



REGULAR MEETING
OF THE
COMMITTEE ON AGING

Recreation Department Senior Services Division

Wednesday, February 20, 2013, 3:00 P.M.
Council Chambers, City Hall
10890 San Pablo Avenue
El Cerrito, CA 94530
This Meeting Place Is Wheelchair Accessible

Roll Call

Present: Shirley Cressey, Mark Guthrie, Janet James, Dr. Pansy Kwong, Callie Major, Kim Marlia, Joanna

Selby, Willa Sudduth, and Vera Gibbs Winston **Excused:** Lillian Daniels and Kimi Honda

Council Liaison: Janet Abelson **Staff:** Janet Bilbas and Liza Espadilla

Guest: Arlinda Babcock, Eileen Jones, Gabriel Quinto, Sarah Fisher, Pam Kimmell and Karen

Christian

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

1. APPROVAL OF MINUTES

The minutes of January 16, 2013 stand approved as written.

2. PUBLIC COMMENT

Mr. Quinto asked if the committee would like to sponsor a film documentary "Healthcare for All - California" filmed by Neil Benninghoff for public viewing in El Cerrito.

Ms. Cressey inquired with Ms. Bilbas if the senior center is interested in showing the documentary at the site. Ms. Bilbas replied that there are two options, either show it at the senior center or at the presentation prior to the committee's meeting.

Mr. Marlia shared that he is interested in seeing the documentary before approving a sponsorship. He added that the committee should not endorse a film that the committee has not seen. A discussion followed on Single-Payer Bill, Obama Care, and Healthcare for All.

Dr. Kwong called for an Ad-Hoc Committee to view the movie documentary. Mr. Guthrie and Mr. Marlia volunteered to view and report on the content of the movie documentary on the next meeting in March.

3. PROGRAM: OPEN HOUSE SENIOR CENTER

Dr. Kwong reported attending the Strategic Planning meeting on Saturday, January 26, 2013 at City Hall Council Chambers to speak about the possibility of building a new senior center. Councilwoman Abelson reported that the meeting was well-attended and that the Strategic Planning is still gathering input from the community.

Mr. Guthrie mentioned suggesting combining the senior center with the library. He asked Council Abelson whether the Strategic Planning Task Force would utilize the proposals and ideas when rebuilding the senior center. A discussion followed on project proposals, land availability, and funding resource.

4. REPORTS

A. Council Liaison Report

Councilwoman Abelson reported updates on City Council taking position on legislation Assembly Bill 48, "Bullet Proofing", as a result to what happened to Newtown, Connecticut shooting. She added that the City Council discussed the city's implementation of the Climate Action Plan, guidelines on AB32 (Climate Control) and SB375 (Transportation), and Solar Energy.

B. Affordable Housing Project Update – No report.

C. Housing Subcommittee

Ms. Bilbas announced that she is visiting the Eskaton Hazel Shirley Manor to do a presentation about the Open House Senior Center's classes and programs on Tuesday, February 26, 2013.

D. Transportation Subcommittee

Mr. Guthrie reported attending the El Cerrito Urban Green Project Task Force in which members are from the Park and Recreation Committee. Mr. Guthrie asked the committee's input as to what seniors need to access areas to participate in the Urban Green Project.

Ms. Bilbas reported the senior center's paratransit service plan to extend transportation to weekends, doctor/medical appointments to Kaiser Permanente or Doctors Medical, and volunteer driver service.

Mr. Guthrie mentioned reporting a year and a half ago about the ITN Program, a volunteer-based transportation system that originated in Maine and currently exist in Monterey, California.

- **E.** Legislative (State & Federal) No report.
- F. Area Agency on Aging Advisory Council No report.
- **G.** West County Senior Coalition (WCSC) No report.

H. Health Care Subcommittee

Dr. Kwong read a recent article published in the *Journal of the National Cancer Institute* about a large study of women aged 66 to 89 showed that those who had mammograms every two years did as well in terms of catching advanced breast cancer as those who had mammograms every year. Those who had annual mammograms had more false positive examinations leading to more unnecessary procedures. Dr. Kwong concluded that for most women 66 to 89 years of age, it is safe to get a mammogram every two years rather than annually.

I. Membership

Mr. Marlia thanked visitors for coming to Committee on Aging meeting.

Ms. Selby reported receiving letter of approval from the City Council for membership to the El Cerrito Committee on Aging on February 7, 2013. Dr. Kwong asked Ms. Selby if she is interested in attending the Area Agency on Aging Advisory Council monthly meeting. Ms. Selby agreed to be the representative of the committee.

5. STAFF LIAISON REPORT

Ms. Bilbas reported on the senior center's Free Income Tax Preparation, Piano Class, Guitar Class, Music Group, Health Coach Special Seminar once a month, Telephone Access, Free Hearing Seminar on March 28, West County Mini Guide Resource Seminar on April 25, and Earthquake Preparedness presentation.

6. ITEMS FOR NEXT AGENDA

• Review of the "Healthcare for All - California" film documentary

7. ADJOURNED REGULAR COMMITTEE ON AGING MEETING at 3:55 p.m.

Submitted by: Liza Espadilla Administrative Clerk Specialist City of El Cerrito Senior Services Division

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COMMUNICATION ACCESS INFORMATION

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