

**Contra Costa County Advisory Council on Aging
Health Work Group Minutes
Thursday, March 11, 2021**

Call to Order: Susan Frederick called the meeting to order at 9:30 am.

Present: Susan Frederick, Brian O'Toole, Terri Tobey, Fred Adams, Nuru Neemuchwalla, Caitlyn Sly, Nancy Leasure, Frances Smith, Jennifer Doran, Dennis Yee, Sara Shafiabady, Fred Adams, Jim Donnelly, Kathie Thompson,

Guest: Carlyn Oberinger, Blue Shield of California,

Absent: Joanna Kim-Selby, Lenore MacDonald

Staff: Anthony Macias

Approval of Agenda/Minutes

- Approve Today's Agenda – Frances moved to approve agenda, Nuru motioned second, unanimously approved.
- Approve February minutes: Fred moved to approve minutes; Dennis motioned second; minutes approved as written by all.

Announcements and Correspondence: Susan Frederick, Chair

- None

Public Comment

- None

Presentation: Health Insurance Counseling and Advocacy Program (HICAP) – Leah McIntosh

- Community education, counseling on insurance
- 220 volunteers are those who help the callers. Small staff of two full-time employees and 2 part-time employees.
- Volunteers include retired attorneys; former DA; web designers; engineers; teachers; HR directors, etc.
- Volunteer training is rigorous; 30 hours per year; 20 hours volunteering per month.
- Calendar Year 01/01/2020- 12/31/2020
 - Total Clients served 3,034
 - Total Client with savings: 1,598
 - Total Savings for: 1,947,276.07
- Helped with Ambulance bills; wrong bills; over charges; drug plan search.
- Medicare annual enrollment period is busiest time for HICAP.
- Website www.cchicap.org
- Offer online classes: welcome to Medicare; Resources;
- Medicare fraud/ fraud alerts/training on stopping fraud
- Jen: post hospitalization food delivery/ medical appt. transportation. Kaiser has a program for post-surgery meal delivery and rides; Solano County provides this for their retirees. Provider based, not all employees receive this benefit.

- Leah: this is not a new benefit; not sure who in CCC provides this service. Will provide this to Anthony after she researches.
 - FOLLOW UP :The Kaiser discharge meals are delivered by Moms Meals www.momsmeals.com
- Fran: weekly she gets an email about saving money to switch plans. Leah: Medi-Cal program pays for MC part B programs and Part A if you do not qualify. Income dependent on what you qualify for.
- Terri: if low-income client would qualify, whom would they call?
- Leah: Yes the can call HICAP and get a returned phone call.
- Discussion about PPO and HMO types of insurance.
- HICAP funded through Fed Govt. SHIP programs.
- New phone # 925-655-1393.

AARP Updates – Nuru Neemuchwalla

- Distributed email of offerings of three events in March
- 3/17/21 Prepare to Care workshops
- Free movie program once per month
- 3/23/21 Decluttering/Downsizing Workshop.

Legislative Report - Nancy Leasure

- Legislative workgroup met on Tuesday; 13 health related bills that Health issues affecting older adults.
- WG will need to rank bills outside of meeting and decide which ones to watch and which to support.
- Nancy listed all Bills/get list from her
- Nancy will create a list with ranking them as which will be a priority for workgroup.
- Fran commented that SB221 leaves out those who are older; Fran to send a letter to bill sponsor Senator Weiner; heard in senate health committee; will not support unless amended to add language for older adults.

Dementia/Alzheimer's: Jennifer Doran

- Jennifer reported about findings from The *2021 Facts and Figures* report provides an in-depth look at the latest national statistics on Alzheimer's prevalence, incidence, mortality, costs of care and impact on caregivers and the accompanying special report, [*Race, Ethnicity and Alzheimer's in America*](#) examines perspectives and experiences of Asian, Black, Hispanic, Native and White Americans in regard to Alzheimer's and dementia care Which can be read found at this website link: <https://www.alz.org/news/2021/new-alzheimers-association-report-examines-racial>
- Annual report shows more than 6 million Americans are living with Alzheimer's
- Deaths attributable to Alzheimer's and dementia spike during COVID-19
- Dementia are twice as likely to get Covid19; 4x likely to die; damaged blood brain barrier;
- Death rate mainly lies in fact that many were in LTC facilities.
- Concern about variants; but now many immunized

- An estimated 6.2 million Americans age 65 and older are living with Alzheimer's dementia in 2021.
- More than 1 in 9 people (11.3%) age 65 and older has Alzheimer's dementia.
- Two-thirds of Americans over age 65 with Alzheimer's dementia (3.8 million) are women.
- Deaths due to Alzheimer's between 2000 and 2019 has more than doubled, increasing 145%.
- 1 in 3 seniors dies with Alzheimer's or another dementia
- BetaAmyloid- age related Macular Degeneration damage caused by betamyloid protein; use of ALZ drugs to be used on Macular Degeneration patients.

Nursing Homes: Fred Adams

- Wash Post article about How California's largest nursing home chain amassed millions was discussed by Fred; article can be found at this link: <https://canhrnews.com/profit-and-pain-how-californias-largest-nursing-home-chain-amassed-millions-as-scrutiny-mounted/>
- Operators of skilled nursing facility (SNF) report smaller profits.
- SNF operator paying related companies for Goods services and rents in order to pay themselves or family members.
- Practice is legal and supported by industry.
- Excessive profits made from public funds and do not have to release this information.
- Proposal to Feds for these operators to tax?
- Nuru- AARP concerned about this issue and Nuru to meet with Congressman DeSaulnier about this issue.
- Discussion about SNF and COVID19.

Caregiver Resources: Terri Tobey

- Nextavenue article on vaccine and caregiving <https://www.nextavenue.org/category/caregiving/>
- AARP March 17, workshop on caregiving
- Calif Resource Center offers Caregiving 101 <https://www.caregiver.org/resource/californias-caregiver-resource-centers/>
- When next session opens for registration, Terrie will notify workgroup.
- Roslyn Carter institute, work/life balance, Terrie will send article to Anthony.

Senior Mental Health: Susan Frederick

- Health Age USA working with Alliance to End Abuse Family Justice and Richmond to do outreach for African Americans and Latinx older adults.
- Conducting research to understand barriers and experience of adults in those groups that are disproportionately impacted by pandemic.
- Working with Blue Shield on intergenerational projects and interpersonal violence collaborating with older adults bodiford@communnitystrength.org

- Pharmacies who received vaccines are to focus on skilled nursing facilities and other groups have mobile vaccination groups that go to other areas.
- In CCC 28 skilled nursing facilities have received one dose and 2nd dose to be completed by end of month.
- 413 30+ bed assisted care facilities have received 2nd dose.
- 619 Board and care 90% have received 1st dose, 2nd dose by end of month.
- Of the 70 affordable housing apartments in county 43 have received one dose; 24 others are currently scheduled; 2 not scheduled, one declined.
- 81% of county adults aged 75+ have been vaccinated.
- 54% of county adults 65+ have been vaccinated.
- With partnership with DVFA; Ombudsman; MOWDR, Choice in Aging and Senior legal services hiring specialist who will work with provide 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 program.

Public Comment

- None.

Action Items for Executive Committee?

- None

Future Meetings: Next meeting: Thursday, April 8, 2021

The meeting adjourned at 11:30am