individual members shall refer solely to proposals for future agenda items and any discussion shall be limited to whether or not such proposed items are within the purview of the Board and/or whether such proposed items shall be placed on a future agenda. No discussion regarding the substance of any such proposed topic shall occur and no action shall be taken.
9. **Citizens Participation:** Public comment during this portion of the agenda must be limited to matters within the jurisdiction of the Board. No subject may be acted upon by the Board unless that subject is on the agenda and is scheduled for action. If you wish to be heard, come forward and give your name for the record. The amount of discussion on any single subject, as well as the amount of time any single speaker is allowed, may be limited.
10. **Adjournment**

City of Las Vegas Parks and Recreation Department Community Gardens

City of Las Vegas Parks and Recreation staff has established a set of guidelines which are instituted to promote pleasant gardening based on mutual respect. A pleasant atmosphere is essential in order to practice any recreational activity.

Facility and Garden Fees

GARDEN LOCATION	6 Month Fee
Centennial Hills	\$15.00 for half-bed
Derfelt Senior Center	\$5.00 for half-bed
Doolittle Senior Center	\$5.00 for half-bed
East Las Vegas	\$5.00 for half-bed
Floyd Lamb	\$30.00 for full-bed
Las Vegas Senior Center	\$5.00 for half bed
Lieburn Senior Center	\$15.00 for full-bed

- **Gardening Seasons are March – August and September – February**
- Garden fees are required to be paid on time and fees may not be prorated, refunded or reimbursed.
- Gardeners must maintain a current senior center membership
- Floyd Lamb participants must retain a RecPass and pay park entrance fees)

Gardening Guidelines and Etiquette

- Follow all center, garden and park rules
- Assignment of garden plot is handled by City Staff at facility front desk or gatehouse.
 - Garden beds cannot be transferred to other gardeners
- Treat all fellow gardeners and staff with respect. Bullying will not be tolerated.
- Park vehicles in designated areas only
- Report any maintenance or safety issues to City Staff immediately
- Anyone who gathers from a garden plot that is not their own and without the owner's permission will have their plot revoked and lose gardening privileges.

Garden Maintenance

- Gardeners are expected to visit their garden regularly to maintain and upkeep garden.
 - In the case of a prolonged absence (vacation, sickness etc.) gardeners must notify City Staff. It's encouraged that a replacement gardener takes care of garden plots during absence. It is your responsibility to ensure your garden is being taken care of while you are gone.
- Gardens and common areas are to be kept free of weeds, overgrowth and debris to avoid bug infestation.
- Gardeners are required to provide their own supplies (i.e. seeds, plants, herbs, etc)
- Synthetic herbicides, pesticides and fertilizers are prohibited in the garden.
- The maintenance of common space within the garden is the mutual responsibility of all gardeners.
 - Planting in common area needs prior approval.
- All non-vegetative garbage should be disposed of in garbage can and emptied when full.
- Weeds should be bagged and disposed of properly
- Everyone is expected to water, plant, harvest and check for bugs as needed.
- Children are welcome in the garden but must be accompanied by an adult and supervised at all times.
- **Watering:** City Staff will provide you with a schedule of watering times. The summer schedule has been prepared to help conserve water by watering in the morning or evening, rather than in the heat of the day. Apply water at the base of plants when needing to water. Keep hoses and connections in good repair and properly coiled to avoid tripping hazards.

Submitted At Meeting

Date 4/4/19 Item 5

- **Facilities with a Shed:** If you are the person who unlocks the shed please lock the shed when you are leaving the garden. The shed is a space where you can keep gardening tools/items as well as storage for the garden cart. Keep the shed neat and organized.

Garden Facility Access and hours: *Days and Times are subject to change*

- Centennial Hills Active Adult Senior Center - Celestial Community Garden
 - Enter and exit from the outside, not through the classroom
 - Garden is open from dawn until dusk, 7 days a week.
- Derfelt Senior Center
 - Enter and exit the garden from the outside, not through the classroom
 - Summer Hours: Tuesday –Friday, 7:30 am – 4:00 pm
 - Fall/Winter/Spring Hours: 8:30 am – 4:00 pm
- Doolittle Senior Center
 - Enter and exit from garden gate. Do not give the gate combination to anyone. Enter Doolittle facility (once a week) to scan in membership pass.
- East Las Vegas Community Center
 - Enter and Exit from inside the facility
 - Garden is open from dawn until dusk Monday – Saturday
- Floyd Lamb
 - Enter, exit, check in and pay at the gatehouse
 - April through September: Monday – Friday 8:00 am – 8 pm
 - October – March: Monday – Friday 9:00 am – 5:00 pm
- Las Vegas Senior Center
 - Enter and Exit from inside the facility
 - Garden is open 8:30 – 5:30 Monday - Friday
- Lieburn Senior Center
 - Enter and exit from inside the facility
 - Garden is open 8:30 – 4:30 Monday – Friday
 -

If guidelines are not being followed, you may be asked to leave the gardening program without refund. We realize life keeps us busy and situations occur however if you are not able to maintain your garden plot please notify a City staff member as we may have a waitlist of people that are interested in retaining a garden bed.

By signing this document you're acknowledging the City of Las Vegas Parks and Recreation Department garden rules and agreeing to following them, understanding that you will be asked to leave if the rules are not followed.

Assigned garden plot/location: _____

Garden plot renewal fee is due by: _____

Gardener (print)

Sign

Date

CLV Witness (print)

Sign

Date

Updated 2018



University of Nevada, Reno
School of Medicine
Sanford Center for Aging

Nevada Geriatric Education Center

It is our honor to present today's training opportunity;

"#1: How the Past Relates to Caring for Someone with Dementia

#2: Improving Independence with Balance and Mobility

presented by

Dolores Ward-Cox, MS



Please turn your **cell phones** to mute. If you do receive a call and need to answer it, please take it quietly outside of the building. We also ask at this time that any conversation between your colleagues during the presentation be taken outside as a courtesy to others. Thank you.

Continuing Education: This program has been approved for **2.0 Continuing Education Units** for long-term care, nursing and social work.

Certs: Your certificates of attendance will be provided to those in attendance that registered prior to the training; and by email within 10 business days after your completed evaluation is submitted, and your attendance is verified for those participating by Zoom. Please make sure you **sign-in** prior to the program starting and email your sign-in sheet if you are participating by Zoom.



All Sites: Please make sure the **mute button is on**. This is also a courtesy reminder that there is **NO SMOKING/VAPING** in or within 50 feet of the University of Nevada Cooperative Extension buildings, the Great Basin College, any University campus, or any state facility.



Staff Working: Please be considerate of those working in the building. Keep your voices low, conversations at a minimum, and walk quietly through the hallways. Please take breaks outside of the building to avoid distracting staff working at their place of business.

med.unr.edu/aging/ngec • 775-784-4774 Reno • 702-916-3705 Las Vegas



University of Nevada, Reno
School of Medicine
Sanford Center for Aging

Nevada Geriatric Education Center

Introducing our Speaker:

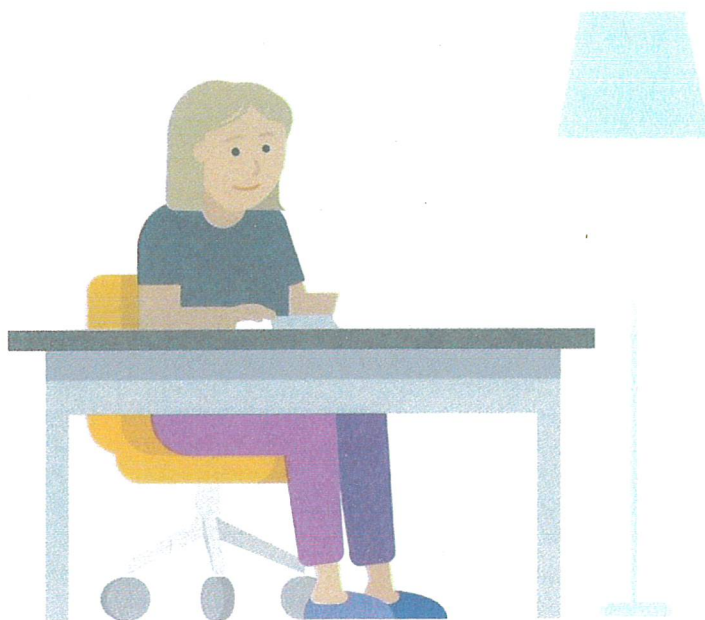
Dolores Ward-Cox, MS

Ms. Cox has worked in the field of aging for many years. She holds a Master's degree in Human Development and Family Studies, with an emphasis in Adult Development and Aging. Ms. Cox also holds a Certificate in Gerontology. Professionally she has worked for the Alzheimer's Association of Northern Nevada and currently is academic faculty at the University of Nevada, Reno School of Medicine's Sanford Center for Aging.



For more information on upcoming programs or to join or mail list please visit
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 In the Know

Internet Safety

You want to surf the web, follow social media and enjoy the convenience of shopping online, but you also want to stay safe and secure. Are both things possible? Absolutely. You can arm yourself against online crime by following these tips from the U.S. Federal Bureau of Investigation:

▶ **DO** ensure that retail websites are secure before you submit your credit card number. Secure sites have <https://> at the beginning of the URL.

▶ **DO** use different passwords for multiple accounts and choose unpredictable letter and number combinations. Avoid birthdays or other easy-to-guess passwords.

▶ **DO** change your passwords several times a year.

▶ **DO** update your computer's antivirus software. Starting from scratch? Visit a local computer store

to purchase spyware protection. (Beware of internet ads offering free downloadable spyware.)

▶ **DO** report cybercrime or suspicious activity by visiting the official Federal Trade Commission website at ftccomplaintassistant.gov.

▶ **DO** remember that legitimate companies never ask for personal or account information over email.



Want to learn more? Sign in to your plan website and go to Health & Wellness to watch our Staying Safe Online video. myAARPMedicare.com

If you're suspicious about an email, call the company by using the phone number you have on file for them (not the one given in the suspicious email) and tell a customer service representative about the request.

▶ **DON'T** open spam (unsolicited messages or advertising); delete it without opening or reading.

▶ **DON'T** give out your email address to stores and businesses unless you trust how it will be used.

▶ **DON'T** purchase anything advertised through an unsolicited email.

▶ **DON'T** click on links or attachments in suspicious emails — they may contain a virus.

▶ **DON'T** share your password with anyone you don't know or trust.

▶ **DON'T** keep your computer on all the time. Turn it off when you're not using it.

We Care About Your Online Safety

UnitedHealthcare® takes online security very seriously and uses the latest technologies to protect you and your private information. When you register online with UnitedHealthcare, you will create a unique username and password that will allow you — and only you — to access your plan documents and information.



FEDERAL TRADE COMMISSION
PROTECTING AMERICA'S CONSUMERS

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National Do Not Call Registry

[En Español](#)

REPORT UNWANTED CALLS



- **Do Not Call:** After your number is on the registry for 31 days, you can report unwanted sales calls.
- **Robocalls:** Report calls that use a recorded message instead of a live person (whether or not your number is on the Registry).
- **Tell us what the call was about:** Check the category that best describes what the call was about, for example debt reduction, home security or vacations.

Reminder: Even if your number is registered, some organizations may still call you, such as charities, political organizations, and telephone surveyors. For a full description of who may still call you, please consult our [Consumer FAQs](#).

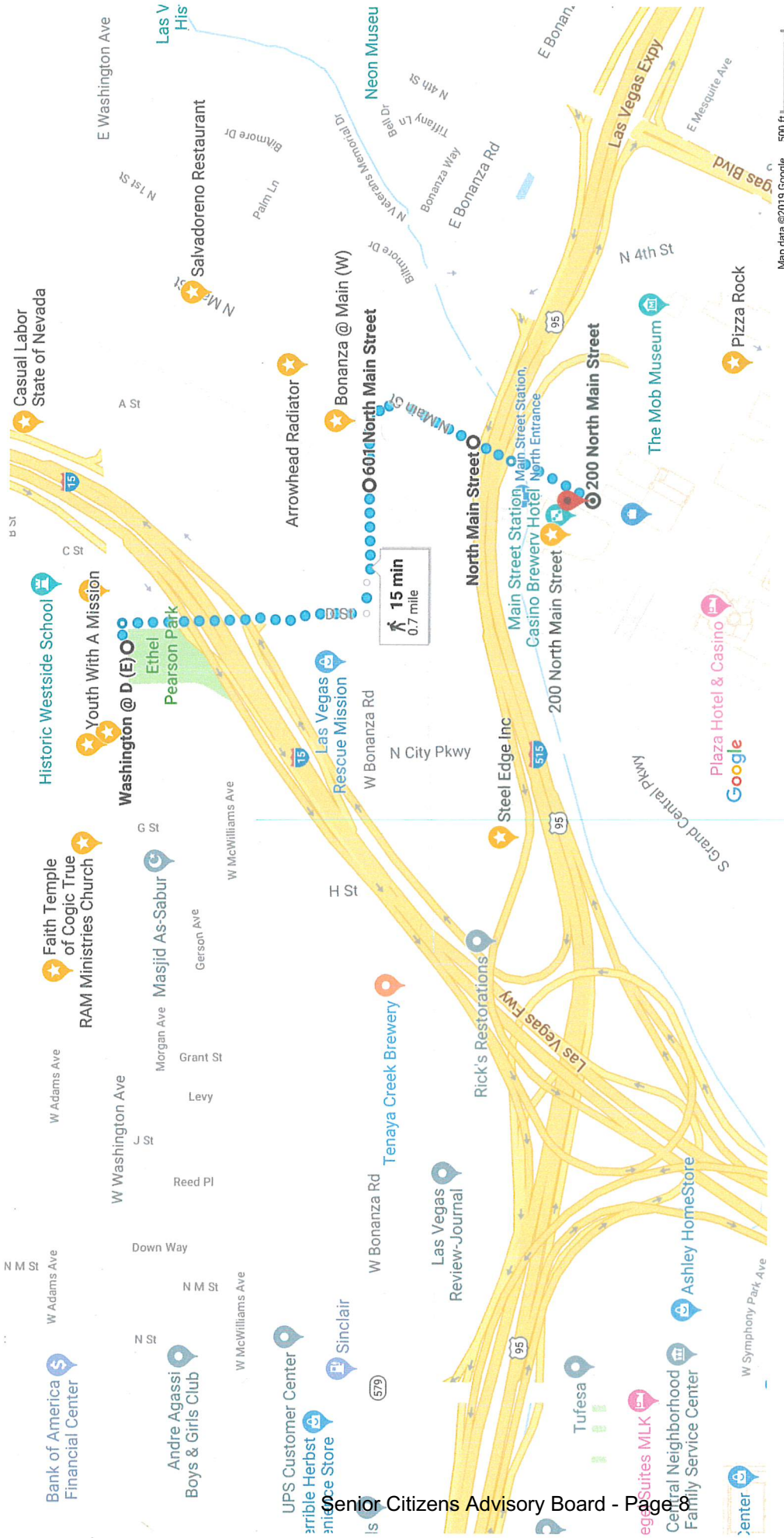
Debt collectors may continue to call you whether your number is on the Registry or not. Know [your rights regarding debt collection](#). If a debt collector is not respecting your rights, [REPORT IT HERE](#).

[CONTINUE](#)

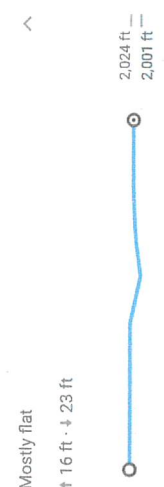
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via D St and W Bonanza Rd
15 min
0.7 mile





THE AMERICAN ANTI-CORRUPTION ACT

1. STOP CONFLICTS OF INTEREST AND POLITICAL BRIBERY

PROVISION 1: PROHIBIT POLITICIANS FROM RAISING FUNDS FROM LOBBYISTS

- Members of Congress and candidates for federal office may not accept contributions in connection with an election for federal office from a lobbyist.

PROVISION 2: PROHIBIT LOBBYIST CONTRIBUTION BUNDLING

- Prohibit lobbyists from bundling campaign contributions in connection with an election for federal office.

PROVISION 3: CLOSE THE REVOLVING DOOR

- Extend the existing revolving door limitations applicable to Members of Congress and congressional staff to 5 years for former Members, and 5 years for former congressional staffers who are either (1) paid at a rate of 75% or more of a Member's salary, or (2) whose duties are not primarily secretarial in nature.
- Prohibit Members of Congress and senior congressional staff from negotiating or having any arrangement concerning prospective private employment, including engaging in any preliminary or exploratory discussions regarding such employment, while a Member of Congress or senior congressional staff.

PROVISION 4: PROHIBIT MEMBERS OF CONGRESS FROM FUNDRAISING DURING CONGRESSIONAL WORKING HOURS

- Prohibit Members of Congress from engaging in political fundraising and soliciting between 9:00 a.m. and 6:00 p.m. on any day in which their House of Congress is in session and is not adjourned or in recess for that entire day, and during any other hours in which the Member's House of Congress or any committee or subcommittee thereof of which they are a member is conducting business.

2. END SECRET MONEY WITH FULL TRANSPARENCY**PROVISION 5: REQUIRE FULL TRANSPARENCY OF SIGNIFICANT POLITICAL FUNDRAISING AND SPENDING**

- Require automatic electronic disclosure of political fundraising and expenditures over \$200.
- Enact the Democracy is Strengthened by Casting Light on Spending in Elections (DISCLOSE) Act of 2015, S. 229, H.R. 430, 114th Cong, to end dark and grey money.
- Require disclosure of bundlers of contributions. Require incumbent federal officials and candidates for federal office to disclose the identity of any individual who is authorized by or known to the official or candidate to collect and transmit contributions to their campaign committee or leadership PAC, regardless of whether or not the individual is a lobbyist.

3. FIX OUR BROKEN ELECTIONS**PROVISION 6: END GERRYMANDERING**

- Transfer all authority over redistricting to an independent, fully transparent commission that must follow strict guidelines to ensure accurate representation for all voters, regardless of political party.

PROVISION 7: CHANGE HOW ELECTIONS ARE FUNDED

- Give each registered voter a small credit they can use to make a contribution to candidates and PACs that agree to fundraise only from small donors.

- Allow PACs that accept only donations from natural persons no larger than \$100 to make contributions to candidates ten times larger than the current limit on traditional PACs.

PROVISION 8: LET ALL VOTERS PARTICIPATE IN OPEN PRIMARIES

- Make all candidates for the same office compete in a single, open primary in which all registered voters may participate. The four candidates with the most votes will proceed to the general election. On the primary ballot, allow candidates to display their party preference, and allow parties to display their chosen nominee(s). Establish meaningful thresholds for the number of signatures required to be collected by volunteers in order for a candidate to appear on the ballot.

PROVISION 9: LET VOTERS RANK THEIR TOP CANDIDATES USING RANKED CHOICE VOTING, AVOID SPOILERS

- Use ranked choice voting in all elections so voters may rank candidates in order of preference and not be concerned about voting for "spoiler" candidates.

PROVISION 10: MAKE EVERY VOTE COUNT IN PRESIDENTIAL ELECTIONS

- Require states to award their Electoral College votes to whoever wins the most votes across the country.

PROVISION 11: AUTOMATICALLY REGISTER VOTERS

- Automatically register eligible citizens to vote (or update their registration) when they interact with government agencies – at the DMV, getting a hunting license, applying for food assistance, or signing up for the national guard. Citizens can always decline to be registered.

4. ENFORCE THE RULES

PROVISION 12: FIX THE FEC'S COORDINATION REGULATIONS

- The FEC's current coordination regulations permit extensive collaboration between candidates and supposedly "independent" Super PACs. Amend the Federal Election Campaign Act to create reasonable presumptions of coordination under which an expenditure made by a Super PAC is treated as a contribution to the candidate.

PROVISION 13: INCREASE LOBBYING DISCLOSURE AND ENFORCEMENT

- Ensure that paid lobbyists are identified. Current law turns on two requirements to trigger lobbyist status: (1) two lobbying contacts, and (2) 20% of time for client spent engaging in lobbying activities. Instead, set the threshold as (1) two lobbying contacts or providing strategic advice to lobbying efforts or directing or supervising the provision of strategic advice to lobbying efforts, and (2) 12 hours or more spent engaging in lobbying activities.
- Require electronic disclosure of the specific officials, offices, committees, or subcommittees contacted; all entities (contractors and subcontractors) employed or retained to engage in lobbying activities, along with description of such lobbying activities; and the identity of each former covered official employed or retained by the registrant who engaged in lobbying activities on behalf of the client, along with description of such lobbying activities. Do away with Internal Revenue Code reporting option for lobbying expenses.
- Any person or entity failing to come into full compliance with the requirements of this Act within one year after being identified by the Comptroller General as noncompliant shall be prohibited from engaging in any activities that would require the person or entity to be a registrant or a lobbyist for a period of 2 years.

PROVISION 14: FIX THE FEC AND STRENGTHEN INVESTIGATIVE AND PROSECUTORIAL POWERS.

- Enact the Federal Election Administration Act of 2016, S. 2611, 114th Cong. The Act would replace the failed Federal Election Commission (FEC) with a new 5-member Federal Election Administration (FEA) empowered to find that violations of law have occurred and directly impose civil penalties. The FEA would, like other enforcement agencies, use impartial administrative law judges to hear and decide campaign finance enforcement proceedings.
- Enact the Public Corruption Prosecution Improvements Act of 2012, S. 401, 112th Cong. Sponsored by Senator Leahy (D-VT) and Senator Cornyn (R-TX), the Public Corruption Prosecution Improvements Act of 2012 was included in the Senate-passed version of the STOCK Act, and was based on an identical bill passed by the Senate Judiciary Committee.