



MINUTES

REGULAR MEETING OF THE Committee on Aging

Wednesday, September 18, 2019 at 3p.m.

Staff Liaison
Bridget Cooney | (510) 559-7678
bcooney@ci.el-cerrito.ca.us

City Council Chambers
10890 San Pablo Ave

This Meeting Place is Wheelchair Accessible

3 p.m. CONVENE REGULAR MEETING Chair Dr. Pansy Kwong called the meeting to order at 3 p.m.

- 1. ROLL CALL – Present:** Chair Dr. Pansy Kwong; Vice-Chair Jennifer Haller; Members Katherine Cesa, Shirley Cressey, Kenneth Epley, Carol Kehoe, Steve Lipson, Kim Marlia, Nola Veganes Chavez
Absent: Janet James, Joanna Kim Selby
Also, Present: Bridget Cooney, Staff Liaison

2. ORAL COMMUNICATIONS FROM THE PUBLIC

3. APPROVAL OF THE MINUTES

Consider a motion of adopting the minutes of the Committee meeting on **August 21, 2019.**

Moved/Second: Vice Chair Haller/Member Kehoe **Action:** Passed a motion to adopt the minutes of the August 21, 2019 COA meeting with edits. **Ayes: 8 Nos: None Abstention: 1** Katherine Cesa

4. COUNCIL/STAFF LIAISONS ANNOUNCEMENTS AND REPORTS

Staff Liaison Cooney reported that the EC Stars Interns presented their accomplishments from their summer internships at City Council on Tuesday, September 17, 2019.

Staff Liaison Cooney reported the next Travel Training trip with WCCTAC will take place on October 10, 2019 using the Richmond Ferry and BART.

Staff Liaison Cooney also reported that the Senior Resource Fair will take place on Wednesday, October 2, 2019 at the El Cerrito Community Center. Committee members are encouraged to volunteer at the event.

Staff Liaison Cooney reported the Midtown Activity Center will be hosting a presentation put on by representatives from the Contra Costa County Health Insurance Counseling and Advocacy Program (HICAP). The presentation will include an overview of the 2020 changes affecting Medicare prescription and Advantage plans in Contra Costa County. The presentation will take place at the Senior Center at Hana Gardens on Wednesday, October 30, 2019 beginning at 1:00pm.

Reports:

- A. Housing subcommittee: No report.
 - B. Transportation subcommittee: Cressey reported that a community meeting to discuss possible plans at the El Cerrito Plaza BART station will take place on Thursday, October 3, 2019 from 6:30pm to 8:30pm at the Senior Center at Hana Gardens. Epley reported that he is continuing to work on the bus bench project at San Pablo Ave and Potrero.
 - C. Legislation subcommittee: Dr. Kwong shared that California approved AB 1482 in the state Assembly. Dr. Kwong also reported on an article in the New York times stating there are multiple proposals in Congress looking at lowering prescription drug prices like other countries.
 - D. Area Agency on Aging Advisory Council: Lipson reported that the county is collecting surveys about older adult services. Over 1300 surveys have been received to date. Lipson reported on scams targeting seniors using the census to get personal information. Lipson reported that the tech work group is reviewing county and support sites that provide information for seniors to improve websites.
 - E. West County Senior Coalition: No Report
 - F. Health Care subcommittee: Dr. Kwong reviewed current information known about the health effectiveness of CBD which is a component of marijuana. It is effective at treating pain associated with many chronic disorders. It may be helpful with other disorders, but there are not enough studies to recommend its use.
 - G. Membership subcommittee: Applicant, Buddy Akacic has attended three consecutive COA meetings and is eligible to be voted on as a potential new member of the Committee on Aging.
 - H. Communication subcommittee: Vice Chair Haller requested committee members to continue submitting snippets on areas of interest. Snippets should be submitted no later than the Friday following the monthly Committee on Aging meeting.
 - I. Technology subcommittee: Lipson continues working with El Cerrito High School (ECHS) to train student tutors for the Elder Tech Program. Elder Tech has expanded in the libraries in El Cerrito, Pinole, San Pablo and Richmond. Lipson reported that he is working with the IT department for the City to set up Wi-Fi at the Hana Gardens Senior Center.
 - J. Disabilities subcommittee: No report.
5. **Consider a Recommendation to Appoint Buddy Akacic to the COA**
Consider a recommendation to Council to appoint Buddy Akacic to COA.

Moved/Second: Chair Dr. Kwong/Member Cressey **Action:** Passed a recommendation to Council to appoint Buddy Akacic to COA. **Ayes:** 9 **Nos:** None **Abstention:** 0

6. **MOBILITY MATTERS PRESENTATION: TRANSPORTATION OPTIONS AVAILABLE TO OLDER ADULTS IN EL CERRITO**

Elaine Welch, CEO of Mobility Matters presented on different types of transportation options available to seniors in Contra Costa County. Welch explained that Mobility Matters is a volunteer driver program in Contra Costa County specifically for participants requiring door to door service. Mobility Matters annually publishes a transportation referral guide called "Way to go Contra Costa".


7. **Library Forum Discussion**

Lipson reported on a stakeholder meeting he attended. At the meeting, proposed plans drawn up by architectural firms were presented. One plan proposed consolidating resource at the community center to include a senior center. Lipson recommended that Alexandra Orologas, Assistant City Manager be invited to present on the topic at a future COA meeting.

8. **Future Agenda Items -**

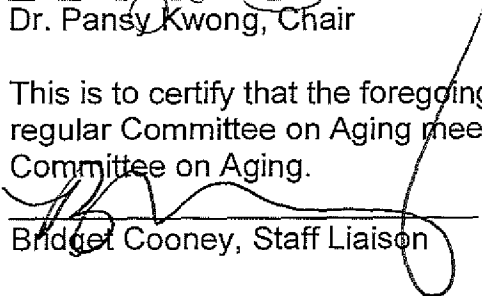
- Presentation regarding Library Forum by Assistant City Manager, Alexandra Orologas – TBD

9. **ADJOURNMENT** The meeting adjourned at 4:16 p.m.



Dr. Pansy Kwong, Chair

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 18, 2019 as approved by the Committee on Aging.



Bridget Cooney, Staff Liaison