



AGENDA

CONTRA COSTA COUNTY Advisory Council on Aging

Monday, January 12, 2026

1:00 PM

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

Health and Elder Abuse Prevention Committee
<https://cccounty-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: 2756 Lily Court, Antioch | 621 Reading Place, Danville | 849 Bridgeway Circle, El Sobrante | 139 Aster Court, Hercules | 2950 Buskirk Avenue, Suite 330 Walnut Creek | 400 El Cerro Blvd. Danville

1:00 Call to Order | Introductions: Dr. Michael Wener, Chair

Roll call (Dixie Peralta)

Approve December 2025 Minutes

Health Meeting Minutes 12-08-25

[26-160](#)

1:10 Member Reports:

- Nutrition – no report
- Elder Wellness & Advocacy Coalition- Cristina
- Medi-Cal- Brian

1:30 Liaisons for Food Security Collaborative and Elder Wellness & Advocacy Coalition (January 12th Meeting, 2:00-3:30 pm)

1:45 Area Plan Update- review of objectives

APU Objectives Draft FY 26-27 Draft_Updated_Planning - edits

[26-161](#)

1:55 Break

2:00 Workgroup Meeting Discussion
• Chair
• Mission
• Change of Meeting Time

2:15 Discussion: Open

2:25 Public Comment

Next proposed Health & Elder Abuse Prevention Committee Meeting:

- Monday, February 9, 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 #: 26-160

Agenda Date: 1/12/2026

Agenda #:



CONTRA COSTA COUNTY

Committee Meeting Minutes - Draft

Advisory Council on Aging

Monday, December 8, 2025

1:00 PM

500 Ellinwood Way, Pleasant Hill, CA
Corner Conference Room

Health and Elder Abuse Awareness Committee
<https://cccounty-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: 2756 Lily Court, Antioch | 139 Aster Court, Hercules | 2950 Buskirk Avenue, Suite 330 Walnut Creek

Call to Order | Roll Call | Introductions – Thomas offered to chair since neither co-chair was present. Thomas called the meeting to order at 1:00 pm.

Present

Alan Goldhammer, Sarah Green, Thomas Lang, Sharon Maxwell, Brian O'Toole, Dennis Yee, and Deborah Wiener

Absent

Nikki Lopez, Carol Schaefer, Terri Tobey, and Michael Wener

Approval of October 13, 2025 Minutes

Motion:

Yee

Second:

Lang

Aye:

Goldhammer, Green, Lang, Maxwell, O'Toole, Yee, and Wiener

Absent:

Lopez, Schaefer, Tobey, and Wener

Result:

Passed

Attachments:

[Health and Elder Abuse MINUTES 10-13-25 REV](#)

25-5191

1:10 Member Reports:

- Nutrition- No report
- County Wellness- Need ACOA representative. Jim has been attending since 2:00-3:00 pm. Remind ACOA members about the need for a liaison at the January meeting.
- Medi-Cal- Brian- Asset test- redetermination is when assets would be checked by County. Expect not to have too many people to be affected in the County.

1:30 Presentation by Emily Milstein, Contra Costa Senior Legal Services, on program services for older adults, including elder abuse and restraining order for older adults. Flyer for restraining order clinics mentioned. Cristina to send the flyer to members.

Elder Abuse Presentation CCSL

25-5026

Attachments: [Elder Abuse Presentation CCSL](#)

2:00 Annual Committee Report: Review Progress

- Approved at Executive Committee meeting.

2:00 Area Plan Update/Community Tracking:

- Thomas will review the objectives, get input from Mike and Terri, and will get back to the Committee in a way that doesn't violate Brown Act.

2:00 Name Change:

- Dixie to check to see when the name change was brought up in Exec.
- If committees not named in the bylaws, the change would go before Exec for a vote, and then to the full body.
- Table and discuss this at a later time.

2:05 Break

2:10 Committee Chairs

- Thomas is willing to be chair. Ask for a co-chair. Sarah- not ready to commit, but open to conversation. Nomination to move forward to Exec.

Motion:

Green

Second:

O'Toole

Aye:

Goldhammer, Green, Lang, Maxwell, O'Toole, Yee, and Wiener

Absent:

Lopez, Schaefer, Tobey, and Wener

Result:

Passed

2:15 Discussion: Open

- None

HEAP Objectives 12_04_25

25-5032

Attachments:

[HEAP Objectives 12_04_25](#)

2:20 Community Presentation and Tracking

- Reminder to the committee members to keep track of the presentation that they provide in the community so they can be counted in the year-end report.

2:25 Public Comment

- Thomas presented two presentations in November (Lake Ridge Athletic Club- 50 people) second presentation at Concord Senior Center (30 people)
 - Good Table Café- pay what you're able to- have lecture area in building, was going to present there and would like to help them with grants
 - He would like to continue osteoporosis presentations and start sarcopenia presentations

Next Health & Elder Abuse Awareness Committee Meeting:

- Monday, January 12, 2026, 1:00pm – 2:30pm

2:30 Meeting adjourned at 2:33 pm.

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 #: 26-161

Agenda Date: 1/12/2026

Agenda #:

PSA 7

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	Admin	Continued	<p>Formatted: Not Highlight</p> <p>Deleted: 6</p>
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.	7/1/2025- 6/30/2027	Admin	Revised	<p>Deleted: 4</p> <p>Deleted: Continued</p> <p>Deleted: 6</p>
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.	7/1/2025- 6/30/2027	Admin	Continued	<p>Deleted: 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.</p> <p>Deleted: 4</p> <p>Deleted: 6</p>

1.4 The ACOA Transportation Workgroup will support the implementation of the MPA Local Playbook strategy for establishing a <u>country-wide</u> approach to accessible transportation.	7/1/2024- 6/30/2027	Admin	Continued
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Goal # 2

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 Source ⁶	Update Status ⁷
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	Admin	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.	7/1/2024-6/30/2027	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	Delete

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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	Completed
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

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3.4 The ACOA Health Workgroup 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.	7/1/2027 6/30/2027	Admin	Continued	<div style="border: 1px solid black; padding: 2px;">Deleted: 4</div> <div style="border: 1px solid black; padding: 2px;">Deleted: 6</div>
3.5 The ACOA Housing Workgroup 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.	7/1/2027 6/30/2027	Admin	Continued	<div style="border: 1px solid black; padding: 2px;">Deleted:</div> <div style="border: 1px solid black; padding: 2px;">Deleted: 4</div> <div style="border: 1px solid black; padding: 2px;">Formatted: Not Highlight</div> <div style="border: 1px solid black; padding: 2px;">Deleted: 6</div>
3.6 The ACOA Housing Workgroup 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.	7/1/2027 6/30/2027	Admin	Revised	<div style="border: 1px solid black; padding: 2px;">Deleted: 4</div> <div style="border: 1px solid black; padding: 2px;">Deleted: Continued</div> <div style="border: 1px solid black; padding: 2px;">Deleted: 6</div> <div style="border: 1px solid black; padding: 2px;">Formatted: Highlight</div>
3.7 The ACOA Technology Workgroup will schedule a minimum of four presentations at monthly meetings on topics specific to technology in order to increase awareness of community resources.	7/1/2027 6/30/2027	Admin	Continued	<div style="border: 1px solid black; padding: 2px;">Deleted: 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.</div> <div style="border: 1px solid black; padding: 2px;">Deleted: 4</div> <div style="border: 1px solid black; padding: 2px;">Deleted: 8</div> <div style="border: 1px solid black; padding: 2px;">Formatted: Not Highlight</div>
3.8 The ACOA Technology Workgroup	7/1/2027 6/30/2027	Admin	Revised	<div style="border: 1px solid black; padding: 2px;">Deleted: 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.</div> <div style="border: 1px solid black; padding: 2px;">Deleted: 4</div> <div style="border: 1px solid black; padding: 2px;">Deleted: Continued</div> <div style="border: 1px solid black; padding: 2px;">Deleted: 6</div> <div style="border: 1px solid black; padding: 2px;">Deleted: <object></div>

3.9 The ACOA Legislative Workgroup 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	Contiin Formatted: Not Highlight
3.10 The AAA and ACOA Health Workgroup 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	Contiin Formatted: Not Highlight

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.	7/1/2024-6/30/2026	Admin	Comp Deleted: Continued Formatted: Not Highlight Formatted: Not Highlight Deleted: 8

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 Formatted: Not Highlight
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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