



RECREATION DEPARTMENT

Staff Liaison

Bridget Cooney | (510) 559-7008

bcooney@ci.el-cerrito.ca.us

**AGENDA
REGULAR MEETING OF THE
COMMITTEE ON AGING**

WEDNESDAY, JANUARY 17, 2024, at 3p.m.

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

This Meeting Place is Wheelchair Accessible

3:00 p.m. CONVENE REGULAR MEETING

- 1. ROLL CALL** – Chair Katherine Cesa; Vice-Chair Dr. Pansy Kwong; Members Buddy Akacic, Linda Cain, 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. WEST CONTRA COSTA ADULT EDUCATION PROGRAMS OVERVIEW**
A representative with the WCCUSD Adult Education Department will share information about their Older Adult Education Programs. This is an informational presentation only; no action will be taken on items presented.
- 6. APPROVAL OF THE MINUTES**
Pass a motion to adopt the minutes from the Special Committee on Aging meeting on November 15, 2023.
- 7. 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.

8. INTERVIEW COMMITTEE ON AGING APPLICANT

Informal interview to gather information on interest, knowledge, and fit of applicant Anisha Desai for potential recommendation to the City Council for Committee on Aging membership.

9. 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.

- *Review draft Committee on Aging Outreach Newsletter January-March 2024 edition for editing and possible motion to approve for distribution.*

10. FUTURE AGENDA ITEMS

- Next Meeting: February 21, 2024, at 3:00p.m. in the Council Chambers
- Discussion and Possible Action to Recommend Appointment of applicant Anisha Desai (February 2024)

11. 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, JANUARY 17, 2024, at 3:00p.m.**

AGENDA ITEM 6 – APPROVAL OF MINUTES

1. Draft Meeting Minutes – November 15, 2023

AGENDA ITEM 9 – WORK PLAN REPORTS

1. Draft Committee on Aging Outreach Newsletter January-March 2024



Recreation Department

Staff Liaison

Bridget Cooney

(510) 559-7008

bcooney@ci.el-cerrito.ca.us

DRAFT MINUTES COMMITTEE ON AGING

Wednesday, November 15, 2023, at 3:00 p.m.

City of El Cerrito Council Chambers

10890 San Pablo Ave

El Cerrito, Ca 94530

This meeting place is wheelchair accessible.

CONVENE REGULAR MEETING Chair Cesa called the meeting to order at 3:04 p.m.

1. ROLL CALL

Present: Chair Katherine Cesa, Vice Chair Dr. Pansy Kwong; Members: Buddy Akacic, Linda Cain, Kenneth Epley, Carol Kehoe, Steve Lipson, Pamela Wagner

Absent: Janet James, Kim Marlia, Bruce Yow

Also Present: Bridget Cooney, Staff Liaison, Yvetteh Ortiz, Public Works Director, Marielle Cuisson, Public Works Associate Engineer

Members from the Public: Mark Watson

2. ORAL COMMUNICATIONS FROM THE PUBLIC

Public Comment not on the agenda received from Cordell Hindler included in the supplemental materials.

3. COMMITTEE MEMBER ANNOUNCEMENTS

Member Lipson announced that Choice in Aging Elder Tech Imagination Project, open to older adults, will be happening at Christ Lutheran Senior Center on Mondays in the new year.

Member Kehoe announced a Zoom meeting on Wednesday, November 15, 2023, at 5pm regarding advocating for allocating Measure X Funds for older adult programs and services.

Member Kehoe expressed concern for residents unable to take out their own trash/waste and what type of assistance is available in El Cerrito.

4. COUNCIL/STAFF LIAISONS ANNOUNCEMENTS AND REPORTS

Staff Liaison Cooney reported that the City Council study session on City advisory bodies will continue at the December 5, 2023, City Council meeting.

Staff Liaison Cooney reported on the success of the November 3, 2023, Senior Resource Fair and thanked Committee on Aging members for their participation at the event.

Staff Liaison Cooney announced the upcoming December Recreation Department Special Events.

5. COMMITTEE ON AGING LIAISON REPORTS

Member Kehoe and Member Lipson reported the next meeting of the Advisory Council on Aging would take place in December. No meeting was held in November.

Member Lipson reported that the California Senior Legislature met in October 2023 and

there are currently ten legislative proposals under review.

Member Kehoe reported that the Area Agency on Aging would be meeting on November 17, 2023. Member Kehoe reported that the Area Agency on Aging is working on updating the local Master Plan for Aging and would like to involve city's Committees on Aging to be in the process. Member Kehoe requested this topic be included on the January 2024 agenda for further discussion.

West County Senior Coalition – No Report

Member Akacic reported that St. John's Senior Center added a Sing-Along on Tuesdays.

Member Akacic reported that Jeff Carr is the new Adult School Principal overseeing the Older Adults Programs.

Member Kehoe reported that Christ Lutheran Senior Center would be adding a balance class and computer tutoring program in January.

6. APPROVAL OF THE MINUTES

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

Action: *Adopted the minutes with edits from the Committee on Aging meeting held on October 18, 2023.*

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

Nos: *None*

Abstention: *None*

7. INFORMATIONAL PRESENTATION BY PUBLIC WORKS STAFF

Public Works Director, Yvetteh Ortiz and Public Works Associate Engineer, Marielle Cuison provided an update on the El Cerrito Del Norte Complete Streets Improvement Project, the 2020-2022 Curb Ramps, Sidewalk Repairs, and Enhanced Crosswalks projects, and the Richmond Street Complete Streets Project. Public Works staff announced that they are working on bringing the ADA Advisory Group back in 2024 and encouraged Committee on Aging member participation in the group.

8. DISCUSSION AND POSSIBLE MOTION TO ADOPT PROPOSED 2024 COMMITTEE ON AGING ANNUAL MEETING CALENDAR

Moved/Second: *Vice Chair Dr. Kwong Moved/Member Wagner Second*

Action: *Adopted the 2024 Committee on Aging Annual Meeting Calendar with edits.*

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

Nos: *None*

Abstention: *None*

9. WORK PLAN REPORTS

Member Kehoe reported that the Mayfair Project is expected to break ground in spring 2024. The project will have 70 low-income units.

Member Kehoe reported that the El Cerrito Plaza BART Project reported that 47% of the 722 units will be low-income units.

Member Wagner encouraged member to send her information for the February/March 2024 COA Outreach Newsletter.

10. FUTURE AGENDA ITEMS

- Next Meeting: Wednesday, January 17, 2024, at 3:00 p.m. in the Council Chambers
- WCCUSD Adult Education Informational Presentation (January 2024)
- Area Agency on Aging Master Plan for Aging Update (TBD)

11. ADJOURNMENT

Chair Cesa adjourned the meeting at 4:42 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 November 15, 2023, as approved by the Committee on Aging.

Katherine Cesa, Chair

Bridget Cooney, Staff Liaison

EI CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER

Late January-March 2024

Volume 12

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.

SENIOR SNIPPETS:

Did you know that the El Cerrito Community Center, 7007 Moeser Lane, has a community bulletin board for seniors? Stop by and check out the board located inside the Community Center near the restrooms.

Loneliness Is Bad for Your Health, finds study by Briana Abbott, Health Reporter for the Wall Street Journal
<https://www.wsj.com/health/wellness/loneliness-social-isolation-death-577009bb>

The Wall Street Journal article published on November 9, 2023, reported that people who keep active socially not only “enjoy a better quality of life”, but they also tend to live longer. The article also stated that “...loneliness can be bad for our health, contributing to health problems including anxiety, heart disease and dementia.”

Older adults are encouraged to find opportunities for social engagement such as visiting with family/friends, attending weekly classes, clubs, or support groups.

Benefits of Tai Chi

<https://www.usnews.com/news/health-news/articles/2023-10-31/tai-chi-might-help-seniors-counter-mild-cognitive-decline>
<https://www.acpjournals.org/doi/10.7326/M23-1603>

Annals of Internal Medicine cited a case study of adults in their mid-70's with mild memory impairment who practiced the art of Tai Chi twice a week for 6 months. The study suggested that physically performing Tai Chi movements simultaneously stimulated memory receptors (to remember the steps) and

had an impact on memory scores. Another reported benefit of Tai Chi was improved balance in participants.

AARP Tax-Aide Income Tax Preparation Assistance

AARP trained volunteers assist low- and moderate-income seniors with their state and federal income tax forms.

AARP Tax-Aide appointments will take place February 5-April 9, 2024. **This**

FREE service is offered by

Appointment ONLY! This service will be available to seniors in El Cerrito at the Hana Gardens Senior Center located at 10870 San Pablo Ave as well as locations in Pinole/Hercules.

Call (510) 397-8779 to request an appointment in El Cerrito.

For appointments in Pinole/Hercules, call (510) 630-7295.

Social Security COLA 2024

<https://faq.ssa.gov/en-US/Topic/article/KA-01951>

Recipients of Social Security will receive a 3.2% raise in 2024. This is the annual cost-of living adjustment (COLA) intended to help meet higher prices for food, fuel, and other goods and services.

Get Vaccinated against Respiratory Syncytial Virus (RSV)

<https://www.cdc.gov/rsv/index.html>

Respiratory Syncytial Virus can cause serious disease in older adults. CDC recommends that adults over 60 years of age consider receiving a single dose of the RSV vaccine. Contact your health care provider to determine if you are a candidate for this vaccine.

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FREE SENIOR PRESENTATIONS

**El Cerrito Community Center,
7007 Moeser Lane.
For more information call 510-559-7000
or email recreation@ci.el-cerrito.ca.us.**

Wed, 1/24, 1pm-2pm:
Zumba Gold Demo/Trial Class

Wed, 2/28, 1pm-2pm:
Presentation: Senior Services in El Cerrito.

Wed, 3/13, 1pm-2pm:
Presentation: Aging Successfully

Wed, 3/13, 9am-12pm: Age-Well Drive Smart Seminar (FREE) California Highway Patrol (CHP) presents information for older adults to help improve driver safety, maintain insurance rates, and share new laws that have gone into effect. Space is limited! Call 510-559-7000 or email recreation@ci.el-cerrito.ca.us for more information.

Wed, 3/20, 1-2pm:
Federal Trade Commission Consumer Fraud Presentation

Wed, 4/17, 1-2pm:
Pickleball 101: What is Pickleball?

**Christ Lutheran Church Senior Center,
780 Ashbury Ave
Every Monday (except holidays) from
11:30am-12:30pm.
For a full list of upcoming presentations, call
Carol Kehoe (510) 915-6120.**

Mon, 1/22, 11:30am-12:30pm: End of Life Doula

Mon, 1/29, 11:30am-12:30pm: Immune System

Mon, 2/5, 11:30am-12:30pm: League of Women Voters

Mon, 2/12, 11:30am-12:30pm: A Look at Ancient Rome Society in Modern Times

Mon, 2/26, 11:30am-12:30pm:
Presentation by Dr. Pansy Kwong

SPECIAL EVENTS (\$)

Silver & Gold Line Dance

Date: Saturday, 1/27

Time: 6-8pm

Location: El Cerrito Community Center, 7007 Moeser Lane

Cost: \$10 per person (includes line dance instructions and light refreshments). Must register in advance. Register online www.el-cerrito.org/onlineereg or in the Community Center office, M-Th, 9am-5pm. For more information call (510) 559-7000.

Chinese New Year's Celebration

Date: Saturday, 2/10

Time: 1-3pm, doors open at 12:30pm.

Location: Richmond Memorial Auditorium, 403 Civic Center Plaza.

Cost: \$15 per person and includes light refreshments. Must Register in advance.

For more information call (510) 620-6793.

Boomer Dance (Free-style dancing to Billboard Top 100 from the 50's and 60's)

Date: Friday, 2/23

Time: 1pm-3pm

Location: El Cerrito Community Center, 7007 Moeser Lane

Cost: \$5 per person (includes light refreshments)

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Must register in advance. For more information call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.

Black History Celebration Program

Date: Saturday, 2/24

Time: 1pm-3pm, doors open at 12:30pm

Location: Richmond Memorial Auditorium, 403 Civic Center Plaza.

Must register in advance. **For more information contact 510-620-6793.**

Recreation Department Crab Feed,

Date: Saturday, 3/9

For more information call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.

Spring Line Dance

Date: Saturday, 4/20

Time: 6-8pm

Location: El Cerrito Community Center, 7007 Moeser Lane

Cost: \$10 per person (includes line dance instructions and light refreshments).

Must register in advance. Register online www.el-cerrito.org/onlineereg or in the Community Center office, M-Th, 9am-5pm. For more information call (510) 559-7000.

Spring Tea Party, Saturday, 5/18/24

For more information call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.

SENIOR OUTTINGS & TRIPS (\$)

rEC Trek: Big Screen Classics at the

Rialto: Rewatch classic movies on the big screen. Recreation Staff will provide round-trip transportation to and from the Rialto Theater in El Cerrito for El Cerrito residents ages 60+, cost is \$5. Food and drink may be purchased at the theater for an additional cost. Call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us to sign up.

Movie Dates & Titles:

- **Th, 2/1:** Talk to Me

- **Th, 3/7:** Charade
- **Th, 4/4:** October Sky
- **Th, 5/9:** The Philadelphia Story

rEC Treks: Senior Day Trips (\$)

www.el-cerrito.org/recreation

Explore new locations and meet new people. **Fees vary.** Advance registration required. For more information call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.

Day Trip Dates:

- **Su, 2/25:** Cirque du Soleil Kooza
- **F, 3/22:** Asian Art Museum
- **Th, 4/18:** Pinole Senior Center Luncheon
- **Th, 5/16:** Angel Island Tour

Premier World Travel (\$)

Interested in traveling internationally or exploring a destination with the United States? **Mention El Cerrito Senior Services when booking.**

Contact the Recreation Department recreation@ci.el-cerrito.ca.us or call (510) 559-7000 for more information.

Upcoming trips include:

- Landscapes & Lighthouses of Coastal Maine - August 2024
- Great Canadian Cities with Niagara Falls - September 2024
- Music Cities Christmas - December 2024

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FOOD RESOURCES (FREE)

**West Contra Costa Adult Education
Mobile Food Pantry, Alvarado School,
5625 Sutter St., Richmond Annex
1st and 3rd Mondays of each month
(closed 2/19), between 9:30am-11am.**
(One senior per household can pick up free groceries at the mobile food pantry. Please bring two bags with handles).
<https://www.foodbankccs.org/map-city/richmond/>

**Kennedy High School Mobile Food
Pantry**
**4300 Cutting Blvd, Richmond (enter
down S. 45th St)**
1st & 3rd Saturday from 2pm-3pm
Bring two bags with handles. Non-perishable food will be distributed on the 3rd Saturday of each month.
<https://www.foodbankccs.org/map-city/richmond/>

**St. Jerome's Catholic Church, 308
Carmel Ave, El Cerrito.**
Food distribution is 10am-1:30pm every Wednesday. Picture ID required.
<https://www.foodbankccs.org/map-city/el-cerrito/>

**St. John's Catholic Church, 11150 San
Pablo Ave, El Cerrito, food distribution
however, is located on Kearney St
(behind the church).**
Distribution hours are 9am-10am on the 1st and 3rd Saturdays. Bring a picture ID.
<https://www.foodbankccs.org/map-city/el-cerrito/>

Mobile Farmer's Market: Locally grown, affordable fresh fruits and vegetables in your neighborhood every week. **Richmond Public Library, 325 Civic Center Plaza, Richmond from 9:45am-11:15am.**
<https://www.freshapproach.org/event/richmond-mobile-farmers-market-120/>

SENIOR CENTERS & PROGRAMS IN EL CERRITO CITY OF EL CERRITO RECREATION DEPARTMENT ADULT & SENIOR PROGRAMS & SERVICES

7007 Moeser Lane, El Cerrito
Detailed class information can be found in the seasonal rEC Guide and online at www.el-cerrito.org/Adult. For more information, call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.

**West Contra Costa Adult Education
Older Adult Programs**
<https://www.wccadulthoodeducation.com/courses-1-2>

CHRIST LUTHERAN CHURCH SENIOR CENTER

Mondays, 9am-3pm
780 Ashbury Ave, El Cerrito
Christ Lutheran Senior Center is open to anyone 55 years or older. For more information contact Carol Kehoe at (510) 915-6120.

SAINT JOHN'S CHURCH SENIOR CENTER Tuesdays, 9am-3pm

6500 Gladys Ave, El Cerrito
St. John's Senior Center program is open to anyone over 55 years old. For more information, call (925) 628-9325 or email buddyakacic@gmail.com.

SAKURA KAI: Senior Classes for Japanese Speaking Adults

**1st & 3rd Saturdays of each month,
8:30am-2:30pm.**
5625 Sutter Ave, Richmond (Alvarado Adult School Campus). For more information contact Yasuyo Floyd at (510) 523-2316. <https://www.sakurakaica.org/>



SUPPLEMENTAL AGENDA MATERIALS

COMMITTEE ON AGING MEETING WEDNESDAY, JANUARY 17, 2024, at 3:00p.m.

AGENDA ITEM 2 – ORAL COMMUNICATIONS FROM THE PUBLIC

1. Public Comments received by 9:00a.m. on January 17, 2024.



SUPPLEMENTAL AGENDA MATERIALS PUBLIC COMMENT INDEX

COMMITTEE ON AGING MEETING WEDNESDAY, JANUARY 17, 2024, at 3:00p.m.

The following Public Comments were received by 9:00 a.m. on 1/17/2024, were provided directly to Committee on Aging members in advance of the meeting, and were posted on-line as supplemental materials at:

<https://el-cerrito.org/Archive.aspx?ADID=7481>

AGENDA ITEM 2 – ORAL COMMUNICATIONS FROM THE PUBLIC

1. Cordell Hindler



From: [Cordell Hindler](#)

To: [Bridget Cooney](#)

Subject: Public comments

Date: Tuesday, January 16, 2024 8:54:23 AM

Hello Bridget,

I AM Forwarding some Announcements for the record:

1. Richmond Rotary Club Weekly Meeting 1-19-2024, 12:30 PM at the Richmond Country Club

\$25.00 Dollars for Lunch, Cesar Zepeda Will Share Updates in District 2

2. Contra Costa Mayors Conference 2-1-24, 6:30 PM at the Berkeley Country Club

\$70.00 Per Person, Email Holly ahead of Time

Sincerely
Cordell