THE CITY OF EL CERRITO

Recreation Department – Senior Services Division

MINUTES

REGULAR MEETING
OF THE
COMMITTEE ON AGING

Wednesday, June 15, 2011 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, Lillian Daniels, Sonja Givens-Thomas, Mark Guthrie, Kimi Honda, Janet James, Pansy Kwong, Callie Major, and Willa Sudduth.
Excused: Elizabeth Carty, Mary Queen, Joanna Selby and Thelma Soldavini
Council Liaison: Janet Abelson
Staff: Liza Espadilla and Nousheen Chaudry
Guests: Doris Mitchell and Vera Winston

Meeting called to order at 3:10 P.M.

1. **Approval of Minutes**
   Minutes of May 18, 2011 meeting approved unanimously.

2. **Public Comment**
   Mr. Guthrie announced that Christ Lutheran Church is providing a demonstration on earthquake preparedness on Saturday, August 20, 2011, 9AM in the parking lot. Discussion followed on disaster preparedness, hands-on training in disaster first aid, food and water storage, emergency supply kit materials, and Community Emergency Response Team (CERT).

   Ms. Winston and Ms. Mitchell expressed their interest in joining the committee. Ms. Major welcomed and thanked the guests for attending the meeting.

3. **Program**
   Ms. Chaudry, Recreation Department Program Coordinator, provided a presentation on programs and services offered at the El Cerrito Adult Programs & Services Center. She reported updates on the city's mission statement, changes to modernize the center, community garden, senior trips, classes and workshops, Alzheimer's Respite Program, and Cyber Café.

4. **Reports**

   A. Council Liaison Report
   Councilwoman Abelson reported on the state budget legislation eliminating redevelopment agencies. She added that City Council members are concerned with the last minute decision by the State to pass the budget. In addition, City Council has considered looking into tax increments to cover redevelopment projects, loan obligations, and other source of funding to balance the city budget.

   B. Senior Center Update. No report.

   C. Housing Subcommittee
   Ms. James announced an Arthritis Workshop on Tuesday, June 21, 2011 at 2 P.M. at the Hazel Shirley Manor.

   D. Transportation Sub-Committee
   Mr. Guthrie spoke about the ITN, a volunteer-based driver senior transportation. Mr. Guthrie will bring additional information on the next meeting.

Mr. Guthrie inquired about the pedestrian crossing time limit along San Pablo Avenue. Council Abelson explained that sensor detection is placed along the pedestrian crossing in San Pablo Avenue. Discussion followed on the time duration, pedestrian safety, and a field trip for members to test the pedestrian sensor detector.

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

F. Area Agency on Aging Advisory Council. No report.

G. West County Coalition. No report.

H. Health Care Sub-Committee
Doctor Kwong reported on the USDA and HHS unveiling of the federal government's new food icon, *My Plate*, to replace the food pyramid, which was introduced in 2005 with the last set of nutrition guidelines. This is a more understandable visual icon than the complex pyramid. It emphasizes a plate half full of fruits and vegetables. Whole grains, low fat dairy and low fat protein continue to be recommended. Coupled with this, the federal government will be providing consumers information and education on how to improve their diet choices.

I. Membership. No report.

5. **Staff Liaison Report.** (See report under Program.)

6. **Items for Next Agenda**

7. **Adjournment.** Meeting adjourned at 4:30 P.M.

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