



AGENDA

REGULAR MEETING OF THE COMMITTEE ON AGING

WEDNESDAY, JANUARY 18, 2023, at 3p.m.

Staff Liaison

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

JOIN VIA ZOOM:

<https://us06web.zoom.us/j/85247801573?pwd=dXdXbm1KVEZ4TS8yRlRMUm9KWnE1Zz09>

Meeting ID: 852 4780 1573 **Password:** 501667 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 prior to the meeting or by contacting the staff liaison listed above.

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 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. EL CERRITO FIRE DEPARTMENT PRESENTATION

Captain/Paramedic Traviss Crumpacker will share an informational presentation regarding how to prepare for emergencies.

8. CONSIDERATION OF COMMITTEE ON AGING MEMBER RE-APPOINTMENT

Discussion and possible motion to recommend the re-appointment of Dr. Pansy Kwong to City Council.

9. 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 February/March 2023 edition for editing and possible motion to approve for distribution.*
- *Report on what is being done to distribute/collect Committee on Aging Outreach Survey.*

10. FUTURE AGENDA ITEMS

- Next Meeting: February 15, 2023, at 3:00p.m.
- Future Presentation Topics:
 - Affordable Senior Housing, Senior Legislature Program, Scams

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) 559-7008. 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, JANUARY 18, 2023, at 3:00p.m.**

AGENDA ITEM 5 – APPROVAL OF MINUTES

1. Draft Meeting Minutes – November 16, 2022

AGENDA ITEM 9 – WORK PLAN REPORTS

1. Draft Committee on Aging Outreach Newsletter February/March 2023



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, November 16, 2022, at 3:00 p.m.

VIA TELECONFERENCE

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, Kim Marlia, Pamela Wagner, Bruce Yow

Absent: Janet James

Also Present: Bridget Cooney, Staff Liaison and Janet Abelson, Councilmember

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

Councilmember Abelson announced her retirement from City Council at the end of the year.

Councilmember Abelson reported that City Council met on Tuesday, November 15, 2022, and that Council will continue their discussion of the San Pablo Specific Plan at a special Council meeting on Tuesday, December 6, 2022, at 6:00 p.m.

Councilmember Abelson reported that a contractor has been found for a replastering project at the Swim Center.

Staff Liaison Cooney announced upcoming Free Senior Presentations at the El Cerrito Community Center.

Staff Liaison Cooney shared an update from Public Works Director, Yvetteh Ortiz about the recommendation submitted to City Council about AC Transit bus bench installation.

Staff Liaison Cooney reported that an application for membership was received and would be put on a future agenda.

5. COMMITTEE ON AGING LIAISON ANNOUNCEMENTS AND REPORTS

Member Kehoe reported that there was no regular Advisory Council on Aging report due to the Master Plan for Aging meeting on November 17, 2022.

Member Lipson reported attendance at the Advisory Council on Aging Executive Committee which discussed changes to the Access to Technology (ATT) grant distribution.

Member Lipson reported that the California Senior Legislature held their annual session

in October 2022 and some legislation relevant to older adults was approved.

Member Cesa and Member Kehoe reported the next West County Senior Coalition meeting held on October 26, 2022. The focus of the meeting was a presentation about scams and elder abuse.

6. APPROVAL OF THE MINUTES

Moved/Second: Member Kehoe Moved/Member Akacic Second

Action: Adopted the minutes from the Committee on Aging meeting held on **October 19, 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. DISCUSSION AND POSSIBLE MOTION TO ADOPT PROPOSED 2023 COMMITTEE ON AGING MEETING CALENDAR

Committee member discussed the draft 2023 Committee on Aging meeting calendar for possible adoption.

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

Action: Adopted the 2023 Committee on Aging meeting schedule as presented with direction to agendize a discussion and possible action at the June 2023 Committee on Aging meeting to look at whether to hold a meeting in August.

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

Nos: Member Marlia

Abstention: None

8. WORK PLAN REPORTS

Committee members discussed the draft December 2022/January 2023 Committee on Aging Outreach Newsletter for possible action to publish for distribution.

Moved/Second: Member Wagner Moved/Member Kehoe Second

Action: Adopted the December 2022/January 2023 Committee on Aging Outreach Newsletter for publication and distribution.

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

Committee members discussed the draft Committee on Aging Outreach Survey regarding programs and services for seniors in El Cerrito for possible action to publish for distribution.

Moved/Second: Member Yow Moved/Member Akacic Second

Action: Adopted the Committee on Aging Outreach survey with edits for publication and distribution.

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

Committee members discussed a plan for distribution and collection of the Committee on Aging Outreach Survey.

Moved/Second: Chair Epley Moved/Member Wagner Second

Action: Adopted the Committee on Aging Outreach Survey plan to distribute and collect responses to seniors in the community beginning in January 2023 through February 2023. The survey will be distributed by the Committee on Aging at Christ Lutheran Senior Center, St. John's Senior Center, St. Jerome's Church, senior living facilities in El Cerrito, to Meals on Wheels participants, at the El Cerrito Community Center to senior program and service participants, emailed to 60+ Bulletin recipients posting a link to a digital survey on the city website. Responses will be turned in to the Recreation Department office located at 7007 Moeser Lane. Committee members will distribute surveys and collect responses between January-February 2023.

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

9. FUTURE AGENDA ITEMS

- Next Meeting: Wednesday, January 18, 2023, at 3:00 p.m.
- Fire Department: Preparing for Emergencies (Jan 2023)
- Potential Committee Member Interview for recommendation to City Council (Jan 2023)
- Discussion and Possible action regarding holding a Committee on Aging meeting in August 2023 (Jun 2023)
- Future Presentation Topics: Affordable Housing, Senior Legislature Program

10. ADJOURNMENT

Chair Kenneth Epley adjourned the meeting at 4:30 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 November 16, 2022, as approved by the Committee on Aging.

Kenneth Epley, Chair

Bridget Cooney, Staff Liaison

EL CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER-DRAFT

February/March 2023

Volume 9

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.

SENIOR SNIPPETS

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



Tax-Aide Income Tax Preparation Assistance

AARP trained volunteers are available to assist low- and moderate-income seniors prepare their state and Federal income tax forms. This **FREE** service is offered **by appointment only**. **Appointments are available February 6th through April 11th at the Hana Gardens Senior Center, 10870 San Pablo Ave in El Cerrito** as well as sites in Pinole and Hercules. **To book an appointment in El Cerrito, call (510) 397-8779.** For appointments in Pinole/Hercules, call (510) 630-7295.

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 8 a.m.-5 p.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/>.

SENIOR CLASSES & PROGRAMS

CHRIST LUTHERAN SENIOR CENTER

780 Ashbury Ave, El Cerrito
Mondays, 9:00 a.m.- 3:00 p.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 11:30 a.m.** Upcoming February presentations include:

2/6/23, 10:30 a.m.: Smart phone training

2/13/23, 11:30 a.m.: Disaster planning

For additional presentation topics and more information about the program, call Carol Kehoe, program Coordinator at (510) 915-6120.

ST. JOHN'S SENIOR CENTER

6500 Gladys Ave, El Cerrito
Tuesdays, 9:00 a.m.-3:00 p.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) **1st & 3rd Saturday of each month from 10 a.m.-3 p.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 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

Art, Fitness & Enrichment classes for seniors are held at the El Cerrito Community Center, 7007 Moeser Lane as well as various clubhouse throughout the city. Check out our rEC Guide at www.el-cerrito.org/recreation for a full list of classes and activities. *For more information, call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us*

EL CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER-DRAFT

FREE Senior Presentation Series

Monthly Senior Presentation Series at the El Cerrito Community Center, 7007 Moeser Lane.

Presentations are held on Wednesdays from 1 p.m. - 2 p.m.

Upcoming Senior Presentations:

Wed, 2/1.: Elder Tech: iPhone/iPad

Wed, 3/8: Recycling & Waste Management

Wed, 4/12: CA Phones - Keeping You Connected

RSVP by calling (510) 559-7000, email

recreation@ci.el-cerrito.ca.us or sign-up online at www.el-cerrito/onlineereg.

REC TREKS: SENIOR DAY TRIPS



2/7/23: DeYoung Museum

3/7/23: Legion of Honor

3/15/23: Six the Musical at the Orpheum Theatre

3/21/23: Lafayette Lakeside Nature Trail

Registration is required for trips and classes and may be completed in person at the Community Center, 7007 Moeser Lane, El Cerrito, M-Th from 9 a.m.-5 p.m. or online www.el-cerrito/onlineereg. For more information, call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.

SENIOR FOOD RESOURCES



Café Costa is a Senior Lunch Program

offers nutritious meals for seniors ages 60+ in two formats: **in person dining on Tuesdays and Wednesdays at 12 p.m.** and frozen take-away meals picked up at the El Cerrito Community Center on Wednesdays. **By reservation only.**

Reservations must be made before 12pm one business day prior by calling (510) 559-7000 or by emailing recreation@ci.el-cerrito.ca.us. Suggested contribution of \$3 per meal.

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



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.



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/.



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 9:30 a.m.-11:00 a.m.** *Bring your own bag

St. Peter CME Church Food Ministry is located at 5324 Cypress Ave, El Cerrito. **Distribution hours are 11:00 a.m.-12:00 p.m. every Monday.**

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 a.m.-10 a.m. every first and third Saturday.** Bring a picture ID.

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

EL CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER-DRAFT

SENIOR SUPPORT SERVICES

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 ten. Registration and proof of eligibility required and must be renewed annually. Advance reservation required. For information call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.



HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (FREE)

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, 7007 Moeser Lane. Call (925) 655-1393 or email ehsdhicap@ehsd.cccounty.us to schedule an appointment.

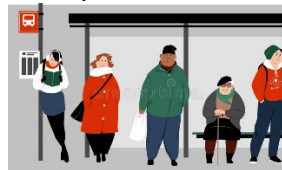
LIONS CENTER FOR THE VISUALLY IMPAIRED BLIND AND LOW-VISION DISCUSSION GROUP (FREE)

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

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

to make an appointment. Appointments held at the El Cerrito Community Center, 7007 Moeser Lane



WCCTAC TRAVEL TRAINING PROGRAM: Driving can become more difficult as we age, or if you have a disability that restricts your ability to drive. WCCTAC has a travel training program to help senior and disabled residents learn how to use transit (bus and BART), ferry and local city van services for senior and paratransit.

Did you know that anyone over age 65 can receive a discounted Clipper Card? Do you know that you can use the same Clipper Card on BART, AC Transit, Richmond Ferry and WestCat? Has it been a long time since you have ridden a bus? Have you ridden the new Richmond Ferry yet? Are you interested in learning how to use Lyft or Uber? These options are all part of an orientation and travel training outing offered by WCCTAC.

Let us help take the stress out of traveling around the Bay Area. Contact WCCTAC at **510-210-5937** or email jpallock@wcctac.org to learn more about all these great options for travel.

COMMITTEE ON AGING SURVEY

The El Cerrito Committee on Aging is gathering information through a survey about Adult Programs and Support Services in El Cerrito. We would like to hear from you. Survey can be completed online [Adult Programs & Services Survey](#) or you may request a printed copy by emailing bcooney@ci.el-cerrito.ca.us. Printed survey's may be returned by email bcooney@ci.el-cerrito.ca.us or dropped off/mailed to: El Cerrito Recreation Department Attn: Committee on Aging, 7007 Moeser Lane, El Cerrito, CA 94530. **Surveys will be accepted until Tuesday, February 28, 2023**

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.