



Recreation Department – Senior Services Division

MINUTES
REGULAR MEETING
OF THE
COMMITTEE ON AGING

Wednesday, May 18, 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: Elizabeth Carty, Shirley Cressey, Lillian Daniels, Sonja Givens-Thomas, Kimi Honda, Pansy Kwong, Callie Major, Thelma Soldavini and Willa Sudduth.

Excused: Mark Guthrie, Janet James, Mary Queen and Joanna Selby

Council Liaison: Janet Abelson

Staff: Ellen Paasch and Liza Espadilla

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

1. Approval of Minutes

Dr. Kwong submitted the following paragraph to clarify information on the meeting minutes of February, March and April.

Dr. Kwong reported that the National Institute of Health provided a follow-up to the post-menopausal estrogen replacement study, which was initiated in 1991. All women in the study were taken off of estrogen in 2004 due to concerns regarding adverse side effects. Women from the study are being followed in an ongoing fashion to determine what effects the estrogen treatment had on their health. This follow-up report is on the group of women who had prior hysterectomy prior to estrogen replacement at menopause. It showed that they had no significant adverse effects from taking estrogen only without progesterone as post-menopausal estrogen replacement. There was a suggestion from this report that these women may have benefited from estrogens with a reduction of stroke and breast cancer. This report provides more information for doctors and women to use when deciding on use of estrogens form symptoms during and after menopause.

Minutes of April 20, 2011 meeting corrected and approved.

2. Public Comment

Ms. Soldavini commended the El Cerrito Fire Department for the care she received during an emergency callout. She added that the city is fortunate to have an excellent service from the Fire Department.

Ms. Carty distributed the flyer information on City of El Cerrito Commission vacancies.

3. Reports

A. Council Liaison Report

Councilwoman Abelson excused from the Committee on Aging meeting.

B. Senior Center Update. No report.

C. Housing Subcommittee. No report.

D. Transportation Sub-Committee

Ms. Cressey reported AC Transit has increased fare for Senior (65+) and People with Disability from \$1 to \$1.05. She added that AC Transit driver will not allow passenger to board without exact fare.

E. Legislative (State & Federal)

Ms. Carty reported the possibility of eliminating adult day care programs.

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

G. West County Coalition

Ms. Cressey provided information on upcoming events: *6th Annual Physical Activity & Nutrition Forum* on Friday, June 3, 8:30 A.M. – 4 P.M., at the Richmond Civic Auditorium and *Best Practices for Addressing Behavioral Health Disparities Among Lesbian, Gay, Bisexual and Transgender (LGBT) Elders* on Thursday, June 9, 8:30 A.M – 4 P.M. at the California Endowment Oakland Conference Center. She added that the following workshops target elder community and its diversity, physical and behavioral health issues, aging and service needs, and local resources.

H. Health Care Sub-Committee

Ms. Sudduth announced that the Eskaton Hazel Shirley Manor is presenting *Common Forms of Arthritis* workshop on Tuesday, June 21, at 2 P.M.

Ms. Sudduth distributed information on California Alliance for Retired Americans (CARA) 2011 Priority Bills.

Dr. Kwong provided information on relative radiation.

Ms. Honda advised seniors to participate in healthy diet, exercise, and social activities to avoid acquiring Alzheimer disease.

I. Membership. No report.

4. Old Business

A. By-Laws

Ms. Carty proposed forming a subcommittee to review the Committee on Aging By-Laws. The following members are as follows: Elizabeth Carty, Shirley Cressey, Dr. Pansy Kwong and Willa Sudduth.

B. Committee on Aging Program Subject

Ms. Carty read the list of program ideas submitted by members as follows: Contra Costa County Board of Supervisor John Gioia, Vial of Life, Advance Directives, Finances, “Do Not Resuscitate”, Disaster Planning at Home, and Hospice Public Education. A discussion followed to determine the monthly program topics for the upcoming meeting agenda.

5. Staff Liaison Report

Ms. Paasch reported updates on Measure J funding for transportation, Easy Ride Transportation Service, Annual Senior Health & Information Fair in Richmond, and programs at the Adult Programs & Services Center.

6. Items for Next Agenda

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

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