



# CONTRA COSTA COUNTY

## Committee Meeting Minutes - Final

### Advisory Council on Aging

---

Monday, January 13, 2025

1:00 PM

400 Ellinwood, Pleasant Hill, CA  
Room 303

---

#### Health Workgroup

Link: <https://cccounty-us.zoom.us/j/82800955881?pwd=1bbbru9aoJBhJWlGxUtwTXXopvRV652.1>

Password: 798983 | Dial-In-Number: (214) 765-0478 | Meeting ID: 828 0095 5881 | Conference code: 698779

#### PUBLIC ACCESS INSTRUCTIONS:

The public may attend this meeting in person at the posted locations. The public also may attend this meeting remotely via Zoom or call-in. Login information and call-in information is provided above. Remote attendance of this meeting is being held at the following locations: 2950 Buskirk Avenue, Suite 330 Walnut Creek; 1001 Golden Rain Rd., Walnut Creek; 165 Natalie Dr., Moraga; 373 Century Circle, Danville; 116 Ravenhill Road, Orinda; 418 Camelback Road, Pleasant Hill.

1:00 Open meeting: Mike Wener called the meeting to order at 1:01 pm.

1:02 Roll Call

**Present** James Donnelly, Alan Goldhammer, Brian O'Toole, Michael Wener, and Francisco Benavides

**Absent** Thomas Lang, and Dennis Yee

1:04 Announcements

1:05 Approve December 2024 Minutes

Approve December Draft Minutes

[25-164](#)

**Attachments:** [Hlh.12.09.24DraftMinutes](#)

**A motion was made by Goldhammer, seconded by O'Toole, that this item be approved. The motion carried by a unanimous vote.**

**Motion:** Goldhammer

**Second:** O'Toole

## 1:10 Member reports:

Nutrition: MOWDR not in attendance.

Cassandra Miranda will be asked if she could attend meetings.

County Wellness: Francisco.

No report - January meeting was cancelled.

Medi-Cal - Brian O'Toole.

No changes, expect changes at the Federal level.

## 1:30 Presentation: Thomas Lange - Osteoporosis: The Disease, Its Diagnosis and Treatment. Question and answer period followed.

Discussion followed regarding future presentations. Nikki Lopez to work with Thomas Lange on a fall prevention presentation. He can present a sarcopenia (age-related changes in bone tissue) presentation at a future meeting. If ACOA can sponsor a day-long event was asked.

Osteoporosis:

[25-165](#)

**Attachments:**

[PRESENTATION\\_HEAP\\_January\\_13\\_2025](#)

## 2:00 Break

## 2:05 Discussion: Open

Name change for the workgroup to add Elder Abuse Prevention in the name will happen with the approval of the by-laws.

Who are the members for the workgroup will be delayed due to the additional of new members.

Are workgroup members considered mandated reporters?

2:10 Area Plan Update: Review of Health Workgroup objectives:  
Reviewed and updated.

## 2:20 Public Comment: None.

Next proposed meeting is Monday, February 10, 2025, 1:00-2:30 pm

## 2:30 Adjourn:

Meeting adjourned at 2:25 pm.

The Council will provide reasonable accommodations for persons with disabilities planning to attend the Council 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 Council less than 96 hours prior to that meeting are available for public inspection at 400 Ellinwood Way, Pleasant Hill attention Cristina Ugaitafa during normal business hours. For Additional Information contact Cristina Ugaitafa at [cugaitafa@ehsd.cccounty.us](mailto:cugaitafa@ehsd.cccounty.us) or (925) 655-0775. Staff reports related to items on the agenda are also accessible online at [www.contracosta.ca.gov](http://www.contracosta.ca.gov).

**HOW TO PROVIDE PUBLIC COMMENT:**

Persons who wish to address the Advisory Council on Aging during public comment on matters within the jurisdiction of the Council that are not on the agenda, or who wish to comment with respect to an item on the agenda, may comment in person, via Zoom, or via call-in. Those participating in person should speak when called upon by the chair. Those participating via Zoom should indicate they wish to speak by using the “raise your hand” feature in the Zoom app. Those calling in should indicate they wish to speak by pushing \* 9 on their phone. All public comments will be limited to 2 minutes per speaker. For assistance with remote access contact: 925 655-0775.

Public comment may be submitted via electronic mail on agenda items at least one full workday prior to the published meeting time at email at [cugaitafa@ehsd.cccounty.us](mailto:cugaitafa@ehsd.cccounty.us) or by voice mail at 925 655-0775. Comments submitted by email or voice mail will be included in the record of the meeting but will not be read or played aloud during the meeting.

For Additional Information Contact: [cugaitafa@ehsd.cccounty.us](mailto:cugaitafa@ehsd.cccounty.us) or by voice mail at 925 655-0775.