

**Contra Costa County Advisory Council on Aging
Health Workgroup
Thursday, September 8, 2022 • 9:30 am – 11:30 am
Minutes**

Call to Order:

Jennifer Doran called the meeting to order at 9:33 am. Meeting conducted using the Zoom platform.

Present: Brian O’Toole, Caitlin Sly, Eric Freitag, Gerald Richards, Jennifer Doran, Jim Donnelly, Lorna Van Ackeren, Marty Aufhauser, Michael Wener, Mike Awadalla, Nancy Leasure, Nuru Neemuchwalla, Ramapriya Raju, Sara Shafiabady, Susan Frederick, Terri Tobey

Guest:

Absent: Dennis Yee, Michelle Berman, Bill Pelter, Penny Reed

Staff: Jenny Lam

Approval of Agenda/Minutes:

Adopt Today’s Agenda: An amendment to the agenda was introduced to change the speaker to Sara Shafiabady. Jim Donnelly made a motion to adopt the agenda as amended. Nancy Leasure seconded the motion. The motion passed unanimously.

Approve June 2022 Minutes: Jim Donnelly made a motion to approve the minutes. Michael Wener seconded the motion. The motion passed unanimously.

Presentation: Sara Shafiabady: Aging in Place
National Aging in Place Council is a senior support network consisting of volunteers who help elders age in place. Consultations are free of charge for seniors.

Brochure Committee Report and Discussion:

Committee will work on developing an Aging in Place brochure. A Brochure Committee has been formed and meetings are scheduled for Thursdays at 4pm. All are encouraged to join the meetings.

Member Reports:

- **AARP – Nuru Neemuchwalla:**
Effective 2023, Medicare will cap insulin co-pays to \$35/month. There will be no Medicare co-pays for shingles vaccinations in 2023.
- **Dementia/Alzheimer’s – Eric Freitag:**
Exercise can lower risk of developing dementia. Exercise can help alleviate dementia symptoms. Research suggests that it can slow down dementia progression. High number of steps is associated with lower risk of dementia. Any form of exercise proven to be beneficial.

- *Nursing Homes – Susan Frederick: Consumer Voice: “The Voice”*

In August, two bills were introduced requiring transparency in nursing home ownership and financial activity.

There was an Improve Nursing Home Act funding for residential care homes. This funding allows programs to convert traditional nursing homes into small-house nursing homes. Illinois, Kansas, New Hampshire, American Samoa and Puerto Rico will receive up to \$5 million dollars to support early planning phase for programs.

- *Nutrition – Caitlin Sly:*

Participation is high for Home Delivered Meals. Cafes are still reopening and have plans to increase in-person participation. However, not all seniors are comfortable attending onsite. Still operating Chapala Mexican Restaurant where seniors can reserve meals at the restaurant two times per week. Cultural cuisine program started in August and is enrolling many participants for Latino inspired meals.

Currently conducting fan drive to request for fan donations for seniors. Will distribute to seniors who do not have central cooling units.

Future Presentations:

October: Sara Levin, Deputy Health Officer, Contra Costa Health Services

December: Adult Public Health Nurse

Public Comment

Jennifer Doran notified Health Workgroup members that their assistance may be needed in the future to help review Request for Proposals related to health and senior nutrition.

Jim Donnelly states that ad-hoc committee may be created to help oversee senior nutrition's transition.

The meeting adjourned at 10:50 am