

**Advisory Council on Aging Planning Committee
March 3, 2020, Minutes of the Meeting**

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

Present: Arthur Kee, Debbie Card, Susan Frederick, Kevin Donovan

Absent: Dennis Yee, Ron Tervelt

Staff Present: Glenda Pacha, Anthony Macias, Laura Cepoi

Public Comment: None

Approval of March Agenda:

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

Approval of January Minutes:

Arthur moved to approve December meeting minutes as amended; Debbie seconded the motion; motion passed.

Contractor's Presentations: Meals on Wheels Diablo Region (MOWDR) – Caitlin Sly, Cynthia Black, Michele Alba.

Friendly Visitors, Telephone Reassurance and CalFresh Healthy Living (SNAP-Ed)

- Caitlin is Director of MOWDR
- Cynthia is administrator of health and wellness programs; this includes Friendly Visitor Program (FVP) and CalFresh programs and recruitment of volunteers.
- FVP reassurance calls by phone to seniors (70-80 seniors waiting for a FVP match).
- Volunteers require background checks.
- Pilot program of 90 days to see how volunteer and client are getting along.
- Prior to volunteers MOWDR staff made friendly visitor calls.
- Clients are given a 3 part questionnaire to evaluate how program is going for them at 60 days, 90 days, then every 6 months.
- This is a vital program and works well.
- When John Muir Health Care ended their Caring Hands program, which was similar to FVP, 70% of their clients moved over to MOWDR program.
- CalFresh Healthy Living (SNAP-ed) offers: nutritional classes; exercise classes; step with ease class; Bingo-size exercise program- low impact exercises for Older Adults.
- Prior to Pandemic classes were taught at Pittsburg and North-Richmond senior center.
- This program is only for low income seniors; currently 9 classes; 11 in April; Tai Chi classes being taught for past 5 years; very valuable services in our community.
- Telephone call for reassurance is sort of a stop-gap until they can be matched with FV.
- Difficulty with getting volunteers in West county.
- Impressed by their programs; huge impact on the community; demand for services going to get bigger; challenges in growth point in meeting the growing needs of the whole county.

Fall Prevention and Caregiving (Devices)

- Michele is the Fall Prevention (FP) coordinator. Michele has been with program since July 2019.
- FP offers evaluation of home environment; devices are purchased and installed; dependent on budget;
- FP have a contractor they work with.
- Offer community wide education; education is bilingual/bicultural; recent Spanish training in Pleasant Hill.
- “A Matter of Balance” (MOB) workshops; delivered by trainer/volunteers; used to prevent fall risks; offers strategies.
- A 10 week training OTEGO (New Zealand University) given by PT; balance testing before and at end and see marked improvement. Was scheduled 3 times in last FY; this year 2 times.
- West county church group will soon receive MOB training.
- Have a relationship with East County Senior Coalition and want to offer next class in Spanish in Bay Point.
- West County has been a little more challenging in proding services for, but making progress.
- MOB takes a close look at self-assawerness in balance/falling; myth busting needs to happen; Falling is not a normal part of aging; Dementia is not a normal part of aging
- Asks question of: What were you doing before you fell?
- Classes are in small groups of 8-12 participants.
- Any new programs on the horizon: work with those who have cognitive issues on fall prevention
- Uptick in referrals for home modification
- Glenda: New one time State funding in the amount of \$143,750 is available for Fall Prevention activities. The program is called Dignity at Home. We are waiting for guidance from CDA to determine how we can spend the funding.

Discussion of Geographic Distribution of Services

- What are contractors doing in areas outside of central county?
- Are all areas being served?
- Public hearing and 4 year plan will be covering some if not most of these questions.
- What known services being provided?
- How many people we are being served in the three areas of county.
- Is there Balance and Equity in all areas?
- We got a good presentation from the MOWDR and they presented very well about their outreach in underserved areas (east/west) and where they are going.
- What about the other contractors?
- Art: Accessibility to some far east areas and what about contractors may be asking? How can they get more bang for buck; 1.5 hours to go 30 miles (Brentwood-P.Hill); one of the issues that may hinder extending services
- Discussion of which contractors are truly serving all areas of the county.

- Glenda: update to format to add the question about how all regions are served; geographic reach. Review complete template of Program Review Format and discuss updates and changes.
- What can we do to encourage more services in the geographically underserved areas?
- Debbie: wondering about encourage those who are successful in the areas that are far out/remote, example: East County Senior Coalition.
- Reach out to these groups and report back to committee about how these outreach went.
- Also now active West County Senior Coalition.

Status of OTO and Amendments: Laura Cepoi and Glenda Pacha

- Glenda is currently processing these.

Community Connect: Debbie Card

- Still growing and making mandatory training on IHSS and I&A, which Debbie presents.

AAA Report: Laura Cepoi

- Upcoming Area Plan Public Hearing in March.
- Completion of the Area Plan will be after the public meeting held.
- AAA uses Planning committee to help flesh out what we want in the 4 year plan;
- One of the items in Needs Assessment survey report is that nearly one quarter of respondents reported incomes of \$80,000, but nearly one half of respondents' incomes are below \$40,000.
- Discussion about the outcome of the survey. Need to look at how ways to support these older adults.
- Statistics show that 70% of caregivers are unpaid.
- Shared very preliminary draft of parts of the plan; also how is this plan being impacted by the Master Plan for Aging?
- Laura would like to arrange another meeting of the planning committee next week.
- What would our objectives be? Friendly visitors; volunteers; vibrant volunteer pool;
- Limit to number of people who can or will volunteer for 10-20 hours per week; it is the middle class that hurt because Medi-Care/Medi-Cal eligible residents can get most of services cared for, the in-between, the sagging middle class.
- Debbie: would like internal staff to know more about the AAA and our programs.
- CCC Dementia friendly and teach EHSD staff on how to talk to people who have dementia

Older Adults Survey update:

- Distribution of draft of Survey report to council members.

Items for Executive Committee:

- Review of format and MOWDR

Public Comment:

- John Muir Senior Services program has folded. We will see more reliance on county for services that John Muir provided.

Next Meeting:

- Next Meeting: Tuesday, April 7, 2020, 9:30-11:30, 500 Ellinwood, in the Corner Conference Room
- Presentation: None

Adjourn: 11:39 a.m.