

**Contra Costa County Advisory Council on Aging
Health Work Group Minutes
Thursday, March 14, 2019**

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

Present: Fred Adams, Susan Frederick, Dennis Yee, Nuru Neemuchwalla, Jennifer Doran, Brian O'Toole, Terri Tobey,

Absent: Ed Benson, Joanna Kim-Selby, Nancy Leasure, Lenore MacDonald

Staff: Glenda Pacha and Anthony Macias

Guests: Margaret Stauffer, Sue Guest

Public Comment / Approval of Agenda/Minutes

- No comments
- Approve March Agenda – Jennifer moved to approve agenda, Brian motioned 2nd, unanimously approved.
- Approve February Minutes – Jennifer moved to approve minutes, Fred motioned 2nd, unanimously approved.

Announcements and Correspondence: Susan Frederick, Chair

- Kathy Ames wanted to thank everyone for the get-well card

Presenter: Margaret Stauffer, Chief Mission Officer from Cancer Support Community

Cancer Support Community is non-profit organization in SF Bay Area that serves communities in Contra Costa and Alameda counties. Its mission is to offer support to those who have been diagnosed with cancer and their family and caregivers.

How cancer impacts the patient and their family/caregivers-

A cancer diagnosis almost immediately creates difficulty understanding, roller coaster of emotions; fear of unknown; overwhelmed by language of cancer;

Past history of experience creates fears; patient also tasked with managing reactions of those around them;

Body changes due to treatments-pain, fatigue;

Often receiving overwhelming well-meaning advice;

personality changes- anxiety, depression, mood changes;

Requires a year to recover from treatment; chemo-brain- difficulty processing and retaining information;

Family Member/Caregiver: fear of loved one dying (?); anxiety of caregiving and finances; feeling of helplessness; desire to fix it and make it all better=frustration; grieving over loss of dreams and future life together.

After treatment family wants everything back to normal, the way things were.

3 stressors of DX:

Feeling Isolated; feeling of loss of control; loss of hope

Unremitting Stress can impact immune system

No need to feel 'positive' all the time; ok to feel all emotions; doesn't help patient to be told to "Be Positive, It's going to be all right"

Camaraderie among those suffering from cancer

Difficulty asking for and accepting Help

Become partner with health care team; educate yourself to what type of cancer you have; find ways to reduce stress (meditation, etc.); allow self to feel range of emotions

Look for way to examine how cancer dx can be a way for growth and change

Psycho-social support for cancer treatment; discussed Stanford study and UCLA study

Participated in Study about importance of preparing prior to going to medical appointments- decrease in anxiety and distress; increase in self-efficacy; this program offers program that was part of this study'

Study: support groups of Peer led support groups vs. Stanford group: result is better to have professional led support group vs. Peer led

Presenter: Sue Guest, Public Health Nurse program with CCHServices(health dept.)

Works for CCC; Program Manager with PHN-comprehensive case management; 11 nurses and oversee funding for targeted case management; face to face encounter; 45 PHN total; 30 in a caseload; Work with APS; conservatorship office; seeing a huge increase in dementia; serve homeless clients, more elderly folks homeless and do not want to go to shelters as these are "wet shelters" use of drugs and alcohol; PHN also go to shelters and other areas in which they can meet out in open; work with ER's and outreach teams; discussed weatherization program for elderly, good program with bad application process; has untapped funds; for lower income seniors; PHN making referrals to all available services; PHN do not do hands on care, perform assessments; referral dependent upon Medi-Cal eligibility as this is the funding source.

John Dorn Shelter, in Concord, Sue Dickerson PHN at this shelter for medically fragile homeless being discharged from hospital

Work Group Project: Meals on Discharge

- Nothing new to report. This project has been put on hold due to unforeseen circumstances.

AARP Updates

- SB50-affordable housing, near transportation; AB1118 CA. as an age friendly State; AB 251 caregiver tax credit fact sheet

Legislative Report

- AB388 support letter to go before general council for their approval this month

Dementia/Alzheimer's:

- Gingivitis bacteria infections is playing a role in Alzheimer's disease and mentioned amyloid to form tangles; causes inflammation; looking to develop anti-viral drugs
- Mild cognitive impairment progression to dementia is not automatic;
- Prevention: healthy diet, exercise and social events;
- Alz.org infographic (attachment) was discussed and additional information can be found at: <https://www.alz.org>

Older Adult Mental Health:

- Nothing new to report

Nursing Homes:

- Fred Adams discussed and distributed fact sheet for emergency preparedness and safety for nursing home residents (attachment) from <https://theconsumervoice.org> that offers fact sheet on Emergency Preparedness questions to ask.

Caregiver Resources:

- Nothing new to report

Other Discussion Topics:

- Future topic for discussion: Medical Marijuana and older adults prescribed these for pain killers; a recipe for fraud?

Future Meetings: April 11, 2019

Public Comment – None

Action Items for Executive Committee? None

Adjourn 11:45 am.