



CONTRA COSTA COUNTY

Committee Meeting Minutes - Draft

Advisory Council on Aging

Monday, February 9, 2026

1:00 PM

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

Health and Elder Abuse Prevention Committee
<https://cccouny-us.zoom.us/j/83870526995>

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: 111 Civic Drive, Hercules | 2950 Buskirk Avenue, Suite 330 Walnut Creek | 1001 Golden Rain Road, Walnut Creek | 400 El Cerro Blvd. Danville

1:00 Open meeting: Dr. Mike Wener, Chairman
Call to Order: The meeting was called to order at 1:00 pm.

Roll call (Dixie Peralta)
Adopt Today's Agenda

Present Alan Goldhammer, Sarah Green, Thomas Lang, Sharon Maxwell,
Brian O'Toole, Carol Schaefer, Teresa Wright, Michael Wener,
Dennis Yee, and Deborah Wiener

Absent Nikki Lopez, and Terri Tobey

1:05 Approval of January 2026 Minutes

Motion: Goldhammer

Second: Lang

Aye: Goldhammer, Green, Lang, Maxwell, O'Toole, Schaefer,
Wener, and Wiener

Absent: Lopez, and Tobey

Abstain: Wright, and Yee

Result: Passed

Health Committee Meeting Minutes 01-12-26

[26-480](#)

1:10 Member Reports:

- Nutrition- no report
- Elder Wellness & Advocacy Coalition- see below
- Medi-Cal- Brian- Report from Brian on updates to Medi-Cal

1:25 Follow up on liaisons for Food Security Collaborative and Elder Wellness & Advocacy Coalition

- Carol attended the January 12th Meeting and gave a report.
- Sarah asked to see if others had received the email Jim sent about advocating for about nutrition program

1:35 Area Plan Update Finalized Objectives- Thomas

- The APU objectives were reviewed with the following changes:
 - 2.3- change end date to 2027
 - 3.4- change committee to workgroup
- Sarah would like to get more information about the Health Reimagined goals- can bring this back to a future meeting

APU Finalized Objectives

[26-481](#)

1:40 Community Presentations- Thomas

- The tracking spreadsheet was presented for members to include the centers where they may present at, and it also includes the centers that Thomas has presented to
- Thomas to send to tracking sheet to Cristina to send to the members

Senior Center List | Tracking Spreadsheet

[26-482](#)

1:45 Elder Abuse Prevention Materials

- The following materials were presented: Elder and Dependent Adult Abuse and Neglect (Contra Costa County Adult Protective Services) and Family Justice Center (Alameda County)
- Chairperson Wener wants these available at the ACOA General Meeting

Elder Abuse Brochure | Family Justice-Alameda Elder Abuse

[26-483](#)

1:55 Break

2:00 Introductions and discussion about presentations- All members

- Holly, Pleasant Hill Senior Center
 - Topics of interest- the importance of recreation/socialization gets overlooked
 - Interested in seeing transportation provided to senior centers
- Carol, member at large, MH background
 - Interested in MH
- Shari, member at large, Brightstar Care (15 years)
 - Speaker contacts- Angela and Richard (pharmacist)- poly pharmacy, review of medicines
 - Former certified trainer for Matter of Balance
 - Advance Health Care Directives
- Theresa, background in Public Administration in China, Counseling and Psychology degree
 - Would like to form a weekly, or biweekly group of Chinese immigrants
 - Wasn't able to do this through the library
 - Holly stated that this can most likely be done through her senior center
- Allan, retired judge
 - Social Security/Disability?
 - Navigating Medicaid/Medi-Cal (HICAP- a lot of people don't know about program)
- Thomas, Professor at UCSF, has a focus on osteoporosis and loss of muscle mass
 - Interested in finding ways to get information to the community, gives presentation on osteoporosis, senior oral health, weight management
 - Muscle loss presentation in the summer to HEAP and then take the presentation to the community
- Mike, retired doctor
 - Advanced Health Care Directive
- Dennis, member at large for seven years, Kaiser group health insurance (former job), competes
 - Interested in the process
- Sarah, rep for Hercules, financial planning /investment planning/risk management, former MOW delivery volunteer, end of life doula, herbalist, volunteer pharmacist
 - End of life- make space to talk about death and grief as normal
 - Durable power of attorney- people don't have an awareness about this
 - Interested in bringing in end of life doula, rights, human composting
- Deborah- author, speaker, working on her Five Wishes, "Born to Thrive"-over-coming trauma
 - No specific topics mentioned

- Brian
 - Not present for introduction
- AAA Staff intros- Dixie and Cristina

2:20 Discussion:

- Alternate- Holly and Theresa (alternates), for 13 members, with 6 for quorum
- Jill will be deciding on number of seats per committee

2:25 Public Comment

- None

Next Health & Elder Abuse Prevention Committee Meeting:

- Wednesday, March 9, 2026 1:00pm – 2:30pm

2:30 Adjourn

- Meeting Adjourned at 2:30pm

For Additional Information Contact:

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