

**PSA 2 Area Agency on Aging
Virtual Advisory Council Meeting**
Friday, September 24, 2021
10:00 AM

MINUTES

A. Call to order and Flag Salute

Meeting called to order at 10:01 AM.

B. Roll Call (Establishment of a quorum)

Teri Gabriel	PSA2	Present
Rebecca Terwilliger	Lassen	Present
Lindsay Ritchie	Lassen	Excused
Kay White	Lassen	Present
Tina Kennemore	Lassen	Excused
Marcia Anderson	Modoc	Present
Clinton Davis	Modoc	Excused
Debbie Mason	Modoc	Present
Vacant	Modoc	-----
Frances Cole-Boyd	Shasta	Excused
Maggie McNamara	Shasta	Present
Nancy Qirus	Shasta	Present
Staci Wadley	Shasta	Excused
Heather Solus	Siskiyou	Present
Vacant	Siskiyou	-----
John Dell'Amico	Siskiyou	Present
Lydia Gil	Siskiyou	Present
Michael Cottone	Trinity	Present
Vacant	Trinity	-----
Vacant	Trinity	-----
Vacant	Trinity	-----

Quorum Established.

C. Introduction of guests

Cheryl Rushton, PSA2 AAA
Rene Santana, Shasta County HHSA – Healthy Brain Initiative
Noor Nijar, Shasta County HHSA – Healthy Brain Initiative
Jerry Cousins, Trinity County
Navhest Bhullar

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

Add action item for ADCO – G.1. Vacancy in Chairman
M/ John Dell'Amico

S/ Maggie
Approved.

E. Approval of Advisory Council Meeting Minutes – July 30, 2021

M/ John Dell'Amico
S/ Marcia Anderson
Approved.

F. Open Session / Announcements

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

Lydia – Tule Lake – Just constructed the extension of the veteran's park. Oct 30th ribbon cutting. There will be a color guard. Would like to invite everyone to attend. The park is gorgeous. After the ribbon cutting will be a street dance. Military and veterans are also invited.

G. Presentation on Shasta County's Healthy Brain Initiative

Noor Nijar, M.A., MPH, Community Education Specialist II, Shasta County Health and Human Services Agency

Rene Santana – Epidemiologist for Healthy Brain Initiative

Healthy Brain Initiative works on assessing risk for Alzheimer's and getting information out about available resources.

Alzheimer's Disease is not a normal part of aging. Want to work to reduce stigma around Alzheimer's and cause a change in the mortality rate. Symptoms usually begin after age 60, but the disease starts before symptoms are noticed. Symptoms include difficulty remembering newly learning information, disorientation, mood/behavior changes, deepening confusion about events, time, and place, unfounded suspicions about family, friends, and caregivers, serious memory loss, difficulty speaking, swallowing, and walking.

Risk Factors include age, diabetes, high blood pressure, smoking, overweight. Northern California counties have a significantly higher prevalence of high blood pressure, smoking, and overweight. Shasta County also has a higher population that is 65+.

Alzheimer's is the 3rd leading cause of death in California. Top 5 leading causes of death in California in 2019 - heart disease, cancer, Alzheimer's, stroke, accidents.

Want to work to reduce stigma around Alzheimer's and cause a change in the mortality rate.

Caregiver Needs Assessment Findings - 52% of caregivers have provided care for their loved one for AT LEAST two years. 41% dedicate 40+ hrs/wk to providing care, making this a full-time job for many. Most feel that although the

experience is rewarding, it is also stressful, lonely, and a financial strain. Only 50% of caregivers know how to find services in Shasta County. Services include respite care and many other caregiver assistance services.

What has been your experience?

Created a resource page to let people know what resources are available and how to access them.

Nancy Quirus – One of the biggest challenges I experienced was as a remote caregiver trying to participate remotely in doctor's visits, working with caregivers. It is a hard job but even harder if you are not there. Hoping to see resources for remote caregivers.

Rene Santana – There are telehealth and other resources being developed to support remote caregiving.

Maggie McNamara – Every state has a caregiver program. We have the Family Caregiver Alliance that has information about remote caregiving.

Lydia – There was a gentleman who had to give up his employment to take care of his wife. He contacted IHSS and had to get fingerprinted. He didn't have the finances to pay for that. Someone told him there was a waiver. Rene Santana – We can get your contact information and reach out.

Noor Nijjar – Healthy Brain Initiative

A Growing Crisis - Increasing trends in number of people with dementia and associated healthcare costs. 6 million people living with it in America. By 2050 it is projected to be 14 million. Alzheimer's is the most expensive disease in America. By 2050 costs are projected to be \$1.1 trillion

Alzheimer's is the most common cause of dementia, accounting for 60-80% of dementia cases. Dementia occurs along a continuum. While most older adults have healthy cognitive functioning, some will experience pre-symptomatic change in the brain that may eventually lead to cognitive impairment or dementia. In dementia, symptoms become noticeable and the disruption to cognition and everyday life can range from mild to severe.

Funding from the California Department of Public Health Alzheimer's Disease Program. \$750,000 awarded to each of the 6 health jurisdictions in a one-time grant. Funding until June 30, 2022. Shasta, Placer, Los Angeles, Sacramento, San Diego, Santa Clara counties.

Goals of HBI - Shasta County Awareness Campaign. Symposiums, workshops, health fairs, multimedia campaign. Grand rounds, clinic luncheons, HHSA trainings, caregiver health. Workshops, support, empowerment disaster preparedness. Mobilizing the community, emergency response training. How to care for a loved one in a disaster situation.

Provide training for law enforcement, firefighters – how to recognize if someone had dementia or Alzheimer's and how to work with them. Screening and Prevention, community health education efforts are important for prevention. Intersect with heart health, smoking cessation, obesity prevention, nutrition and exercise. Encourage screening for older adults, de-stigmatize. There can be various reasons for dementia, sometimes temporary. Early detection leads to better care and preparation for family and caregivers. Help to encourage healthy brain habits.

Could not do this work without our community partners and residents who are passionate about making a difference - Alzheimer's Association, Shining Care, Dignity Health Connected Living, Passages Resource Center, Redding Police & Fire Department, Shelter Workers, Nurses, Physicians. A growing list. Progress requires collaboration across sectors.

Contact Noor Nijjar or Rene Santana if you have any questions.

G. 1. Vacancy in Chair position. Clinton is unable to continue as Chair. We will need to reelect officers in May or June. Do we want to address now or wait until the election of officers?

Nancy – Between now and May/June, how many meetings? Teri – Oct, Nov, Mar, Apr, May, Jun. Plus the Executive Board meetings in Oct, Nov, Jan, Mar, April. We also need someone to attend TACC, which is usually attended by ADCO Chairman, but could be somebody else on the ADCO. TACC meets virtually. Nancy – I could do half of the meetings if someone else can attend the others. Can somebody else attend TACC? Teri – You could also submit a report to me to submit on the ADCO Chair's behalf. Marcia – I have attended a couple of the TACC meetings. I could attend as a placeholder. Nancy – Would you consider sharing co-chair until the election of offices? Marcia and Nancy will co-chair until the election. Mike will prepare notes for Teri to present to the Executive Board.

H. Reports:

Chairman's Report – Clinton Davis

- Update on Advisory Council Activities
- Advisory Council Membership Report

Trying to recruit ADCO members. We have had interest in Siskiyou. We have vacancies in Modoc, Lassen and Trinity.

TACC Report – Clinton Davis, Advisory Council Chairman

- Update on Recent TACC Activities

I will let TACC know that Clinton will be stepping down. TACC meets monthly. Teri will see if she can get TACC meeting minutes for Marcia and Nancy.

CSL Report - Vacant

- CSL Update

We have vacancies for Assemblyman and Senator. 55 and older and interested in representing their local community and PSA2 at the state level. Election is coming up in the Spring. Does not have to be an ADCO member. CSL meets virtually. More information at www.4csl.org.

Nutrition Report – Nancy Quirus

- Update on CalFresh Healthy Living Program

Recent and ongoing wildfires in Shasta, Siskiyou, and Trinity. Replacement CalFresh benefits are available for those impacted by the fires, power outages, etc. The timeline to get Disaster CalFresh is limited. I encourage everyone to stay tuned in on the disasters going on in your county. Contact your local department of social services about how to apply.

The 15% increase in CalFresh benefits will end September 30th. There will be additional federal funds starting on October 1st. There has never been a better time to apply for CalFresh benefits. Food insecurity remains high for people of color and rural communities. We still have seniors who are not receiving CalFresh. If you would like to join me in CalFresh outreach efforts, please contact me.

Lydia – USDA supplemental benefits ending? Nancy – Yes. Becky – The federal FNS increased benefits effective October 1st. The 15% increase is ending.

Teri – We are getting funding, but it won't be until 2023. We may be approved to assist those applying for CalFresh. Hopefully we will get approved to have someone go to the senior centers to help seniors with the initial application process.

Mental Health Services Act (MHSA) Report

- Update on Each County's MHSA Services Activities

Teri – We have received notice that HHS will host their quarterly workgroup meeting. I have shared with the Shasta County ADCO members. We had an active ADCO member who participated in MHS activities. Foster Grandparent Program. Next meeting is 9/28 from 10-11:30.

Each of the counties have these stakeholder meetings. These are open to the public. ADCO members are encouraged to attend.

Ad Hoc Committee Reports:

- Update from PSA2 Outreach Committee

We continue to update the website and boosting the Facebook page, joining other groups in the five counties to share information. We were able to join one of the groups in Modoc County, and have seen some interest.

Marcia – Bingocize - Stanford has a similar program that they deliver over the telephone – Active Choices.

<https://med.stanford.edu/healthyaging/active-choices-program.html>

- Update from Food Access Committee

No update. Concerned about the fire.

Director's Report – Teri Gabriel, Executive Director

- Update on Program Services Due to COVID-19 pandemic

Most of the centers remain closed. Some converted toward opening, but have paused reopening. Still using drive-up and home delivery. One that had been doing drive-up has gone to 100% home delivery.

Meeting with service providers next month.

HICAP and Ombudsman continue to operate. Ombudsman continues to conduct visits and monitoring. Both programs are expanding with additional staff. In search of a volunteer coordinator for HICAP. Ombudsman just added an additional individual who is currently in training.

PSA2 has received CARES Act funding and we continue to work with contracted service providers. Offered to provide shelf-stable meals to participants. We have Title III-E – Family Caregiver Support Services funding to provide resource guides for caregivers.

Ombudsman also received CARES Act funding to expand technology resources for staff.

CHAT Program - We have been provided iPads for persons who are isolated and dealing with emotional challenges due to the pandemic. Trying to identify participants interested in the program. There is still work to be done at the state level before tablets can be distributed. Tablets are from AT&T, come with 2-year data plan. There is a lengthy survey involved. Cheryl has participated in the meetings. There is a series of 200 questions. Definitely more work has to be done at the state level.

Vaccine funds – to address access and information about vaccine and promote consideration of older adults to be vaccinated. We reached out to our five counties public health departments. Siskiyou informed us of issues around vaccine hesitancy. Since online surveys can be challenging for older adults, we offered to distribute a hard copy survey. We are working with our local printer and getting a mailing list to randomly select residents in Siskiyou County. Surveys will go out in the coming weeks and hoping to get responses by the end of October. We will provide data to public health to help them encourage older adults to get vaccinated. We will work with the other counties on vaccine awareness.

- Update on Trinity County Nutrition Program Services Plan

Trinity County funding was not allocated this fiscal year. We had an RFP policy that ran twice. We did not receive any applications. We proposed to Executive Board to work with the Church of the Nazarene to work with Dignity Health to provide meals to the Weaverville area. Dignity Health will drop off meals to the Church of the Nazarene. A coordinator will be hired to coordinate meal delivery. This will be a trial for the remainder of this fiscal year. If all is well by Spring, we could see this arrangement continue. The Program Coordinator job announcement will go out soon. Should have meals delivered in the next month and a half. Nancy – Will the CalFresh stickers be included? Staci – I will check into it.

- Update on CDA Aging Hub Initiative - Rural and Remote Town Hall Meetings

California Department of Aging (CDA) Hub and Spokes Initiative Rural and Remote Town Hall meeting scheduled for September 28th from 2:00-3:30PM. – virtual. Presentation by CDA on creating a Hubs and Spokes environment for AAA services.

- Other Agency Activity

Community Education Efforts – We cannot host fairs due to the pandemic. We will host a senior ride-thru in Scott Valley. In Shasta County, Compass Shining Care is partnering with Healthy Brain Initiative on October 7th.

Staff will talk about the Fall Prevention Program. There was a drive-thru yesterday that had to be cut short due to the fire.

Fall Prevention Program – We are boosting information on Facebook. We are distributing via newspaper, HHSAs. We have sent out grab bars, shower wands, transfer benches. Funding is available until March 31st, 2022. This is an income-based program. We will continue to get the word out about the program. We have served Shasta, Siskiyou, and Modoc Counties. Older adults or adults with disabilities can qualify for this program.

I. Discussion on Advisory Council Activity Reporting Process and Template

Mike created a sample of an Activity Report and a fillable Activity Report.

J. Discussion on FY 21/22 Area Plan Goals & Objectives Activities

If anyone has had any activities, please complete and send in your Activity Report to Mike.

At the next meeting, we will start talking about FY 22/23 Goals & Objectives.

K. Correspondence

Incoming: None
Outgoing: None

L. Adjournment

Adjourned at 11:49 AM

Next Meeting – Virtual Advisory Council Meeting – Friday, October 29, 2021