

Aging & Adult Services
 400 Ellinwood Way
 Pleasant Hill, CA 94523
 (925) 602-4172 – Office

Contra Costa County
 Advisory Council on Aging



PLEASE CALL Anthony Macias
 (925) 602-4175 IF YOU ARE
 UNABLE TO MAKE THIS
 MEETING WITHIN 24 HOURS
 OR IF YOU ARE LATE

Wednesday, October 16, 2019, 9:30 – 11:30 a.m.
 500 Ellinwood Way, Board Room A/B, Pleasant Hill, CA 94523

AGENDA

- 9:30 **Call To Order / Introductions** – Susan Frederick, ACOA President
Pledge of Allegiance- led by ACOA President
Roll Call –Fred Adams
Announcements and Correspondence- Susan Frederick
Approval of Today’s Agenda:
Approval of August and September 2019 meeting Minutes:

Committee / Work Group Reports
 (PLEASE LIMIT YOUR REPORT TO TWO MINUTES)

<i>Legislative-</i>	<i>Nutrition-</i>	<i>Health-</i>	<i>Elder Abuse Prevention-</i>
<i>Transportation-</i>	<i>Planning-</i>	<i>Housing-</i>	<i>Membership Committee-</i>
<i>Technology-</i>	<i>ACOA 2020 Event-</i>		

Area Agency on Aging (AAA) Report – Anthony Macias

ACOA President’s Report – Susan Frederick

Consent Item(s):

- Recommend Nancy Leasure to fill MAL #8
- 2020 Census “Do’s and Don’ts” flyer
- Support Petition re: Young People Care About Addressing Alzheimer’s

10:20 **BREAK**

10:35 **PRESENTATION:** California Senior Legislature, Shirley Krohn

11:10 Regional Coalition updates – Debbie Toth
 New Business for Next Month’s meeting
 Public Comment

11:30 **Adjournment**

Contra Costa County Advisory Council on Aging is appointed by the Board of Supervisors to advise the Area Agency on Aging on all matters related to the development and administration of the annual Area Agency Plan and operations conducted thereunder, in accordance with mandates from the Older Americans Act. Any comments or recommendations made by the council or its individual members do not represent the official position of the County or any of its officers. Any disclosable public records related to an open session item on a regular meeting agenda and distributed by Contra Costa County to a majority of members of the Advisory Council on Aging less than 72 hours prior to that meeting are available for public inspection at 500 Ellinwood Way Pleasant Hill, CA during normal business hours

The Contra Costa County Advisory Council on Aging and its committees will provide reasonable accommodations for persons with disability planning to attend the above noticed meeting if they call Anthony Macias at 925 602-4175 at least 48 hours in advance of the meeting.



**Contra Costa County
Advisory Council on Aging**

2020 Census Do's

- Do verify that a census taker who comes to your home is legitimate. They should have a Census Bureau photo ID badge (with a Department of Commerce watermark and an expiration date) and a copy of the letter the bureau sent you.
- Do confirm that a questionnaire you've received is on the Census Bureau's official list of households
- Do check that a census mailing has a return address of Jeffersonville Ind. The site of the National Processing Center. If it is from somewhere else it is not from the Census Bureau

and Don'ts

- Don't give your Social Security number, mother's maiden name, or bank or credit card numbers to someone claiming to be from the "census bureau". Genuine Census representative will not ask for this information
- Don't reply, click list or open attachments in a suspicious census email.
- Don't trust caller ID – scammers can use "spoofing" tools to make it appear they're calling from a real Census Bureau number. Call the National Processing Center at 800-533-3205, 800642-0469 or 800-877-8339(TDD/TTY) to verify that a phone survey is legitimate.¹

¹ This is an abbreviated version of the AARP publication "Census Scams", for the full report go to AARP Fraud Watch Network (<https://www.aarp.org>)

On World Alzheimer's Day, Youth Movement Against Alzheimer's (YMAA) spearheaded a MoveOn.org petition that aims to put Alzheimer's at the forefront of the upcoming election. In October, during UsAgainstAlzheimer's Advocacy Day, 70 collegiate members of our organization will hand-deliver the signed petition to congressional leaders and candidates.

The call to action includes demanding that presidential candidates and members of Congress work to:

- **Invest in better care** by increasing support and available resources for family caregivers
- **Invest in a cure** by increasing federal funding for Alzheimer's research
- **Harness the power of volunteers** to fight ageism and promote healthy aging
- **Give caregivers a break** by advancing economic and workforce policies - like paid family leave - that ease economic hardship of caregiving
- **Promote early and accurate diagnosis** of Alzheimer's by encouraging early assessment, proactive brain health across the lifespan, and improved access to diagnostic tools among health providers

Please sign your name in support of our call to action and do not hesitate to share this with Advisory Council on Aging - the more noise the better!

"We want to tell our presidential candidates and elected leaders that young people care about the Alzheimer's crisis," said YMAA Chairman and co-founder, Nihal Satyadev. "1.5 million young people provide Alzheimer's-related care, and 40 percent go into debt doing it. We should not be punished for becoming caregivers, and these numbers are way too high to go unacknowledged."

Today in the U.S., 16 million caregivers provide 18 billion hours in unpaid care. This equates to an annual cost of \$290 billion, which is projected to rise to \$1.1 trillion by 2050.

"Alzheimer's disease is not only a healthcare issue, but it's a social and economic issue that can and will bankrupt our economy," said incoming CEO, Harrison Ma. "We hope this petition highlights that both youth and older adults acknowledge the problem and want comprehensive solutions."