Roll Call

Present: Arlinda Babcock, Karen Christian, Shirley Cressey, Lillian Daniels, Mark Guthrie, Kimi Honda, Dr. Pansy Kwong, Kim Marlia, Gabriel Quinto, Vera Gibbs Winston, and Nola Veganes Chavez
Excused: Janet James, Callie Major, Joanna Kim Selby, and Willa Sudduth
Council Liaison: Janet Abelson
Staff: Janet Bilbas and Liza Espadilla
Guest: None

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

1. APPROVAL OF MINUTES
   Minutes of August 21, 2013 approved as written.

2. PUBLIC COMMENT
   No comment from the public.

3. REPORTS
   A. Council Liaison Report
      Councilwoman Abelson reported on the following:
      - $856,000 grant to acquire an Aerial Ladder Fire Truck from the City of Richmond, maintaining the city’s fire rating as well as helping insurance cost for residents low.
      - Renegotiated garbage contract for disposal without increased fee.
      - Reuse, recycle, and compost to reduce waste as well as help with climate action plan.
      - Project with low-income housing in process, site located between Marshall’s and CVS.
      - Eden Housing at the old Tradeway site finished Environmental Impact Report, 63 affordable senior units and a geriatric facility under Summit Medical.

   B. Affordable Housing Project Update – No report.

   C. Housing Subcommittee – No report.

   D. Transportation Subcommittee
      Mr. Guthrie reported on “robotic exoskeleton” similar to Ironman’s powered armor suit that could help paraplegics walk. He added that the suit is worn over a person’s body and can be used to either assist or inhibit movement.

   E. Legislative (State & Federal) – No report.
F. Area Agency on Aging Advisory – No report.

G. West County Senior Coalition (WCSC)
Ms. Bilbas attended the WCSC meeting and reported the following:
- The Effects of Isolation & Loneliness on Older Adults on Mon., Nov. 4, 9AM-1PM at Richmond Memorial Auditorium, 403 Civic Center Plaza.
- Senior Center without Walls providing over-the-phone services for homebound people such as health & wellness, support group, and games or activity.
- Ms. Cressey volunteered to work at the table of information for El Cerrito at the Richmond Memorial Auditorium on Monday, Nov. 4th.
- Transportation from El Cerrito to the Richmond Memorial Auditorium event will be provided.

Mr. Quinto distributed flyers on San Pablo Meals on Wheels fundraiser, California Alliance for retired Americans (CARA), and Legislative Bills CARA supports.

H. Health Care Subcommittee
Dr. Kwong reported on the following:
- Stronger influenza vaccine
- New treatment for enlarged prostate, procedure called “Eurolift”

Mr. Guthrie spoke about the new federal health care act, Medicare, and Obamacare.

I. Membership – No report.

J. Guest Speaker Subcommittee
Mr. Quinto reported the following topics for the next public presentation:
- Heart Attacks, Stroke, and Keeping a Healthy Heart with Dr. Desmond Carson of Doctors Medical Center on Wed., Oct. 16, 2013, 3PM-4PM.
- El Cerrito Police – Fall or Winter
- Elder Institutional Financial Scam – December or January

Dr. Kwong moved the regular scheduled Committee on Aging meeting on Wed., Oct. 16, 2013 moved to 2PM followed by Dr. Carson’s public presentation at 3PM.

4. NEW BUSINESS
A. El Cerrito Area Foundation for Seniors
Mr. Marlia spoke about the foundation’s bylaws, goals, volunteers, once a month meeting at the senior center, and the foundation’s non-profit status.

Ms. Bilbas explained how senior centers have foundation for the purpose of providing funds to benefit seniors, seeking volunteers, and fundraising events.

A discussion followed on public donations, endowments, volunteers, 5013c non-profit status of the foundation, funding for Meals on Wheels, and senior services.

B. El Cerrito Police Department
Ms. Bilbas forwarded contact information to members of the Guest Speaker Subcommittee.

5. STAFF LIAISON REPORT
Ms. Bilbas reported updates on the following:

- 25 people attended the Insomnia & Relaxation Workshop with Pamela Kimmel on Wed., Sept. 11, 2PM-3PM at the Open House Senior Center, 6500 Stockton Ave.
- Bones for Life, new class 10 students registered
- Advertisement with WCSC
- Distribution of Robert’s Rule of Order, provided by the City Attorney for all members of Boards & Commissions.
- Thurs., Oct. 3rd Easy Ride Paratransit Service extended to Costco, Target, Grocery Outlet, and Pacific East Mall.

6. **ITEMS FOR NEXT AGENDA** – No items submitted.

7. **ADJOURNED REGULAR COMMITTEE ON AGING MEETING** at 4:20 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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