

**Advisory Council on Aging Planning Committee**  
**March 2, 2021, Minutes of the Meeting**

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

**Present:** Kevin Donovan, Debbie Card, Jim Donnelly, Susan Frederick, Mary Bruns, Jill Kleiner, Penny Reed

**Absent:** Dennis Yee, Arthur Kee,

**Guest:** Candace Evans (future Orinda city rep), Caitlin Sly Director Meals-on-Wheels Diablo Region (MOWDR); Michele Alba, Fall Prevention MOWDR

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

**Approval of Today's Agenda:** Approval of agenda motioned first by Jim; Jill second; approved by all.

**Approval of December Minutes:** Jim moved to approve, Debbie moved second, approved as written.

**Annual Area Plan Update – Tracy Murray**

- Tracy explained the Area Plan Update (APU) and AAA 4-Year Area Plan process.
- There are changes to metrics of Ombudsman numbers to the APU.
- State budget for AAA programs for FY 2021/2022 is not available yet.
- In order to meet state requirement of APU submitted and signed by May 1, current budget amounts carried forward. The budget used is a static budget.
- APU to be presented at 3/17 meeting and an approval by the whole council is needed.
- Must have a quorum in March for the approval APU.

**AAA Report – Tracy Murray**

- Recruitment for AAA manager not yet posted; Tracy is still completing this and expected to announce in March. Anticipate offer stage of position in early May.
- Working on contracts for one-time-only (OTO) amendments; reached out to our current contractors and requested their FY budgets.
- AAA monitoring by the State next year. Gearing up to prepare for that.
- Administration of Community Living (ACL); federal funding formula based on demographics and then state's funding formula; segmented to specific funding stream for various programs.

**Contractor's Presentation: Meals on Wheels Diablo Region** Caitlin Sly Director Meals-on-Wheels Diablo Region (MOWDR), Michele Alba, Fall Prevention Programs MOWDR

40-392 & 40-436 Friendly Visitors and Telephone Reassurance - Caitlin

- "Friendly Calling": provide companionship for seniors who are isolated; paired with volunteer; can meet in person every couple of weeks; go out for a meal or hang out in back yard; switch from in person to telephone reassurance; share time together over the phone and more often, 2x per week; briefer but more often;
- Uptick in requests for this service during pandemic; number of volunteers also increased.
- Friendly Helper program- volunteers are also helping to run errands for participants in the friendly visitor program.
- Kevin: program review indicates approximate 300 cases with 65 on wait list. How long to get 65 placed? Caitlyn: Depends on where we have volunteers and in person visits.
- Program serves a larger female than male population. Race/ethnicity on par with counties demographics.
- Jim: what part of budget comes from county? Caitlyn: about half for this program; overall about 1/3 comes from county. Also receives grants and individual donations.
- Glenda: Caring Hands closed and MOWDR inherited this from John Muir; mid-2019; transition going well.

40-407 Cal Fresh Healthy Living (SNAP-Ed)- Caitlin

- Had to explore more of virtual options; for health and wellness classes- nutrition and exercise as Tai-Chi and exercise Bingo held at senior centers and senior housing locations. This has suffered the most as no in-person classes and it has taken a while to get virtual program running.
- Received a small grant for tablets for participants of programs.
- Some classes held over the phone.
- Attempted an outdoor model but not successful due to lockdown.

40-409 & 40-435 Assistive Devices and Home Adaptation

40-414 Health Promotion (Fall Prevention) - Michele

- Programs that provide assistance to seniors in their homes to lower risk of falls.
- A phone interview conducted and then the Occupational Therapist will go out to home and perform home assessment prior to making recommendation to participate in programs.
- A home contractor sent to perform modifications to home to help prevent falls.
- Participants need to have a caregiver in the home to qualify.

40-432 Dignity at Home Fall Prevention - Michele

- Dignity at home is a state grant where no caregiver is required to be eligible.
- Income eligibility under \$71K.
- Participants must provide income verification for a one-time service.

Caitlin informed committee about the delivery of meals:

- Senior Nutrition Program contracts with MOWDR to provide delivery to 1200 seniors throughout Central and East Contra Costa.
- Volunteers deliver the meals daily.
- MOWDR also runs five CC Cafés in the county.
- Currently these participants are receiving home delivered frozen meals. Also receive additional meals such as breakfast items; staff also adds surprises for the participants.
- Volunteers provide much more than meal delivery- wellness and safety check and outreach to the participants.
- Many participants make their way to other services from a referral from delivery drivers.
- With partnership with DVFA; Ombudsman; MOWDR, Choice in Aging and Senior Legal Services are hiring a specialist who they will work with in the community of East County for hard to reach seniors and help them connect to services. This person will go out and provide a warm hand off; help them sign up for the programs and they can also refer to all services a senior may need- IHSS, food pantry, mobility matters. They hope to have this position filled in the next two weeks.

#### **Discussion**

- Very important to us as Caitlyn spent time describing meals program.
- MOWDR is easy to work with, responsive;
- Recovering from organizational challenges, Caitlyn has strengthened and stabilized the organization since coming on board; have good working relationship with the county.
- Positive responses from committee.

#### **Community Connect and ACOA** – Debbie Card

- Waiting to receive update from CTCT management on who would present to Planning Committee toward latter part of the year.
- In the meantime, CalAIM is state proposal to create a case management model like to Community Connect and using best practices of this model.

#### **Items for Executive Committee:**

- None.

#### **Next Meeting:**

- Next Meeting: Tuesday, April 6, 2021, 9:30-11:30, location: Zoom
- Topic: Master Plan for Aging – Debbie Toth
- Contractors: Choice in Aging & Center for Elders Independence (to be invited)

#### **Public Comment:**

- None

**Adjourn** 11:30 a.m.