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 Pamela Wagner; Members Buddy Akacic, Katherine Cesa, Janet James, Carol Kehoe, Joanna Kim-Selby, Dr. Pansy Kwong, Steve Lipson, Kim Marlia, 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, remarks on agenda items will be heard at the time the item is discussed.

3. COMMITTEE MEMBER ANNOUNCEMENTS
Remarks are typically limited to one minute 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
Council Member Abelson 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. APPROVAL OF THE MINUTES
Pass a motion to adopt the minutes from the Committee on Aging meeting on September 15, 2021.

6. COMMITTEE LIAISON ANNOUNCEMENTS AND REPORTS
Liaisons for the Advisory Council on Aging and the West County Senior Coalition may report on matters of interest to the Committee on Aging. Reports are limited to three minutes per group.
7. PRESENTATION BY RICHMOND COMMISSION ON AGING CHAIR
   *Presentations are typically limited to fifteen minutes.*
   Mrytle Braxton, Chair of the Richmond Commission on Aging will share what her commission has been doing to remain connected to seniors during COVID-19.

8. DISCUSSION AND POSSIBLE ACTION TO RECOMMEND A “SENIOR OF THE YEAR AWARD” TO CITY COUNCIL
   Member Akacic will propose for consideration establishing a “Senior of the Year Award” and present criteria for how that award would be made. The committee will discuss and may recommend a motion to approve submitting a recommendation to City Council for a “Senior of the Year Award”.

9. WORK PLAN ANNOUNCEMENTS, REPORTS AND RECOMMENDATIONS FOR ACTION
   *Reports are limited to three minutes per working group.*
   a) Centenarian Recognition
      • Quarter 3 update - recognition of Tadashi Yoshi completed 10/5/21
      • Quarter 4 update – 3 additional centenarians have been identified and added to the list for recognition.
   b) Outreach
      • Committee on Aging Newsletter – review October edition for editing purposes and make a motion to approve distribution of October newsletter.
   c) Public Transportation Infrastructure Improvements
      • Chair Epley will propose for consideration and make a motion to approve a recommendation to City Council for the installation of a weather shelter at AC Transit stop #55594 southbound on San Pablo Ave at Moeser Lane and the installation of bus benches at stops #55117 northbound and $55506 southbound on San Pablo Ave at Potrero Ave.
   d) Newspaper Rack Removal
      • Chair Epley will propose for consideration and make a motion to approve a recommendation to City Council for the removal of under utilized newspaper racks on San Pablo Ave.

10. FUTURE AGENDA ITEMS
    • Next meeting: Wednesday, November 17, 2021 at 3pm
    • Discussion and possible action taken to cancel the December 15, 2021 Committee on Aging Meeting
    • Discussion and possible action taken to adopt meeting calendar for 2022

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) 559-7000. 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.
SUPPLEMENTAL AGENDA MATERIALS

COMMITTEE ON AGING MEETING
OCTOBER 20, 2021
(Revised 10/20/21 at 12:00 P.M.)

AGENDA ITEM 3 – ORAL COMMUNICATIONS FROM THE PUBLIC

1. Public Comment Index

AGENDA ITEM 5 – PROPOSED MINUTES FROM THE SEPTEMBER 15, 2021, COMMITTEE ON AGING MEETING

1. September 15, 2021, Proposed Minutes

AGENDA ITEM 9 – COMMITTEE ON AGING WORK PLAN GOALS AND WORKING GROUP ASSIGNMENTS DISCUSSION AND MOTION TO APPROVE

1. Draft Committee on Aging Newsletter
2. Photo of AC Transit stop on San Pablo Ave at Potrero Ave
3. Photos of newspaper racks on San Pablo Ave
SUPPLEMENTAL AGENDA MATERIALS
PUBLIC COMMENT INDEX

COMMITTEE ON AGING MEETING
October 20, 2021, at 3pm
(Created on 10-20-21 at 12 P.M.)

The following Public Comments were received by 9:00 a.m. 10/20/2021, were provided directly to Committee on Aging members in advance of the meeting, and were posted online as supplemental materials at:

https://www.el-cerrito.org/Archive.aspx?ADID=5681

AGENDA ITEM 2 – ORAL COMMUNICATIONS FROM THE PUBLIC

1. Cordell Hindler
hello Bridget, the only comment for the Record is

1. I would like to invite the committee to a performance of Our town at Contra Costa Civic theater this coming Friday at 7:30 pm

tickets are 35.00 dollars Proof of Vaccination is Required

Sincerely
Cordell
3:00 p.m. CONVENE REGULAR MEETING Chair Epley called the meeting to order at 3:00 p.m.

1. ROLL CALL
   Present: Chair Kenneth Epley; Vice Chair Pamela Wagner; Katherine Cesa, Janet James, Carol Kehoe, Joanna Kim-Selby, Dr. Pansy Kwong, Steve Lipson, Kim Marlia, Bruce Yow
   Absent: Member Buddy Akacic
   Also Present: Bridget Cooney, Staff Liaison
   Members from the Public: None

2. COMMITTEE ANNOUNCEMENTS
   Member Kehoe announced that she received the El Cerrito Recreation Department Activity Guide in her East Bay Sanitary quarterly statement.

   Member Kehoe announced that she would like to invite the Chair of the Richmond Committee on Aging to speak at a future Committee on Aging meeting to share information about how they have been doing outreach during COVID and possible ways to collaborate with the El Cerrito Committee on Aging.

   Staff Liaison Cooney announced two upcoming events on behalf of Member Akacic. On Friday, October 15th at 2pm there will be a Super Senior Seminar at 721 The Alameda in Berkeley and on Friday, October 22nd at 1pm the Arts and Culture Commissioner, Bill Nichols will lead a Social Justice Utility Box Artwork Walk.

3. ORAL COMMUNICATIONS FROM THE PUBLIC
   Public comment not on the agenda was received from Cordell Hindler and was included in the supplemental materials.

4. COUNCIL/STAFF LIAISONS ANNOUNCEMENTS AND REPORTS
   Staff Liaison Cooney reported that a Fall Activity Guide with information on in-person City programs went to all households in El Cerrito in the East Bay Sanitary quarterly statement in September. The mailer includes information for in-person programs for all ages.

   Staff Liaison Cooney reported that the first two in-person senior classes started this week at the Community Center and additional programs including Contra Costa Health Insurance Counseling and Advocacy Program (HICAP) counseling and the Respite program will begin in October. Chair Epley reported that HICAP is seeking volunteer counselors and information can be found on their website https://cchicap.org/volunteers/.
5. APPROVAL OF THE MINUTES  
Moved/Second: Vice Chair Wagner/Member Cesa  
Action: Adopted the minutes with corrections from the Committee meeting on August 18, 2021  
Ayes: Chair Epley; Vice Chair Wagner; Members Cesa, James, Kehoe, Kim-Selby, Dr. Kwong, Lipson, Yow  
Nos: None  
Abstention: 1 (Member Marlia)

6. COMMITTEE ON AGING LIAISON ANNOUNCEMENTS AND REPORTS  
Advisory Council on Aging (ACOA) liaison Lipson reported that speaker Lee Poland with the Adult and Disability Resource Connection in Marin spoke about his program. The ACOA is considering implementing an Adult and Disability Resource Connection in Contra Costa County.  
West County Senior Coalition had no report.

7. WORK PLAN GOALS AND WORKING GROUP ANNOUNCEMENTS AND REPORTS  
a) Member Kehoe reported that the mayor approved the Committee on Aging’s recommendation to recognize Centenarian residents quarterly and explained the process for how and when the recognition will be done each quarter.  
b) Member Dr. Kwong reviewed the September 30, 2021, edition of the Committee on Aging Newsletter and shared distribution locations for the August edition. A motion to adopt the September 30, 2021, edition of the Committee on Aging Newsletter with no edits was called for by member James.  

Moved/Second: Member James/Member Cesa  
Action: Approve for distribution the September 30, 2021, Committee on Aging Newsletter.  
Ayes: Chair Epley; Vice Chair Wagner; Members: Cesa, James, Kehoe, Kim-Selby, Dr. Kwong, Lipson, Marlia, Yow  
Nos: None  
Abstention: 0

Member Yow announced the next senior food distribution date at the Alvarado Adult school site is Monday, September 20, 2021. Participants are encouraged to bring two bags to carry the produce.

Member Yow reported that the Contra Costa Solano Foodbank is reviewing a possible new food distribution location in El Cerrito.

8. DISCUSSION AND POSSIBLE ACTION TO RECOMMEND A “SENIOR OF THE YEAR AWARD” TO CITY COUNCIL  
Chair Epley reported that member Akacic was unable to attend the meeting and requested that he be permitted to speak on the topic at a future meeting date.

Chair Epley expressed concern over selecting one singular “Senior of the Year”.
Vice Chair Wagner and member James seconded the concern sitting concerns with the exclusionary nature of electing one person as a senior of the year.

9. **FUTURE AGENDA ITEMS**
   - Next Meeting: Wednesday, October 20, 2021, at 3pm
   - Discussion and possible action taken on the 2021-22 Work Plan Goal: Public Transportation Infrastructure Improvements – Ken Epley (October)
   - Discussion and possible action taken on the 2021-22 Work Plan Goal: Remove unused newspaper racks – Ken Epley (October)
   - Discussion and possible action taken regarding a “Senior of the Year Award” – Buddy Akacic (October)
   - Discussion and possible action taken to adopt meeting calendar for 2022 Committee on Aging Meeting Calendar (November)
   - Presentation by the City of Richmond Commission on Aging Chair, Myrtle Braxton (October)

10. **ADJOURNMENT**
    Chair Kenneth Epley adjourned the meeting at 5:01 p.m.

    This is to certify that the foregoing is a true and correct copy of the minutes of the regular Committee on Aging meeting of September 15, 2021, as approved by the Committee on Aging.

    __________________________
    Kenneth Epley, Chair

    __________________________
    Bridget Cooney, Staff Liaison
HEALTHCARE UPDATES:

COVID-19:
On September 22, the Center for Disease Control (CDC), recommended COVID-19 Vaccine booster shots for Pfizer recipients who completed their initial series six months ago and are:

- 65 years and older
- Age 18+ who live in long-term care settings
- Age 18+ who have underlying medical conditions
- Age 18+ who work in high-risk settings
- Age 18+ who live in high-risk settings

More data still needed on the effectiveness of Moderna and Johnson & Johnson booster shots. Check with your healthcare provider, local pharmacy, or the county website: www.coronavirus.cchealth.org regarding COVID-19 information and appointments for booster shots.

Reference: National Center for Immunization and Respiratory Disease, Division of Viral Diseases (9/30/21)

INFLUENZA VACCINE IS HERE:
Don’t forget your flu shot! It’s important to get the flu shot, too. You can get the COVID-19 vaccine and flu shot on the same day.

DIGITAL COVID-19 VACCINE RECORD:
If you have a smart phone, you can get the vaccine record on your phone after it is verified by the state. Complete the information using the address: https://myvaccinerecord.cdph.ca.gov/. Follow the instructions and you will get an email with a QR code which you can screenshot onto your phone.

CAUTION FOR PATIENTS WITH PACEMAKERS AND OTHER IMPLANTED DEVICES:
Recent studies have shown that certain cell phones and smart watches with high field strength magnets can cause certain medical devices to switch to “magnet mode”. This suspends the operation of the device. It is a safety feature of the device to allow it to stop functioning during certain procedures such as an MRI. The FDA recommends patients keep any consumer devices that may create magnetic interference at least six inches from the medical device. Do not carry consumer electronics in a pocket over the medical device. The risk is low, and no known adverse occurrences have been reported. Check with your provider if you have questions.

Reference: https://www.healthcareinfosecurity.com/study-iphone-12-magnets-deactivate-cardiac-devices-a15938.

CALIFORNIA END OF LIFE OPTION LEGISLATION-SB380: On June 9, 2016, a law went into effect, permitting terminally ill, mentally capable adults with 6-months or less to live, the ability to request aid-in-dying medication. The law allows the dying patient to choose to peacefully end their suffering. This legislation updates that law and makes the law permanent. Updates include: 1) Shortened waiting period from 2 weeks to 48 hours; 2) Improved transparency of healthcare facility policies by requiring them to post their medical aid-in-dying policies on their websites; 3) Removed the redundant fourth request for medical aid-in-dying; 4) Clarified that medical providers document and date requests for medical aid-in-dying, which can be referenced should a patient choose to transfer care; 5) Clarified that medical aid-in-dying medication may be self-administered within a healthcare facility. Current legislation was passed by the California Legislature and signed by the governor. It takes effect in 2022.

Reference: https://leginfo.legislature.ca.gov
SENIOR PROGRAMS IN EL CERRITO
If you know of services or programs for seniors in the community, email the Committee on Aging Newsletter Work Group in care of bcooney@ci.el-cerrito.ca.us.

RECOGNITION OF CENTENARIANS (100 years old): The El Cerrito Committee on Aging is working with the mayor to establish a program to recognize El Cerrito residents turning 100 years or older through a Mayoral Certificate of Recognition program. Names, birthdates, and residence status of centenarians will be verified. Quarterly, the Mayor will read the names of individuals being recognized during the “Council Communications” section of the city council agenda and certificates will be mailed to the address on file. On October 5, 2021, Tadashi Yoshi was the first El Cerrito Centenarian recognized through this program.

If you know someone living in El Cerrito who is turning 100 or has already turned 100, let us know so we can honor them! Contact the El Cerrito Community Center by calling 510-559-7000 or email recreation@ci.el-cerrito.ca.us.

MEMORIAL BENCH PROGRAM:
Are you interested in dedicating a park bench in memory of a loved one? The El Cerrito Parks and Recreation Departments have a Memorial Bench Program. If you would like to honor friends and relatives in such a way, contact Recreation Director, Christopher Jones, for information on how to buy a memorial bench. City staff will help you through the process of selecting a memorial bench and will help you decide when and where to have it installed. For more information, call 510-559-7000 or email recreation@ci.el-cerrito.ca.us.

EL CERRITO COMMUNITY CENTER PROGRAMS
7007 Moeser Lane

Respite program: The Respite program provides a brief respite to caregivers of adults suffering from memory loss diseases. Enrollment is on-going (October-June). Program operates on Tuesdays from 10am-3pm. Proof of vaccination and masks are required. Fees are calculated based on the number of days attended. Pre-approval required to enroll in the program. Email recreation@ci.el-
cerrito.ca.us or call 510-559-7000 or Carol Kehoe at 510-915-6120 for rates and details.

Senior Shopping Trips: Tuesday, November 16th. Destinations include Ranch 99/Pacific East Mall, Target, Sprouts and Costco. Pickups begin at 10am. Reservations required.

Senior Sing-Along: Meets at the Community Center on Mondays from 11:15am-12pm. Reservations required.

T’ai Chi Chih: Meets at the Community Center on Mondays from 10am-11am. Reservations required.

Premier World Discovery: Travel Fair 2022: Wednesday, October 27th from 2-3pm at the Community Center. Come learn about our 2022 tours in the USA and around the world. Reservation required.

To learn more or to sign up for City of El Cerrito Senior Programs, call (510) 559-7000, email recreation@ci.el-cerrito.ca.us or sign up online at www.el-cerrito.org/recreation/adult.

Contra Costa Health Insurance Counseling & Advocacy Program (HICAP): Appointments are available at the El Cerrito Community Center on the first Monday of each month at 11am, 12pm & 1pm. To schedule an appointment call (925) 655-1393.

CHRIST LUTHERAN CHURCH SENIOR SPEAKERS:
780 Ashbury Ave

All speakers are on Mondays and start at 11:30 am.

- 10/25 - John Gioia update
- 11/1 - Leslie Reckler from West Contra Costa Unified School District Board
- 11/1 Keep your brain sharp with the Alzheimer’s Association.