

**PSA 2 Area Agency on Aging
Virtual Advisory Council Meeting**
Friday, October 29, 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 | Excused |
| Debbie Mason | Modoc | Present |
| Vacant | Modoc | ----- |
| Frances Cole-Boyd | Shasta | Excused |
| Maggie McNamara | Shasta | Present |
| Nancy Qirus | 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
Amy Hippler, Siskiyou County Adult Protective Services
Jenna Gabriel-Faris, Siskiyou County Adult Protective Services
Heather Naucom

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

Move Outreach Committee Report under Director's Report
M/ Marcia Anderson
S/ John Dell'Amico

E. Approval of Advisory Council Meeting Minutes – September 24, 2021

Corrections:

Under Item H – Director’s Report – CHAT – Last sentence, “Definitely more **work** has to be done at the state level.”

Under Item H – Director’s Report – Update on Trinity County Nutrition Program Services Plan - Nutrition Services – 5th sentence, “...**drop** off meals.”

M/ John Dell’Amico

S/ Debbie Mason

Approved with corrections.

F. Open Session / Announcements

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

John Dell’Amico – Clinton did a very fine job as Chairman.

Lydia Gill – Tomorrow is the ribbon-cutting ceremony at 4:30PM for the expansion of the Veteran’s Park in Tulelake. There will be a street dance and music to follow. Everyone who wants to come and enjoy the festivities is welcome.

G. Reports:

Chairman’s Report – Nancy Quirus, Vice-Chair

- Update on Advisory Council Activities

Teri read a summary of the Advisory Council’s activities at the Executive Board meeting and informed the Executive Board that with Clinton stepping down, Nancy will run the Advisory Council meetings and that other meeting would be shared between Advisory Council members.

- Advisory Council Membership Report

We have vacancies in Lassen (2), Modoc (1), Siskiyou (1), and Trinity (3).

TACC Report – Nancy Quirus, Vice-Chair

- Update on Recent TACC Activities

Marcia Anderson – Next meeting is December 19th. I will be attending. TACC stands for the Triple A Council of California. The website at <https://tacc.ccoa.ca.gov/> has information, meeting schedule, Bylaws, etc. Teri – TACC meetings will continue in a hybrid mode.

CSL Report – Teri Gabriel

- Upcoming CSL Elections

CSL Election notice is in the ADCO packet. A ballot petition is required. More information and materials are available at www.4csl.org. Both positions are vacant (Senator and Assemblymember). Must be 55 or older, involved in and aware of senior issues in your area, and willing to volunteer to represent your area at the state level. CSL may be meeting in a hybrid mode – mostly meeting virtually with an annual in-person meeting. They were meeting once per year in person, but did not have funding for an in-person meeting last year. More on that to come.

Nutrition Report – Nancy Quirus

- Update on CalFresh Healthy Living Program

Teri – CalFresh Expansion - Funding will be available through the California Department of Aging in FFY 2023-2025 – PSA 2 staff will conduct outreach and assist seniors with the CalFresh application. Can be done both in-person and over the phone (during the pandemic). PSA 2 staff member will go to the senior centers to help seniors with applications. The application still goes to the county for an eligibility determination. Hoping to reduce food insecurity in the older adult population. Will also provide voter registration assistance for older adults.

Nancy – Will there be outreach to those receiving home-delivered meals?

Teri – Absolutely. We will run newspaper ads, send out flyers/mailers.

Lydia Gill – Modoc Food hub – People can contact the food hub and use the EBT card to order food items to pick up later at the Honker in Tulelake. People can sign up and go online to explore food items. Staci – Looks like a farmer's market where people can purchase items online and pick them up - modocharvest.org.

Mental Health Services Act (MHSA) Report

- Update on Each County's MHSA Services Activities

Marcia – Companion Pets. Staci – There are dogs and cats. We use them primarily for our Adult Day Health Care program, and we also purchase them for individuals that we serve in the home as part of our MSSP program. We get ours through Hasbro - \$90-\$140 each – These work incredibly well.

Teri – CARES Act funding will allow the Ombudsman program to provide these robotic pets to residents of long-term care facilities.

Nancy – There was a MHSA meeting in Shasta on September 28th. The intergenerational mental health project (Hope Park) has been approved by the Shasta Board of Supervisors and submitted to the state for approval.

Ad Hoc Committee Reports:

- Update from PSA2 Outreach Committee

Moved under Director's Report.

- Update from Food Access Committee

Staci - Dignity Health is not permitted to provide food outside of our county. We had been looking at providing food up in the Bieber area. That was the focus of the (Adhoc) Food Access Committee. Teri - We can remove this item from the agenda and add an item to the Reports section for Staci to report on Food Bank activity.

Staci – We are continuing to sign people up for CFP boxes for seniors that are recipients of commodities. We typically distributed about 1,300 per month, but with COVID we are giving out about 800 per month, because not as many seniors are coming out. We are continuing to take applications now. The state budget surplus has provided funding to food banks for capacity building. We have plenty of food and expect that to continue, but we are strained for storage. We could receive up to one million dollars for food bank capacity building.

Director's Report – Teri Gabriel, Executive Director

- PSA2 Outreach

We have added the Advisory Council minutes to the website. We have Advisory Council members on the website, but no contact information. Members of the public can go through the office to reach Advisory Council members in their community. We have added this year's and last year's minutes, and have noted when there has been no meeting. We will continue to add those the website. We continue to update the website with resources for our program contracts. We continue to receive connections through our Contact Us page. Those messages come to our inboxes. We address and track inquiries that come in (walk-in, phone, website, etc.). Cheryl – People contact us re placement, transportation, shopping, equipment, facility issues, requesting elder abuse presentation, contact information for HICAP. We continue to share information on our Facebook page, such as Fall Prevention, events.

Lydia – Is everyone aware of the Southern Cascade transportation service? They transport people to medical appointments at no charge if they are Partnership Health plan of California (PHC) member. If they are not a PHC member, there is a charge.

- Update on Program Services during COVID-19 pandemic

We had a nutrition service provider meeting on October 27th. Staci was present. There was a lot of information to share with nutrition providers. CARES Act funding is available to increase meals and expand services, as well as to nutrition program participants for shelf-stable meals. We will be having meetings with nutrition providers about how services can be expanded in their communities. We also talked about new menu guidance coming from the state. Our Registered Dietician, Susan Maloney, introduced that new menu guidance. There are some changes in reporting data on meal services. Any changes that need to be made are incorporated in the menu later. A congregate dining reopening template was developed and has been approved by the Department of Aging and the Department of Public Health. When programs are ready to reopen, they can use the template to guide their reopening plan, when it is safe to do so. Programs need a reopening plan in place and approved by their local public health department. We talked about funding coming from the Consolidated Appropriations Act, the American Rescue Plan, and the Older Americans Relief and Recovery Act. All of this funding supports home-delivered meal programs and other services. We also talked about the CHAT (Communication, Health, Aging, and Technology) project for iPad tablets provided by AT&T. We are pending guidance from the Department of Aging. We only have 37 tablets to distribute for the five counties. There is a training and a survey process to verify that the older adult qualifies for the tablet. The goal is to address the isolation that older adults have experienced during the pandemic and hope to bridge the digital divide.

- Update on Trinity County Nutrition Program

We received the board's approval to reinstate congregate and home-delivered meals in the community. We no longer have a contract in place with Golden Age Center. We are going to start a program where meals will be prepared by Dignity Health and delivered to Weaverville. We will have a Program Coordinator that we have recruiting for and who will coordinate delivery of meals. We have to go through the intake forms we had previously to determine which prior participants are interested in participating in the program. This will be a temporary program as funding allows until it goes out to RFP again in 2024. The other partner is Church of the Nazarene in Weaverville.

- Update on CDA Aging Hub Initiative

One of the initiatives of the Master Plan for Aging – Information about events was sent out with links to the California Department of Aging website. One of the initiatives is to revisit the structure of Area Agencies on Aging. The Department of Aging had town hall meetings and online surveys. I had a last-minute request to present on the Rural and Remote town hall meeting. I was able to focus on providing services in rural communities. Housing, placement, and caregiving are issues. There are disparities in the availability of services

in rural versus urban areas. We should hear something in December once they compile the information from the surveys and town hall meetings.

- Other Agency Activity

We are expanding our administrative staff and will be recruiting an administrative supervisor and a program coordinator to oversee the nutrition program in Trinity County.

Siskiyou County senior ride-thru event for people that received materials. We had 100 bags to hand out and ran out in the first 1.5 hours. We are mailing out more packets. Trinity County PATH is having a Trinity Health Fair in the Spring. Cheryl has joined the workgroup to plan that event.

John Dell'Amico – I would like to ask if we get someone from the Social Security Administration to give us some information about calling to add money to your account. I would also like to welcome our guests. We also need to address the need for a new Chairman for the Advisory Committee. Teri – We did discuss this and will wait for the Advisory Council election. Nancy will cover the meetings until then. I would also like to point out that the Baptist Church in Mt. Shasta has a dinner on Thursday evenings from 4:00 - 6:00 PM. Great Northern also has commodities distribution.

Fall Prevention Program – Work continues on Fall Prevention. Equipment is moving along. We appreciate Adult Protective Services in the counties that have referred older adults to us so that we can make sure they have the equipment they need to help them prevent falls in the future. We have contacted APS in the five counties. We have put ads in the paper. We also had staff participate in a virtual conference to introduce the program. We have shower benches, shower wands, toilet seat risers, to help prevent falls.

We are developing senior resource directories with CARES Act funding. We have a booklet for Siskiyou County. We are developing them for Modoc County and will also work on one for Trinity. Shasta has a directory that is not funded by PSA2.

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

Nancy – It would be great if we had activities being reported that have to do with our goals and objectives. For example, Objective F has to do with Alzheimer's and caregiver support for families of individuals with dementia. I participated in a presentation with the Healthy Brain Initiative. You all heard last month from the folks at the Healthy Brain Initiative. They are doing a good job of helping to destigmatize Alzheimer's and dementia. One of the ongoing efforts that started this month in an 8-week offering of a caregiving workshop. Maggie works with individuals who are caregivers. One of the goals is to help the caregiver avoid compassion fatigue. I shared the information with the individual who puts together our church bulletin, and I was blown away by the number of congregation members who are caregivers participating in the ongoing program.

That is one example of how we can move the needle on Objective F. The other thing was when I had the opportunity to present to a group of fitness instructors that are a part of a program here in Shasta called Fun with Senior Fitness. There were about 27 different sites where fitness activities pre-COVID had been offered that are now almost all on Zoom. September was Fall Prevention month and happened to come up on their agenda. I was able to share Fall Prevention materials that Andi provided. Maybe some of you have activities that you can share from this past month. We will have this on the agenda on a regular basis.

Staci – Participated with SCAN Foundation that focuses on health needs and system changes in health outcomes for seniors. They did a video of one of our clients and me. Attended a webinar for potential FTA grant funding for Innovative Coordinated Access and Mobility for older adults in rural areas.

Teri - Virtual workshop – Healthy Living for Your Brain and Body – Preventing Burnout & Compassion Fatigue. November 3, 2021, from 2:00PM-4:00PM. The flyer was sent out via email. They are looking for feedback on how to get information out to communities. They will send the information to me to distribute to the Advisory Council.

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

Teri – We will start looking at whether we will make any changes to the goals and objectives for the next year. The Advisory Council meets in January. There is usually not a meeting in February. The Advisory Council will need to make and approve any changes by March. We will have to schedule a public meeting. Any changes then have to be approved by the Executive Board in April. The Area Plan update is due to the state in May. We have talked about caregiving being an issue. We added End of Life Planning last time around.

Nancy – Staci recently revised the transportation goals to make them more specific. Staci – The goals that Teri and I worked on were the ones that were focused on transportation. Lydia is a gold mine of what is going on nutrition-wise in Modoc. Do we have anything specifically nutrition-oriented other than the County Nutrition Advisory Council meetings? Teri – Those meetings address everything related to nutrition needs. Michelle Harris with CSU Chico hosts those meetings in Siskiyou County. Maybe Goal H could be retooled in some way. Teri – I can ask Cheryl to forward the link to Lydia for the nutrition meetings.

Nancy - Objective F – Alzheimer's – We need to flesh it out so that it easy for Council members to see where they can help. Nancy – How can APS assist the Advisory Council with these objectives? Debbie – Some of our clients need medical transportation, but they are not on Partnership. Another issue is self-neglect. We go into the homes and try to talk people into services, but sometimes they are too proud. Lydia – Southern Cascade is a non-profit organization. If you are with Partnership there is no charge for transportation, but if you are not with Partnership there is a charge. Some non-profits are able to get funding. How can they find a way to get funding to provide transportation services? Teri – We can research that to see if PSA2 funding can support the effort to provide

transportation. Debbie – I had an APS client in Adin who was on Medi-Cal, but not Partnership, so APS paid almost \$100 for his transportation. Staci – I think you will find that all transportation for anyone who is low income is subsidized.

Amy Hippler - In Siskiyou County, a lot of our clients are not able to receive food services because they are isolated or the only one to provide services like picking up meals on wheels is the alleged perpetrator. People who do want services, there is a waiting list for meals on wheels and delivery is not an option. That is usually my first availability to connect with someone to provide some sort of service to get them to trust me a little more with what is going on in their home. To go in and offer to try to help, then say sorry I can't help you after.... That's really difficult, so delivery of meals is a huge issue. Teri – We can talk more about that for those areas to see if funding that we have available can help. These are rural, remote areas, so we have to consider the time it takes to deliver that meal to see if it is possible. We may have to rely on volunteers in some areas. In Burney, they have a 30-day calendar of volunteers who deliver meals. Nancy – I know that some centers invested in shelf-stable meals. Are these something that be provided by mail? Teri – They come in two ways – prepackaged or in bulk so that the meal can be put together. The meals still have to get out to the participants.

Debbie - Food Hub – Got a Facebook message just now. There is a schedule for different months. @ ModocHarvest.

J. Correspondence

Incoming: None

Outgoing: Letter of Appreciation to Clinton Davis

K. Adjournment

Adjourned at 11:55

Next Meeting – Virtual Advisory Council Meeting – Friday, November 19, 2021