



**COMMISSION ON AGING  
MEETING AGENDA  
THURSDAY, JANUARY 14, 2021  
5:00 P.M.  
Via Teleconferencing**

<i>Chair</i>	Kathy Arras	<i>Vice Chair</i>	Veronica Dangerfield
<i>Commissioners</i>	Rachel Anderson, Veronica Dise-Hodge, Gail Egbert, Cary Kennerley, Quy Tran, Lorna Van Ackeren, and Kirsten VanderVorst		
<i>Ex-Officio Members</i>	Kendra Luke, Senior Center, and Dana Simmons, Senior Club		
<i>Contra Costa County Advisory Council on Aging Representative</i>	Lorna Van Ackeren (also a Commissioner)		
<i>Staff Liaison</i>	Danielle Habr		

**Due to the Contra Costa Health Services and State of California Shelter in Place Orders, options for observing commission meetings and for submitting communication regarding the meetings have changed. Commissioners will participate remotely via teleconferencing.**

**Commission Broadcasts:** The Commission on Aging meeting will be broadcast live online on YouTube at the web link, [www.pleasanthillca.org/comaging](http://www.pleasanthillca.org/comaging).

**Public Comment:** The public is welcome to address the Commission on Aging on items not listed on the agenda but within the Commission's scope during the public comment period. There is an opportunity for the public to comment on other agenda items at the time they are discussed. Public comment is limited to 3 minutes per speaker.

The public may participate in public comment by:

1. Calling (925) 671-5275 during the public comment portion of the meeting. For more information on how to provide live comments during the meeting, visit [www.pleasanthillca.org/comagingpubliccomment](http://www.pleasanthillca.org/comagingpubliccomment).
2. Emailing comments to [dhabr@pleasanthillca.org](mailto:dhabr@pleasanthillca.org) by 4 pm the day of the meeting.

Agendas are available for review on the City Hall official noticing bulletin board (100 Gregory Lane) and on the City's website at [www.pleasanthillca.org/agendas](http://www.pleasanthillca.org/agendas).

Materials related to an item on this agenda submitted after distribution of the agenda are available for public inspection by contacting the staff liaison at [dhabr@pleasanthillca.org](mailto:dhabr@pleasanthillca.org) or (925)-671-5221. If, due to a disability, a reasonable accommodation is needed to participate in this meeting, please contact the staff liaison 24 hours in advance of the meeting at the email address or phone number above or via California Relay at 711.

- 1. Call to Order**
- 2. Roll Call**
- 3. Public Comment:** Members of the public may speak on any item *not* on the agenda, but within the Commission's scope, during this public comment section of the meeting. To participate in public comment, you may call by phone to share your comments live at (925) 671-5275. Speakers are encouraged to call 10 minutes before the meeting due to a live-streaming lag-time, and will be placed on hold until the Public Comment period. Comments are limited to 3 minutes.
- 4. Discussion of Coping with COVID Senior Health Series Webinars**
  - a. Coping with COVID-19 During the Holidays: An Open Forum for Seniors Debrief and Proposal for Additional Workshops – Veronica Dise-Hodge
  - b. Healthy Habits During the Pandemic Debrief – Rachel Anderson
  - c. How to Make the Most of the Public Library Video – Kathy Arras
- 5. Discussion of 2021 Senior Health Series Webinars**
  - a. Emergency Preparedness for Seniors (1/26, 11 am) – Gail Egbert
- 6. Approve December 14, 2021 Regular Meeting Minutes**
- 7. Annual Update to the City Council Debrief**
- 8. Assignment of *Outlook* Articles for March/April & May/June**
- 9. Commissioner and Liaison Reports**
- 10. Announcements/Correspondence**
- 11. Adjournment**

**Next Regular Meeting: February 11, 2021**