



AGENDA

REGULAR MEETING OF THE COMMITTEE ON AGING

AUGUST 18, 2021, at 3:00 p.m.

Staff Liaison

Bridget Cooney | (510) 559-7000
bcooney@ci.el-cerrito.ca.us

JOIN VIA ZOOM:

<https://zoom.us/j/96806154991?pwd=SG4xdHZORTIZd3VhQngyMGNoamFXUT09>

Meeting ID: 968 0615 4991 **Password:** 815793 or
Dial in: 1-408-638-0968

Pursuant to Executive Order N-29-20, teleconference restrictions of the Brown Act have been suspended, as well as the requirement to provide a physical location for members of the public to participate in the meeting.

Members of the public can watch or listen to the Committee on Aging meeting via Zoom using the meeting information listed above.

Public comments may be submitted one of two ways:

1. Via Zoom using the "Raise Hand" icon to request to speak. If joining by phone, dial *9 to "raise your hand", and when prompted *6 to unmute/mute.
2. Via email to bcooney@ci.el-cerrito.ca.us. Email must contain in the subject line **Public Comments – Not on the Agenda** or **Public Comments – Agenda Item #**.

To ensure that the Committee on Aging receives your written comments prior to taking action, they must be received by **9:00 a.m. the day of the meeting**. All written comments received by this deadline will be provided to the Committee on Aging in advance of the meeting.

Comments received after the deadline will be provided to the Committee on Aging and included with supplemental materials after the meeting. **No written comments will be read into the record.**

3:00 p.m. CONVENE REGULAR MEETING

1. **ROLL CALL** – Chair Kenneth Epley; Vice-Chair Pamela Wagner; Members Buddy Akacic, Katherine Cesa, Janet James, Carol Kehoe, Joanna Kim-Selby, Dr. Pansy Kwong, Steve Lipson, Kim Marlia, Bruce Yow
2. **COMMITTEE MEMBER ANNOUNCEMENTS**
Remarks are typically limited to one minute per person and are informal announcements on matters of general interest which are announced by Committee on Aging Members.
3. **ORAL COMMUNICATIONS FROM THE PUBLIC**
Remarks are typically limited to three minutes per person and may be on anything within the subject matter jurisdiction of the body. Remarks on non-agenda items will be heard first, remarks on agenda items will be heard at the time the item is discussed.
4. **COUNCIL/STAFF LIAISON ANNOUNCEMENTS AND REPORTS**
Council Member Abelson and/or Staff may report on matters of general interest to the Committee on Aging, Council policies, priorities and significant action taken by the City Council.

5. APPROVAL OF THE MINUTES

Pass a motion to adopt the minutes from the Committee on Aging meeting on July 21, 2021.

6. COMMITTEE ON AGING MEMBERSHIP UPDATE

Recognition of David Van Etten for his service on the Committee on Aging and acknowledgement of resignation. Update on current number of vacancies on the committee.

7. COMMITTEE ON AGING WORK PLAN GOALS AND WORKING GROUP ASSIGNMENTS DISCUSSION AND MOTION TO APPROVE

Chair Epley will lead a discussion on the revised draft of the 2021-22 Committee on Aging Work Plan Goals and Working Group assignments. The committee may recommend a motion to adopt the revised 2021-22 Committee on Aging Work Plan, or they may recommend continued discussion at a future meeting date.

8. COMMITTEE LIAISON ANNOUNCEMENTS AND REPORTS

Liaisons for the Advisory Council on Aging and the West County Senior Coalition may report on matters of interest to the Committee on Aging. Reports are limited to three minutes per work group.

9. WORKING GROUP ANNOUNCEMENTS AND REPORTS

Reports are limited to three minutes per working group.

- a) Health Care & Legislation*
- b) Transportation*

10. FUTURE AGENDA ITEMS

- Next Meeting: Wednesday, September 15, 2021*
- Discussion of and possible action on the 2021-22 Work Plan Goal: Public Transportation Infrastructure Improvements – Ken Epley (September)*
- Discussion of and possible action on the 2021-22 Work Plan Goal: Remove unused newspaper racks - Ken Epley (September)*
- Motion to adopt meeting 2022 Committee on Aging Meeting Calendar (October)*

11. ADJOURNMENT

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the Staff Liaison, (510) 559-7000. 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 I).

Any writings or documents provided to a majority of the members regarding any item on this agenda will be made available for public inspection at City Hall, 10890 San Pablo Ave during normal business hours.



SUPPLEMENTAL AGENDA MATERIALS

COMMITTEE ON AGING MEETING AUGUST 18, 2021

AGENDA ITEM 3 – ORAL COMMUNICATIONS FROM THE PUBLIC

1. Public Comment

AGENDA ITEM 7 – COMMITTEE ON AGING WORK PLAN GOALS AND WORKING GROUP ASSIGNMENTS DISCUSSION AND MOTION TO APPROVE FOR FISCAL YEAR 2021-22

1. 2021-22 Revised Draft Work Plan
2. Draft Committee on Aging Newsletter



SUPPLEMENTAL AGENDA MATERIALS PUBLIC COMMENT INDEX

COMMITTEE ON AGING MEETING AUGUST 18, 2021, at 3pm

The following Public Comments were received by 9:00 a.m. 8/18/2021, were provided directly to Committee on Aging members in advance of the meeting, and were posted online as supplemental materials at:

<https://www.el-cerrito.org/Archive.aspx?ADID=5614>

AGENDA ITEM 3 – ORAL COMMUNICATIONS FROM THE PUBLIC

1. Cordell Hindler

From: [Cordell Hindler](#)
To: [Bridget Cooney](#)
Subject: Public Comments
Date: Tuesday, August 17, 2021 9:21:56 AM

hello Bridget, I have some comments for the record

1. I would like to invite the committee to the Contra Costa Mayor's Conference on September 2nd at 6:30 pm via Zoom
2. for a future agenda, there should be a discussion on having the meetings to go back in-person

Sincerely
Cordell



**DRAFT FISCAL YEAR 2021-20222 WORK PLAN
AND 2020-2021 ACCOMPLISHMENTS
COMMITTEE ON AGING**

Staff Liaison

Bridget Cooney | 510-559-7000
bcooney@ci.el-cerrito.ca.us

Chair Kenneth Epley, **Vice-Chair** Pamela Wagner

Members Buddy Akacic, Katherine Cesa, Janet James, Carol Kehoe, Joanna Kim-Selby, Dr. Pansy Kwong, Steve Lipson, Kim Marlia, Bruce Yow

MISSION STATEMENT: The El Cerrito Committee on Aging was formed by City Council Resolution 3559 in June 1973 to advise the Council about the needs of older and/or disabled adult residents. The Committee on Aging addresses immediate concerns and issues concerning senior residents and adults with disabilities and addresses and supports the improvement of their quality of life. When appropriate, recommendations for action are made to the City Council.

The primary duties and purposes for which the Committee on Aging was established are as follows:

- To identify and establish regular communication with El Cerrito's older and/or disabled adults.
- To document needs of older and/or disabled adults living in El Cerrito and identify resources and benefits available from all agencies.
- To develop comprehensive plans for programs that utilize the resource of talents among El Cerrito's older and/or disabled adults through volunteer opportunities for inclusion in the General Plan and other plans and programs as may be developed.
- To review and evaluate existing and proposed programs within their responsibility and make recommendations to the Council on City action and funding.
- To serve as liaisons with other interested and concerned groups.

HISTORICAL BACKGROUND: The members of the Committee on Aging are appointed by the City Council upon recommendation by the Committee. Membership is open to all interested adult residents of El Cerrito. Anyone wishing to join the Committee must attend three meetings so that they may become familiar with the members and activities of the Committee before making their decision to join.

The Committee's regular meeting date is the Third Wednesday of the month. The meeting starts at 3:00 p.m. The Committee meets at the El Cerrito City Hall, Council Chambers, 10890 San Pablo Avenue. The public is invited to attend the meetings. The Chairperson and Vice-Chairperson are elected annually. The Committee on Aging typically does not meet in December.

Goals and Objectives

The Committee, with Council support, has established four long-term goals for which to advocate:

- Affordable housing options for older and disabled residents.
- Adequate space and facilities for, and the provision of, quality programs and services for seniors.
- Improved accessible public transportation and para-transit services for persons unable to use public transit facilities.
- Increased support services to assist frail older adults and their families both within and outside of their homes.

In pursuit of its goals, the Committee has the assistance of the Adult Programs and Services Supervisor. She/he will attend all Committee meetings and provide the Committee with current information on the status of programs and facilities available.

Together with Adult Programs and Services Supervisor, the Committee continuously evaluates the services being provided and makes suggestions and recommendations pertaining to such services.

PRIOR YEAR (2020-2021) ACCOMPLISHMENTS

	Goal/Objective	Activities Supporting Goal	Status
1.	Improve communication and outreach to older adults living in El Cerrito during COVID-19.	<p>A) Chair Haller worked with Recreation Director Jones to identify a low-cost way to distribute the 60+ Bulletin to more residents in El Cerrito. All households in El Cerrito received a 1-page 60+ Bulletin in their April 2021 East Bay Sanitary quarterly statement.</p> <p>B) Senior Center staff emailed monthly 60+ Bulletins to all households in the Recreation Department database with family members aged 60 and older.</p> <p>C) 60+ Bulletins were included as a link in the monthly Recreation Department rECnews email updates.</p> <p>D) Printed copies of the 60+ Bulletin were distributed to currently participating C. C. Café Senior Nutrition Program participants.</p>	<p>A) Completed - April 2021 the first 60+ Bulletin was delivered to all households in El Cerrito through their East Bay Sanitary quarterly statement. The city paid for this service.</p> <p>B) Complete – Beginning June 2020 the 60+ monthly bulletin was emailed to all households in the Recreation Department database with family members aged 60 and older.</p> <p>C) Complete – Beginning March 2020 the monthly 60+ Bulletin was included as a link in the monthly Recreation Department rECnews.</p> <p>D) Complete – Beginning April 2020 the 60+ Bulletin was printed and distributed to currently</p>

		<p>E) Chair Haller worked with Adult Programs & Services Coordinator to establish the “Senior Outreach Phone Call Program” during the COVID-19 pandemic. This program consists of regularly scheduled wellness calls to seniors living in El Cerrito suffering from social isolation who enroll in the program. The purpose of the program is to share information and resources with the seniors to help them connect with others.</p>	<p>participating C.C. Café Senior Nutrition Program participants (approximately 60-75 participants)</p> <p>E) Complete - February 2021 – Staff started formally tracking Senior Outreach Phone calls.</p> <p>18 senior residents are enrolled in the program. 1 volunteer is making the outreach calls.</p> <p>Between February-May 2021:</p> <p>32 calls were made for a total of 4.5 hours of contact to seniors in the program. The average length of each wellness call was 8.5 minutes.</p>
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FISCAL YEAR 2021-2022 WORK PLAN

Priority Ranking	Goal/Objective	Proposed Activities	Work Group Assignment	Timeline For Completion
1.	<p>(Outreach)</p> <p>Improve communication and outreach to older adults living in El Cerrito.</p>	<p>A) Identify low-cost ways to distribute the 60+ Senior Bulletin to more residents in El Cerrito.</p> <p>B) Promote the Memorial Bench program. Share information regarding the program with senior centers, senior housing, individual residents, businesses and other clubs and organizations in El Cerrito.</p> <p>C) Prepare a list of local free and low-cost food distribution locations for seniors and share resource list with senior centers, senior housing, the library, and senior residents.</p> <p>D) Prepare a list of local free/low-cost programs, activities and events for seniors and share resource list with senior centers, senior housing, the library, and senior residents.</p>	Wagner, Dr. Kwong, Kehoe	June 30, 2022
2.	<p>(Public Transportation Infrastructure Improvement Recommendations)</p> <p>Prepare a recommendation to City Council to:</p> <p>1) Install bus benches at stops #55117 northbound and #55506 southbound San Pablo Ave at Potrero Ave.</p>	<p>A) Identify AC Transit bus stops in the city without benches or weather shelters that would benefit from having benches/shelter installed.</p> <p>B) Prepare a recommendation to give to Council for weather shelter and bench installation at identified bus stops. Put recommendation on agenda for discussion and action (motion to recommend to City Council).</p>	Epley & Wagner	June 30, 2022

	2) Install weather shelter at stop #55594 southbound San Pablo Ave at Potrero Ave.			
3.	(Newspaper rack removal) 1) Prepare a recommendation to City Council to remove unused newspaper racks in El Cerrito on San Pablo Ave.	A) Identify unused or damaged newspaper racks on San Pablo Ave. B) Prepare a recommendation to give to Council for removal of identified unused newspaper racks. Put recommendation on agenda for discussion and action (motion to recommend to City Council).	Epley	June 30, 2022
4.	(Centenarian Recognition) Recognize residents turning 100-years old or older through the Mayoral Certificate of Recognition program.	A) Identify El Cerrito Residents turning 100-years old or older (Reach out to senior housing, senior centers and neighborhood groups including posting notices on City website and social media to identify residents turning 100-years old or older). B) Interview nominated residents and/or person nominating the resident to gather background information and interesting life events (including how long they have lived in El Cerrito/what brought them to El Cerrito). C) Select a month to submit information for recognition. D) Submit names, birth dates and information to staff liaison. Staff liaison will work with City Clerk and City Council for recognition certificate(s).	Kehoe, Marlia, Akacic	Annually

		E) Prepare a recommendation to give to Council for Centenarian Recognition at a city council meeting. Put recommendation on agenda for discussion and action (motion to recommend to City Council).		
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ONGOING WORKING GROUP PROJECTS

	Project	Activities	Work Group Assignments
1.	(Liaison Assignments) Serve as Liaison to Area Agency on Aging and/or West County Senior Coalition.	A) Attend Area Agency on Aging and/or West County Senior Coalition meetings. B) Report back to the committee on topics of interest discussed at meetings.	Area Agency on Aging (Kim-Selby, Lipson) West County Senior Coalition (Cesa, Kehoe)
2.	(Transportation) Improve knowledge and communication of transportation for older and/or disabled adults who are no longer able to drive themselves.	A) Partner with WCCTAC to ensure that senior residents remain informed of transportation options in West County. B) Provide quarterly updates to the committee on changes to service and new initiatives.	Wagner
3.	(Technology) Improve senior's knowledge of and access to technology that help seniors close the digital divide. Promote and support the local implementation of the Master Plan on Aging.	A) Identify and share information regarding existing resources and services available to seniors including free or low-cost internet access, free computer access, low-cost cell phone programs and technology tutoring. B) Maintain partnership with El Cerrito High School student volunteers to provide Elder Tech smartphone tutoring program at senior centers and library in El Cerrito. C) Identify volunteers interested in tutoring seniors on how to connect socially using Zoom and other apps as well as smartphone and iPad tutoring.	Lipson
4.	(Health Care & Legislation)	A) Report to committee on new developments and concerns related to health care and legislation affecting older adults in the community.	Dr. Kwong

	Educate seniors in areas of health care and legislation affecting older adults.	B) Prepare communications from information gathered from reliable sources. Share tips in writing to staff liaison for distribution through the Bulletin and the adult resources page of the city website.	
5.	(Housing) Remain informed of programs, opportunities and activities involving senior living facilities and senior affordable housing in the area.	A) Report to the committee on information regarding programs, services and activities involving senior living facilities in El Cerrito including, but not limited to Eskaton Hazel Shirley Manor, Hana Gardens and El Cerrito Royale. B) Remain informed of new affordable housing developments, initiatives, and opportunities for seniors in the area and report updates to the committee. C) Share information and resources as available with senior living facilities and senior centers in El Cerrito.	James, Akacic
6.	(Accessibility/ADA) Identify and report accessibility issues preventing senior and/or disabled residents from safely accessing programs, services, parks, and buildings in the city.	A) Report accessibility issues or concerns within the city of El Cerrito to appropriate city departments. B) Advocate for improved accessibility for older and disabled adults in El Cerrito.	Kehoe

EL CERRITO COMMITTEE ON AGING NEWSLETTER

Volunteer members of the El Cerrito Committee on Aging have gathered these resources for public benefit. The views and opinions expressed by this newsletter and by the individual organizers and facilitators of the programs in this newsletter do not necessarily reflect the official policy or position of City of El Cerrito. Please consult your doctor before participating in physical activities and regarding any health information contained in this newsletter.

August 31, 2021

Volume 1

EAST BAY STROLLERS: Join Buddy Akacic and your neighbors on a walk to explore the area. Walks occur every Friday at 1:00 pm. The location of the walks varies, so email: buddyakacic@gmail.com or call (925)628-9325 to find out information about a walk.

SENIOR PROGRAMS:

In-person senior programs are returning! Call (510) 559-7000, email recreation@ci.el-cerrito.ca.us or check out our website www.el-cerrito.org/recreation/adult.

Senior Center at Christ Lutheran Church is open Mondays from 9 am to 3 pm offering classes in Spanish, German, Beginning Folk Dancing, Ukulele, and a Discussion Group. For more information call (510) 915-6120.



Alzheimer's Respite Program will begin September 7, 2021, at the El Cerrito Community Center at 7007 Moeser Lane. Call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us for more information.

Senior Outreach Phone calls: This program provides seniors 60+ with regular check-ins to help with isolation and share information about programs and services in the area. Contact the Community Center by calling

(510) 559-7000 or email: recreation@ci-elcerrito.ca.us to let us know about someone who would like to receive Senior Outreach calls.

Senior Tech Help: Do you need help with smartphones, tablets, or Zoom? Pick a time and city staff will do their best to answer your questions. Register online: www.elcerrito.org/onlinereg (255301), email recreation@ci.el-cerrito.ca.us or call (510) 559-7000 to make an appointment.

Café Costa To-Go Meals for Seniors 60+:

Meals include: 5 frozen meals, milk or calcium fortified drink mix, fresh fruit, bread, crackers, or oatmeal. Meals are delivered to homes of El Cerrito residents and are available for curbside pick-up for non-residents. To receive information regarding the meal program call (510) 559-7000 or email recreation@ci-el-cerrito.ca.us.

TRANSPORTATION NEWS:

Due to COVID-19 the WCCTAC Travel Training program was placed on hold, however the staff is beginning to resume limited activities.

BART: BART will offer a special promotion of 50% off all fares on Clipper for the entire month of September 2021. This will be in addition to other discounts. The discount

will be automatically deducted when using Clipper at fare gates.

Richmond Ferry to San Francisco: One way fare from 1453 Harbour Way, Richmond: Clipper/Hopthru: \$4.50, Discount Clipper/Hopthru for Seniors: \$2.25. Discount Paper Ticket for Seniors: \$2.75 or those with Medicare cards or DMV Disabled parking Placards.

AC Transit will be offering *Free Fridays* in the month of September. No coupons needed.

WestCAT has joined forces with the East Bay Operators to welcome us back to transit. Along with Tri Delta Transit, County Connection and LAVTA, WestCAT will be providing Free Rides on all buses, including LYNX to San Francisco for the entire month of September. No pass or coupon is needed.

Transportation phone numbers: East Bay Para-Transit: (510)287-5040. BART: (510) 464-6000 option#3. Clipper card: (877) 878-8883. Use 511 for AC Transit fares and ride times. If you have questions or need help using public transportation, contact Janet Bilbas (510) 210-5937 or Joanna Pallock at (510) 210-5934.

Senior Clipper Cards: are available at 1600 Franklin in Oakland. You need to bring ID with verification of birthdate like a birth certificate, passport, or driver's license. Call (877) 878-8883 if you have questions. Once you have a Senior Clipper card, you can use it on BART, AC Transit, Richmond Ferry, and WestCAT.

DRAFT- 8/18/2021

Easy Ride Para-Transit Senior and Disabled Transportation is a van service for Seniors (65 and older) and persons 18 and over with a disability who are El Cerrito residents. It is a door-to-door service within El Cerrito City-limits for only \$3 each way. It operates by appointment only on Monday, Tuesday, and Thursday from 10 am-2 pm and Wednesday from 12:30pm-2:30pm. Registration in the program is required. Call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us to register or reserve your ride.

HEALTH NEWS:

Aduhelm (Aducanumab) is a new drug for Alzheimer's disease that has been approved by the FDA for the treatment of dementia. Several experts have advised against using the drug because of its limited effectiveness, major side effects and high cost of \$56,000 for the drug alone.

COVID-19 testing is available at the Fraternal Orders of Eagles parking lot at 3223 Carlson, El Cerrito, Ca from 9 am to 4 pm daily.

Health Maintenance: Don't forget to get your mammograms and colon cancer checks.

