



Recreation Department Senior Services Division

MINUTES

REGULAR MEETING OF THE COMMITTEE ON AGING

Wednesday, November 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: Karen Christian, Shirley Cressey, Mark Guthrie, Kimi Honda, Janet James, Dr. Pansy Kwong, Callie Major, Kim Marlia, Gabriel Quinto, and Joanna Kim Selby

Excused: Lillian Daniels, Willa Sudduth, Vera Gibbs Winston, and Nola Veganas Chavez

Council Liaison: Janet Abelson

Staff: Janet Bilbas and Liza Espadilla

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

1. APPROVAL OF MINUTES

Correction under (3.) Reports, (A) Council Liaison Report to read as follows... "El Cerrito City Council in discussion for members to rotate, meeting quarterly, and leave the meeting after their Council Liaison report."

Minutes of October 16, 2013 approved as corrected.

2. **PUBLIC COMMENT** - No comment from the public.

3. REPORTS

A. Council Liaison Report

Councilwoman Abelson shared that she will continue to serve as Council Liaison to the El Cerrito Committee on Aging. She reasoned with other Council members that the El Cerrito Committee on Aging's functionality is different compared to other Boards and Commissions, advising is not the primary role of the committee as the focus is on senior activities, and the meeting is scheduled at day time. She reported that an exception was made for Council Liaison to the Committee on Aging.

Councilwoman Abelson invited everyone to attend the City Council meeting on Tuesday, December 3, 2013, 7PM at City Hall, Council Chambers, 10890 San Pablo Avenue to witness the "changing of the guard", Council Liaisons to Boards/Commissions/Committee, and Mayoral assignments. She announced that she will be assigned as the next City Mayor at the meeting. Committee on Aging members congratulated Councilwoman Abelson for continuing to serve as Council Liaison to the committee and her appointment as City Major for the next term.

Councilwoman Abelson reported on the following updates: City Manager approved for 10% salary raise, garbage waste/recycling fee increase, changes in state building codes, rules in riding bicycle on the sidewalk, and affordable housing at Eden Housing.

B. Affordable Housing Project Update – No report.

C. Housing Subcommittee – No report.

D. Transportation Subcommittee – No report.

E. Legislative (State & Federal)

Mr. Guthrie reported updates on the American Health Care Act, volume testing, computer hacking of the health care system, and impact of Obamacare.

F. Area Agency on Aging Advisory – No report. No meeting in November.

G. West County Senior Coalition (WCSC)

Ms. Bilbas reported attending the WCSC presentation on “The Effects of Loneliness and Isolation on Older Adults” on Monday, November 4, 2013, 9AM-1PM at the Richmond Memorial Auditorium, 403 Civic Center Plaza. She added that the event was well attended and had four seniors using the El Cerrito’s Easy Ride Paratransit Service.

Mr. Quinto invited everyone to attend the Covered California Town Hall Meeting hosted by Assemblymember Nancy Skinner, Supervisor John Gioia, and California NAACP on Sunday, November 24, 2013, 1:30PM-3:30PM, at St. Peters Christian Methodist Episcopal Church, 5324 Cypress Avenue in El Cerrito.

H. Health Care Subcommittee

Dr. Kwong shared an article from the New York Times, *Herbal Supplements Are Often Not What They Seem* by Anahad O’Connor. She read that there is a new reason for supplements buyers to beware. She reported that “Canadian researchers tested 44 bottles of popular supplements sold by 12 companies and found out that many were not what they claimed to be, and that pills labeled as popular herbs were diluted – or replaced entirely – by cheap fillers like soybean, wheat and rice.” A discussion followed on OTC drugs, homeopathy, and herbal supplements.

I. Membership – No report.

J. Guest Speaker Subcommittee

Mr. Quinto reported inviting a representative from Nancy Skinner’s office to discuss Covered California in January, El Cerrito Police Department in February, and Elder Abuse in March. A discussion followed on scheduling guest speakers and advertising at least two months prior to the event to encourage large public turnout.

4. NEW BUSINESS

A. Nominating Committee

Nominating Committee members (James/Christian/Major) will present the Slate of Officers on the next scheduled regular meeting in December.

B. Council Liaison to Committee on Aging

See (A.) Council Liaison Report.

5. STAFF LIAISON REPORT

Ms. Bilbas reported updates on the following:

- OHSC Holiday Party on Wed., Dec. 18, 2013, 9:30AM-1PM at 6500 Stockton Avenue
- Health Insurance Counseling & Advocacy Program (HICAP) 2014 Contra Costa County Changes
- Winter/Spring City Brochure 2013-2014
- 1st Thursday of the month shopping at Costco, Target, Pacific East Mall, and Grocery Outlet with Easy Ride Paratransit Service

6. ITEMS FOR NEXT AGENDA

- ELECTION OF OFFICERS
- CRITERIA ON AFFORDABLE HOUSING

7. ADJOURNMENT

The meeting adjourned at 4:15 P.M. to the next scheduled regular meeting on Wednesday, December 18, 2013, 3:00 P.M. at the El Cerrito City Hall, Council Chambers, 10890 San Pablo Avenue.

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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