



MINUTES

REGULAR MEETING OF THE COMMITTEE ON AGING

Wednesday, June 19, 2013, 3:00 P.M.
Council Chambers, City Hall
10890 San Pablo Avenue
El Cerrito, CA 94530

This Meeting Place Is Wheelchair Accessible

Roll Call

Present: Arlinda Babcock, Karen Christian, Shirley Cressey, Lillian Daniels, Mark Guthrie, Kimi Honda, Janet James, Dr. Pansy Kwong, Callie Major, Kim Marlia, Gabriel Quinto, Joanna Kim-Selby, Willa Sudduth, and Vera Gibbs Winston

Council Liaison: Janet Abelson

Staff: Janet Bilbas and Liza Espadilla

Guest: Mary Jewell, Lora Mitchell, Helen Dichey, Nola Veganez-Chavez, Joan Carpenter, and Latressa Wilson Alford

Meeting called to order at 3:00 P.M.

1. APPROVAL OF MINUTES

Minutes of May 15, 2013 approved as written.

2. PUBLIC COMMENT

No public comment.

3. PROGRAM: BUDGET SEQUESTRATION

Ms. Alford discussed programs that will be affected by the budget sequestration. She added that there will be disruption on services to the following programs: Social Security administration, Meals on Wheels, Community service for older adults, Social Security Block Grant, Adult Protective Services, Adult Day Program, Transportation Services (i.e. WestCAT), Training and Referral Services, Health Support Services, and Energy Program for low-income. Ms. Alford shared that Medicare and MediCal will not be affected by budget sequestration. She encouraged everyone to call or write Congressman George Miller as he look forward to reading and knowing what the public wants.

Ms. Bilbas shared that the Open House Senior Center is participating with Meals on Wheels' campaign by collecting paper plates with individual messages from the seniors urging Congress to avoid funding cuts. Plates and pictures of seniors signing plates will be forwarded to Meals on Wheels' National Association in Washington, D.C.

A discussion followed on campaigning for Meals on Wheels program, advocacy for senior services, program grants, and funding.

4. REPORTS

A. Council Liaison Report

Councilwoman Abelson shared that it has been difficult for the remaining city staff with having some employees take early retirement from last year. She reported that the City Council passed the proposed budget for Fiscal Year 2013-2014.

Councilwoman Abelson reported updates on street constructions along Moeser Lane and Ashbury Avenue as the city received federal grant for safety improvement projects. A discussion followed on public safety, traffic and speed limits along Moeser Lane.

B. Affordable Housing Project Update – No report.

C. Housing Subcommittee – No report.

D. Transportation Subcommittee – No report.

E. Legislative (State & Federal) – No report.

F. Area Agency on Aging Advisory

Ms. Selby reported that the Advisory Council discussed prescription drug abuse at the meeting. She added that teenagers are using their grandparent's prescription drugs to get "high". She also shared that the Advisory Council discussed budget issues within Contra Costa County.

G. West County Senior Coalition (WCSC)

Mr. Quinto announced that Assemblywoman Nancy Skinner will be at Pinole Middle School to speak about Affordable Healthcare Act on Wednesday, June 19, 2013 at 6:00 P.M.

H. Health Care Subcommittee

Dr. Kwong reported on a study published in Diabetes Care, June 11, 2013 as follows... "It is known that blood sugar go up after eating a meal and that exercise such as walking helps lower blood sugar. Controlling this increase in blood sugar is important in people with pre-diabetes or at risk for impaired glucose tolerance. This study was done on inactive seniors 60 years and older with pre-diabetes who lived independently in the community. The purpose of the study was to compare the effectiveness of walking three times a day for fifteen minutes after meals with one walk a day for 45 minutes at a 10:30 A.M. or 4:30 P.M. in controlling overall blood sugar levels. The results showed that both walking for 45 minutes a day and walking 15 minutes after meals helped control blood sugar. However walking after meals was more effective in controlling increases in blood sugar than one 45 walk. This article suggests that seniors with pre-diabetes may benefit more from a 15 minute walk after each meal than just a random 45 minute walk during the day."

I. Membership

Dr. Kwong moved to nominate Ms. Nola Veganez-Chavez for membership to the Committee on Aging. Ms. Cressey seconded the motion. **Action:** Approved unanimously.

Ms. Veganez-Chavez's nomination for membership will be forwarded to City Council for approval.

5. STAFF LIAISON REPORT

Ms. Bilbas reported updates on the following:

- Free shuttle service from Old Safeway (Moeser Lane and San Pablo Avenue) to Cerrito Vista Park at the July 4th Festival from 10:00 A.M. to 6:00 P.M.

- New classes at OHSC: iPhone Class on Mondays, 10:00 A.M.-12 Noon and Yoga Class on Friday, 1:15 P.M. – 2:15 P.M.
- Eskaton Hazel Shirley Manor residents tour the OHSC
- Measure J Transportation Funding implementing once a week paratransit service to Discount Grocery Store, Target, East/West Mall, and Costco
- Green recycling at the OHSC's Daily Lunch Program

Ms. Bilbas shared updates on the Health Care Movie from Wednesday, May 22nd and Saturday, May 18th public showing. She reported that 15 people attended each movie showing. She commented that she does not mind helping organizing the event for the Committee on Aging but she felt it could have been planned better by delegating assignments to members.

6. ITEMS FOR NEXT AGENDA

7. ADJOURNED REGULAR COMMITTEE ON AGING MEETING at 4:25 P.M.

Submitted by:
 Liza Espadilla
 Administrative Clerk Specialist
 City of El Cerrito Senior Services Division

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COMMUNICATION ACCESS INFORMATION

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