



**Meeting Minutes
COMMITTEE ON AGING**

Wednesday, October 18, 2017, 3:00 P.M.

Council Chambers, City Hall
10890 San Pablo Avenue
El Cerrito, CA 94530

This Meeting Place Is Wheelchair Accessible

ROLL CALL

Members Present: Catherine Cesa, Shirley Cressey, Kenneth Epley, Jennifer Haller, Kimi Honda, Carol Kehoe, Dr. Pansy Kwong, Steve Lipson, Kim Marlia, Joanna Kim Selby, Nola Veganes Chavez

Members Absent: Karen Christian, Janet James, Callie Major

Staff: Janet Bilbas, Lori Teachout

Council Liaison: Mayor Janet Abelson

1. APPROVAL OF MINUTES

Dr. Pansy Kwong noted that in Section 5-F Health Subcommittee report that Fosamax was misspelled and that it slows bone loss.

Joanna Kim Selby moved, and Dr. Pansy Kwong seconded a motion to approve the minutes as amended. Jennifer Haller abstained. The minutes were approved as amended.

2. ORAL COMMUNICATIONS FROM THE PUBLIC:

Melanie Proctor, a Fairmont parent, and Uzuri Amini, a prospective Committee on Aging member introduced themselves.

3. COUNCIL/STAFF LIAISON ANNOUNCEMENTS AND REPORTS:

Mayor Abelson said that the Council meeting on October 17, 2017 was cancelled for lack of agenda items. She reported that the City of El Cerrito sent ten firefighters to the Napa-Sonoma fires. She showed us a N95 face mask which is recommended for protection when air quality is poor.

Janet Bilbas reported that the Senior Resource Fair was well-attended, and we received positive reviews from attendees and vendors. She said that the two September Balance Presentations at the Open House Senior Center were well-received.

4. NEW BUSINESS

Update on El Cerrito Senior Center location: Janet Bilbas

Future events include a talk on Downsizing for the Future (November 11, 2017), Holiday Party (December 6, 2017), Travel Fair (February 21, 2018), Transportation Workshop (Wednesday, October 25, 2017), Senior Center Update, November 17, 2017.

Park and Recreation Master Plan discussion:

Steve Lipson explained that the Recreation Department is soliciting input for a Park and Recreation Master Plan. He invited members of the Committee on Aging to comment on improvements they would like to see at their neighborhood park. They could either e-mail their comments to him. Jennifer Haller commented that suggestions could be made that would make the parks more senior friendly.

5. REPORTS

(Reports by Members of the Committee. The Committee may discuss individual report topics and refer or schedule issues for future action. Each report is limited to a maximum of 5 minutes.)

- A. Housing Subcommittee: Shirley Cressey reported for Janet James on activities at Hazel Shirley Manor.
- B. Transportation Subcommittee: Shirley Cressey reported on SB595 which will require local bay Area cities to hold a special election to increase the bridge tolls.
- C. Legislation (State & Federal): Dr. Pansy Kwong reported on SB2 (Building Homes and Jobs Act), SB3 (Veterans and Affordable Housing Bond Act), SB35 (Affordable Housing Streamline approval process), SB17 (provide transparency in prescription drug costs)
- D. Area Agency on Aging Advisory Council: No report
- E. West County Senior Coalition: No report
- F. Health Care Subcommittee: Kimi Honda reported that rest was important. Dr. Pansy Kwong reported that the flu mist was not as effective as flu shots, and that seniors should be taking the high dose flu shot. She also warned against chronic use of drugs like Prilosec, which decreases that amount of acid produced in the stomach.
- G. Membership Subcommittee: Margo Allen sent an e-mail to all Committee members announcing her resignation from the Committee on Aging. Janet Bilbas said that she would contact Callie Major, who has missed several meetings.
- H. Guest Speaker Subcommittee: Jennifer Haller announced that there will be a presentation on the benefits of tea. Joanna Kim Selby suggested a topic of fraud prevention and cyber hacking. Other prospective topics are medical marijuana, Alzheimers and dementia.
- I. Technology: Steve Lipson reported that Eldertech, which is one- on- one tutoring for iPhone and iPads with trained high school student volunteers, has started again.

6. ITEMS FOR NEXT AGENDA

7. ADJOURN REGULAR COMMITTEE MEETING

The next Committee on Aging meeting is Wednesday, November 15, 2017 at 3:00PM at City Hall, Council Chambers, 10890 San Pablo Avenue, El Cerrito, California.

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COMMUNICATION ACCESS INFORMATION

To request a meeting agenda in large print, Braille, or on cassette, or to request a sign language interpreter for the meeting, call Janet Bilbas, Staff Liaison at (510) 559-7678 at least FIVE (5) WORKING DAYS NOTICE PRIOR TO THE MEETING to ensure availability: 6500 Stockton Avenue, El Cerrito, CA 94530 E-mail: jbilbas@ci.el-cerrito.ca.us