

**Advisory Council on Aging Planning Committee
February 4, 2020, Minutes of the Meeting**

Call to Order: Kevin Donovan called the meeting to order at 9:30 a.m.

Present: Arthur Kee, Dennis Yee, Debbie Card, Ron Tervelt, Susan Frederick, Kevin Donovan

Staff Present: Glenda Pacha, Anthony Macias, Laura Cepoi

Public Comment: None

Approval of February Agenda:

Ron moved to approve today's agenda; Susan seconded the motion, and the motion passed.

Approval of January Minutes:

Corrections to minutes to Contra Costa Health *Program*, not Health Services; Added *Susan Frederick recuses herself from discussion Ombudsman Services presentation as she serves on its board*. Susan moved to approve December meeting minutes as amended; Ron seconded the motion; motion passed.

Contractor's Presentations:

Jewish Family and Community Services (JFCS) – Rita Clancy director for senior programs and Anne Aronov, geriatric care manager.

- Large program serves 250 holocaust survivors; 60% from former USSR.
- Provides case management and home care/caregiver respite.
- Receives some grant money from German government; Annual grant of 1 million dollars shared among Alameda and Contra Costa counties.
- Also provide an information and referral line, which has aging consultants/road map of where to go from here.
- Provides small counseling programs.
- Serve MS clients as well.
- Has a family caregiver program.
- Memory café program- couples in which one member has early stages of or onset of dementia. This is a social gathering for couples to come together, and not self isolate, with couples who are going through the same thing.
- Activities include visits to museums, lunch, musical programs. Many interested, meeting in various locations between both counties. Small groups of 8 or less. Age group for couples, in 50's is youngest.
- Any particular services in East county? There are Holocaust survivors living in East county; have a contact at Antioch senior center; not receiving a good response from East county for family caregiver group; reports that there was a successful on site group at Antioch senior center.
- Respite through home care company; also some funding from Rossmoor for residents of Rossmoor.
- Is respite care limited? It is non-medical care; short shifts, intermitten.

- JFCS is Collaborating with the Family Caregiver Alliance for a more robust respite program.
- More spouses caring for spouse in program right now.
- JFCS uses an evidence-based telephonic program to support caregivers developed by the Benjamin Rose Institute on Aging
- Long term relationships with clients who receive services.
- Clients are finding out about their services through John Muir Hospital, Kaiser Healthcare, senior centers, synagogues, and caregiver event held last year.
- Are any funds going to a third party? Only 1, respite program
- Currently there is a waiting list for respite care services.
- Education, more counseling, assessments in person are areas in which they would like to see growth.

Mobility Matters – Elaine Welch, CEO of Mobility Matters

- 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 will be distributed to ACOA members at general meeting)

Status of OTO and Amendments: Laura Cepoi and Glenda Pacha

- One-time- only (OTO) funds will be distributed prorata to contractors
- Amendments may be effective as of Jan. 10, date of CDA memo.
- The additional funding comes from Federal money, the County does not contribute any funding to these services;
- Although the state was late in distribution of OTO funds, the funds must be spent by June 30, 2020. Last year \$70,000 was returned because it was not spent. Which is why it is important to get money to contractors as soon as possible.
- The county has a long process in getting contracts completed, but since this is money from fed and not county, there needs to be a more streamlined system to get money out immediately. Glenda and Laura are meeting today with director of EHSD Administration and Contracts Unit.

Discussion:

- Debbie- frustrated with contractors not reaching out to East county again. There was discussion last year that the language in the contract emphasize that action is needed in all areas of the county, especially East and West.
- Glenda has guided other contractors with this issue. Asking Glenda to monitor this contract with push to 'agencies' to explore working more in East County. Problem is that they say they are offering services in East, but no action is shown.
- This is an issue with other contractors are also not serving the whole county. Arthur also voiced his frustration with this issue.
- Caregiver support gaps in East county.
- **Mobility Matters** are in all regions, no issue with them.
- How does this get to the broader ACOA? Through general meeting and executive meeting report by chair.

Community Connect: Debbie Card

Attn. being directed to the Health program- MediCal Healthier California for All initiative.

Major MediCal overhaul:

1. Identify and manage member risk and need through Whole Person Care approaches and addressing Social Determinants of Health;
2. Move Medi-Cal to a more consistent and seamless system by reducing complexity and increasing flexibility; and
3. Improve quality outcomes and drive delivery system transformation through value-based initiatives, modernization of systems and payment reform.

A lot of unanswered questions about this plan; what is county's proposal about implementation of this overhaul.

AAA Report: Laura Cepoi

- A state grant for Fall Prevention begins Feb. 1st. This grant is for 18 months only and is a "pilot" grant for 148,000 dollars. We need to do an RFP because of amount. The RFP timeline of 2-3 months.
- Many respondents of survey said home was not updated for fall prevention or safety in home.

- AAA is looking for volunteers to read RFP.
- Falls are #1 cause of hospital/injury for seniors. What will be best: equipment vs. training classes on fall prevention?
- Senior Nutrition contract additional money will be used to eliminate wait list for meals on wheels. Many donations in CCC.
- There are many donations made to Contra Costa County MOW but volunteer base will change over time due to age of donors.
- Paul Kraintz is no longer Senior Nutrition Program director, Jackie Livings is new director.

Older Adults Survey update:

- County contractor for the survey and data, Allison Pruitt, has developed a preliminary draft report and Laura has revised it and asked for revisions. We are still waiting for a final draft.

Items for Executive Committee:

- None

Public Comment:

- None

Next Meeting:

- Next Meeting: Tuesday, March 3, 2020, 9:30-11:30, 500 Ellinwood, in the Corner Conference Room; Ron stated he will be absent from meeting.
- Presentation: Meals on Wheels Diablo Region

Adjourn: 11:30 a.m.