



## AGENDA

### REGULAR MEETING OF THE COMMITTEE ON AGING

WEDNESDAY, NOVEMBER 16, 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/88500925484?pwd=KzZRRFYzR2dJbERiWmEzZHZCWFZRdz09>

**Meeting ID:** 885 0092 5484 **Password:** 416530  
**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 Cesa; Members Buddy Akacic, Janet James, Carol Kehoe, Dr. Pansy Kwong, Steve Lipson, Kim Marlia, Pamela Wagner, 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, West County Senior Coalition and Senior Living Facilities in El Cerrito, 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 Special Committee on Aging meeting on November 16, 2022.*

**7. DISCUSSION AND POSSIBLE MOTION TO ADOPT PROPOSED 2023 COMMITTEE ON AGING MEETING CALENDAR**

*Discussion and possible motion to adopt the 2023 Committee on Aging Meeting Calendar.*

**8. WORK PLAN REPORTS**

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

- *Review draft Committee on Aging Outreach Newsletter December 2022/January 2023 edition for editing and possible motion to approve for distribution.*
- *Review and discuss distribution of draft Committee on Aging Outreach Survey regarding Senior Programs and Services in El Cerrito for editing and possible motion to approve for distribution.*

**9. FUTURE AGENDA ITEMS**

- No meeting: December 2022
- Next Meeting: January 18, 2023, at 3:00 p.m.
- Future Presentation Topics:
  - Fire Department: Preparing for Emergencies (Jan 2023)
  - Affordable Senior Housing, Senior Legislature Program, Scams

**10. 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**

### **REGULAR COMMITTEE ON AGING MEETING WEDNESDAY, NOVEMBER 16, 2022, at 3:00p.m.**

#### **AGENDA ITEM 5 – APPROVAL OF MINUTES**

1. Draft Meeting Minutes – October 19, 2022

#### **AGENDA ITEM 7 – DISCUSSION AND POSSIBLE MOTION TO ADOPT THE 2023 COMMITTEE ON AGING MEETING CALENDAR**

1. Draft Committee on Aging meeting calendar 2023

#### **AGENDA ITEM 8 – WORK PLAN REPORTS**

1. Draft Committee on Aging Outreach Newsletter December 2022/January 2023 Edition
2. Draft Committee on Aging Outreach Survey regarding Senior Programs & Services in El Cerrito



**Recreation Department**

**Staff Liaison**

Bridget Cooney

(510) 559-7000

bcooney@ci.el-cerrito.ca.us

**DRAFT MINUTES**  
**SPECIAL MEETING OF THE**  
**COMMITTEE ON AGING**

**Wednesday, October 19, 2022, at 3:00 p.m.**

VIA TELECONFERENCE

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

**1. ROLL CALL**

**Present:** Chair Kenneth Epley; Vice Chair Katherine Cesa; Members: Buddy Akacic, Carol Kehoe, Dr. Pansy Kwong, Steve Lipson (3:03 p.m.), Kim Marlia, Pamela Wagner, Bruce Yow

**Absent:** Janet James

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

**Members from the Public:** None

**2. ORAL COMMUNICATIONS FROM THE PUBLIC**

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

**3. COMMITTEE ANNOUNCEMENTS**

*None*

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

*Staff Liaison Cooney reported that Café Costa Senior Nutrition Program is now serving lunch for seniors in person at the El Cerrito Community Center on Tuesdays and Wednesdays. Staff Liaison Cooney announced that Café Costa frozen take-away meal program funding has been found by the county to extend the program through June 2023.*

*Staff Liaison Cooney announced upcoming rEC Treks: Senior Day Trips and Free Senior Presentations put on by the Recreation Department. Liaison Cooney encouraged Committee on Aging members to attend upcoming Senior Presentations.*

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

*Member Kehoe and Member Lipson reported attendance at the October 19, 2022, Advisory Council on Aging meeting.*

*Member Kehoe reported that the Advisory Council on Aging is hosting a meeting on the Master Plan for Aging at the Pleasant Hill Senior Center on November 17, 2022. Member Kehoe encouraged committee members to attend the November 17<sup>th</sup> meeting.*

*Member Lipson reported that the RFP from the County for Measure X funds are hoping to be rolled out in January 2023.*

*Member Lipson reported there was a presentation by County Connection at the Advisory Council on Aging.*

*Member Lipson reported that the Access to Technology (ATT) funds will not be allocated equally across the county, the larger share of the funds will be allocated where the need is greatest. Funding is specific to technology for senior centers and select service*

organizations.

*Member Lipson encouraged committee members to check out the Master Plan for Aging data dashboard.*

*Member Cesa reported the next West County Senior Coalition meeting will be held on October 26, 2022.*

## **6. APPROVAL OF THE MINUTES**

**Moved/Second:** Member Kehoe Moved/Member Wagner Second

**Action:** Adopted the minutes with edits from the Committee on Aging meeting held on **September 21, 2022.**

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

**Nos:** None

**Abstention:** None

## **7. WORK PLAN REPORTS**

a) *Committee members discussed identifying and inviting organizations and individuals to give presentations to seniors in El Cerrito at both Committee on Aging meetings as well as presentations held at the El Cerrito Community Center as part of the Free Senior Presentation Series.*

b) *Staff Liaison Cooney presented the community survey that the Recreation Department is currently using, for review and consideration to edit and adopt for distribution as a tool to gather feedback from the senior community regarding senior programs, services and adequate spaces for senior programs and services in El Cerrito.*

*Member Yow shared the five questions that the Adequate Space for Senior Programs and Services work group came up for consideration. The work groups intention is to incorporate the five questions the work group proposed into the existing Recreation Department survey. The survey once approved would then be distributed collected by committee members.*

*Member Marlia encouraged language regarding both senior and disabled residents be included in the survey.*

*Committee members will review and discuss the revised community survey at the November 16, 2022, Committee on Aging meeting and possible action will be taken to approve survey for distribution.*

## **8. FUTURE AGENDA ITEMS**

- Next Meeting: Wednesday, November 16, 2022, at 3:00 p.m.
- Possible future presentations: Affordable Housing, Senior Legislature Program, El Cerrito Historical Society presentation on the El Cerrito Plaza BART project, Fire Department CERT Program
- Adopt Annual Committee on Aging Meeting Calendar 2023 (Nov 2022)

## **9. ADJOURNMENT**

Chair Kenneth Epley adjourned the meeting at 3:59 p.m.

This is to certify that the foregoing is a true and correct copy of the minutes of the

Special Committee on Aging meeting of October 19, 2022, as approved by the Committee on Aging.

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Kenneth Epley, Chair

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Bridget Cooney, Staff Liaison



## 2023 Regular Meeting Schedule

City Holiday/Closed  
 Regular Meeting  
**Location:** Via Zoom or in-person at Council Chambers (10890 San Pablo Ave)  
**Meeting Time:** 3:00 p.m.

### Committee on Aging

#### JANUARY 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|-----|-----|-----|-----|------|-----|-----|
| 1   | 2   | 3   | 4   | 5    | 6   | 7   |
| 8   | 9   | 10  | 11  | 12   | 13  | 14  |
| 15  | 16  | 17  | 18  | 19   | 20  | 21  |
| 22  | 23  | 24  | 25  | 26   | 27  | 28  |
| 29  | 30  | 31  |     |      |     |     |

#### FEBRUARY 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
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| 12  | 13  | 14  | 15  | 16   | 17  | 18  |
| 19  | 20  | 21  | 22  | 23   | 24  | 25  |
| 26  | 27  | 28  |     |      |     |     |

#### MARCH 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
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| 19  | 20  | 21  | 22  | 23   | 24  | 25  |
| 26  | 27  | 28  | 29  | 30   | 31  |     |

#### APRIL 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
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| 23  | 24  | 25  | 26  | 27   | 28  | 29  |
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#### MAY 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
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| 21  | 22  | 23  | 24  | 25   | 26  | 27  |
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#### JUNE 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
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| 18  | 19  | 20  | 21  | 22   | 23  | 24  |
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#### JULY 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
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| 23  | 24  | 25  | 26  | 27   | 28  | 29  |
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#### AUGUST 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
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| 20  | 21  | 22  | 23  | 24   | 25  | 26  |
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#### SEPTEMBER 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
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| 17  | 18  | 19  | 20  | 21   | 22  | 23  |
| 24  | 25  | 26  | 27  | 28   | 29  | 30  |

#### OCTOBER 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|-----|-----|-----|-----|------|-----|-----|
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| 22  | 23  | 24  | 25  | 26   | 27  | 28  |
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#### NOVEMBER 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
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| 12  | 13  | 14  | 15  | 16   | 17  | 18  |
| 19  | 20  | 21  | 22  | 23   | 24  | 25  |
| 26  | 27  | 28  | 29  | 30   |     |     |

#### DECEMBER 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|-----|-----|-----|-----|------|-----|-----|
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| 17  | 18  | 19  | 20  | 21   | 22  | 23  |
| 24  | 25  | 26  | 27  | 28   | 29  | 30  |
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## SENIOR SNIPPETS

Information and volunteer opportunities that may be of general interest to seniors.

### Social Security Increase for 2023

Millions of Social Security recipients will get an 8.7% boost in their benefits in 2023. The boost in benefits is the biggest in 40 years and will be coupled with a 3% drop in Medicare Part B premiums which means that the Social Security retirees will get the full impact of the jump. About 70 million people including retirees, disabled people and children who receive benefits. To learn more visit:

<https://www.ssa.gov/news/press/releases/2022/#10-2022-2>

### West Contra Costa Unified Read-Aloud Volunteer Program

Do you have an hour a week? Read-Aloud Volunteer Program is looking for caring adults willing to read with kids weekly in person. Bring yourself - they provide everything else! Four West Contra Costa Unified School District Elementary Schools offer one-on-one reading programs using the Read-Aloud volunteer program. Shifts are one-hour long between 8:50a.m. & 1:00p.m. during the school year, October-April, but you can sign up to volunteer at any time! To volunteer or learn more about the program, visit: <https://read-aloud.org/volunteer>

### COVID-19 News

The FDA has approved use of Novavax COVID-19 vaccine as a booster shot. It is a vaccine engineered from the genetic sequence of the virus that causes COVID-19 disease. It contains a purified protein antigen and cannot cause COVID-19. Since almost 50% of adults who have received their primary series have not received boosters, it is hoped that offering another vaccine choice might help increase vaccination rates. To learn more:

<https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/novavax-covid-19-vaccine-adjuvanted>

<https://www.usnews.com/news/health-news/articles/2022-10-19/us-clears-novavax-covid-booster-dose>

### Alzheimer's News

The Alzheimer's Association reports there are encouraging results in clinical trials by Eisai and Biogen on the CLARITY AD global Phase 3 clinical trial of lecanemab to treat the underlying causes of Alzheimer's. More information will be presented at the Clinical Trials in Alzheimer's Disease (CTAD) conference in November. To learn more visit: <https://www.alz.org/news/2022/alzheimers-association-statement-on-lecanemab-phas>

<https://mind.uci.edu/eisai-and-biogen-announce-positive-phase-3-results-for-lecanemab/>

### Master Plan for Aging Data Dashboard

The Master Plan for Aging outlines five bold goals they want to focus on over the next ten years. There is a Data Dashboard for Aging which measures progress on the goals. Learn more about the goals and view indicator progress on the Data Dashboard for Aging at <https://letsgethealthy.ca.gov/mpa-data-dashboard-for-aging/>

### Area Agency on Aging Information & Assistance Helpline

The Area Agency on Aging Information & Assistance Helpline assists callers with questions and referrals for food resources as well as all other programs and support groups in Contra Costa County that assist adults ages 60 and older and disabled adults. Hours are Monday through Friday between 8a.m.-5p.m. Call (925) 229-8434 or 1(800) 510-2020. Additional information can be found on their website <https://ehsd.org/elderly-disabled/information-assistance/>.



# EL CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER-DRAFT



## **AARP Fraud Watch Network Helpline**

If you or a loved one has been targeted by a scam or fraud, you are not alone. AARP fraud specialists provide free support and guidance on what to do next. AARP's Fraud Watch Network™ Helpline is a free resource for both AARP members and nonmembers alike. Get guidance you can trust, free of judgment. **Toll-free service at 1 (877) 908-3360 is available Monday through Friday, 5am-5pm Pacific Time.**

## **Home Match Contra Costa**

Looking for an affordable shared home in the community you love? Home Match is a non-profit home-sharing service. To be eligible you must currently live, work or study in Contra Costa County and earn no more than \$119,950 gross income (single-family household). Call (925) 956-7385 or email [HomeMatchContraCosta@frontporch.net](mailto:HomeMatchContraCosta@frontporch.net) For more information.



Urgent Pet Animal Hospital – 10612 San Pablo Avenue – officially opened for business on October 17, 2022. This is the first dedicated urgent care for pets in the Bay Area. Call (510) 838-4669 or visit their website to learn more about services/hours <https://urgentpetcare.com/>.

## **SENIOR PEER COUNSELING (FREE)**

Connect with fellow seniors trained to provide support with challenges such as depression, fear, loneliness, isolation, or loss of a loved one. Services available in English or Spanish. Appointments required. Contact Abraham Aviles-Scott, LMFT at (925) 521-5653 or [abran.aviles-scott@cchealth.org](mailto:abran.aviles-scott@cchealth.org) to make an appointment. Appointments held at the El Cerrito Community Center, 7007 Moeser Lane.



## **HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (FREE)**

HICAP provides free, unbiased education, counseling and advocacy about Medicare and related health insurance including long term care insurance. Confidential, one-on-one counseling is provided by trained volunteer counselors registered with the California Department of Aging. Appointments are available at the El Cerrito Community Center. Call (925) 655-1393 or email [ehsdhicap@ehsd.cccounty.us](mailto:ehsdhicap@ehsd.cccounty.us) to schedule an appointment.

## **LIONS CENTER FOR THE VISUALLY IMPAIRED BLIND AND LOW-VISION DISCUSSION GROUP (FREE)**

Meetings available at the El Cerrito Community Center, 7007 Moeser Lane, El Cerrito, on the 1st Tuesday of each month from 1p.m.-2p.m. **Drop-ins welcome.** For more information or to register, call (925) 432-3013.

## **EASY RIDE SENIOR & DISABLED TRANSPORTATION PROGRAM:**

Easy Ride is for El Cerrito residents only. Service within El Cerrito and limited locations outside El Cerrito city limits available Monday through Thursday by appointment. Cost is \$2 per ride, tickets are sold in multiples of 10. Registration and proof of eligibility required and must be renewed annually. Advance reservation required. For information call (510) 559-70000 or email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us) .

**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 OUTREACH NEWSLETTER-DRAFT

## SENIOR CLASSES & PROGRAMS

### CHRIST LUTHERAN SENIOR CENTER

780 Ashbury Ave, El Cerrito

**Mondays, 9:00a.m.-3:00p.m.**

Christ Lutheran Senior Center is open to anyone 55 years or older. Activities include language classes, ukulele, exercise classes, presentations, lunch and more. **Weekly presentations held every Monday at 11:30a.m.** For presentation topics and information, call Carol Kehoe, program Coordinator at (510) 915-6120.

### ST. JOHN'S SENIOR CENTER

6500 Gladys Ave, El Cerrito

**Tuesdays, 9:00a.m.-3:00p.m.**

St. John's Senior Center program is open to anyone over 55 years old. Activities include crafts, exercise, living skills for older adults, scheduled speakers and lunch.

### SAKURA KAI

#### Senior Classes for Japanese Speaking Adults

5625 Sutter Ave, Richmond (Alvarado Adult School Campus) **1<sup>st</sup> & 3<sup>rd</sup> Saturday of each month from 10a.m.-3p.m.**

Sakura Kai Senior Classes offers ceramics, exercise, computer classes, calligraphy, Taiko classes and more. For more information contact Yasuyo Floyd, program Coordinator at (510) 523-2316.

### EAST BAY SENIOR STROLLERS WALK & TALK

Email [buddyakacic@gmail.com](mailto:buddyakacic@gmail.com) or call (925) 628-9325 to get details on meeting dates and locations.

### CITY OF EL CERRITO RECREATION DEPARTMENT SENIOR PROGRAMS & SERVICES

7007 Moeser Lane, El Cerrito

Several classes, programs and services for seniors are available at the El Cerrito Community Center and clubhouses in the city. Programs require registration which may be completed in person at the Community Center, 7007 Moeser Lane, El Cerrito, M-Th from 9a.m.-12p.m. & 1p.m.-4p.m. (closed 12p.m.-1p.m.) or online [www.el-cerrito/onlinereg](http://www.el-cerrito/onlinereg). Check out our rEC Guide at

[www.el-cerrito.org/recreation](http://www.el-cerrito.org/recreation) for a full list of classes. For more information, call (510) 559-7000 or email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us).

**Art classes:** Ikebana, Pottery, Watercolor & Acrylic Painting; **Enrichment classes:** Beginner Line Dance, Ballet, Bridge Lessons; **Martial Arts:** Capoeira, Tai Chi, Shinshin Aikido; **Fitness Classes:** Senior Fitness Chair & Floor Exercises, Strength & Balance class, Zumba Gold & Pickle Ball lessons (**NEW!**).

**Senior Presentation Series: FREE** monthly Senior Presentation Series at the El Cerrito Community Center. For list of upcoming presentation dates and topics or to reserve a space, call (510) 559-7000 or email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us).

Upcoming Senior Presentations:

**Tues, 12/6 from 12:30-1:30p.m.:** Don't Get Scammed!

**Wed, 1/11 from 1-2p.m.:** Strength & Balance Demo



### LINE DANCE SPECIAL EVENT!

[www.el-cerrito.org/adultlinedance](http://www.el-cerrito.org/adultlinedance)

The Adult & Senior Services Division is excited to announce a very special LINE DANCE on Saturday, January 28, 2023 from 6:30p.m-8:30p.m. For more information call (510) 559-7000, email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us).

### rEC TREKS: SENIOR DAY TRIPS



Join other seniors as we explore locations throughout the bay area. Pre-registration required and may be done online [www.el-cerrito/onlinereg](http://www.el-cerrito/onlinereg) or in person at the Community Center, 7007 Moeser Lane, El Cerrito, M-Th from 9a.m.-12p.m. & 1p.m.-4p.m. (closed 12p.m.-1p.m.). Call (510) 559-7000 or email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us) for more information and prices.

#### Upcoming Trips:

**1/24/23:** Graton Casino

**2/7/23:** DeYoung Museum

# EL CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER-DRAFT

## SENIOR FOOD RESOURCES



### Café Costa is a Senior Lunch Program

offers nutritious meals for seniors ages 60+ in two formats: in person dining and frozen take-away meals. Please note that the take-away meal program is only funded through Spring 2023. Frozen take-away meals are picked up at the El Cerrito Community Center on Wednesday. Both programs are by reservation only.

In person dining is a great way to get out and meet new people! Dining at the El Cerrito Community Center is available by reservation only on Tuesdays and Wednesdays. **Holiday Closure, no meals on 12/27 & 12/28/22.**

Both programs operate by reservation only and all reservations must be made before 12pm one business day prior. Suggested contribution of \$3 per meal.

**FREE RIDE available to/from Café Costa for El Cerrito residents by advance reservation.**

Call (510) 559-7000 or email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us) to make a reservation or to learn more about the program.



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 [wccmow@gmail.com](mailto:wccmow@gmail.com).



Need information on food assistance programs available in Contra Costa County? Call 1 (855) 309-3663 or go online to [www.foodbankccs.org/find-food/foodbycity/](http://www.foodbankccs.org/find-food/foodbycity/).



### FREE GROCERIES

Low-income seniors 55years or older (one senior per household), can pick up **FREE produce at Alvarado School**, 5625 Sutter Street, Richmond Annex on the **1st and 3rd Mondays of each month (closed on holidays) between 9:30a.m.-11:00a.m.** \*Bring your own bag

### FOOD PANTRY'S IN EL CERRITO:

St. Vincent de Paul Society runs two Food Pantry sites in El Cerrito that help El Cerrito Seniors dealing with food insecurity.

**St. John's Catholic Church** is located at 11150 San Pablo Ave, El Cerrito; however, the food distribution is located on Kearney Street (behind the church). **Distribution hours are 9:00a.m.-10:00a.m. every first and third Saturday.** Bring a picture ID.

**St Jerome's Catholic Church** is located at 308 Carmel Ave, El Cerrito. **Distribution hours are 10:00a.m.-1:30p.m. every Wednesdays.** Picture ID required.

**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 Informational Survey 2022-23*

**How Are We Doing?** Please help the El Cerrito Committee on Aging by providing your valuable feedback by sharing ideas about and or your experiences with senior programs and services in El Cerrito. All questions are optional.

1. Do you believe that senior & disabled programs and services are essential for improved quality of life?

Yes

No

2. Do you believe that a Senior Center building is essential for providing senior & disabled programs and support services:

Yes

No

3. Are you aware that there are two one-day per week Senior Centers currently operating in El Cerrito at the Christ Lutheran Church on Mondays and at St. John's Community Center on Tuesdays?

Yes

No

4. Are you aware that the City of El Cerrito currently offers several classes, programs, and support services for seniors at the El Cerrito Community Center?

Yes

No

5. Are you currently participating in a Senior class or program, or do you receive support services in El Cerrito? If yes, where do you take the class/participate in the program/receive the support service?

a. Christ Lutheran Senior Center

b. St. John's Senior Center

c. El Cerrito Community Center/City of El Cerrito Recreation Dept.

d. El Cerrito Library

e. West Contra Costa Adult Education

f. Other:

6. Are you or is someone you know in need of and not currently receiving senior support services in El Cerrito?

Yes

No

*El Cerrito Committee on Aging Informational Survey 2022-23*

7. What Senior class/program/support service do you most want to see offered in El Cerrito? (Circle all that apply)

- a. Lunch Program
- b. Exercise & Fitness classes
- c. Enrichment classes (art, language, music, games)
- d. Day Trips & Excursions
- e. Informational Presentations
- f. Technology classes & Tutoring
- g. Support Groups & Services
- h. Transportation & Travel Training
- i. Other:

8. How do you hear about senior programs and services that are available in El Cerrito? (Circle all that apply)

- a. West Contra Costa Adult School brochure
- b. Library
- c. Recreation Department rEC Guide
- d. 60+ Bulletin (monthly)
- e. Committee on Aging Outreach Newsletter (bi-monthly)
- f. City website [www.el-cerrito.org/recreation](http://www.el-cerrito.org/recreation)
- g. E-newsletters (city manager update, rEC news)
- h. Social Media (Facebook, Instagram)
- i. Flyer or Poster
- j. Friend or relative
- k. Other:

9. Do you or does someone you know need assistance getting information about Senior Programs and Support Services?

Yes

No

If yes, what is your preferred method for receiving information:

- a. Mail
- b. Email
- c. Other: