



Date: October 12, 2023
To: Board of Directors
From: David Aranda, Interim General Manager
Submitted by: Alexandra Aquino-Fike, President of the Board
Subject: Wellness Program for the Community of Kensington

Recommendation

Discussion and possible appointment regarding a wellness program for the community of Kensington.

Background

The Board President will give a presentation on the reasons for Director Duggan to establish a program as outlined in the attached memo written by President Acquino-Fike. As the General Manager, I support the recommendation of President Acquino-Fike and would state that initially the District can afford up to \$2,500 to assist in Director Duggan getting a survey off the ground for the benefit of the community.

As we pursue an Emergency Preparedness plan and as we continue to have police do welfare checks, a survey that brings information for future use to protect seniors and disabled individuals and live alone people would be beneficial.

I hope each of the Board Members see the value in instituting this program.

Exhibit(s)

- Memo from President Aquino-Fike regarding Special Assignment from KPPCSD President – Wellness Program



Date: October 12, 2023
To: Board of Directors
From: Alexandra Aquino-Fike, Board President
Subject: Special Assignment from KPPCSD President – Wellness Program

Kensington has a significant population of older adults and individuals with disabilities who are active in our community as leaders, volunteers, caregivers, and advocates. At the same time, these groups face greater health challenges, and many need support to live independently in their own homes in Kensington and be able to access various resources of our community.

As we experience a growing frequency of climate related impacts and we seek to ensure the safety and a high quality of life for all residents of Kensington, it is a good moment to invest time and some resources in assessing the needs and challenges of these two populations of our community.

As president, I'd like to ask for the board's input on structuring a survey to conduct this analysis and from this survey, developing a set of recommendations to begin to meet these needs. I propose that we assign Cass Duggan to lead the development and execution of this survey. Given Cass's background as a mental health professional, and her prior work with the aging population, she is well qualified to lead this project.

Obviously, she would need support in this, so I'd like to propose allocating some resources (not significant) to this project, if the GM can identify some resources in our budget. I trust that Cass would also make sure to seek the input of relevant safety and health professionals in this assessment.