

**PSA 2 Area Agency on Aging
Virtual Advisory Council Meeting**

Friday, April 28, 2023

10:00 AM

MINUTES

A. Call to order and Flag Salute

Meeting called to order at 10:09 AM.

B. Roll Call (Establishment of a quorum)

Teri Gabriel	PSA2	Present
Tina Kennemore	Lassen	Excused
Vacant	Lassen	-----
Vacant	Lassen	-----
Vacant	Lassen	-----
Clinton Davis	Modoc	Present
Debbie Mason	Modoc	Absent
Tiffany Gwinn	Modoc	Present
Vacant	Modoc	-----
Frances Cole-Boyd	Shasta	Present
Maggie McNamara	Shasta	Present
Nancy Quirus	Shasta	Present
Staci Wadley	Shasta	Present
Heather Solus	Siskiyou	Absent
John Dell'Amico	Siskiyou	Excused
Lydia Gil	Siskiyou	Present
Linda Smith	Siskiyou	Absent
Michael Cottone	Trinity	Present
Melanie Miller	Trinity	Excused
Benjamin Sarkisian	Trinity	Present
Vonnie Westbrook	Trinity	Excused

Quorum Established.

C. Introduction of guests

Jerry Kirouac, Program Manager – PSA2 Ombudsman
Cheryl Rushton, Admin Clerk - PSA2 AAA
Pam Smith-Jimison, Program Manager – PSA2 HICAP
Mary Rickert, Supervisor - Shasta County Board of Supervisors

D. Approval of Agenda (Changes, additions or deletions)

M/ Frances Cole-Boyd
S/ Tiffany Gwinn
Approved.

E. Approval of Advisory Council Virtual Meeting Minutes – March 31, 2023

M/ Nancy Quirus

S/ Lydia Gill

To approve the minutes as presented.

Approved.

F. Open Session / Announcements

(Opportunity to hear comments from the community and for announcements)

Frances Cole-Boyd – Shasta County Power to Seniors has been around 20 years. Through DIGNITY HEALTH CONNECTED LIVING to help older adults who are at risk of having power turned off. Used to have soup kitchen which stopped due to COVID. \$510K has been paid out since inception. \$3,828 since March. With utility costs going up, there is a greater need for this help. There are two ways to donate - through Redding Electric Utility (added to bill), or through donations through Dignity Health Connected Living. Applications are screened through Dignity Health Connected Living, and applicants are provided with additional resources. Can only get it once every two years. Teri – Older Adult Policy Council has agreed to continue this with a fundraiser by making other avenues available to make donations.

Pam Jimison-Smith – HICAP newsletter has come from the printer and are at Teri's office. We should get them in our office next week and they will be sent out.

Lydia Gill – I went to Bend, Oregon. Partnership Healthplan of California (PHC) paid for my transportation. Southern Cascades is the best transport. The driver was very knowledgeable and friendly. The staff were also very helpful. It is a beautiful vehicle. If you need transport, I recommend Southern Cascades.

Clinton Davis - Anybody that's on Partnership, they're required by law to provide transportation for medical appointments, counseling, prescription filling, physical therapy, all of those items. Anybody can use the transport but there is a fee involved. That's what we have been fighting for a long time with Medicare. Medicare does not provide transportation for medical appointments. Whereas with Medi-Cal, you can get transportation, unless you're on Medicare Advantage in an area where they actually offer it. We've had a lot of misinformation up in our area that we have Medicare Advantage and you can you know, get all these great things. And then when you sign up, you find out no you can't it's not available. But that Southern cascades serves Shasta, Lassen Siskiyou and Modoc. However, we have made transports as far north as Portland and as far south as San Diego. So, you know, if you need transportation, give us a call. We'll try to work with you and see what we can work out.

Lydia Gill - Southern Cascades does transport for anybody who needs dialysis. You know, like I said, I've got partnership. And so that was my financial aid there. And I've been talking to some of the employees there, that maybe they could find out how they could you know, be attached to the funding of Hill-Burton funds. If a person is eligible for Hill-Burton, maybe Southern Cascades could check into

being a provider using funding. I don't know if I'm using the correct terminology, but being part of the Hill-Burton or financial assistance programs that so many hospitals provide, and maybe Southern Cascades could be involved in that and get funding from that resource.

G. Reports:

Chairman's Report – Nancy Quirus, Chairman

- Update on Advisory Council Activities

Update was shared with the Board of Supervisor earlier this month. I think that it helps them understand how multi-focused we are. There is some feedback that I received from Supervisors after the meeting to let me know that they heard the issues that we are working on.

- Advisory Council Membership/Recruitment Report

Three vacancies in Lassen County and one vacancy in Modoc. Teri – We have received an application from an individual in Lassen County. We are including information with vouchers that we send out. We send the temperature control/food safety checklist and this month we also included a flyer to help recruit ADCO members. Tina Kennemore has requested some flyers to get the word out. Staci Wadley's application has been approved and she will be onboard for another four years.

TACC Report –Frances Cole-Boyd, Vice-Chairman

- Update on Recent TACC Activities

There is a TACC meeting on Monday, May 1st.

California Senior Legislature Report – Teri Gabriel

- Update on CSL Vacancies

We continue to have vacancies for Senior Assemblymember and Senior Senator. CSL has a vote to determine priorities at the state level. CSL is an important way to be at the table with regard to legislation impacting seniors.

- 2023 Virtual Senior Rally Day

California Senior Legislature Virtual Senior Rally Day is on Tuesday, May 2nd from 9:00 AM – 3:00 PM. Teri sent out the flyer with a link to register for the event.

Nutrition Report – Nancy Quirus, Chairman & Lydia Gill

- Update on CalFresh Healthy Living Program

Food Distributions Program on Indian Reservations (FDPIR) follow-up—Where Tribal distributions occur in PSA2 - Burney (Pit River), Redding (Redding Rancheria) and on Joaquin Street in Susanville/Lassen County. CalFresh Food Assistance Flyers will soon include FDPIR information. Lassen is currently in a trial run, with other counties to follow across all five PSA2 counties.

Food assistance outreach to Hmong population in Trinity County in collaboration with Trinity County Food Bank. If your county also has Hmong communities, I'd be happy to share this outreach project so it can be easily replicated in your county.

Veteran outreach begins in May with Veterans Administration (VA) contacts at the 'new' outpatient clinic on Knighton Road. Nutrition needs, food assistance of older veterans—any ideas or suggestions are WELCOME.

This project has Center for Healthy Communities support & funding—ideas being explored currently. If you are a veteran or have family or friends who are older veterans your input will be most helpful. Feel free to email or call me.

I wanted to share another on-going project of CalFresh Health Living it's called the Senior Meal Flyer. Could I share a sample on screen? This was developed in response to supplement the weekly Food Assistance flyers. Senior meal flyers are in the process of being developed for all PSA2 counties. As you can see from the example on screen, it identifies locations where prepared meals are available for seniors (not only seniors many of these organizations serve the general population). This has become a sought-after resource by the homeless in our community. Another topic is home-delivered meals in the Intermountain area. There are a lot of outlying rural areas that can be underserved. There are some areas that are in one county that could be serviced by another, such as near the intersection of Shasta, Lassen, Modoc, and Siskiyou Counties.

Cheryl Rushton – I was at the McArthur Health Fair and left some Shasta County Resources books for seniors, as well as information on how to get more. .

Lydia Gill – Protein and Produce - When I received it, everything was gone. I did talk to Jeremy at Great Northern. And he said after they delivered the stuff and to me like they said he doesn't know what happens to it, you know that's on them. So anyway, that was kind of sad. Because I talked to several people who have signed up for that protein and produce who much to their sadness did not get it. But there's only two more times that protein and produce will be delivered to Tulelake and then that programs funding, they're going see if they can get more funding. And if not, that's gone by the wayside. Also, I get emails from the Modoc Food Hub. You can place an order with them. They do accept EBT cards. They do send a menu. If seniors go to a congregate meal site, they can request a diabetic meal. However, if they are home-bound, they may not be able to get a diabetic-appropriate meal. Staci Wadley – Dignitary Health Connected Living is looking to make progress in providing medically-appropriate meals. Teri – CalAIM will also be able to provide for medically-tailored meals. Senior Farmer's Market Coupons (5x\$10) are coming around mid-June.

Finally, a recent wellness campaign at the Center for Healthy Communities developed and I can provide you (if interested) the Healthy Meeting Policy. Guidelines to keep meeting participants focused on healthful attitudes and habits. ADCO may want to read it over and apply some of the policy concepts—like stretch breaks!

Let me know if you are interested in receiving the policy, I'm happy to share it!

Break – 11:08 – 11:15

Mental Health Services Act (MHSA) Report - All

- Update on Each County's MHSA Services Activities

Teri – Shasta County – Stand Against Stigma – 15th Annual Mental Health Resource Fair – Minds Matter Mental Health Fair at the Boggs Conference Center at 2420 Breslauer Way in Redding on Saturday, May 20th from 10:00 AM – 2:00 PM. Providers will be at the fair, and we will provide info as well. The Institute on Aging's Friendship Line will also participate.

Food Access Report – Staci Wadley

- Update on Food Bank and Food Access Activity

Update on Shingletown C1 & C2 – We are serving their now, started a month ago. We are delivering to nine homes right now. Looking to also provide congregate meals and looking for a location.

Food Bank – We were waiting for bids to come back. We received a \$1.3M grant to expand Food Bank space. We just got the bids back. We were saddened to find out that our \$1.3M is several hundred thousand dollars short due to increased construction costs.

Director's Report – Teri Gabriel, Executive Director

- Update on PSA2 Direct Service Senior Nutrition Programs

Executive Board approved to continue the Lassen Dine Around Town program to 2024. We recruited two volunteers to expand home-delivered meals for those who do not have someone to pick up meals for them. We have a long waiting list. We are looking to add more restaurants to the program and CDA will provide guidance.

Partnering with Church of the Nazarene in partnership with Dignity Health Connected Living is mostly doing home-delivered meals, two times per week in Weaverville. On Tuesday, they deliver one hot meal and one frozen meal. On Thursday, they deliver one hot meal and two frozen meals, for 5 meals per week. There is capacity to expand service, but we are in a transition right

now. Once we have a permanent Program Coordinator, we will look at a congregate dining program.

2024-2028 RFP process - As we as we approach four years we renew all contracts for all services and are contracted with PSA2 funding. As we approach that there's an opportunity for the public to come forward or any organization to come forward to apply for funding. It has not been determined yet if these programs will remain a direct service of PSA2 as they are currently structured. That will be determined later by our governing board if we should continue the programs as a direct service, or put it out to bid for the 2024-2028 Request for Proposal application process. So that's where we are on our direct senior nutrition programs.

- FY2023/2024 Area Plan Update Process

We have a four-year process. We have one more opportunity to update our current Area Plan. Such as hearing more about what is happening from other meetings such as Older Adult Policy Council, and other meetings and organizations. The other was Disaster Preparedness. Those have been submitted to CDA and we will wait to hear on approval of the changes to the plan. Once the plan is approved, we will post it on our website. We are circulating the transmittal letter for signatures.

- Update on Master Plan for Aging Initiatives

California Department of Aging is collaborating with Collaborative Consulting to address the Master Plan for Aging 2030 initiatives and initiate the process to learn about experience, perspective, ideas to determine what needs to be done to bring AAAs to the point to serve our populations. Programs and services, funding sources and capacity, key performance indicators.

- CA Dept of Aging's Community Assessment Survey for Older Adults

Instead of PSA2 sending out the needs assessment survey, California Department of Aging is hosting the survey to be released in May. The surveys will be returned to us and we will process them. There will be a deadline to respond. Hoping to get data by September. All AAAs are using the same template.

- Other Agency Activity

Siskiyou – Health Aging Fair at the Yreka Community Center on May 17th from 9:00 AM – 12:30 PM. We are currently recruiting vendors. Cheryl will show the flyer. We are partnering with Madrone Senior Services, Siskiyou Public Health, and KIXE (PBS). We are currently registering exhibitors. Siskiyou County Public Health will participate to offer vaccinations and wellness checks. Formerly was a senior resource fair, but now focusing on health. This event has been held locally for over 20 years.

Local YMCA is hosting a Fall Prevention Event on May 24th from 11:00 AM – 12:00 PM. The program will include PSA2 AAA, Yreka Fire Department, Mt. Shasta Ambulance, and Siskiyou Family YMCA.

Purple City Campaign with Compass Shining Care in Redding. Resource Fair June 8th. Drive-Thru at Orchard Nutrition.

June 10th event at Sundial Bridge with a focus on Alzheimer's, Caregiving, overlaps with Elder Abuse Awareness. Flyers will be available soon.

Presentation with Shasta Commission on Aging on May 19th at 10:00 AM. I have asked Nancy and Frances to join me.

Speaking on efforts at the C4A Annual Conference – shared flyer earlier. I have been asked to speak on the Shasta Healthy Brain Initiative. Helping to raise awareness to other agencies on how they can support this effort.

I have also been asked to speak on a panel on the Local MPA the week of May 9th-11th.

H. Report on FY 22/23 Area Plan Goals & Objectives Activities

- Advisory Council News Brief Update

Maggie – If anyone has a topic they would like to see in the News Brief, let Maggie, Debbie or Teri know. You don't have to write it. The upcoming topic is Disaster Preparedness.

May is Older Americans Month.

I. Discussion on Advisory Council's Year End Report to Executive Board

The deadline for Advisory Council members to submit Activity Reports for FY22-23 is May 17th by close of business. This will allow Mike Cottone to complete the Year-End Activity Report for the June Collaborative meeting.

J. Correspondence

Incoming: None

Outgoing: None

K. Adjournment

12:08 PM

Next Meeting – Advisory Council Virtual Meeting – Friday, May 26, 2023