

**PSA 2 Area Agency on Aging
Virtual Advisory Council Meeting**
Friday, November 19, 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
Vacant	Lassen	-----
Vacant	Lassen	-----
Tina Kennemore	Lassen	Present
Marcia Anderson	Modoc	Present
Clinton Davis	Modoc	Absent
Debbie Mason	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
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
Corina Long, Supervisor, Siskiyou County Adult Services

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

Add a short stretch break after Director's Report.

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

E. Approval of Advisory Council Meeting Minutes – October 29, 2021

M/ John Dell'Amico

S/ Nancy Quirus

Approved.

F. Open Session / Announcements

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

Marcia Anderson – There is a website for distance care at caregiveraction.org where you can get support via chat and have live conversations with people who provide caregiver support.

John Dell'Amico – I will have to leave at quarter to 12:00 to go to church.

Frances Cole-Boyd – Mountain Vistas had a flu booster, shingles, pneumonia clinic a few weeks ago. 25 residents are getting meals delivered by Dignity Connected Living.

Debbie Mason – I did a presentation on elder abuse and services at the Strong Family Health Center in Alturas, a health center for Native Americans. Teri – We heard about this interest on our website and were able connect them with Modoc APS and Ombudsman.

G. Reports:

Chairman's Report – Nancy Quirus, Vice-Chair

- Update on Advisory Council Activities

Provided an Advisory Council update to the Executive Board earlier this week.

- Advisory Council Membership Report

Vacancies in Lassen (2), Modoc (1), Siskiyou (1), Trinity (3). Teri – Debbie Mason's term is expiring, but she has applied for another term. Siskiyou County APS participated in last months' meeting. Hopefully someone from Siskiyou APS will apply to participate on the Advisory Council. Will provide an update regarding Trinity County services later in the agenda. Hoping that we will have some interest from Trinity County. Also working closely with Lassen County representations and hope to have some interest there.

TACC Report – Nancy Quirus, Vice-Chair

- Update on Recent TACC Activities

Marcia – The next TACC meeting is December 14th. We will make the Zoom link available to Advisory Council members. The November Executive meeting of TACC dealt with Hubs and Spokes. I recommend

anyone who is interested in the Master Plan for Aging to attend the next TACC meeting, which is at 2:00PM and typically lasts for 2-3 hours. Teri will calendar that meeting and send out a link.

CSL Report – Teri Gabriel

- Update on Upcoming CSL Elections

Teri – Received an email from John Perreira from CSL, who previously attended the Advisory Council meeting, and is still available to answer questions about participating in CSL. Also received a copy of the top 2020 legislative priorities for CSL, including oral health care in skilled nursing facilities, personal needs allowance, skilled nursing facilities end-of-life privacy, hospice standards, home care aides, surrogate consent laws, public transportation, adult residential facilities, mental health, telephone support services, women veterans. I will send the three-page list out to the Advisory Council. The CSL election is coming up. Information will come out after January 1st. An application packet will be available.

Nutrition Report – Nancy Quirus

- Update on CalFresh Healthy Living Program

Food insecurity due to increasing prices result in some low-income families/seniors having to cut expenses from their budget. Heating, prescription costs can impact the ability to purchase food. CalFresh (formerly Food Stamps) is available for older adults. There will be increased focus on community food needs going into winter. CalFresh Healthy Living is a resource that is available to meet those needs. I do anticipate an increase in CalFresh Healthy Living. Has there been information shared regarding an anticipated increase in CalFresh enrollment? Debbie Mason – Not that I am aware of. Nancy – We know that there is food insecurity coming, especially for lower income individuals.

Lydia Gill – CalFresh benefits for some couples is \$16 per month. I know someone who gets the \$16 from CalFresh and then gets extra USDA added to her card. Frances Cole-Boyd – The extra is from COVID relief. Lydia – The extra CalFresh will continue through December.

Rebecca Terwilliger – In addition to the extra benefits, which are COVID related and available through December, is that persons who are aged or disabled can get additional deductions from their countable income for CalFresh benefits. They also do not have to do their renewals as often. The application and recertification process for aged and disabled applicants is simplified.

Teri – Connection between food and the healthy brain. We will share resources on the Mind Diet, which highlights foods that lower your risk of Alzheimer's Disease and dementia, as well as which foods to avoid.

Frances Cole-Boyd - Shasta County Office of Education does CalFresh applications here and they did a big push a few months ago with flyers in senior housing.

Mental Health Services Act (MHSA) Report

- Update on Each County's MHSA Services Activities

Teri – Shasta County MHSA – Shasta County Suicide Prevention Workgroup has been meeting for several years. Approached by KIXE about doing an event – Race to Solve Suicide – and a national campaign on suicide awareness. Dr. Patrick Arbore, the founder of the Institute on Aging in San Francisco and the Friendship Line, is onboard to participate in this series. Our local KIXE station covers all five counties and is aware of the importance of reaching older adults. This was adopted from a project in the Twin Cities. More information to come.

Nancy – November 3rd workshop Healthy Living for Brain and Body - Recording is available. Maggie – I was in attendance and it was wonderful.

Food Access Report – Staci Wadley

We have holiday activities going on. Our largest distribution is tomorrow and we will be providing turkeys. Last year we gave out \$100 gift cards. We are trying to provide smaller gift cards to outlying areas such as Shingletown and Lakehead. Lydia Gill – Who donates \$100 gift cards for Thanksgiving? Staci – We don't have those this year. We get them donated from rotary and other groups.

Frances Cole-Boyd - Mountain Vistas Senior Apartments is now a distribution site partnering with Dignity Health Connected Living to provide meals to residents. I hope this will continues after the congregate site opens up. The residents love the meals. Staci – We have been doing to the Project RoomKey on a short-term basis. Counties are required to help people stay healthy and has contracted with hotel room when they test positive. It has been a challenge. We are helping to provide the meals for them. We have also offered kitchen-free boxes. Teri – Dignity Health will also be helping us in Trinity County.

Director's Report – Teri Gabriel, Executive Director

- Update on Program Services during COVID-19 pandemic

PSA2 and AAAs received funds to promote vaccine awareness. We went to each of the Public Health departments. Siskiyou County did respond. We created a mail survey to the outlying areas of the county. Several thousand surveys went out to gather information on vaccine hesitancy. We had a 23% return on the surveys. Of the 1,622 that came back, 129 indicated that they had not been vaccinated. Public Health reviewed the information and acknowledged that it is challenging to change the minds of those who are vaccine hesitant. Over 90% indicated that they had been vaccinated. Over 87% percent did not delay in vaccinating. Those unvaccinated were hesitant because there was not enough information. 76% of unvaccinated do not plan to get vaccinated. 50% of unvaccinated are worried about side effects. Over 64% of unvaccinated did not think that the vaccine was safe. Over 34% stated that they needed more information. Over 64% of unvaccinated had other reasons for not vaccinating. Over 73% stated that they got their vaccine information from the media or news channels. 80% of respondents were aged 65 and older. 76% of those who responded are retired. We added a link to the survey on the PSA2 website. We did receive authorization to use funding for financial incentives for vaccination. We have until December 22nd to use the funding.

HICAP continues to be in full swing with open enrollment, which is open until December 7th. They are conducting business over the phone, but are prepared if someone wants to meet in person. Focus on recruiting and maintaining certification of volunteers.

Ombudsman Program Manager left the program. We are recruiting for the position, and interviews will take place this week and next week. We hope to fill the position soon.

- Update on Trinity County Senior Nutrition Program

Plans continue with the Trinity Senior Nutrition Program. Partnering with Dignity Connected Living and the Church of the Nazarene. Hiring of program coordinator is pending background check. Finalizing agreement with Church of the Nazarene and Dignity Connected Living. Finalizing procedures and made our first trip out there this week and met with the pastor and volunteers. Hoping to start December 1st.

- Update on Lassen County RFP Process

Completed the RFP process. Advisory Council members should have received the Notice of Funding awarding funding to Big Valley 50 Plus. The additional funding will help them to meet the need. We are in discussions with Lassen County Health and Human Services to see if there is a way that we can bring nutrition services to the community. Lassen County still has nutrition and transportation funding available. We are also meeting with PSA4. They have a restaurant voucher program available in their county.

- Update on PSA2 Outreach Efforts

Cheryl – We had multiple persons reach out via the website, some asking us to write articles. Our local hospital will write an article on how to prevent a stroke. This will go to our local printer and will be distributed. Teri – We continue to update the Facebook page with Fall Prevention program information, local clinics, HICAP, open enrollment.

- Other Agency Activity

Hubs and Spokes – At the last C4A meeting, we heard that stakeholder feedback will be announced in December. Next steps will be determined and prioritized by the Department of Aging. California State Association of Counties (CSAC), California Welfare Director's Association (CWDA), and California Foundation for Independent Living Centers (CFILC) all said they would need more time and involvement to determine next steps for Hubs and Spokes initiative. There will be a good opportunity since the California Department of Aging has a new director who started this month - Susan DeMarois - who has a background with the Alzheimer's Association.

We continue to provide equipment to older adults through word of mouth and newspaper advertisements. We are working with a marketing firm out of Redding on promoting and advertising the Fall Prevention program. Our deadline to spend funds is approaching at the end of March. Our surveys are coming back with great response. They are pleased to receive the equipment, the process is easy, and they report that it has helped to prevent additional falls. We have a staff member dedicated to the program.

Events have slowed down due to the holidays, but will pick up in the spring.

We reached out to Social Security Administration to see if they will participate in our Advisory Council meeting. It has been a challenge to connect with somebody. We will continue to try to make contact.

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

Nancy Quirus - Food Access – The Center for Healthy Communities has food access and distribution resources for all five counties on their website. Could we link it to the PSA2 website and Facebook? Teri – I will ask Cheryl to research that off of the Center for Healthy Communities website and place it on the nutrition program page of the website.

I. Discussion on FY 22/23 Proposed Area Plan Goals & Objectives Updates

Teri – I had notes on Goal 2.F. – Alzheimer's Disease and Dementia Community Education – Clarify Advisory Council membership involvement in this objective. If needed, we can appoint an adhoc committee to clarify goals and objectives prior to adoption. The next meeting is in January. There's no meeting in February. There is a meeting in March. Any changes go to the Executive Board

in April, then to the state for approval on May 1st. We would need to finalize in January and March. This is also an opportunity for Advisory Council members to be added to or removed from specific objectives.

Nancy – Objective F – Add Maggie to this objective. Would also like to see more teeth added to this objective. Teri – We can also set up a separate meeting to discuss.

Objective D – Senior Services Booklet – Teri - We could form a committee to review the booklet, since much of it is outdated and we have not been sending it out. Much of the resources and information is available on the website. We could consider putting out a newsletter to provide more frequent and updated information, similar to what the HICAP program does. It would need to be updated on a regular basis. Nancy – This would allow us to provide information timely, updating resources a few topics at a time. Does PSA2 have staff available to work on this based on Advisory Council input? Teri – We do not have a person who can sit down and design it, but they can assist. Lydia – Have you considered using the colleges or high schools to help? Teri – We have considered this in the past, but it is time-limited and better for short-term projects. We have a staff person dedicated to Fall Prevention who could work on this when the project ends in March. Nancy will reach out to Advisory Council to request that we all review the existing booklet for needed updates. Debbie – I can help with that. Should have an Advisory Council representative from each county to review and update the topics. Teri – We can start quarterly and have one person from each county. We can mail out the booklet so that everyone can review it. Debbie – If we can print them as needed, PSA2 could save on printing costs. Another objective could be helping people to advocate for their own health care. Teri – People need to have access to materials in print in addition to online. Nancy – When we developed the physical activity listings for the counties, it worked well having one representative from each county. Is there a document that has needed changes marked? Teri – We can flag the pages that need to be updated. Nancy – Any of the objectives can be updated. There may be other objectives that need to be changed to reflect what you are doing. Debbie – Attending trainings can be challenging if caregivers do not have access to respite care. Teri - Passages provides respite care through the caregiver support program. Debbie – They stated that they do not have any caregivers in Modoc County. Teri – There may be a connection in Adin for caregivers.

J. Correspondence

Incoming: None
Outgoing: None

K. Adjournment

Adjourned at 12:02

Next Meeting – Virtual Advisory Council Meeting – Friday, January 28, 2022