

# ADVISORY COUNCIL ON AGING

## Minutes for July 15, 2020

### ACOA MEMBERSHIP

Active Members = 27  
Vacancies = 11  
Pending = 2

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

Present:

Martin Aufhauser	Gail Garrett	Mary Rose
Jagjit Bhambra	Arthur Kee	Frances Smith
Mary Bruns	Jill Kleiner	Summer Selleck
Deborah Card	Nancy Leasure	Terri Tobey
Jim Donnelly	Richard Nahm	Ron Tervelt
Kevin Donovan	Nuru Neemuchwalla	Lorna VanAckeren
Jennifer Doran	Brian O'Toole	Dennis Yee
Rudy Fernandez	Erin Partridge	
Susan Frederick	Gerry Richards	

Absent: Joanna Kim Selby, Shirley Krohn, Steve Lipson, Frank Napoli, Kathie Thompson

Guests: Dawn Morrow, Supervisor Burgis Senior Staff; Tara Kopp, Office of Congressman De Saulnier; Mike Awadalla, Care Patrol of Walnut Creek; Carlyn Obringer, City of Concord;

Staff Present: Laura Cepoi, Glenda Pacha and Anthony Macias

Roll Call: Anthony Macias called roll; quorum established as 25 members present.

Announcements:

- None.

Approval of Today's Agenda:

- Approval of meeting agenda motioned by Jim Donnelly, Fran Smith motioned second, agenda approved without changes.

Approval of February 2020 Minutes: Approved as submitted

Discussion prior to approval of minutes:

- Gail Garret asked if Nancy Leasure approved by Board of Supervisors to join council. Yes.
- Question about item discussed last month by Housing WG: Season of Sharing rent aid is only available once per 12-month cycle.
- Moraga is a town and not a city.
- Great Plates Delivered program extended to August 9, 2020.

## Committee and Work Group Reports:

### Membership Committee – Jennifer Doran

- Committee interviewed council candidate Sara Shafiabady to fill a vacant Member-At-Large seat.
- Welcomed the council's newest members Martin Aufhauser and Nancy Leasure.
- Committee is beginning revision of document that describes elected officer's duties.

### Planning Committee – Kevin Donovan

- At last meeting, discussed Area Plan goals and objectives; Committee spent great deal of time on Area Plan goals and objectives; 2.5 hour meeting.
- Community Connect Report – adding 4 social workers to IHSS to Antioch.
- In future meetings will discuss Planning Committee's objectives.

### Housing Workgroup – Gerald Richards

- Next meeting will be on July 20, 2020, there will be a guest speaker.
- Annette Balter resigning as co-chair, Lenore McDonald of Center for Elder Independence is new co-chair.

### Technology Workgroup – Steve Lipson.

- No report as chair is absent.

### Elder Abuse Prevention Workgroup – Mary Rose

- Met last month and Margueriette Walker of APS was present.
- WG is exploring different ideas on ways of getting information to the community about elder abuse. Ideas include newsletters, flyers and video presentations.
- WG has drafted an email request to Senior Centers who may be interested in video presentation since live presentations are not possible due to COVID19.
- Meals on Wheels Diablo Region is very interested in a presentation.
- It is difficult getting information out to seniors at this time.
- Will be meeting today to talk about reaching out to others.
- Scouring internet for PowerPoint presentation on Elder abuse.
- Executive Committee will be review workgroup presentation and then reviewed by full ACOA before presenting to community.

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

- SMAC Cancelled July meeting.
- Emailed Peter Engel from Contra Costa Transportation Authority (CCTA) to invite him to speak at a future meeting.
- WG continue to gather information on accessible transportation for older and disabled adults.
- CCTA survey is ongoing until end of July.
- August guest speaker from Uber Wav program – accessible vehicles.

#### Health Workgroup– Susan Frederick

- Reports on Alzheimers, dementia and legislation
- Report on Caregivers
- Respite services are still being offered, client must sign a waiver, providers use PPE
- Home Instead – online support for caregivers
- Legislative bills also discussed; respite continues with a waiver form.

#### Legislative Advocacy Workgroup – Shirley Krohn

- No report; chair absent.

#### Nutrition Council – Gail Garret

- Great Plates meals – report from client - she likes it
- restaurants 3 meals per day
- It is a good thing people are being fed

#### Senior LGBTQ community issues: Summer Selleck

- Summer Selleck Spoke with Karen Andersen of Lavender Seniors; LGBTQ senior are dealing with issues of morale during pandemic; same issues as all are experiencing. Lavender seniors are hosting brunch/lunch get-togethers on Zoom.

#### ACOA President's Report – Susan Frederick

- Use of ultra violet light to stop pathogens, but does it work against SARS-Co-2, the virus behind the pandemic? Short answer is yes. It takes the right kind of UV in the right dosage, a complex operation administered by trained professionals. In other words, many at home UV light devices claiming to kill SARS-Co-2 likely are not a safe bet.

#### COVID 19 MYTHS

- Myth: The virus is just a mutated form of the common cold.  
Truth: Coronavirus is a large family of viruses that includes many different diseases.
- Myth: Scientists in a lab created the virus.  
Truth: SARS-CoV-2 closely resembles two other coronaviruses that have triggered outbreaks in recent decades, SARS and MERS, and all three viruses seem to have originated in bats. The characteristics of Corona virus fall in line with what we know about other naturally occurring corona viruses that made the jump from animals to people.
- Myth: Pets can spread the virus.  
Truth: May contract in rare cases, there is no evidence that can spread it to people.
- Myth: Kids cannot catch the virus.  
Truth: Although serious illness in children are rare. May develop multisystem inflammatory syndrome. Similar to Toxic shock syndrome and Kawasaki disease, both of which can have serious consequences.
- Myth: If you have the virus, “you’ll know”.  
Truth: You will not necessarily know. COVID19 causes a wide range of symptoms, many of which appear in other respiratory illness such as flu and common cold. Some people never develop symptoms. If you have underlying conditions and milder symptom of the disease, you should seek medical attention at the nearest hospital.

- Myth: Corona virus is less deadly than the flu.  
Truth: Credible research suggests it is much higher than that of the seasonal flu. Flu seasonal death rate is around 0.1%, COVID19 is 45%, per research from John Hopkins University.
- Myth: Vitamin C supplements will stop you from catching the virus.  
Truth: No evidence to support this.
- Be wary of products advertised as treatment or cures for the new coronavirus. Since the outbreak began in the U.S., the FDA and FTC have already issued warning letters to seven companies for selling fraudulent products that promise to cure, treat or prevent the viral infection.

#### Area Agency on Aging Program Manager's Report – Laura Cepoi

- Due to the pandemic programs that were in person are now non-existent or moved to the computer through various platforms such as Zoom.
- Some new services are being developed or recalibrating as response. A local example is Mobility Matter now offers grocery pick-up and delivery as it has reduced ride program.
- Additional funding for programs like Great Plates Delivered (GPD) and through CARES Act.
- Four-Year Area Plan will also address these new dynamics to address racial inequities.
- GPD program extended through 8/9/20 and we expect this program will continue as long as the pandemic lasts. The Federal Emergency Management Agency (FEMA, which funds this program) renews program every 30 days.
- Contra Costa County GPD currently serves 200 participants.
- We are looking to add another restaurant to expand number of participants.
- Request for Interest (RFI) for Dignity at Home fall Prevention Program issued. This is a state funded limited program to provide services for adults assessed as a fall risk by providing the home repair/modifications and/or assistive devices necessary to help them remain independent and lower their fall risk.
- Google has provided 6,000 smart-devices to older adults to use in their homes. The smart-device can call 911 and provide access to internet through voice, and other helpful options. These help to bridge the digital divide for older adults. Laura would like to see how AAA can develop a similar program.

#### Regional Coalition Update: - Debbie Toth

- No Report, Debbie absent.

#### Consent items:

- Approve draft of AAA 2020 Four-Year Plan.
- Approve Sara Shafiabady to fill MAL #4 seat.
- Council approved both consent item unanimously.

#### Announcements and Correspondence- Susan Frederick

- None

New Business for next meeting:

- August Presentation will be about housing workgroup “Housing White Paper”

Public Comment

- Report from Regional Coalition - Shirley, Lorna or Debbie can give the report at next meeting
- Reports from Senior Coalitions – add to committee reports Lorna will report on East, Susan will find someone to report on West.
- Gerald received an email from past member: Dr. Gherheart Heinrich who is interested on joining the council again.

Next ACOA Meeting August 19, 2020

Susan adjourned meeting at 11:00 am.

DRAFT