

**PSA 2 Area Agency on Aging
Virtual Advisory Council Meeting**
Friday, April 29, 2022
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
Vacant	Modoc	-----
Clinton Davis	Modoc	Absent
Debbie Mason	Modoc	Present
Marcia Anderson	Modoc	Excused
Frances Cole-Boyd	Shasta	Present
Maggie McNamara	Shasta	Present
Nancy Qirus	Shasta	Present
Staci Wadley	Shasta	Present
Heather Solus	Siskiyou	
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

Rose Gandy – CSL Candidate
Paula Schmidt – Madrone Hospice

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

M/ John Dell'Amico
S/ Mike Cottone
Approved.

E. Approval of Virtual Meeting Minutes – March 25, 2022

M/ John Dell'Amico
S/ Maggie McNamara
Abstain/ Nancy Quirus
Approved.

F. Open Session / Announcements

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

Frances Cole-Boyd– Mountain Vistas had a presentation for residents on fire safety.

Maggie McNamara – Kool April Nights is happening in Redding. Tonight is the cruise with lots of classic cars along the parade route.

G. Reports:

Chairman's Report – Nancy Quirus, Vice-Chair

- Update on Advisory Council Activities

Teri – Report out of Advisory Council activities at the last Executive Board meeting.

- Advisory Council Membership Report

Vacancies in Lassen (2), Modoc (2), Siskiyou (1), Trinity (3). There were two inquiries via the website from Trinity and Modoc. The interested parties were not able to attend this meeting, but hopefully will be able to come to a future meeting.

Teri – We have revamped the Advisory Council notice for publication in newspapers and on the PSA2 Facebook page to get the word out about the need for Advisory Council members.

TACC Report – Marcia Anderson

- Update on Recent TACC Activities

Topics from the last TACC meeting included Elder Abuse Multi-Disciplinary Team (MDT) meetings which include Adult Protective Services and other entities, the Master Plan on Aging, California Senior Legislature, Senior Rally Day, scheduling of upcoming meetings, Commission on Aging, and California Association of Area Agencies on Aging (C4A). Next TACC meeting is on May 2nd.

PSA2 ADCO Chairman usually attends the TACC. If anyone wants to attend the May meeting, Marcia did provide the links in her report, and Teri can forward that information. The TACC meetings are virtual. Nancy may be able to attend the TACC meeting on May 2nd.

California Senior Legislature Report – Teri Gabriel

- CSL Election Outcome

There is an item on today's agenda to consider the election of a candidate for CSL Assemblymember. Rose Gandy is the candidate. The Chair or Vice-Chair may declare by acclamation that the candidate is appointed. Teri will report to the Commission on Aging that the candidate has been appointed. Newly elected CSL representatives will be sworn in at the annual legislation session in October. At this time, it is still expected to be virtual.

Nutrition Report – Nancy Quirus, Vice-Chairman & Lydia Gill

- Update on CalFresh Healthy Living Program

Nancy Quirus – Food Security/Insecurity is a real issue here in California among our older adult population. Being on a fixed income is much more difficult during a period of inflation. USDA has developed a new concept called Nutrition Security that will impact the CalFresh Healthy Living program. Nutrition Security includes food security, access to food, quality of the diet, and equity in access to food. Nutrition Security is also tied to an adjustment in the CalFresh Healthy Living benefit. USDA will reevaluate the Thrifty Food Plan, which is the basis for establishing the amount of benefits that people receive. The Thrifty Food Plan has been in place for decades, but has not been updated since 2006. There have been changes in the dietary guidelines, and the price of food has increased significantly. The Biden administration has been tasked with updating the Thrifty Food Plan so that it is more realistic and practical. A family of four gets \$121 in CalFresh benefits per month. During the pandemic there were additional benefits provided. CalFresh benefits were increased to \$240. Supply factors also led to increased food prices. The post-pandemic food allowance per person was \$133 for a family of four. The adjusted benefit should bump that figure up when it is calculated in June, to impact benefits starting in September through next year. Food security means having enough calories to survive. Nutrition Security means having the right calories and nutrients to promote well-being and reduce the incidence of chronic disease.

Lydia Gill – We know that Dollar General is coming to Tulelake. We are hoping that it will include a grocery section because they do accept EBT. The Produce and Protein program is amazing and a lot of people in Tulelake are taking advantage of this needed benefit. I wanted to attend the TEACH meeting because 3% of their budget goes to the Tulelake-

Newell Family Resource Center, but they do not have virtual meetings because they are private. I told Carol that if I needed to find out anything, I will meet with Kelly to get the information. USDA is showing more interest in people getting enough food, especially in outlying areas like Tulelake. California Human Development came to my street fair and met with the City Council and the Mayor Pro Tem, and with me and Tim Bowen, and gave us three \$1000 scholarships for Tulelake High School students. Nutrition is getting better in Tulelake.

Nancy – Center for Healthy Communities' is working on identifying food deserts in the Northstate.

Lydia – Seniors are having difficulty keeping a garden due to the water situation.

Teri – Senior Farmers Market program is back after being in hiatus during the pandemic. We do not know how many we will get until they arrive. They will be distributed through our contracted service providers. Trinity does not have an authorized farmers market at this time. Teri will send the information to Mike to discuss with Public Health.

Mental Health Services Act (MHSA) Report

- Update on Each County's MHSA Services Activities

Teri – Shasta County has announced their next quarterly workgroup meeting at the Redding Teen Center on Churn Creek Rd next to the Dollar Tree on May 11th at 10:00AM. The workgroup provides input for Shasta County mental health programs and services. Advisory Council members are encouraged to attend.

Food Access Report – Staci Wadley

- Update on Food Bank and Food Access Activity

Staci – We think of food security as surviving and nutrition security as thriving. Sometimes the foods that we get are focused on surviving rather than thriving. We applied for a grant for food banks that is meant for rural, remote counties for a consultant to help us do a needs assessment on current services and where we are not reaching. Hopefully we will receive that funding. We have already received some proposals from consultants who work with food banks and are looking forward to what we might learn.

Nancy – Michelle Harris shared the work being done on a flyer that shows where senior can access prepared meals in counties. The older adult meal flyer is on the PSA2 Facebook page. How can we distribute this to ensure that seniors are aware of this information and it reaches as many older adults as possible? If you have ideas, please share them with Nancy. Staci – We go around to some of the trailer parks that are

frequented by or have senior residents. We will also let people know when we have food distributions. Maggie – What about casinos? A lot of seniors go to casinos. Teri – Libraries are another good place to distribute. Beauty school, post offices, and restaurants may also be options.

Director's Report – Teri Gabriel, Executive Director

- Update on Program Services during COVID-19 pandemic

Having conversation with nutrition programs regarding reopening plans. They do have to work with their Registered Dietician to develop policies and procedures for their programs. They also need to run their plans through their local Public Health. Happy Camp and Alturas have already reopened.

HICAP continues to advertise. HICAP contacted 295 new clients between September and March. 1,220 clients were served. During Medicare open enrollment, 834 clients were served.

Ombudsman continues to visit facilities now that they are allowed back

Continue to work with service providers to expand services in their communities. ARPA funding is available until 2024.

- Draft FY 2022/2023 Area Plan Update

Area Plan Update is in your packet. It was presented to approved by the Executive Board at the last meeting. Included two revised objectives for caregiving and the news brief to be included in the HICAP newsletter. Following Executive Board approval, transmittal letter will be signed by Executive Board Chair and Advisory Council Chair/Vice-Chair. Area Plan update is due to the state by May 1st.

- Report on Dignity at Home Fall Prevention Program

Program has been completed. Served 103 individuals. 159 reached out but not all were qualified because it was income-based. The income criteria are expected to be eliminated for the new cycle. Average age of those served was 72. Nine were served under 60. The average rating in the survey was 4.5 out of 5. Top devices were grab bars, grab and reach tools, toilet seat risers, and toilet safety frames. We were able to add electric reclining 15 lift chairs to the list. We marketed through radio ads, mailers, television, Adult Protective Services and In-Home Supportive Services, Facebook, word of mouth, and flyers that were distributed. Comments include “Thanks you so much for everything...”, “My husband says he can get up now without hurting.” We look forward to offering this program again in July.

- Update on PSA2 Direct Service Senior Nutrition Programs

Trinity - still working on an agreement with Dignity Health. We have a Program Coordinator on board and when ready will start reaching out to potential participants. We have volunteers who have come forward for the program.

Lassen – Dine Around Town program. Met with the Registered Dietician and working on finalizing menu items and ensuring that they meet dietary guidelines. Working with Lassen County to fill the program coordinator position for that program.

- Update on Master Plan for Aging Initiatives

Hubs and Spokes concept will be dissolving. California State University – Sacramento did an evaluation of the data they received, and it indicated that the Hubs and Spokes concept was very confusing for the stakeholders involved. They have also put a hold on any reassignment of Area Agencies on Aging. They have presented some scenarios of how these could be structure, but more discussion is needed. We continue to work with the Disability Advocacy Network and PSA3 to identify shortfalls and challenges in rural areas.

We continue to work with CalAIM project. Area Agencies on Aging were contacted to see if they are interested in providing services through this program to provide enhanced care management and community support services.

The Association of Area Agencies on Aging is hosting their annual conference, which will be in-person with a virtual option for a handful of session. The conference is May 11th-13th in Glendale.

- Other Agency Activity

May meeting is just before Memorial Day weekend.

Senior Rally Day – May 3rd, 2022. This is virtual and it is free.

Older Americans Month is in May. We send the proclamation to each of our counties for the BOS in each county to adopt. If there are Advisory Council members who are interested in attending BOS meetings to accept the proclamation, please let Teri know. Shasta is looking for someone to accept the proclamation on May 17th or May 31st.

Discussion of May meeting, possibility of resuming in person meetings. There is a possible telecommuting location in Siskiyou County. Decided to continue meeting virtually for now and discuss options going forward.

Break 11:21 – 11:27

H. California Senior Legislature Election – Senior Assembly Member

Rose Gandy has submitted an application for CSL Senior Assemblymember.

Rose – I have been a caretaker to a lot of people, and I want to do something that is meaningful and to help people who are suffering.

M/ Mike Cottone

S/ Nancy Quirus

Appoint Rose Gandy as Senior Assemblymember to the California Senior Legislature

Approved.

I. Appointment of Advisory Council Officer Election Nominating Committee

Appoint one or more Advisory Council members to nominate members to offices. Election happens at the June Collaborative meeting.

M/ Staci Wadley

S/ Mike Cottone

Appoint Maggie McNamara and Debbie Mason to the Nominating Committee.

Approved.

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

Deadline to submit Activity Reports to Mike Cottone is May 13th.

K. Discussion on Advisory Council's Year-End Report to the Executive Board

Need to identify a presenter for the Year-End Report. Discussion of presenting as an Advisory Council team.

L. Correspondence

Incoming: Letter of Intent from Marcia Anderson

Outgoing: None

M. Adjournment

Adjourned at 11:56AM

Next Meeting – Virtual Advisory Council Meeting – Friday, May 27, 2022