



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

**Wednesday, November 3, 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, November 3, 2021  
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](mailto:Mboyd@oaklandca.gov)



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**City of Oakland Mayor's Commission on Aging**  
**Wednesday, November 3, 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. 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: October 6, 2021**
- 6. Public Forum** (*Limit to 2 minutes*)
- 7. Age-Friendly Report Oakland Redistricting Public Hearing**
- 8. Schedule for Adopting New District Maps**
- 9. Senior Center Bylaws and Code of Conduct** (*Subcommittee*)
- 10. HSD Aging & Adult Services/COVID-19 update**, *Scott Means, Aging & Adult Services Manager*
- 11. Announcements**
- 12. 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, October 6, 2021**

**SPECIAL MEETING**

**Held via Teleconference**

## MINUTES

### 1. Call to Order

Chairperson Bryan Ricks called the special meeting to order at 9:43a.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

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

**Excused Absent:** Jacqueline Phillips

*A quorum was established.*

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

### 3. **AB 361 Resolution** ADOPT A RESOLUTION 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.

Chair Ricks presented the details of the special meeting, to adopt the resolution of continuing holding meetings via teleconference. Resolution AB 361 was adopted.

M/S/Carried: Martha Scott/Michael Coleman, Tomye Neal Madison/Motion carried unanimously.

Motion, all present commissioners were in favor to continue meetings via teleconference 6-0.

### 4. Closing Remarks & Adjourn

No closing remarks. Meeting adjourned 9:49a.m.



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**Wednesday, October 6, 2021**

**Held via Teleconference**

## MINUTES

### 1. Call to Order

Chairperson Bryan Ricks called the meeting to order at 9:59a.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, Jennifer Seibert

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

**Excused Absent:** Jacqueline Phillips

*A quorum was established.*

**Staff:** Scott Means (Aging & Adult Services Manager), Hayde Mazariego (Senior Services Program Assistant), Marshay Boyd (Administrative Assistant)

### 3. Agenda Modification and Approval

The agenda was approved no modifications.

M/S/Carried: Martha Scott/Jennifer Seibert/Motion carried unanimously.

### 4. Approval of Prior Meeting Minutes:

The September 1, 2021 minutes were approved with no modifications.

M/S/Carried: Jennifer Seibert/Shannon McDonnell/Motion carried unanimously

### 5. Public Forum

No speaker at this time.

### 6. Age-Friendly Report

Chair Ricks provided an update that things have shifted gears a bit since May, they are putting together the stakeholder groups with functional experts who can help accomplish the goals. Chair ricks shared information, goals, and the outcome of the previous meeting held on the Health and Wellness initiative back in September. Scott Means provided more information on case management. Scott provided website information [Accareconnect.org](http://Accareconnect.org) for anyone who wants to get more information. Commissioner Seibert asked how a senior knows about any of the services available. Chair Ricks stated there will be a communications meeting to discuss how to properly advertise that information coming up. Chair Ricks stated the next meeting will be on Housing October 28<sup>th</sup>. Audience member Life Elder care advocates for 211.org being a tremendous resource. 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.

### 7. 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. Commissioner Seibert stated she will be attending the October 13<sup>th</sup> meeting will report.

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

Scott opened the conversation with informing us with updated information regarding the food programs. The programs are in the process of finding quality food banks vs quantity, wanting to provide seniors with fresh food options. Commissioner Garrett stated instead of branding everything Oakland Senior Centers, brand it Oakland Senior Services. Senior Centers newsletter will go out every 3 months.

**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:** Look forward to seeing more happening with this program soon. Looking to increase our information referral staff. 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:** Senior Centers are still opening with only 50% of our staff. 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.

**9. 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

**10. Closing Remarks & Adjournment**

Chair Ricks stated he's looking forward to the upcoming Housing meeting to discuss some great things. The meeting was adjourned at 11:22 a.m.

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**Date and Time of Next Meeting**

The next meeting will be held on Wednesday, November 3, 2021 at 10:00 a.m. via teleconference.



# AGE FRIENDLY CITIES

## Becoming Livable Oakland

Oakland Mayor's Commission on Aging  
Health & Wellness Stakeholders  
Meeting

September 23, 2021



# Health & Wellness/Food Security

## Committee members

Bryan Ricks (c)

Lenore McDonald

Blake Spears

## Priorities:

- Consistent funding for food security
- Advocate for geriatric medicine
- Supporting the new Senior Centers as Health & Wellness Hubs (SSB funding and partnership with Parks & Rec)
- Addressing Food Deserts

## Goals:

1. Evaluate and determine gap closers for food availability throughout Oakland
2. Consider avenues and opportunities to address specialized medical needs of seniors in Oakland
3. Transform Senior Centers

# Discussion Points

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What needs to change now?

How will things change in the next decade?

What can we change now in anticipating future concerns?

**GOAL FOR TODAY:** Develop “to do’s” in advance of Jan meeting

# Geriatric Medicine

- Residential population in the East Bay is aging
- Seniors have more specialized needs as our bodies age
- Common maladies may cause false positive diagnoses and lead to unnecessary stress
- Geriatrician rates lend to a shortage of physicians

Investigate/support state-sponsored initiatives that may support senior medical initiatives



## **THOUGHTS & OPPORTUNITIES**

Advocate for medical professionals

Nurse practitioners as specialists

Social Workers as specialists

Create a guide to common senior illnesses

# Oakland Food Project

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- Track food outlet availability throughout the city
- Identify food deserts in relation to high senior community concentration areas
- Better understand food gap areas and map to provider resources
- Identify organizations that provide food security for seniors

# A Step Back...

## Pandemic Best Practices

- New food allotments available with school shutdowns
- Senior Centers became food distribution centers
- Seniors were prioritized in getting the extra food to the public
  - Prioritized w/some disconnects
- Reopening the city resulted in program losses
- How are those needs being currently met?
- Increase in prepared meals (Dig Deep Farms) for family hubs incl seniors



- Expensive, utilized city staff
- Nutritious food distribution was a concern
- Grants and allotments to food hunger orgs
- EOSC largest free grocery dist site
- WOSC very popular for residents to access groceries

# Meeting the Needs

## Distribution to home-bound or transportation-needy community members:

- SOS/MOW
- Mercy Brown Bag
- AC Food Bank (?)
- Project Open Hand
- Dig Deep Farms
- Senior Centers
- Home grocery delivery options
- PGE listing?

**WHAT OTHER PROGRAMS ARE OUT THERE?**

Seniors will love this!

With the push of a button this truck turns into a market where fresh fruit and vegetables, lean proteins, canned goods, whole grains, and fresh milk are displayed for older adults to shop - right where the truck pulled up at their doorstep - and not have to spend a penny.



**MERCY BROWN BAG PROGRAM**

*Seniors Helping Seniors*

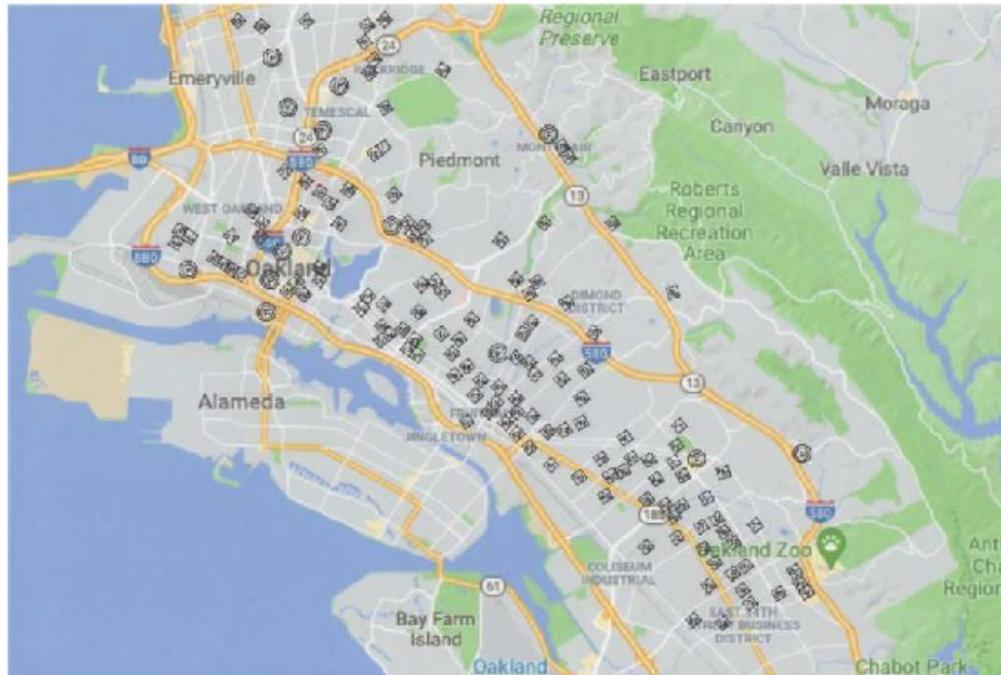
This is a mock-up of what the Mobile Grocery Truck will look like. It is the only truck of its kind that distributes food for free.

Introducing our  
Mobile Grocery  
Truck



# Meeting the Need

**153 Local Grocery Stores serve the City of Oakland.....**



**...and 15 Farmer's Markets**



*\* Grocery store= Must have space for meat, dairy and produce*

# Next Steps/Follow-Ups

- **Senior Health:**
  - **Get information/insights on the Common Health Record-** This is a streamlining process in the works to help eliminate the disconnects between medical providers around a single patient
  - **Investigate a self-advocacy guide for common senior maladies-** In the absence of geriatricians, educate seniors & family members on common ailments that affect seniors
  - **Case Management-** How may the City of Oakland increase its number of case managers to advocate/support seniors?
- **Oakland Food/Hunger Project:**
  - **Understanding current situation:** Commissioner Micheal Coleman created a plot map showing the location of all grocery stores (must have meat, dairy, produce to classify) throughout Oakland.
    - On the face, distribution of stores seems balanced, but upon further examination there are gaps in some areas that are impacted by travel needs
    - For seniors, carrying groceries via public transportation or walking can be burdensome
    - Need to consider new ideas to reach those in need
      - Bring grocery to home (online ordering/delivery)
      - Bring shoppers to store (store-owned van picking up/dropping off shoppers)
      - Brick & mortar new stores is probably not viable
      - ADD areas/households served by Meals on Wheels and Mercy Brown Bag to get deeper understanding of where there are currently providers in the gap areas
  - **Home Delivery momentum**
    - Organizations are receiving grants for home delivery services to seniors
      - **Alameda County Food Bank-** MCOA should partner with AC Food Bank as advocate for seniors. Need to understand plans/strategies (currently no senior advocates with AC Food Bank)
      - **SNAC (Senior Nutrition Advocacy Council)-** Both Meals on Wheels and Mercy Brown Bag has reps on the council. They will keep us informed on developments around the topic
      - **Yemeni stores association, SABA-** received grants for home delivery. Need to understand strategy
      - **Gogo Grandparents, Instacart, Good Eggs,** etc- Who can we partner with to help resolve gap areas