



# **CITY OF OAKLAND MAYOR'S COMMISSION ON AGING**

**Wednesday, October 6, 2021**

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, October 6, 2021  
10:00 a.m. – 12:00 p.m.

Pursuant to California Government Code section 54953(e), Mayor's Commission on Aging 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@oakandca.gov](mailto:mboyd@oakandca.gov).



**City of Oakland Mayor's Commission on Aging**  
**Wednesday, October 6, 2021**  
**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. **Adoption of Agenda**
4. **Approval of Minutes: September 1, 2021**
5. **Public Forum** (Limit to 2 minutes)
6. **Age-Friendly Report**
7. **Oakland Redistricting Public Hearing Schedule for Adopting New District Maps**
8. **HSD Aging & Adult Services/COVID-19 update, Scott Means, Aging & Adult Services Manager**
9. **Announcements**
10. **Closing Remarks & Adjourn**

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

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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](mailto: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

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**Wednesday, September 1, 2021**

**SPECIAL MEETING**

**Held via Teleconference**

## MINUTES

### 1. Call to Order

Chairperson Bryan Ricks called the meeting to order at 10:03a.m. The meeting was held via teleconference.

### 2. Roll Call and Determination of Quorum

**Present:** Bryan Ricks, Martha Scott, Michael Coleman, Diana Garrett, Tomye Neal Madison, Shannon McDonnell, Jacqueline Phillips, Jennifer Seibert

**Absent:** Cheryl Moore, Asha Beene-Clarke

**Excused Absent:**

*A quorum was established.*

**Staff:** Scott Means, Aging & Adult Services Manager, Hayde Mazariego, Senior Services Program Assistant

### 3. Agenda Modification and Approval

The agenda was approved no modifications.

### 4. Approval of Prior Meeting Minutes:

The August 4, 2021 minutes were approved with no modifications.

M/S/Carried: Jacqueline Phillips/Michael Coleman/Motion carried unanimously.

### 5. Public Forum

There were no public comments.

### 6. Enhancing Older Adults' Mobility in Active Living and Tiered Living Communities- Project Team Yongping Zhang, Wen Cheng, Carol Kachadoorian

Yongping started the presentation with introduction to team. They all provided a presentation on reviewing the walking and bicycling facilities and policies in older adult communities between now and mid-June 2022 (see attached presentation slides). Chair Ricks sums up project to how people live relative to having access to what they need on a daily basis. Commissioner Garrett suggested the study is skewed to begin with, being the locations they have selected already have access to the lake and they should consider focusing on locations with little to no access to safe outside exercise such as East and West Oakland with them having no bike lanes. Commissioner Scott suggested Mercy Retire center.

Commissioner Seibert recommends three (3) communities on the East side. Commissioner Seibert asked would it be helpful if they share the Bay Area 230/240/250 with their project. Commissioner McDonnell asked Chair Ricks if there are other academic studies being done and if there is a way to pile the data.

**7. Home Sharing: Meeting Senior Social needs and Creating Affordable Housing-** Founder, *Jill Lindenbaum*

Jill Lindenbaum, Founder, Roomily provided a presentation on the home sharing program Roomily within the Bay Area. Focusing on affordable housing solutions for seniors and tackling some pressing issues (see attached presentation slides). Commissioner Scott asked if it was possible to build in a component of having a social worker to occasionally check in to maintain a healthy relationship. Jill stated she is interested in programs in that area. The organization wants to connect with people who are interested in focusing on housing needs. Commissioner Garrett suggested that the organization advocate on understanding lodger law, as it is the key to being successful based on previous shared living experience. Audience member Howard Kirsch suggested Ashby North Oakland Village would be an interested party.

**8. Age-Friendly Report**

Chair Ricks provided an update that they're in the process of preparing for the 1<sup>st</sup> stakeholder meeting built around the health and wellness initiative. He provided an overview of the two (2) primary things they will be looking at which are Geriatrics and Food Security. Livable Oakland Meetings are held on the third Thursday of the month. Please email [MCOA@oaklandca.gov](mailto:MCOA@oaklandca.gov) if you are interested in becoming a stakeholder.

**9. City of Oakland 2021-2023 Policy Budget -** *Scott Means, Aging & Adult Services Manager*

Will have printed material for next meeting October 6 ,2021. All the budgeted amount of money that go out to partner agencies were approved at the same amount, or increased. If the commission is interested in hearing a report from the agencies Scott can have them attend. SOS MOW funding was doubled. In the process of hiring additional staff. Suggests having a conversation in next meeting October 6, 2021 in terms of what the commission is trying to fund out of the sugar sweetened beverage funds. Commissioner McDonnell asked if she can be apart of the conversations with the staffing at the WOSC. Commissioner Neal Madison asked if the supervisor in place is being assisted by staffing.

**10. Oakland Redistricting Public Hearing Schedule for Adopting New District Maps**

Chair Ricks opened the conversation about information regarding the Oakland Redistricting Commission public hearing schedule for adopting new district maps. Commissioners Coleman and Seibert attended the August 11<sup>th</sup> meeting. Commissioner Seibert reported that the redistricting will be based on census data, and the information is being analyzed and the proposed redistricting structure will be announced in October. Commissioner Seibert stated in their plan they have scheduled several outreach sessions to the communities, also in the current structure of the district were to allow each of the councilmembers to have some visibility and represent some of the hill areas as well as below 580. If that same language is adopted in the new redistricting, it may shift some of where the councilmembers are drawn but they will still share the areas. Commissioner Coleman stated there's been no talk about seniors, redistricting need to be concerned about seniors. Chair Ricks stated there's another meeting coming up on September 8<sup>th</sup>, 2021 Commissioner Seibert and Coleman confirmed it will be a repeat of the August 11<sup>th</sup> meeting. Chair Ricks stated he's curious of how they will use the census data. Commissioner Seibert stated that she doesn't recall if that was mentioned, feels it's to premature to determine. Commissioner Seibert stated

once it becomes closer to a reality there should be more opportunity to weigh in.

## 11. HSD Aging & Adult Services/COVID-19 update - *Scott Means, Aging & Adult Services Manager*

Scott provided a short presentation on how to engage with the city council meetings, encouraging people to be engaged with public officials. To find the information visit [Oaklandca.gov/departments/Oakland-city-council](http://Oaklandca.gov/departments/Oakland-city-council) click button to watch KTOP. Will have all the city council meetings information, as well as being able to submit your online speaker cards. Scott talks about how great the custodial staff are, the work that they do, and how vital it is to the Senior Centers. Commissioner Garrett requests names and addresses of the four custodial staff. Commissioner Neal Madison asked if they're only 4 custodian staff, does that mean there is a lapse in time of custodians not being available. Scott responds messes happen earlier in day when custodians are more available, leaving only the last few hours of the day to be without a custodian, and working on plan to get more custodians back.

**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:** In process of hiring additional staff to increase service level in the community.

**SCP/FGP:** The SCP/FGP Senior Services Program Assistant retired after 16 years of service. Have exhausted the list of budget full time position, so going to do whole new recruitment causing delays. Scott suggested changing title to Senior Service Program Specialist. The program is staffed by 1.5 FTEs. The program will continue to sufficiently serve the community while in the recruitment process.

**ASSETS:** Actively recruiting and bringing back additional staff to support critical senior services. 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:** Extended the senior center recruitment by another week. There is a 75% vacancy rate. Despite this, the Senior Centers continue to provide critical services that includes food distribution, membership registration and virtual/limited-indoor programming. Center staff are in the process of revising the Advisory Bylaws and Master Fee Schedule to present to the commission at a later date. Have upcoming events to RSVP for any upcoming events, presentations, or classes go to [MyActiveCenter.com](http://MyActiveCenter.com) or call (510) 238-3284 M-F 9am-3pm.

## 12. Announcements

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

## 13. Closing Remarks & Adjournment

Commissioner Scott mention round table on housing. Chair Ricks confirmed that it's next week

Wednesday & Thursday September 8<sup>th</sup> & 9<sup>th</sup>.  
The meeting was adjourned at 11:59 a.m.

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**Date and Time of Next Meeting**

The next meeting will be held on Wednesday, October 6, 2021 at 10:00 a.m. via teleconference.

# CITY OF OAKLAND SENIOR CENTERS

HUMAN SERVICES DEPARTMENT, AGING & ADULT SERVICES DIVISION



## HAPPY FALL!

Dear Senior Center Members:

We welcome you to the next phase of reopening the City of Oakland Senior Centers! Registered members are able to enter the facilities by making appointments for games/pool rooms, lounge spaces/TV rooms, computer labs and other site-specific activities.

We are meeting with all facilitators to make sure what we offer is safe and consistent across all sites. Aerobic exercise classes will not be offered until we can safely engage in physical activities. For those of you who are not ready for in-person activities, we will continue to offer a wide variety of virtual programming. See page 5 for ways to sign up for programs.

Thank you for your continued support!

*Downtown | East | North | West  
Oakland Senior Centers*



### INSIDE THIS ISSUE:

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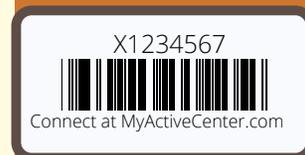


## SCHEDULE YOUR MEMBERSHIP REGISTRATION APPOINTMENT TODAY!

Call your local Center today to make an appointment to renew your annual membership (\$12) and get your MyActive Center (MAC) Key Tag.



Works on any computer and device. Just login and start managing your profile!



## REGISTER FOR MY ACTIVE CENTER (MAC)

MyActiveCenter (MAC) is a website where members can view and register for center activities. Go to [MyActiveCenter.com](http://MyActiveCenter.com):

- Click "New Users" in the upper right corner
- Enter your zip code to choose a center
- Use the number on the back of your Key Tag to fill out the form
- Write down your password to remember for next time:

Write Your Password Here!

X \_\_\_\_\_



## JOIN OUR EMAIL LIST!

**Are you receiving emails from us?**

If not, send an email to your local Senior Center to receive the latest information directly in your email inbox!

Save the email addresses below in your contacts:

[SeniorCenters@oaklandca.gov](mailto:SeniorCenters@oaklandca.gov)

[DOSC@oaklandca.gov](mailto:DOSC@oaklandca.gov) | [EOSC@oaklandca.gov](mailto:EOSC@oaklandca.gov)

[NOSC@oaklandca.gov](mailto:NOSC@oaklandca.gov) | [WOSC@oaklandca.gov](mailto:WOSC@oaklandca.gov)

# GET SET UP (GSU) E-LEARNING PLATFORM



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.

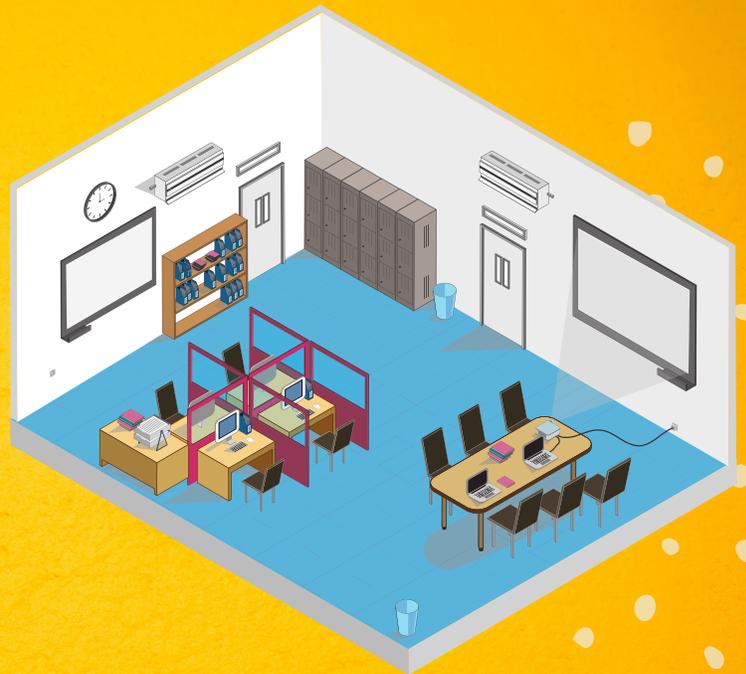
## **New Member Orientation:**

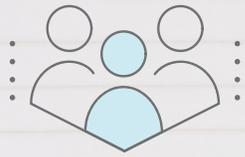
Introduction for new members to the GetSetUp website, class offerings, and where to request Customer Support assistance.



**Don't have a  
computer at home?**

Contact your local  
Senior Center to book  
an appointment!





## Now Recruiting Advisory Council Members!

Are you interested in contributing your voice and making an impact on the senior population of the City of Oakland?

We are looking for good leaders to help advise City staff in the development of programs, services, planning, and to conduct fund-raising, advocacy, networking, lobbying and outreach to benefit seniors.

***Advisory Council Applications will be out in October.  
Let your local center know if you are interested.***



## Information & Assistance



Need help finding critical services that are available to you? Our wonderful Information & Assistance Specialists can help!

Monday – Thursday

10:00am – 2:00pm | (510) 615-5733

or

Tuesday – Friday

10:00am – 2:00pm | (510) 597-5085



Visit our YouTube Channel

Oakland Senior Centers



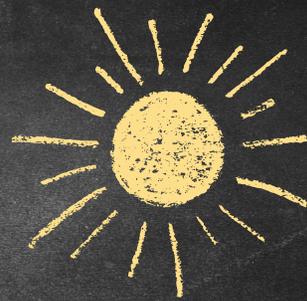
Subscribe to our YouTube Channel!

## Holiday Closures

- Nov 11 - Veterans Day
- Nov 25 - Thanksgiving Day
- Nov 26 - Day after Thanksgiving



# Sign up for Upcoming Events, Presentations, and Classes Today!



[www.MyActiveCenter.com](http://www.MyActiveCenter.com)



(510) 238-3284 | Mon - Fri | 9am - 3pm



[SeniorCenters@oaklandca.gov](mailto:SeniorCenters@oaklandca.gov)



RSVP 1 week before event

## STRETCH & FLEX WITH TRICIA

### BALANCE & STABILITY

MON | WED | FRI 10:00 AM | KTOP

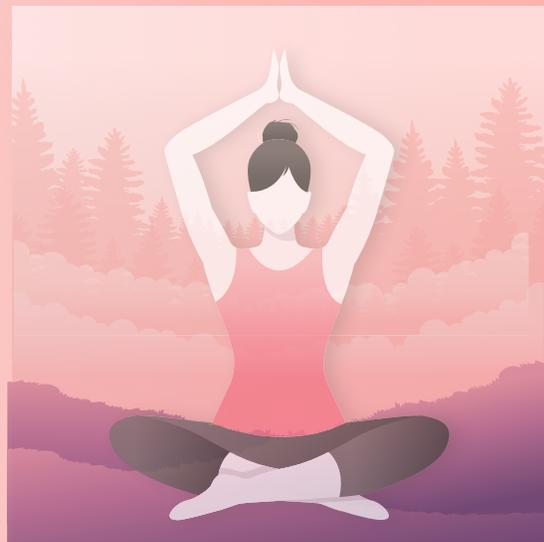
\*First Wednesday of the month | 9:00 AM

### MINDFUL MOVEMENT

TUESDAY | 10:30 AM | ZOOM



THURSDAY | 9:30 AM | KTOP



KTOP Channel 10 | AT&T U-Verse Channel 99

or LIVE STREAM:

<https://www.oaklandca.gov/resources/ktop-program-schedule-2>

## Simple Steps to Manage Your Stress



**When:** Tuesday, September 21, 2021

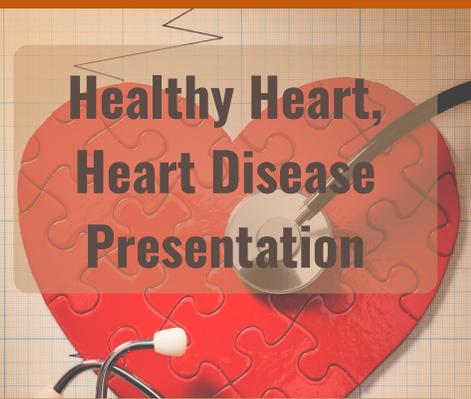
**Time:** 2:00pm - 3:00pm

**Where:** Zoom Presentation

**Presenter:** Kaiser

Learn how stress impacts your health and simple steps to improve your peace of mind.

## Healthy Heart, Heart Disease Presentation



**When:** Wed, Sept 29, 2021

**Time:** 3:00pm - 4:00pm

**Where:** Zoom Presentation

**Presenter:**

Bonnie Harris Hayden, Esq.  
Learn some of the causes and warnings of a heart attack and how to prevent heart disease.

## Multipurpose Senior Services Program Presentation



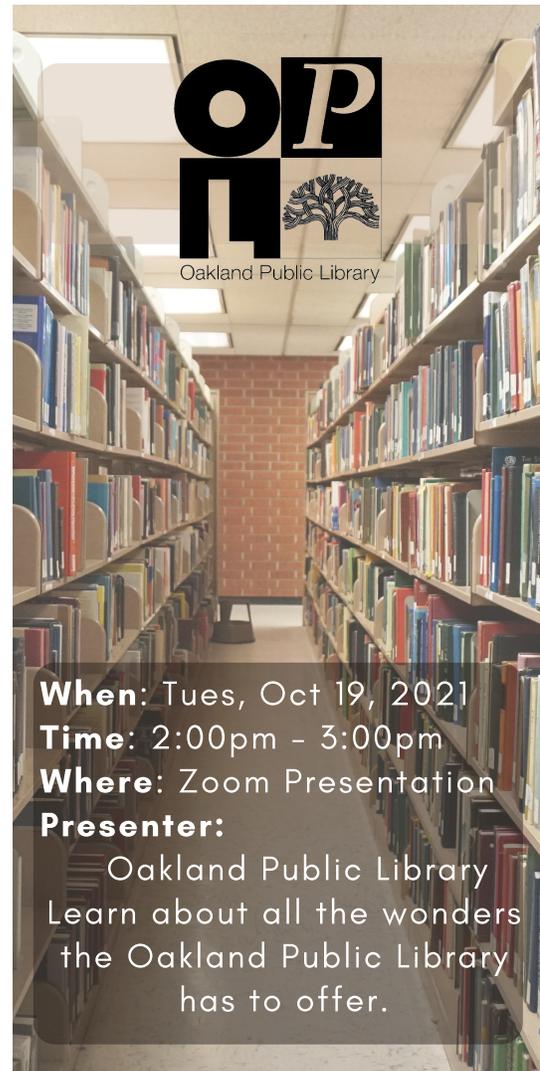
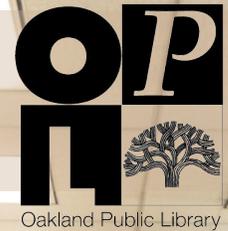
**When:** Thursday, October 7, 2021

**Time:** TBD

**Where:** Zoom Presentation

**Presenter(s):** Nancy Barreda & Lucila Hernandez

MSSP is a case management program that serves MediCal eligible seniors to live safe independently.



**When:** Tues, Oct 19, 2021

**Time:** 2:00pm - 3:00pm

**Where:** Zoom Presentation

**Presenter:**

Oakland Public Library  
Learn about all the wonders the Oakland Public Library has to offer.

# Medicare & the Annual Enrollment Period Changes for 2022



**When:** Wednesday, October 27, 2021

**Time:** 10:00am - 11:00am

**Where:** Zoom Presentation

**Presenter:**

HICAP (Health Insurance Counseling & Advocacy Program)

- Changes to the Medicare Prescription Drug (Part D) Plans & Medicare Advantage (Part C) Plans
- An overview of eligibility, costs, benefits, and changes in Medicare Parts A and B
- Options for supplementing Medicare and getting help with medical costs (including the Extra Help program)

## Home Sharing with Home Match

**When:** Tuesday, November 9, 2021

**Time:** 3:00pm - 4:00pm

**Where:** Zoom Presentation

**Presenter:** Home Match

Learn about the benefits of home sharing.

## Mindful Eating Virtual Presentation

**When:** Wednesday, December 8, 2021

**Time:** 10:00am - 11:00am

**Where:** Zoom Presentation

**Presenter:** Kaiser

Learn how to detox your environmental toxins by examining your daily routines to increase your health.

## Clean Living: How To Reduce Toxic Load

**When:** Tuesday, November 16, 2021

**Time:** 10:00am - 11:00am

**Where:** Zoom Presentation

**Presenter:** Kaiser

Rediscover how to have a healthy and joyful relationship with food.



**Return Service Requested**

DOWNTOWN | EAST | NORTH | WEST  
OAKLAND SENIOR CENTERS  
HUMAN SERVICES DEPARTMENT  
150 FRANK H. OGAWA PLAZA, SUITE 4340  
OAKLAND, CA 94612  
SENIORCENTERS@OAKLANDCA.GOV



**DOWNTOWN OAKLAND SENIOR CENTER**  
200 Grand Ave  
Oakland, CA 94610  
(510) 238-3284 | DOSC@oaklandca.gov

**EAST OAKLAND SENIOR CENTER**  
9255 Edes Ave  
Oakland, CA 94603  
(510) 615-5731 | EOSC@oaklandca.gov

**"If everyone is moving together, then  
success takes care of itself."**

***-Henry Ford***



**NORTH OAKLAND SENIOR CENTER**  
5714 Martin Luther King Jr. Way  
Oakland, CA 94609  
(510) 597-5085 | NOSC@oaklandca.gov

**WEST OAKLAND SENIOR CENTER**  
1724 Adeline St  
Oakland, CA 94607  
(510) 238-7016 | WOSC@oaklandca.gov