



AGENDA

CONTRA COSTA COUNTY Advisory Council on Aging

Tuesday, February 3, 2026

10:00 AM

**500 Ellinwood Way, Pleasant Hill, CA
Corner Conference Room**

Planning Committee

<https://cccouny-us.zoom.us/j/81809281017>

PUBLIC ACCESS AND PUBLIC COMMENT INSTRUCTIONS:

The public may attend this meeting in person at the above location. The public may also attend this meeting remotely via webinar. Login information is provided above. ACOA members will also be participating from the following locations: 118 Rodeo Court, Lafayette | 28 Orinda Way, Orinda

10:00 Call to Order | Roll Call | Introductions – Jill Kleiner

10:05 Approval of January 2026 Minutes

Planning Committee Meeting Minutes 01-06-26

[26-368](#)

10:10 Updates from Area Agency on Aging- Cristina Ugaitafa

- Upcoming RFPs
- Position not posted yet, but working with Personnel
- Monitoring Documents submitted on time
- IIIB RFP to be published soon and we will need help from the Council to review proposals

10:35 Presentation- John Lee (Health Insurance Counseling Advocacy Program)

- Changes in Medicare in 2026
- What's New for Medicare in 2026 webinar on January 8, 2026, 12:00-1:30 pm

Medicare Changes 2026 HICAP - ACOA 2-3-26

[26-369](#)

11:00 Discuss Community Based Outreach Sessions – Debbie Card

- Updates on scheduling I&A Focus Group Revisit for Danville (Spring 2026?)
- Other potential topics – changes for Medicaid?

11:10 Break

11:20 Status of CBO site visits

- Q1 2026: TRIO visit on February 24th and 25th, from 10:00-11:00 am
- Q2 2026: MOWDR?
- Other potential sites: PACE/CEI, Trinity Center

11:30 Area Plan Update 2026/2027

- Review Final Updates to Objectives
- Remaining Timeline
- 2/3/26: Planning Committee performs final review on all updates to objectives
- 2/4/26: Executive Committee approves updates to objectives
- 3/18/26: AAA conducts Public Hearing to approve Area Plan update

APU Objectives Draft FY 26-27 Draft_Updated_Planning

[26-370](#)

11:50 Public Comment

Next Planning Committee Meeting:

- Tuesday, March 3, 2026, 10:00AM – 12:00PM

12:00 Adjourn

The Committee will provide reasonable accommodations for persons with disabilities planning to attend the Committee meetings. Contact the staff person listed below at least 72 hours before the meeting. Any disclosable public records related to an open session item on a regular meeting agenda and distributed by the County to a majority of members of the Committee less than 96 hours prior to that meeting are available for public inspection at 500 Ellinwood Way, Pleasant Hill during normal business hours. Staff reports related to items on the agenda are also accessible online at www.contracosta.ca.gov. If the Zoom connection malfunctions for any reason, the meeting may be paused while a fix is attempted. If the connection is not reestablished, the committee will continue the meeting in person without remote access. Public comment may be submitted via electronic mail on agenda items at least one full work day prior to the published meeting time.

For Additional Information Contact:

Cristina Ugaitafa at 925 655-0775 or cugaitafa@ehsd.cccounty.us



CONTRA COSTA COUNTY

1025 ESCOBAR STREET
MARTINEZ, CA 94553

Staff Report

File #: 26-368

Agenda Date: 2/3/2026

Agenda #:

Advisory Council on Aging:

Planning Committee Meeting Minutes 01-06-26



CONTRA COSTA COUNTY

Committee Meeting Minutes - Draft

Advisory Council on Aging

Tuesday, January 6, 2026

10:00 AM

500 Ellinwood Way, Pleasant Hill, CA
Corner Conference Room

Planning Committee

<https://cccouny-us.zoom.us/j/81809281017>

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10:00 Welcome, Announcements, Roll call – Jill Kleiner

- Call to Order: Jill Kleiner called the meeting to order at 10:01 a.m.

Present

Deborah Card, Cesar Court, Kevin Donovan, Jill Kleiner, Richard Morisky, and Dennis Yee

Absent

Chalo Buckman, and Candace Evans

10:05 Approval of December 2025 Minutes

- As a follow up to the minutes, Jill stated County Handbook says that guests are not to be noted in minutes.
- No changes

Planning Meeting Minutes 12-02-25

[25-5456](#)

Motion:

Morisky

Second:

Card

Aye:

Card, Court, Donovan, Kleiner, and Morisky

Absent:

Buckman, and Evans

Abstain:

Yee

Result:

Passed

10:10 Updates from Area Agency on Aging – Tracy Murray

- Tracy provided information about AAA fiscal monitoring, the CDA remote monitoring, which will be in the week of March 16th, the AAA budget, and staffing
 - Grievance policy will need to be approved at January General meeting as a consent item
 - Tracy has completed the Advisory Body tool for the CDA monitoring
- Jill reminded ACOA members to complete Area Plan Update demographic survey if they haven't completed it
- Staffing – Program Manager position to be posted

Monitoring Announcement Letter | Timeline | CDA Administration
Advisory Council Monitoring | CDA Administration Governing Board
Monitoring

[25-5457](#)

Planning Budget | All Budget Displays Remediated

[25-5458](#)

10:35 Discuss Planning Committee/I&A Focus Group Revisit Updates

- Future potential site – response from Danville
 - Kevin to follow up, expect it'll be after Spring

10:40 Presentation- Susan Jamerson (Health Insurance Counseling Advocacy Program)

- Susan had to cancel for January- will be invited to the February meeting

11:10 Break

11:20 Status of CBO site visits

- Trio- will be scheduled sometime in February
 - Need answer to the maximum number of people during the visit
- Question about whether there is a shelter for housed/unsheltered older adults
- Follow up on Previous Meeting Discussion Mobile Van
 - Question to Rhona Rohon Smith about need for mobile van at Bay Point

11:30 Area Plan Update 2026/2027

- Updated timeline
 - 1/6/26: Executive Committee provided input on all updates to objectives
 - 2/3/26: Planning Committee performs final review on all updates to objectives
 - 2/4/26: Executive Committee approves updates to objectives
 - 3/18/26: AAA conducts Public Hearing to approve Area Plan update
- Reviewed and revised APU objectives. - Cristina to send Jim "Aging in Place" brochure to revisit with Health Committee.
- Next steps- send revised APU objectives to Committee chairs (and AAA staff) to be reviewed at their next meeting

Area Plan Objectives Draft FY 26-27

[25-5459](#)

11:50 Public Comment

- Congratulations to Jill and Kevin as new leadership in ACOA.
- Tracy- Some changes to SB707 start on January 1st
 - Will be agendaized at another meeting
 - Just cause absences
 - Reasonable accommodations

Next Planning Committee Meeting:

- February 3, 2026, from 10:00 am – 12:00 pm

12:00 Adjourn - Meeting adjourned at 11:58 pm

For Additional Information Contact:

Cristina Ugaitafa at 925 655-0775 or cugaitafa@ehsd.cccounty.us

DRAFT



CONTRA COSTA COUNTY

1025 ESCOBAR STREET
MARTINEZ, CA 94553

Staff Report

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Medicare Update 2026

Advisory Council on Aging

2/3/25

Presented by Contra Costa County
Health Insurance Counseling and Advocacy Program
HICAP

CONTRA COSTA COUNTY

EMPLOYMENT & HUMAN SERVICES



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1/27/26

What Is HICAP?

Health **I**nsurance **C**ounseling and **A**dvocacy **P**rogram

- Primarily a Volunteer Organization
- Funded by California and Federal Government
- Services are no charge
- All things Medicare (Education, Advocacy, Counseling)
- No affiliation with Insurance Companies

Medicare 'Parts'

**Part A
Hospital**



**Part B
Medical**



Foundation for Medicare Benefits

**Medigap/
Supplement**



**Part D
Drugs**



**Part C
Advantage**



Additional Choices

CONTRA COSTA COUNTY

EMPLOYMENT & HUMAN SERVICES

Medicare Coverage: You Have Options

Once you have paid your Part A and B premiums

Original Medicare (Fee for Service)

OR

Medicare Advantage Plan (Managed Care)

Hospital

Medical

Centers for Medicare Services (CMS)



Optional Add

Optional Add

Medigap/ Supplement

*Private Insurance
Companies*



Part D Drugs

*Private Insurance
Companies*



Hospital Benefits

Medical Benefits



+ Part D Drug Benefit



Private Insurance Companies

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Your Focus If You Are On Original Medicare

Are you happy with Original Medicare?

Yes



- Review which drug plans offer best coverage and cost for your medication
- (Review Medigap at your birthday)

DRUG

No/unsure



- You may switch to a Medicare Advantage / Prescription Drug (MAPD) plan now for 1/1/26 start

MAPD

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Your Focus If You Are On Medicare Advantage (MAPD)

MAPD

Is your MAPD leaving Contra Costa?

No

Are you happy with your MAPD?

Yes

Yes

- Your medications still on formulary?
- Your providers still within the network?
- Any cost increase?
- Better options?

No

- You may switch to a different MAPD
- Or to Original Medicare with a Prescription Plan & *possibly* a Medigap

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What Is Happening With Advantage Plans In 2026?

MAPD

- Kaiser, UnitedHealthcare and Humana continue all their plans
- Terminations: Central Health; Anthem PPO; Imperial Traditional/Dual/Giveback
 - If members do nothing, on 1/1/26 will be on **Original Medicare with NO Prescription Drug Plan nor MediGap**
 - Members will have special rights
 - John Muir patients: Humana PPO or Original Medicare (more later)
- New Contra Costa Health Plan for Duals
- Monthly Join/switch opportunities for Full Duals in 2026




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EMPLOYMENT & HUMAN SERVICES

Plans Leaving – Options

- You (and 9,500 others) been enrolled in a plan that is leaving the County for 2026
- You are not “Dual Eligible” (i.e., not on Medi-Cal)



 If you do nothing, you will be automatically enrolled in Original Medicare on Jan 1 with **no drug plan nor backstop for expensive copays**

You Have Choices

Today's Focus

Humana Choice PPO	Original Medicare	Other HMOs
If your doctors are participating and in-network for that plan	Need to get a Part D drug plan and a Medigap Supplement	If you are open to seeing new providers (doctors/hospitals) within their network



*You need to assess which option is better for you and **take action***

What Is Happening With Drug Plans In Contra Costa County In 2026?

DRUG

- Premiums increase for many plans – but ***total cost for the year*** should be your focus
- 2 plans *ending*; if do nothing, members will have **NO prescription coverage for 2026**
- 2 plans *consolidating*; if do nothing, enrolled in new plan
- New: \$2,100 OOP maximum (doesn't include premium)
- One plan adds a Tier 6: \$11/month for GLP-1s (diabetes use only)



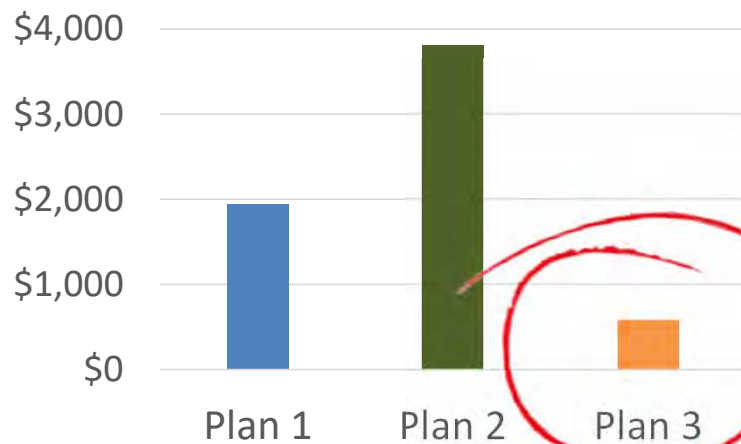
Prescription Drug Coverage

Choose Wisely

5 Common Generics + 1 Uncommon Generic

Don't Shop Just Based on Premium or Name

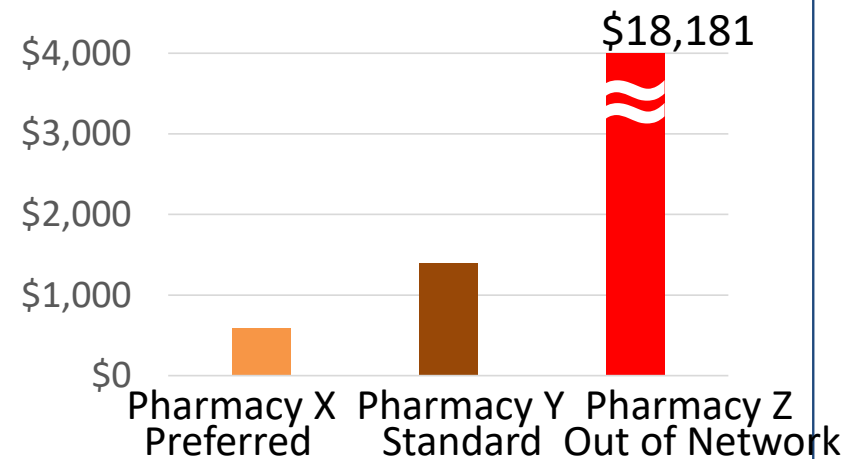
Annual Total Drug Cost



Monthly Premium \$0.00 165.40 \$5.70

Look Beyond Closest Pharmacy

Annual Total Drug Cost



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EMPLOYMENT & HUMAN SERVICES

Review Coverage Annually

- ***Prescription and Medicare Advantage plans***

- Review your plan each year during Annual Enrollment Period (Oct 15– Dec 7)
- Plans change their costs, and providers each year
- Your needs may have changed
- Failure to make timely changes may mean increased costs or fewer options for the next year

- ***Medigap plans***

- No Annual Enrollment Period in the Fall
- Use your Birthday to change



Contact Us

Multiple ways to reach us

Website: www.cchicap.org

Email: ehsdhicap@ehsd.cccounty.us

CCC HICAP Office: (925) 655-1393

(800) 434-0222



HICAP Service is free, private and impartial

One-on-one counseling, phone or virtual appointments

Handouts available on our HICAP website





CONTRA COSTA COUNTY

1025 ESCOBAR STREET
MARTINEZ, CA 94553

Staff Report

File #: 26-370

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Advisory Council on Aging:

Area Plan Update 2026/2027

- Review Final Updates to Objectives
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 - 3/18/26: AAA conducts Public Hearing to approve Area Plan update

SECTION 7. AREA PLAN NARRATIVE GOALS & OBJECTIVES

Goal # 1**Goal:**

The AAA will support the implementation of the Master Plan for Aging for Contra Costa County by advocating for the availability of resources necessary to successfully and effectively execute the goals, priorities, and strategies established in the Local Playbook.

Rationale:

The AAA has been designated to coordinate the implementation of Contra Costa's Master Plan for Aging Local Playbook. This requires the AAA to partner with the Advisory Council on Aging, the aging and disabilities provider network, and other community stakeholders to successfully and meaningfully implement the Local Playbook's strategies, initiatives, and activities.

List Objective Number(s) _____ and Objective(s) [Refer to CCR Article 3, Section 7300 (c)] (Priority Service if applicable)	Projected Start and End Dates	Type of Activity and Funding Source ⁶	Update Status ⁷
1.1 The AAA and ACOA will support the MPA Local Playbook strategy of addressing social isolation and connection by identifying funding source(s) to implement this priority.	7/1/2024-6/30/2028 ⁶	Admin	Continued
1.2 The ACOA Housing Committee will work collaboratively with AAA staff and the Master Plan for Aging (MPA) Local Playbook committee to support the Housing for All Ages & Stages goal, aiming to plan at least one joint meeting each year with the housing champions identified in the MPA. The ACOA Housing Workgroup will support the MPA Local Playbook strategy of promoting awareness of issues facing affordable housing by developing and updating, at least annually, the infographic "No Place to Call Home," which highlights the county's senior housing issues.	7/1/2024-6/30/2027 ⁶	Admin	Continued <u>Revised</u>

1.3 The ACOA Health Workgroup will support the implementation of the MPA Local Playbook to educate seniors about healthcare resources available in the community through distribution of collateral materials.	7/1/2024-6/30/2027 ⁶	Admin	Continued
1.4 The ACOA Transportation Workgroup will support the implementation of the MPA Local Playbook strategy for establishing a county-wide country-wide approach to accessible transportation.	7/1/2024-6/30/2026 ⁷	Admin	Continued

Goal:

The AAA will promote the development of age- and disability-friendly communities by advocating for an infrastructure that fully and meaningfully prioritizes the needs of older and disabled adults and those who care for them.

Rationale:

The continued growth of the older adult population, especially with the oldest of the baby boomers reaching an advanced age of 85 years starting in 2031, calls attention to the need to prioritize and promote age- and disability-friendly Contra Costa communities. A strong infrastructure that includes diverse and reliable funding sources for programs and services and the inclusion and prioritization of older adults, persons with disabilities, and family caregivers in planning, building, and delivering services promote the development of age- and disability-friendly communities. Promoting neighborhood safety, improving the walkability of streets, protecting seniors from falling victims to scams and crime, and keeping essential services, such as housing, transportation, food, medical/dental care, etc., were among the needs mentioned by focus group participants to make communities age- and disability-friendly. Furthermore, making communities as age and disability - friendly as possible while simultaneously leveraging the needs and accessibility of caregiver respite services speaks to servicing the needs at both ends of the spectrum; those of care receivers as they navigate communities that are adapted and those of caregivers as they seek respite.

List Objective Number(s) _____ and Objective(s) [Refer to CCR Article 3, Section 7300 (c)] (Priority Service if applicable)	Projected Start and End Dates	Type of Activity and Funding Source⁶	Update Status⁷
2.1 The ACOA will participate in the Food Security Collaborative to develop strategies to address the nutritional health of older adults and persons with disabilities in Contra Costa County.	7/1/2024-6/30/2028 ⁶	Admin	Revised Continued
2.2 The ACOA Transportation Workgroup will advocate for older and disabled adults' transportation infrastructure needs by providing at least four informational presentations a year to the community and service providers.	7/1/2024-6/30/2028 ⁶	Admin	Continued
2.3 The ACOA Health Workgroup will work with the AAA to produce and distribute a resource brochure for "Aging in Place" to be distributed to senior populations prioritized in the Older Americans Act.	7/1/2024-6/30/2026	Admin	Continued

Goal # 3

Goal:

The AAA will improve access to information, assistance, and resources to promote equity and visibility of services among older adults, persons with disabilities, and family caregivers.

Rationale:

Knowledge, awareness, and ability to obtain the services and resources one needs are critical to supporting residents' ability to safely age in place and thrive in Contra Costa. Focus group participants established that for services to be accessible and effective, they must be affordable, available, coordinated, equitable, reliable, seamless, and visible. Furthermore, elevating the visibility of Caregiver Respite services is specifically crucial as caregivers are often dependent on this resource as a sole source for relief from caregiving. Hands-on support is also needed to navigate the service system and enroll in programs.

List Objective Number(s)_____and Objective(s) [Refer to CCR Article 3, Section 7300 (c)] (Priority Service if applicable)	Projected Start and End Dates	Type of Activity and Funding Source ⁶	Update Status ⁷
3.1 The ACOA and Planning Committee will assist the AAA's Information & Assistance Program in sponsoring and coordinating at least four events to reach populations prioritized in the Older Americans Act to inform older and disabled individuals and caregivers of available programs and services.	7/1/2024-6/30/2026	Admin	CompletedContinued
3.2 The ACOA Planning Committee will work with the AAA's Information and Assistance Program in translating the County Senior Resource Directory into Simplified Chinese and helping in its distribution in the community.	7/1/2024-6/30/2025	Admin	Completed
3.3 The AAA and ACOA Planning Committee will increase access to information about services by creating QR codes for the Senior Resource Directory and the County Guides to expand promotion and reach of these resources in the community.	7/1/2024-6/30/2025	Admin	Completed

3.4 The ACOA Health <u>Committee</u> will schedule a minimum of four presentations at monthly meetings delivered by subject matter experts/professionals on topics specific to the MPA's "Health Reimagined" goal to increase awareness about community resources and supports for older adults.	7/1/2024-6/30/2027 <u>6</u>	Admin	Continued
3.5. The ACOA Housing <u>Workgroup Committee</u> will schedule a minimum of eight presentations by non-profit, government, and private organizations to foster partnerships and learn about housing related programs and policies.	7/1/2024-6/30/2027 <u>6</u>	Admin	Continued
3.6 <u>The ACOA Housing Committtee will work with AAA staff to develop and update outreach materials to help the Contra Costa County community better understand the housing challenges faced by older adults. These materials will be presented to government commissions, city councils, local service groups, and community organizations throughout the County, with the goal of at least six presentations being conducted annually. The ACOA Housing Workgroup will develop outreach materials, including a Power Point presentation, to inform the community about current housing challenges older adults face in Contra Costa County and resources available to help address their needs. The workgroup will conduct at least two educational presentations a year to seniors, service providers, and/or policy makers.</u>	7/1/2024-6/30/2027 <u>6</u>	Admin	<u>Continued</u> <u>Revis</u> <u>ed</u>

3.7 The ACOA Technology Workgroup Committee will schedule a minimum of four presentations at monthly meetings on topics specific to technology in order to increase awareness of community resources.	7/1/2024-6/30/2027 8	Admin	Continued
3.8 The ACOA Technology Workgroup Committee will produce at least two infographic documents describing important technology subjects including “Protecting Against Online Scams” and “Artificial Intelligence and Older Adults” and will leverage scheduled AAA outreach events to distribute the information.	7/1/2024-6/30/2027 6	Admin	Continued

3.9 The ACOA Legislative <u>Workgroup Committee</u> will track and report at least twice annually to the ACOA and advocate on relevant legislative proposals as they pertain to older adults.	7/1/2024-6/30/2028	Admin	Continued
3.10—The AAA and ACOA Health <u>Workgroup Committee</u> will facilitate at least four health related informational presentations including mental health at Contra Costa Senior/Community Centers.	7/1/2024-6/30/2028	Admin	Continued

Goal # 4

Goal:

The AAA will review and update Programs and regulatory requirements to align with the changes in the Older Californians Act and the reauthorized Older Americans Act.

Rationale:

The AAA must prepare for and respond to changes resulting from the reauthorization of the Older Americans Act (OAA) and the modernization of the Older Californians Act (OCA). Program goals, objectives, and operational activities shall align and comply with the resultant changes in legislation and policy guidelines from the California Department of Aging.

List Objective Number(s) _____ and Objective(s) [Refer to CCR Article 3, Section 7300 (c)] (Priority Service if applicable)	Projected Start and End Dates	Type of Activity and Funding Source ⁶	Update Status ⁷
4.1 The ACOA and the Planning Committee will assist the AAA, as requested, in their monitoring process of service providers.	7/1/2024-6/30/202 <u>68</u>	Admin	<u>Continued</u> <u>Completed</u>

4.2 The ACOA Planning Committee will assist the AAA in reviewing amendments to the OAA, OCA, and other state requirements and support the AAA in ensuring that program policies and procedures are reflective of the changes and implemented by contractors.	7/1/2024-6/30/2028	Admin	Continued
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² Indicate if the objective is Administration (Admin,) Program Development (PD) or Coordination (C). If a PD objective is not completed in the timeline required and is continuing in the following year, provide an update with additional tasks. For program specific goals and objectives please identify service category where applicable.

³ Use for the Area Plan Updates to indicate if the objective is New, Continued, Revised, Completed, or Delete