

**Contra Costa County Advisory Council on Aging (ACOA)  
Health Workgroup Minutes  
Thursday, June 8, 2023**

**Call to Order:** Jennifer Doran called the meeting to order at 10:00 am.

Present (in-person)	Jim Donnelly, Jennifer Doran
Virtual (Just Cause)	
Virtual (Emergency)	
Virtual	Susan Frederick, Carol Kehoe, Thomas lang, Nuru Neemuchwalla, Sara Shafiabady, Caitlin Sly, Dennis Yee
Absent	Marty Aufhauser, Mike Awadalla, Debbie Card, Candace Evans, Jill Kleiner, Brian O'Toole, Erin Partridge, Ramapriya Raju, Gerald Richards, Lorna Van Ackeren, Michael Wener
Leave of Absence	Terri Tobey
AAA Staff	Glenda Pacha

**Approval of Today's Agenda:**

Jim made a motion to approve the agenda. Dennis seconded the motion. The agenda was approved unanimously.

**Approval of April and May 2023 Minutes:**

The May 2023 minutes were corrected to show that the April 2023 minutes were approved. Jim made the motion, Susan seconded and the motion carried.

Carol made a motion to approve the May 2023 minutes as amended. Jim seconded the motion. The May 2023 minutes were approved as amended unanimously.

**Presentation:** **The Order of Malta Clinic of Northern California**, Anne Brussok, C.Ped, Clinic Manager & Sara Cumbelich, Board Member

- The program is a free medical clinic for under or not insured which serves the working poor in Alameda/Contra Costa/other areas (patients from 76 different cities).
- They provide primary care and specialty care including social services and some behavioral health.
- Order of Malta Catholic lay religious organization .
- Clinic is 15<sup>th</sup> years old.
- Seeking volunteers to assist in the program (see website: [orderofmaltaclinic.com](http://orderofmaltaclinic.com))
- 1700 sq feet, doubling with expansion.
- Most patients are the working poor.
- In Alameda, 20% live under the poverty line, contra costa similar.
- 30% from contra costa residents.
- 80% people of color.

- Support from John Muir Community Health Fund and Sutter Health Foundation.
- The only question asked of patients is “Do you have insurance?”
- Top 3 patient issues: hypertension, diabetes, high cholesterol.
- 1,642 visits in 2022 from Contra Costa.

**Elder Abuse Presentations in West County:**

- St John’s Senior Center – June 13 El Cerrito.
- San Pablo at end of June – flyers will be distributed to West County Senior Centers.
- Thank you Carol Kehoe and Emily Milstein for their help!

**Aging in Place Brochure:**

- Jennifer reviewing the brochure and want to add more about isolation.

**Additional Member report subjects:**

**AARP – Nuru Neemuchwalla**

- AARP informing legislators about the CDC report about how millions skimp on medications due to cost. Women are more likely to skimp than men, differences by race, disability.

**Elder Abuse Prevention – Terri Tobey**

- No report (Terri on leave).

**Nursing Home Update – Susan Frederick**

- No report (technical difficulties).

**Nutrition – Caitlin Sly**

- Closing out the fiscal year, the Senior Nutrition Program is transitioning from Contra Costa Health to the Area Agency on Aging.
- Meals on Wheels Diablo Region (MOWDR) received Nutrition Infrastructure dollars to purchase new vans for delivery.
- MOWDR Gala this Saturday at Blackhawk Country Club.
- Jim reported that at the ACOA Executive Committee meeting, a Task Force was formed a to propose parameters for a Senior Nutrition Advisory Council that will help guide and oversee the Senior Nutrition program going forward. Contact Jim with ideas.

**Racial/Ethnic Disparities – Dennis Yee**

- Dennis shared the following table which shows rates of Alzheimer’s Disease by ethnic group adjusted by age from a Journal of the American Medical Association (JAMA) article.

<b>Alzheimer rates by race/ethnic group</b> (age adjusted incidence/1,000)	
Native American/Alaskan Native	14.2
Asian	12.4

Black	19.4
Hispanic	20.7
White	11.5

- Jim reported that an article in the journal “Nature” – deep breathing 20 mins, twice a day, lowered beta amyloids which cause dementia.

**Future Presentation Ideas:**

- Cancer Support Community
- Arthritis Foundation

**Public Comment:**

- none

**Next Meeting:**

- no July meeting
- Thursday, August 10, 2023 at 10:00 am

The meeting adjourned at 11:20 am.