



CITY OF OAKLAND MAYOR'S COMMISSION ON AGING

Wednesday December 7, 2022

10:00 a.m. – 12:00 p.m.

Teleconference

Please see the agenda to participate in the
meeting

CITY OF OAKLAND
MAYOR'S COMMISSION ON AGING

Teleconference
Wednesday December 7, 2022
10:00 a.m. – 12:00 p.m.

Pursuant to California Government Code section 54953(e), Board Members/Commissioners, as well as Citystaff, will participate via phone/video conference, and no physical teleconference locations are required.

PUBLIC PARTICIPATION

The public may observe and/or participate in this meeting many ways.

OBSERVE:

To observe the meeting by video conference, please click on this link: <https://zoom.us/j/91661011924> at the noticed meeting time.

Instructions on how to join a meeting by video conference is available at:
<https://support.zoom.us/hc/en-us/articles/201362193-joining-a-Meeting>

To listen to the meeting by phone, please call the numbers below at the noticed meeting time:

Or iPhone one-tap:

US: +16699009128, 91661011924# or +12532158782 ,91661011924#

Or Telephone:

Dial (for higher quality, dial a number based on your current location):

US: +1 669 900 9128 or +1 253 215 8782 or +1 346 248 7799 or +1 646 558 8656 or +1 301 715 8592 or
+1 312 626 6799

Webinar ID: 916 6101 1924

Instructions on how to join a meeting by phone are available at:

<https://support.zoom.us/hc/en-us/articles/201362663-Joining-a-meeting-by-phone>

COMMENT:

To comment by Zoom video conference, click the “Raise Your Hand” button to request to speak when Public Comment is being taken on the eligible Agenda item. You will then be unmuted, during your turn, and allowed to make public comments. After the allotted time, you will then be re-muted.

Instructions on how to “Raise Your Hand” is available at:

<https://support.zoom.us/hc/en-us/articles/205566129-Raising-your-hand-in-a-webinar>

To comment by phone, please call on one of the above listed phone numbers. You will be prompted to “Raise Your Hand” by pressing “*9” to request to speak when Public Comment is being taken on the eligible Agenda Item. You will then be unmuted, during your turn, and allowed to make public comments. After the allotted time, you will then be re-muted.

Instructions of how to raise your hand by phone are available at:

<https://support.zoom.us/hc/en-us/articles/201362663-Joining-a-meeting-by-phone>

If you have any questions, please email Marshay Boyd at Mboyd@oaklandca.gov



City of Oakland Mayor's Commission on Aging

Wednesday December 7, 2022

10:00 a.m. – 12:00 p.m.

Teleconference

Issues that the public wishes to address that **are not** published on the agenda will be heard during the Public Forum section. Raise your hand if you are viewing by video or dial *9 if you are joining by phone. You will have 2-minutes to speak on the item.

AGENDA

- 1. Call to Order**
- 2. Roll Call**
- 3. Re-adopt the Teleconference Resolution** (*Adopt Resolution 21-10-02 Determining that Conducting In-Person Meetings of the Mayor's Commission on Aging and its Committees would Present Imminent Risks to Attendees' Health and Electing to Continue Conducting Meetings Using Teleconferencing in Accordance with California Government Code Section 54953(e), a Provision of AB-361*)
- 4. Adoption of Agenda**
- 5. Approval of Minutes: November 2, 2022**
- 6. Commission on Aging Administrative Processes**
 - Conflict of Interest
 - Election of Chair and Vice Chair
 - Age Friendly Subcommittees
 - Liaisons to Senior Centers
 - Other Initiative or Programmatic Based Work
- 7. Public Forum** (*Limit to 2 minutes*)
- 8. Age-Friendly Report: Communications Stakeholders Meeting**
- 9. HSD Aging & Adult Services Update**, *Scott Means, Aging & Adult Services Manager*
- 10. Announcements**
- 11. Closing Remarks & Adjourn**

NOTE: THE COMMISSION MAY TAKE ACTION ON ANY ITEM ON THE AGENDA

Commission on Aging agendas are provided to subscribers at no charge. Meeting minutes are available to the public for review and copying at the Human Services Department, 150 Frank H. Ogawa Plaza, Suite 4340, Oakland, CA 94612.



This meeting location is wheelchair accessible. To request disability-related accommodations or to request an ASL, Cantonese, Mandarin or Spanish interpreter, please email smeans@oaklandnet.com or call (510) 238-6137 or TDD/TTY (510) 238-3254 at least five working days before the meeting. Please refrain from wearing scented products to this meeting as a courtesy to attendees with chemical sensitivities.



Mayor's Commission on Aging

City of Oakland – Human Services
Department Lionel J. Wilson Building
150 Frank H. Ogawa Plaza, Suite
4340 Oakland, CA 94612

Tel: (510) 238-3121 • Fax: (510) 238-7207 • TTY: (510) 238-3254

Wednesday, November 2, 2022
Held via Teleconference

MINUTES

THIS MEETING IS INFORMATIONAL ONLY DUE TO LACK OF QUORUM

1. Call to Order

Scott Means called the meeting to order at 10:00 a.m. The meeting was held via teleconference. Scott Means advised that the mayor's office is set to officially confirm commissioners by our next meeting, December 7, 2022. This meeting will be run by Scott and Marshay as a informational meeting, nothing will be voted on.

2. Roll Call and Determination of Quorum

Present: Asha Beene-Clarke, Dianna Garrett, Jennifer Seibert, Lenore McDonald, Suzi Kalmus, Ristina Ingram, Tydia Hill, Patricia Osage

Absent:

Absent Excused:

Late: Blake Spears

A quorum was not established.

Staff: Scott Means (Aging & Adult Services Manager), Marshay Boyd (Administrative Assistant)

3. Re-adopt the Teleconference Resolution *(Adopt Resolution 21-10-02 Determining that Conducting In-Person Meetings of the Mayor's Commission on Aging and its Committees would Present Imminent Risks to Attendees' Health and Electing to Continue Conducting Meetings Using Teleconferencing in Accordance with California Government Code Section 54953(e), a Provision of AB-361)*

N/A

4. Adoption of Agenda

N/A

5. Approval of minutes: October 5, 2022

N/A

6. Public Forum

Audience member Assata Olugbala informed us of informational reports that never come to the public, measure KK Project and expenditures. Talks about EOSC renovation project, money is being moved from that project to department of transportation. Also, one at WOSC. Assata suggests we pay attention to these funds being moved, with promises of being return to the project, but projects never being completed. Found report on informational reports for the City of Oakland 1/26/2022 report was issued, link came from agenda for city council. Audience member Bryan Ricks former commissioner, offered to provide coverage on recent Health and Wellness Stakeholder meeting.

7. Group Agreements (Respecting each other in this space), Commissioner Beene-Clarke

Commissioner Beene-Clarke presented some valuable information to the Commission regarding having some group agreements. Opening the floor for all the commissioners to add in any information they would. Commissioner McDonald mentioned doing the land acknowledgements.

8. Age-Friendly Report: Health and Wellness & Housing Stakeholders Meeting

Bryan Ricks opened this agenda item with a recap of the Health and Wellness Stakeholder meeting that was held on October 13, 2022. Providing a breakdown of the goals and the action plan the group has created. Commissioner Beene-Clarke provided a recap of the Housing Stakeholder group meeting held on October 27, 2022. Giving a broader understanding of the work that is scheduled to start in that group. Audience member Assata provided context of elders needing assistance with figuring out how to stay in their homes, some just need a little guidance on where to start.

9. Program Introduction Senior Centers, Senior Center Directors

Scott suggested we start with East Oakland Senior Center EOSC. Acting Director Michelle Gomez provided a great inside look into the EOSC, what they offer, provide, and engage in for the seniors in their community. Next, is North Oakland Senior Center NOSC, Director Kayla Brown shared a PowerPoint presentation. Providing knowledge about the NOSC and what goes on for the seniors in that community. Next, is West Oakland Senior Center WOSC, Director Mia Thibeaux gave an overview of upcoming events at WOSC. Also providing detail of what her center offers for seniors in that community. Lastly, Downtown Senior Center DOSC, Director Jessi Cutter shared a couple of flyers of activities going on at DOSC. Seniors in this community have a lot of fun things to do. Audience member Assata recommend offering more service-related activities for seniors at the centers, allowing them more opportunities to give back to the community.

10. HSD Aging & Adult Services/COVID-19 update, Scott Means, Aging & Adult Services Manager

Scott Means provided an update. Case management program continues to move forward, starting with complex training. All staff will be receiving this training. Masking mandate: 2/23/2023 is the projected date for the mask mandate to be lifted, March MCOA meeting will likely be in person. This is a moving target, can change within this timeframe.

OPED: Program is open and continues to serve the community. They are working to expedite the Taxi Script Service and launching the Go-Go Grandparent Platform that will provide Uber and Lift rides to seniors.

MSSP: Seniors are still opting into televisits, will continue to maintain cases with porch visits until they're comfortable letting people into their homes again.

SCP/FGP: The program is staffed by 1.5 FTEs. The program will continue to sufficiently serve the community while in the recruitment process.

ASSETS: We are hiring! If you know any older adults (strong need for bilingual) who would like to participate, send them our way. The senior aide TPT positions are minimum wage \$14.36/hour at 20hrs/week. There are also employment opportunities for Physical Fitness Instructors to apply as Recreation Specialists that will service the senior centers.

SENIOR CENTERS: Despite this, the Senior Centers continue to provide critical services that includes food distribution, membership registration and virtual/limited-indoor programming. Have upcoming events to RSVP for any upcoming events, presentations, or classes go to MyActiveCenter.com or call (510) 238-3284 M-F 9am-3pm. We have activities at all our centers. Introducing new Senior Center newsletter. A membership into an Oakland Senior Center is not a key into the city, but a membership into a community. Working on making our Senior Centers a community benefit, improving seniors experience.

11. Announcements

Marshay Boyd mentioned a Free Health Fair called "It Takes a Village" November 19, 2022, 11am-4pm

Commissioner McDonald has married, last name will be changing to Gunst

Free COVID testing is available at the following locations:

- East Oakland Senior Center – Parking Lot | 9255 Edes Ave, Oakland, CA 94603
To schedule an appointment: <https://curative.com/sites/31207>
Date/Time: Tuesdays | 8:00am -2:00pm
- Downtown Oakland Senior Center – Parking Lot | 200 Grand Ave, Oakland, CA 94610
To schedule an appointment: <https://curative.com/sites/31197>
Date/Time: Thursdays | 8:00am -2:00pm

12. Closing Remarks & Adjourn

The meeting was Adjourned at 11:40 a.m.

Date and Time of Next Meeting

The next meeting will be held on Wednesday, December 7, 2022, at 10 a.m. via teleconference.

Downtown Oakland Senior Center's Daytime Program Schedule

Monday				
Program	Time	Room	Instructor/ Chair	Fee/ Donation
Tai Chi - Beginning Hand Form	9:05- 9:30	Hall 1	Pat Miller	Free
Tai Chi- Intermediate Hand & Fan Form	9:30- 11:00	Hall1	Pat Miller	Free
<i>Chair Aerobics</i>	11:00- 12:00	Zoom or 211	Elyse Dukatz	Donations Optional
Line Dance	11:30- 12:30	Hall 1	Gloria Willis	\$3.00
Yoga & Relaxation	11:30- 12:30	Lounge	Yofe Johnson	Donations Optional
<i>Craft of Poetry</i>	12:30- 2:00	Zoom	Litquake Elders Writing Project	Free
Keep it Movin'	1:00- 2:00	Ballroom	Sam Robinson	\$5.00
<i>Reading Group</i>	1:00- 2:30	Zoom	Ruth Saxton	Free
Writing Group	1:00- 2:30	Hall 5	Ione Byrnes	Free

Tuesday				
Program	Time	Room	Instructor/ Chair	Fee/ Donation
Social Ballroom Dance Instruction	10:30- 11:30	Ballroom	David Henry	\$20 drop in, discount for multiple sign up
Tai Chi Exercise and Form	10:30- 11:30	Hall 1	Lloyd Wagner	11/8-12/20 \$35 pay at first class
<i>Creative Writing</i>	12:30- 2:00	Zoom	Litquake Elders Writing Project	Free
Senior Support Group	1:00- 2:30	Lounge	Marvin Berkowitz, PhD	\$5.00

Wednesday				
Program	Time	Room	Instructor/ Chair	Fee/ Donation
Taiji Sword (intermediate)	9:15- 11:00	Hall 1	Lesley Chan & Karen Lai	Free
Chair Aerobics	10:00- 11:00	Ballroom	Elyse Dukatz	Donations Optional
Mahjonn, American Style	10:15- 12:15	Multipurpose Rm	Harriett Feltman & Peter Barnett	Free
Yoga	11:30- 12:30	Hall 1	Connie Cronin	Free
Keep it Movin'	1:00- 2:00	Ballroom	Sam Robinson	\$5.00

Thursday				
Program	Time	Room	Instructor/ Chair	Fee/ Donation
Bridge	10-12:30	Multipurpose Rm	Charles Feltman	\$0.50
Knitting and Needle Work	10:00- 12:00	Arts & Crafts	Cheryl Buckley	Free, bring your own supplies
DOSC Ballroom Tea Dance	12:00- 3:00	Ballroom	Anita Sun & Scott Harrison	\$5.00

Friday				
Program	Time	Room	Instructor/ Chair	Fee/ Donation
Tai Chi and Taiji Review	9:15- 11:00	Hall 1	Lesley Chan & Sarasa Weinstein	Free
Social Ballroom Dance Instruction	10:00- 11:00	Ballroom	David Henry	\$20 drop in, discount for multiple sign up
Zumba	11:15- 12:00	Ballroom	Helen Vaughn	\$5.00
Keep it Movin'	1:00- 2:00	Ballroom	Sam Robinson	\$5.00
Yoga for Everybody	1:00- 2:00	Lounge	Joe Sapena	Donations Optional

Other activities and services (update using the Services newsletter page)

Canteen (pool tables, read, watch TV, chat, puzzle) daily 10-3

Computer Lab (self-guided) daily 10-3

Home Match (open to the public) weekly, Wednesdays 9:00 – 1:00

Information & Assistance daily Tues- Friday 10:00- 2:00

My Active Center & Get Set Up Support- need help setting up your MAC or GSU account? Mondays and Fridays call to schedule

Registration Appointments Tuesdays, Wednesdays, Thursdays- call to schedule

Spectrum Lunch Program daily pick up between 12:00-12:30, RSVP 3 days ahead

Don't miss any communication

Save the following contact information so you don't miss any communication from the center.

Recorded calls will come from our Center number | [510-238-3284](tel:510-238-3284)

Emails will come from one of the following emails:

DOSC@oaklandca.gov | SeniorCenters@oaklandca.gov |

DOSC@MyActiveCenter.com



VETERANS WELLNESS WATCH 2022

GATHER TOGETHER. TAKING CARE OF OUR OWN. TOGETHER.

November 10th

10AM - 4PM

200 Grand Ave. Oakland

THE VETERANS MEMORIAL BLDG.

**Join us for a day of REST,
RELAXATION and RESOURCES!**

Want to find out about your bennies and how to apply? Need to put in a claim? Meet with our Veterans and National Service Officers from DAV. Kaiser Permanente to discuss Medicare, Medi-Cal, and how to keep your VA health benefits! Refreshments will be served. There will be a variety of info booths, demonstrations and even free haircuts!



Register for this event with Art Butler, Jr.
abjr65@gmail.com, please put VWW2022 in the subject line

JOIN US FOR A PRESENTATION TO LEARN MORE ABOUT THE GET SET UP (GSU) E-LEARNING PLATFORM!

GetSetUp 



Bringing Fun Live Virtual Classes To Older Adults

GSU is an online E-Learning Platform for you to learn new things, meet new people and unlock new life experiences. The City of Oakland Aging and Adult Services has partnered with GetSetUp (GSU) to provide live virtual classes taught by older adults. With 300+ classes in technology, fitness, finance, travel, and much more, you'll have everything you need to pursue your passions.

TIME: 2:00 PM

WHEN: Wednesday,
November 16, 2022

WHERE: Zoom
Presentation



RSVP
www.MyActiveCenter.com

510-238-3284

DOSC@oaklandca.gov

DOSC BALLROOM TEA DANCE



Time: 12:00 – 3:00 pm



When: Thursdays



Where: Downtown Oakland Senior Center (DOSC),
Veterans Memorial Building, Ballroom



Cost: \$ 5.00 at the door

UPCOMING DATES

- Nov. 10 – No Dance, Veterans Day Event
- Nov. 24 – No Dance, Thanksgiving
- Dec. 22 – Holiday Dance
- Jan. 5 – First dance of 2023

Membership, Vaccine Proof, and
Pre-registration required

JOIN US FOR A
**HOLIDAY
DANCE**

DEC | 22 | 12 PM



RSVP

www.MyActiveCenter.com

510-238-3284

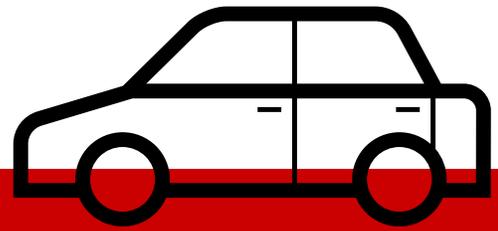
DOSC@oaklandca.gov

**AGING
& ADULT
SERVICES**
CITY OF OAKLAND



200 Grand Avenue, Oakland 94610

AARP SMART DRIVING



Where: Downtown Oakland Senior Center
200 Grand Avenue, Oakland, CA



Cost: \$20 AARP Member/ \$25 Non-AARP Member
Checks ONLY, payable to AARP, write your AARP member # on the memo line

- Tune up your driving skills and update your knowledge of the rules of the road.
- Learn about normal, age-related physical changes, and how to adjust your driving.
- Reduce your traffic violations, crashes, and chances for injuries.
- Approved by the California Department of Motor Vehicles.
- Auto insurance companies may give you a reduction in rates for taking these courses.

Full 8-hour Driver Safety Course (Must attend BOTH 4-hour Sessions)	Refresher Course 4-hours (Must have completed full 8-hour course)
Monday, February 13 - 9:30-1:30 pm AND Tuesday, February 14 - 9:30-1:30 pm	Thursday, February 16 - 9:30-2:00 pm <ul style="list-style-type: none">• You can take the 4-hour refresher every 3 years after completing the 8 hour Driver Safety Course

Vaccine Proof and Pre-registration required, Open to the public



Payment Due Upon Reservation



510-238-3284



DOSC@oaklandca.gov

200 Grand Avenue, Oakland 94610