

**PSA 2 Area Agency on Aging
Virtual Advisory Council Meeting
Friday, May 26, 2023
10:00 AM
MINUTES**

A. Call to order and Flag Salute

Meeting called to order at 10:05 AM.

B. Roll Call (Establishment of a quorum)

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

Quorum Established.

C. Introduction of guests

Jerry Kirouac, Program Manager – PSA2 Ombudsman
Cheryl Rushton, Admin Clerk - PSA2 AAA
Colleen Nelson, Program Manager - Compass Shining Care
Kristie Mathews - Shasta County Commission on Aging
Laura Acosta – Dignity Health
Carolyn Nava – Disability Action Center

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

M/ John Dell'Amico
S/ Debbie Mason
To approve the agenda as presented.
Approved.

E. Approval of Advisory Council Virtual Meeting Minutes – April 28, 2023

M/ John Dell'Amico

S/ Clinton Davis

A/ Debbie Mason

To approve the minutes as presented.

Approved.

F. Open Session / Announcements

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

Lydia Gill – Things are getting really tough with the nutrition food boxes. Great Northern used to deliver four boxes with four Velveeta cheese. This time when I picked it up, you get one box and no cheese and also to the produce and protein, the last distribution of that will be in August, then that will come to an end. The Klamath Lake Food Bank starting June 1st will be giving produce at the Tulelake Newell Family Resource Center, but it will be very limited and first-come, first-serve.

John Dell'Amico – U.S. Commodities – Great Norther distributes at St. Barnabas Church at 701 Lassen Lane in Mt. Shasta. Next pickup is July 13th.

Nancy Quirus – That's helpful information for everyone who's in Siskiyou. I'm sorry to hear all the tightening of almost everybody's belt is going on. And particularly with the changes in the CalFresh program that were implemented starting March 1, there has been a significant reduction in the buying power for seniors.

Colleen Nelson – Shining Care in partnership with PSA, DA, RPD have our Elder Abuse Awareness month in June and we're also doing Purple city which is a nationwide movement. Just make our community more dementia, Alzheimer friendly, but we're kind of adding all of our, you know, our aging diseases that make it hard for us to get out. We have our resource fair on June 8 at Orchard Nutrition from 10:00AM – 1:00PM, we'll have a remote there. Then we end with our Purple City Festival at the Sundial Bridge on June 10th from 5:00pM – 10:00PM. We light the bridge purple, there's food, entertainment, aerial silks performance, as well as resources and fun activities for kids. Nancy Quirus - I was particularly interested in the third event there the Shasta County DA food drive. Do you have more specifics? How and where are they collecting food and how do we let the public know? Colleen Nelson - That's going to be through the DA's office. I can try to get a list where all of the barrels are at and I can get those to Teri.

Staci Wadley - I'm going to be attending an event for case managers in the community, people that work in social service agencies. They've asked if we have any information to share on events that are going on regarding Elder Abuse Awareness, and I've shared a couple of these they're on there. They're on the list, but I'd be happy to forward this along as well. I've sent them several items that I've received from neglect from Teri and so any information that I can pass along I'm happy to do that.

Nancy Quirus - Advisory Council members in the other four counties can also utilize Staci's approach get the word out any way you can to agencies, contacts organizations that you know. It's a very worthwhile thing to draw attention to. And hopefully, we'll have increased awareness and less of the problem.

Teri Gabriel - PSA is supporting the effort by helping to pay for advertising because we know how important it is to get the word out. We're helping to cover the costs for radio advertising. We will be present on the June 8th event for the Health and Safety Resource Fair. We will also have our HICAP and Ombudsman programs present for the Purple City Festival on the Sundial Bridge. The color purple is related to dementia awareness. It also falls into play with Elder Abuse Awareness Month.

John Dell'Amico – Saint Anthony Catholic Church on Pine Street in Mt. Shasta serves sandwiches on Thursdays from 3:00PM – 5:00PM. On June 22nd I will be 90 years of age.

G. Reports:

Chairman's Report – Nancy Quirus, Chairman

- Update on Advisory Council Activities

Executive Board Meeting – I reported out on community concerns in regard to seniors needing assistance with utilities due to rising utility costs. Shasta has the Power to Seniors program. I also shared the new focus for CalFresh on the food distribution program for the indigenous population. I was proud to share that Lassen County is actually taking the lead on this with their Food Distribution Program. The program is in the beginning stage of building a relationship to work with veterans and the contact has been through the VA clinics both here in Redding as well as the one in Yreka. Shingletown area is now receiving home-delivered meals and that it's very possible that congregate meals will be available in the Shingletown area soon. I did a contrast between the expansion of the Trinity County Food Bank, which occurred during the pandemic, and the necessary and needed expansion of the Shasta County Food Bank. There was some discussion about potential expansions in the other counties besides Trinity and Shasta, because like Lydia mentioned earlier, all of the food banks are going to be stretched as more and more food insecurity comes on the horizon. And a lot of those people are seniors. I shared the HICAP Newsletter and that excellent article on disaster preparedness. They were interested and copies of the disaster preparedness newsletter were shared with individuals on the Executive Board.

- Advisory Council Membership/Recruitment Report

We still have three vacancies for Lassen County, one vacancy in Modoc County. There is one application being processed for Lassen County. Teri Gabriel - Supervisor Gary Bridges asked for an application and will be meeting with someone who is interested.

Debbie Mason – I had one lady who was interested but I have not had a chance to talk to her.

TACC Report –Frances Cole-Boyd, Vice-Chairman

- Update on Recent TACC Activities

There was a TACC meeting on May 1st. They talked about bills that are being sponsored/co-sponsored. AB 820 is intended to increase representation of older adults on state boards and commissions. AB 770 has to do with RCFE expansion. Facilities with less than six beds would not be included. There will be better oversight for our vulnerable older adults. SB 544 amends the Bagley-Keene Open Meeting Act to allow for virtual representation by members. There was a presentation on the village movement of California. Building intergenerational communities of care so older people can age in their homes. There's three main components of it - pro-social programming, volunteerism, and resources and referral. They found for volunteerism that the main things volunteers do is provide transportation, tech support and friendly visits. They found that predominantly the people involved are middle income and it's been more successful with white older adults and but they're working on reaching other populations. Most of the people involved are single without children, or children who live further than 10 miles away. There is a fee to join. It varies, and there are scholarships, and there's some sliding scales. It fits into the Master Plan for Aging under Goal 3. Most of these communities are in the bay area or southern California. There is one in Booneville. There is one that began in Redwood Coast, but that separated from that group due to needing more money. They're looking in places to get a Medicare Advantage and they think they would love to partner with Area Agencies on Aging to start these. There was also a presentation AB 567, which is long term care insurance and if you're interested in that, I can send you the PowerPoint. They were looking at five program design options. One was supportive long-term care benefits for home care and RCF benefits for older adults, lower-range comprehensive LTSS benefits, mid-rate, comprehensive LTSS benefits and higher-range comprehensive LTSS benefits. The next recommended steps are financial analysis, eligibility and enrollment, assessing the number of Californians covered under each of the five recommended designs, and identifying any groups of Californians that are not covered. They would like to establish six separate work groups to examine a range of topics that could influence certain aspects of the program. They have more information on their website at <https://villagemovementcalifornia.org/>. The next TACC meeting is virtual and will be September 7th.

California Senior Legislature Report – Teri Gabriel

- Report on 2023 Virtual Senior Rally Day

Frances Cole-Boyd – Our local senator and assembly person were not in attendance, nor were they any of the people who had any of the bills for older adults. They gave legislative briefings on bills they are working on. Check out the data tracker on the Master Plan for Aging website. Focusing on inclusion

and equity, not isolation. The theme of this year's Senior Rally Day was inclusivity. The Bridge to Recovery was just approved the previous day, which is giving money available through grants to go to adult daycares and PACE and other programs. The Executive Director of the California Collaborative for Long Term Services and Supports spoke. There's up to 89% of Californians will be unable to cover their long-term care costs without selling their homes. And there's only 550,000 IHSS caregivers in California. And they recommend especially that we support the family caregivers. There was a panel on equity initiative and inclusivity, which is cultural humanity, need to embed in the organization DNA, and then they talked about the digital divide with disparities that became more obvious during the pandemic. Too many Californians cannot afford homecare. In some counties, half the homeless are older adults. Most of them are experiencing that homelessness for the first time after the age of 50. Older adults are the fastest growing population of homelessness. Assemblyman Cecilia Aguiar-Curry spoke on AB 387 on Alzheimer's disease. Justice on Aging spoke on a budget ask for one-time funding of \$500 million for a four-year housing stabilization program. AB 48 - Nursing Facility Resident Informed Consent Protection Act had a lot to do kind of with black box drugs. SB 278 on elder abuse. SB 431 - Grandparents and Caregiver Support. Grandparents are becoming the ones who are raising their children grandchildren and just giving them more supports. AB 1036 - Emergency Medical Transport. AB 21 - Peace Officers Training on Alzheimer's and dementia and how to handle them appropriately and safely. AB 1620 - Costa-Hawkins Rental Housing Act. AB 478 – Wildfire insurance. AB 582 – Fire-Resistant Home improvements. Tom Neely and Gary Bridges were in attendance and advocating for wildfire support. There were 550 people registered for the Senior Rally Day.

- Update on CSL Vacancies

Teri Gabriel – We are still in need of CSL representatives. We hope that Advisory Council member will consider applying. They meet quarterly, mostly virtual, and one time per year in person in Sacramento.

Nutrition Report – Nancy Quirus, Chairman & Lydia Gill

- Update on CalFresh Healthy Living Program

Older American Month promotion— May is Older American's Month. Including a Proclamation by the BOS in both Siskiyou and Shasta counties. Also partnering with CHC's outreach team resulted in multiple social media posts during the month. The promotion acknowledged the many contributions and achievements of older Americans. At the same time, we encouraged all older adults to explore a wide range of aging experiences. A few challenges were shared including; staying engaged with their community, finding new adventures and trying new activities, plus investing time and energy to form new relationships and deeper connections with family, friends, congregations and community members.

Next month is Fresh Fruit & Vegetables month, startup of local Farmer's Markets so stay tuned.

Visiting Trinity Senior Meal sites – met with or plan to meet in the near future with the Roderick Senior Center in Hayfork, the ‘new’ Trinity Senior Nutrition Program in Weaverville and Golden Age Center also in Weaverville. Exploring options to increase the nutrition education received by their participants based on requests and needs assessments. I also promoted application for CalFresh program participation.

This month I discovered the County Health Rankings & Roadmaps report for Shasta County. Each of you may want to check out your own county’s health ranking. Shasta was ranked #46 out of the 58 counties.

It was both informative and down-right scary when Shasta was compared to the state average in many health-related categories. The most encouraging aspect of the Shasta snapshot was that it ranked in the higher mid-range equivalent to 50-75% of healthy factors representing things that can be modified to improve the length and quality of life for residents. Check out <https://www.countyhealthrankings.org/explore-health-rankings>.

Laura Acosta - I've been using County Health Rankings for a long time. It's a really great tool, particularly that infographic on the right hand of the screen, when talking to leaders about the Social Determinants of Health, particularly from the healthcare standpoint, having access to or lack thereof. Quality is important. It's all those other factors that really contribute to our overall well-being. I'm happy to hear that this is something that's being brought up to this group. As we think about each of our counties, and our region, what are those one or two metrics that we want to come together and say, Hey, let's move the dial on this. And to have one data source to look at, as we made an increase or decrease of X, Y or Z, here's the metric that we're all using. It's that common language to really highlight that.

Mental Health Services Act (MHSA) Report - All

- Update on Each County’s MHSA Services Activities

Teri Gabriel - California Department of Aging has noted that while the state budget is in a major deficit, there is still funding to support mental health services for older adults at the state level through the Mental Health Services Act. At this point it is not being cut from the budget.

Food Access Report – Staci Wadley

- Update on Food Bank and Food Access Activity

We had a little bit of frustration on our Food Bank expansion. Our bids came in about \$600k-\$700k higher than the funding we have. The Me4rcy Foundation is helping us to close that gap, in addition to us making some additional cuts on the design plans. So as of this week, we are going to go ahead and make it happen, and we feel confident that we're going to be able to proceed. We're expecting groundbreaking to happen mid to end of July. As Lydia mentioned, food banks are seeing increasing demand in some areas,

and funding is not what it was in the past couple of years. The amount of food that people will receive is definitely going to be more limited as compared to what they have been used to receiving during COVID. We're hoping to continue to grow and expand our reach. Prior to COVID, there were limitations as to how many times food could be accessed. Just before COVID, there were trade issues that resulted in the government purchasing excess commodities at a higher level than before, so we had additional food then. Currently we don't have those types of resources, so we are beginning to discuss whether we need to put some limitations back.

Break 11:03-11:09

Director's Report – Teri Gabriel, Executive Director

- Update on PSA2 Direct Service Senior Nutrition Programs

I wanted to give an update on the Trinity Senior Nutrition Program and the Dine Around Town program in Lassen County. These are both direct nutrition programs in the PSA2 region due to the lack of a contracted service provider to provide nutrition services. In Trinity County and the Weaverville area, the Senior Nutrition Program offers home-delivered meals program meals to over 50 individuals in the area and even outside in the Lewiston area and outside of Weaverville. We partnered with Dignity Health Connected Living to provide meals by actually driving them to Weaverville. We've partnered with the Church of the Nazarene, where the pastor was recently hired to be the Program Coordinator. They are not only offering their site but also offering and helped us to recruit volunteers for the program. Benjamin Sarkisyan is an Advisory Council member and also a volunteer driver for the program. We're moving forward. We received board approval to move forward into fiscal year 23-24. We are updating our agreement for the next fiscal year to include congregate dining on site at the church. They've offered their fellowship hall for indoor dining for the congregate dining portion of the program, which had been on hold during the pandemic. Since the Public Health Emergency is ending, programs are to be back on July 1st to normal services. We're planning to have the dining center opened for congregate dining.

In Lassen County, we adopted a program that was used in the Sacramento Area Agency PSA for seven counties. They initiated a restaurant program which they called Dine Around Town. I happened to hear about it in one of our state meetings and reached out since we had lost a longtime contractor in Lassen County. That program is focusing on congregate dining to use local restaurants in the area to bring nutrition services to the. That program is serving over 170 individuals for the congregate dining at the restaurant. They receive a monthly voucher to take to the restaurant for a meal that has been revamped to meet dietary guidelines. Our Registered Dietitian worked to make changes to the restaurant meals to meet dietary guidelines for older adults which are required for our programs. We've started the congregate dining portion, but we're working on the home-delivered meal part of the program and recruited two volunteers. They are trained and have completed ServSafe training for safe food handling. They've completed their security awareness training knowing that they will be working with confidential client

information. We have a meeting next week to talk about next steps and determine delivery routes. I have a list of additional volunteer opportunities in the county so we'll be reaching out to more volunteers. That program was approved by our board to continue into fiscal year 23-24. We conducted a satisfaction survey with the program participants, and they were very pleased with the program. The most frequent comment was looking for additional restaurants to add variety to the menu options.

Additional funding for optional nutrition services for restaurant meals will be considered and there may be an opportunity to add restaurants to the service list based on the funding that is available and restaurants that are able to meet the criteria. We're hoping that we can expand it to other counties as well to give more meal options, especially in areas that are not currently served by a nutrition center.

- Update on Master Plan for Aging Initiatives

The Department of Aging was conducting a California 2030 Initiative interview process. PSA2 staff and Director were interviewed, and we invited the Advisory Council Chairman and Vice-Chairman, so Nancy and Francis joined us. California is leading away on this California 2030 project which is focusing on designing a future ready network of Area Agencies on Aging to serve larger, older and more diverse populations of older Californians. This survey process will result in actionable recommendations that focus on network-wide advancement and enhancement in six core areas of the Area Agencies on Aging structure - Programs and Services, Funding Sources and Capacities, Key Performance Measures, Governance, Geography and Demographics, and Branding, Communications and Outreach. We met with a coordinator from Collaborative Consulting to discuss challenges with our rural communities, the services that we need to provide, and the lack of resources. The Department of Aging is working on a process to get the information out. There'll be a summer series of meetings, including a webinar on the outcome of the survey process in July. There will be a Promising Practices event in August.

I was able to attend the California Association of Area Agencies (C4A) annual conference, mapping the future of aging and disability in California. There was a wide variety of presentations there including housing. One of the speakers was Dr. Margot Kushel with the U.C. San Francisco Center for Vulnerable Populations. That is the June 1st presentation that I sent to everyone. By 2030, the oldest baby boomers will turn 85 and 55+ homeless as you will see an 84% increase. I also had an opportunity to participate on a panel related to dementia and Alzheimer's. This was due to the Healthy Brain Initiative that was granted to Shasta County. The second round of funding for the Healthy Brain Initiative for California was granted to seven applicants, one of which was Siskiyou County.

I also had an opportunity to sit on a panel for the local Master Plan for Aging. Carolyn Nava led the session, which was very well received. There is an event on October 20th for the Master Plan for aging for Shasta, Butte and Glenn counties. Carolyn Nava - We want to encourage all to save the day for

October 20th. We are pleased to announce that the Director of the California Department of Aging, Susan DeMarois, will be our keynote speaker for that afternoon. We want to make sure that everyone has the opportunity.

- Older Americans Month Activity

The proclamation for Older Americans Month was presented to our executive board and adopted at our last board meeting. It was also sent out to each of the five counties clerks. I think most of them have already been on their agenda and unanimously been approved. Our Shasta County Advisory Council members, Nancy, Staci, and Francis will be joining the Board of Supervisors meeting on May 30th to present and accept the proclamation.

- Other Agency Activity

We also have Elder Abuse Awareness Month (EAAM) in June. EAAM starts with the Know Abuse Report Abuse campaign. We are working with Adult Protective Services in each of the five counties. The Ombudsman Program, Jerry's team will be working to put up the banners and flags raising awareness of elder abuse and displaying a number of flags. This is to raise awareness of elder abuse. Many of our banners will have phone number for Adult Protective Services, and who to call to report elder abuse, as well as the Ombudsman program number to report abuse in long term care facilities. We also have lawn signs that are easy to place anyone who would like one just let us know and we'll find a way to get one to you. Shasta County will have a purple bridge lighting, and a big electronic sign that is visible off of the I-5.

The Redding Health Expo, hosted by Dignity Health, is on June 3rd at the Civic Auditorium. There will be representation from PSA2.

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

- Elder Abuse Training – Teri Gabriel

Tina Kennemore shared an email that she had gone to the California District Attorney's training on Elder Abuse. They mentioned EAGLE (Elder Abuse Guide for Law Enforcement), a tool for law enforcement. The tool can be found at <https://eagle.usc.edu/>.

Nancy Quirus – Alzheimer's and Dementia – California launches an initiative to improve the quality of life for people living with dementia - Dementia Care Aware. More information can be found at <https://www.dementiacareaware.org/education-and-training/>.

Staci Wadley – RABA is working on their short-range transit plan. You can get more information on the RABA website. This plan is to assess current services, how they are meeting transit needs, and what they should be doing differently. They are conducting surveys and gathering data to determine how to focus their efforts. RABA service area is pretty big and does serve a fair amount of seniors. The RABA website has a bunch of documents available, including maps of elder population density.

Teri Gabriel - Nancy and Francis joined me for a presentation to Shasta County Commission on Aging about PSA2 and the services we provide. Nancy and Francis spoke about their activities and their involvement with the Advisory Council. There were lots of questions and engagement.

John Dell'Amico - One of the things that we have a great deal of problem with is communicating in the event of a disaster. There are two organizations to cover Siskiyou County – Mt. Shasta Amateur Radio Club meets on Wednesday evening. Siskiyou County Area Radio Association meets on Thursdays. They provide communications for various activities.

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

Teri Gabriel - We need to identify Advisory Council members who will participate in the presentation of the Year-End Report to the Executive Board at the Collaborative meeting on June 19th. Mike Cottone completed the Year-End Report for FY22/23, which is included in the meeting packet. Mike will be on vacation and unable to attend the June meeting.

Teri Gabriel – After last year's collaborative meeting, we decided to have a follow up after the meeting to discuss how the presentation went. After this meeting, we'll follow up the next month on how it all went and how we can engage the audience and provide a comprehensive report.

Following adjournment of today's meeting, Staci, Francis, Nancy, Benjamin, and Clinton will schedule a pre-planning call to work on the presentation.

J. Correspondence

Incoming: None
Outgoing: None

K. Adjournment

12:02 PM

Next Meeting – Collaborative Meeting (Virtual) – Monday, June 19, 2023