

## SMAC Meeting Minutes for February 25, 2019

**In Attendance:** Maria Amadea; Mike Awadalla; Mary Bruns (chair); Jim Donnelly; Rashida Kamara; Lorna Van Ackeren; Lisa Hammon; Ken Grey; David Putman; Anthony Macias, Rosemary Robles, Kristin Visbal

**Members Not Attending:** Shirley Krohn; Ralph Dennis; Peter Engel; Pete Randazzo; Elaine Welch

**Others Attending:** Amy Stice / Arrive

**Call to Order:** The meeting was called to order by Mary Bruns at 9:10 am.

**Introductions:** Introductions were made by all attendees.

**Agenda and Minutes:** Today's agenda was approved with future speaker changes. Rashida Kamara will present in June and Amy Stice will present in April. The minutes were approved by consensus.

**Discussion regarding 2020 SMAC event.** The ACOA Executive Committee met and was very supportive of an event that would include participation from all ACOA workgroups. However, when the idea was presented at the February general ACOA meeting, there was a lack of volunteers coming forward in support. However, it was felt that the individual ACOA workgroup chairs would be responsible for coming up with a topic that their workgroup could be responsible to coordinate and present and also locate a person to participate in the planning and preliminary activities.

Outline of issues that need to be addressed;

- Speaker / Who / Suggestion of reviewing TED Talks for possible ideas
- Where to hold the event
- When
- Who will donate food?
- Each group will be responsible for assembly of printed materials for folders
- CCTV record event / possible cost of \$500
- Improv / agree that it was a nice break between speakers
  - Suggested topic "How to talk to your parents about....."
  - Rosemary will try to bring Hartford to next meeting for ideas

**Speaker: Kristen Visbal / Overcoming Transportation Barriers**

Mental Health Service Act funded in 2016 for 5 years for CCC Behavioral Health clients

- Goal to foster transportation independence and improve personal independence
- Advocacy
- Assist clients with transportation to get to their medical and mental health appointments

- Clinics have a welcome packet that is given to new clients when they come into clinic that includes brochure about service and wallet card for transportation suggestions.
- Clinics have transportation vouchers to give client for return appointment
- Program addresses financial need for client to get to appointments

Issues:

To date there is no data being collected on demographics of client

Appears that there may be unspent funds so looking at possibility of purchasing van

### **Highlights of General Group Discussion and Program Updates**

- Paratransit service had a 12% cost increase / \$40,000 increase last month
- County Connection has 42 new vans and can donate 12-15 passenger vans with 250,000 to 300,000 mileage.
- St Louis Metro is free to anyone between hours of 11-2
- BART transportation barriers: trains and stations are dirty, unsafe / shootings, homeless
- Possibility of creating Flex Funds that could be used for purchase of tire repair for car
- County Connection has purchased new vans and are giving away old vans with wheelchair accessibility to nonprofits for free
- Caring Hands has 300 volunteers and 17,000 hours of service
- Real ID needs 2 proof of address/residency when applying
- Arrive has profiles of 600 members; 2 years in business.
- Silver Ride is 10-year-old company offering door thru door service / \$50 one way \$40 return /drivers have award winning training / mainly in Alameda County right now
- Choice in Aging had a crab feed. Could serve 250. Rebuilding aging-in-place campus with 81 units of low income housing.
- Uber and Lyft are being charged 5 cents a ride for not providing accessibility. The money is to go into a fund to improve accessibility. The goal is TNC access for all.
- ACOA Needs assessment in May 2020 / Volunteers are needed to make sure we can count *everyone* in the county so we can receive maximum federal funding. Stay Tuned.

### **Revisiting potential topics SMAC has identified for consideration for 2020 event**

- Retirement Planning Seminar – what to consider such as where to live – does it have the services you will need? What's good for a vacation may not be good for retirement living. Is there transportation? Healthcare nearby? How do you prevent isolation?/encouraging neighborliness/staying involved in community. Impact of climate change on older adults. What do you do for fun? The AARP 8

domains of an Age Friendly Community. Possible titles include: “Thinking of Aging” or “Retirement, Now What?” (Financial realities: Earning under \$75,000 a year puts you in the poverty category in the Bay Area. It’s more economical to stay in your own home when you retire. Assisted living can cost \$110,000 a year in San Francisco, a little lower in the East Bay. Finding experts on aging as speakers. Everyone with MediCal can get help for transportation – an unfunded mandate.)

- Seminar for Adult Children of Aging Parents – on how to talk to/with their parents on a plan. Including “Empowering Your Parent” and Educating the sandwich generation.
- Aging issues for family caregivers and the role they play in keeping people out of institutions. How might adult children and their parents talk together.
- Adult children helping their parents navigate the waters of Aging with dignity
- Reframing Aging/Reinventing oneself after retirement/What do I want in the next phase of my life now that I don’t have to focus so much on earning a living and preparing for retirement.
- Vitality. Keep Moving (People who move the most stay healthiest: Tai Chi, Transportation, Electric bikes, keeping our vitality, Preventing Falls.) Use it or lose it.
- Not how long you live, but the quality of living.
- What happens after a disaster? How do we recover?
- 2020 is an election year. What issues should be addressed?