



Staff Liaison

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**REGULAR MEETING OF THE
COMMITTEE ON AGING**

WEDNESDAY, MARCH 20, 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** – Vice-Chair Dr. Pansy Kwong; Members Buddy Akacic, Linda Cain, Janet James, Carol Kehoe, 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. LOCAL ROAD SAFETY PLAN PRESENTATION**
Marielle Cuison, Associate Engineer with the City of El Cerrito will share an informational presentation on the Local Road Safety Plan. 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 Committee on Aging meeting on February 21, 2024.
- 7. INTERVIEW COMMITTEE ON AGING APPLICANTS FOR RE-APPOINTMENT**
Informal interviews with Katherine Cesa and Steve Lipson for potential recommendation to the City Council for re-appointment as members of the Committee on Aging.
- 8. 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.
- 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 April-June 2024 edition for editing and possible motion to approve for distribution.

10. FUTURE AGENDA ITEMS

- Next Meeting: April 17, 2024, at 3:00p.m. in the Council Chambers
- Reorganization of Committee on Aging (April 2024)
- Work Plan Accomplishments (May 2024)
- Committee on Aging interest in participation at the City's July 4th & worldOne Festival (May 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, MARCH 20, 2024, at 3:00p.m.

AGENDA ITEM 6 – APPROVAL OF MINUTES

1. Draft Meeting Minutes – February 21, 2024

AGENDA ITEM 9 – WORK PLAN REPORTS

1. Draft Committee on Aging Outreach Newsletter April-June 2024



Recreation Department

Staff Liaison

Bridget Cooney

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DRAFT - MINUTES COMMITTEE ON AGING

Wednesday, February 21 2024, 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, Janet James, Carol Kehoe, Steve Lipson, Pamela Wagner, Bruce Yow

Absent: Kim Marlia

Also Present: Bridget Cooney, Staff Liaison, Paul Fadelli Councilmember

Members from the Public: None

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 Akacic announced that he is nominating Janet Abelson for consideration for the City of El Cerrito Wall of Fame.

Chair Cesa announced that the Open House to review the draft Climate Action Plan and Contra Costa General Plan with Representative John Gioia would be held in the El Cerrito City Hall lobby on Wednesday, February 21, 2024, from 5pm-7pm.

Member Kehoe announced Contra Costa Transportation Authority (CCTA) workshop on February 29, 2024.

4. COUNCIL/STAFF LIAISONS ANNOUNCEMENTS AND REPORTS

Councilmember Fadelli stated Council was split on whether to issue a cease fire resolution for the middle east at the February 20, 2024, City Council meeting.

Councilmember Fadelli stated that Member Akacic is working on a nomination for former Councilmember and Mayor Janet Abelson for the Wall of Fame.

Councilmember Fadelli stated that Advisory Body appointment interviews.

Councilmember Fadelli announced that the city has an updated Strategic Plan and Goals.

Councilmember Fadelli stated that the city is starting the budget process.

Councilmember Fadelli stated that the city is in good financial shape considering lower than anticipated property transfer tax.

Councilmember announced the city has a new ballot box outside City Hall.

Councilmember Fadelli stated that the library measure will not be on the ballot in

November.

Councilmember Fadelli announced that the WCCTAC Board is working with AC Transit on a one-year program to revitalize key bus stops in El Cerrito. Construction is anticipated to begin mid-year.

Staff Liaison Cooney announced that applicant Anisha Desai's application for potential membership was closed. Desai applied for and was appointed to another advisory body within the City of El Cerrito.

Staff Liaison Cooney announced the Boomer Dance at the El Cerrito Community Center on February 23, 2024.

Staff Liaison Cooney announced the "Get to know Senior Services in El Cerrito" presentation at the El Cerrito Community Center on Wednesday, February 28, 2024.

5. APPROVAL OF THE MINUTES

Moved/Second: *Member Kehoe Moved/Member James Second*

Action: *Adopted the minutes with edits from the Committee on Aging meeting held on January 17, 2024*

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

Nos: *None*

Abstention: *None*

6. COMMITTEE ON AGING LIAISON REPORTS

Member Kehoe reported on a presentation to the West County Senior Coalition by Meals on Wheels representative regarding Measure X fund distribution.

Member Kehoe reported the Master Plan for Aging was discussed and the ACOA will continue working on establishing goals and objectives.

Member Kehoe reported on a presentation by Jewish Family Services.

Member Lipson reported that the California Senior Legislature submitted ten bills for consideration. Of the ten bills submitted, only one bill was adopted.

Member James announced that Member Lipson is working on a grant funded program with seniors at Eskaton Hazel Shirley Manor called "Imagination Project". Member Lipson stated he would be interested in offering a similar workshop or presentation at the Community Center.

7. WORK PLAN REPORTS

Member Wagner requested that articles for the next Outreach Newsletter be submitted to her no later than March 1, 2024.

8. FUTURE AGENDA ITEMS

- Next Meeting: Wednesday, March 20, 2024, at 3:00 p.m. in the Council Chambers
- Presentation: Local Road Safety Plan (March)
- Reorganization: Committee on Aging (April)
- Presentation: The Imagination Project (TBD)

- Presentation: Community Development Updates (TBD)

9. ADJOURNMENT

Chair Cesa adjourned the meeting at 4:07 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 21, 2024, as approved by the Committee on Aging.

Katherine Cesa, Chair

Bridget Cooney, Staff Liaison

EI CERRITO COMMITTEE ON AGING OUTREACH NEWSLETTER DRAFT

April-June 2024

Volume 13

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.

Older Adults Now Able to Receive Additional Doses of Updated COVID-19 Vaccine

<https://www.wsj.com/health/wellness/loneliness-social-isolation-death-577009bb>

The CDC recommends that adults ages 65 and older receive a second dose of the updated COVID-19 Vaccine. The second dose should be given at least four months after the first dose for healthy adults, or at least three months after having a coronavirus infection. Adults 65 and older accounted for 63% of hospitalizations and 88% of in-hospital deaths from COVID-19 in 2023.

Smoking Cannabis Associated with Increased Risk of Heart Attack & Stroke

<https://www.nih.gov/news-events/news-releases/smoking-cannabis-associated-increased-risk-heart-attack-stroke#:~:text=The%20study%2C%20funded%20by%20the,non%20use%20of%20the%20drug.>

In a National Institutes of Health article published on February 28, 2024, studies have shown that frequent cannabis smoking may significantly increase a person's risk for heart attack and stroke. There is a 24% increased risk of heart attack and a 42% increased risk of stroke in people who smoked weed daily.

Contra Costa County Library

<https://ccclib.org/>

The Contra Costa County Library System provides access through technology solutions, free services, resource information, and programs.

Connected California

Digital Navigators help you get connected to the internet and online resources. Navigators will work with you one-on-one by phone to discuss your needs and to find out how they can help. **Call 1-800-790-5319 or email help@connectedca.libanswers.com**

<https://www.211ca.org/detail/?idServiceAtLocation=211sofcali-87118466&location=&user=>

Learn more about the library's adult literacy program, **Project Second Chance (PSC)**. Trained volunteers tutor to teach basic reading, writing, and spelling. Call (925) 691-3960 for more information.

Get involved by volunteering to deliver books to the homebound

<https://ccclib.org/accessibility/books-for-the-homebound/>

Braille and Talking Book Library

(BTBL) Need assistance with Braille or talking Books? The library has you covered! Visit

<https://www.library.ca.gov/btbl/> to learn more about the BTBL program.

Looking for reading

recommendations? Visit

<https://ccclib.org/reading/>

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FREE passes are available to over 90 cultural destinations through the library.

- Go to <https://ccclib.discoverandgo.net/>
- Log in with library card number and last name.
- Browse for passes by date or attraction and make a reservation.

SPECIAL EVENTS (\$)

Earth Day Volunteer Work Parties

Date: Saturday, 4/20

Time: 9am-12pm

Location: Citywide Work Parties

Cost: FREE

The City encourages advance registration by emailing earthday@ci.el-cerrito.ca.us by 4/14/24. Up-to-date information can be found online at <http://www.el-cerrito.org/645/Earth-Day-Celebration>

Adult Line Dance – Hawaiian Tropical Theme

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.

Community Gardening Workshop

Date: Saturday, 4/27

Time: 9am-1pm

Location: The Church of Jesus Christ of Latter-Day Saints, 4351 Hilltop Drive, El Sobrante

Cost: FREE

Presenters from the University of California Master Gardener Program of Contra Costa County share gardening tips. Free Plants for attendees! For more information visit <https://www.hilltopgardeningworkshop.eventbrite.com>

Spring Tea Party

Date: Saturday, 5/18/24

Time: 1pm-3pm

Location: El Cerrito Community Center, 7007 Moeser Lane

Cost: \$10 per person (includes tea, light refreshments and live music by Korematsu Jazz Ensemble). 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.

Senior Information & Health Day Fair

Date: Wednesday, May 22, 2024

Time: 10am-1pm

Location: Richmond Memorial Auditorium, 403 Civic Center Plaza.

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, 4/4: October Sky

Th, 5/9: The Philadelphia Story

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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:

- **Th, 4/18:** Pinole Senior Center Luncheon (\$21Res/\$26NRes)

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 UNIFIED
OLDER ADULT EDUCATION
PROGRAMS** call (510) 231-1453 ext 0 or visit
<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 (510) 231-1453 ext. 0 for more information.

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/>

FREE PRESENTATIONS

El Cerrito Community Center,
7007 Moeser Lane.

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

Wed, 4/17, 1pm-2pm:

Pickleball 101: What is Pickleball?

Th, 5/23, 1pm-2pm:

Downsizing & Decluttering Workshop

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, 4/9: Local Road Safety Plan - Public Works Staff

Mon, 4/29: District 1 Supervisor, Contra Costa County - John Gioia

Mon, 5/7: Forgiveness – Pastor & Clinical Social Worker Sharon Lubkenan

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St. John's Senior Center

6500 Gladys Ave

Every Tuesday from 11:30am-12:30pm.

Tu, 4/2: Aries Lee

Tu, 4/9: Local Road Safety Plan - Public Works

Tu, 4/16: Make El Cerrito Fire Safe - Sue Duncan

Tu, 4/30: California State Representative Buffy Wicks Office

FOOD RESOURCES (FREE)

Effective March 18, 2024, the Alvarado site will revert to a Community Produce Distribution Program.

For those who rely on a mobile pantry distribution site, please go to the Richmond Food Pantry, located at 2369 Barrett Ave, Richmond. Operating hours are Tuesdays and Fridays from 11am-2pm.

West Contra Costa Adult Education Community Produce Program, Alvarado School, 5625 Sutter St., Richmond Annex

Food distribution will take place between 9am-11am on the following dates:

- **April: 1, 15**
- **May: 6, 20**
- **June: 3, 17**

(One senior per household can pick up free produce, arrive early as supply is limited. Please bring two bags with handles).

<https://www.foodbankcccs.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.foodbankcccs.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.foodbankcccs.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.foodbankcccs.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/>