

ADVISORY COUNCIL ON AGING

Minutes for August 21, 2019

ACOA MEMBERSHIP

Active Members = 29
Vacancies = 9
Pending = 2

Call to Order: Susan Frederick, council President, called the meeting to order at 9:30 a.m. Mrs. Frederick led the Pledge of Allegiance.

Present:

Jagjit Bhambra	Gail Garrett	Brian O'Toole
Mary Bruns	Arthur Kee	Summer Selleck
Deborah Card	Joanna Kim-Selby	Frances Smith
Nina Clark	Jill Kleiner	Terri Tobey
Jim Donnelly	Shirley Krohn	Ron Tervelt
Jennifer Doran	Steve Lipson	Lorna Van Ackeren
Rudy Fernandez	Frank Napoli	Patricia Welty
Susan Frederick	Nuru Neemuchwalla	Dennis Yee

Absent: Fred Adams, Kevin Donovan, Richard Nahm, Mary Rose

Guests: Gerry Richards; Megan Crain (Rep. DeSaulnier's office); Tania Pares and Debbie Toth (Choice in Aging); Sean Kearns (Rep. Frazier's office); Mike Adawalla (Care Patrol of Walnut Creek)

Staff Present: Tracy Murray, Laura Cepoi, Glenda Pacha and Anthony Macias

Roll Call: Gail Garrett called roll; quorum established with 24 members present.

Announcements:

- Shirley will be sending an email to city reps in Central County to start Central County Senior Coalition.

Approval of Today's Agenda:

- Summer Selleck moved to approve today's agenda, Arthur Kee 2nd the motion, agenda was unanimously approved by council.

Approval of May 2019 Minutes:

- Summer Selleck moved to approve minutes of June 2019, Arthur Kee 2nd the motion, June 2019 minutes unanimously approved by council members present.

Committee Work Group Reports:

Legislative Advocacy Workgroup – Shirley Krohn

- Final meeting of year cancelled due to low in-person participation, instead Shirley will draft a statement of the status on bills that were followed this year by the legislative workgroup and this will serve as round up of the work completed this year on legislation.

Senior Mobility Action Council (SMAC)- Transportation: Jim Donnelly

- Next SMAC meeting Monday, August 26.
- At last meeting, presentation by Peter Engel – 2020 Transportation Expenditure Plan (opportunity to comment)
- Debbie Toth added that accessible transportation for plan and special board meetings to comment on this and have asked members of this workgroup to attend meeting in support of measure.
- Sales tax measure going to be on the March 2020 ballot, opportunity to comment is tonight, Aug. 21 at CCTA meeting in Walnut Creek.

ACOA 2020 Event update: Mary Bruns & Jim

- Next meeting Monday, 10:30
- Want to finalize a venue and a date
- Draft budget prepared totaling \$17,000
- Jim found two nonprofits to act as fiduciary
- Next Step: To schedule a meeting with AAA to find out what AAA funds can support

Planning Committee – Ron Tervelt

- Ron Tervelt was introduced as new Planning Committee chair for the remainder of 2019.
- There were two presentations at this month's meeting: Health Insurance Counseling Assistance Program (HICAP) and Information and Assistance (I&A) both are county entities under Aging and Adult Services.

Housing Workgroup – Gerald Richards

- Presentation from Community Development Block Grant (CDBG) consortium that aggregates housing money to the County (mainly from HUD).
- The Consortium conducted a needs assessment that included stakeholder meetings and community survey. They received over 1,500 survey responses. They now have the data to develop the 2019-2024 Plan. Analysis will occur across next 3 months. The goal is to complete a draft of the Plan by March for public review and then allow 30 days for public comment. Planning for Homelessness Month is ongoing.
- CDBG plans to incorporate housing "white paper" from WG into their report.

Elder Abuse Prevention Workgroup – Summer Selleck

- Workgroup meeting today right after today's meeting in corner conference room.
- Plan to present at Walnut Creek Senior Center on October 10th.

Health Workgroup– Susan reported

- Terri reported on Caregiver Conference in Pleasant Hill
- Identified need for a Caregiver 101 class
- Centers for Medicare & Medicaid Services trying to decrease regulations on Nursing Homes, which increases danger to residents.
- Alzheimer’s news: A promising new medication being tested that deals with tangling of neurons in brain.

Technology Workgroup – Steve Lipson.

- Looking at ACOA websites across the state, the HICAP website to gather metrics to find out what information older adults are trying to get online.
- Will talk to Information & Assistance manager, Nhang Luong, at next month’s meeting.

Membership Committee – Jennifer Doran

- Recruitment message sent to BOS to send with their newsletters.
- Two cities have not been recruiting at all; Jennifer will be reaching out to these.
- Some cities have difficult to find “volunteer opportunities” on their websites.
- At this meeting’s break, members of the Five supervisorial districts will caucus to select their representatives to the Nominating Committee.
- Those selected to be representative on Nominating Committee will attend the Membership Committee, which meets at 12:00 today in this building.
- Reminder that ACOA members are required to take Brown Act training every two years

Nutrition Council – Gail Garret absent, no report given.

- No report
- Lorna Van Ackeren– Since 1990 Meals on Wheels Contra Costa has raised over \$20 million dollars and served 6 Million meals in Contra Costa County.

Area Agency on Aging Program Manager’s Report –Laura Cepoi

- There will be an overall increase \$17.5 million for senior nutrition in the Federal Budget.
- A proposal of \$5 million for fall prevention in State budget.
- Master Plan on Aging Committee will soon begin to meet as selection of committee members has been finalized, with local member selected, Debbie Toth, from Choice in Aging.
- Aging and Adult Services (AAS) director, Victoria Tolbert retired. Tracy Murray is now interim director of AAS.
- Lisa Ho, new hire to Area Agency on Aging (AAA), will be managing Health promotion, Senior Nutrition programs in AAA and Home Safe program in Adult Protective Services (APS).
- Information & Assistance receives 1300-1600 calls per month.
- Reasons for first time homelessness: loss of income, loss of job, eviction from apartment/home.
- Repeat homelessness: loss of income, loss of job, substance abuse.
- AAA staff is in process of organizing Senior Town Halls with district Supervisors in order to gather information to inform the 2020-2024 Area Plan on Aging.

Presidents Report: Susan Frederick

- Susan reports that more seniors are dying in falls as reported in Journal of American Medical Association. In 2016 25,189 died due to falls compared to only 8,613 in 2000.
- By 2030 CDC estimates that 49 million adults will fall each year, resulting in 12 millions injuries and more that 100 billion in helath related costs.
- CDC and American Geriatric Assn. recommends a comprehensive risk assessment be completed on older adults, yet fewer than half considered high risk have it done.
- SAGE, the largest and oldest group dedicated to improving lives of LGBTQ seniors, joined with Human Rights Foundation to improves the experiences of LGBTQ persons as the long term care.
- In California 1 in 5 seniors live at or below poverty level, with women more likely to live in poverty than men. Factors for this include lower wage gap, higher life expectancy for women and higher likelihood of being targeted for financial scams.

Motion to approve all consent items:

- Recommend Gerald Richards to fill MAL #9
- ACOA Presentation to Board of Supervisors
- Letter of Support for SB280, Dignity at Home and Fall Prevention Act
- Letter of Support for Contra Costa Transportation Authority (CCTA)

Ron Tervelt moved to approve consent items, Shirley motioned second, consent items unanimously approved by all members present.

Presentation: Choice in Aging - Debbie Toth, Executive Director

- Choice in Aging serves Older Adults with multiple chronic conditions.
- Have an Adult day program – utilizing Social Day & Health models.
- With Programs in both Pleasant Hill and Antioch.
- Average age of participants in at Pleasant Hill is 82, whereas in Antioch it is 60.
- Licensed care center for seniors and older adults.
- Both sites have specialized programs for those members with Alzheimer’s (Alzheimer’s Day Care Resource Center).
- Multi Senior Services Program (MSSP) – Nurse and Social Worker handle Complex case management – navigate “everything” to allow seniors to continue to live independently.
- CA Community Transitions Program – (CCT) transition folks out of skilled nursing facilities to Community Living.
- Offers Caregiver support groups/retreats.

Regional Coalition Update – Debbie Toth

- Master Plan on Aging session – next Thursday in Pleasant Hill will be a stakeholders meeting for on the Master Plan on Aging.

New Business for next month: None

Public Comment: None

- Joint event with Diablo Valley Foundation for Aged and Rossmore for Fall Prevention event to be held on Monday Sept 23.

Next ACOA Meeting September 18, 2019

Adjourned: at 11:25 am