

**Contra Costa County Advisory Council on Aging (ACOA)
Health Workgroup Minutes
Thursday, September 14, 2023**

Call to Order: Jennifer Doran called the meeting to order at 10:03 am.

Present (in-person)	
Virtual (Just Cause)	
Virtual (Emergency)	
Virtual	Marty Aufhauser, Debbie Card, Jim Donnelly, Jennifer Doran, Susan Frederick, Carol Kehoe, Thomas Lang, Brian O’Toole, Sara Shafiabady, Caitlin Sly, Mike Wener, Dennis Yee
Absent	
Leave of Absence	Terri Tobey
AAA Staff	Glenda Pacha

Approval of Today’s Agenda:

Carol made a motion to approve the agenda. Marty seconded the motion. The agenda was approved unanimously.

Approval of August 2023 Minutes:

Jim made a motion to approve the minutes. Dennis seconded the motion. The minutes were approved unanimously.

Presentation: Osteoporosis: The Disease, it’s Diagnosis, and Treatment – Thomas Lang, Retired Professor of Radiology and Biomedical Imaging, University of California, San Francisco

- See attached slides

Discussion:

- Aging in Place Brochure:
Sara & Jennifer will get the brochure to reviewers in the next couple of days.
- Recruitment of members from public sector
Does anyone know anyone from the public that would like to join the Health Workgroup?
Jennifer will check with Lorna. Caitlin will send Jennifer contact for SHARE. Carol will mention at West County Senior Coalition.

Member Reports:

Elder Abuse Prevention – Mike Wener

- Meeting with Mary Blumberg and Mary Knox of the District Attorney to learn what they are doing about Elder Abuse (financial/physical/false imprisonment).
- How does the public receive information about Elder Abuse?
- Mandated Reporter – is a physician required to report Elder Abuse?
- Will contact Concord Police re their false imprisonment program.
- Caitlin will share information about the Elder Abuse Prevention Project with Mike.

Nursing Home Update – Susan Frederick

- Centers for Medicare/Medicaid will propose new rules for staffing.

Nutrition – Caitlin Sly

- Meals on Wheels Diablo Region has Fall Prevention, Home Modification, nutrition, and exercise programs – all good resources for Osteoporosis prevention.
- Numbers are growing in home-delivered and congregate. Cultural Cuisine Program (alternate menu to standard menus) serves chilled meals that are delivered 3 days a week. In August, the program was serving 25/week, currently serving 110/week. Serving Concord, Bay Point, Antioch and Pleasant Hill with more on the way. Needs volunteer drivers. Food cooked by Mt. Diablo School district. Restaurant version was not reaching the targeted population.
- 88% increase in clients since before COVID.

Racial/Ethnic Disparities – Dennis Yee

- Race and ethnicity affected levels of End-of-Life care for those with dementia.

Public Comment:

- Updates to CalAim – Health Workgroup needs to say abreast of this new program. Jennifer will research getting information to this Workgroup.

Next Meeting:

- Thursday, October 12, 2023 at 10:00 am, location TBD
- Presentation: Cancer Support Community

The meeting adjourned at 12:00 pm.