

**PSA 2 Area Agency on Aging
Virtual Advisory Council Meeting**

Friday, March 29, 2024

10:00 AM

MINUTES

A. Call to order and Flag Salute

Meeting called to order at 10:03 AM.

B. Roll Call (Establishment of a quorum)

Teri Gabriel	PSA2	Present
Tina Kennemore	Lassen	Present
Justin Cadili	Lassen	Excused
Sharon Howard	Lassen	Present
Angela Reed	Lassen	Present
Clinton Davis	Modoc	Excused
Debbie Mason	Modoc	Present
Tiffany Gwinn	Modoc	Excused
Vacant	Modoc	-----
Marianne Seifert	Shasta	Excused
Maggie McNamara	Shasta	Present
Nancy Quirus	Shasta	Present
Staci Wadley	Shasta	Present
Michelle Harris	Siskiyou	Present
Vacant	Siskiyou	-----
Lydia Gil	Siskiyou	Present
Linda Smith	Siskiyou	Absent
Michael Cottone	Trinity	Present
Vacant	Trinity	-----
Benjamin Sarkisian	Trinity	Present
Vonnie Westbrook	Trinity	Absent

Quorum established.

C. Introduction of guests

Gary Bridges – Supervisor, Lassen County Board of Supervisors

Pam Smith-Jimison – HICAP

Jerry Kirouac - Program Manager, PSA2 Ombudsman

Denis Villanueva, PM for APS in Shasta

Tom Neely – Supervisor, Lassen County Board of Supervisors

Amy King – Resident, Tulelake

Denis Villanueva – Program Manager, Shasta County

Renee Misso – Resident, Tulelake

Phyllis Gaoiran – Disability Action Center, Redding

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

M/ Debbie Mason
S/ Tina Kennemore
To approve the agenda as presented.
Approved.

E. Approval of Advisory Council Virtual Meeting Minutes – January 26, 2024

M/ Debbie Mason
S/ Tina Kennemore
To approve the minutes as presented.
Approved.

F. Open Session / Announcements

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

Lydia Gill – Tulelake - I'm happy to announce that the Tulelake Shindig, Street Fair, and Bazaar and Lulu's Main Street Café have joined together for a 60+ brunch/lunch/social at the Tulelake City Hall on April 11th from 11:00AM – 2:00PM. A \$5 donation would be appreciated. We're going to have a deli-style sandwich with a tomato basil soup and a fancy dessert. Coffee and water will be provided and anybody can bring their own non-alcoholic beverage. No children and no grandchildren. Really no one under the age of 60 unless they're a caregiver.

G. Council Reports:

Chairman's Report – Nancy Quirus, Chairman

- Advisory Council Membership Update

Happy to report that we have new Advisory Council member - Angela Reed from Lassen County. We still have three vacancies, with one each in Modoc, Siskiyou and Trinity.

TACC Report – Clinton Davis

- Update on Recent TACC Activities

No report.

California Senior Legislature Report – Teri Gabriel

- CA Senior Legislature Election & Candidates

We received two applications for the two positions from Nancy Quirus and Sharon Howard. We are waiting on certification from the CSL office. The Advisory Council will appoint the new CSL members at the April Advisory Council meeting.

- Senior Rally Day – May 8th

Teri sent out information on Senior Rally Day in May. We don't have a flyer yet, but you can register for the event on the website.

Nutrition Report – Nancy Quirus, Chairman & Lydia Gill

- Update on CalFresh Healthy Living Program

I have some new exciting news to share, which is that we have new staff at CalFresh Healthy Living – Tiffany Greer.

There is a focus this month on growing edible gardens. It started with Garden Parties in CalFresh Healthy Living. The state has provided a garden training here locally at Shasta College. Gardening is a healthy activity. CalFresh Healthy Living staff are gearing up for a very active season with Farmers Markets and that does include the Senior Farmers Market Program with specialty meals for local seniors.

Mental Health Services Act (MHSA) Report - All

- Update on Each County's MHSA Services Activities

Teri - I have not heard of any of the stakeholder meetings taking place in either Shasta or Siskiyou. They might be in transition. I know there's activity in Trinity County.

Mike - Jeff Kist is the MHSA Coordinator in Trinity County. I have not received any recent updates on MHSA. I know that Behavioral Health in general, probably all over the state, have been closely watching the Proposition 1 outcome from the election because that going to shift some funding from MHSA to housing.

Teri – Unfortunately, we'll see that throughout the state for some of the programs that will be challenged due to the effect of Proposition 1 on MHSA funding.

Food Access Report – Staci Wadley

- Update on Food Bank and Food Access Activity

Shasta County Food Bank is in the process of a \$1.1M expansion to the physical facility. We've never had a freezer. The facility is almost done. We had to pause our Brown Bag program during the remodel. We will have a ribbon cutting ceremony, looking at the end of June.

Lydia – Thanks to Great Northern for delivering Brown Box and Drought Relief Boxes. Contact Great Northern to find out when boxes will be delivered. Great Northern delivers the boxes to be distributed from the Family Resource Center.

Gary Bridges – One of the Rotary Clubs bought a walk-in freezer for our homeless shelter. It never hurts to reach out to some of these organizations to help. Teri - Some of our nutrition programs have been able to replace dishwashers and refrigerators and other equipment with their local Rotary Club or other organizations.

H. Director's Report – Teri Gabriel

- Update on Request for Proposal Process

The RFP process is well on its way. This is a process that we go through every four years to receive applications from organizations to apply for PSA2 funding to support nutrition programs, transportation programs, family, caregiver support programs, transportation, and other programs.

We have two member of the Advisory Council (Staci and Nancy) and Executive Board members from Lassen and Siskiyou Counties to review applications.

At the board meeting in April there will be an announcement of the review committee's recommendation for funding moving forward into the next four-year funding period.

- Update on Master Plan for Aging

CA 2030 Report – I shared the California 2030 report last meeting. The final report shares the vision for the state in preparation for the aging network. There was also a third-year Master Plan for Aging report that was circulated by the state showing the progress on the Master Plan for Aging and related to the Local Master Plan for Aging for Butte, Glenn and Shasta Counties.

C4A Annual Conference May 1st - 3rd. The theme is “The Aging and Disability Network: The Best is Yet to Come”.

SB1249 Initiative – C4A re CA 2030 – Services for rapidly aging population. There will be a period where counties could consider whether they are interested in taking on AAA responsibilities for their counties. This would require splitting funding between multiple counties.

- Other Agency Activity

Healthy Aging Fair – May 15th at local Community Center where Yreka Senior Nutrition Program is located.

Fall Prevention Program – YMCA is interested in supporting the Fall Prevention. Fall Prevention Event in Yreka on April 17th. We have been adding more partners to the Fall Prevention coalition. They have done fall prevention assessments before. We've added our local fire department because they respond to lift assists. We have also added public health and the local hospital and ambulance service. Michelle has joined with Center for Healthy Communities. They just had a big follow up this week where they are

going to be advertising their efforts on Facebook and sharing all of the work they're doing, and it's all based on prevention. Once we get to a good position to share what we're doing, we'll take that out into other communities. I know Shasta County has a YMCA as well.

Michelle – The presentation is going to be going over lots of different angles and trying to also connect to services in Siskiyou County. Our first responders are seeing a decrease in calls related to falls. So, I think that's really, really exciting. It's a nice coalition and it continues to grow, and there's more organizations wanting to come to the table to be part of this effort.

I. Discussion on FY 23/24 Area Plan Goals & Objectives Activities

- Advisory Council Member Activities

Nancy – Elder Abuse Awareness Campaign – What can Advisory Council members contribute?

Teri – Every June we recognize Elder Abuse Awareness Month using the Know Abuse Report Abuse Campaign across PSA2. Participating entities put out banners and flags to highlight the number of elder abuse victims for Adult Protective Services and Ombudsman in each county. Jerry, Program Manager for Ombudsman, works with county Adult Protective Services to display those banners and flags. In Shasta County, the City of Redding is involved, as well as Dignity Health. Jerry has added his email address in the chat if you'd like to receive some of the signs that were we've mentioned and feel free to reach out to Jerry and Bill. They'll add you to the list.

Jerry – The earlier you can give us your orders the better. I really am trying to get more of this purple painting the town this year. I'm really going to be working up and down Hartnell Avenue. If you have businesses, friends, let us know. We don't have an unlimited supply, but we definitely want to get the word out. So please don't hesitate to reach out to my email. We would like to have orders by mid-April. Staci – Are the banners ones that can be put in the ground? Jerry – There are a variety of sizes. Some can be hung, and some are like t-posts that can be put in the ground.

There is a Purple event happening on the 15th, working with the YMCA to do a walk at the Sundial Bridge. There will also be food and entertainment.

- Quarterly Advisory Council News Brief Update

Debbie – We just got done with a news brief. We geared it around the council and what the council PSA2 is about. We're hoping to use it as a recruitment tool and to promote people reading it and asking questions. I'm finding every time that I write the article, it has to be shrunk down to fit the news brief format. Teri - We'll do some fine tuning and adjust so it fits our news brief template. Then we'll get that to Pam, Program Manager, to include that in the newsletter. It also includes a flyer for helping to recruit volunteers for the program. Nancy - Maggie and Debbie, I wanted you to know the impact of and the acceptance of the newsbrief. I have used it and refer to it and had

copies available at a recent senior fitness training that was held here in the community and there weren't enough copies to go around. Thank you again for your ongoing work on a variety of subjects that you've covered.

J. Approval Proposed FY24/25 Proposed Area Plan Goals & Objectives

- Objective 2F – Proposed Caregiver Support Objective

DRAFT— The PSA 2 staff and Advisory Council members shall promote public education and increase awareness about family caregivers serving our senior population, especially those caring for loved ones with Alzheimer's disease and Dementia. Guided by the desperate need to support family caregivers, our objectives are to 1. Increase awareness of caregiver's issues and challenges, 2. Promote education to help family caregivers identify themselves as caregivers, 3. Engage with family caregivers to connect them to support groups available and 4. Promote the connection to training available for family caregivers through various sources. These objectives shall emphasize preventive self-care; promote effective approaches to caring for those with all forms of dementia; and prevent the exploitation and abuse of older adults with dementia.

Further, PSA 2 AAA shall work with local professionals to host caregiver support events, classes, and training for family caregivers in the PSA 2 region. The purpose of the events will be to help reduce the rate of caregiver stress and burnout.

Discussion around caregiver support and fall prevention – Training available for neighbors to help seniors who have fallen? Angela Reed – We received a grant to provide assistance to those who have been abused. We provide budgeting classes and cooking instruction on Mondays at Lassen Family Services. We can also help with transportation to medical appointments, help with the criminal justice system. Lassen Family Services - 530-257-5004 is our crisis line number and we are available 24/7/365 to emergencies. Non-emergency situations you can contact us at 530-257-4599.

Lydia – Citizens who need help may reach out to their local clinic, local law enforcement, who may be able to help to get medications or food boxes delivered.

Teri – I wanted to mention the Fall Prevention Program that PSA2 currently has in place, providing Fall Prevention equipment to the homes. I'll send you some information on that program so you can share it. They will come into the home and do an assessment to determine Fall Prevention equipment needed to help reduce falls in the home. This has been very helpful for those that have been experiencing falls.

Maggie – Share the Care – I haven't seen it for a while but for a long time there were programs to deliver trainings you can do your own on what's called Shared the Care. It involves all the resources that you just talked about, plus somebody organizing things among friends and neighbors, even family members that may or may not be far away. This is a major thing that good neighbors used to do.

Discussion around ambulance service and emergency medical transportation – Some communities use a phone tree to communicate around falls in the home and

transportation needs. There are concerns around out of pocket costs for emergency transportation, especially ambulance service, for persons who are on Medicare/Medi-Cal. Lydia – The cost should be covered if it is medically necessary. If a doctor requested it, whether it's ambulance or medical services, then Medicare will consider it. Sometimes you have to go through a second level appeal, and it's the doctor supplying the supporting documentation.

Pam Smith-Jimison - What we can do at HICAP is see if we can jump into that appeal process. The first step is called a Request for Reconsideration. There is a Medicare Summary Notice on the back page. If there is a service of Medicare that is denied there will be a notice on there saying Medicare did not cover it. If they have been denied, they can come into our office and we can walk them through that whole process.

Mike - Our Public Health Branch has been involved in looking for funding opportunities for ambulance service. Some of the ambulance services do take on unreimbursed costs. We also get a lot of calls for lift assists resulting from falls in the home. It is pretty common for our volunteer fire departments to get called out on lift assists. That's pretty much a daily thing. So, it's my understanding that an ambulance service may or may not be self-sufficient and may rely on multiple sources of funding. But I think that most of us know that if you work with Medi-Cal or Medicare and it's not a covered service, that the provider is not going to get reimbursed.

Teri - It really depends on the capacity and community on what they can do. Our local fire department is mostly volunteer and they are very stretched thin. They can't get enough volunteers and it's mostly because of the high number of lift assist calls.

- Omit Objective 3B – CalACT Transportation Meeting Participation

M/ Debbie Mason

S/ Sharon Howard

To approve changes to the FY24/25 Goals and Objectives

K. Recruit Ad Hoc Committee for Year End Report to Executive Board

Mike will compile the Activity Reports provided by Advisory Council members to complete the report on the activities carried out by Advisory Council members toward the Goals and Objectives.

Be sure to get your Activity Reports in to Mike no later than May 17th so that he can complete the Year-End Report and get the draft put to the Advisory Council by May 24th.

June 17th Collaborative meeting between the Executive Board and the Advisory Council - Last year, an Advisory Council member put together a PowerPoint Presentation and four Advisory Council members participated to provide examples of what Advisory Council members did to carry out Goals and Objectives.

Staci Wadley, Michelle Harris, Sharon Howard, and Angela Reed will participate.

L. Correspondence

Incoming: Letters from Amy King, Tulelake (Siskiyou Co.)

Outgoing: Response from PSA2 AAA to Amy King

Amy King – I received Teri's response via email and letter. One thing that concerns me, besides the lack of communication from TEACH, is that there seems to be a very long time period before they respond to any suggestions. Six months in some cases seems a bit long to me. Some areas are getting leftovers that may or may not meet nutrition requirements. Teri – Some nutrition programs use unserved food from meal preparation to freeze the meals and serve them further. These are reviewed by a Registered Dietitian. Most of the sites I work with are super-efficient.

There are a lot of things that have to be balanced around food safety, staffing issues, regulations. There's quite a balancing act particularly with a very small budget so and there are a lot of regulations with a dietician that needs to be involved in.

With regard to some of the questions that you had in your letter, you talked about getting a meal that had a label from November of 2023. The meal may have been prepared on that date and the dietitians will be able to tell us about how that was conceived. There is a certain amount of time when that meal can be served. There may be a need to improve on education and communication so that folks know what they're getting.

Renee - My question is concerning our seniors that we have in the area that are going down in their 80s and 90s that aren't able to get out to say a congregate meal. What do they do for food services after June 30? What can we do to help them?

I have been kind of surprised about some of the things I have found in our area. There are people that pick-up food at the food drop off and deliver it for them and help them pack and this is not just a food box. We do have the Dine Around Town program, which has been very controversial. Some people really like it and some people are not super excited.

Teri - I can add that it is very important that the community come together. Volunteers that are able to get out are very helpful. Great Northern has been a great partner to bring food commodities to the community, especially for those who are unable to come out to pick up food. It would be helpful to have a group of volunteers to be able to fill that need. In some areas of our region there are senior centers where they have come together to provide services to their community. In Siskiyou County, they have a senior group that meets frequently and they come together, make it a potluck and they're able to connect with people who don't have transportation and they get together. The City of Weed in Siskiyou County proposed a half cent tax to support Senior Services. Shasta County has a senior center that is not PSA2 funded. There are many ways for a community to work together to bring those services to their community.

M. Adjournment

11:55 AM

Next Meeting – Advisory Council Virtual Meeting – Friday, April 26, 2024