

**Contra Costa County Advisory Council on Aging
Health Work Group Minutes
Thursday, August 13, 2020**

Call to Order: Susan Frederick called the meeting to order at 930 am.

Present: Jennifer Doran, Susan Frederick, Brian O’Toole, Dennis Yee, Kathie Thompson, Terri Tobey, Fred Adams, Nuru Neemuchwalla

Absent: Lenore MacDonald, Joanna Kim-Selby, Nancy Leasure

Guest: Sara Shafiabady

Staff: Anthony Macias

Approval of Agenda/Minutes

- Approve Today’s Agenda – Jennifer moved to approve agenda, Nuru motioned second, unanimously approved.
- No revisions to July 2020 minutes; Fred moved to approve minutes; Nuru motioned second; Adopted as written.

Announcements and Correspondence: Susan Frederick, Chair

- Terry Tobey: there will be a financial forum about preserving assets during COVID19. Held through Rossmoor and recorded for later viewing.
- September is Fall Prevention Awareness.
- There is will be a forum on Zoom. 8/15,22,29/2020 dates; open to community at large; Terry will share link with council.

Public Comment

- None

Review Health Workgroup Purpose and Responsibilities (document attached)

AARP Updates – Nuru Neemuchwalla

- SB1383- unlawful employ practice; family leave; protects workers who care for selves or family; AARP is advocating for passage of this
- AARP Urges Congress to Prioritize Funds for Nursing Homes in COVID-19 Relief Package in five point plan:
 - Require testing of nursing home staff and residents and provide them with adequate personal protective equipment (PPE).
 - Provide transparency when it comes to information about COVID-19 cases, the transfer and discharge of residents, and how federal relief funds are used, to make

- sure the money pays for testing, PPE, staffing, virtual visitation and other items that directly relate to patient care and well-being.
- Require facilities to provide and facilitate virtual visitation for residents and their loved ones.
- Ensured adequate staffing levels in facilities and allow long-term care ombudsmen access so they can advocate for residents.
- Reject proposals for COVID-19-related blanket immunity for nursing homes and other long-term facilities.

Legislative Report - Nancy Leasure

- No report

Dementia/Alzheimer's: Jennifer Doran

- Five Takeaways from the 2020 Alzheimer's Association International Conference
- **Research Suggests Common Vaccines Tied to Lower Risk** The latest research out of AAIC 2020 suggests flu and pneumonia vaccination — especially multiple vaccinations over time — may be associated with a lower risk of Alzheimer's dementia later in life.
- **A Blood Test for Alzheimer's On the Horizon** Scientists are making great strides toward developing better tests to detect Alzheimer's. This includes advances in blood tests.
- **Early Life Risk Factors Matter** The more we study Alzheimer's, the more evidence emerges that there are factors across the entire life-span that may contribute to a person's risk for Alzheimer's and other dementia over time.
- **How Alzheimer's Affects Hispanic/Latino Populations Differently** Dementia is an under-recognized public health crisis in Hispanic/Latin American communities in the United States. Hispanics are about [1.5 times more likely](#) to develop dementia than non-Hispanic whites.
- **New Research Study to Focus on COVID-19 and the Brain** Announced at AAIC 2020, the Alzheimer's Association will be conducting a new research study to globally track and understand the long-term impact of exposure to the novel coronavirus (COVID-19) on the brain, including cognition, behavior, and function.

Nursing Homes: Fred Adams

- Facility in Tice Valley Manor in W.C. as of 7/27 had large number of coronavirus cases, 130 and a total of 13 deaths. The facility has 120 beds total.
- One quarter of diagnosis from all long-term-care facilities in CCC are from this facility alone. 18% of all SNF deaths in CCC are from this facility.
- Isolated a COVID section of manor to care for those who have the virus..

Caregiver Resources: Terri Tobey

- Has come across great resources using Zoom
- Next will be webinar on Dementia and caregiving; will send link;
- Making referrals to Older Adult Mental Health Services;
- Also found out about Senior Nutrition Program: 925-313-6310

- Great Plates Screening 800-510-2020
- CreativeAgingSF.org; Go4life ;Silversneakers.org
- www.hopehospice.com dementia webinar
- September 10 you can register on website.

Public Comment

- Sara Shafiabady stated that she is receiving training with National Aging in Place counsel and will send website with information; October is Nat. Aging in Place Week;
- Testing expansion for COVID19.

Action Items for Executive Committee?

- None

Future Meetings: Next meeting: Thursday, September 10, 2020

The meeting adjourned at 11:10 am.