

**Contra Costa County Advisory Council on Aging (ACOA)
Health Workgroup Minutes
Thursday, April 13, 2023**

Call to Order: Jennifer Doran called the meeting to order at 10:05 am.

Present (in person): Marty Afhauser, Jim Donnelly, Jennifer Doran, Eric Feitag, Michael Wener, Dennis Yee
Present (virtual): Carol Kehoe, Thomas Lang, Nuru Neemuchwalla, Caitlin Sly, Sara Shafiabady, Lorna Van Ackeren
Absent: Mike Awadalla, Susan Frederick, Brian O’Toole, Ramapriya Raju, Terri Tobey
Staff: Jenny Lam, Glenda Pacha

Approval of Agenda/Minutes:

Jennifer added a discussion of “Update on Elder Abuse Prevention Presentations” to the agenda.

Mike made a motion to approve the agenda as amended. Marty seconded the motion. The amended agenda was approved unanimously.

Eric made a motion to approve the March 2023 minutes. Dennis seconded the motion. The minutes were approved unanimously.

Presentation: Contra Costa Adult Mental Health, Ellie Shirgul, Psy.D., Program Supervisor (See attached slides)

Aging in Place brochure:

- Brochure is still being worked on
- A single QR code to reach multiple agencies cannot be put on the brochure

Update on Elder Abuse Prevention Presentations:

- Jennifer is working to schedule Elder abuse presentations in East and West County. Contra Costa Senior Legal Services – CCSLS will be the presenter.
- The East County presentation is set for Ambrose Senior Center in Bay Point on April 24th.
- The San Pablo Senior Center has had a change in staff so Jennifer is waiting to get a date from them.

Member Reports:

- AARP – Nuru Neemuchwalla
 - Two major issues that they are focusing on in the month of April:

- Debt ceiling – AARP strongly opposes including Social Security/Medicare in the debt ceiling debate
 - Financing – Social Security customer service is bad. \$15 billion asked for by the President in the budget to improve staffing at the Social Security Administration. AARP wants the full allocation approved.
- Dementia/Alzheimer’s – Eric Freitag
 - No report
- Elder Abuse Prevention – Terri Tobey
 - No report
- Nursing Homes – Susan Frederick
 - No report
- Nutrition – Caitlin Sly
 - Bonnie Paulson, Café Program Manager retired yesterday. Yecenia Carrillo has transitioned into the role.
 - Poonam Khiyara has been promoted to Director of Programs
 - City of Concord funded expansion of breakfast and cultural cuisine program with ARPA funds starting July 1, 2023 which will allow AAA funding to be spent on regions of the County.
 - Due to construction, the Walnut Creek café temporarily held at Hillside Covenant Church until late this year
- Racial/Ethnic Disparities – Dennis Yee
 - In a 2020 article on racial disparities, 4,700 older adults with asthma were surveyed. They studied African American/Hispanic asthmatics as compared to White respondents. The greater incidence and severity of asthma cases for African Americans and Hispanics were due to this group having poorer access to health care. As compared to the White population, this group used less regular asthma medications, more emergency medication and a higher frequency of ED visits.

Future Presentations:

- May – Order of Malta Health Care
- Susan will be chairing the May meeting, it will be all on zoom, more details to come

Public Comment:

- none

Next Meetings:

Thursday, May 11, 2023 at 10:00 am

The meeting adjourned at 11:46 am