

Round Table Topic: Cooperation with the Elderly Community (CEC)

Date: 2 March 2019

Moderator: Not identified **Secretary:** Not identified

Identified Topics: The following abbreviations are used in these minutes: CEC = Cooperation with the Elderly Community; SIS = Seniors in Sobriety; SF = Senior-friendly.

1. What are your CEC committees working on? In Area 93, CEC is a new committee; they are building a website specifically for seniors in the program and not in AA. They will be visiting all the Central Offices and Districts to start a “SF” designation attached to “Senior Friendly” meetings. They are asking the Groups to designate if they are SF. They provide outreach to the places seniors attend in the Area. There is a big need in Area 93. Area 93 defined “SF” as “will the Group welcome seniors to their meetings?” In Area 17, the CEC Chair went to the state’s “Office on Aging” website to get information on what the Area’s committee can do. Members from Areas 72 and 92 said this is the first time they’ve heard of CEC. A member from Area 08 shared that AARP had an issue on alcoholism in the October 2018 issue that included statistics. You should get and use this article to let your Area CEC Committee know why you need a CEC Committee. Members may visit senior centers, aging fairs, health fairs, etc. Area 08 has their own pamphlet to distribute. CEC.district14@gmail.com is a good source if anyone wants to contact Area 08 for their resources and a copy of this pamphlet. Area 17, Hawaii, has a lot of resources and experience with their long standing CEC Committee. One member is a senior living facility director and many seniors come in with dementia but when they “dry out” they are alcoholics. Another member suggesting contacting “Visiting Angels” to look for signs of alcoholism and call CEC members for 12 Step calls. CEC in Area 93 is a subcommittee of the Area CPC Committee. This may be another way to introduce CEC into your Areas. Area 17 coordinates their CEC Committee with Districts to do some of the outreach and/or a workshop to inform the membership. A member from Area 08 suggested an email sharing chain with attendees of this workshop. SeniorsinSobriety.com is a resource for sharing resources and to obtain their workbook. Area 08 shared that outreach to seniors is taking on the work of CPC, PI, and Accessibilities. The first steps for a new CEC Committee could be contacting nursing homes, Visiting Angels, senior centers, etc. to distribute AA literature. In starting a new CEC Committee, a statement of goals and purpose of the committee should be established. General Service Office has an aging/elderly packet. You can call and request GSO to mail the packet to you. You should contact Rick W at GSO at the CPC/Treatment desk.

2. How do you network with seniors? One member came to this round table to join a CEC Committee to help.

3. What are the requirements for a senior meeting? It is best to avoid high crime areas, have daytime meetings, situate them at ground level, or in buildings with elevators. It is the responsibility of younger members to help seniors get to meetings, and CEC does the information dissemination.

4. What kind of outreach do you do? See discussion under Topic 1.

5. What’s the difference between CEC and SIS? CEC’s mission statement is to provide information about AA where seniors gather, professionals who come in contact with seniors (paraphrased). In one Area, CEC attends health fairs. SIS is not in General Service. Some Areas don’t have CEC Committees.