



Staff Liaison

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**REGULAR MEETING OF THE
COMMITTEE ON AGING**

WEDNESDAY, OCTOBER 16, 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 Dr. Pansy Kwong, Vice Chair Katherine Cesa, Members Buddy Akacic, Linda Cain, Carol Kehoe, Steve Lipson, 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 two minutes per person and are informal announcements on matters of general interest which are announced by Committee on Aging Members.
- 4. COUNCIL/STAFF LIAISON ANNOUNCEMENT 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. APPROVAL OF THE MINUTES**
Pass a motion to adopt the minutes from the Committee on Aging meeting on September 18, 2024.
- 6. COMMITTEE ON AGING LIAISON REPORTS**
Liaisons for the Advisory Council on Aging, West County Senior Coalition, Christ Lutheran and St. John's One-Day Per Week Senior Centers, 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.
- 7. ADOPTION OF THE ANNUAL COMMITTEE ON AGING MEETING CALENDAR**
Discuss and consider passing a motion to adopt the draft 2025 Committee on Aging Meeting Calendar.
- 8. WORK PLAN ACCOMPLISHMENTS & GOAL SETTING**
 - a. WORK PLAN 2023-24 ACCOMPLISHMENTS**
Discuss and consider passing a motion to adopt 2023-24 Committee on Aging Work Plan Accomplishments.

b. WORK PLAN 2024-2025 -2025-2026 GOAL SETTING

Discuss and consider a motion to adopt Committee on Aging 2024-2025 – 2025-2026 Work Plan Goals.

9. FUTURE AGENDA ITEMS

- Next Meeting: November 20, 2024, at 3:00p.m. in the Council Chambers
- Presentation by El Cerrito Recreation Director (Nov)
- Senior Resource Fair Debrief (Nov)
- Reorganization of the Committee on Aging (Apr)

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, OCTOBER 16, 2024, at 3:00p.m.**

AGENDA ITEM 5 – APPROVAL OF MINUTES

1. Draft Meeting Minutes – September 18, 2024

AGENDA ITEM 7 – ADOPTION OF THE ANNUAL COMMITTEE ON AGING MEETING CALENDAR

1. Draft 2025 Committee on Aging Regular Meeting Calendar

AGENDA ITEM 8 – WORK PLAN ACCOMPLISHMENTS & GOAL SETTING DISCUSSION

2. Draft 2023-24 Work Plan Accomplishments
3. Draft 2024-25 – 2025-2026 Work Plan



Recreation Department

Staff Liaison

Bridget Cooney

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MINUTES COMMITTEE ON AGING **DRAFT**

Wednesday, September 18, 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 Dr. Kwong called the meeting to order at 3:01 p.m.

1. ROLL CALL

Present: Chair Dr. Pansy Kwong, Vice Chair Katherine Cesa; Members: Buddy Akacic, Linda Cain arrived at 3:02 p.m., Carol Kehoe, Steve Lipson, Pamela Wagner, Bruce Yow

Absent: None

Also Present: Bridget Cooney, Staff Liaison, Mark Deleon, Recreation Coordinator

Members from the Public: John Bashor

2. ORAL COMMUNICATIONS FROM THE PUBLIC

John Bashor introduced himself as the Chair of the Community Safety Committee for the City of El Cerrito.

Public Comment not on the agenda received from Ira Sharenow was included in the supplemental materials.

3. COUNCIL/STAFF LIAISON ANNOUNCEMENT AND REPORTS

Staff Liaison Cooney reported the next City-wide Garage Sale date.

Staff Liaison Cooney reported on upcoming programs and events including Senior Social hours, Café Costa new lunch days, presentations, line dance party, and Senior Resource Fair.

4. EL CERRITO POLICE DEPARTMENT PRESENTATION

Detective Olivieri and Chief Keith shared information with the Committee on senior related crimes in El Cerrito, scams, situational awareness, and safety tips.

5. RICHMOND STREET COMPLETE STREETS IMPROVEMENT PROJECT PRESENTATION

Robert Stephens, Consultant with CSW/Stuber-Stroeh Engineering Group, Inc. shared updates on the Richmond Street Complete Streets Improvement Project.

Mr. Stephens encouraged committee members to complete an online survey.

Mr. Stephens announced an upcoming community workshop on November 21, 2024.

6. APPROVAL OF THE MINUTES

Moved/Second: Member Kehoe Moved/Vice Chair Cesa Second

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

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

Nos: None

Abstention: None

7. WORK PLAN 2023-24 ACCOMPLISHMENTS

Moved/Second: Member Wagner Moved/Member Lipson Second

Action: Postpone discussion on Work Plan 2023-24 Accomplishments until the October 16, 2024, Committee on Aging meeting.

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

Nos: None

Abstention: None

8. COMMITTEE ON AGING LIAISON REPORTS

Member Kehoe and Member Lipson reported attendance at the Area Agency on Aging (ACOA) meeting.

Member Kehoe reported the ACOA is filling the Director position.

Member Kehoe reported that a representative with the Family Caregiver Alliance spoke at the ACOA meeting.

Member Lipson reported on Senior Legislature on two proposals submitted for review. Member Lipson reported that we will find out what is moving forward in late October.

Member Kehoe and Vice Chair Cesa reported that the West County Senior Coalition is meeting on Wednesday, September 26, 2024.

Member Kehoe reported that El Cerrito Royale celebrated Grandparents Day on Sunday, September 8, 2024.

Member Kehoe announced upcoming presentations at Christ Lutheran one-day per week Senior Center.

Member Kehoe announced a new exercise balance class at Christ Lutheran one-day per week Senior Center.

Member Akacic reported activities that take place at St. John's one-day per week Senior Center including seated exercise, flower art table, line dance and Spanish classes. Member Akacic reported that attendance at morning activities is larger than after lunch activities.

9. COMMITTEE MEMBER ANNOUNCEMENTS

Member Kehoe announced the Richmond Committee on Aging Safety Presentation at the Richmond Auditorium on Thursday, September 26, 2024, at 10am.

Member Kehoe announced the Free Folk Festival is at the El Cerrito Community Center on Sunday, October 20, 2024.

Member Wagner reported the Line Dance Party Event on Saturday, September 14, 2024, had approximately forty-five participants. Morning Star Senior Living of Berkeley sponsored refreshments.

Member Akacic reported that the El Cerrito Democratic Club Sub-Committee is meeting at the Veteran's Memorial Building on Stockton on Thursday, September 19, 2024, at 2:30pm to continue exploring the potential for a dedicated Senior Center in El Cerrito at that location.

Member Lipson reported he is working with AI with Respite Program participants at the Community Center on Tuesdays.

10. FUTURE AGENDA ITEMS

- Next Meeting: Wednesday, October 16, 2024, at 3:00 p.m. in the Council Chambers
- COA Work Plan Accomplishments and Goal Setting (Ongoing)
- Recreation Department Director Presentation (Nov)
- Adoption of Annual Committee on Aging Meeting Calendar (Oct/Nov)
- Potential Collaboration Opportunities with Community Safety Committee and Committee on Aging Discussion (TBD)

11. ADJOURNMENT

Chair Dr. Pansy Kwong adjourned the meeting at 4:51 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 September 18, 2024, as approved by the Committee on Aging.

Dr. Pansy Kwong, Chair

Bridget Cooney, Staff Liaison



Location:
Council Chambers
10890 San Pablo Ave.
Meeting Time: 3:00 P.M.

[illegible]



BIENNIAL WORK PLAN FISCAL YEAR 2024/2025-2025/2026

COMMITTEE ON AGING

Chair **Dr. Pansy Kwong**; Vice-Chair **Katherine Cesa**; Members **Buddy Akacic, Linda Cain, Carol Kehoe, Steve Lipson, Pamela Wagner, Bruce Yow**

Staff Liaison
Bridget Cooney | (510) 559-7008
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Recreation Department

PRIOR FISCAL YEAR 2023-2024 ACCOMPLISHMENTS

Updated annually by July 1 and provided to City Council on Consent

Goal/Objective	Activities Supporting Goal	Status
Share information and resources with Seniors living in El Cerrito that support the various needs of the aging community including health and wellness, support services, food instability and transportation. Strategic Plan Goal: Livability and Belonging Community Safety Environmental Sustainability	Support Recreation Staff by sharing Senior Resource Fair flyers and information about the event with seniors and service providers in the community. Participate at the Senior Resource Fair by volunteering at the event.	Accomplished – November 2024
Recognize residents turning 100-years or older through the Mayoral Certificate of Recognition. Strategic Plan Goal: Livability and Belonging	In partnership with the City Clerk’s office, Committee on Aging members submitted names of seniors living in El Cerrito who are 100 years old or older for recognition through the Mayoral Certificate of Recognition Program. Gather and share names of additional Centenarian’s to staff liaison as they become aware of seniors eligible for recognition.	Accomplished for FY23-24 – program is continuous

	Committee members confirm residents on the list are still living in El Cerrito and report back on their findings.	
Improve communication and outreach to seniors living in El Cerrito by publishing and distributing a Committee on Aging Newsletter. Strategic Plan Goal: Livability and Belonging	Committee on Aging members research items of interest including upcoming programs, services and activities for seniors living in El Cerrito and compile a newsletter (citing all sources). Committee members review draft newsletters and edit the document content and approve for publication. Recreation staff print COA newsletters once approved and Committee members distribute newsletters in the Community.	Ongoing – Accomplishment for 2023-24: Published & Distributed 4 newsletters (Jul-Sept; Oct-Dec; Feb-Mar; Apr-Jun)
Advocate for improved conditions and experiences for seniors walking in El Cerrito both using city parks, and walking on city streets, in El Cerrito. Strategic Plan Goal: Community Safety, Livability and Belonging	Identify and report trip hazards and other potential safety concerns for seniors using public spaces in the City. Advocate for improved bus stops at Potrero and Moeser and San Pablo. One member (Dr. Kwong) of the Committee on Aging will serve on the ADA Advisory committee for the City to advocate for seniors living in El Cerrito.	Completed Councilmember Fadelli shared with the COA in April 2024 that Cal-Trans allocated \$80,000 to improve bus stops along San Pablo Ave including those bus stops identified by the COA as needing improvement. Improvements are to be completed in 2024.



BIENNIAL WORK PLAN FISCAL YEAR 2024/2025-2025/2026

COMMITTEE ON AGING

Chair **Dr. Pansy Kwong**; Vice-Chair **Katherine Cesa**; Members **Buddy Akacic, Linda Cain, Carol Kehoe, Steve Lipson, Pamela Wagner, Bruce Yow**

Staff Liaison

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Recreation Department

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 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 does not meet in August and December.

FISCAL YEAR 2024/2025 – 2025/2026

Items listed in priority order

Goal or Objective	Proposed Activities	Funding and other Resources requested	Estimated Staff time needed	Timeline For Completion
Advocate for improved conditions and experiences for seniors using public spaces in El Cerrito. Identify City parks that lack adequate seating for seniors, families and disabled residents using the space. Identify trip hazards and other concerns on City streets and at City parks. Strategic Plan Goal: Community Safety, Livability and Belonging	Visit City Parks to identify benches or other seating options. Make recommendations for placement of additional seating as needed. Visit City parks to identify trip hazards and other areas of concern such as raised sidewalks, hand railings, water bottle filling drinking fountains, etc. Make recommendations for repair, replacement or installation as needed. Invite members from the Public Works Department to share information regarding City requirements for bench installation. Work with the City's ADA Sub Committee to ensure safe access for all users of City parks. Ask the Recreation Director what past practice has been for installing benches and water bottle filling drinking	Work with the City Public Works and Recreation Department to identify potential funding sources for benches and water bottle filling drinking fountains and share information in a recommendation to City Council.		December 2025

	fountains in City parks (ex. Rotary Club benches).			
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ONGOING PROJECTS

Project	Activites	Funding and other Resources requested	Estimated Staff time needed
Educate and share information about resources, classes and volunteer opportunities available to older and/or disabled adults living in El Cerrito by participating in the annual Senior Resource Fair at the Community Center. Strategic Plan Goal: Livability and Belonging Committee Safety Environmental Sustainability	Identify organizations that offer free or low-cost services for seniors and request city staff invite said organizations to participate as vendors or event sponsors. Help promote the Senior Resource Fair by distributing marketing materials and inviting seniors in the community to attend the Resource Fair. Volunteer at the Resource Fair.	Marketing Materials/flyers Promotional items with City logo item for attendees Refreshments for volunteers and attendees	
COA Newsletter - Published 3x per year Strategic Plan Goal: Livability and Belonging	Gather articles and items of interest for newsletter (citing all sources). Layout newsletter articles/snippets. Committee review and edit document and approve for publication. Print and distribute newsletter.	Newsletter layout Printing Paper	Approximately 2-3 hours per month, 3 x per year
Centenarian Recognition (Quarterly) Strategic Plan Goal: Livability and Belonging	Recognize residents turning 100-years or older through the Mayoral Certificate of Recognition. Submit names, birth dates, and contact information to staff liaison. Confirm physical address and that individual(s) are still living in El Cerrito and report findings to staff liaison by due date.		

Accessibility/ADA Strategic Plan Goal: Community Safety, Livability and Belonging	Identify and report accessibility issues preventing seniors and/or disabled residents from safely accessing programs, services, parks and buildings in El Cerrito.		
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SUPPLEMENTAL AGENDA MATERIALS

**COMMITTEE ON AGING MEETING
WEDNESDAY, OCTOBER 16, 2024, at
3:00p.m.**

AGENDA ITEM 8 – WORK PLAN ACCOMPLISHMENTS & GOAL SETTING

1. Draft Committee on Aging Newsletter for October-December 2024.



SUPPLEMENTAL AGENDA MATERIALS PUBLIC COMMENT INDEX

COMMITTEE ON AGING MEETING WEDNESDAY, OCTOBER 16, 2024, at 3:00p.m.

The following Public Comments were received by 9:00 a.m. on 10/16/2024, were provided directly to Committee on Aging members in advance of the meeting, and were posted on-line as supplemental materials at:

<https://www.el-cerrito.org/ArchiveCenter/ViewFile/Item/7738>

AGENDA ITEM 8 – WORK PLAN ACCOMPLISHMENTS & GOAL SETTING

1. Draft Committee on Aging Work Plan Newsletter - October - December 2024

El Cerrito Committee on Aging Outreach Newsletter

October- December 2024

Volunteer members of the El Cerrito Committee on Aging have gathered these resources for public benefit. The views and opinions expressed by the 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.

Health and Related Topics

COVID Updates: FDA approves and authorizes updated mRNA COVID-19 vaccines to better protect against currently circulating variants for adults and children six months and older. The vaccines should be effective for the variants of the virus that are prevalent in the US right now. Ask your health provider when you should get the vaccine.

The FDA has also approved the use of Novavax COVID-19 vaccine. It more closely targets current variants of the virus. Please consult your health provider to determine which vaccine is appropriate for you.

Contra Costa Health Department will host a Flu & COVID-19 Vaccine Walk-in Clinic at the El Cerrito Community Center, 7007 Moeser Lane on Friday, November 1, 2024, from 10:00am-1:00pm. Bring a valid I.D., vaccination card (if available) and medical insurance card/medical number. COVID-19 and Flu vaccines available to anyone 6 months and older who are eligible. Call (510) 559-7000 for more information.

Things to know before and when you are Discharge from a Nursing Facility/Home. What to Know Before you Go: Discharges should be on your terms. When Medicare coverage ends, many nursing homes push residents to leave but you can stay. You can appeal Medi-Cal termination, apply for Medi-Cal, or pay privately. To learn about appealing a Medicare termination of coverage, visit <http://www.medicareadvocacy.org>.

A written discharge notice is required. A discharge notice must contain a discharge date, and information about your right to appeal. The notice must be given in advance, typically 30 days.

Nursing Homes often tell residents that most of its beds are for “short-term” or “rehab” residents only. That is not entirely true, ALL beds in a nursing home are for long term care. You may be required to leave if: a) you need more care than the nursing home can provide; b) you are well enough to go home; c) the safety or health of individuals in the facility is endangered; d) failure to pay or the facility closes.

Nursing Home Discharge: Do you know someone who is getting ready to be discharged from a nursing home facility? Here are some things that you should know. When a resident is transferred to a hospital, nursing homes are required to hold their bed for up to 7 days. If the resident is on Medi-Cal, and the hospitalization lasts more than 7 days, the nursing home must re-admit the resident to the first available bed.

Discharge Planning Requirements: In addition to providing a written discharge notice, a nursing home is required to help you plan for discharge by doing the following: a) post discharge plan of care; b) discharge summary; and c) complete discharge preparation and orientation.

El Cerrito Committee on Aging Outreach Newsletter

October- December 2024

Volunteer members of the El Cerrito Committee on Aging have gathered these resources for public benefit. The views and opinions expressed by the 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.

If you feel that you are not ready to leave the nursing home or that more planning is needed to ensure your safety, you can appeal a discharge with the State by calling the Office of Hearing and Appeals at 1-916-445-9775. For more information about discharges, go to www.canhr. If you have questions, please CANHR at 1-800-474-1116.

UPCOMING CITY OF EL CERRITO EVENTS:

Senior Resource Fair (FREE) - Friday, October 25, 2024, at the El Cerrito Community Center, 7007 Moeser Lane. Time: 10:00am-1:00pm. There will be numerous vendors on hand to provide you with information that seniors need to know about. Need a ride to/from the Senior Resource Fair? Low-cost rides available to El Cerrito Residents aged 65 and older using Easy Ride Senior and Disabled Transportation (enrollment in the program and advance registration required). Call (510) 559-7000 for more information.

Thanksgiving Food Drive for the Contra Costa & Solano Food Bank. Dates are October 14th - November 15th. Food can be dropped off at the Community Center, 7007 Moeser Lane.

Holiday Pancake Breakfast and Toy Drive, Saturday, December 7, 2024, 9am-11am, at the El Cerrito Community Center, 7007 Moeser Lane (\$). Tickets are on sale November 1, 2024, and may be purchased online www.el-cerrito.org/onlineereg or in the Community Center Office, M-Th, 9am-5pm.

Pottery Sale Saturday, December 7, 2024, 10am-3pm at Hana Gardens Senior Center, 10870 San Pablo Ave. Students from the City Pottery classes will be selling their wares and raising funds for equipment and supplies.

Nutcracker Performance (FREE), Tuesday, December 10, 2024, 1pm-2pm, at the El Cerrito Community Center, 7007 Moeser Lane. Students from the Adult Ballet class will perform excerpts from the Nutcracker Ballet. Light refreshments will be served. This is a FREE event.

Holiday Sing-Along (FREE) on Tuesday, December 17, 2024, at 1pm-3pm at the El Cerrito Community Center, 7007 Moeser Lane. Students from the El Cerrito Senior Sing-Along Class, Christ Lutheran Senior Center, St. John's Senior Center and Sakurakai Senior Center will lead the audience in a lively holiday sing-along! Refreshments will be served. This is a FREE event open to all ages. Need a ride? El Cerrito Residents ages 65+ can request a low-cost ride (\$2 each way) using Easy Ride Senior & Disabled Transportation. Call (510) 559-7000 for more information.

Richmond's Annual Senior Winter Ball, Saturday, December 14, 2024, 6pm-10pm at the Richmond Auditorium. Tickets are \$45.00. There will be live music. For more information call (510) 307-8087 or (510) 620-6793.

El Cerrito Committee on Aging Outreach Newsletter

October- December 2024

Volunteer members of the El Cerrito Committee on Aging have gathered these resources for public benefit. The views and opinions expressed by the 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.

Recognition of El Cerrito Centenarians: Do you know of an El Cerrito resident who is 100 or over? The City of El Cerrito wants to recognize him/her. To submit a Centenarian for recognition, contact the City Clerk by email cityclerk@ci.el-cerrito.ca.us or call (510) 215-4305.

Christ Lutheran Church Senior Center Speakers every Monday (except holidays) at 11:30am, 780 Ashbury Avenue. Monday, November 4th will be speakers with HICAP (Health Insurance Counseling & Advocacy Program).

Christ Lutheran Church's Senior Center 50th Anniversary Celebration, Saturday, November 16, 2024, 2pm-4pm. All are welcome.

Richmond Senior Center is having the following coming workshops:

- October 23rd - 10:00am -12:00pm - Clinic: Consult an Attorney
- October 30th - 1:00pm - Tenant's Right Presentation
- November 8th - 10:00am - 12:00pm - Clinic Wills
- November 13th - 2:00pm - Home Ownership Protection for Elder Presentation

All the above workshops will be held at 2525 Macdonald Avenue, Richmond. For more information, call (510) 307-8087