



## AGENDA

### REGULAR MEETING OF THE COMMITTEE ON AGING

WEDNESDAY, APRIL 20, 2022 at 3p.m.

**Staff Liaison**

Bridget Cooney | (510) 559-7008  
bcooney@ci.el-cerrito.ca.us

JOIN VIA ZOOM:

<https://us06web.zoom.us/j/81967475257?pwd=QW9qRzZacEVyN2ZsWGVyU2lUMVpNUT09>

**Meeting ID:** 819 6747 5257 **Password:** 244747  
**or Dial in:** 1-408-638-0968

This advisory body is currently meeting by teleconference, consistent with the Brown Act as amended by AB 361 (2021). Under the amended rules, *teleconference restrictions of the Brown Act are suspended* and the City will not provide a physical location for members of the public to participate in the teleconference meeting.

Any person wishing to speak to the Committee on Aging on any of these matters is invited to participate via teleconference as described above.

The City encourages submission of written comments in advance to the Committee on Aging via email to [bcooney@ci.el-cerrito.ca.us](mailto:bcooney@ci.el-cerrito.ca.us) prior to the meeting or by contacting the staff liaison listed above.

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### **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, Dr. Pansy Kwong, Steve Lipson, Kim Marlia, Bruce Yow
- 2. 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, as well as introduction by individuals interested in serving on the advisory body. Remarks on agenda items will be heard at the time the item is discussed.*
- 3. COMMITTEE MEMBER ANNOUNCEMENTS**  
*Remarks are typically limited to three minutes per person and are informal announcements on matters of general interest which are announced by Committee on Aging Members.*
- 4. COUNCIL/STAFF LIAISON ANNOUNCEMENTS AND REPORTS**  
Councilmember Abelson and/or Staff may report on matters of general interest to the Committee on Aging, Council policies, priorities and significant action taken by City Council.
- 5. COMMITTEE ON AGING LIAISON REPORTS**  
*Liaisons for the Advisory Council on Aging and the West County Senior Coalition report on matters of interest to the Committee on Aging. Reports are limited to three minutes per group.*

**6. APPROVAL OF THE MINUTES**

Pass a motion to adopt the minutes from the Committee on Aging meeting on March 16, 2022.

**7. WORK PLAN REPORT**

*Reports are limited to three minutes per working group, and may be on items related to the Work Plan Goals and Working Group Assignments.*

a) *Outreach:*

- *Committee on Aging Newsletter: review April/May 2022 edition of the Committee on Aging Newsletter for editing purposes and make a motion to approve distribution of newsletter.*

**8. EL CERRITO FIRE DEPARTMENT PRESENTATION**

Fire Marshall Beckman with the El Cerrito Fire Department will present information on fire safety and prevention.

**9. CHRIST LUTHERAN CHURCH & SENIOR CENTER FARMER'S MARKET**

Carol Kehoe, Christ Lutheran Senior Center Director will provide an information only presentation on the new Senior Center Farmer's Market program.

**10. REORGANIZATION OF THE COMMITTEE ON AGING ADVISORY BODY**

Per City ordinance, select Chair and Vice Chair of the Park and Recreation Commission for 2022-2023.

**11. FUTURE AGENDA ITEMS**

- Next Meeting: May 18, 2022 at 3:00 p.m.
- Annual Work Plan Accomplishments & Goal Setting: May/June
- Future Presentation Topics: Senior Legislature Program, CERT Program, Police Department, Public Works, Recycle Center: New Composting Laws, Certified Fiduciary (TBD)

**12. 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) 559-7008. 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.



## **AGENDA MATERIALS**

### **COMMITTEE ON AGING MEETING APRIL 20, 2022**

#### **AGENDA ITEM 6 – APPROVAL OF MINUTES**

1. Draft Meeting Minutes – March 16, 2022

#### **AGENDA ITEM 7a – WORK PLAN REPORT**

1. Draft Committee on Aging Outreach Newsletter April/May Edition



**Recreation Department**

**MINUTES - DRAFT  
REGULAR MEETING OF THE  
COMMITTEE ON AGING**

**Wednesday, March 16, 2022, at 3 p.m.**

**Staff Liaison**

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

VIA TELECONFERENCE

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**3:00 p.m. CONVENE REGULAR MEETING** Chair Epley called the meeting to order at 3:00 p.m.

**13. ROLL CALL**

**Present:** Chair Kenneth Epley; Vice Chair Pamela Wagner; Members: Buddy Akacic, Katherine Cesa, Janet James, Carol Kehoe, Dr. Pansy Kwong, Steve Lipson, Kim Marlia, Bruce Yow

**Absent:** None

**Also Present:** Bridget Cooney, Staff Liaison, Janet Abelson,

**Members from the Public:** Barbara Goldstein

**14. ORAL COMMUNICATIONS FROM THE PUBLIC**

*Public comment not on the agenda received from Cordell Hindler included in the supplemental materials.*

*Barbara Goldstein introduced herself to the committee and stated that she was interested in learning more about programs available for seniors in the area.*

**15. COMMITTEE ANNOUNCEMENTS**

*Member Kehoe announced upcoming speaker presentations at the Christ Lutheran Senior Center.*

*Member Kehoe announced that the Christ Lutheran Senior Center is starting a Senior Farmer's Market on Monday mornings and are looking for partners.*

*Member Kehoe announced an upcoming Senior Driver class put on by the California Highway Patrol (CHP).*

*Member Kehoe suggested inviting a member of the Fire Department to speak to the Committee on Aging regarding the CERT program.*

*Member James announced that Eskaton Hazel Shirley Manor has a fire safety presentation by David Young, Fire Prevention Officer with the El Cerrito Fire Department planned.*

*Member Akacic announced upcoming East Bay Senior Strolls.*

*Member Akacic announced that the city is collecting donations to bring back the City of El Cerrito/worldOne 4<sup>th</sup> of July Festival and encouraged members to donate.*

*Chair Epley reported that newspaper racks on San Pablo Ave had been removed.*

**16. COUNCIL/STAFF LIAISONS ANNOUNCEMENTS AND REPORTS**

*Reports by Councilmember Abelson and/or staff on matters of general interest to the Committee on Aging, Council policies, priorities and significant action taken by City Council.*

Councilmember Abelson reported on the recognition of police officer and professional staff of the year in the El Cerrito Police Department.

Councilmember Abelson reported that the Arts and Culture commission presented their workplan to City Council on March 15, 2022.

Staff Liaison Cooney reported that a Memorial Bench was installed at Canyon Trail Park and a second Memorial Bench was ordered.

Staff Liaison Cooney announced that Contra Costa County Transportation Authority is updating its countywide transportation action plan and have several outreach events both virtual and in-person planned.

Staff Liaison Cooney reported that free indoor compost pails are now available to El Cerrito residents and may be picked up at the Recycling Center.

Staff Liaison Cooney announced that the city is seeking potential candidates for regional advisory bodies.

**17. COMMITTEE ON AGING LIAISON ANNOUNCEMENTS AND REPORTS**

*Member Lipson reported that the county received a grant to do a study to identify issues related to older adult services in the county. Member Lipson reported that some of the funding will come from measure X.*

*Member Lipson announced that Carol Kehoe is interested in applying to be the El Cerrito representative for the Area Agency on Aging.*

*Members Cesa and Kehoe announced that the next West County Senior Coalition meeting will be held on March 30, 2022.*

**18. APPROVAL OF THE MINUTES**

**Moved/Second:** Member Cesa Moved/Vice Chair Wagner Second

**Action:** Adopted the minutes with corrections from the Committee meeting on **February 16, 2022.**

**Ayes:** Chair Epley, Vice Chair Wagner, Member Akacic, Member Cesa, Member James, Member Kehoe, Member Dr. Kwong, Member Lipson, Member Marlia, Member Yow

**Nos:** None

**Abstention:** None

**19. WORK PLAN REPORTS**

Staff Liaison Cooney reported that *Quarter 1 (Jan-Mar) Centenarian recognition certificates will be mailed, and names read at the April 5, 2022, City Council meeting.*

*Staff Liaison Cooney announced that Quarter 2 (Apr-Jun) names will need to be confirmed in late May/early June.*

**20. FUTURE AGENDA ITEMS**

- Next Meeting: Wednesday, April 20, 2022
- Annual re-organization of the Committee on Aging: April 2022
- Fire Department CERT Presentation (TBD)
- California Senior Legislature (CSL) Program Presentation (TBD)
- Christ Lutheran Senior Center Senior Farmer's Market Presentation (TBD)
- Annual Work Plan accomplishments & goal setting for 2022/23: May/June 2022

**21. ADJOURNMENT**

Chair Kenneth Epley adjourned the meeting at 3:54 p.m.

This is to certify that the foregoing is a true and correct copy of the minutes of the regular Committee on Aging meeting of April 20, 2022, as approved by the Committee on Aging.

\_\_\_\_\_  
Kenneth Epley, Chair

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Bridget Cooney, Staff Liaison

# EL CERRITO COMMITTEE ON AGING NEWSLETTER

April/May 2022

Volume 5

*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 program in this newsletter do not necessarily reflect the official policy or position of the City of El Cerrito. Please consult your doctor before participating in physical activities and regarding any health information contained in this newsletter.*

## FREE INDOOR COMPOST PAILS:

In coordination with [RecycleMore](#), the Public Works Department is distributing free compost pails to El Cerrito residents (one per household) for collecting kitchen food scraps. To pick one up, please bring proof of residency with you to the **Recycling Center at 7501 Schmidt Lane**. Community members can use the pail to tote food scraps from the kitchen to outdoor organics recycling containers. Recycling Staff also recommend residents “Keep It Loose”, and not bag food scraps if possible. If a bag or liner is preferred, please use paper bags, wrap food scraps in newspaper, or use a compostable bag that is ASTM D6400 Certified with the certification listed. For more information, contact Recycling Center Staff at (510) 215-4350 or [green@ci.el-cerrito.ca.us](mailto:green@ci.el-cerrito.ca.us).



## COVID-19 SECOND BOOSTER DOSES FOR AGES 50+:

A second booster dose of Pfizer or Moderna is available to people age 50+ who received their first booster dose at least 4 months ago. Check with your healthcare provider, local pharmacy, or the county website: [www.coronavirus.cchealth.org](http://www.coronavirus.cchealth.org) regarding COVID-19 information and appointments for booster shots.

**COVID-19 HOME TESTS:** Every home in the U.S. is eligible to order free FDA approved COVID-19 Home Tests. The tests are completely free. Orders typically ship within 7-12 days. Visit [www.covidtests.gov](http://www.covidtests.gov) or call 1-800-232-0233 (TTY 1-888-720-7489) to place your order. Order your test kits now so you have them when you need them.

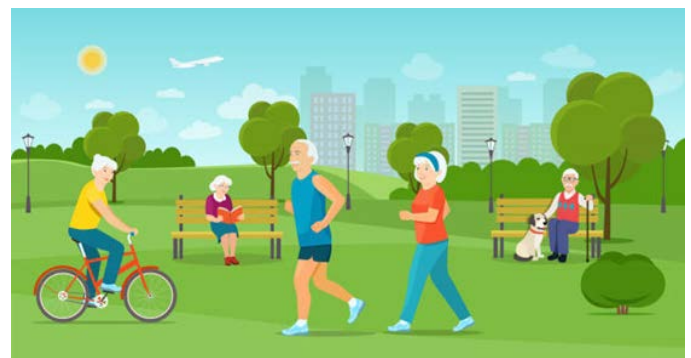
Residents can request reimbursement for at-home over the counter COVID-19 tests purchased on or after January 15, 2022. For information about getting reimbursed, call (916) 403-2007 or visit [at-home COVID-19 test for free](#).

## COVID-19 Update: FDA Authorizes First Oral Antiviral for Treatment of COVID-19

Pfizer’s Paxlovid (an oral antiviral tablet) was issued an emergency use authorization by the U.S. Food and Drug Administration. To learn more, go to [www.fda.gov/news-events](http://www.fda.gov/news-events). As with all medications, check with your medical provider before taking.

## RECOGNITION OF CENTENARIANS:

El Cerrito Committee on Aging and the mayor established a program to recognize El Cerrito residents turning 100 years or older. ***If you know someone living in El Cerrito who is turning 100 or has already turned 100, let us know so we can honor them! Contact the El Cerrito Community Center by calling 510-559-7000 or email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us).***



## EL CERRITO COMMITTEE ON AGING NEWSLETTER



### Bay Area Rapid Transit

At the El Cerrito del Norte BART station, beginning in mid-April and continuing through the summer of 2022, BART crews will be replacing the 50-year-old cables that deliver power to BART trains with new, more reliable ones.

To install the more modern power cables, crews will need to use jackhammers to break up the concrete around the station. This work will happen during normal business hours during the workweek. If you are home during this time, you may hear jackhammers and other construction-related sounds such as trucks and other construction vehicles.

If you have any questions about this project, please contact BART Government & Community Relations at [constructionquestions@bart.gov](mailto:constructionquestions@bart.gov).



### EL CERRITO del NORTE: BUS STOPS TEMPORARILY MOVED DUE TO TRACK WORK

Starting April 11, 2022 through approximately the end of July 2022, East Bus Lane will be closed for construction. AC Transit lines 72, 72M, 72R, 684, and 800 will move to the northern end of the station across Cutting Blvd next to the Ohlone Greenway.

[www.el-cerrito.org/El-Cerrito-del-Norte-Bus-Stops](http://www.el-cerrito.org/El-Cerrito-del-Norte-Bus-Stops)

### 8<sup>th</sup> ANNUAL EL CERRITO HILLSIDE FEST 2022:

Saturday, May 15<sup>th</sup> & Sunday, May 15<sup>th</sup>  
Various times and locations throughout the Hillside Natural Area. Hike, play, learn about nature, history, geology and more. Activities for young and old. More information available online: [www.el-cerrito.org/2022-Hillside-Festival-Schedule](http://www.el-cerrito.org/2022-Hillside-Festival-Schedule).



### 2022 City of El Cerrito/worldOne 4<sup>th</sup> of July Festival

The City of El Cerrito is planning for the return of the City of El Cerrito/worldOne 4<sup>th</sup> of July Festival this summer and we need your help! Please consider donating or sponsoring the event. For more information on the festival please visit [www.el-cerrito.org/july4](http://www.el-cerrito.org/july4).

Interested in being a Vendor for the 4<sup>th</sup> of July Festival? Vendor applications are being accepted now. For more information visit: <http://www.el-cerrito.org/702/July-4th-Festival> or email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us) or call (510) 559-7000

### CHRIST LUTHERAN CHURCH SENIOR CENTER

Christ Lutheran Church Senior Center  
780 Ashbury Ave  
Mondays, 9:30am-2:30pm  
(510) 915-6120

### Upcoming presentations on Mondays from 11:30am-12:30pm.

**April 25:** El Cerrito Plaza BART Housing Project  
**May 2:** History of the Recycle Center  
**May 9:** Fall Prevention  
**May 16:** Durable Power of Attorney  
**May 23:** Adaptive Devices

### CITY OF EL CERRITO ADULT PROGRAMS & SERVICES

7007 Moeser Lane, El Cerrito  
Summer 2022 Adult class registration open now!  
Check out our summer rEC Guide at [www.el-cerrito.org/recreation](http://www.el-cerrito.org/recreation). To learn more call (510) 559-7000, email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us).

### EAST BAY SENIOR STROLLERS:

Email [buddyakacic@gmail.com](mailto:buddyakacic@gmail.com) or call (925) 628-9325 to get details. Group typically meets on Fridays.



# EL CERRITO COMMITTEE ON AGING NEWSLETTER



**CONNECT CONTRA COSTA: Planning for Tomorrow's Transportation:** Do you travel in Contra Costa County? If so, go to [ccta.net/ctp](http://ccta.net/ctp) to complete a survey and make sure your voice is heard.

**WEST CONTRA COSTA TRANSPORTATION ADVISORY COMMITTEE (WCCTAC) TRAVEL TRAINING:** Let WCCTAC help take the stress out of traveling around the Bay Area. Contact WCCTAC's Travel Trainer, Janet Bilbas at 510-210-5937 or email [jbilbas@wcctac.org](mailto:jbilbas@wcctac.org) to learn more about great options for travel.

## **MOBILITY MATTERS:**

Mobility Matters publishes "Way to Go, Contra Costa!" which is a free guide to senior and disabled transportation in Contra Costa County. The publication is available online at [waytogocc.com](http://waytogocc.com). If you have questions about mobility management or need to be matched with an appropriate transportation provider to meet your needs, call Mobility Matters Transportation Information and Referrals Helpline at (925) 284-6109 or toll free at 1-(855) 234-RIDE (7433) or visit [www.mobilitymatterscc.com](http://www.mobilitymatterscc.com).

## **EAST BAY PARATRANSIT:**

East Bay Paratransit is a public transit service for people who are unable to use regular buses or trains, like those operated by AC Transit and BART, because of a disability or a disabling health condition. East Bay Paratransit transports riders from their origin to their destination in vans equipped with a wheelchair lift. Call (510) 287-5000 or toll free 1(800) 555-8085 or <http://www.eastbayparatransit.org>. <https://mowofcontracosta.org/>

## **CITY OF EL CERRITO EASY RIDE SENIOR & DISABLED TRANSPORTATION PROGRAM:**

Age 65+ or Age 18+ with a disability (medical verification required if under 65 years old)

Use Easy Ride to run errands, go shopping, for medical and personal appointments, and social visits anywhere within El Cerrito city limits. Easy Ride is for El Cerrito residents only. Riders must

complete an application and provide proof of eligibility including residency. Applications must be renewed annually.

Beginning March 2022, Easy Ride offers an expanded service area to include limited locations outside El Cerrito city limits. Expanded service goes to: Albany Oral Surgery and Sutter East Bay Medical Center in Albany, Pacific East Mall/99 Ranch, COSTCO, Grocery Outlet, Planet Fitness and Target in Richmond.

Rides are by reservation only. Rides must be booked a minimum of 24 hours in advance (space permitting) and no more than 2 weeks in advance. Easy Ride operates Monday through Thursday. \$3 per ride. For more information or to schedule a ride call (510) 559-70000 or email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us).

## **CITY OF RICHMOND R-TRANSIT PROGRAMS:**

Age 55+ or Age 18+ with a disability (medical verification required if under 55 years old)

R-Transit service is available Monday through Friday from 8:30am-5pm. R-Transit includes RAPID, which offers R-Transit clients a subsidy to use Lyft for on-demand trips in the cities of Richmond, El Cerrito, North Richmond, El Sobrante, Kensington, San Pablo, and parts of Pinole. R-Transit is for residents of Richmond, North Richmond, El Sobrante and Kensington. To participate in the R-Transit & R-TRANSIT LYFT programs, you must complete an application and provide proof of eligibility including residency. For more information:

<http://www.ci.richmond.ca.us/3747/R-Transit-with-Lyft>

<http://www.ci.richmond.ca.us/2899/Apply-Now>

***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 program in this newsletter do not necessarily reflect the official policy or position of the City of El Cerrito. Please consult your doctor before participating in physical activities and regarding any health information contained in this newsletter.***

## EL CERRITO COMMITTEE ON AGING NEWSLETTER



### MEALS ON WHEELS WEST CONTRA COSTA REGION:

Meals on Wheels serves nutritionally at-risk senior citizens who have challenges that prevent them from preparing nutritious daily meals for themselves. To find out more about this program or to get information about volunteer opportunities, call 1(866) 669-6697 or email [mowcc@cchealth.org](mailto:mowcc@cchealth.org)

**KEEPING CONNECTED:** Meals on Wheels West Contra Costa Region is partnering with Claris Companion to rollout an exciting new program called "Keeping Connected". This program is designed to assist those who live alone become more connected. Selected clients will be issued tablets and will receive training on how to use the devices. The devices will help clients connect virtually with family and friends, play online games, monitor medicine intake, participate in exercise classes and more. Contact Denise Quiros, Meals on Wheels Director for more information (510) 412-0166 or [wccmow@att.net](mailto:wccmow@att.net). <https://www.wccmow.com>.

### REGIONAL BODIES VOLUNTEER OPPORTUNITIES:

**Contra Costa County Advisory Council on Aging (ACOA)** – advises the Board of Supervisors on all matters associated with planning, development and administration of programs relating to older adults.

**Library Commission** – serve in an advisory capacity to the Board of Supervisors and the County Librarian.

**Contra Costa Transportation Authority Citizens Advisory Committee (CCTA-CAC)** – provides a citizen perspective, participation, and involvement in the CCTA's Transportation Expenditure Plan and Growth Management Program.

Interested applicants must be a resident of El Cerrito, a Contra Costa County taxpayer and at least 18 years of age. Information and application available online at [www.el-cerrito.org/Regional-Bodies](http://www.el-cerrito.org/Regional-Bodies). For questions, contact the City Clerk at [cityclerk@ci.el-cerrito.ca.us](mailto:cityclerk@ci.el-cerrito.ca.us) or (510) 215-4305.

### FOOD ASSISTANCE PROGRAMS:

Information for the wide array of programs available to low-income families can be found at [www.foodbankscs.org](http://www.foodbankscs.org). You must meet income guidelines and residency requirements.

**Free food is available near you!** Use the link [www.foodbankccs.org/find-food/foodbycity/](http://www.foodbankccs.org/find-food/foodbycity/) to find Food Distribution Sites listed by City or call (855) 309-3663.

*Free boxes of non-perishable food and bags of fresh produce once a month:*

- **Pinole Senior Center**  
2500 Charles Ave, Pinole  
2<sup>nd</sup> Monday, 9:00am-11am (or as supplies last)

Quantities are limited and are distributed on a first come, first served basis. One box/bag per household. This is a contactless event, parking/exiting your vehicle is not allowed. Participants must wear a face covering. Please open your vehicle's trunk when you enter the parking lot. Food items will be placed in the trunk by staff/volunteers. For more info, call (510) 724-9800 or email [ksantoyo@ci.pinole.ca.us](mailto:ksantoyo@ci.pinole.ca.us).

*Free groceries twice a month to low-income seniors 55 or older (one senior per household):*

- **Independent Community Church**  
605 S. 16th Street, Richmond  
1st and 3rd Fridays, 10:30-11:30am
- **Alvarado School**  
5625 Sutter Street, Richmond Annex  
1st and 3rd Mondays (closed on holidays), 9:30am-11:00am  
\*Bring your own bag