

**PSA 2 Area Agency on Aging
Virtual Advisory Council Meeting**
Friday, January 28, 2022
10:00 AM

MINUTES

A. Call to order and Flag Salute

Meeting called to order at 10:04 AM.

B. Roll Call (Establishment of a quorum)

Teri Gabriel	PSA2	Present
Rebecca Terwilliger	Lassen	Present
Vacant	Lassen	-----
Vacant	Lassen	-----
Tina Kennemore	Lassen	Absent
Marcia Anderson	Modoc	Present
Clinton Davis	Modoc	Absent
Debbie Mason	Modoc	Excused
Vacant	Modoc	-----
Frances Cole-Boyd	Shasta	Present
Maggie McNamara	Shasta	Present
Nancy Quirus	Shasta	Present
Staci Wadley	Shasta	Present
Heather Solus	Siskiyou	Present
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
Jerry Kirouac, Ombudsman Program Manager
Pam Smith, HICAP

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

M/ John Dell'Amico
S/ Frances Cole-Boyd
Approved.

E. Approval of Advisory Council Meeting Minutes – November 19, 2021

Corrections – Page 2, Item G (Reports), Advisory Council Membership Report - Lassen has 2 vacancies, not 20. Page 3, Item G (Reports), Nutrition Report– Rebecca Terwilliger’s update – “There application and recertification process for aged and disabled applicants is simplified.” should be “The application and recertification process for aged and disabled applicants is simplified.” Page 5, Item G (Reports), Director’s Report (Update on Program Services during COVID-19 Pandemic), “We did received authorization to use funding for financial incentives for vaccination.” should be “We did receive authorization to use funding for financial incentives for vaccination.”

M/ John Dell’Amico
S/ Marcia Anderson
Approved as amended.

F. Open Session / Announcements

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

[John Dell’Amico left the meeting.]

Marcia – attended the virtual meeting by Passages on advocating for yourself in the hospital. Maggie is the contact for the slide presentation. The presenter, Kim Hawkins, is a retired RN and also affiliated with the Parkinson’s Association of Northern California. She listed the chain of command in the hospital, how to move up the chain of command, work with administration, how to advise your family to work with the hospital. Maggie - If you go to passagescenter.org, under the Caregiver tab, we have Caregiver Corner. The presentations are recorded and are available there.

G. Reports:

Chairman’s Report – Nancy Quirus, Vice-Chair

- Update on Advisory Council Activities

Teri – This is where the Chairman would report out on attending the Executive Board meeting and any Advisory Council matters that were discussed there. Also, other activities related to the Advisory Council. The Executive Board does not meet until March.

- Advisory Council Membership Report

Vacancies in Lassen County (2), Modoc County (1), Siskiyou County (1), and Trinity County (3). Teri has been working on the Siskiyou vacancy. I met with the Siskiyou County MHA Coordinator, who is interested in learning about the Advisory Council. We are working on fact sheet of Advisory Council duties

and will be turning that into a newspaper ad for each of the counties with vacancies.

TACC Report – Nancy Quirus, Vice-Chair

- Update on Recent TACC Activities

December 14th meeting of TACC introduced the new CDA Director, Susan DeMarois. She talked about work on the Master Plan for Aging. She wants to make sure that CDA is a good steward of state and federal funds, and place a priority on No Wrong Door, with a focus on IT infrastructure. She was very engaged with TACC members.

TACC Vice-President Bobbie Wartson presented a statement of appreciation for Clinton Davis' years of service to TACC.

Karol Swartzlander discussed future meetings for TACC. Not sure if Bagley-Keene will allow for virtual meetings in the future. Could be a hybrid meeting model that would require some in-person meetings. PSA2 does not currently have a representative on TACC. Meetings are scheduled for February, May, September and December.

Carol Sewell is leaving TACC to work with the California Elder Justice Coalition. There is a website at elderjusticecal.org.

PSA2 member recruitment is a common challenge. Some PSAs are restructuring their goals and objectives due to decreased member participation.

Home Safe – Homeless prevention grant program is now statewide to all 58 counties, including the 60+ age group in Adult Protective Services. Placer County has an innovative program. They hired someone to do house calls to the Home Safe population to ensure that they receive health care.

Alive Ventures presentation highlighted the SCAN Foundation. Serves 55 million older Americans to codesign products that older adults use. They will pay older adults to work with creative design. There are programs to help with social and physical issues, fund new programs, or an avenue for anyone who wants to bring something to their program. The website is aliveventures.co.

Marcia will attend TACC in February. Teri – We will have nominations for Chair in April and the election in May or June. We will discuss to decide who on the Advisory Council will cover between February until we have a new Chair.

CSL Report – Teri Gabriel

- CSL Election Process

We still have two vacancies (Senator and Assembly member) for the California Senior Legislature. Applications are now available. It does not need to be a PSA2 Advisory Council Member. The Advisory Council does elect the representative. We are trying to recruit for this and have it running in the newspapers in the five counties. It is also posted on our Facebook page. Please help us get the word out on these CSL vacancies. Applications are due by March 31st, then they go to the California Commission on Aging for review of criteria and sent for approval at the Advisory Council level. The application packet includes a ballot that requires at least 25 public signatures to be gathered. If you are interested in an election packet, please email Teri and Cheryl will get the packet out to you.

Nutrition Report – Nancy Quirus

- Update on CalFresh Healthy Living Program

Recent Winter Storms have resulted in the availability of replacement CalFresh food benefits. This is different from Disaster SNAP. This targets specific zip codes and allows CalFresh recipients to replace food lost due to specific incidents.

Lydia – At the Tulelake Family Resource Center, there is a new delivery program that people can sign up for before the 15th. Also, the new USDA supplemental benefits to the SNAP/EBT card. In January it was on the 20th of the month that the additional benefits were added to the card. I also got a letter from Great Northern about a program to add more money to your energy assistance request.

Heather – The produce and protein boxes are through Great Northern and are available at all of the resource centers in Siskiyou County. They are doubling up using CDBG funding and USDA Commodities. There is a focus on shelf-stable foods (canned and dry foods). They are also trying to get produce and protein out to those folks to supplement the commodities.

Nancy – Protein is often missing from older adult's diets, so this is important. Is CDBG funding for food banks available for Trinity County?

Heather – The individual jurisdiction has to apply for the Community Development Block Grant (CDBG) funding. It is a federal grant. It can be used for various needs – infrastructure, public service needs, etc.

Nancy – Bingocize is coming to Lassen, Modoc, Siskiyou, and Trinity County in mid to late February. It is already available in Shasta County. Be watching for more information to come. Staci – We are still in development on Bingocize. We are hoping to be able to use the iPads since we are not open.

Nancy – Food Assistance flyers are posted for the five counties so that older adults can connect with the nutrition sites and other food resources. The new project focuses on where older adults can receive prepared foods, whether it is an entire meal, or prepared foods that are available through some other organization. I'm counting on people in the five counties to provide input on where older adults can go for food resources in your county. During 2022-23, we will be expanding programming to two groups – tribal and veterans. I look forward to reaching out to members in the counties for Veteran and Tribal contacts in the counties.

Mental Health Services Act (MHSA) Report

- Update on Each County's MHSA Services Activities

Nancy – There was a stakeholders meeting in January. I was not able to attend and have not seen the minutes. Teri – I attended the meeting in Shasta. The group was open to ideas for their Mental Health Services Act plan. I did acknowledge that we would like to see programs for older adults. In Shasta they have Project Hope that links older adults with school-age children for after-school activities, help with homework, etc. KIXE was going to apply for a grant for a suicide awareness campaign. Looking to see if other MHSA county programs are interested in participating. I should be hearing from one of their coordinators soon. In Siskiyou, they have a new MHSA Coordinator, Samantha Schlieter. She is very interested in hearing about how older adult population and how to include them in their plan. I mentioned the ideas about the KIXE suicide awareness in rural communities grant.

Food Access Report – Staci Wadley

- Update on Food Bank and Food Access Activity

We continue to work on providing meals in Trinity County. We are working on the contract now. We are having significant staffing issues due to illness.

Food Bank submitted a grant request for \$1.5M for capacity building. We are hoping that will be approved so that we can expand our food bank. There is a rural and remote grant that is part of ARPA and the \$5M that California received to assist with rural and remote access to food. We would like to hire a person to assess need and identify where the needs are and assist with outreach.

Nancy – Are you still providing meals to senior housing. Staci – We are still providing meals to Mountain Vistas. Frances Cole-Boyd – There are still some glitches, but we are working it out. We have 28 meals right now. The food that is coming out is good.

Staci – We had a contract to provide meals for Project RoomKey, and the county handed that off to Shasta Community Health Center and we are now contracted with them to provide those meals. Project RoomKey provides a motel room for persons who are homeless and COVID-19 positive so that they can quarantine. We provide them with meals and food boxes.

11:09 AM - Break

11:14 AM - Reconvene

Director's Report – Teri Gabriel, Executive Director

- Update on Program Services during COVID-19 pandemic

Most service providers continue drive-up/pick-up. Home-delivered meals continue. No services have been interrupted. The providers have stepped up to ensure that services are provided.

HICAP office remains closed, providing counselling services by phone. Some in-person services as a case-by-case basis. We continue to work to fill along-time vacancy. We are trying to fill a volunteer coordinator position, full-time, to work with the program volunteers and recruiting, certifying, and training volunteers. We are scaling back the newsletter. Pam – everybody should be getting a copy of the newsletter. If you are not, let me know. We are doing quarterly newsletters now instead of monthly. We will be covering the Medicare enrollment period in the next newsletter.

Jerry Kirouac is the Program Manager for Ombudsman. He started at the end of November. He was formerly an Ombudsman with the program. I am working with Jerry to fill Ombudsman II position that he vacated. The Ombudsman program continues to conduct in-person facility visits. CDA will provide opportunity for COVID test kits in Siskiyou County. This may expand to other counties. Jerry – If there is anything you need from me, please let me know.

Teri – Cheryl has a flyer from SCDD about COVID-19 Test Kit Pilot Project that provides 12 test kits. Results are uploaded to a portal. Contact is on the flyer.

Maggie – Do not have to be a caregiver to get the test kits. Can also get N95 masks, surgical masks, hand sanitizer, and wipes. They have a whole warehouse of supplies.

- Update on PSA2 Direct Service Senior Nutrition Programs

Still trying to get the Trinity nutrition program going in the Weaverville area. Golden Age Center is still functioning through other means. We just had an orientation meeting with the new coordinator for that project, Richard Deshawn. He has some great ideas and is working on getting volunteers. Planning to provide a combination of hot and frozen meals through a partnership with the Church of the Nazarene and Dignity Health Connected Living. Routes are still to be determined. Location will be at the Church of the Nazarene.

Also looking at starting the nutrition program in Lassen County. Looking at a program that is used in PSA4, which is the Dine Around Town program that uses local restaurants to prepare meals to the state dietary guidelines. Still in the early planning stages. HHS Director is on board to provide some form of services to support the program, possibly by providing transportation to deliver meals. We are gathering data on what was provided by Lassen Senior Services so we can duplicate that effort. Lassen Senior Services is still in existence. As in Trinity, we will evaluate to determine what level of service we need. This approach has been very successful in PSA4, and the restaurants survived the pandemic due to this program. PSA2 contracts with a Registered Dietitian, who can convert the restaurant's menu to meet dietary guidelines. Right now, we are gathering information to present a comprehensive plan to the Executive Board.

- Update on PSA2 Program Services

Teri – Caregiver Support Books – Chicken Soup for the Caregivers Soul, Dementia Caregiver Guide, Alzheimer's & Dementia for Dummies, The Alzheimer's Disease Caregiver's Handbook. We reached out to libraries about interest to display these books and will also be reaching out to local book stores. Available at no cost, and we can ship them.

Dignity at Home Fall Prevention Program – Provides equipment to older adults and persons with disabilities of any age to keep them at home, prevent falls, and avoid institutionalization. Does not include walkers or canes, but does include transfer benches, shower benches, temporary grab bars, toilet seat risers, safety frames, and handheld shower sprays. Other equipment available. This round of funding ends March 2022. There will be a new round of funding in July 2022. We have had radio ads out at the local radio stations. We are also finalizing 30-second and 60-second commercials on KIXE. Andi was able to do a live interview on the local radio stations in Shasta County this week. We also mailed out flyers and information on program criteria. This program is state-funded, so there are income criteria. This will change next fiscal year because it will be OAA funding.

CHAT Program – Digital Divide - Coordinated through California Department of Aging. AT&T provided iPads to most AAAs in California. The goal is to

connect an individual who is experiencing isolation during the pandemic. We are in possession of the iPads, but are still awaiting information on the technical assistance that accompanies the tablets. They will provide technical assistance to the older adult who is using it. We are waiting for the Department of Aging to identify a vendor. There are surveys that need to be completed by the participant. Participants need to be associated with an Older Americans Act program.

State Council on Developmental Disabilities (SCDD) – They have formed a Rural Master Plan for Aging Advisory Committee – Funded by the SCAN Foundation. Tasked with addressing needs of older adults in the Master Plan on Aging.

There were public town halls for the Master Plan on Aging related to the proposal to restructure AAAs. California Department on Aging will provide the results of the feedback in March.

We are continuing to use CARES Act funding on ways that nutrition programs can expand services. We met with all nutrition programs and provided information on programs and are waiting to receive feedback on how nutrition programs want to use funding to expand services to increase meals, provide supportive services, activity boxes, etc. We have seen some interest in bringing these to the nutrition programs.

- Other Agency Activity

Siskiyou Senior Ride-Thru – Provide bags of information with meals. We are looking to do this in other counties as well.

Rebecca Terwilliger – Most seniors have Medicare, but many do not realize that they can also apply for Medi-Cal so that they have additional coverage. Medi-Cal can also pay their Medicare premiums, which can save them over \$100 per month. Older Adult Expansion starts May 1, 2022 – Anyone over the age of 50 can be eligible to Medi-Cal. Starting July 1, 2022, the asset limits are going up significantly. Some resources are exempt, but others are counted, such as bank accounts, cash, vehicles. Asset limits are increasing from \$2,000/\$3,000 to over \$130,000, plus an additional \$65,000 for each additional family member. Pam Smith – HICAP – We are aware of these changes and educating our Medicare beneficiaries.

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

Discussion of postponing Item H due to time constraints. Teri – If there are going to be any changes to the Goals and Objectives, we have to have those changes in time for the Public Hearing on March 23rd.

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

2.D. Senior Services Booklet – Staff are updating... Recommend changing this to a newsletter. We may be able to do an insert in the HICAP newsletter. Marcia – Could also consider updating the booklet on the website so that it can be updated more easily. Public Hearing date is Wednesday, March 23, 2022. Will schedule a special committee (Marcia, Nancy, & Maggie) meeting to reword the objective in preparation for the Public Hearing and subsequent approval by the Advisory Council at the March 25, 2022 meeting.

2.F. Alzheimer's Disease and Dementia – Nancy – How hard would it be to beef up this objective and have it ready for the Advisory Council in March? Maggie – Could be done if we can devote the time to it. Will schedule a committee meeting to review and revise this objective.

J. Correspondence

Incoming: None
Outgoing: None

K. Adjournment

Adjourned at 12:12 PM

Next Meeting – Virtual Advisory Council Meeting – Friday, March 25, 2022