

**PSA 2 Area Agency on Aging  
Virtual Advisory Council Meeting**  
Friday, January 29, 2021  
10:00 AM

**MINUTES**

**A. Call to order and Flag Salute**

Meeting called to order at 10:03 AM.

**B. Roll Call (Establishment of a quorum)**

Teri Gabriel	PSA2	Present
Vacant	Lassen	-----
Lindsay Ritchie	Lassen	Excused
Vacant	Lassen	-----
Kay White	Lassen	Present
Marcia Anderson	Modoc	Excused
Clinton Davis	Modoc	Present
Debbie Mason	Modoc	Present
Vacant	Modoc	-----
Vacant	Shasta	-----
Richard Kern	Shasta	Present
Nancy Quirus	Shasta	Present
Staci Wadley	Shasta	Present
Heather Solus	Siskiyou	Absent
Kenneth Ryan	Siskiyou	Absent
John Dell'Amico	Siskiyou	Present
Lydia Gil	Siskiyou	Present
Michael Cottone	Trinity	Present
Vacant	Trinity	-----
Kit Porritt	Trinity	Excused
Vacant	Trinity	-----

Quorum Established.

**C. Introduction of guests**

Frances Cole-Boyd, Resident Service Coordinator @ Mountain Vista - Redding  
Noor Nijjar, Shasta County HHSA – Healthy Brain Initiative - Redding  
LeeAnn Culberson, Six Stones Wellness Center - Yreka  
Maggie McNamara, Passages Caregiver Resource Center – Redding

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

M/ Staci Wadley  
S/ Nancy Quirus  
Approved.

**E. Approval of Meeting Minutes – November 20, 2020**

M/ John Dell'Amico  
S/ Debbie Mason  
Approved.

**F. Open Session / Announcements**

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

Clinton – It has been a challenge getting meals out. The motto is “No Senior Left Unfed”. Make sure to keep in contact with your seniors.

**G. Reports:**

Chairman's Report – Clinton Davis

- Update on Advisory Council Activities

Getting ready to move into the new year on goals and objectives.  
Getting our direction established for this year.

- Advisory Council Membership Report

We have two openings in Lassen, one in Modoc, two in Shasta (possibly one filled), one in Siskiyou, and two in Trinity. Be on the lookout for candidates to fill these vacancies so that we can meet the needs of the senior population. Many of those who have the time to participate are seniors. Teri will continue to try to recruit in the areas that have vacancies. Frances' and Maggie's appointments will go in front of the Shasta Board of Supervisors.

Teri – There are several vacancies on the Executive Board due to changes on Boards of Supervisors. I have been reaching out to new Supervisors to fill those vacancies. Mae Sherman was on the Advisory Council before she went to the Executive Board. Mae did pass away recently, which was a great loss to the Lassen community. Meeting with new member in Siskiyou. Did orientation for one of the new Supervisors in Trinity.

TACC Report – Clinton Davis, Advisory Council Chairman

- Update on Recent TACC Activities

Nothing new to report. Executive Council meeting in next week to set the agenda for the year, and will update the Advisory Council when I have more information. We meet quarterly and make information available to the PDAs to take to their senior center on a variety of topics.

## CSL Report – Kenneth Ryan, Senior Senator and Helen Stone, Senior Assembly Woman

- Update on CSL Activities

With Kenneth Ryan's resignation, we have a vacancy on the CSL. Teri confirmed with CSL office and they are not active right now. Appointing for vacancies requires an in-person meeting. Kenneth was the Senior Senator, and Helen Stone is the Senate Assembly member. Everything related to CSL is on hold right now. If there is anyone interested, start thinking about it. We can take members from the Advisory Council, but they do not have to be on the Advisory Council. Appointments are made by the Advisory Council.

## Nutrition Report – Nancy Quirus

- Update on CalFresh Healthy Living Program

I previously talked about the 15% increase in CalFresh benefits that will be in place until June 30<sup>th</sup>. There was a hope that this would result in an increase in applications. Unemployment benefits will not count as income for CalFresh for the next 6 months. The ESAP project pilot has proven successful. This streamlines the application process for seniors, waives the interview requirement, and extends the certification period for a three-year period. This should promote increased participation in the program by seniors.

Lassen County and Modoc County – Centers for Healthy Communities just hired a CalFresh Program Assistant who will be responsible for CalFresh Healthy Living education.

Graduate student Emilio Siaz Chico state will be connecting to get information flowing. His phone number is 638-1107. He will be working on the same project as Rachel Gibson. I will let him know that I shared this information with the Advisory Council.

## Mental Health Services Act (MHSA) Report

- Update on Each County's MHSA Services Activities

Teri has been waiting and watching but have not seen any activity. I will share whatever comes my way. Nancy had stepped up to participate. Nancy – The group leader did reach out to me for feedback on Project Hope.

## Ad Hoc Committee Reports:

- Update from PSA2 Outreach Committee

Teri – Working on the PSA2 website, but the platform we were using is no longer working and we had to let go of that idea. We have a volunteer who is working to redesign the website. Holidays and COVID have delayed progress. We are getting really close. There will be program information as well as an In the News section, nutrition information, opportunities for the public, presentations, events. We will be able to put this information on the homepage. Executive Board and Advisory Council members will be listed on the page. Request Advisory Council members to provide pictures from your region. We want landscape pictures to replace the generic pictures. We will be sure to have a link to the CA Dept of Aging website with information on the COVID pandemic, Older Americans Act, etc... It will be much more interactive than the current site.

- Update from Food Access Committee

If the group wants to stay after the meeting, we can set a date for a meeting.

- Update from PSA2 Fundraising Committee

In hiatus for now.

## **Director's Report– Teri Gabriel, Executive Director**

- Release of Governor's Master Plan for Aging

The Master Plan for Aging was introduced on January 26<sup>th</sup>. I sent a link to Advisory Council members. We will mail a hard copy to John. Cheryl is going to show us a copy of the plan. This is a ten-year plan that was developed with feedback from many organizations. Aging is changing California. The aging population (60 and older) is expected to make up 30% of the population by 2030. California has the 2<sup>nd</sup> highest life expectancy in the nation. Five Bold Goals – Housing for all Ages and Stages; Health Reimagined; Inclusion and Equity, Not Isolation; Caregiving that Works; Affording Aging. Overview of the targets and strategies within each goal area. The Master Plan for Aging is available at <https://www.aging.ca.gov/download.ashx?IE0rcNUV0zYXf9JtT7jkAg%3d%3d>.

From planning to implementation, this is not a plan that will sit on a shelf. The folks at the state level are working toward these efforts, and we will see progress. I will continue to keep you posted. There will be surveys

coming out on how the efforts are structured. The structures of the Area agencies will also be reviewed.

Nancy – How will this change the focus of the objective in our Area Plan?

Teri – We can explore whether we want to change the objectives in our Area Plan. Clinton – They sought a lot of input for this plan and it was taken seriously.

- Update on Program Services Due to COVID-19 pandemic

Nutrition programs continue to have restrictions on home-delivered meals and congregate dining. There is a drive up or home delivery approach to keep everyone safe. We had centers who had to reduce services days to reduce exposure.

Ombudsman continues efforts to visit residents in facilities, working with residents and families. They were finally able to enter facilities and were provided with PPE. Funding continues to increase because of the risks and challenge of working with adults in long term care facilities. New Ombudsman II position in the Redding office. They go out and visit unannounced to investigate allegations.

HICAP went through Open Enrollment. There were more than 600 persons counseled over the phone. It has been challenging to work with people just on the phone. They work with older adults to go over their current plan and help them to get on the best plan. Watch for more advertising from the HICAP program. They have expanded staffing as well, hiring a long-time volunteer.

- Update on Dignity at Home Fall Prevention Program Efforts

We have one-year funding for fall prevention efforts. We have hired an individual to work with us on a temporary basis and focus on this program. This brings fall prevention equipment for those who meet criteria for the program. This program is income-based, unlike our other programs. Those who qualify can receive fall prevention equipment such as grab bars, shower benches, transfer benches, etc. More information including brochures and flyers will be provided to eligible participants. I will continue to keep you updated on our progress. We are fine-tuning everything we need to have in place before we start notifying hospitals, clinics, doctor's offices, physical therapy offices, chiropractic offices. Want to be sure we include as many folks as we can.

- Update on Trinity County Request for Proposal Process

There was one grant that was not renewed in Trinity County. That funding is still available. We will launch the Request for Proposals process soon. There was a transition at the Supervisor level. All of the representatives on the Executive Board for Trinity County have transitioned off. We had to

wait until the new members were on and oriented to resume the process to find a provider to apply for the RFP and restore nutrition services in Weaverville in Trinity County. We have Advisory Council members who review the RFPs. Nancy and Staci expressed interest in serving on that review panel. We ran the RFO earlier, but only had one letter of interest and they never applied.

Nancy – With regard to the Trinity RFP - I am looking at names and phone numbers of the new Trinity Supervisors – Grogan and Cox. Is there an effort being made to show how counties are doing congregate meals, and who they are partnering with. Shasta has a wonderful partner in Dignity Health. Some of the other groups have successfully submitted RFPs time and time again. There almost seems to be an independent pride that they are not part of the government PSA process. Teri – We had a discussion of a non-profit in Trinity that was considering. I share what is working and what is not, as well as examples of organizations that have been successful. TEACH is an example, as well as Great Northern.

- Other Agency Activity / Community Education Events

CA Commission on Aging is looking for nominees. They want a list submitted by the Advisory Council or Area Agency Directors. Nominees are required to be a representative of the geographic, cultural and other factors. Only a few positions are due to term out in the coming months. The law requires that five names be submitted for each vacancy.

## **H. Report on FY 20/21 Area Plan Goals & Objectives Activities**

If anyone has had any activity, please be sure to submit your Activity Reports to Mike Cottone in preparation for the Year-End report that is due in June.

## **I. Discussion on Planning for FY 21/22 Area Plan Goals & Objectives**

- Addition of Advance Health Care Directives and End of Life Planning Resource Distribution, Addition of Fall Prevention Efforts & Reshaping of Transportation Objectives

Nancy, Kit and Marcia wrote the language related to Dignity at Home Fall Prevention. Added under Goal 2, Objective R.

**‘With support of the PSA2 staff, the Advisory Council will make efforts to promote and distribute fall prevention education materials. This objective compliments the Dignity at Home Fall Prevention initiated in FY 2020/2021 to provide assistive devices to a means-tested adult and disabled population at risk for falls. Council members will assist with identification of interested community partners in the PSA2 area, then coordinate with the PSA2 executive office and assist with fall prevention material distribution to our older adult population. Fall prevention outreach will be promoted annually,**

**during Fall Prevention Awareness Week in September, to support on-going mobility of older adults and their maintenance of independence.'**

We can approve this now to move it forward.

There was also interest in adding language on Advance Planning. We can say something very general. With the support of the PSA2 staff, the Advisory Council will assist with the circulation of materials related to Advance Health Care Directives and End of Life Planning resource distribution. Clinton – recommend we keep it general and we can explore that in more detail later.

Goal #3 – Many have been listed because of past Advisory Council members who are no longer on the Advisory Council. Staci stepped up to revisit this, but we thought there might be interest amongst other Advisory Council members to work on these transportation issues for older adults.

Teri – The Area Agency on Aging produces an Area Plan every year, and every four years that plan includes the results of our needs assessment and much more detail to the state regarding our geographic area, the challenges we face, and the services we plan to provide, and the efforts of the Advisory Council. The next due date for updates to the plan are due May 1<sup>st</sup>. This is the time we start reviewing any changes we want to make to the four-year plan. Given that we need to revamp the transportation objective, we may not be able to accomplish that. The Advisory Council will look at the objectives for approval in March, then the Executive Board will review in their April meeting in order to meet the May 1<sup>st</sup> deadline. If we are going to make changes, we need to see that in early March. We also need to hold a public hearing, which is scheduled for March 23<sup>rd</sup>. Do we want to try to make a change to the transportation objective at this point?

Staci – Given that we have so much here that is not being done, we might want to trim it down. There is not a huge amount of interest at this time, but maybe we simplify the goal to focus on coordination with local transportation agencies, participation in trade groups on what is going on in state government on transportation, education and outreach to seniors about services that are offered. Teri - Lindsay and Kit were interested in transportation issues, so we can approach them to see if they are still interested in working on this. Clinton – I think that is a good idea. Right now, it is overwhelming. Let's make it a little more workable and achievable. Staci – I can submit what I think is workable, we can get input from Lindsay and Kit, and then present it to the group.

Nancy – I just want to assure Staci that the educate and advocate goal has A through R now, that's 18 different goals, but there's only seven now because a couple years ago we went through and slashed and trashed or omitted because there were things not getting done and there was no

progress being made. It is a more workable document when there are goals that people are interested in.

Staci – Transportation has been so heavily impacted by COVID. We have restrictions for our services where we are limiting the number of people we have on the bus for safety reasons. It is difficult to determine what the senior transportation needs are now in this environment. This is a good time to focus on broad educational goals and what services are available.

Frances – Our residents at Mountain Vistas are using the Sunday bus service and are very appreciative.

Staci – We are there Monday-Friday. Frances – They are also using the Sunday service. We have to be careful about accommodating the RABA bus. RABA has certain requirements and strict guidelines for providing paratransit services.

**J. Correspondence:**

Incoming: Resignation Message from Kenneth Ryan  
Resignation Letter from Richard Kern  
Outgoing: (None)

**K. Adjournment**

Adjourned at 11:26 AM.

Next Virtual Meeting – Friday, March 26, 2021