

**Contra Costa County Advisory Council on Aging
Executive Committee Meeting Minutes
August 7, 2019**

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

Present: Mary Bruns, Jim Donnelly, Jennifer Doran, Gail Garrett, Ron Trevelt, Shirley Krohn, Steve Lipson, Richard Nahm,

Absent: Jagjit Bhambra, Mary Rose, Laura Cepoi (Staff)

Staff: Anthony Macias

Public Comment / Approval of Agenda/Minutes

- No public comments
- Approval of Today's Agenda: Moved to approve by Jim Donnelly, 2nd motion by Ron Trevelt, unanimously approved by quorum present.
- Approval of June Minutes: Moved to approve by Shirley Krohn, 2nd motion by Jennifer Doran, Ron Trevelt abstained, approved by quorum present.

Announcements and Correspondence

- Update on AB388- Alzheimer's Healthy Brain Initiative from Jennifer Doran; letter of support was drafted by Health WG and approved by council in March; has support of BOS; recently amended in State Assembly on June 24, 2019.

Program Manager Report – Laura Cepoi:

- Laura absent, no report given.

President's Report - Susan Frederick

- Susan discussed information regarding potential census 2020 scams; AARP put out a fact sheet with Do's and Don'ts for its members; proposal discussion at a future ACOA meeting and Susan will create a flyer with Do's and Don'ts.
- Gov't Newsom removed Ca. Care Corps (AB 568) proposal from new budget.
- California Commission on Aging (CCoA) Age Watch July 2019: Older adults worried about falling typically receive general advice: Take an exercise class. Get your vision checked. Stop taking medications for sleep. Install grab bars in the bathroom. A new study suggests that sort of advice hasn't proved to be very effective: Nearly three times more adults age 75 and older died from falls in 2016 than in 2000, according to a recent report in the Journal of the American Medical Association.
- Thank you to Supervisor Anderson for supporting ACOA and sponsoring ACOA to come to BOS and speak during public comment. A draft of presentation to BOS was shared with committee; discussion ensued, edits were recommended. Susan will place this on ACOA agenda but not read; no date yet as to when ACOA will be invited to BOS meeting.
- BROWN ACT issues need to be reviewed with ACOA Bylaws so that bylaws correctly reflect what are required of the ACOA; Discussion of complete review and update of bylaws and county counsel will need to review.

Consent Calendar

Motion to approve by Jim Donnelly and Ron Trevelt moved 2nd.

- Recommend Gerald Richards to fill MAL#9 - approved by all present.
- ACOA Presentation to BOS –approved by all present.
- Letter of support for SB280- pulled by Ron Trevelt for discussion; 1st moved by Ron to approve, Shirley Krohn 2nd the motion, approved by all present.
- Letter of support for CCTA Plan- letter pulled by Mary Bruns and letter was amended to include language: *Paratransit often takes an excessive amount of time and requires transfers from one transit system to another for an individual to get from one end of the county to the other for essential medical appointments and services. It is extremely hard on frail older adults in their 80's and 90's to be on a bus for two to three hours especially when they may be ill, in pain or are dealing with incontinence.* Jim Donnelly moved to approve letter as amended, this motion was seconded by Shirley Krohn, approved by all present.

Committee Reports:

Planning Committee – Ron Trevelt will now be chair through 2019; no action items

Membership Committee Report – Jennifer Doran- No action items

Health Work Group – Susan Frederick – no action items

Transportation Work Group – Mary Bruns- Presentation by CCTA at last month's meeting about the TEP.

Technology Work Group – Steve Lipson - no action items

Legislative Work Group – Shirley Krohn – NCOA, the Elder Justice Coalition, and other organizations in urging Congress to direct the United States Postal Service to issue a “stamp out elder abuse” semipostal (fundraising) stamp to raise additional funds to prevent and prosecute elder abuse and financial exploitation; there will a final, wrap up, meeting of the Legislative WG at end of August.

Housing Work Group — Absent

Elder Abuse Prevention Work Group – Mary Rose – absent

Senior Nutrition Project Council Report – Gail Garrett reported that Shelter Inc. wait list is down to under 100.

ACOA 2020 Event – Jim Donnelly

- Venues in consideration for 2020 event is Shadelands art center in Walnut Creek or Walnut Creek senior center; in order to do this event will require co-sponsor with non-profit (CIA or Mobilty Matters) or venue charge commercial rate; Jim will meet with Laura to discuss getting AAA funding for event through education funding stream; preliminary budget created by Jim, rough figure is \$7,800. Venue cost is the large ticket item. Budget based on 250 participants. Newsletter will also need to be printed but not

part of initial budget. Date being proposed for end of August or in September. August SMAC meeting will include 2020 event topics.

Older Adults Survey Update: Anthony Macias as of end of July 865 surveys received; will be reaching out to West County Senior coalition for assistance.

Organization of Central County Senior Coalition: Shirley Krohn reported that there as very active senior coalitions in west and east county, but no coalition in Central county. The coalitions have been active in getting buses to go to annual senior rally day. Shirley does not want to lead this but wants to kick start it. Shirley is thinking of ACOA city reps in central county to meet with Shirley and Sidney (of east coalition). Issue is that there are not many city reps from central county cities.

ACOA future presentation items:

August: Choice in Aging

September: Senior Legal Services

October: California Senior Legislature (Shirley)

November: Recess

December: ACOA Year end meeting

Items for full ACOA agenda:

- Recommend Gerald Richards to fill MAL#9
- ACOA Presentation to BOS
- Letter of support for SB280
- Letter of support for CCTA
- Holiday Potluck to supplement December lunch on next agenda

Action Items:

- Revision of CCTA Letter- Anthony
- Potluck for final year meeting (invite others: BOS, HiCAP, I&A, Assembly people etc.)- Jim D.
- Caucus for nominating committee in August meeting if there are any openings from last if needed- Jennifer

Public Comment - committee on master plan on aging for can ACOA logo for Master Plan logo use needed approve from members consent.

Adjourn

The meeting was adjourned at 11:25 am.