Minutes, March 20, 2013

Regular Meeting of the Committee on Aging

Recreation Department Senior Services Division

Wednesday, March 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, Kimi Honda, Dr. Pansy Kwong, Callie Major, Kim Marlia, Willa Sudduth, Joanna Kim Selby, and Vera Gibbs Winston.
Excused: Lillian Daniels and Mark Guthrie
Council Liaison: Janet Abelson (Excused)
Staff: Janet Bilbas and Liza Espadilla
Guest: Arlinda Babcock, Karen Christian and Gabriel Quinto

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

1. APPROVAL OF MINUTES
   Add Ms. Nola Veganes Chavez under Guest Attendee to the February 20, 2013 meeting. The minutes of February 20, 2013 stand approved as corrected.

2. PUBLIC COMMENT
   No public comment.

3. PROGRAM
   Health Care for All – California, Film Documentary Review (Guthrie/Marlia)
   Mr. Marlia reported the “The Health Care Movie” is a film documentary based on the Canadian medical system. He added that it took ten years to spread across Canada. A discussion followed on Single Payer Health Care, Obama Care, benefits and relatability of the documentary, venue for public showing, and cost.

   Mr. Quinto spoke in support of the film documentary and noted the importance of improving the health care system in United States. He shared that Kensington, Pinole, and Oakland Senior Centers have supported and shown the documentary. He added that the League of Women Voters supported the film documentary.

   Recommendation to City Council for approval to sponsor “The Health Care Movie” for public viewing.
   Action: YES (Cressey/Honda/Major/Sudduth); NO (Marlia/Dr. Kwong); ABSTAIN (Winston/Selby).

   Ms. Bilbas noted that if approved by the City Council the public viewing could be held at the Senior Center.
4. REPORTS

   B. Affordable Housing Project Update – No report.

   C. Housing Subcommittee – No report.

   D. Transportation Subcommittee
      Ms. Cressey reported on the AC Transit Summer 2013 plan to construct a median ramp passenger
      loading/unloading zone for buses serving San Leandro, Oakland, and Fruitvale. She added that the
      pilot program only will run during high volume commuter service. A discussion followed on
      wheelchair accessibility, implementation, and funding.

   E. Legislative (State & Federal) – No report.

   F. Area Agency on Aging Advisory Council
      Ms. Selby reported that the Contra Costa County Area Agency on Aging has introduced a 4-year
      plan focusing on 7 goals: Aging in place, Target population, INA Information Assistance,
      Coalition (West/Central/East), Transportation, LGBT aging and nursing home area, and Silver
      Tsunami (7 to 8 million seniors).

      Ms. Selby shared her concern about the upcoming budget cuts on senior programs such as
      Medicare, MediCal, and CI Senior Lunch Meals program.

   G. West County Senior Coalition (WCSC)
      Ms. Bilbas announced that she will be attending the WCSC monthly meeting as
      the representative from the Senior Center. She reported that the WCSC is looking into having all senior center
      directors in West County to join. A discussion followed on funding resources, special events,
      and senior programs.

   H. Health Care Subcommittee
      Ms. Honda shared that El Cerrito has the best recycling center. She inquired about if the senior
      center has any recycling bins for cans and plastic. Ms. Bilbas said that the senior center has
      recycling blue bins located in the office, reception area, and multi-purpose areas. A discussion
      followed on properly disposing recyclables after serving lunch at the Sakura Kai program.

      Mr. Quinto announced that the El Cerrito Recycling Center will provide a free compost workshop
      and movie “The Rising Water” about global warming on Saturday, March 23, 2013, 10:30AM-2:30PM.

      Dr. Kwong read and submitted report on screening tests for cancer to read as follows…”Dr.
      Kwong reviewed an article from Consumer Reports March 2013. It was an up to date and succinct
      summary of screening tests for cancer. The recommendations were based mainly on information
      from the U.S. Preventative Services Task Force, an independent group supported by the
      Department of Health and Human Services. There are three types of routine cancer screenings that
      are recommended: cervical cancer, colon cancer, and breast cancer. The recommendations differ
      with age. The article does not recommend other routine cancer screening tests. However, the
      recommendations are for those who are not at high risk. Those people who are at increased risk, as
      well as those who have signs or symptoms of cancer may need the test or should be tested more
      often or sooner. People should check with their health provider regarding the specific cancer
      screening tests that are needed based on individual risks.”
I. Membership
   Moved, seconded (Marlia/Dr. Kwong) to recommend to the City Council that Mr. Gabriel Quinto
   and Ms. Karen Christian be appointed to the Committee. Action: Motion passed unanimously.

5. STAFF LIAISON REPORT
   Ms. Bilbas reported on the following programs and events: Earthquake Emergency Preparedness on
   Wednesday, April 17, 2013, Health Talk, budget cut on Meals on Wheels and Brown Bag programs, and
   Budget Sequestration procedure.

   Ms. Winston shared that the Richmond Commission on Aging provides outreach to their community
   individually. She added that she would like our committee to reach seniors that are homebound and
   become active in the community as she is concerned about seniors staying home and in isolation. Further
   discussion about senior outreach moved to the next regular meeting in April.

6. ITEMS FOR NEXT AGENDA
   • Healthcare for All – California (League of Women Voters)
   • Budget Sequestration (Representative from George Miller’s Office)
   • Senior Outreach through the El Cerrito Committee on Aging (Vera Winston)

7. ADJOURNED REGULAR COMMITTEE ON AGING MEETING at 4:15PM.

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

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please call
Janet Bilbas, Staff Liaison at 510-559-7680. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to
ensure accessibility to this meeting. (28 CRF 35.102-35.104 ADA Title II).

COMMUNICATION ACCESS INFORMATION
To request a meeting agenda in large print, Braille, or on cassette, or to request a sign language interpreter for the meeting, call Janet Bilbas,
Staff Liaison at 510-559-7680 at least FIVE (5) WORKING DAYS NOTICE PRIOR TO THE MEETING to ensure availability.
6500 Stockton Avenue, El Cerrito, CA  94530    Tel. (510) 559-7680
E-mail: jbilbas@ci.el-cerrito.ca.us