



CONTRA COSTA COUNTY

AGENDA

Advisory Council on Aging

Monday, February 10, 2025

1:00 PM

400 Ellinwood, Pleasant Hill, CA
Room 303

Health Workgroup

Link: [https://cccounty-us.zoom.us/j/82800955881?
pwd=1bbru9aoJBhJWlgXUtwTXXopvRV652.1](https://cccounty-us.zoom.us/j/82800955881?pwd=1bbru9aoJBhJWlgXUtwTXXopvRV652.1)

Password: 798983 | Dial-In-Number: (214) 765-0478 or (888) 278-0254 | 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: 849 Bridgeway Circle, El Sobrante; 2950 Buskirk Avenue, Suite 330 Walnut Creek; 418 Camelback Road, Pleasant Hill; 1002 Golden Rain Rd, Walnut Creek; 3014 Grey Eagle Drive, Walnut Creek; 165 Natalie Dr., Moraga; 2339 Magnolia Bridge Drive, San Ramon; 1133 St. Francis Drive, Concord;.

1:00 Open Meeting: Terri Tobey

1:02 Roll Call:

Introductions:

1:05 Approve January 2025 Minutes

[25-428](#)

Attachments: [hl.01.13.25DraftMinutes](#)

1:10 Member Reports:

Nutrition

County Wellness Update - Francisco

Medi-Cal-Brian

1:30 Presentation: Amber Carroll, Senior Director, Connections Programs

Front Porch Presentation

[25-451](#)

Attachments: [Advisory Council on Aging - Front Porch Community Services](#)

2:00 Break

2:05 Discussion: Open

2:10 Area Plan Updates: Review of Health Workgroup objectives

[25-429](#)

Attachments: [APU FY 25-26 Planning 01-23-25 \(003\)](#)

2:20 Public Comment:

Next meeting is scheduled for March 10, 2025, 1:00-2:30 PM.

2:30 Adjourn

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 or (925) 655-0775. Staff reports related to items on the agenda are also accessible online at 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 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.

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CONTRA COSTA COUNTY

1025 ESCOBAR STREET
MARTINEZ, CA 94553

Staff Report

File #: 25-428

Agenda Date: 2/10/2025

Agenda #: 1:05



CONTRA COSTA COUNTY

Committee Meeting Minutes - Draft

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

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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.

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DRAFT



CONTRA COSTA COUNTY

1025 ESCOBAR STREET
MARTINEZ, CA 94553

Staff Report

File #: 25-451

Agenda Date: 2/10/2025

Agenda #:



Front Porch Community Services: Creating Community



CCC Advisory Council on Aging
Monday, 2/10/2025



About Us

Front Porch creates community. We are a nonprofit organization dedicated to empowering individuals to live connected and fulfilled lives through community and innovation. Front Porch provides quality accessible, and affordable services to approximately 7,500 residents in over 50 housing communities. The Front Porch Community Services division engages over 15,000 individuals both locally and nationally through award-winning programs that address four major impact areas:



Mission

To inspire and build community, cultivating meaningful relationships and experiences that respond creatively to changing needs.

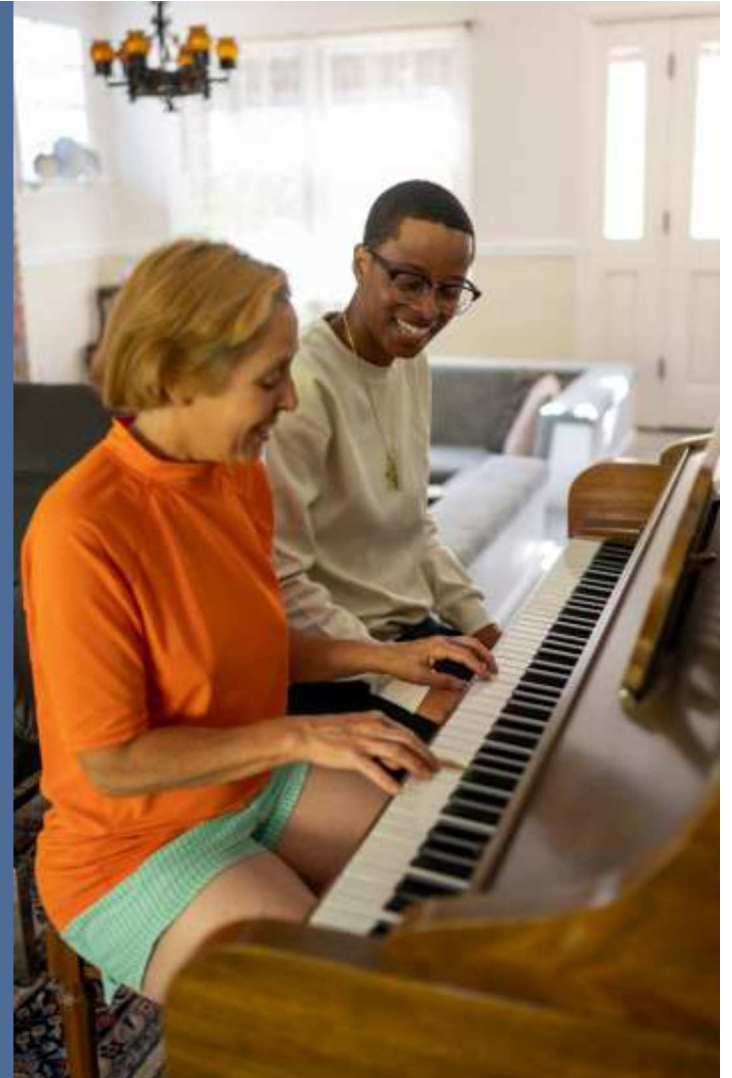
Vision

To empower individuals to live connected and fulfilled lives through community and innovation.

Home Match

Home Match creates community by addressing issues of housing insecurity through matching people looking to rent a room in their home or apartment with community members seeking affordable housing.

Available in San Francisco, Marin, Alameda, and Contra Costa counties.



Market Day

Market Day creates community by providing healthy, affordable, unique produce markets at various affordable housing communities, senior centers, and other sites

Available in select counties throughout California



Creative Spark

Creative Spark creates community by energizing and inspiring professionals with consultation, curriculum, and staff training aimed at infusing joy and creativity into the workplace.

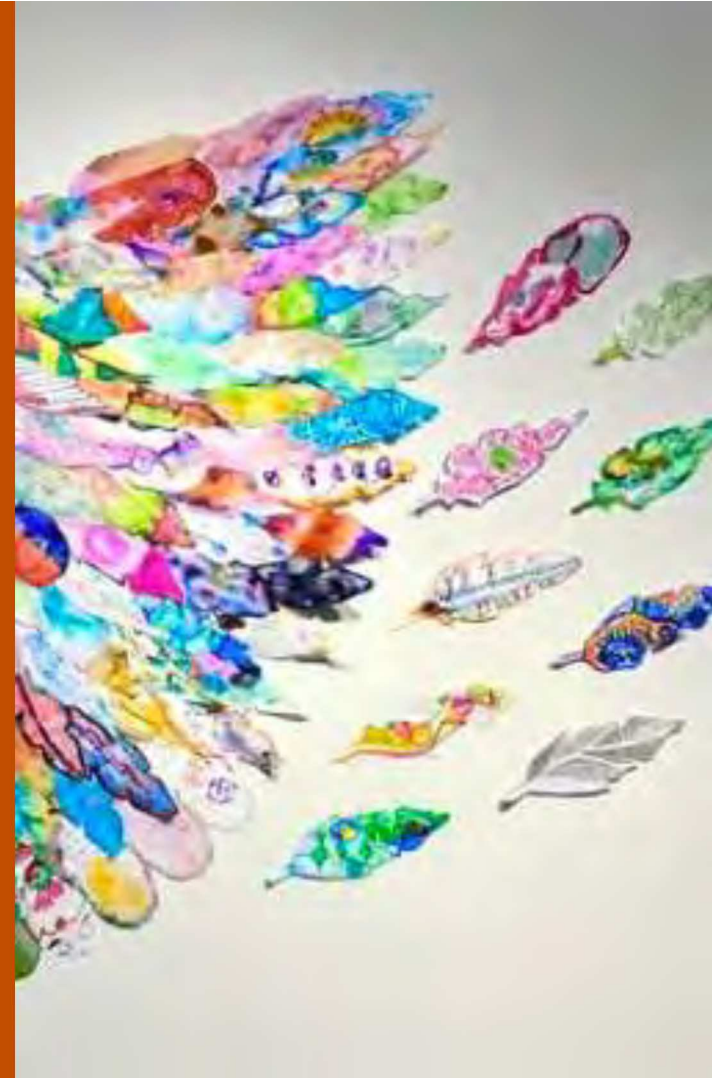
Available in-person and virtually nationwide



Ruth's Table & Front Porch Gallery

Ruth's Table and Front Porch Gallery create community by bringing generations together through live and virtual gallery exhibits, creative projects, and other community initiatives.

Available in-person and virtually nationwide



Connection Programs

The Connection Programs accessibly foster meaningful social connections and community engagement for older adults living throughout the United States.



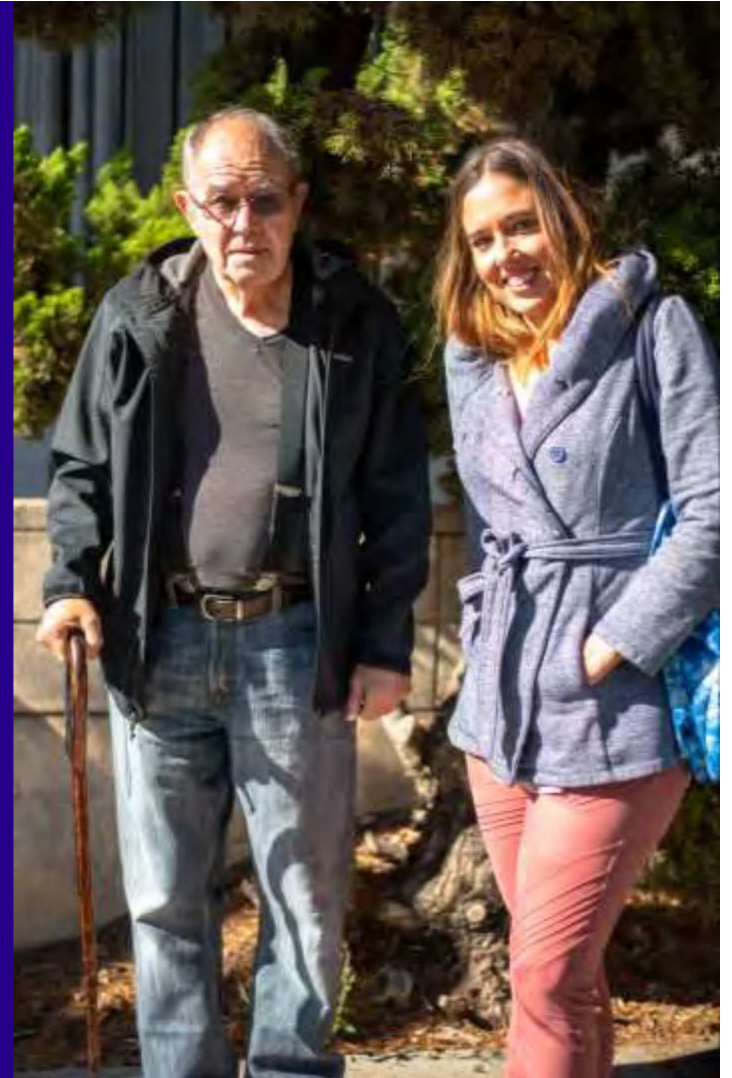
“While loneliness has the potential to kill, connection has even more potential to heal.”

Dr. Vivek Murthy

Social Call

Social Call creates community by fostering new friendships and a sense of belonging by thoughtfully matching older adults and volunteers for one-on-one weekly phone conversations.

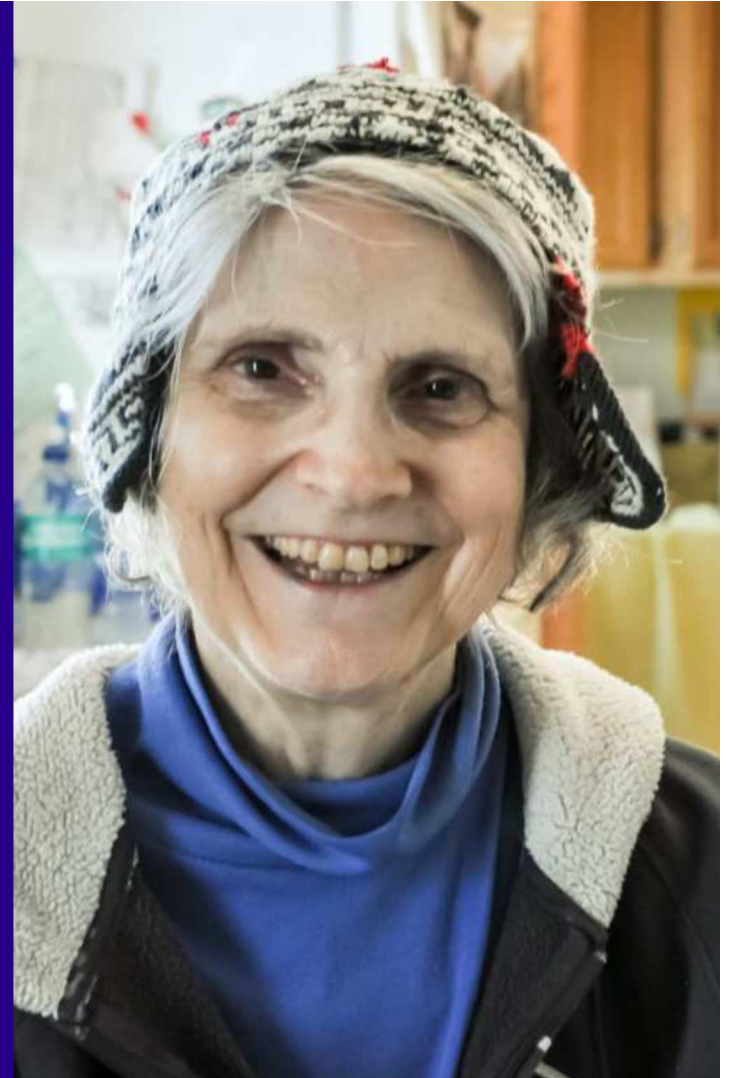
Available virtually nationwide



Well Connected English & Spanish

Well Connected and Well Connected Español create community by connecting older adults with participation and volunteer opportunities that are accessible by phone or online 365 days a year.

Available virtually nationwide

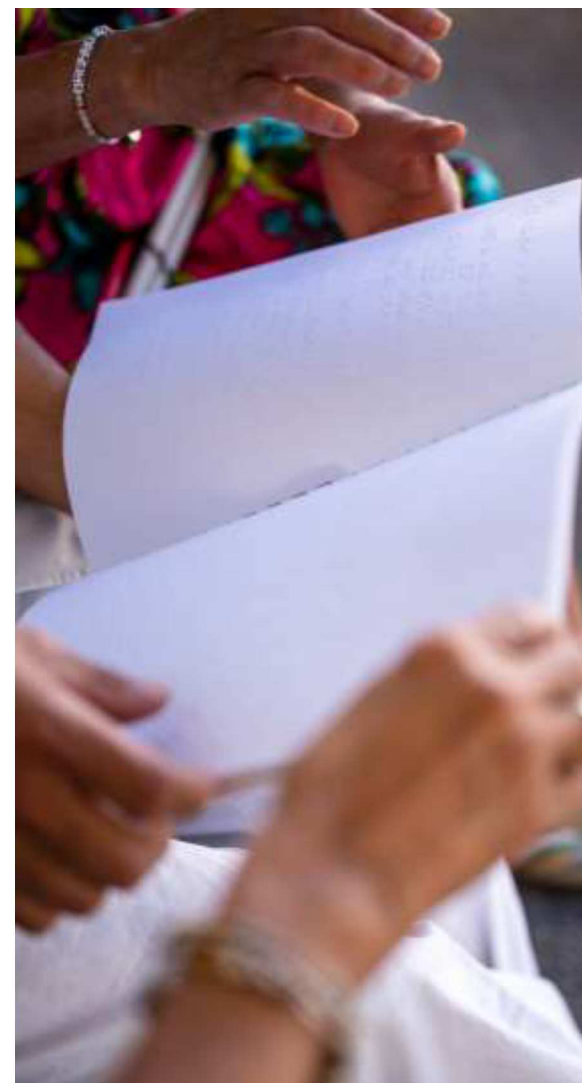


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Coffee Break	Gratitude	Gratitude	Gratitude	Gratitude	Gratitude	Pascua
Gratitude	Author Reading	Coffee Break	Cuéntame una canción	Trivia	Find Your Inner Calm	Gratitude
Hora de estimulación cognitiva	Servicio conmemorativo	Laughter Yoga	Every Day Celebrations	Gratitude	Recuerdos de mi niñez	Conociéndonos
Read Along	State of WC	Gratitude	This Day in History	¡Bienvenidos!	Mystery Melody	Sunday Poetry
Rezando el Rosario	Tesoro de Talentos	Improv Games	Gratitude	Music Makers	Bingo	Coffee Break
Grandolence & the Elder Journey	Health & Wellness	Braille Avanzado en inglés	Digital Literacy	Mindful Self-Compassion	Art & Spirituality	Guided Mindfulness Meditation
Historias bíblicas	Gratitude	Buddhist Concepts	Poetry Reading	Muttville Cuddle Club	The World Around Us	Gratitude
Recordando la época de oro	Ejercicio, salud y bienestar	Salud y Vida	All Request 90	Museos desde Casa	Pet Tales	Folk Arts
Gratitude	Jeopardy!	Museums at Home	Empoderarse ahora	Technology	Hombres y mujeres de la biblia	Season's Greetings
Aceptando el cambio	Color and Chat	Gratitude	Vida, cultura y peripecias	Gratitude	Boggle	Wordle
Newcomers Welcome	Creative Writing	Across the Miles	Book Share	Garden Together	Heart & Soul of Faith	Amantes de la naturaleza
Embracing Values	Self-Empowerment Now	Learning to Live with Vision Loss	Gratitude	Lifestyle & Culture	The Play's the Thing	Do You Know What You Don't Know?
Abogacía y Empoderamiento	Lotería	Miércoles de Ceniza	Taller de historia de vida	Tecnología y Ciencia	Gratitude	Mental Math
Fields of Courage	Tall Tales	Poetically Speaking	Mes de la Historia Afrodescendiente	Foro comunitario	Día de Louis Braille	Día Mundial de la Poesía
Memorial Service	Cultura culinaria	Hábitos nutricionales saludables	Facilitator Support	Writers Read	Apoyo para personas de baja visión	Razón para creer
Braille 1	Beginning Spanish	Grieving Losses in Later Life	Theater Lab	Vía Crucis	Reach Your Goals	Where in the World?
Armchair Travel	Braille en español	Knit & Crochet Together	Hora de preinscripción	Spelling Bee	Bird Talk	Catalog Q & A
MLK, Jr. Day	Mindfulness in Daily Life	LGBTQ Chat	Art Insights	Practicing German	Día Mundial del Riñón	Word Play
¿Qué te apasiona?	Death Café	Haciendo memoria	Braille intermedio	Día del Amor y la Amistad	Atrévete a ser tú	Meditation
Healthy Relationships	Abilities Awareness Chat	Catholic Corner	Story Time	Ask the Attorney	Time Out for a Story	Keys to Joy
Ladies Lounge	Hora de preinscripción	Temas de psicología	Rezando el Rosario	Oración y reflexión	LISTOS: Preparación para desastres y emergencias	Disfruta tu melodía
Science Café	Practicando en Español	Meditation	Ripening Room	Meditation	Read Aloud	Loneliness & Connection
Día de los Reyes Magos	Viajes desde el Sillon	Comentario de películas	Noggin Joggin'	Caregiver Conversations	Vintage Hankies	
Hand to Heart	Trivia	Literatura y poesía	Meditation	Canciones con tu historia	Meditation	
Name Three Things	Meditation	Activists R Us!	Personajes importantes		Keys to Joy	
Secrets to a Satisfying Retirement	Amores de leyenda	Música e historia	Perfecting Our French		Inspiring Stories	
Meditation	Perfecting Our French		Ungame			
Let's Talk About Jesus	Music's Memory Lane		Atrévete a jugar			
Humor y más	Fanáticos de deportes		Open Mic			
Guided Mindfulness Meditation	Juegos de la infancia					

Accessibility

Where we are...

- Easy cross-program enrollment to the Connection Programs
- Virtual by phone or online
- WC/WCE visuals mailed or emailed to participants based on preference
- WC/WCE calendars in all U.S. time zones
- Large print/Audio/Braille/.txt materials
- Development of Abiento



Connect with Us!

Community Services	Tracy Powell tpowell@frontporch.net
Home Match	Logan Robertson lrobertson@frontporch.net
Market Day	Sheila Womack swomack@frontporch.net
Creative Spark	Jessica McCracken jmccracken@frontporch.net
Front Porch Gallery	
Ruth's Table	
Social Call	Amber Carroll acarroll@frontporch.net
Well Connected	
Well Connected Español	

<https://frontporch.net/community-services/>

Connect With Us!

...as a partner

...as a volunteer

...as a participant

...as a champion

...as a donor





CONTRA COSTA COUNTY

1025 ESCOBAR STREET
MARTINEZ, CA 94553

Staff Report

File #: 25-429

Agenda Date: 2/10/2025

Agenda #: 2:10

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.	7/1/2024-6/30/2026 ⁵	HIB Coordination Admin	Continued New
1.2 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	7/1/2024-6/30/2026 ⁵	Admin	Continued New

highlights the county's senior housing issues.			
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.	7/1/2024-6/30/20285	Admin	Continued New
1.4 The ACOA Transportation Workgroup will support the implementation of the MPA Local Playbook strategy for establishing a county wide approach to accessible transportation.	7/1/2024-6/30/20265	Admin	Continued New

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 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.

List Objective Number(s) <u> </u> and Objective(s) [Refer to	Projected Start and End Dates	Type of Activity and	Update Status ⁷
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CCR Article 3, Section 7300 (c) (Priority Service if applicable)		Funding Source ⁶	
1.1 2.1 The ACOA will establish participate in the Food Security Collaborative a Senior Nutrition Program taskforce to develop strategies to address the nutritional health of older adults and persons with disabilities in Contra Costa County.	7/1/2024-6/30/2026 ⁵	IIIB Program Development	New Continued Revised
1.2 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.	7/1/2024-6/30/2026 ⁵	Admin	Continued New
1.3 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 ⁵	IIIB Program Development	Continued New

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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. Hands-on support is also needed to navigate the service system and enroll in programs.

List Objective Number(s) and Objective(s) [Refer to	Projected Start and End Dates	Type of Activity and	Update Status ⁷
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CCR Article 3, Section 7300 (c)] (Priority Service if applicable)		Funding Source ⁶	
2-1 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.	7/1/2024-6/30/2025 ⁵⁶	Admin	NewContinued
2-2 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	New-Completed Continuing
2-3 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 ⁵⁶⁵	Admin	CompletedNewContinued
2-4 3.4 The ACOA Health Workgroup will schedule a minimum of four presentations at	7/1/2024-6/30/2025 ⁶⁵	Admin	ContinuedNew

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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.			
2-5 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.	7/1/2024-6/30/2026	Admin	Continued New
2-6 3.6 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.	7/1/2024-6/30/2026	Admin	Continued New
2-7 3.7 The ACOA Technology Workgroup will schedule a minimum of four presentations annually at monthly meetings from County programs, including Public Health, Emergency	7/1/2024-6/30/2026	Admin	Revised New

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Services, and Information & Assistance on topics specific to technology in order to increase awareness of community resources.			
2-8 <u>3.8</u> The ACOA Technology Workgroup 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.	7/1/2024-6/30/202 <u>5</u>	Admin	New Continued
2-9 <u>3.9</u> 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.	7/1/2024-6/30/202 <u>5</u>	Admin	New Continued
2-10 <u>3.10</u> The AAA and ACOA Health Workgroup will facilitate at least four health related informational presentations including mental health at Contra Costa Senior/ Community Centers.	7/1/2024-6/30/202 <u>5</u>	Admin	Continued New

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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.	7/1/2024-6/30/2025 ⁸	Admin	NewContinued
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.	7/1/2024-6/30/2025 ⁸	Admin	NewContinued

⁶ 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.

⁷ Use for the Area Plan Updates to indicate if the objective is New, Continued, Revised, Completed, or Delete