



# CONTRA COSTA COUNTY

## Committee Meeting Minutes - Final

### Advisory Council on Aging

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Monday, September 9, 2024

1:00 PM

400 Ellinwood, Pleasant Hill, CA  
Room 303

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#### Health Workgroup

**Link:** | <https://cccounty-us.zoom.us/j/83391942285?pwd=kC9yfbmoaeDfOeyxbXUrIbXoO7gQL.1>  
| **Password:** 983269 | **Dial-In-Number:** (214) 765-0478 | **Code:** 445291 |

#### 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.

1:00 Meeting Call to Order by Francisco Benavides at 1:00 pm

#### Roll Call and Introductions:

|                |   |
|----------------|---|
| <b>Present</b> | Francisco Benavides, James Donnelly, Brian O'Toole, Carol Schaefer, and Terri Tobey |
| <b>Absent</b>  | Michael Wener   |

Approve August 2024 Minutes - Minutes approve with no exceptions

HL8.12.24DRAFTminutes

[24-2882](#)

**Attachments:**      [HL8.12.24DRAFTminutes](#)

#### 1:10 Member Reports:

Nutrition - MOW: No Update.

County Wellness Update: No update.

Medi-Cal: No Update.

#### 1:30 Presentation: Michele Alba, Falls Prevention Manager, Meals on Wheels Diablo Region

Meals on Wheels - Diablo Region: Discussed referrals, outreach and community events.

Fall Prevention Month flyer will come out later during the week.

2:00 BREAK

2:05 Discussion: Open

Health Workgroup membership: Members to be seven (7) with Alan Goldhammer as an alternate. Non-ACOA members can be co-chairs discussed. Remainder of the year, there will be three members (Brian, Terri/Michael, and Francisco). Attendance for quorum discussed. Co-chairs count to be discussed at future ACOA executive meeting.

Aging in Place brochure: The brochure is currently being review by the Aging & Adult Department Manager (Tracy Murray).

2:15 Next Proposed Meeting: October 14, 2024 1:00-2:30 PM

Presentation by Kelly Miller, Pleasant Hill Senior Center.

No meeting in November 2024.

December 2024 Meeting: Presentation on Pain Management.

2:20 Public Comment: None

2:30 Adjourn

Meeting adjourned at 2:30 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 40 Douglas Dr. Martinez, attention Patty Lund during normal business hours. 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: 925 655-0773.

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 [jlam@ehsd.cccounty.us](mailto:jlam@ehsd.cccounty.us) or by voice mail at 925 655-0773. 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: [jlam@ehsd.cccounty.us](mailto:jlam@ehsd.cccounty.us) or by voice mail at 925 655-0773.