



Meeting Minutes

COMMITTEE ON AGING

Wednesday, September 19, 2018, 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: Katherine Cesa, Karen Christian, Matean Everson, Jennifer Haller, Kimi Honda, Janet James, Carol Kehoe, Dr. Pansy Kwong, Steve Lipson, Kim Marlia, Joanna Kim Selby, and Nola Veganes Chavez

Members Unexcused: Shirley Cressey, Kenneth Epley

Councilmember Present: None

Staff Member Present: Bridget Cooney, Christopher Jones

Guests:

1. APPROVAL OF MINUTES

The minutes of the August 15, 2018 meeting were approved.

Katherine Cesa moved, and Jennifer Haller seconded a motion to approve the minutes.

2. ORAL COMMUNICATIONS FROM THE PUBLIC:

Marianne Selph spoke about the pedestrian crossing at Richmond Street and Donal Street.

3. COUNCIL/STAFF LIAISON ANNOUNCEMENTS AND REPORTS:

Bridget Cooney and/or Councilmember Abelson may report on matters of general interest to the El Cerrito Committee on Aging, Council policies, priorities and significant actions taken by the City Council.

Bridget Cooney reported that:

The Senior Resource Fair will take place on Wednesday, October 3, 2018, 9am-1pm at the El Cerrito Community Center.

Bridget also reported on the following presentation:

HICAP - Friday, October 12, 2018, 1:15pm

4. NEW BUSINESS

The Committee on Aging welcomed new Adult Programs & Services Supervisor, Bridget Cooney.

Committee members signed up to volunteer at the Senior Resource Fair on Wednesday, October 3, 2018.

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: Matean “Te” Everson requested to be added to the Housing Subcommittee.
- B. Transportation Subcommittee: No report.
- C. Legislation Subcommittee: No report.
- D. Area Agency on Aging Advisory Council: Joanna Kim Selby reported on the Contra Costa County Foodbank.
- E. West County Senior Coalition: No report.
- F. Health Care Subcommittee: Dr. Pansy Kwong reported on an article in the New England Journal regarding the affects of low dose aspirin usage in older adults. It was reported that aspirin did not help in healthy people, but it did increase bleeding in the GI tract and brain. If a person doesn’t have any risk factors, aspirin can cause problems. Dr. Pansy Kwong also reported on an article about Broken Heart Syndrome.
- G. Membership Subcommittee: Kim Marlia requested that a roster with Matean “Te” Everson’s contact information be sent to the Committee on Aging. Concern was expressed for Committee member, Shirley Cressey missing two months of meetings without making contact to the Committee.
- H. Communication Subcommittee: Reminded Committee members to submit “Snippets” for the 50+ newsletter.
- I. Technology Subcommittee: Steve Lipson reported that interviews for the Elder Tech program will begin next week. The City is working with the school district at transportation options for students working with this program. Steve Lipson also reported about online continuing education options including MOOC (Massive Open Online Classes), UDEMY, and podcasts.
- J. Disabilities Subcommittee: Carole Kehoe reported that Kaiser Lifestations offers a medical alert that includes the kit and counseling for an affordable rate. Kaiser and Medicare Senior Advantage Plus offer 24 hour fitness memberships at no or low cost.

6. ITEMS FOR NEXT AGENDA

WCCUSD is looking at cutting funding for Senior Programs at the end of the year.

7. ADJOURN REGULAR COMMITTEE MEETING

Karen Christian moved, and Janet James seconded to adjourn meeting.

The meeting adjourned at 4:45p.m.

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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 Bridget Cooney, Staff Liaison at (510) 559-7678 at least FIVE (5) WORKING DAYS NOTICE PRIOR TO THE MEETING to ensure availability: 10940 San Pablo Avenue, El Cerrito, CA 94530 E-mail: bcooney@ci.el-cerrito.ca.us