



Recreation Department Senior Services Division

MINUTES

REGULAR MEETING
OF

COMMITTEE ON AGING

Wednesday, September 16, 2015, 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, Karen Christian, Mark Guthrie, Jennifer Haller, Janet James, Dr. Pansy Kwong, Steve Lipson, Callie Major, Kim Marlia, Kenneth Epley and Nola Veganes Chavez

Excused: Kimi Honda, Joanna Kim Selby, Willa Sudduth and Vera Gibbs Winston

Council Liaison: Janet Abelson absent

Staff Liaisons: Janet Bilbas

Meeting called to order at 3:05 P.M.

1. APPROVAL OF MINUTES

Minutes of August 19, 2015 First Kwong Second Haller approved with one abstention.

2. COUNCIL/STAFF LIAISON ANNOUNCEMENTS AND REPORTS

Ms. Bilbas reported on 3 upcoming talks to be held at the El Cerrito Open House Senior Center:

- Wednesday October 7, 2015, 1:15pm-2:15pm, on the topic of Compassion and Choices given by Jacie Rowe. Information on the ABX2-15 End of Life Opinion Act will be discussed.
- Wednesday October 28, 2015, 1:15pm-2:15pm, on the topic of Medicare Plan Changes for 2016.
- Wednesday November 18, 2015, 1:15pm-2:15pm, on the topic of Digestion given by Dr. Wayne Baird.

Ms. Bilbas also offered information about a free screening of a film on the topic of Sundar Shadi, produced by the City of El Cerrito and KCRT. The free showing would be at the Rialto Cinemas Cerrito at 10070 San Pablo Avenue El Cerrito, CA on Saturday November 14, 2015 at 11a.m.

3. ORAL COMMUNICATIONS FROM THE PUBLIC

Marlene Keller- El Cerrito CERT Program

Marlene started by offering her appreciation for everything the committee did for the seniors and individuals with disabilities in our community.

Her goal for speaking to the committee was to get advice on how CERT could better engage the senior citizens and individuals with disabilities within the community. Her question was: how to inform the target audience of what CERT means and how it applies to them. She then passed out a double sided cardstock with the words "HELP" in red and "OK" in green on respective sides; explaining that in the case of an emergency each home would place the sign on their door as a signifier to rescuers whether they need assistance or if they were alright.

Ideas were given of having CERT give talks, specifically at the Open House Senior Center, as well as attending the upcoming Tri City Safety Event. The 2015 El Cerrito Senior Resource Fair was also mentioned as a good place to publicize and communicate with the target audience. Mark Guthrie offered the suggestion of contacting Neighborhood Watch for further outreach. Additionally, Mr. Guthrie suggested giving out or displaying simple emergency/safety kits like those that can be bought at Home Depot. And finally, Mr. Guthrie suggested contacting local religious institutions and inquires about offering talks and assistance.

Further contact with Marlene can be made via her official CERT email address:

eccertarea2@gmail.com

4. REPORTS

- A. Housing Subcommittee** – Ms. Janet James shared information about a talk that had just passed on the topic of “Diabetes and Nutrition”. Upcoming events include: Flu Shots on Thursday October 1, 2015 as well as Blood Pressure checks and information on Friday November 6, 2015.
- B. Transportation Subcommittee** – Mr. Guthrie shared information on the International Travelers Network (ITM); information can be found at www.itnamerica.org
The network offers transportation options for seniors and individuals with disabilities. It is a volunteer system with 3 known set up locations in California (Monterey Bay, San Diego and another). Ms. Bilbas shared information about 511.org which was another resource that could be accessed via phone or online. Ms. Bilbas also shared another resource, 211, a phone number to be called for transportation support. 211 is a state and federally funded program run through a crisis support center but is a general, live and multi-lingual, resource. She explained it as a type of ‘verbal google’.
- C. Legislative (State & Federal)** – Nothing to report
- D. Area Agency on Aging Advisory**– No report.
- E. West County Senior Coalition (WCSC)** –Mr. Steve Lipson spoke about Town Hall on senior issues on September 14, 2015 10:30am-noon at San Pablo, speakers included Assembly member Tony Thurmond, Supervisor John Gioia and Congressman Mark DeSaulnier. The event was full to capacity and people were even turned away. There was an exceptional Q & A session ran by the moderator.
- F. Health Care Subcommittee** – Nothing to report.
- G. Membership** – Appointments are pending.
- H. Guest Speaker Subcommittee** – Nothing to report.

5. NEW BUSINESS- Report given by Ms. Bilbas:

2015 El Cerrito Senior Resource Fair will be held Wednesday November 4, 2015 at the El Cerrito Community Center, 9a-1p. First 100 people will receive a free lunch. Ms. Bilbas offered the names and organizations that had confirmed their participation including Safeway who would be offering free flu shots for Medicare members. There is also going to be a panel on "SCAMS" as an informational session for the target audience. She then asked the committee if there would be interest in either hosting a table and/or volunteering at the event. Tasks would include monitoring the flow of traffic, assisting with the food distribution, etc. Ms. Bilbas stated it was her intention to offer the widest variety of vendors/participants possible for seniors and persons with disabilities. An estimate of 200 people are slated to turn out for the event and the Open House Senior Center will be running their Easy Ride Transportation for those who are on/have filled out the necessary paperwork.

6. ITEMS FOR NEXT AGENDA: None were offered.

7. ADJOURNED REGULAR COMMITTEE MEETING at 3:52PM to the next scheduled regular meeting on Wednesday, October 21, 2015, 3:00 P.M. at the El Cerrito City Hall, Council Chambers, 10890 San Pablo Avenue.

Submitted by:
Janet Bilbas
Senior Services Supervisor
City of El Cerrito Senior Services Division

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COMMUNICATION ACCESS INFORMATION

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