



AGENDA

CONTRA COSTA COUNTY Advisory Council on Aging

Monday, August 10, 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. The public may attend this meeting in person at the above location. ACOA members will also be participating from the following locations: 2950 Buskirk Avenue, Suite 330 Walnut Creek | 130 Linhares Lane, Alamo | Senior Center: 111 Civic Drive, Hercules | 311 Calle la Mesa, Moraga | 366 Caroni St., Walnut Creek

1:00 Open meeting: Dr. Mike Wener, Chairman

Roll call (Dixie Peralta)

1:05 Approval of June 2026 Minutes

Health Meeting Minutes 06-08-26

[26-3244](#)

1:10 Member Reports:

- Nutrition
- Elder Wellness & Advocacy Coalition- Carol
- Medi-Cal- Brian

1:25 Presentation- Thomas Weisbrich, Contra Costa County Senior Nutrition Program

Senior Nutrition Program - Presentation

[26-3385](#)

1:55 Break

2:00 Community Presentations –

- Tracking

2:10 Public Comment | Announcement:

Next Health & Elder Abuse Prevention Committee Meeting:

- Wednesday, September 14, 2026 1:00pm – 2:30pm

2:30 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 #: 26-3244

Agenda Date: 8/10/2026

Agenda #:

Advisory Council on Aging:

Health and Elder Abuse Prevention Committee Meeting Minutes 06-08-26



CONTRA COSTA COUNTY

Committee Meeting Minutes - Draft

Advisory Council on Aging

Monday, June 8, 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>

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- 1:00 Open meeting: Dr. Mike Wener, Chairman
- Call to Order: The meeting was called to order at 1:03 pm.

Roll call (Dixie Peralta)
Adopt Today's Agenda

Present	Holly Frates, Sarah Green, Sharon Maxwell, Brian O'Toole, Carol Schaefer, Indy Sekhon, Michael Wener, and Deborah Wiener
Excused	Alan Goldhammer, and Thomas Lang
Absent	Nikki Lopez, Terri Tobey, Susan Wright, and Dennis Yee
Non-voting	Jim Donnelly, and Teresa Wright

- 1:03 Approve May 2026 Minutes

Motion:	Wiener
Second:	Green
Aye:	Frates, Green, O'Toole, Schaefer, Sekhon, Wener, and Wiener
Absent:	Lopez, Tobey, Wright, and Yee
Abstain:	Maxwell
Result:	Passed

Health Committee Meeting Minutes 05-11-2026

[26-2296](#)

1:05 Member reports:

- Nutrition- No report
- Elder Wellness & Advocacy Coalition- Cristina
 - Jennifer Petruzzi, and Jack Castillo from the Conservatorship Program gave an overview on Conservatorship and the Role of the Public Guardian
- Medi-Cal- Brian- Brian on updates to Medi-Cal

1:25 Presentation- Dr. Mike Wener, diabetic foot Your Feet and Diabetes | Diabetes | CDC (<https://www.cdc.gov/diabetes/diabetes-complications/diabetes-and-your-feet.html>)

Your Feet and Diabetes

[26-2297](#)

1:55 Community Presentations

- Tracking- fill out presentations to date, internal and external to have a record by the end of the year

2:10 Discussion

- Measure B didn't pass, hits may not come until October, need more awareness about what is to come, meal cuts starting on July 1st
- Aging and Adult Services will need to hire 46-47 new eligibility workers

2:20 Public Comment

- Indy- rural health investing
 - interested in how to be proactive for funding
 - Look at opportunities nationally

Next Health & Elder Abuse Prevention Committee Meeting:

- Please note: The Health & Elder Abuse Prevention Committee will not meet in July
- Monday, August 10, 2026 1:00pm – 2:30pm
- Presenter will be Thomas Weisbrich on OAA nutrition programs

2:30 Adjourn

- Meeting adjourned at 2:18

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 #: 26-3385

Agenda Date: 8/10/2026

Agenda #:

Advisory Council on Aging:

Presentation- Thomas Weisbrich, Contra Costa County Senior Nutrition Program

Area Agency on Aging Senior Nutrition Program

Thomas Weisbrich, MSW

August 10th, 2026

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EMPLOYMENT & HUMAN SERVICES

Agenda

- **Overview on the III-C Senior Nutrition Program**
- **IIIC Programs**
 - IIIC-1 Congregate Meal Program
 - IIIC-2 Home-Delivered Meal Program
 - Senior Farmers' Market Nutrition Program
- **Current Affairs and FY26-27 Changes**
- **Q&A / Discussion**

Senior Nutrition Program (SNP)

- The **Older Americans Act (1965)** established Area Agencies on Aging and requires every Area Plan to address a range of core services, including senior nutrition services under **Title III-C**.
- **Title III-C** authorizes federal funding for senior nutrition services. Supports two nutrition programs:
 - **Congregate Meals (C1)** – meals served in community settings.
 - **Home-Delivered Meals (C2)** – meals delivered to homebound older adults.

Senior Nutrition Program (SNP)

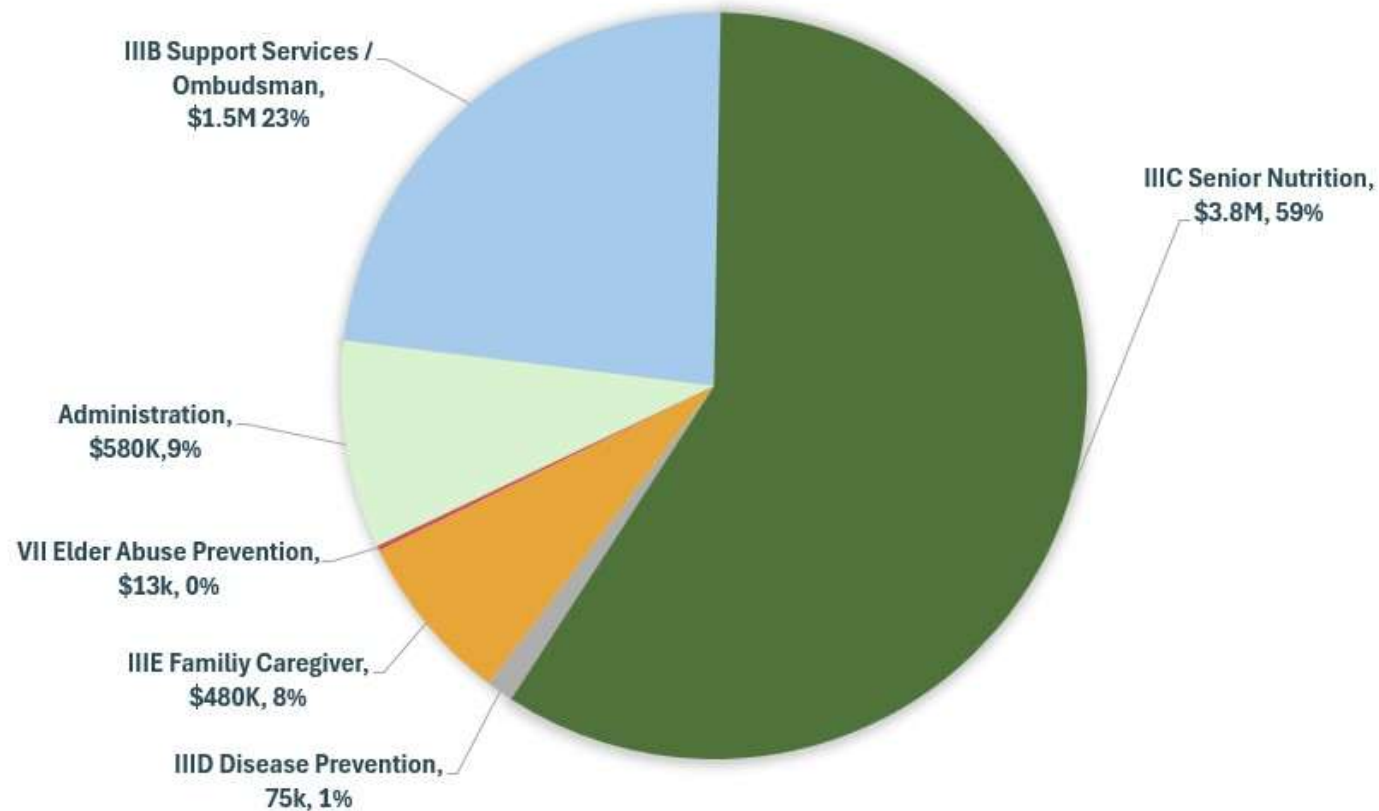
Mission:

To reduce hunger, improve nutrition, promote socialization, and help older adults remain healthy and independent in their communities.

Funding

- The Senior Nutrition Program is the AAA's **largest-funded program**.
- In FY 25-26, the Senior Nutrition Program comprised **59% OAA baseline funding**.

FY 25-26 OAA BASELINE FUNDING BY PROGRAM: \$6.5M



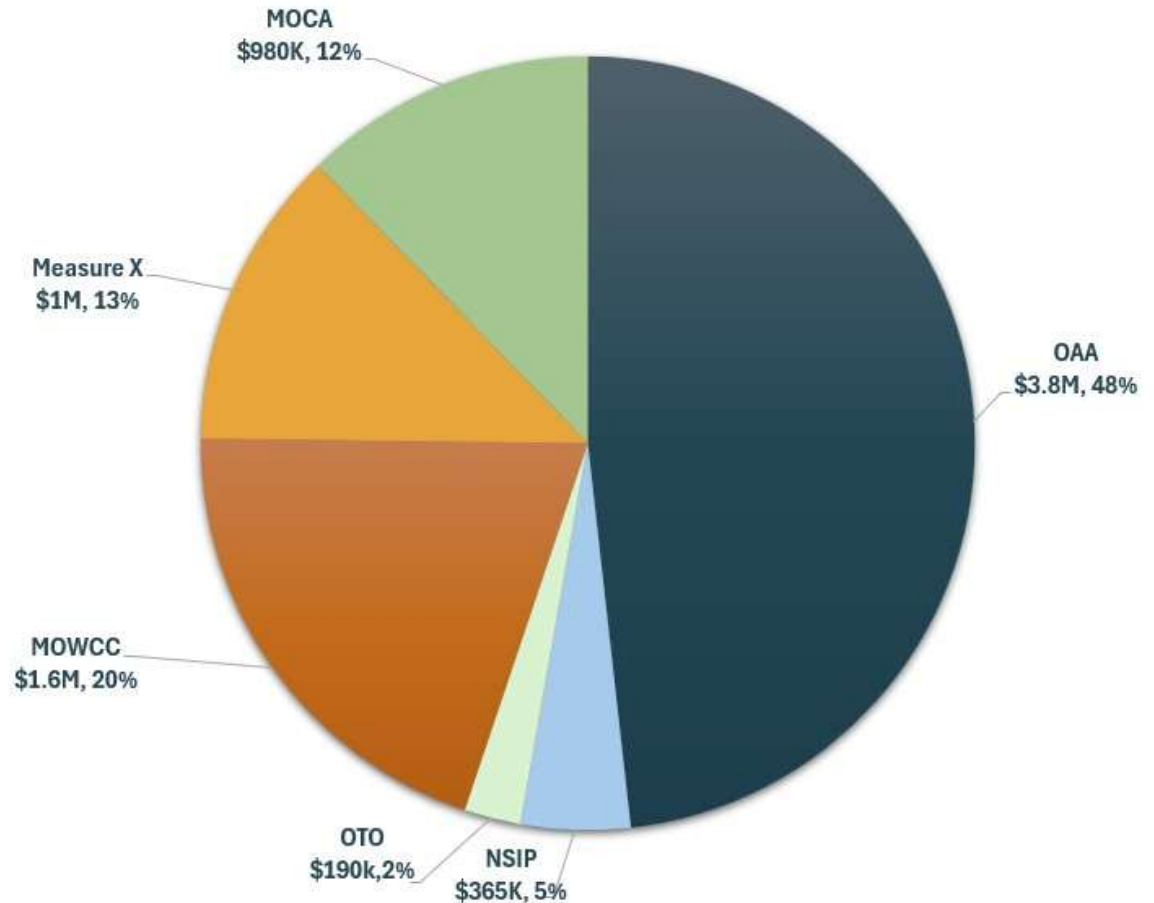
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Funding

- The SNP is also the most **diversely-funded** program in the AAA.
- Though the OAA provides the core funding for the program, **additional funding includes:**
 - Modernizing Older Californians Act (MOCA)
 - Measure X
 - Meals on Wheel of Contra Costa (MOWCC) Annual Pledge
 - Nutrition Services Incentive Program (NSIP)
 - One-Time Only (OTO)

FY 25-26 Senior Nutrition Program Funding: \$7.9M



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The SNP Team



Jenn Gomes-Figueira
Clerk



Jeanne Polk
Registered Dietitian



Thomas Weisbrich
Program Analyst



Congregate Meal Program (C1)

The Congregate Meal Program (Title III-C1) provides meals to eligible older adults in a group settings to:

- Reduce food insecurity
 - Provide nutritious meals
 - Improve nutrition education
 - Promote socialization
 - Connect with activities, resources, opportunities
- Contra Costa County administers the congregate meal program through our countywide “**Café Costa**” program.



Welcome to Café Costa!





About Café Costa

- Café Costa is Contra Costa County's senior nutrition congregate meal program.
- Café Costa pairs with local non-profits and city agencies to host lunches for eligible seniors to provide nutritious meals and promote social engagement.
- Café Costa has 18 sites that operate throughout the county. Most sites operate Monday-Friday from 11am-1pm, with some variation.





Who can participate?

- Program eligibility includes:
 - Any adults 60 years-old and older
 - Accompanying guest under 60 who is a spouse
 - Accompanying guest under 60 who is disabled individual residing with them
- Eligible participants are encouraged to provide a suggested contribution of up to \$3.00, though no seniors are refused a meal for inability to contribute.
- All non-eligible guests are welcome to join, but are subject to a \$7.00 meal fee in order to dine.





About the Meals

- All menus are designed by AAA Registered Dietitian, Jeanne Polk, in coordination with Trio Community Meals.
- Meals are planned to be:
 - 1/3 of daily nutrition needs for calories, protein, fiber, vitamins, and minerals
 - Limited in sodium to support heart & overall health
 - Exciting and culturally diverse
- Meals are produced by our partner, Trio Community Meals, and delivered to café sites to be prepared and served by our community partners.





What's on the Menu: August 10th, 2026

Regular Menu

- Kalua Pork
- Spinach Salad with Balsamic Vinaigrette
- Broccoli
- Hawaiian Mac Salad
- Fresh Fruit
- Sherbet

Vegetarian

- Pinto Beans Valenciana with Brown Rice
- Brussel Sprouts
- Bean Medley
- Fresh Fruit
- Sherbet





More Than Just a Meal

- Beyond providing a nutritious meal, the Café Costa sites offers older adults with opportunities to:
 - Socialize and build community
 - Access nutrition education materials
 - Connect to local resources and healthy aging supports
 - Explore classes, exercise activities, and other senior center offerings



IIIC-2 Home-Delivered Meal Program

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Home-Delivered Meal Program (C2)

- **The Home-Delivered Meal Program** (Title III-C2) provides nutritious meals delivered to homebound older adults to support health, independence, and the ability to remain safely at home.
- Participants receive a delivery of **seven meals once weekly**, including two chilled and five frozen meals. Participants must be home to receive their meals, and this is also an opportunity for a **wellness check, socialization, and referral to resources as needed**.
- Similar to the Café Costa program, meals are planned to be:
 - 1/3 of daily nutrition needs for calories, protein, fiber, vitamins, and minerals
 - Limited in sodium to support heart & overall health
 - Exciting and culturally diverse

Eligibility

Eligibility requirement include:

- Individuals who are:
 - “Frail” as defined by OAA regulations (i.e. unable to perform 2+ Activities of Daily Living)
 - Homebound by reason of illness or disability
 - Otherwise isolated
- A spouse of a participant regardless of age or condition, if an assessment concludes that is in the best interest of the homebound older individual.
- An individual with a disability who resides at home with older individuals, if an assessment concludes that it is in the best interest of the homebound older individual who participates in the program.

Our HDM Partners

Meals on Wheels Diablo Region (MOWDR):

- The County's primary and largest home-delivered meal provider.
- MOWDR offers more than just meals, they also offer:
 - Fall Prevention classes
 - Home safety assessments
 - Health & wellness classes
 - Nutrition education & healthy aging workshops
 - Friendly visitor/caller programs
 - Care management

Our HDM Partners

J-Sei:

- The county's culturally-tailored meal program. J-Sei's drivers deliver hot, nutritious Japanese cuisine lunches Monday through Friday.
- J-Sei's services are tailored towards the AAPI community but are welcome to all.
- August 10th, 2026 Menu:
 - Buta Dofu (sliced pork & tofu)
 - Steamed Mustard Greens
 - Cabbage & Carrot Salad
 - Pluot

Our HDM Partners

Trio Community Meals:

- Trio Community Meals is the production kitchen for both the Café Costa programs and Meals on Wheels Diablo Region home-delivered meal program.
- Trio produces over 3,000 meals per service day and are dedicated to food safety, dynamic meals, and are highly responsive to program need.
- Trio works closely with AAA Registered Dietitian, Jeanne Polk, to ensure meals are nutritious, interesting, and culturally-diverse.

FY 25-26 in Numbers

Congregate Meals:



140,560 Meals



3,942 Participants

Home-Delivered Meals:



714,986 Meals



3,529 Participants

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SENIOR FARMERS' MARKET NUTRITION PROGRAM



The **SFMNP** is a federally funded program administered by the California Department of Food and Agriculture (CDFA).

It provides eligible low-income seniors with benefits that **can be used to purchase locally grown fruits, vegetables, honey, and fresh-cut herbs** at authorized Farmers' Markets.

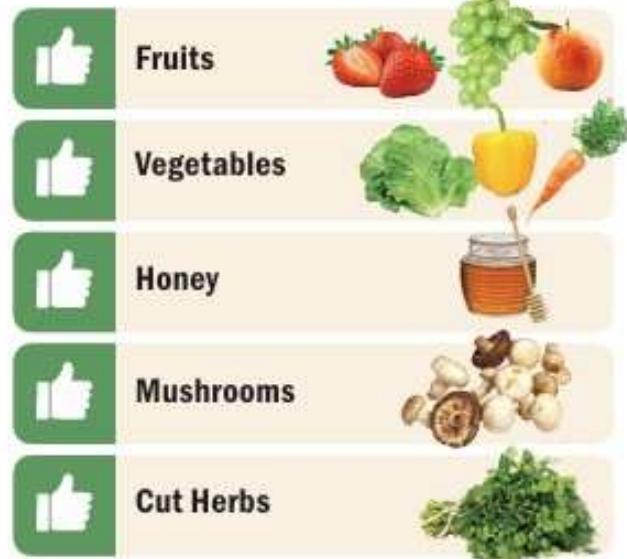
CDFA partners with **Area Agencies on Aging and local organizations** to serve as enrollment hubs, where participants can sign up and receive their benefit cards.

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Benefits: Qualifying Items

Allowed Foods



Prohibited Foods



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Senior Farmers' Market Nutrition Program

- The AAA partners with local non-profits and agencies to distribute benefits throughout the county each summer.
- Participants receive a one-time \$50 electronic benefit card that can be used at 16 participating farmers' markets in Contra Costa County.
- 700 cards are to be distributed -- due to immense popularity and limited cards, the program struggles to keep up with demand, and many enrollment sites exhaust their card supply within hours of opening to the public.

Current Affairs & FY26-27 Changes

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Café Costa Meal Caps

- Due to the immense popularity of the Café Costa program and the limited funding available, all café programs are required to implement meal caps as of July 1st, 2026.
- Each café is allocated a finite number of meals and are expected limit daily dining reservations. While it is difficult to limit the number of diners, this approach ensures consistent programming for the most in-need and aims to prevent program closures.
- The AAA is actively exploring additional funding sources and encouraging sites to utilize grants and city funding to supplement their meal caps.

Home-Delivered Meals

- Both MOWDR and J-Sei maintain ongoing waitlists, as the county collectively has 600+ individuals waiting for HDM services.
- Due to demand, AAA & MOWDR have made the difficult decision to transition to from seven to six meals per week, effective Monday August 31st, 2026.
- This change will allow for approximately 400 individuals on the waitlist to begin receiving services.

Current Affairs & FY26-27 Changes

- Changes to Future Funding:
 - MOCA (\$980k) expires in FY 27-28
 - Nutrition MX reduces from \$1M to \$500k in FY 27-28
 - CDA's proposed Intrastate Funding Formula could impact baseline OAA funding if passed
 - MOWDR was awarded one-time ARPA funds of 1.5M to be used for food insecurity for FY 26-28

Key Takeaways for the Future the SNP

- Demand for IIIC Senior Nutrition Programs are at an all-time high due to the combination of successful programming, growing aging demographics, and the shifting social services landscape.
- IIIC programs are at capacity, and AAA staff and community partners are exploring creative solutions to manage high demand and identify additional resources.
- The IIIC Senior Nutrition Program is comprised of numerous funding sources, which are expected to change in years to come.

Thank You!

Questions?

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