

**Contra Costa County Advisory Council on Aging
Health Work Group Minutes
Thursday, January 9, 2020**

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

Present: Fred Adams, Jennifer Doran, Susan Frederick, Nuru Neemuchwalla, Brian O’Toole, Terri Tobey, Lenore MacDonald, Kathie Thompson, Nancy Leasure

Absent: Dennis Yee, Joanna Kim-Selby,

Staff: Anthony Macias

Approval of Agenda/Minutes

- Approve Today’s Agenda – Brian O’Toole moved to approve agenda, Jennifer Doran motioned 2nd, unanimously approved.
- No revisions to November 2019 minutes; approved.

Public Comment

- Lenore Macdonald- Center for Eider Independence (CEI) PACE center in Concord approved; an appeal filed by Choice in Aging (CiA) regarding new environmental review and delay to this project. There will be a meeting at the city of Concord meeting on Tuesday January 14 where moving forward with project will be determined.

Announcements and Correspondence: Susan Frederick, Chair

- Bob Sessler of Contra Costa Health Services had a meeting with Susan to discuss the Meals On Discharge project; differing ideas about how this would be implemented; CCHP will not fund this project. This avenue for project will is not viable.
- Susan will wait until MOWDR new director, Katlyn Sly, has been in her position a bit longer and contact her about spearheading the project.
- Discussion about how funding will be found- grants, Kaiser Foundation, etc.

Discussion regarding:

- Flyers for Flu vaccine and Be- A-Good-Neighbor- Discussion: is there need to update these?
- Fire Dept. are aware that residents in neighborhood are at high risk during emergency.
- Isolation is a health issue that workgroup would like to explore further.
- Preparation for becoming a caregiver; spouse needs to start adjusting their life for caring of another person.

AARP Updates – Nuru Neemuchwalla

- House passed legislation to lower drug costs; now in Senate to pass legislation; AARP is asking members to call your Senator to urging them pass to this legislation.

Legislative Report - Nancy Leasure

- Legislation workgroup hasn't met in a long while; This is the time of year that the bills from last year that were not picked up, which of these will be picked up in the new year is being watched;
- Look out for possible initiative in November.
- California adjust for inflation the pain and suffering for medical malpractice suits.

Dementia/Alzheimer's: Jennifer Doran

- Jennifer reports that blood tests could be given family members identify Alzheimer's gene and give family time to prepare. Science is very close to developing a blood test to identify Alzheimer's.
- Lifestyle is best prevention for dementia; HBP plays a part in dementia and intensive therapy should be utilized.
- Hearing and seeing problems seem to contribute to onset of dementia.
- Gender differences (AAIC2019) in diagnosis of Alzheimer's dementia.
- Tau tangles: new scan of brain will show where part of brain there are tangles; cause of dementia.

Nursing Homes: Fred Adams

- (CANHR)California Advocates for Nursing Home Reform website has link to **LA Nursing Home Makes Habit of Dumping Residents** news clip on SNF evictions from NBC.
- Federal Health and Human Services (HHS) Office of Inspector General (OIG) states California nursing home residents are at increased risk of injury or death during a fire or other emergency due to widespread violations of critical safety standards.
- California is 5th worst in nation in nursing home complaints.
- New feature helps you compare nursing home safety on the Medi-Care website when researching SNF; new feature on [Nursing Home Compare](#) to allow you to tell if a nursing home has been cited for issues related to nursing home abuse or neglect.
- Long-Term Care Reimbursement AB 1629 establishes the Medi-Cal reimbursement rates for Freestanding Skilled Nursing Facilities Level-B (FS/NF-B), Adult Freestanding Subacute Facilities Level-B (FSSA/NF-B), NF-Bs designated as Institutions for Mental Diseases (IMD), Distinct Part Pediatric Subacute (DP/PSA) and Freestanding Pediatric Subacute Facilities Level B (FS/PSA) coming up for review, not viewed favorably by CANHR.

Caregiver Resources: Terri Tobey

- Terri shared 2020 Handouts about caregiving resources;
- Terri also share a booklist of books about caregiving;
- Gail Sheehy tops book list

- Caregiver statistics can be found at <https://www.caregiver.org/caregiver-statistics-demographics>.
- Resource from HOPE family caregiver education series.
- There is a waiting list for MediCal waiver program.
- JFCS started caregiver support group for caregivers who care for family members with Alzheimer's, in Walnut Creek.

Action Items for Executive Committee?

- None

Future Meetings:

- Next meeting: Thursday, February 13, 2020

The meeting was adjourned at 11:00 am.