



Mayor's Commission on Aging

City of Oakland – Human Services Department

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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 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 28th. 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 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 13th 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.

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

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 lead 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

- 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

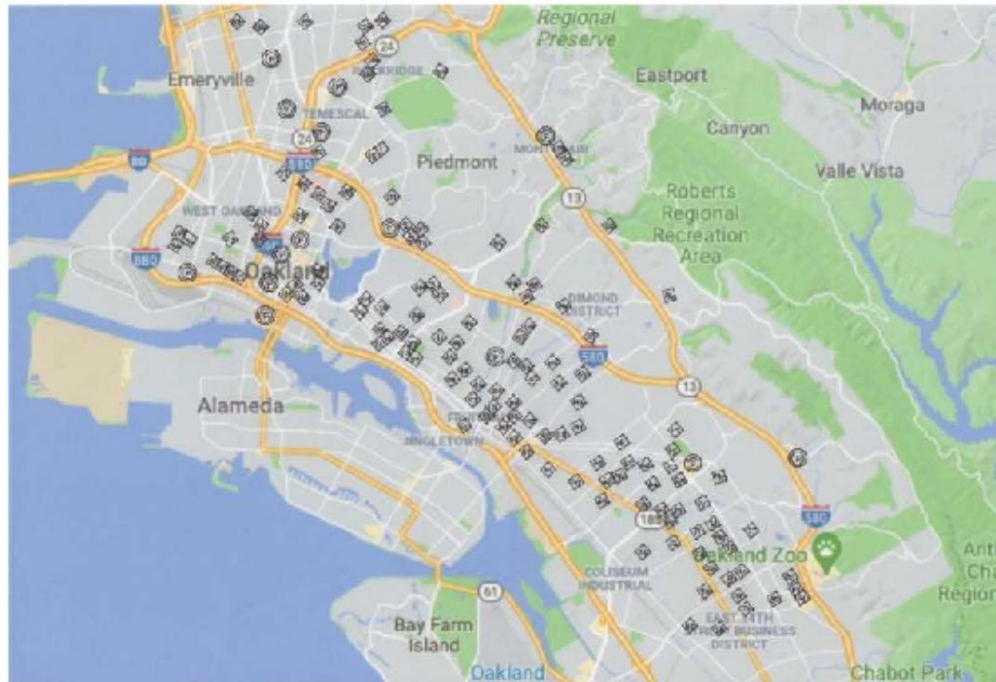
This is a mock-up of what the Mobile Grocery Truck will look like. It is the only truck of its kind that distributes food for free.

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