

**Contra Costa County Advisory Council on Aging (ACOA)**  
**Health Work Group Minutes**  
**Thursday, March 10, 2022**

**Call to Order:** Jennifer Doran called the meeting to order at 9:30 am.

**Present:** Jennifer Doran, Eric Freitag, Jim Donnelly, Penny Reed, Nuru Neemwuchwalla, Nancy Leasure, Michael Wener, Candace Evans, Terri Tobey

**Absent:** Brian O'Toole, Caitlin Sly, Marty Aufhauser, Sara Shafiabady, Susan Frederick, Dennis Yee

**Staff:** Jenny Lam, Anthony Macias

**Approval of Agenda/Minutes**

- Approve Today's Agenda –Nancy made a motion to approve agenda. Michael seconded the motion. The agenda was approved unanimously.
- Approve February minutes - Penny made a motion to approve the minutes. Michael seconded the motion. The minutes were approved unanimously.

**Announcements**

- Introduce newest AAA staff member, Jenny Lam
- Rossmoor Senior Living newspaper interviewed a member of the ACOA.

**Presentation:** Well Connected – Annette Balter, MPH, Program Manager

- PDF of PowerPoint presentation attached.
- [Well Connected - Front Porch | Front Porch \(covia.org\)](#) website link

**Update: Tips for Selecting a Nursing Home informational flyer**

- Long Term Care informational flyer/brochure content was completed and finalized.
- The draft flyer/brochure sent to Employment and Human Services (EHSD) graphic designer to create final product.

**Member Reports:**

- Legislative – Nancy Leasure
  - The ACOA Legislative workgroup met on Tuesday and reviewed pending legislation. Eleven Legislative Bills pertain to Older Adult Health issues.
  - Health workgroup members discussed which bills to support.
  - A poll to rank bills by importance to workgroup members will be sent out by email.
  - Members can research bills at <https://leginfo.legislature.ca.gov/>
- Dementia/Alzheimer's – Eric Freitag
  - Eric mentioned book The Empowered Caregiver: Practical Advice and Emotional Support for Adult Children of Aging Parents by Linda Fodrinini
- Caregiver Resources – Terri Tobey

- Flyer/announcement for Choice in Aging Caregiver Retreat, March 19, sent to workgroup members.

**Discussion: Future Presentations**

- April: Mom's Meals
- May: No presenter scheduled at this time.
- June: Senior Peer Counseling

**Public Comment**

None.

**Future Meetings:** Next meeting Thursday, April 14, 2022.

The meeting adjourned at 11:08am.

DRAFT