



REGULAR MEETING OF THE COMMITTEE ON AGING

WEDNESDAY, JANUARY 15, 2025, at 3p.m.

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

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

This Meeting Place is Wheelchair Accessible

3 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. **COMMITTEE/STAFF COMMUNICATIONS AND ANNOUNCEMENTS**
Informal reports on matters of general interest announced by the Committee on Aging Members and City Staff.
3. **ORAL COMMUNICATIONS FROM THE PUBLIC**
Remarks are typically limited to three minutes per person and may be on anything within the subject matter jurisdiction of the body. Remarks on non-agenda items will be heard first, 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.
4. **COUNCIL/STAFF LIAISON ANNOUNCEMENT AND REPORTS**
Staff and/or Council Liaison Fadelli may report on policies, priorities, and actions taken by the City Council, and/or on matters of general interest to the Committee on Aging.
5. **APPROVAL OF THE MINUTES**
Consider a motion adopting the minutes of the COA meeting held on November 20, 2024.
6. **RECREATION DEPARTMENT PRESENTATION**
Informational presentation and discussion on matters related to senior services and related programming by the City of El Cerrito. No action will be taken.
7. **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.
8. **COMMITTEE ON AGING WORK PLAN**
Hear updates, participate in discussion and consider possible action items regarding Work Plan Goals.
 - *Discussion and possible action to determine next steps in preparing a possible*

recommendation for park improvements to enhance accessibility and safety for senior and disabled residents using city parks. Discussion will include creating a list of safety and accessibility concerns at city parks and assigning committee members parks to visit and report back on.

- *Consider a motion to approve the draft January-March 2025 Committee on Aging Senior Outreach Newsletter for publication.*

9. FUTURE AGENDA ITEMS

- Next Meeting: February 19, 2025, at 3 p.m. in the Council Chambers
- Reorganization of the Committee on Aging (Apr)
- Supervisor John Gioia's Office – Measure X Funding update in Contra Costa County (TBD)

10. ADJOURNMENT

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the Staff Liaison, (510) 559-7008. 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 15, 2025, at 3 p.m.

AGENDA ITEM 5 – APPROVAL OF MINUTES

1. Draft Meeting Minutes – November 20, 2024

AGENDA ITEM 8 – COMMITTEE ON AGING WORK PLAN

1. Draft list of safety and accessibility concerns at City Parks for discussion and possible action.
2. Draft January – March 2025 Committee on Aging Senior Outreach Newsletter for discussion and possible action to publish and distribute.



Recreation Department

Staff Liaison

Bridget Cooney

(510) 559-7008

bcooney@ci.el-cerrito.ca.us

MINUTES COMMITTEE ON AGING

Wednesday, November 20, 2024, at 3 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 p.m.

1. ROLL CALL

Present: Chair Dr. Pansy Kwong, Vice Chair Katherine Cesa; Members: Buddy Akacic, Linda Cain, Carol Kehoe, Steve Lipson arrived at 3:03 p.m., Pamela Wagner, Bruce Yow

Absent: None

Also Present: Bridget Cooney, Staff Liaison, Recreation Director Christopher Jones, Council Liaison Paul Fadelli left at 3:40 p.m.

Members from the Public: Mark Watson, Lisa Martinego

2. COMMITTEE/STAFF COMMUNICATIONS AND ANNOUNCEMENTS

Informal reports on matters of general interest announced by the Committee on Aging Members and City Staff.

Member Wagner requested a copy of the 2025 Food Bank food distribution calendar from member Yow.

Member Kehoe announced the 25th Annual Senior Ball on Saturday, December 14, 2024, at the Richmond Auditorium.

Staff Liaison Cooney announced Holiday Happenings at the Community Center including a Holiday card making workshop on November 21, 2024, Pancake Breakfast on Saturday, December 7, 2024, Adult Ballet Students Nutcracker Performance on Tuesday, December 10, 2024, and a Holiday Sing-Along on Tuesday, December 17, 2024.

Staff Liaison Cooney announced a Ceramics Sale at Hana Gardens Senior Center on Saturday, December 7, 2024.

3. ORAL COMMUNICATIONS FROM THE PUBLIC

Mark Watson introduced himself as a resident of El Cerrito interested in learning more about the Committee on Aging.

Lisa Martinego introduced herself as a resident of El Cerrito and expressed support for a Senior Center in El Cerrito.

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

4. COUNCIL/STAFF LIAISON ANNOUNCEMENT AND REPORTS

Council Liaison Fadelli announced this would be his last committee meeting as a Council Liaison.

Council Liaison Fadelli encouraged the committee to continue advocating for seniors in El Cerrito.

Council Liaison Fadelli reported that a percentage of cannibas sales in El Cerrito go into a fund to help with homelessness in the city.

Staff Liaison Cooney announced the State of the City will be held on Tuesday, December 17, 2024, at 5 p.m. in the Council Chambers.

Staff Liaison Cooney reported the application period for 2025 Advisory Body membership closes on December 31, 2024.

Staff Liaison Cooney announced that the Safety Element Open House will be held on Wednesday, November 20, 2024, in the Council Chambers.

Staff Liaison Cooney announced the Richmond Street Complete Streets Workshop on Thursday, November 21, 2024, in the Council Chambers.

5. APPROVAL OF THE MINUTES

Moved/Second: *Member Kehoe/Member Wagner*

Action: *Adopted the minutes from the Committee on Aging meeting held on October 16, 2024, as presented in the agenda materials.*

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

Nos: *None*

Abstention: *None*

6. RECREATION DEPARTMENT PRESENTATION

Christopher Jones, Recreation Director and Bridget Cooney, Recreation Supervisor provided an overview of the City's programs and services for adults aged 60 and older. Their presentation included a timeline of senior programs highlighting changes before and after the COVID-19 pandemic, as well as details on the Parks and Recreation Facilities Master Plan adopted by City Council in 2019.

Member Kehoe requested the City consider dedicating one or two parking spaces close to the Community Center entrance for drop-off and pick up purposes.

Member Wagner inquired about the possibility of establishing permanent pickleball courts in El Cerrito.

Member Akacic encouraged involving senior volunteers to lead and support programs.

Member Lipson expressed support for the development of a multigenerational facility.

Vice Chair Cesa expressed appreciation for the City's efforts in supporting seniors and acknowledged the variety of programs currently offered.

Member Wagner inquired about the resumption of Senior Day Trips and Hiking Trips.

Chair Dr. Kwong inquired about the possibility of removing the Senior Center sign currently posted at the Hana Gardens location.

7. COMMITTEE ON AGING LIAISON REPORTS

Member Kehoe reported that the Area Agency on Aging (ACOA) did not meet.

Vice Chair Cesa and Member Kehoe reported their attendance at the West County Senior Coalition meeting held on October 30, 2024. Vice Chair Cesa highlighted a presentation by Emily Milstein of Contra Costa Senior Legal Services on scams and fraud targeting seniors.

Member Kehoe and Vice Chair Cesa also reported their attendance at the West County Coalition meeting on November 20, 2024. Member Kehoe noted that the meeting included a presentation on the results of the 2020 Census.

Member Kehoe reported on the 50th Anniversary celebration of the Christ Lutheran Senior Center, held on November 16, 2024.

Member Kehoe announced upcoming presentations scheduled to take place at the Christ Lutheran Senior Center.

Member Akacic noted Vice Chair Cesa's attendance at the St. John's Senior Center and encouraged other committee members to attend.

Member Akacic announced a poetry recitation that will be held on November 26, 2024, at St. John's Senior Center.

Member Akacic invited committee members to visit the Emeryville Senior Center held in the Veteran's Memorial Building in Emeryville.

Member Kehoe reported that Susie Price is the new teacher at Sakura Kai Senior Center.

8. COMMITTEE ON AGING WORK PLAN

Goal or Objective: *Advocate for improved conditions and experiences for seniors using public spaces in El Cerrito.*

Strategic Plan Goal: *Community, Safety, Livability, and Belonging.*

Chair Dr. Kwong requested Staff Liaison Cooney return with additional information from the Recreation Department regarding the process for and cost of purchasing and installing water filling stations at city parks and buildings.

Chair Dr. Kwong also requested that committee members bring ideas for discussion to the January 15, 2025, meeting regarding items to include on an inspection checklist for City parks. This includes identifying trip hazards, raised sidewalks, handrails, seating, and other safety concerns for seniors using public parks in El Cerrito.

Ongoing Projects: *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, Community Safety, Environmental Sustainability.*

Staff Liaison Cooney reported that the Senior Resource Fair held on October 25, 2024, was successful, with 48 vendors and 200 seniors in attendance. Vice Chair Cesa and member Wagner volunteered at the event on behalf of the Committee on Aging. Members Kehoe, Cain, and Akacic volunteered with West Contra Costa Adult Education.

Member Wagner requested that committee members submit articles and upcoming event information for the January through March COA Outreach newsletter by January 6, 2024.

9. FUTURE AGENDA ITEMS

- Next Meeting: Wednesday, January 15 2025, at 3:00 p.m. in the Council Chambers
- COA Work Plan (Ongoing)
- Supervisor John Gioia's Office – Measure X Funding Update (TBD)
- Reorganization of the Committee on Aging (Apr)

10. ADJOURNMENT

Chair Dr. Pansy Kwong adjourned the meeting at 4:38 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 20, 2024, as approved by the Committee on Aging.

Dr. Pansy Kwong, Chair

Bridget Cooney, Staff Liaison

Suggestions for Committee on Aging Reports on observations of safety and accessibility concerns at City Parks:

1. Big Parks: General use

- Benches spread out in the park, since seniors and disabled need to sit after short walks.
- Picnic tables with some protection from the elements, ideally separated from each other to allow some privacy
- Play equipment for children with benches for supervising adults
- Water: a water fountain for people of various heights or in wheelchairs. A water bottle filler would be great.
- Natural landscaping to provide shade and protection for wildlife
- Lighting to create a safe and crime-free environment
- Bathrooms-Unisex if possible
- Trails for walking, wide enough for wheelchairs, no bicycles allowed. Markers of distance covered by trail and map if it is a big trail
- Public art if available

2. Specialized parks: could be added to big parks or be separate small parks

- Tennis courts
- Basketball courts
- Baseball diamonds
- Sports field for other sports
- Need benches to rest and lay down equipment
- BBQs and fireproof garbage cans for hot coals/ash --difficult to maintain since cleaning should be done by user

3. Small parks:

- Benches
- Natural landscaping to provide shading and enhance beauty of site
- Lighting for safety and to make park more inviting in evening

I think some of the questions to ask would be:

1) Are there any trip hazards? Potholes, raised cracks, or tree roots that run under the walkway?

2) Is this a flat or hilly park?

3) Is there sufficient seating for members of the public using the space?

4) Are there railings? Do railings need to be added or repaired? Where are railings located in the park?

5) Is there aged wood that needs to be replaced? It may be splintered or weak such as where walkways or bridges may be located?

6) Does the park have cut wood that needs to be removed (tree was cut at Canyon Trail park, but the cut wood was still on site) the wood was from a former tree. I noticed this at Canyon Trail.

City of El Cerrito Committee on Aging Senior Outreach Newsletter January-March 2025

Volunteer members of the El Cerrito Committee on Aging have gathered these resources for public benefit. The view 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.

Social Security COLA 2025

Recipients of Social Security will receive a 2.5% cost of living adjustment (COLA) to help meet higher prices for food, fuel, and other goods and services. Notifications were sent via email or mail in December 2024. Medicare premiums will increase from \$174.70 to \$185.00 effective January 1, 2025. For more information see the AARP newsletter (December 2024).

AARP Tax-Aide Services:

Trained AARP Tax-Aide tax-preparers will assist with taxes on Mondays and Tuesdays, 8:30 am–1:30 pm, at Hana Gardens Senior Center (10870 San Pablo Avenue). This free, in-person service is available by appointment only from February 3 to April 14, 2025. To schedule, call (510) 306-4892.

Annual Recycling FREE Pick-ups

El Cerrito residents and businesses with active solid waste accounts can arrange a free annual pick-up for certain materials, including large items and extra trash/green waste. Contact El Cerrito Recycling at (510) 215-4350 or email green@ci.el-cerrito.ca.us. Schedule at least one week in advance for Thursday pick-ups (8 AM–4 PM). More details at <https://ebsan.com/Free-Pick-Ups/>.

Food Distribution Locations - Are you or someone you know food insecure? Here are some locations where food is distributed.

West Contra Costa Adult Education Alvarado Campus

Address: 5625 Sutter Avenue, Richmond

Schedule: 1st and 3rd Monday from 9:30am- 11:00am (except holidays)

<https://www.foodbankccs.org/map-city/richmond>

Upcoming dates:

February 3

March 3, 17

City of El Cerrito Committee on Aging Senior Outreach Newsletter January-March 2025

April 7, 21

May 5, 19

June 2, 16

July 7, 21

Kennedy High School Mobile Food Pantry

Address: 4300 Cutting Blvd. Richmond

Schedule: 1st and 3rd Saturday from 2:00pm- 3:00pm

Details: Bring 2 bags with handles. Non-perishable food will be distributed.

<https://www.foodbankccs.org/map-city/richmond>

St. Jerome's Catholic Church

Address: 308 Carmel Avenue, El Cerrito

Schedule: Wednesdays from 10:00am-1:30pm.

Requirement: Picture ID

<https://www.foodbankccs.org/map-city/el-cerrito/>

St. John's Catholic Church

Address: 11150 San Pablo Avenue, El Cerrito

Schedule: 1st and 3rd Saturdays 9:00am-10:00am.

Requirement: Picture ID

www.foodbankccs.org/map-city/el-cerrito

Other Resources for Seniors

Friendship Line 60+

Are you feeling lonely, isolated, or depressed? Call the **Friendship Line** at **888-670-1360** for 24-hour emotional support in English, Spanish, Cantonese, Mandarin, Tagalog, Vietnamese, and Korean.

Meals on Wheels Home Delivered Meals - 60+

Nutritionally at-risk seniors who are 60+ and homebound may qualify for home-delivered meals. To learn more or volunteer, call **866-669-6967** or email **wccmow@gmail.com**.

City of El Cerrito Committee on Aging Senior Outreach Newsletter January-March 2025

Local Senior Centers & Programs

Christ Lutheran Senior Center

Address: 780 Ashbury Avenue, El Cerrito

Hours: Mondays, 9:00 AM–3:00 PM

Contact: (510) 915-6120

Speaker Series: Mondays, 11:30 AM–12:30 PM

Upcoming Topics:

- January 27: Headaches (Dr. Pansy Kwong)

St. John Senior Community Center

Address: 6500 Gladys Avenue, El Cerrito

Hours: Tuesdays, 9:00 AM–3:00 PM

Contact: (925) 628-9325

Sakura Kai Senior Center

Address: 5625 Sutter Avenue, Richmond

Hours: 1st & 3rd Saturdays

Contact: (510) 672-7150

Email: ecsakurakai@gmail.com

Richmond Annex Senior Center

Address: 5801 Huntington Avenue, Richmond

Contact: (510) 620-6812

Email: annexseniorstaff@ci.richmond.ca.us

City of El Cerrito Senior Activities & Services, El Cerrito Community Center

Address: 7007 Moeser Lane, El Cerrito

Contact: (510) 559-7000

Email: recreation@ci.el-cerrito.ca.us

Cafe Costa Senior Lunch Program 60+ at the El Cerrito Community Center

Well balanced, nutritious meals are served in a warm and friendly environment on Tuesdays, Wednesdays and Thursdays at noon. Reservations required. Call (510) 559-7000 by noon one business day prior.

Easy Ride Senior & Disabled Paratransit Service 65+

A shared-ride van service for El Cerrito residents ages 65+ and persons 18+ with a disability. Cost: \$2/ride. Easy Ride service area is limited to El Cerrito city limits and select destinations

City of El Cerrito Committee on Aging Senior Outreach Newsletter

January-March 2025

just outside city limits. Must apply and receive approval before using service. Call (510) 559-7000 for details and registration information.

Upcoming City of El Cerrito Special Events:

American Red Cross Blood Drive

Date: Friday, January 31, 2025

Location: El Cerrito Community Center, 7007 Moeser Lane

Details: Schedule at www.redcrossblood.org (sponsor code: ELCERRITO) or call **1-(800)-REDCROSS**.

Crab Feed Scholarship Fundraiser

Date: Saturday, March 8, 2025

Location: Community Center Social Hall

Details: Enjoy crab, pasta, and more. Tickets at www.el-cerrito.org/onlinereg. Call **(510)-559-7000**.

Line Dance Event

Date: Saturday, March 29, 2025

Time: 6:00–8:00 PM

Location: El Cerrito Community Center

Details: Tickets: \$10. Tickets at www.el-cerrito.org/onlinereg. Call (510) 559-7000 for more information.

Richmond Senior Center Special Events

Lunar New Year Luncheon

Date: Saturday, February 1, 2025

Location: Richmond Memorial Auditorium

Details: Register in advance. Call **510-620-6793**.

Black History Celebration

Date: Saturday, February 22, 2025

Location: Richmond Memorial Auditorium

Details: Register in advance. Call **510-620-6793**.



SUPPLEMENTAL AGENDA MATERIALS

**REGULAR COMMITTEE ON AGING MEETING
WEDNESDAY, JANUARY 15, 2025, at 3 p.m.**

AGENDA ITEM 3 – ORAL COMMUNICATIONS FROM THE PUBLIC

1. Public Comments received by 9:00 a.m. on January 15, 2025.



**SUPPLEMENTAL AGENDA MATERIALS
PUBLIC COMMENT INDEX**

**COMMITTEE ON AGING MEETING
WEDNESDAY, JANUARY 15, 2025, at 3 p.m.**

The following Public Comments were received by 9:00 a.m., 01/15/2025, 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=7825>

AGENDA ITEM 3 – ORAL COMMUNICATIONS FROM THE PUBLIC

1. Cordell Hindler

Bridget Cooney

From: Cordell Hindler [REDACTED]
Sent: Tuesday, January 14, 2025 10:44 AM
To: [REDACTED]
Subject: Public Comments

Follow Up Flag: Follow up
Flag Status: Flagged

Caution! This message was sent from outside your organization.

Hello Bridget,

I AM Submitting the following comments into the Record:

1. the Committee on Aging is Invited to the Bayfront Chamber Mixer on January 27, 2025 from 5:30 to 7:30 PM

La Strada Restaurant \$15.00 Per Person

2. Contra Costa Mayors Conference February 13th, 2025 at 6:30 PM hosted by the Town of Moraga

\$70.00 Per Person

Sincerely
Cordell