MINUTES

REGULAR MEETING
OF THE
COMMITTEE ON AGING

Recreation Department Senior Services Division

Wednesday, May 21, 2014, 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: Shirley Cressey, Kimi Honda, Janet James, Dr. Pansy Kwong, Callie Major, Kim Marlia, Gabriel Quinto, Willa Sudduth, Joanna Kim Selby, Vera Gibbs Winston and Nola Veganes Chavez
Excused: Karen Christian, Lillian Daniels and Mark Guthrie
Council Liaison: Janet Abelson
Staff Liaisons: Janet Bilbas and Liza Espadilla

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

1. **APPROVAL OF MINUTES**
   Minutes of April 16, 2014 approved as written.

2. **COUNCIL/STAFF LIAISON ANNOUNCEMENTS AND REPORTS**
   Mayor Abelson shared she had lunch with the 1st Graduating Class of El Cerrito High School. There were 9 attendees; all in the age of 80's. She added that they had interesting stories to share about El Cerrito High. She said she was delighted to meet the most interesting men and women plus one teacher in her 90's were among the participants of the 70th Class Reunion of El Cerrito High School.

   Mayor Abelson reported the following updates at the most recent City Council meeting:
   - Winners of Sustainable Garden in El Cerrito
   - Study Session on Smoking Ordinance in El Cerrito
   - Discussion on health risk, e-cigarettes, individual rights, second hand smoke, etc.

   Ms. Bilbas reported updates on programs at the senior center and special events:
   - Bal-A-Vis-X (stands for balance, auditory and visual exercises) on Wednesday, May 28, 3:30PM-4:30PM at the senior center.
   - "Common Medications and Pain Management for Elders" presentation with Dr. Elizabeth Landsverk at the senior center on Thursday, June 5, 2PM-4PM.
   - Thursday, August 28, "The Gadget Lady" Presentation at OHSC
   - Wednesday, June 18, Committee on Aging meeting at City Hall / Tea Dance at Community Center
   - Bridge Class – Beginner & Beginner Plus and a social bridge once or twice a month in planning
   - Drawing Class on Mondays and Painting Class on Wednesday
   - Special thanks to Ms. Shirley Cressey and Stella Manila for volunteering at the Open House Senior Center information table at the Annual Senior Information & Health Fair at the Richmond Auditorium on Wednesday, May 14, 2014.
   - Open Enrollment for HICAP Presentation in October.
   - Approved Measure J Funding for the next fiscal year.

- Increase in Easy Ride participants during the lunch program at the senior center.
- Plan to purchase a new smaller vehicle for Measure J transportation program.

3. ORAL COMMUNICATION FROM THE PUBLIC - No speakers.

4. REPORTS

A. Housing Subcommittee – No report.

B. Transportation Subcommittee
Ms. Cressey shared visiting the North Berkeley BART for the viewing and tour of the new BART train. She reported that the new train has more leg room, straps for wheelchair, more room for bicycles and strollers, fewer seats and three entrance/exit doors.

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

D. Area Agency on Aging Advisory
Ms. Selby reported the following updates from the AAA Advisory meeting:
- Older American Act Month
- Senior Volunteers in May
- Federal, State and County Budget
- Alzheimer's family caregiver OT issue with IHSS
- California Senior Legislature Election
- Earthquake Preparedness at the Concord Senior Center

E. West County Senior Coalition (WCSC) – No report.

F. Health Care Subcommittee – No report.

G. Membership – No report.

H. Guest Speaker Subcommittee – No report.

5. ITEMS FOR NEXT AGENDA
- Hilde Myall on Housing Presentation in June or July

6. ADJOURNED REGULAR COMMITTEE MEETING at 4:00PM to the next scheduled regular meeting on Wednesday, June 18, 2014, 3:00 P.M. at the El Cerrito City Hall, Council Chambers, 10890 San Pablo Avenue.

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

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