

ADVISORY COUNCIL ON AGING

Minutes for February 20, 2021

ACOA MEMBERSHIP

Active Members = 33
Vacancies = 7
Pending = 0

Call to Order: Jim Donnelly, council President, called the meeting to order at 9:30 a.m.

Present:

Martin Aufhauser	Arthur Kee	Gerry Richards
Jagjit Bhambra	Jill Kleiner	Sam Sakai-Miller
Mary Bruns	Shirley Krohn	Summer Selleck
Deborah Card	Nancy Leasure	Sara Shafiabady
Jim Donnelly	Steve Lipson	Frances Smith
Kevin Donovan	Frank Napoli	Terri Tobey
Jennifer Doran	Nuru Neemuchwalla	Lorna VanAckeren
Susan Frederick	Erin Partridge	Greg Wanket
Michelle Hernandez	Penny Reed	Dennis Yee

Absent: Megan Casey, Rudy Fernandez, Gail Garrett, Joanna Kim-Selby, Brian O'Toole, Kathie Thompson

Guests: Susan Meltzer, Tara Kopp (Congressman DeSaulnier's Office), Lenore McDonald, (Center for Elders Independence), Caitlin Sly (Meals on Wheels Diablo Region), Debbie Toth (Choice in Aging), Emily Hoshida (Center for Elders Independence), Carlyn Oblinger (City of Concord)

Staff Present: Tracy Murray, Director of Aging and Adult Services, Glenda Pacha and Anthony Macias

Roll Call: Anthony Macias called roll; quorum established as 27 members present.

Announcements:

- None

Approval of Today's Agenda:

- Approval of meeting agenda motioned by Summer Selleck, Nancy Leasure motioned second, agenda approved by all. Additional agenda item: *Contra Costa Health Services report at 10 am.*

Approval of January 2021 Minutes:

- Approval of January minutes as amended motioned (changes below) by Greg Wanket, Shirley Krohn motioned second, motion carried.
- *Next ACOA meeting is not March 17, it is today*
- *Ron Tervelt did not attend January meeting*

Area Agency on Aging (AAA) Program Manager's Report – Tracy Murray, Director Aging and Adult Services (AAS) Bureau

- Staffing: Program Manager – still not posted, documents done, hoping to have someone in place in a couple of months, please share job description when posted.
- Lisa Ho on leave for several months, bringing in help to support ACOA and committees.
- Funding: have received OTO budget
 - III B – 53% increase
 - III D – 20 % increase
 - III E - 20% increase
 - Ombudsman - 10% increase
 - Distribution will be pro rata, amendment processing to be expedited.
- Public Hearing next month at next March 17, to review Goals & Objectives the Area Plan
- C4A Capitol Day is Feb 25, 2021. This is a good opportunity to ask questions of legislators Please let Anthony know if you are interested in attending. We have room for four representatives from council.
- AAA Monitoring from California Department of Aging – scheduled for June 2022.

Committee and Work Group Reports:

Membership Committee – Jennifer Doran

- Planning Committee will begin recruitment outreach to managers of low-income, subsidized housing apartments, as an effort for increasing diversity of council members who may use county services.
- Jim Donnelly and Jennifer Doran to contact city clerk of Clayton, Concord, Orinda, Pittsburg, and San Pablo for recruitment of city seats.
- Jennifer mentor/buddy for new member Michelle Hernandez.
- Susan Frederick mentor/buddy for new member Susan Meltzer.
- Discussed other outreach options
- Discussed future zoom meetings re Brown Act
- One vacant MAL seat consent item on today's agenda to fill this seat.

Report from Contra Costa Health Services

Heather Cedermaz, MSN, FNP-C Contra Costa Health Services

- Vaccines work by training your immune system to recognize attack and disable deadly diseases like the flu, polio, measles, smallpox, and now COVID-19.
- COVID-19 vaccine prevent severe disease and death from COVID-19.
- All vaccine sites are accessible for mobility and sensory impaired—All ADA accessible.
- Vaccine is safe for everyone, especially for those with chronic disease who have a greater risk of becoming seriously ill or dying.
- Of 77,000 Contra Costa residents that are 75+, 80% have been vaccinated.
- Of those 65+, 50% vaccinated.
- 18% of CC residents have had at least one vaccine.

Committee and Work Group Reports continued:

Planning Committee – Kevin Donovan

- Last meeting focused on Area Plan Update and the process of approval
- Next meeting (March 2, 2021): presentation from Meals on Wheels Diablo Region

Housing Workgroup – Gerald Richards

- Accessory Dwelling Unit (ADU) Pre-Approved Designs - Tai Williams, Assistant Town Manager, Town of Danville and David Crompton, Assistant Planner were presenters.
- Three downloadable, permit-ready plans for homeowners to select:
 - Three sizes: studio (600 sq. ft.), 1 bed/1 bath (800 sq. ft.), 2 bed/1.5 bath (1000 sq. ft.)
 - Three styles: Mediterranean, Craftsman, and Contemporary
- Homeowners can download plans free. City's goal is to approve it within 5 days. Conservative estimate - \$50,000 savings to homeowners if they use one of the pre-approved ADU plans.
- Time saving to homeowners: remove planning and public hearing reviews, waive parking requirements, and a general streamline of the permitting process.

Technology Workgroup – Steve Lipson

- ACOA web presence will continue to work with EHSD Information Technology unit.
- Researching countywide technology support for older adults.
- Discussion: How is digital divide affecting vaccine roll out?
- Contact county supervisor's office if you have difficulty accessing vaccine.

Elder Abuse Prevention Workgroup – Terri Tobey

- Oravanh Thammasen, (Family Justice Center) & Nick Webber (Meals on Wheels Diablo Region) of Elder Abuse Prevention Project (EAPP) were presenters.
- The project is dealing with financial abuse, civil legal services, elder abuse case management, case review, collaborate with community agencies, etc.
- Family Justice Center will present at the next (Tuesday, 2/23) meeting.

Health Workgroup– Susan Frederick

- Nicole Howell, Ombudsman Services of Contra Costa, Solano and Alameda, was presenter
- In August, Ombudsman staff allowed to return to facilities.
- Staff coronavirus tested once a week; wear N95 masks, face shields, and PPE to facilities.
- 80-90% of residents and 60% of staff of facilities now vaccinated.
- Friendly visitor programs are very helpful, because "isolation is lethal". She would like to see more trained volunteers.

Legislative Advocacy Workgroup – Shirley Krohn

- Last meeting had a small group but reviewed several bills
- Next meeting March 9 – will review more bill

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

- John Cunningham, County Planning Dept. will present about on Master Plan on Aging Monday Feb 22 at 10 am
- The Transportation Infographic – waiting edits and plan to have on March ACOA agenda.

ACOA President's Report – Jim Donnelly

- Last month member roster sent out about information regarding workgroups and information. Reminder to review this and respond to Anthony to confirm contact information and correct workgroups and/or committees listed.

Presentation: Meals on Wheels Diablo Region (MOWDR): COVID Pandemic Impacts

Caitlyn Sly, Executive Director

- MOWDR delivers 1200 meals per day in East and Central parts of the county.
- Other programs within MOWDR are:
 - CC café's at Senior Centers (closed during pandemic; meals now delivered).
 - Friendly visitor program; now has friendly caller element.
 - Fall prevention program: classes and home modifications.
 - Case management department for those facing issues like elder abuse and evictions; staff member Nick Webber is part of EAPP.
 - Health and Wellness- exercise and nutrition programs.
- Had to adjust and change these programs due to pandemic; senior center programs closed, no longer CC Cafes and now meals had to be picked up or delivered.
- Over 40% increase in need of services.
- Weekly delivery of meals due to limit contact from daily to weekly. Delivery volunteers continue to call clients to check in and see how they are doing.
- Required increase in vehicle size to deliver larger amount of meals and have been collaborating with county connection.
- Volunteers had to maintain physical distance and this has been difficult.
- Friendly caller from visiting; more often calls in lieu of in person visits.
- Pause on exercise classes, have begun classes over phone and are testing an outdoor class.
- Funds for tablets so participants can stay connected.
- Occupational Therapy and home improvement was paused for 3 months; protocols were established and reinstated.
- Breakfast bag program started in county where there was a need. One meal a day was not enough.
- Operating budget of three-million dollars from individuals (donation), government contracts (AAA), foundation and corporate grants
- Always need volunteers in East part of county. Will need a lot more when go back to daily volunteers.

Announcements and Correspondence- Jim Donnelly

- Center for Elders Independence will open a new Program of All Inclusive Care for the Elderly (PACE) in Concord on April 1. Lenore McDonald introduced Emily Hoshida, Director of Concord Center

- PACE is a health plan for frail seniors 55+
- Grand Opening on April 20, 2021 will be a virtual event.
- Flyer went out with information about tours.

Regional Coalition Update – Debbie Toth

- The Regional Coalition is a partnership between ACOA and Choice in Aging to educate the community and advocate for community based services for elders
- It is funded by the Scan Foundation
- The coalition focused switched to support Master Plan for Aging (MPA) and will focus on implementation of MPA.
- They are planning a Contra Costa MPA implementation meeting in June.
- Lorna Van Ackeren, Frances Smith, Shirley Krohn (ACOA members) & Debbie are the Contra Costa representatives.
- Saturday, 2/20 Choice in Aging is having their crab feed fundraiser. It is a virtual event. The event is free but there are opportunities to support the program.

Public Comment

- Susan – California Advocates for Nursing Home Reform (<http://www.canhr.org/>) has a petition on its website to request CMS open doors to nursing homes.

Next ACOA Meeting April 21, 2021; Debbie Toth will present on the status the Master Plan for Aging

Jim adjourned meeting at 11:30 am.