



## AGENDA

### REGULAR MEETING OF THE COMMITTEE ON AGING

WEDNESDAY, MAY 17, 2023, at 3p.m.

#### Staff Liaison

Bridget Cooney | (510) 559-7008  
bcooney@ci.el-cerrito.ca.us

City of El Cerrito Council Chambers  
10890 San Pablo Ave  
El Cerrito, CA 94530

**This Meeting Place is Wheelchair Accessible**

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

1. **ROLL CALL** – Chair Katherine Cesa; Vice-Chair Dr. Pansy Kwong; Members Buddy Akacic, Kenneth Epley, Janet James, Carol Kehoe, Steve Lipson, Kim Marlia, Pamela Wagner, Bruce Yow
2. **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, as well as introduction by individuals interested in serving on the advisory body. Remarks on agenda items will be heard at the time the item is discussed.*
3. **COMMITTEE MEMBER ANNOUNCEMENTS**  
*Remarks are typically limited to three minutes per person and are informal announcements on matters of general interest which are announced by Committee on Aging Members.*
4. **COUNCIL/STAFF LIAISON ANNOUNCEMENTS AND REPORTS**  
*Councilmember and/or Staff may report on matters of general interest to the Committee on Aging, Council policies, priorities and significant action taken by City Council.*
5. **COMMITTEE ON AGING LIAISON REPORTS**  
*Liaisons for the Advisory Council on Aging, West County Senior Coalition and Senior Living Facilities in El Cerrito, report on matters of interest to the Committee on Aging. Reports are limited to three minutes per group.*
6. **APPROVAL OF THE MINUTES**  
*Pass a motion to adopt the minutes from the Special Committee on Aging meeting on April 19, 2023.*
7. **DISCUSSION AND POSSIBLE ACTION TO UPDATE THE 2023 COMMITTEE ON AGING MEETING CALENDAR**  
*Discussion and possible motion to cancel the August 16, 2023, Committee on Aging meeting.*

## **8. WORK PLAN REPORTS**

*Reports are limited to three minutes per working group and may be on items related to the Work Plan Goals and Working Group Assignments.*

- *Discuss Committee on Aging Outreach Work Plan accomplishments for 2022-23 and begin goal setting discussion for the Work Plan for 20223-24.*
- *Discussion and possible action to share results of the informal Committee on Aging Survey with City Council for informational purposes.*

## **9. FUTURE AGENDA ITEMS**

- Next Meeting: June 21, 2023, at 3:00p.m. in the Council Chambers
- Work Plan 2023-24 Goal Setting (June/July 2023)
- Adopt Annual Committee on Aging Meeting Calendar 2024 (November 2023)

## **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) 559-7008. 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.



## **AGENDA MATERIALS**

### **REGULAR COMMITTEE ON AGING MEETING WEDNESDAY, MAY 17, 2023, at 3:00p.m.**

#### **AGENDA ITEM 6 – APPROVAL OF MINUTES**

1. Draft Meeting Minutes – April 19, 2023

#### **AGENDA ITEM 7 – DISCUSSION AND POSSIBLE ACTION TO UPDATE THE 2023 COMMITTEE ON AGING MEETING CALENDAR**

1. 2023 Committee on Aging Meeting Calendar

#### **AGENDA ITEM 8– WORK PLAN REPORTS**

1. Committee on Aging Informational Survey Results
2. Committee on Aging 2022-23 Work Plan



**Recreation Department**

**Staff Liaison**

Bridget Cooney

(510) 559-7000

bcooney@ci.el-cerrito.ca.us

**MINUTES - DRAFT**  
**SPECIAL MEETING OF THE**  
**COMMITTEE ON AGING**

**Wednesday, April 19, 2023, at 3:00 p.m.**

VIA TELECONFERENCE

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**CONVENE REGULAR MEETING** Chair Epley called the meeting to order at 3:05 p.m.

**1. ROLL CALL**

**Present:** Chair Kenneth Epley, Vice Chair Katherine Cesa; Members: Buddy Akacic, Carol Kehoe, Dr. Pansy Kwong, Steve Lipson **joined at 3:15pm**, Bruce Yow

**Absent:** Janet James, Kim Marlia, Pamela Wagner

**Also Present:** Bridget Cooney, Staff Liaison

**Members from the Public:** Al Miller and Mark Watson

**2. ORAL COMMUNICATIONS FROM THE PUBLIC**

*Al Miller introduced himself as the President of the El Cerrito Library Foundation.*

*Mark Watson introduced himself as an interested resident.*

**3. COMMITTEE MEMBER ANNOUNCEMENTS**

*Vice Chair Cesa announced that members from John Gioia's office attended the At-Home Plan to Combat Homelessness summit in Sacramento on April 10, 2023.*

*Member Kehoe encouraged Committee on Aging members to consider participating in the City 4<sup>th</sup> of July Festival by volunteering to table at the event in an Advisory Body capacity.*

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

*Staff Liaison Cooney reported that rEC Guides for summer programming went out in the mail to all El Cerrito residents.*

*Staff Liaison Cooney reported that the Recreation Department hosted their second sold out Adult Line Dance on April 15, 2023, with over seventy attendees ranging in age from 35-85 years old.*

*Staff Liaison Cooney reported that in May the Recreation Department is partnering with the Alzheimer's Association to host a series of three free senior presentations.*

*Staff Liaison Cooney reported that the Contra Costa Area on Aging has a program called Connections, Health, Aging and Technology (CHAT) working to bridge the digital divide for seniors. Qualified seniors in Contra Costa County will receive an iPad, internet service and digital training.*

*Staff Liaison Cooney reported that there is a Budget Town Hall meeting in the Council Chambers on Saturday, April 22, 2023, from 10am-12pm.*

*Staff Liaison Cooney reported that there is a Climate Action and Adaptation Plan Workshop in the Council Chamber on Saturday, June 3, 2023, at 10am.*

*Staff Liaison Cooney reported that a video orientation and Advisory Body Handbook review is available to COA members on the city website.*

Staff Liaison Cooney reported that results from the National Community Survey (NCS) for 2022 that the city conducted are available on the city website.

**5. COMMITTEE ON AGING LIAISON REPORTS**

Member Kehoe and Member Lipson reported attendance at the Advisory Council on Aging meeting on April 19, 2023. Kehoe reported on a presentation by Contra Costa County Senior Legal Services. Member Kehoe reported that the ACOA Transportation subcommittee is looking at transportation options in the county. Member Kehoe reported that there are currently three assembly bills under review regarding the reinstatement of the Brown Act rules.

Vice Chair Cesa and Member Kehoe reported the next West County Senior Coalition meeting is April 26, 2023.

**6. APPROVAL OF THE MINUTES**

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

**Action:** Adopted the minutes with edits from the Committee on Aging meeting held on February 15, 2023.

**Ayes:** Chair Epley, Vice Chair Cesa, Member Akacic, Member Kehoe, Member Dr. Kwong, Member Lipson, Member Yow

**Nos:** None

**Abstention:** None

**7. INFORMATIONAL PRESENTATION BY COMMITTEE MEMBER AKACIC**

Member Akacic expressed concern that El Cerrito does not have a stand-alone senior center and neighboring cities all do. Member Akacic reported that Recreation Director Jones shared information on the City's Master Plan which identifies the desire for both dedicated and shared space for senior services. Member Akacic stated that he believes the "Senior Center" sign hanging above the space at Hana Gardens is false advertising and should be taken down. Member Akacic stated that he toured St. John's Hall on Portola Drive. Member Akacic stated that he had a conversation with Melanie Mintz, Community Development Director for the City of El Cerrito about the lack of a senior center in El Cerrito.

Member Kehoe requested that Staff Liaison Cooney email committee members the link to the City's Master Plan and requested that a city representative provide an explanation of the difference between the city's Master Plan and Strategic Plan.

**8. DISCUSSION ON THE REINSTATEMENT OF THE BROWN ACT AND ITS IMPACTS ON OLDER ADULT ADVOCACY**

Member Lipson reported that the reinstatement of the Brown Act is adversely impacting older adult advisory bodies across the state. Member Lipson reported that there are three pieces of legislation currently and that one has been identified as an urgency statute and requires a two-thirds vote to go into effect. Member Lipson stated that the Master Plan on Aging local playbook development will be affected by the reinstatement of the Brown Act meeting requirements regarding virtual meeting attendance participation. Member Lipson encouraged COA members to send letters of support to their congressperson.

**9. WORK PLAN REPORTS**

- Member Kehoe reported that the quarter one Centenarian recognized by City Council is Jacqueline (Jackie) Hettman. Jackie turned 103 years old in March 2023.

- *Committee members reviewed the April/May/June 2023 edition of the Committee on Aging Outreach Newsletter for editing. Member Dr. Kwong recommended that the committee prioritize information in future editions and keep the newsletter to a maximum of one page front and back.*

**Moved/Second:** Vice Chair Cesa **Moved/Member Lipson Second**

**Action:** Adopted the April/May/June 2023 Committee on Aging Outreach Newsletter with edits for publication.

**Ayes:** Chair Epley, Vice Chair Cesa, Member Akacic, Member Kehoe, Member Dr. Kwong, Member Lipson, Member Yow

**Nos:** None

**Abstention:** None

- *Staff Liaison Cooney presented the results of the informal Committee on Aging Survey. Member Kehoe recommended that the COA members review the information presented and continue discussing what to do with the information at the May 17, 2023, meeting.*

#### 10. REORGANIZATION OF THE COMMITTEE ON AGING ADVISORY BODY

**Action:** Motion to nominate Vice Chair Cesa to serve as the Chair of the Committee on Aging.

**Moved/Second:** Member Epley **Moved/Member Lipson Second**

**Ayes:** Member Epley, Member Akacic, Member Cesa, Member Kehoe, Member Dr. Kwong, Member Lipson, Member Yow

**Nos:** None

**Abstention:** None

**Action:** Motion to nominate Member Dr. Kwong to serve as the Vice Chair of the Committee on Aging.

**Moved/Second:** Member Kehoe **Moved/Member Epley Second**

**Ayes:** Member Epley, Member Akacic, Member Cesa, Member Kehoe, Member Dr. Kwong, Member Lipson, Member Yow

**Nos:** None

**Abstention:** None

#### 11. FUTURE AGENDA ITEMS

- Next Meeting: Wednesday, May 17, 2023, at 3:00 p.m. in the Council Chambers
- Continued discussion and possible action regarding the Committee on Aging Informal Survey Results (May 2023)
- Discussion about Committee Members participating at the city 4<sup>th</sup> of July Festival (May 2023)
- Discussion and possible action to cancel Committee on Aging meetings in August (May 2023)
- Work Plan 2022-23 Accomplishments (May/June 2023)
- Work Plan 2023-23 Goal Setting (June/July 2023)
- Adopt Annual Committee on Aging Meeting Calendar 2023 (November)

#### 12. ADJOURNMENT

Chair Cesa adjourned the meeting at 4:49 p.m.

This is to certify that the foregoing is a true and correct copy of the minutes of the Special Committee on Aging meeting of February 15, 2023, as approved by the Committee on Aging.

\_\_\_\_\_  
Katherine Cesa, Vice Chair

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



## 2023 Regular Meeting Schedule

City Holiday/Closed

Regular Meeting

**Location:** Via Zoom or in-person at Council Chambers (10890 San Pablo Ave)

**Meeting Time:** 3:00 p.m.

### Committee on Aging

#### JANUARY 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|-----|-----|-----|-----|------|-----|-----|
| 1   | 2   | 3   | 4   | 5    | 6   | 7   |
| 8   | 9   | 10  | 11  | 12   | 13  | 14  |
| 15  | 16  | 17  | 18  | 19   | 20  | 21  |
| 22  | 23  | 24  | 25  | 26   | 27  | 28  |
| 29  | 30  | 31  |     |      |     |     |

#### FEBRUARY 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
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| 12  | 13  | 14  | 15  | 16   | 17  | 18  |
| 19  | 20  | 21  | 22  | 23   | 24  | 25  |
| 26  | 27  | 28  |     |      |     |     |

#### MARCH 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
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| 12  | 13  | 14  | 15  | 16   | 17  | 18  |
| 19  | 20  | 21  | 22  | 23   | 24  | 25  |
| 26  | 27  | 28  | 29  | 30   | 31  |     |

#### APRIL 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
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| 16  | 17  | 18  | 19  | 20   | 21  | 22  |
| 23  | 24  | 25  | 26  | 27   | 28  | 29  |
| 30  |     |     |     |      |     |     |

#### MAY 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
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| 14  | 15  | 16  | 17  | 18   | 19  | 20  |
| 21  | 22  | 23  | 24  | 25   | 26  | 27  |
| 28  | 29  | 30  | 31  |      |     |     |

#### JUNE 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
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| 11  | 12  | 13  | 14  | 15   | 16  | 17  |
| 18  | 19  | 20  | 21  | 22   | 23  | 24  |
| 25  | 26  | 27  | 28  | 29   | 30  |     |

#### JULY 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|-----|-----|-----|-----|------|-----|-----|
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| 2   | 3   | 4   | 5   | 6    | 7   | 8   |
| 9   | 10  | 11  | 12  | 13   | 14  | 15  |
| 16  | 17  | 18  | 19  | 20   | 21  | 22  |
| 23  | 24  | 25  | 26  | 27   | 28  | 29  |
| 30  | 31  |     |     |      |     |     |

#### AUGUST 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|-----|-----|-----|-----|------|-----|-----|
|     |     | 1   | 2   | 3    | 4   | 5   |
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| 20  | 21  | 22  | 23  | 24   | 25  | 26  |
| 27  | 28  | 29  | 30  | 31   |     |     |

#### SEPTEMBER 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|-----|-----|-----|-----|------|-----|-----|
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| 3   | 4   | 5   | 6   | 7    | 8   | 9   |
| 10  | 11  | 12  | 13  | 14   | 15  | 16  |
| 17  | 18  | 19  | 20  | 21   | 22  | 23  |
| 24  | 25  | 26  | 27  | 28   | 29  | 30  |

#### OCTOBER 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|-----|-----|-----|-----|------|-----|-----|
| 1   | 2   | 3   | 4   | 5    | 6   | 7   |
| 8   | 9   | 10  | 11  | 12   | 13  | 14  |
| 15  | 16  | 17  | 18  | 19   | 20  | 21  |
| 22  | 23  | 24  | 25  | 26   | 27  | 28  |
| 29  | 30  | 31  |     |      |     |     |

#### NOVEMBER 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|-----|-----|-----|-----|------|-----|-----|
|     |     |     | 1   | 2    | 3   | 4   |
| 5   | 6   | 7   | 8   | 9    | 10  | 11  |
| 12  | 13  | 14  | 15  | 16   | 17  | 18  |
| 19  | 20  | 21  | 22  | 23   | 24  | 25  |
| 26  | 27  | 28  | 29  | 30   |     |     |

#### DECEMBER 2023

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|-----|-----|-----|-----|------|-----|-----|
|     |     |     |     |      | 1   | 2   |
| 3   | 4   | 5   | 6   | 7    | 8   | 9   |
| 10  | 11  | 12  | 13  | 14   | 15  | 16  |
| 17  | 18  | 19  | 20  | 21   | 22  | 23  |
| 24  | 25  | 26  | 27  | 28   | 29  | 30  |
| 31  |     |     |     |      |     |     |

**COMMITTEE ON AGING INFORMATIONAL SURVEY Submissions collected Dec 2022-Feb 2023)**

Ages of seniors participating in the survey ranged from 60-90 years old (average age of survey participants was 74.5)

**Do you believe that senior and disabled programs and services are essential for improved quality of life?** 91 of 91 Answered (100.0%)

NO (1 response, 1.1%)

YES (90 responses, 98.9%)

**Do you believe that a dedicated senior center building is essential for providing senior and disabled services?** 91 of 91 Answered (100.0%)

NO (24 responses, 26.4%)

YES (67 responses, 73.6%)

**Are you aware that there are two one-day per week senior centers in El Cerrito currently operating in partnership with West Contra Costa Older Adult Education at Christ Lutheran Church, on Mondays and St. John's Church, on Tuesdays from 9am-3pm?** 91 of 91 Answered (100.0%)

NO (49 responses, 53.8%)

YES (42 responses, 46.2%)

**Are you aware that the City of El Cerrito Recreation Department currently offers several classes, programs, and support services for seniors at the El Cerrito Community Center, 7007 Moeser Lane?** 91 of 91 Answered (100.0%)

NO (18 responses, 19.8%)

YES (73 responses, 80.2%)

**Are you currently participating in a senior class/program or receiving support services in El Cerrito? If yes, where do you take the class/program/receive the support service?** 88 of 91 Answered (96.7%)

I do not currently participate in senior class/programs or receive support services (51 responses, 56.0%)

El Cerrito Community Center, 7007 Moeser Lane (18 responses, 19.8%)

St. John's Senior Center, 6500 Gladys Ave (9 responses, 9.9%)

Christ Lutheran Senior Center, 780 Ashbury Ave (8 responses, 8.8%)

El Cerrito Library, 6510 Stockton Ave (2 responses, 2.2%)

Sakura Kai Senior Center, 5625 Sutter Ave, Richmond (2 responses, 2.2%)

West Contra Costa Adult Education, Alvarado Campus, 5625 Sutter Ave, Richmond (1 response, 1.1%)

Other (8 responses, 8.8%)

**If other, where? 11 of 91 Answered (12.1%)**

Albany Senior Center  
Richmond Annex Senior Center  
Berkeley Senior Center  
Emeryville Senior Center  
MOW (Meals on Wheels)  
J-Sei in Emeryville

**Are you or is someone you know in need of and not currently receiving senior support services in El Cerrito? 91 of 91 Answered (100.0%)**

NO (70 responses, 76.9%)  
YES (21 responses, 23.1%)

**What senior class(es)/program(s)/support service(s) do you most want to see offered in El Cerrito? 88 of 91 Answered (96.7%)**

Exercise & Fitness classes (58 responses, 63.7%)  
Enrichment classes (art, languages, music, games, etc.) (57 responses, 62.6%)  
Informational Presentations & Class Demonstrations (Free) (41 responses, 45.1%)  
Day Trips & Excursions (museums, hiking trails, bird watching, restaurants, etc.) (38 responses, 41.8%)  
Technology Presentations & Tutoring (35 responses, 38.5%)  
Lunch program (34 responses, 37.4%)  
Senior Transportation & Travel Training (33 responses, 36.3%)  
Support Groups & Services (32 responses, 35.2%)  
Other (12 responses, 13.2%)

**If other, what senior class(es)/program(s)/support service(s) would you like to see? 21 of 91 Answered (23.1%)**

AARP Tax-Aid  
Haircuts  
Cooking for One classes/Nutrition Classes for older adults  
Dances, dance classes, & social events & opportunities  
Ukulele  
Birding Trips  
Fall prevention  
FREE Classes (such as water color, ukulele)  
More Zoom content  
Sing-along  
Social dances  
Swimming & water exercise  
Tutoring on how to use the cloud and online computer services

**How do you find out about senior programs and services that are available in El Cerrito? Check all that apply** 85 of 91 Answered (93.4%)

Recreation Department rEC Guide (41 responses, 45.1%)

Friend or relative (34 responses, 37.4%)

West Contra Costa Adult School brochure (17 responses, 18.7%)

60+ Bulletin (monthly) (16 responses, 17.6%)

Library (15 responses, 16.5%)

City website: [www.el-cerrito.org/recreation](http://www.el-cerrito.org/recreation) (14 responses, 15.4%)

E-newsletters (City Manager update, rEC news) (14 responses, 15.4%)

Flyer or Poster (12 responses, 13.2%)

El Cerrito Committee on Aging Outreach Newsletter (bi-monthly) (10 responses, 11.0%)

Social Media (Facebook, Instagram) (5 responses, 5.5%)

West Contra Costa Adult School website (3 responses, 3.3%)

Other (7 responses, 7.7%)

**If other, where?** 10 of 91 Answered (11.0%)

Christ Lutheran & St. John's Older Adult Programs

Community emails - Community Development, City Manager's updates and Little Hill instagram posts

El Cerrito Community Center bulletin boards

Next door

We need one place online where we can view all of these programs

Due to closure of Midtown Activity Center, we no longer have a go-to place to access info for seniors.

**Do you or does someone you know need assistance getting information about senior programs and services in El Cerrito?** 88 of 91 Answered (96.7%)

NO (61 responses, 67.0%)

YES (27 responses, 29.7%)

**If yes, what is your preferred method for receiving information?** 91 of 91 Answered (100.0%)

Email (35 responses, 38.5%)

Mail (46 responses, 50.5%)

Other (10 responses, 11.0%)

**If other, how do you prefer to receive information?** 15 of 91 Answered (16.5%)

A place that is open on weekends for seniors to access info - by phone or in person

Phone

Website

**Do you have any additional information you would like to share with us regarding senior classes/programs and support services in El Cerrito? 31 of 91 Answered (34.1%)**

I am especially happy with the civic support for recycling

I am on the younger side of senior, but as I age, I hope El Cerrito can continue to support the current services and maybe more.

I think it is important for senior programs to be FREE, no discrimination based on ability to pay. A senior Center should be a pleasant, welcoming environment, safe & easy to access. Seniors should not have to struggle every year to keep their senior center.

If you find a place permanently to have the classes, please make sure it continues, and something does not get in the way like a broken heater, causing people attending to be disappointed.

It would be great to have a real senior center building just like Berkeley, Albany and Richmond. This way El Cerrito senior residents don't have to drive far to participate in activities.

Thank you

El Cerrito needs to provide a senior center like all of the other cities in the East Bay

Having a Senior Center is not "essential" to providing services, but it sure helps to have a familiar, welcoming, easy to get to space. Having it near to or coordinated with programs at a place like the EC Community Center would be a plus.

My mother, sister and I participated in senior classes/programs prior to COVID-19. Since not everyone wears N95 masks, I don't find in-person risks worthwhile at this time. We now participate in senior classes via Zoom at senior centers in other cities.

Seeing first hadn the benefits of the various programs for Seniors, we need to ensure that as many, and maybe even more of these programs and classes, continue to be offered. The mental benefit, as well as social benefit, is truly necessary for so many.

There are many seniors in El Cerrito. Having a central gathering place would be awesome.

They should be low or no cost programs for seniors

We need transportation to classes and all special events. Better senior bus service

Would like similar senior programs that are offered to senior centers in Albany, Richmond, Berkeley and San Pablo

Exercise classes in a room large enough that people can drop-in when they can't come regularly and don't have to sign up in advance. Some classes are VERY expensive.

I also attend classes at the Richmond Senior Center, for a fee, but the fee is low. Attending classes at 3 different senior centers has made retirement enjoyable. The baby boomer tax paying generation is in or coming into retirement is huge and deserves a senior center.

I believe the City should stop messing in individual issues and concentrate on fiscal issues. Most seniors are well versed in financial and tech areas and are financially independent. Stop thinking that we are needy invalids.

I enjoy the fitness classes, but they should be free for seniors.

I moved here from Emeryville & was disappointed that there was no senior center & senior activities mostly required payment. Mostly free in Emeryville. I volunteered at the Emeryville Senior Center & know that many seniors came to the Emeryville Senior Center every day for activities & human contact.

Many seniors are not retired. Classes in the evening would be helpful.

We need a senior center building in El Cerrito

Since the school district took over the previous senior center near the library, senior services have been scattered - at Midtown Center for a while and so on. This is confusing. We badly need a large senior center building where all adult and senior activities can happen.

We need more public transportation in the hills.

Need dedicated space that may be within a larger active space like the Community Center.



## FISCAL YEAR 2022-2023 WORK PLAN AND 2021-2022 ACCOMPLISHMENTS

### COMMITTEE ON AGING

#### Staff Liaison

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

**Chair** Kenneth Epley, **Vice-Chair** Katherine Cesa

**Members** Buddy Akacic, Janet James, Carol Kehoe, Dr. Pansy Kwong, Steve Lipson,  
Kim Marlia, Pamela Wagner, Bruce Yow

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**MISSION STATEMENT:** The El Cerrito Committee on Aging was formed by City Council Resolution 3559 in June 1973 to advise the Council about the needs of older and/or disabled adult residents. The Committee on Aging addresses immediate concerns and issues concerning senior residents and adults with disabilities and addresses and supports the improvement of their quality of life. When appropriate, recommendations for action are made to the City Council.

The primary duties and purposes for which the Committee on Aging was established are as follows:

- To identify and establish regular communication with El Cerrito's older and/or disabled adults.
- To document needs of older and/or disabled adults living in El Cerrito and identify resources and benefits available from all agencies.
- To develop plans for programs that utilize the resource of talents among El Cerrito's older and/or disabled adults through volunteer opportunities to be recommended to the Council for inclusion in the General Plan and other plans and programs as may be developed.
- To review and evaluate existing and proposed programs within their responsibility and make recommendations to the Council on City action and funding.
- To serve as liaisons with other interested and concerned groups.

**HISTORICAL BACKGROUND:** The members of the Committee on Aging are appointed by the City Council upon recommendation by the Committee. Membership is open to all interested adult residents of El Cerrito. Anyone wishing to join the Committee must attend three meetings so that they may become familiar with the members and activities of the Committee before making their decision to join.

The Committee's regular meeting date is the Third Wednesday of the month. The meeting starts at 3:00 p.m. The Committee meets at the El Cerrito City Hall, Council Chambers, 10890 San Pablo Avenue. The public is invited to attend the meetings. The Chairperson and Vice-Chairperson are elected annually. The Committee on Aging typically does not meet in December.

#### Goals and Objectives

The Committee, with Council support, has established four long-term goals for which to advocate:

- Affordable housing options for older and disabled residents.
- Adequate space and facilities for, and the provision of, quality programs and services for seniors.

- Improved accessible public transportation and para-transit services for persons unable to use public transit facilities.
- Increased support services to assist frail older adults and their families both within and outside of their homes.

In pursuit of its goals, the Committee has the assistance of the Adult Programs and Services Supervisor. She/he will attend all Committee meetings and provide the Committee with current information on the status of programs and facilities available.

Together with Adult Programs and Services Supervisor, the Committee continuously evaluates the services being provided and makes suggestions and recommendations pertaining to such services.

## FISCAL YEAR 2022-2023 WORK PLAN

| Priority Ranking | Goal/Objective                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Proposed Activities                                                                                                                                                                                                                                                                                                                                                     | Work Group Assignment        | Timeline For Completion                                                                                                                                                                                                                                                                                    |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.               | <b>(Communication/Outreach)</b><br>Improve communication and outreach to older adults living in El Cerrito. <ul style="list-style-type: none"> <li>• Educate seniors in areas of health care and legislation affecting older adults. Share information gathered from reliable sources.</li> <li>• Improve communication of public transportation resources for older and/or disabled adults who are no longer able to drive themselves.</li> <li>• Identify and educate seniors in El Cerrito of free support services available to them.</li> </ul> | A) Prepare, publish, and distribute a bi-monthly Committee on Aging Outreach Newsletter. Draft COA Outreach Newsletters will be reviewed by the committee and a motion passed prior to publication.<br><br>B) Invite representatives from outside organizations to share information about their programs and/or services with the Committee and seniors in El Cerrito. | Wagner<br>Dr. Kwong<br>Kehoe | July: Review/motion for Aug/Sept distribution<br><br>Sept: Review/motion for Oct/Nov distribution<br><br>Nov: Review/motion Dec/Jan distribution<br><br>Jan: Review/motion for Feb/Mar distribution<br><br>Mar: Review/motion for Apr/May distribution<br><br>May: Review/motion for Jun/July distribution |

|    |                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                         |                        |  |
|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|--|
| 2. | <p><b>(Adequate Space for Senior Programs &amp; Services)</b></p> <p>Prepare a recommendation to City Council regarding unmet needs for senior programs and services within El Cerrito.</p> | <p>A. Prepare survey questions to ask seniors living in El Cerrito.</p> <p>B. Survey available seniors living in El Cerrito, asking what programs they would like to see offered and what services they need in El Cerrito.</p> <p>C. Compile survey results, including the number of seniors surveyed.</p> <p>D. Prepare a recommendation to City Council regarding those results.</p> | Akacic<br>Kehoe<br>Yow |  |
| 3. | <p><b>(Affordable Housing)</b></p> <p>Invite Housing Analyst to provide an update on Affordable Housing Projects in El Cerrito annually.</p>                                                | <p>A. Share information about affordable housing projects/programs with seniors in El Cerrito through the COA outreach newsletter.</p>                                                                                                                                                                                                                                                  | Dr. Kwong<br>Wagner    |  |

### ONGOING WORKING GROUP PROJECTS

|    | Project                                                                                                                                                                                        | Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Work Group Assignments                                                                                                                            |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. | <b>(Liaison Assignments)</b><br>Serve as Liaison to:<br>Advisory Council on Aging<br><br>West County Senior Coalition<br><br>Senior Living Facilities in El Cerrito                            | A) Report back to the committee on topics of interest discussed at meetings.<br><br>B) Report back to the committee on information regarding programs, services and activities involving senior living facilities in El Cerrito including, but not limited to Eskaton Hazel Shirley Manor, Hana Gardens and El Cerrito Royale.                                                                                                                                                                                                         | Advisory Council on Aging (Kehoe, Lipson)<br><br>West County Senior Coalition (Cesa, Kehoe)<br><br>Senior Living Facilities in El Cerrito (James) |
| 2. | <b>(Technology for Seniors)</b><br>Improve senior's knowledge of and access to technology to help seniors close the digital divide.                                                            | A) Identify and share information regarding existing resources and services available to seniors including free or low-cost internet access, free computer access, low-cost cell phone programs and technology tutoring.                                                                                                                                                                                                                                                                                                               | Lipson                                                                                                                                            |
| 3. | <b>(Accessibility/ADA)</b><br>Identify and report accessibility issues preventing senior and/or disabled residents from safely accessing programs, services, parks, and buildings in the city. | A) Report accessibility issues or concerns within the city of El Cerrito to appropriate city departments.<br><br>B) Advocate for improved accessibility for older and disabled adults in El Cerrito.                                                                                                                                                                                                                                                                                                                                   | Kehoe                                                                                                                                             |
| 4. | <b>(Centenarian Recognition)</b><br>Recognize residents turning 100-years old or older through the Mayoral Certificate of Recognition program.                                                 | Quarterly recognition process for Centenarians:<br><br>1. COA will submit names, birth date, and contact information to staff liaison.<br><br>2. Staff liaison will give names to City Clerk who is responsible for maintaining an active list of Centenarians in El Cerrito.<br><br>3. COA verification of list provided by City Clerk (sent quarterly)<br><br>4. COA: Confirm physical address and that individual(s) are still currently residing in El Cerrito and are willing to have names published in COA Outreach Newsletter. | Kehoe<br>Marlia                                                                                                                                   |

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|  |  | <p>5. Mayor: recognizes under Council Communications. Signed Certificates mailed to the address on file.</p> <p><b>Schedule as follows:</b></p> <p>1<sup>st</sup> Quarter (Jan-Mar)<br/>COA verification requested 3/1, due by 3/31<br/>Certificates/recognition completed in <b>April</b></p> <p>2<sup>nd</sup> Quarter (Apr-Jun)<br/>COA verification requested 6/1, due by 6/30<br/>Certificates/recognition completed in <b>July</b></p> <p>3<sup>rd</sup> Quarter (July-Sept)<br/>COA verification requested 9/1, due by 9/30<br/>Certificates/recognition completed in <b>October</b></p> <p>4<sup>th</sup> Quarter (Oct-Dec)<br/>COA verification requested 12/1, due by 12/31<br/>Certificates/recognition completed in <b>January</b></p> |  |
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### PRIOR YEAR (2021-2022) ACCOMPLISHMENTS

|    | Goal/Objective                                                                                                  | Activities Supporting Goal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Status                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|----|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. | <p>(Communication/Outreach)</p> <p>Improve communication and outreach to older adults living in El Cerrito.</p> | <p>A) Identify low-cost ways to distribute the 60+ Senior Bulletin to more residents in El Cerrito.</p> <p>B) Promote the Memorial Bench program. Share information regarding the program with senior centers, senior housing, individual residents, businesses and other clubs and organizations in El Cerrito.</p> <p>C) Prepare a list of local free and low-cost food distribution locations for seniors and share resource list with senior centers, senior housing, the library, and senior residents.</p> | <p>September 2021 –information regarding in-person City programs sent out in the East Bay Sanitary quarterly statements.</p> <p>September 2021 - First Committee on Aging Outreach Newsletter published and distributed by COA members. Information in newsletter included food assistance programs, COVID boosters and in-person programs and activities for seniors.</p> <p>October 2021 – Second COA Outreach Newsletter published and distributed. Information included health updates and legislation, centenarian recognition program,</p> |

|  |                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |                                                                                                                                                                                                                                                                                                                                | <p>D) Prepare a list of local free/low-cost programs, activities and events for seniors and share resource list with senior centers, senior housing, the library, and senior residents.</p> <p>E) Prepare and distribute a monthly Committee on Aging Newsletter with the intention of sharing resources and information about senior services, events and programs that aims to improve the health and well-being of seniors in El Cerrito.</p> | <p>in-person senior classes and activities, Health Insurance Counseling and Advocacy Program (HICAP) and Memorial Bench program.</p> <p>February 2022 -Third COA Outreach Newsletter published and distributed. Decided to move to a bi-monthly format for distribution.</p> <p>April 2022 – Fourth COA Outreach Newsletter published and distributed. Published newsletter added to Recreation Department website. Newsletter replaced what was formerly called “Senior Snippets”.</p> <p>February 2022 – Memorial Bench installed at Canyon Trail Park for Aaron Morris Kamil and second Memorial Bench order placed for Kimi Honda.</p> |
|  | <p>(Public Transportation Infrastructure Improvement Recommendations)</p> <p>Prepare a recommendation to City Council to:</p> <p>Install bus benches at stops #55117 northbound and #55506 southbound San Pablo Ave at Potrero Ave.</p> <p>Install weather shelter at stop #55594 southbound San Pablo Ave at Potrero Ave.</p> | <p>Identify AC Transit bus stops in the city without benches or weather shelters that would benefit from having benches/shelter installed.</p> <p>Prepare a recommendation to give to Council for weather shelter and bench installation at identified bus stops. Put on the agenda discussion and possible action (motion to recommend to City Council).</p>                                                                                    | <p>10/20/21 - COA passed a motion to submit a recommendation to City council to install a weather shelter at AC Transit stop #55594, southbound and bus benches at AC Transit stops #55117northbound and #54406 southbound.</p> <p>11/3/21 - Recommendation was sent to Council and was included in the City Council agenda packet for the 11/16/21 council meeting.</p> <p>No action taken by Council.</p>                                                                                                                                                                                                                                |
|  | <p>(Newspaper rack removal)</p> <p>Prepare a recommendation to City Council to remove unused newspaper racks in El Cerrito on San Pablo Ave.</p>                                                                                                                                                                               | <p>Identify unused or damaged newspaper racks on San Pablo Ave.</p> <p>Prepare a recommendation to give to Council for removal of identified unused newspaper racks. Put recommendation on agenda for discussion</p>                                                                                                                                                                                                                             | <p>10/20/21 COA passed a motion to submit a recommendation to Council to remove unused and unsightly newspaper racks located on San Pablo Ave.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

|  |                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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|  |                                                                                                                                                    | and action (motion to recommend to City Council).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <p>Identified newspaper racks located on San Pablo Ave in front of City Hall and on San Pablo Ave in front of the Post Office.</p> <p>11/3/21 Recommendation sent to Council and included in the Council agenda packet for the 11/16/21 council meeting.</p> <p>Recommendation accepted by Council.</p> <p>March 2022 – Chair Epley reported that newspaper racks had been removed.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|  | <p>(Centenarian Recognition)</p> <p>Recognize residents turning 100-years old or older through the Mayoral Certificate of Recognition program.</p> | <p>A) Identify El Cerrito Residents turning 100-years old or older (Reach out to senior housing, senior centers and neighborhood groups including posting notices on City website and social media to identify residents turning 100-years old or older).</p> <p>B) Contact nominated residents and/or person nominating the resident to gather background information and interesting life events (including how long they have lived in El Cerrito/what brought them to El Cerrito).</p> <p>C) Submit names, birth date, and contact information to staff liaison. Staff liaison will work with City Clerk and City Council for recognition certificate(s).</p> <p>D) Prepare a recommendation to give to Council for Centenarian Recognition at a city council meeting. Put recommendation on agenda for discussion and action (motion to recommend to City Council).</p> | <p><b>May-June 2021</b> Prepared a recommendation to give to Council for Centenarian Recognition. Put recommendation on agenda for discussion and action (motion to recommend to Council).</p> <p><b>July 2021</b> - Submitted recommendation to Council</p> <p><b>August 2021</b> - recommendation accepted by Council. Centenarian Recognition moved to on-going working group assignment and process for recognition established.</p> <p><b>Quarterly recognition process for Centenarians:</b></p> <ul style="list-style-type: none"> <li>• COA verification of list provided by City Clerk (send quarterly)</li> <li>• COA confirm physical address and that individual(s) are still with us</li> <li>• Mayor announces/recognizes under Council Communications</li> <li>• City Clerk/Mayor: Signed Certificates mailed to the address on file.</li> </ul> <p><b>Schedule as follows:</b></p> |

|  |  |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|--|--|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  |  | <p>1<sup>st</sup> Quarter (Jan-Mar)<br/>COA verification requested 3/1, due by 3/31<br/>Certificates and announcements completed in <b>April</b></p> <p>2<sup>nd</sup> Quarter (Apr-Jun)<br/>COA verification requested 6/1, due by 6/30<br/>Certificates and announcements completed in <b>July</b></p> <p>3<sup>rd</sup> Quarter (July-Sept)<br/>COA verification requested 9/1, due by 9/30<br/>Certificates and announcements completed in <b>October</b></p> <p>4<sup>th</sup> Quarter (Oct-Dec)<br/>COA verification requested 12/1, due by 12/31<br/>Certificates and announcements completed in <b>January</b></p> |
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## **SUPPLEMENTAL AGENDA MATERIALS**

### **COMMITTEE ON AGING MEETING WEDNESDAY, MAY 17, 2023, at 3:00p.m.**

#### **AGENDA ITEM 2 – ORAL COMMUNICATIONS FROM THE PUBLIC**

1. Public Comments received by 9:00a.m. on May 17, 2023.



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

### **COMMITTEE ON AGING MEETING WEDNESDAY, MAY 17, 2023, at 3:00p.m.**

The following Public Comments were received by 9:00 a.m. 5/17/2023, were provided directly to Committee on Aging members in advance of the meeting, and were posted online as supplemental materials at:

<https://www.el-cerrito.org/Archive.aspx?ADID=6021>

#### **AGENDA ITEM 2 – ORAL COMMUNICATIONS FROM THE PUBLIC**

1. Cordell Hindler

**From:** Cordell Hindler  
**To:** Bridget Cooney  
**Subject:** Public Comments  
**Date:** Tuesday, May 16, 2023 12:07:18 PM

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Hello Bridget,

I Am forwarding the Following Comments for the Record

1. The Committee On Aging Is Invited to the Point Richmond Business Mixer on May 25th from 4:30 to 6:30 pm

Feagley Realtors

1230 Brickyard Cove Road,

2. Spring Mixer at Travis Credit Union Hosted by the Richmond Chamber of Commerce

6:00 to 8:00 PM

10.00 Dollars

Sincerely  
Cordell