

ADVISORY COUNCIL ON AGING

Minutes for February 19, 2020

ACOA MEMBERSHIP

Active Members = 29
Vacancies = 10
Pending= 1

Call to Order: Susan Frederick, council President, called the meeting to order at 9:30 a.m. Mrs. Frederick led the Pledge of Allegiance and asked guests to introduce themselves.

Present:

Jagjit Bhambra	Gail Garrett	Gerry Richards
Mary Bruns	Arthur Kee	Mary Rose
Deborah Card	Joanna Kim Selby	Frances Smith
Jim Donnelly	Jill Kleiner	Terri Tobey
Kevin Donovan	Steve Lipson	Ron Tervelt
Jennifer Doran	Richard Nahm	Lorna VanAckeren
Rudy Fernandez	Nuru Neemuchwalla	Dennis Yee
Susan Frederick	Brian O'Toole	

Absent: Shirley Krohn; Frank Napoli; Summer Selleck; Michael Syrett; Kathie Thompson

Guests: Nancy Leasure; Lia Bristol, Office of Supervisor Mitchoff; Tara Kopp, Office of Congressman De Saulnier; Dawn Morrow, Office of Supervisor Burgis; Elaine Welch, Executive Director, Mobility Matters

Staff Present: Laura Cepoi, Glenda Pacha and Anthony Macias

Roll Call: Richard Nahm called roll; quorum established as 28 members present.

Announcements:

- None.

Approval of Today's Agenda:

- Approval of today's meeting agenda motioned by Arthur Kee, Jagjit Bhambra second the motion, agenda approved without changes.

Approval of January 2020 Minutes:

- Approval of January 2020 meeting motioned by Arthur Kee, Gerald Richards second the motion, minutes approved without changes.

Committee Work Group Reports:

Legislative Advocacy Workgroup – Shirley Krohn

- Shirley was absent from meeting but she is requesting one person from each workgroup be the contact for legislation related to each workgroups focus.

Senior Mobility Action Council (SMAC) - Transportation: Mary Bruns

- At the next meeting, on 2/24, Jennifer Williams, Founder and CEO of Aging Well Advisors, will be the presenter.

ACOA 2020 Event update: Jim Donnelly

- Confirmed speakers:
 - Fiona Ma, California State Treasurer
 - Kim McCoy Wade, Director, California Department of Aging
 - Dr. Louise Aronson, UCSF, Author of “Elderhood: Redefining Aging, Transforming Medicine, and Reimagining Life”
- Contacting Dr. Nari Rhee, Director of the Retirement Security Program at the UC Berkeley Center for Labor Research and Education, to also speak at the event.

Planning Committee – Kevin Donovan

- Presentations from Jewish Family Community Services and Mobility Matters at the February meeting.
- Discussion of distribution of One-Time-Only (OTO) funds to contractors.
- Began a discussion of the following:
 - Where and how services being provided?
 - Are all regions being served equitably?
 - The discussion will continue over the next several months.

Housing Workgroup – Gerald Richards

- Presentation at last meeting from Teri Howe, City of Antioch and Community Development Block Grant at last meeting.

Elder Abuse Prevention Workgroup – Mary Rose

- Presentation scheduled at Rainbow Community Center on March 20th at 1:30 pm.

Health Workgroup– Susan Frederick

- Viewed video re: illegal discharges
- (AB or SB) 568 re caregiver pay has died

Technology Workgroup – Steve Lipson.

- First set of changes to county website ACOA webpage began with addition of “Welcome letter” from president.
- Now will begin uploading links

Membership Committee – Jennifer Doran

- 8 city/2 Members at Large (MAL) vacancies
- Lafayette just appointed Erin Partridge, Concord and Moraga are in the process of appointing reps
- Membership Committee has contacted Mayors from remaining unrepresented cities have been contacted and told ACOA is a mandated position

Nutrition Council – Gail Garret

- Additional \$545,000 to Senior Nutrition (\$68,000 designated for cafes)

Treasurer's Report – Richard Nahm

- \$47 + today's \$39 = \$86
- Snacks provided by volunteer members may request reimbursement for snacks provided.

Area Agency on Aging Program Manager's Report – Laura Cepoi

- A congregate meal site has opened in Oakley. East Contra Costa County is a food desert, so this is good news.
- Contra Costa County has highest rate of food deserts than in rest of the State.
- Review of Key Informant Survey responses for the 4-Year Area plan.
- Reviews of Requests for Interest (RFI) for friendly visitor and reassurance calls completed this month.
- A new Request for Proposal (RFP) for "Dignity at Home: Fall Prevention" will be forthcoming as this is a new source of funding through California Department of Aging.
- Affordable Housing and Caregiver Support are top two issues from these responses.
- Review of the final analysis of Older Adults Needs Assessment Survey is completed and be presented at the Public Hearing in March.
- IHSS Overview and Sustainability – good news is we are now up to 48% compliance rate with the State.
- John Muir Senior Services program has folded. Other organizations are attempting to fill gap created by their closure.
- The first draft of the Master Plan for Aging will be due on March 1.
- Governor Newsome is holding a hearing today to discuss funding and strategies with dealing with homelessness crisis in the state.
- Federal legislative proposal for budget cuts to social and health programs to fund military spending. This would eliminate Community Development Block Grants. Other programs affected would be Senior Health Insurance Plan (SHIP), proposed to receive a 30% cut to its budget and Medi-Cal waiver program.
- This could reduce funding for programs affecting older adults to 2017 levels.

ACOA President's Report – Susan Frederick

- Each workgroup and committee please have a member attend the 2020 event planning committee meeting meetings. These are held the 2nd Monday of each month, through August 10, 2020
- California Senior Legislature (CSL) has a website and you can sign up as a Friend of the CSL and receive email copies of their newsletter. Sign up at: <https://4csl.org/friends-of-the-csl/>
- A dementia-friendly community is a city, town or village where people with dementia are understood, respected and supported. In a dementia-friendly community people will be aware of and understand dementia, so that people with dementia can continue to live in the way they want to and in the community they choose.
- Medicare Advantage will allow coverage changes until March 31.
- Ashby village connects members with each other and with resources needed to stay active, independent and fulfilled. Rely on each other to stay active independent and fulfilled, rely on one another and an extensive volunteer pool. Screened service providers and partnerships with local agencies, groups and businesses. Parts of Oakland, Berkeley, El Cerrito, Richmond, and Lafayette are also included.
- Study done by the University College London: It was to determine if people had the flu. It did not rely self-reporting it did frequent throat swabs. It consisted of 5500 people over five years. Study determined that ¾ of the people with seasonal flu showed no symptoms. Other studies have shown that not everyone who has the flu ~~the~~ experienced the usual symptoms of fever, muscle aches and nausea are. Some only experience cold like symptoms. There is also a period of 36 hours between when you are exposed and when you will show symptoms, during which time you will be shedding/spreading the virus. It is everyone's social responsibility to get a flu shot.

Consent items:

- None.

ACOA Member Survey conducted during the break.

PRESENTATION: Elaine Welch, Executive Director of Mobility Matters

- Updating "Way to go Contra Costa" transportation information booklet.
- It is the only volunteer rides program.
- TELEPHONE Help Line (see pyramid handout)
- Door through Door ride program- picked up at client's front door or in home and returned accompanying client into home as needed.
- Average number of rides per month is 600.
- There are two volunteer ride programs:
 - Client requires need for door to door assist; currently 290 clients enrolled and growing daily.
 - Rides for veterans (who cannot use other forms of transportation); 83 enrolled; aged 78 or older; 2 under 60 who are disabled.
- There 201 volunteer drivers.

- They offer to pay for gas to drivers as needed; not many volunteers request this.
- When non-profit Caring Hands folded their caregiver program went to MOWDR friendly visitor program, but not rides, now getting rides for MM; 60 clients were added along with 50 volunteers.
- Their services cover entire county.
- Currently there are 11 people on wait list; average number on wait list is usually 5-10 per people per month.
- A program called Senior Rides is also gone and these clients came over to MM.
- A volunteer recruitment specialist was hired. They created a volunteer recruitment video and spend evenings making presentations at various civic organizations.
- Planning a meeting with non-profit Animal Rescue Foundation because more service animals are coming with veterans on rides.
- Looking for veterans to volunteer who want to help other veterans.
- Not adding any new programs at this time, sticking with these two programs.
- Their Helpline is very busy as this is the only volunteer driver program currently in county.
- Those aged under 60 are turned away the most.
- Evacuation during emergency program; working with every police and fire dept. in county.
- Helping clients putting a disaster preparedness plan in place.
- They have developed a computer program/system created by staff member Roque Torres that is used to identify those clients who would need to be contacted in case of disaster.
- Community warning system; emergency radios have been distributed to clients during power outage.
- Created handouts on how to prepare for a disaster and create a kit for distribution at meetings and events (copies distributed at meeting).

New Business for next meeting:

- Public Hearing for the Four-Year Area Plan with Area Agency on Aging

Public Comment

- Frances Smith stated that the Public Authority once provided on-site training to In-Home-Supportive-Services (IHSS) care providers but these funds dried up during the recession of 2008-2009.

Next ACOA Meeting March 18, 2020

Susan adjourned meeting at 11:30 am.