



Meeting Minutes

COMMITTEE ON AGING

Wednesday, October 17, 2018, 3:00 P.M.

Council Chambers, City Hall

10890 San Pablo Avenue

El Cerrito, CA 94530

This Meeting Place Is Wheelchair Accessible

ROLL CALL

Members Present: Katherine Cesa, Shirley Cressey, Kenneth Epley, Matean Everson, Kimi

Honda, Carol Kehoe, Dr. Pansy Kwong, Joanna Kim Selby, and Nola Veganes Chavez

Members Absent: Karen Christian, Jennifer Haller, Janet James, Steve Lipson, Kim Marlia

Councilmember Present: None

Staff Member Present: Bridget Cooney, Christopher Jones

Guests:

1. APPROVAL OF MINUTES

The minutes of the September 19, 2018 meeting were approved.

Carol Kehoe moved and Nola Veganes Chavez seconded a motion to approve the minutes. Shirley Cressey abstained.

2. ORAL COMMUNICATIONS FROM THE PUBLIC:

Nick Veloro spoke about a possible resolution to address rent gouging in El Cerrito. Mr Deloro works with the El Cerrito Progressives and is working with the Human Relations Commission to come up with a resolution and would like to seek the support of the Committee on Aging. He was advised to bring back something in writing to the next meeting for the Committee on Aging to review.

Two El Cerrito Residents (one identified as Christian and the other did not identify himself) spoke against Measure V and recommended that the Committee on Aging vote No on the measure.

3. COUNCIL/STAFF LIAISON ANNOUNCEMENTS AND REPORTS:

Bridget Cooney reported that:

The Senior Resource Fair took place on Wednesday, October 3, 2018. The event was successful with approximately 80 seniors and 30 vendors in attendance. The talk on Transportation had approximately 15 attendees. Carole Kehoe thanked Committee on Aging members who helped serve lunch at the event.

Bridget also reported on the following upcoming events/presentations:

Radicle Health presentation on 11/16/18

Reverse Mortgages on 1/16/19

Birding Trip on 11/9/18 to Wildcat Marsh in Richmond

Hiking Trips on 11/16 to Coyote Hill Regional Park and December 7th to Inspiration Point

Day Trips to Vacaville Premium Outlets on 11/1/18, the SF Symphony on 11/8/18 and the Dickens Fair on 12/8/18.

4. NEW BUSINESS

Carol Kehoe reported about West Contra Costa School District (WCCUSD) cutting funding for older adult programs at the end of the year. Carol and other staff and participants in the senior programs said they were attending the school board meeting on 10/17/18 at DeJean Middle School. Carol invited committee members to attend and show support.

Kimi Honda reported that her senior center program board voted to move to a fee-based program. The approximate cost would be \$40 per semester per student and there are 3 semesters per year. Kimi stated that she was concerned that not all members would be able to afford a fee-based program. These programs are educational programs and are important for seniors to be able to continue learning.

Carole Kehoe reported back on the pedestrian crosswalk at Donal and Richmond St. Carol spoke with the City and was assured that additional school crossing signs were going to be installed along with a more clearly marked crosswalk. Korematsu Middle School has received a Safe Routes to School grant and are working with the City to help improve safe routes for students to get to school walking, biking and driving. These updates will happen but may take a few months to be completed.

5. REPORTS

(Reports by Members of the Committee. The Committee may discuss individual report topics and refer or schedule issues for future action. Each report is limited to a maximum of 5 minutes.)

- A. Housing Subcommittee: Matean “Te” Everson inquired about the opening date for Hanna Gardens. He also asked if any committee members had heard of a tenant-landlord mediation type of program using an Ombudsman. Christopher Jones, Recreation Director, mentioned that Prop 10 is on the ballot dealing with rent control state wide.
- B. Transportation Subcommittee: No report.
- C. Legislation Subcommittee: Dr. Pansy Kwong reported that election is coming soon. El Cerrito City Hall is a drop off location for ballots.
- D. Area Agency on Aging Advisory Council: Joanna Kim Selby reported on they did not have a quorum but they had a discussion about cancer and the importance of cancer support groups.
- E. West County Senior Coalition: No report. No meetings have happened for the past 3 months and likely won’t happen until after the election.
- F. Health Care Subcommittee: Kimi Honda presented an article from the Institute of Health that found that people who took walks and spent time in nature showed improved cognitive health and improved and they showed lower problems with anxiety and depression. Having parks and trees is important and improves health and well-being.

Dr. Pansy Kwong reported on an article in the Journal of American Medicine regarding contamination of undeclared, unapproved ingredients found in dietary supplements. Three groups of supplements have been noted for contamination: sexual enhancement supplements with the most common contaminant being Viagra; weight loss supplements and muscle building supplements. None of these supplements were FDA approved.

- G. Membership Subcommittee: We are currently down one member on the committee.
- H. Communication Subcommittee: Reminded Committee members to submit “Snippets” for the 50+ newsletter.

- I. Technology Subcommittee: No report.
- J. Disabilities Subcommittee: No report

6. ITEMS FOR NEXT AGENDA

Crosswalk at Del Norte BART and Safeway updates. Exit out of Safeway is a complicated area and there are concerns for pedestrian safety. Carol Kehoe agreed to follow up with the City and BART.

7. ADJOURN REGULAR COMMITTEE MEETING

Shirley Cressey moved, and Carol Kehoe seconded to adjourn meeting.
The meeting adjourned at 4:30p.m.

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