



**Meeting Minutes
COMMITTEE ON AGING**

Wednesday, May 15, 2019, 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, Shirley Cressey, Kenneth Epley, Jennifer Haller, Janet James, Carol Kehoe, Dr. Pansy Kwong, Steve Lipson, Kim Marlia, Joanna Kim Selby and Nola Veganes Chavez

Members Absent: Karen Christian, Matean "Te" Everson

Councilmember Present: Janet Abelson

Staff Member Present: Bridget Cooney

Guests:

1. APPROVAL OF MINUTES

The minutes of the April 17, 2019 meeting were approved. Carol Kehoe made a motion to approve the minutes and Shirley Cressey seconded the motion.

2. ORAL COMMUNICATIONS FROM THE PUBLIC: None

3. COUNCIL/STAFF LIAISON ANNOUNCEMENTS AND REPORTS:

Janet Abelson reported that City Council approved by a 3-2 vote a just-cause eviction policy. She clarified that single-family housing is not a part of the new just cause eviction policy. Affordable housing and tenant rights are important topics for City Council right now. Hana Gardens ribbon cutting was on Monday, May 13, 2019. Hana Gardens is fully occupied with low and very low-income seniors.

Bridget Cooney reported that new programming would begin at the Hana Gardens location in June 2019. There are several upcoming presentations planned at the Midtown Activity Center including Food Safety: How to Prevent Food Poisoning on May 17, 2019 and The Perennials: Ageless Improve on June 21, 2019. The fourth annual Pickleball Relish Tournament is on June 22, 2019 at Castro Tennis Courts. A new partnership with the El Cerrito Fire Department to provide blood pressure checks at the Midtown Activity Center will begin the first Thursday in June from 11am-12pm. The Elder Tech program will resume in June once we train a summer intern through the EC Stars program.

4. NEW BUSINESS

A regular meeting schedule of the third Wednesday of each month was adopted for the Committee on Aging for the remainder of 2019. Remaining meetings in 2019 will be held on: June 19, July 17, August 21, September 18, October 16, November 20, and December 18.

A date for a follow up visit of the Safeway-Del Norte site with Yvetteh Ortiz, Public Works is still to be determined. Kenneth Epley requested that Yvetteh Ortiz be asked what, if any changes can be made to the project and if there is someone who can accompany interested



Committee on Aging members on the site visit who can relay feedback to decision makers working on the project. Bridget Cooney, Recreation Supervisor will reach out to Yvetteh Ortiz and report back to the Committee on Aging in June.

The Committee on Aging discussed the need to explore options for affordable transportation for seniors and disabled persons. Seniors no longer able to drive often become isolated and depressed. The Committee discussed the need to research the target demographic in El Cerrito including residents at the El Cerrito Royale, Eskaton, and Hana Gardens as well as participants at the senior centers in the city. The Committee also discussed looking at the 5310 Transportation program, East Bay Paratransit and the East Bay Community Foundation to gather more information on existing programs and potential funding sources. It was requested by Dr. Pansy Kwong that we keep this item on the June agenda for further discussion.

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: Janet James reported that Eskaton Hazel Shirley Manor would be hosting a presentation on Thursday, May 23, 2019 at 2pm on the topic of recycling in El Cerrito. Laureteen Brazil, Management Assistant (Solid Waste & Recycling) is the presenter.
- B. Transportation Subcommittee: Shirley Cressey reported that on Saturday, 5/18/19 between 7:30am-2pm AC Transit buses will be re-routed due to UC Berkeley Graduation. Kenneth Epley reported that AC Transit is redoing their websites and they are taking feedback. He also reported that the new double decker buses are only Transbay busses with service to and from the East Bay-San Francisco. Kenneth reported that planners working on the San Pablo Avenue Corridor Project are taking input on the San Pablo Avenue improvement plan.
- C. Legislation Subcommittee: Dr. Pansy Kwong reported on Social Security Reform. She reported that the Trustees Report shows short term liquidity issues. It is projected that benefits will drop by 16.4% to maintain solvency. Benefits either need to be reduced or taxes increased, or both. Currently Congress is doing nothing about this problem. There is an article about potential Social Security Reform on the Social Security website.
- D. Area Agency on Aging Advisory Council: Joanna Kim Selby attended a presentation by the Center for Independent Living (CIL) on health care and day programs with door to door transportation in the county. The program is called PACE (Program for All-inclusive Care for Elderly). The programs presented were funded by Medicare & Medical. Private patients are able to participate in the program but pay a different rate. Steve Lipson reported that he has a new role as Technology Chair on the Adult Advisory Council.
- E. West County Senior Coalition: No report – meeting was canceled.
- F. Health Care Subcommittee: Dr Pansy Kwong reported that Medicare costs are going down by \$827 per person. Americans are taking better care of their hearts. Preventative medicine seems to be



responsible for half of the reductions. Dr. Kwong reported on an article that gave steps to take to help with the onset of dementia. Taking supplements don't help. It is important to increase activity and take preventative health measures in middle age. Manage obesity and hearing loss (get hearing aids as soon as possible). Good sleep and good hygiene are also important in helping with dementia. Alzheimers Biomarkers are important. Biomarkers can be measured with a PET (positron emission tomography) scan, genetic testing (blood test looking at APOE gene variant) or chemical testing.

- G. Membership Subcommittee: We are currently down two members. Jennifer Haller requested that Committee on Aging members take an active role in trying to recruit new members by talking to others to get them interested in the committee.

Communication Subcommittee: Jennifer Haller reminded committee members to submit "Snippets" for the 50+ newsletter to either Nola Veganes Chavez or Jennifer Haller. She also reported about a pilot program "Storytime for the Ages" that she is working on with Recreation Staff for the Fall. In this fall-themed program, senior volunteers will share their favorite books, rhymes, songs, and games to an audience of toddlers and their caretakers. This special activity seeks to bring older adults and youth together in a meaningful activity for the mutual benefit of both age groups.

- H. Technology Subcommittee: Steve Lipson reported that the current session of the Eldertech program with El Cerrito High School students ends in May. He stated that he is hoping to have a summer intern for this program. Steve Lipson reported that the El Cerrito Library Eldertech program is taking off and they have now changed to a reservation system for 30-minute timeslots rather than a drop-in program. Steve reported that he is talking with Hana Gardens about the possibility of offering a similar program there in the future.

- I. Disabilities Subcommittee: Carol Kehoe that there is a new scam out there that reportedly offers free DNA testing if you give them your Medicare number. Medicare numbers are being taken and used improperly.

6. ITEMS FOR NEXT AGENDA

Presentation on travel training and affordable transportation options by John Nemeth, Executive Director of West Contra Costa Transportation Advisory Committee (WCCTAC) and Janet Bilbas, Travel Trainer.

Follow up regarding date of visit to the Safeway-Del Norte site with Yvetteh Ortiz, Public Works Director.

Reorganization of the Committee on Aging per City Ordinance, select Chair and Vice Chair of the Committee on Aging for 2019-2020.

Fiscal Year 2019-2020 Work Plan

7. ADJOURN REGULAR COMMITTEE MEETING

Jennifer Haller moved to adjourn the meeting and Janet James seconded.



In compliance with the Americans with Disabilities Act if you need special assistance to participate in this meeting, please call Bridget Cooney, Staff Liaison at 510-559-7677. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting. (28 CFR 35.102-35.104 ADA Title II).

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