

**Contra Costa County Advisory Council on Aging (ACOA)  
Health Workgroup Minutes  
Thursday, March 9, 2023**

**Call to Order:** Jennifer Doran called the meeting to order at 9:40 am.

Present: Marty Aufhauser, Jennifer Doran, Eric Freitag, Nuru Neemuchwalla, Brian O'Toole, Sara Shafiabady, Michael Wener, Dennis Yee

Guests: Mike Awadalla, Jim Donnelly, Susan Frederick,

Staff: Jenny Lam

**Approval of Agenda/Minutes:**

Approve Today's Agenda – Michael made a motion to approve the agenda. Nuru seconded the motion. The agenda was approved unanimously.

Approve February 2023 minutes – Michael made a motion to approve the minutes. Eric seconded the motion. The minutes were approved unanimously.

**Presentation:** Contra Costa Senior Legal Services – Emily Milstein

- See attached presentation from CCSLS
- Jennifer requested CCSLS presentation for San Pablo Senior Center and will coordinate logistics with Emily

**Aging in Place Brochure Committee Update** – Jennifer Doran, Sara Shafiabady

- Presented Aging in Place Brochure draft to Health Workgroup members
- Marty suggested reformatting phone numbers consistently, update Information & Assistance name, check website and phone numbers to ensure that they're correct
- Health Workgroup members provided feedback on brochure format, language and content.

**Member Reports:**

- AARP – Nuru Neemuchwalla
  - None to report due to closure of AARP for 6 weeks
- Dementia/Alzheimer's – Eric Freitag
  - Discussed Brue Willis' diagnosis with aphasia which is typically caused by an onset of stroke or head injury. Discussed primary progressive aphasia and frontal temporal Dementia.
- Nursing Homes – Susan Frederick
  - Discussed study by University of Connecticut regarding diversion of drugs. Stolen tablets documented studied. Mostly opioid tablets stolen.
  - Extreme weather placed nursing homes at risk. Backup power not required or regulated in nursing homes. READDI act

- Racial/Ethnic Disparities – Dennis Yee
  - Discussed abstract on Discriminatory Gene Expression study

***Future Presentations:***

- Contra Costa Mental Health for Seniors – April 2023 meeting
- MALTA – May 2023 meeting

***Public Comment:***

- Brian O’Toole states that California on target to eliminate income thresholds for Medi-Cal on January 2024
  - Medi-Cal can recover costs when member passes away through a formal probate if no will or trust is in place for member’s assets.

***Future Meetings:***

- Thursday, April 13, 2023 at 10:00 am

The meeting adjourned at 11:34 am