

# ADVISORY COUNCIL ON AGING

## Minutes for March 17, 2021 Public Hearing and Meeting

### ACOA MEMBERSHIP

Active Members = 33  
Vacancies = 7  
Pending = 0

Call to Order: Jim Donnelly, council President, called the meeting to order at 9:30 a.m.

#### Present:

Martin Aufhauser	Arthur Kee	Sam Sakai-Miller
Jagjit Bhabra	Jill Kleiner	Summer Selleck
Mary Bruns	Shirley Krohn	Sara Shafiabady
Deborah Card	Nancy Leasure	Frances Smith
Megan Casey	Steve Lipson	Terri Tobey
Jim Donnelly	Frank Napoli	Lorna VanAckeren
Kevin Donovan	Nuru Neemuchwalla	Greg Wanket
Jennifer Doran	Erin Partridge	Dennis Yee
Susan Frederick	Penny Reed	
Michelle Hernandez	Gerry Richards	

Absent: Rudy Fernandez, Gail Garrett, Joanna Kim-Selby, Brian O'Toole, Kathie Thompson

Guests: Mike Adawalla, Care Patrol; Sydney Anderson, Stoneman Village; Michelle Berman, Community Volunteer; Sabrina Castor, Stoneman Village; Candace Evans, City of Orinda; Edith Figueroa, City of San Pablo Senior Center; John Haberkorn, Concord Commission Aging; Christina Irving, Family Caregiver Alliance; Tara Kopp, Office of Congressman Mark DeSaulnier; Sue Meltzer, Contra Costa Health Services; Krystle Myers, Beacon Home Care; Bill Pelter Ability Now; Lillian Roselin, John Muir Community Health Fund; Caitlin Sly, Meals on Wheels Diablo Region; Debbie Toth, Choice in Aging)

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

Roll Call: Anthony Macias called roll; quorum established as 27 members present.

#### Announcements:

- None

#### Approval of Today's Agenda:

- Approval of meeting agenda with addition of consent item to approve Area Plan Update was motioned by Arthur Kee, Summer Selleck motioned second, agenda approved by all.

#### Approval of January 2021 Minutes:

- Approval of February minutes motioned by Shirley Krohn, Arthur Kee motioned second, motion carried.

## **Public Hearing:**

Anthony Macias: OPENING THE PUBLIC HEARING

- Offers the opportunity to inform the public about the proposed Contra Costa County Area Agency on Aging (AAA) Area Plan Update FY 2021-2022.
- Allow for the opportunity for public to address comments to the Contra Costa County Area Agency on Aging and the Contra Costa County Advisory Council on Aging regarding this plan.
- At the end of the presentation open for comments about the Area Plan and answer clarifying questions about it.

**Area Plan Update** – Tracy Murray, Director Aging and Adult Services (AAS) Bureau

- Introduced self and Introduction AAA Staff who are present
- AAA Mission Statement
- Area Plan Update PowerPoint presentation (attached to these minutes)

## **COMMENTS and QUESTIONS:**

### Terri Tobey

Please review program allocations and AAA Contracted Programs. TM reviewed expenditure slide/budget estimate.

### Jim Donnelly

Please include the PowerPoint in minutes.

### Debbie Toth

This is a most exciting time for aging advocacy. Thank you to AAA for making the Master Plan for Aging the #1 goal. Taking lifespan/intergenerational approach is exciting. Older adults will be part of planning for living. We can all participate in a broad vision of what we would like to see. Invite participation of different levels. I am thrilled for the opportunities.

### Jim Donnelly

Debbie will be at the April ACOA meeting to make a presentation on the Master Plan for Aging.

### Christina Irving

What is the process of ADRC? What is rollout?

Tracy Murray had an introductory meeting with Independent Living Resources (ILR) this week. Tracy is working with CDA regarding their expectations, learning about ILR partner, and we will have assistance from a foundation in terms of staffing. Tracy committed to engagement with this. However, there is a huge deficient due to lack of ADRC funding to ADRC. We need to advocate with the state to fund for this but she is optimistic.

### Debbie Toth

She was cc-d on emails from ILR starting to reach out to other partners to begin the process. Exciting times.

### Lillian Roselin, John Muir Community Health Fund (CHF)

CHF is extremely interested in supporting exploration and planning for ADRC. Extremely privileged and proud of funding Health Care Pathways program (Ombudsman, Opportunity Junction, Mt. Diablo Adult Education) that was mentioned in Local Playbook.

CHF is supporting East Contra Costa Senior Resource Initiative which is a collaboration of Meals on Wheels Diablo Region, Choice in Aging, Contra Costa Senior Legal Services, Diablo Valley Foundation for the Aging and Ombudsman Services of Contra Costa, Solano and Alameda Counties to enhance awareness and access to services for seniors in East Contra Costa County.

At the beginning of the pandemic CHF iworked with Family Caregiver Alliance and Area Agency on Aging to bring real time, accurate information resources to the community. It has been so successful that the group continues to meet and will build that momentum to activities going forward. For example, Bill Pelter brought ADRC to CHF attention.

Contra Costa blessed with strong nonprofit leaders and passionate government leaders, with collaborative spirit, to form public/private partnerships

Dennis Yee

Have expenditure percentages/funds changed over the years?

Tracy: We may get different dollar amounts but try to keep percentage consistent.

Jennifer Doran

Great job Tracy and team

Erin Partridge

So excited about hearing things. In the past, we operated from crisis management. Now, partnerships are building a better future, so inspired and hopeful

Public Hearing portion of meeting at ended at 10:20 am

Area Agency on Aging (AAA) Program Manager's Report – Tracy Murray, Director Aging and Adult Services (AAS) Bureau

- Thank you to AAA team. You have worked so hard to keep this operation going. I really appreciate their passion for service and can do attitude.
- Will need motion to approve APU
- Program Manager Recruitment extended 1 week (currently ends Sunday). The selection process based on number of candidate screening/testing/interviews.
- Contracts – so close moving thru OTO amendment. We have not yet heard from State for next year's budget.
- Jim – AAA staff is supportive and helpful. Kudos to all of them.
- Debbie – Echo that AAA staff are heroes. Nhang running Senior I&A is a central hub for anything related to seniors. Glenda Anthony, Ruth help us with problems, and bring passion love, humility to their work.
- Gerald – Nhang has done outstanding job as staff to housing workgroup. Without her, we would not be learning nearly as much about the topic. She is fabulous.

### **Committee and Work Group Reports:**

Membership Committee – Jennifer Doran

- Concentrating on recruitment although all Member-at-Large (MAL) seats filled in April.
- Currently need six city seats are vacant.
- Recruitment flyer created.
- Working on diversity in recruitment, reaching out to subsidized housing in county.

Planning Committee – Kevin Donovan

- Echo that AAA staff are resourceful, knowledgeable, thoughtful, and always professional. They provide historical perspective, which is valuable.
- At the last meeting reviewed the Annual Plan Update and met with Meals on Wheels Diablo Region (MOWDR).

- They have five contracts (fall prevention, nutrition education, friendly visitors, etc.) with AAA.
- Discussed the effect of COVID 19 on programs.
- MOWDR is key contractor to senior services in this county.
- Separately, they have contracts with Contra Costa Health Services/Senior Nutrition for Home Delivered and Congregate meal sites.
- We are fortunate to have them as Contractor
- Next meeting is April 6 at 9:30. Debbie Toth will present Choice in Aging and the Master Plan for Aging. Please join us!

#### Housing Workgroup – Gerald Richards

- At last meeting had presentations from
- Modern Empathy - Build Accessory Dwelling Unit (ADU) communities and provide services to support residents
- Richmond Land Trust – buy property to preserve existing housing. They purchase land, refurbish the homes, placed in the Land Trust. The residents are members of the corporation
- Report from Gabriela Perez, from COVIA’s Home Match program. They are opening in Alameda County. Home match (where homeowners take in lodgers) now in most counties in the bay area.

#### Technology Workgroup – Steve Lipson

- New intro letter from Jim on the website (TY for your persistence Anthony)
- Update to ACOA website (thanks to Sam Sakai-Miller)
- Will reach out to partners with workgroup information
- Steve will reach out to David Lindeman, of Master Plan for Aging, about technology gaps and the Master Plan.

#### Elder Abuse Prevention Workgroup – Terri Tobey

- Presenter at last month’s meeting was Oravanh Thammassen of the Family Justice Center (FJC) – they cover interpersonal violence (human trafficking, rape, elder abuse, sexual assault, etc.)
- FJC have 17 on staff and partner with 10 law enforcement agencies, 8 attorneys, 41 community based organizations and 8 cities and are part of Elder Abuse Prevention Project
- Served over 4,400 previous year and increased 33% over the last year.
- Have a family support center, classroom activities and work with school age kids.
- At our next meeting (Tuesday 3/23), Gretchen Ellis from STAND! For Families Free of Violence!

#### Health Workgroup– Susan Frederick

- Leah McIntosh was the presenter for HICAP, Health Insurance Counseling and Advocacy Group. Known a SHIP in other states, they have two 20-year volunteers, served over 3000 in 1998 – online classes and deal with a fraud.
- AARP has free good new movies one a month. Also Decluttering/Downsizing workshops.
- There are 13 bills related to Health, the workgroup will rank them according to which we would like to follow.
- SB221 is a bill related to suicides but leaves out elders and veterans. Fran will write a letter (personal) requesting to Sen Weiner to request these groups be included.

- Dementia/ Alz.org has many improved services they are offering.
- In California, dementia is third leading cause of death. It is sixth leading cause of death in other states.
- Beta Amyloids causing dementia related to amyloids that cause Macular Degeneration Alzheimer's drugs used on patients with Macular Degeneration.
- Senior mental health groups are focusing on COVID and vaccinations report given on residential facilities and how many had received vaccinations.

#### Legislative Advocacy Workgroup – Shirley Krohn

- Need support to AB383 – need support letter to create state level Mental Health administrator (currently does not exist) Shirley will testify on April 6 to state legislators, working to get co-sponsors for the legislation.
- Will send fact sheet to Anthony for distribution.
- Legislative committee following nutrition issues as well.

#### Senior Mobility Action Council (SMAC) Transportation Workgroup- Mary Bruns

- Updates to services based on COVID pandemic needs.
- Transit across county lines is becoming more of an issue for getting to medical appointments.
- County Connection contracts with TransDev to assist with above.
- Volunteers are stepping up to help with rides.
- Volunteers are an important part of transportation services.

#### ACOA President's Report – Jim Donnelly

- Presented update on Corona Virus status in Contra Costa County from Covid Dashboard. For more information go to; <https://www.coronavirus.cchealth.org/dashboard>
- Identified Continuing Webinars of interest:
  - Dishing with Debbie, Thursdays 11:30-12 Noon. For more information go to: <https://choiceinaging.org>
  - Ombudsman Services webinar, 3<sup>rd</sup> Thursday each month, 12:00-1:00PM. For more information got to: <https://www.ccsombudsman.org>
- Aging and Older Adult-COVID-19 Focus Group, 3<sup>rd</sup> Thursday each month, 2:00-3:30 PM. The Aging and Older Adult Committee with Contra Costa Health Services presents webinars for older adults related to staying safe during the COVID-19 pandemic and reducing social isolation. For more information contact :Brienne Green <[Brienne.Green@cchealth.org](mailto:Brienne.Green@cchealth.org)>
- Reported on C4A Capitol day – on Feb 25. Webinar brought together members of California ACOA's to discuss legislation relevant to seniors of interest by C4A to support in the upcoming year.
- Participated in TACC Quarterly meeting. TACC is the association of California ACOAs. Discussions of impacts of Covid-19.
- Participated in MPA Playbook presentation with 20 attendees from Contra Costa on March 10, introducing attendees to the MPA playbook to use to support local efforts.

#### Consent Items:

- Approve ACOA support letter for AB383 Mental Health Older Adults
  - Approve Lorna Van Ackeren as the representative to the Paratransit Coordinating Council
  - Approve AAA Area Plan Update
- Motion to approve all consent items by Frances Smith, Marty Aufhauser motioned second, motion carried unanimously.

Announcements and Correspondence- Jim Donnelly

Jennifer Doran:

How is Contra Costa Health Services reaching home-bound residents for vaccination?

Debbie Toth:

- CCHS is working on how to identify them and how to get to them.
- There are many vaccine providers (federal, states to counties, states to clinics, multicounty (Kaiser/Sutter), CBOs/FQHCs but each have their own rules.
- Debbie services on Contra Costa’s Vaccine Equity Committee which is prioritizing those with “unmitigated risk”

Announcement:

Steve – Richmond Commission on Aging is doing a seminar on vaccinations March 24, info sent to Anthony for distribution.

Jim – Danville online survey in process for age friendly community

Regional Coalition Update – Debbie Toth

- Master Plan for Aging (MPA) Local Playbook Planning Session– Contra Costa residents were 20% of attendance at session (yay us!)
- Data Dashboard – <https://letsgethealthy.ca.gov/mpa-data-dashboard-for-aging/>
- Master Plan for Aging website: <https://mpa.aging.ca.gov/>
- Planning Advocacy Day in May
- California Senior Legislature Advocacy day is May 4<sup>th</sup>
- Link to Justice in Aging – tracking MPA legislation <https://justiceinaging.org/2021-legislative-bills-related-to-the-master-plan-for-aging/>

Public Comment

- Fran – County Health Dept. set up vaccine sites – person with great difficulty to get vaccine, CCHS went out of the way to set him up at Richmond Auditorium. CCHS can adjust to circumstances
- Jim –scheduling appointments were rough at first, but getting better.
- Contra Costa Transportation Strategic Plan – meeting tonight. Access to senior transportation is not accessible. They vote tonight to implement, seed funding, setting up community-based organization that is the point of entry, helping navigate, making ride better for rider. Debbie will forward information today
- “Dishing with Debbie” this month women trailblazers. Go to Choiceinaging.org for past session or future week’s program
- Mobility Matters may be able to provide rides to vaccines for those in need

Next ACOA Meeting May 19 , 2021;

Meeting adjourned at 11:26 am.