



## AGENDA

### REGULAR MEETING OF THE COMMITTEE ON AGING

SEPTEMBER 15, 2021, at 3:00 p.m.

**Staff Liaison**

Bridget Cooney | (510) 559-7000  
bcooney@ci.el-cerrito.ca.us

**JOIN VIA ZOOM:**

<https://us06web.zoom.us/j/83358470548?pwd=SWsxWDRrTDV LZStIOVpJUlgwKzc2dz09>

**Meeting ID: 833 5847 0548 Password: 795006 or**

**Dial in: 1-408-638-0968**

Pursuant to Executive Order N-29-20, teleconference restrictions of the Brown Act have been suspended, as well as the requirement to provide a physical location for members of the public to participate in the meeting.

Members of the public can watch or listen to the Committee on Aging meeting via Zoom using the meeting information listed above.

Public comments may be submitted one of two ways:

1. Via Zoom using the "Raise Hand" icon to request to speak. If joining by phone, dial \*9 to "raise your hand", and when prompted \*6 to unmute/mute.
2. Via email to [bcooney@ci.el-cerrito.ca.us](mailto:bcooney@ci.el-cerrito.ca.us). Email must contain in the subject line **Public Comments – Not on the Agenda** or **Public Comments – Agenda Item #**.

To ensure that the Committee on Aging receives your written comments prior to taking action, they must be received by **9:00 a.m. the day of the meeting**. All written comments received by this deadline will be provided to the Committee on Aging in advance of the meeting.

Comments received after the deadline will be provided to the Committee on Aging and included with supplemental materials after the meeting. **No written comments will be read into the record.**

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### **3:00 p.m. CONVENE REGULAR MEETING**

1. **ROLL CALL** – Chair Kenneth Epley; Vice-Chair Pamela Wagner; Members Buddy Akacic, Katherine Cesa, Janet James, Carol Kehoe, Joanna Kim-Selby, Dr. Pansy Kwong, Steve Lipson, Kim Marlia, Bruce Yow
2. **COMMITTEE MEMBER ANNOUNCEMENTS**  
*Remarks are typically limited to one minute per person and are informal announcements on matters of general interest which are announced by Committee on Aging Members.*
3. **ORAL COMMUNICATIONS FROM THE PUBLIC**  
*Remarks are typically limited to three minutes per person and may be on anything within the subject matter jurisdiction of the body. Remarks on non-agenda items will be heard first, remarks on agenda items will be heard at the time the item is discussed.*
4. **COUNCIL/STAFF LIAISON ANNOUNCEMENTS AND REPORTS**  
*Council Member Abelson and/or Staff may report on matters of general interest to the Committee on Aging, Council policies, priorities and significant action taken by the City Council.*

**5. APPROVAL OF THE MINUTES**

*Pass a motion to adopt the minutes from the Committee on Aging meeting on August 18, 2021.*

**6. COMMITTEE LIAISON ANNOUNCEMENTS AND REPORTS**

*Liaisons for the Advisory Council on Aging and the West County Senior Coalition may report on matters of interest to the Committee on Aging. Reports are limited to three minutes per group.*

**7. WORK PLAN GOALS AND WORKING GROUP ANNOUNCEMENTS AND REPORTS**

*Reports are limited to three minutes per working group.*

- a) *Centenarian Recognition*
- b) *Outreach*

- *Committee on Aging Newsletter – review of September edition for editing purposes and motion to approve distribution of newsletter*
- *Senior Food Distribution update*

**8. DISCUSSION AND POSSIBLE ACTION TO RECOMMEND A “SENIOR OF THE YEAR AWARD” TO CITY COUNCIL**

*Member Akacic will propose for consideration establishing a “Senior of the Year Award” and will present criteria for how that award would be done. The committee will discuss and may recommend a motion to approve submitting a recommendation to City Council for a “Senior of the Year Award”.*

**9. FUTURE AGENDA ITEMS**

- *Next Meeting: Wednesday, October 20, 2021*
- *Motion to adopt meeting 2022 Committee on Aging Meeting Calendar (October)*
- *Discussion and possible action on Work Plan Goal related to transportation infrastructure (TBD)*
- *Discussion and possible action on Work Plan Goal related to removal of newspaper racks (TBD)*

**10. ADJOURNMENT**

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the Staff Liaison, (510) 559-7000. Notification 48 hours prior to the meeting will enable the city to make reasonable arrangements to ensure accessibility to this meeting. (28 CFR 35.102-35.104 ADA Title I).

Any writings or documents provided to a majority of the members regarding any item on this agenda will be made available for public inspection at City Hall, 10890 San Pablo Ave during normal business hours.



**SUPPLEMENTAL AGENDA MATERIALS**  
**(Revised 09/15/2021 at 9:00 A.M.)**

**COMMITTEE ON AGING MEETING**  
**SEPTEMBER 15, 2021**

**AGENDA ITEM 3 – ORAL COMMUNICATIONS FROM THE PUBLIC**

1. Public Comment Index

**AGENDA ITEM 5 – PROPOSED MINUTES FROM THE AUGUST 18, 2021,  
COMMITTEE ON AGING MEETING**

1. August 18, 2021, Proposed Minutes

**AGENDA ITEM 7 – WORK PLAN GOALS AND WORKING GROUP  
ANNOUNCEMENTS AND REPORTS**

1. Draft Committee on Aging Newsletter



## **SUPPLEMENTAL AGENDA MATERIALS PUBLIC COMMENT INDEX**

### **COMMITTEE ON AGING MEETING SEPTEMBER 15, 2021, at 3pm**

The following Public Comments were received by 9:00 a.m. 9/15/2021, were provided directly to Committee on Aging members in advance of the meeting, and were posted online as supplemental materials at:

<http://www.el-cerrito.org/ArchiveCenter/ViewFile/Item/5650>

#### **AGENDA ITEM 3 – ORAL COMMUNICATIONS FROM THE PUBLIC**

1. Cordell Hindler

## Chris Jones

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**From:** Cordell Hindler <cordellhindler@ymail.com>  
**Sent:** Tuesday, September 14, 2021 8:54 PM  
**To:** Bridget Cooney  
**Subject:** public comments

hello Bridget, I have one comment for the record

1. the committee is invited to attend the performance of Our town at Contra Costa Civic Theater

October 1st - 31st

adults 35.00

youth 15.00 dollars

Sincerely  
Cordell



**Recreation Department**

**Staff Liaison**

Bridget Cooney  
(510) 559-7000  
bcooney@ci.el-cerrito.ca.us

**DRAFT MINUTES  
REGULAR MEETING OF THE  
COMMITTEE ON AGING**

**Wednesday, August 18, 2021, at 3 p.m.**

VIA TELECONFERENCE

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**3:00 p.m. CONVENE REGULAR MEETING** Chair Epley called the meeting to order at 3:00 p.m.

**1. ROLL CALL**

**Present:** Chair Kenneth Epley; Vice Chair Pamela Wagner; Members Buddy Akacic, Katherine Cesa, Janet James, Carol Kehoe, Dr. Pansy Kwong, Steve Lipson, Bruce Yow  
**Absent:** Members Kim Marlia, Joanna Kim-Selby  
**Also Present:** Janet Abelson, Council Liaison; Bridget Cooney, Staff Liaison  
**Members from the Public:** None

**2. COMMITTEE ANNOUNCEMENTS**

*Member Cesa announced that Travel Training may resume in September.*

*Member Akacic requested that discussion and possible action regarding a "Senior of the Year Award" be added to the agenda for the September 15<sup>th</sup> meeting.*

*Member Akacic announced that every Friday at 10:00 am there is a Senior Seminar that meets in unit 318 at Hana Gardens apartments and every Friday at 1:00 pm, there is a Senior Stroll that meets outside in front of Hana Gardens Apartments.*

**3. ORAL COMMUNICATIONS FROM THE PUBLIC**

*Public comment not on the agenda was received from Cordell Hindler and was included in the supplemental materials.*

**4. COUNCIL/STAFF LIAISONS ANNOUNCEMENTS AND REPORTS**

Council Liaison Abelson reported that Council held their first in-person council meeting on August 17, 2021. City staff and Council members were in person, others attending the meeting were able to do so virtually using zoom. City Council meetings will transition to in-person meetings with a zoom option for those interested so there is a choice. Council spent some time discussing the BART TOD project at El Cerrito Plaza.

Staff Liaison Cooney reported that a mailer with information on in-person City programs would go out in the East Bay Sanitary quarterly statement in September. The mailer includes information for programs for all ages.

Staff Liaison Cooney reported that the Committee on Aging recommendation to recognize Centenarian residents was sent to Mayor Fadelli.

**5. APPROVAL OF THE MINUTES**

**Moved/Second:** Member Kehoe/Vice Chair Wagner

**Action:** Adopted the minutes from the Committee meeting on **July 21, 2021**

**Ayes:** 8 **Nos:** None **Abstention:** 1 (Member Cesa)

**6. COMMITTEE ON AGING MEMBERSHIP UPDATE**

*Chair Epley recognized David Van Etten for his service on the Committee on Aging and acknowledged his resignation. Currently there are four openings on the Committee on Aging.*

**7. COMMITTEE ON AGING WORK PLAN GOAL SETTING AND WORK GROUP ASSIGNMENT DISCUSSION**

*Chair Epley and staff liaison Cooney led a discussion to review the revised draft Committee on Aging 2021-22 Work Plan Goals and Working Group assignments.*

*Members Kehoe, Dr. Kwong and Vice Chair Wagner proposed preparing and distributing a monthly Committee on Aging Newsletter that includes information, programs, and services pertinent to seniors in El Cerrito that may not be included in the City's 60+ Bulletin. The goal of the COA newsletter is to increase outreach efforts and delivery of information to seniors who would otherwise not have access to the information. Members were directed to review the sample newsletter included in the agenda packet.*

*The committee made a motion to adopt the 2021-22 Committee on Aging Work Plan with edits to include distribution of a monthly Committee on Aging Newsletter. Additionally, the committee made a motion to approve for distribution, the Committee on Aging Newsletter included in the agenda packet.*

**Moved/Second:** Member Kehoe/Member Dr. Kwong

**Action:** Adopt the 2021-22 Committee on Aging Work Plan with edits including the distribution of the Committee on Aging Newsletter draft included in the supplemental packet.

**Ayes:** 9 **Nos:** None **Abstention:** 0

**8. COMMITTEE LIAISON ANNOUNCEMENTS AND REPORTS**

*Advisory Council on Aging liaison Lipson reported that the county, courtesy of the USC school of gerontology, received 130 cellular iPads for seniors for distribution through various service organizations.*

*Liaison Lipson reported that the county is working on an Aging Disability Resource Connection Plan.*

*Lipson reported that the Great Plates program is ending. The program started in May 2020 and helped support seniors in food crises. 307,000 meals to over 400 people throughout Contra Costa County.*

*West County Senior Coalition – Member Kehoe reported that Measure X was discussed at the meeting. The West County Senior Coalition formed committees to evaluate what to bring to the Board of Supervisors to determine funding allocations. Transportation was a priority area. The Board of Supervisors will finalize their funding priorities in September.*

**9. WORKING GROUP ANNOUNCEMENTS AND REPORTS**

- a) *Health Care & Legislation: Member Dr. Kwong reported that the CDC recommended a third dose of the COVID-19 vaccine for those who are immunocompromised. Dr. Kwong reported that people working in nursing homes will be required to have a third dose of the vaccine beginning in September, or risk loss of funding.*

*Member Dr. Kwong encouraged member to go online to review the California State budget.*

*b) Transportation: No report*

**10. FUTURE AGENDA ITEMS**

- Next Meeting: Wednesday, September 15, 2021, at 3pm
- Discussion and possible action taken on the 2021-22 Work Plan Goal: Public Transportation Infrastructure Improvements – Ken Epley (TBD)
- Discussion and possible action taken on the 2021-22 Work Plan Goal: Remove unused newspaper racks – Ken Epley (TBD)
- Discussion and possible action taken regarding a “Senior of the Year Award” – Buddy Akacic (September)
- Discussion and possible action taken to adopt meeting calendar for 2022 Committee on Aging Meeting Calendar (October)

**11. ADJOURNMENT**

Chair Kenneth Epley adjourned the meeting at 5:01 p.m.

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 15, 2021, as approved by the Committee on Aging.

\_\_\_\_\_  
Kenneth Epley, Chair

\_\_\_\_\_  
Bridget Cooney, Staff Liaison



# EL CERRITO COMMITTEE ON AGING NEWSLETTER

*Volunteer members of the El Cerrito Committee on Aging have gathered these resources for public benefit. The views and opinions expressed by this newsletter and by the individual organizers and facilitators of the program in this newsletter do not necessarily reflect the official policy or position of the City of El Cerrito. Please consult your doctor before participating in physical activities and regarding any health information contained in this newsletter.*

September 30, 2021

Volume 2

## HEALTH NEWS:

**COVID-19 VACCINE:** everyone 12 years of age and older should get the two shot **Pfizer** or **Moderna** vaccines or the one-shot **Johnson and Johnson** vaccine. Like all vaccines, the protection decreases somewhat overtime.

**In July**, the CDC recommended that patients who are immunocompromised receive a third dose to improve antibody responses. These patients include people who: received active cancer treatment for tumors or cancers of the blood; received an organ transplant and take medicine to suppress their immune system; received a stem cell transplant within the last two years and take medicine to suppress their immune system; have advanced or untreated HIV infection; take high dose corticosteroids or other drugs that may suppress the immune system or have a moderate or severe primary immunodeficiency condition. These boosters are available immediately for this group of people.

**In August**, all adults became eligible for a third shot of **Pfizer** or **Moderna** vaccine eight months after their second dose. Although the vaccines still are very effective, it was felt that a third booster would provide additional protection. The third **Pfizer** booster shots will be available beginning September 20, 2021. It is not known if **Moderna** boosters will be available then. **The boosters are free.**

People who are in high-risk groups like health care providers, nursing home residents and other seniors get priority.

Information about boosters of the **Johnson and Johnson** vaccine will be available later.

*(Reference-CDC: Joint Statement from HHS Public Health and Medical Experts On COVID-19 Booster Shots Media Statement August 18,2021)*

**INFLUENZA VACCINE FOR 2021-2022:** this year's vaccine will contain protection against four types of influenza viruses. All persons six years old and older who have no contraindications should get the vaccine. All persons fifty and older should especially get the vaccine since we are at higher risk for getting medical complications from influenza. People who live with or care for persons at higher risk for complications should get the vaccine. Influenza vaccine is available now. Research shows that it is safe to get both the COVID-19 vaccine and the influenza vaccine at the same time. (Reference: Morbidity and Mortality Weekly Report: August 27,2021)

## FOOD ASSISTANCE PROGRAMS:

There are multiple food assistance programs available to low-income families and individuals. Information can be found at [www.foodbanksccs.org](http://www.foodbanksccs.org).

You must meet income guidelines and residence requirements. Some examples of the programs:

- Free groceries once a month for low-income individuals and families. Bring a picture ID and proof of address (PG&E bill, for example)
  - North Richmond Missionary Baptist, 1427 Fred Jackson Way, Richmond, 3<sup>rd</sup> Tuesday, 10:00 am-12:00 pm
  - Southside Church of Christ, 1501 Florida Ave, Richmond, 4<sup>th</sup> Tuesday, 10:00 am-12:00 pm

- **Senior Food Program:** Free groceries twice a month to low-income individuals aged 55 or older. Only one senior per household can receive food. Bring picture ID and proof of address (PG&E bill for example)

- Independent Community Church, 605 S. 16<sup>th</sup> St. Richmond, 1<sup>st</sup>, and 3<sup>rd</sup> Friday, 10:30-11:30 am

- Moose Lodge #550, 4660 Appian Way, El Sobrante, 1<sup>st</sup> and 3<sup>rd</sup> Friday, 11:00 am-12:00 pm
- Multicultural Senior Center, 515 Silver Avenue, North Richmond, 2<sup>nd</sup>, and 4<sup>th</sup> Friday, 10:30-11:30 am

### FOOD ASSISTANCE PROGRAM

#### Income guidelines:

All Food Bank Programs:

Maximum household income

Household size	Monthly	Annually
1	\$2,499	\$29,986
2	\$3376	\$40,514
3	\$4,254	\$51,042
4	\$5,131	\$61,570
5	\$6,008	\$72,098
6	\$6,886	\$82,626
7	\$7,763	\$93,154
8	\$8,640	\$103,682
9	\$9,518	\$114,210
10	\$10,395	\$124,738
More than 10	Add \$877.33 each	Add \$10,528 each

Registration for all programs is done at distribution site. Income requirements are based on family size, so the person signing up will be asked "How many people in the household?" They will be asked to verbally certify that their income falls below the amount on the chart. No documentation is required. The Senior Food Program one page application asks name and address. They will need to bring a document that shows the person's birthdate and a piece of mail that has name and current address.

For help to see if you qualify for Calfresh (formerly Food Stamps) call 1-855-309-3663.

### IN PERSON SENIOR PROGRAMS RETURN IN SEPTEMBER

The El Cerrito Recreation Department is phasing in some in-person programs. Midtown Activity Center staff and programs have moved to the El Cerrito Community Center located at 7007 Moeser Lane. For information about senior programs go to [www.el-cerrito.org/recreation/adult](http://www.el-cerrito.org/recreation/adult).

**Pre-registration is required for all classes/activities.** Register online at [www.el-cerrito.org/794/Online-Registration-Instructions](http://www.el-cerrito.org/794/Online-Registration-Instructions) or in person at the El Cerrito Community Center. Office hours

are Monday-Thursday from 1pm-4pm (drop-in) or by appointment only 9am-12pm. The office is closed between 12pm-1pm. Call (510) 559-7000 or email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us) to make an appointment.

### SENIOR SEMINAR & STROLL WITH BUDDY

This is a group that meets at Hana Gardens on Friday at 10am for a seminar on various topics followed by a visit or stroll to a local point of interest. For details, email [buddyakacic@gmail.com](mailto:buddyakacic@gmail.com) or call (925)628-9325.