



Recreation Department Senior Services Division

MINUTES

REGULAR MEETING
OF

COMMITTEE ON AGING

Wednesday, June 18, 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: Karen Christian, Shirley Cressey, Mark Guthrie, Kimi Honda, Janet James, Dr. Pansy Kwong, Kim Marlia, Gabriel Quinto, Willa Sudduth, Vera Gibbs Winston and Nola Veganez Chavez.

Excused: Lillian Daniels, Callie Major and Joanna Kim Selby

Council Liaison: Janet Abelson (Excused)

Staff Liaisons: Janet Bilbas and Liza Espadilla

Guest: Marcia Deerfield

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

1. APPROVAL OF MINUTES

Minutes of May 21, 2014 approved as written.

2. COUNCIL/STAFF LIAISON ANNOUNCEMENTS AND REPORTS

Mayor Abelson not present at the meeting. No City Council report.

Ms. Bilbas reported updates on programs at the senior center and current special events:

- Annual Boards and Commission Dinner
- Help with small task, handyman for hire
- CLASP, Community Life Assistance for Senior Program
- Read letter from Ms. Hegeman, a letter of recommendation for corp volunteers
- Pain Management presentation – 40 attendees
- The Gadget Lady Presentation on Thursday, August 28, 2014 at the Open House Senior Center.

3. ORAL COMMUNICATION FROM THE PUBLIC - No speakers.

4. REPORTS

A. Housing Subcommittee – No report.

B. Transportation Subcommittee

Ms. Cressey reported beginning July 1st, AC Transit puts into place a new fare policy to encourage more customers to switch to Clipper card. Local transfers will be eliminated, pay the single cash fare for each boarding or buy a Day Pass. The Day Pass will give passenger unlimited local rides from the time of issue until 3:00 AM.

Ms. Cressey reported BART postponed ordering the new train due to barrier proposals on wheelchair accessibility.

Mr. Guthrie reported that the El Cerrito Police Department provides a Neighborhood Watch Program. Help safeguard your home while you go out of town by notifying the Police Department. An officer will conduct periodic checks of your residence while you are out of town. He suggested requesting a vacation notification approximately two weeks prior to your departure.

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

D. Area Agency on Aging Advisory – No report.

E. West County Senior Coalition (WCSC)

Ms. Bilbas announced that the City of San Pablo is hosting a Hawaiian Fundraiser to benefit Meals on Wheels Program. She added that there are 300 volunteer drivers under the Meals On Wheels program in Contra Costa County.

F. Health Care Subcommittee

Ms. Winston reported reading an article on the importance of food safety, washing and preparation of meat, fruits and vegetables to avoid food poison.

Dr. Kwong reported on vitamin and mineral supplements for primary prevention of cardiovascular disease and cancer recommendations by the U.S. Preventative Task Force 2014. A handout is distributed to members.

G. Membership

Ms. Winston introduced Ms. Marcia Deerfield to the committee. She added that Ms. Deerfield is interested in joining the membership.

H. Guest Speaker Subcommittee

Ms. Chavez reported that subcommittee is collaborating with the Open House Senior Center in providing free public presentations. The next scheduled presentation is “The Gadget Lady, *Makes Things Easier for Seniors*” on Thursday, August 28, 2014, at 1:30 P.M.

5. ITEMS FOR NEXT AGENDA

EL CERRITO HOUSING PROJECT

HILDE MYALL, SENIOR HOUSING PROJECT MANAGER

- 6. ADJOURNED REGULAR COMMITTEE MEETING** at 4:00 P.M. to the next scheduled regular meeting on Wednesday, July 16, 2014, at 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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COMMUNICATION ACCESS INFORMATION

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