

# Summary of Area 09 Panel 70 CEC Actions

Elders don't have to be alone

We didn't reinvent the wheel or come up with any great new ideas. Cooperation with the Elder Community (CEC) is AA members working together and exploring what was already out there - we are just "carrying the message."

We still need to keep in mind even though the world's opening up and meetings are beginning to open and you can go in person, there are still a number of alcoholic members who are not able to do that.

The Pandemic got us all stuck in isolation, which opened our eyes to what some of our elder members, members that are impaired and / or isolated, experience when they can't get to meetings.

## **1/2020-3/2000**

We got involved in CEC not really knowing what it was all about.

We attended PRAASA in Tucson, AZ for the first time and were hooked on service after that! This was right when the Pandemic was first starting and we came home to lockdown!

## **9/2020**

At that time the CEC chair was moving to the Bay area and asked me to stand for the CEC chair position. Grant T. and Micheal M came on board about the same time.

We were fortunate to have Micheal join us. She was instrumental in the formation of CEC in Area 09 and helped in the creation of the original Guidelines in 2006.

## **10/2020-12/2020**

To get everyone onboard with accessible meeting guidelines We developed questionnaires [Hispanic Help for Elders](#), [Help for Elders](#) to assess needs of Elders.

We were also able to send out Grapevine and La Vina subscriptions to folks that had requested them.

\*We developed a tutorial condensing information from other Areas especially [Eastside AA Area 72 Seattle](#). With permission we used their articles \*[Need help Zooming to meetings?](#) and [Did you know? All AA Zoom meetings are accessible via landline/phone only?!](#) and created the "[Elder page](#)" in English and in Spanish [¡Bienvenido al del Medio Sur de Rincón](#)

## [de Ancianos del Área 9 California!](#)

CEC reached out to Districts and Intergroups to post these flyers on websites, in newsletters, and spread the word at meetings to assist elders to access online-zoom meetings. We also have some CEC volunteers available, if Elders need someone to walk them through set-up and zoom access, one on one.

But now staff, like the secretary at the Inland Empire Central office, have been helping folks and the calls are much more rare.

We got really involved in updating the [CEC Guidelines](#) in English and Spanish [ÁREA 09 DEL CENTRO-SUR DE CALIFORNIA COOPERACIÓN CON LA COMUNIDAD DE ANCIANOS](#) to incorporate our new virtual world, to make sure we included our large hispanic community, and ensure meeting places that are accessible are listed in directories. [ACCESSIBILITIES CHECKLIST FOR MEETINGS AND GROUPS Reprinted from SMF-208 \(rev 03/18\) with permission of A.A. World Services, Inc.](#)

Grant was instrumental in creating these guidelines with his background as an expert in ADA mandated accessibility requirements.

### **2/2021**

One example: we got a call from Northern Illinois area 20 And helped an elder with a flip phone and helped him get into a meeting! CEC also reached out to 105+ Senior Centers in our area that were still closed, although providing meals, newsletters and other Elder assistance. We developed an electronic letter, describing some of the needs an Elder alcoholic may have, including digital links (per General Service Offices's recommendations) to literature and offering to purchase "hard copies" as requested.

### **6/2021-7/2021**

With the help of the Technology committee, we developed a [Spanish Flyer](#) and [English Flyer](#) encouraging groups to take a group inventory on Accessibility and report their findings to their Intergroups so meeting directories are current.

We continue to encourage Area Central Offices and Intergroups to post flyers and tutorials, with help for elders, upfront and center, in large print so it's easy to find. But some still are on the back pages or not there at all. We're working with them to get and keep Elder information up front.

The great thing about our time in CEC is everybody coming together at our meetings, reaching out to the elders, making sure they have the electronics. Some meetings were refurbishing old devices for those that did not have equipment. Do we have any old phones, tablets or computers that could be donated to an isolated member who needs

help getting to online meetings? Can we set up live or hybrid meetings with isolated elders? Here is an excellent tutorial in english - [How to set up Hybrid meetings - By Peter S. July 2021](#) and in [Spanish- Cómo organizar reuniones híbridas](#).

### **11/13/2021**

By invitation gave a CEC history and current outreach Presentation to District 19.

### **12/13/2021**

By invitation gave a CEC history and current outreach Presentation to All Accessabilities committee meeting (held on the 3rd Monday of every month).

### **12/2021**

CEC mailed out a packet of AA literature and pamphlets including a CEC cover letter to 165 area Nursing Homes and Senior Centers.

Previously, CEC was involved in making literature and pamphlets available to Nursing Homes and Senior Centers. Unfortunately, the pandemic halted these activities, hence our “electronic” outreach to facilities. This electronic outreach continues and we are just beginning to send “hard copies” of literature to senior and elder facilities.

Most recently, Area 9 CEC has been meeting with Accessibilities and Technology committees to join efforts in reaching Elder AA members and others that may be isolated. Working together, we can continue to make a difference! We welcome new committee members and look forward to carrying the AA message to those in need. Thank you from CEC!