

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

Friday, January 27, 2023

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	Excused
Vacant	Lassen	-----
Vacant	Lassen	-----
Vacant	Lassen	-----
Clinton Davis	Modoc	Present
Debbie Mason	Modoc	Present
Tiffany Gwinn	Modoc	Present
Vacant	Modoc	-----
Frances Cole-Boyd	Shasta	Excused
Maggie McNamara	Shasta	Present
Nancy Quirus	Shasta	Present
Staci Wadley	Shasta	Present
Heather Solus	Siskiyou	Present
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**

Mary Rickert, Supervisor - Shasta County Board of Supervisors  
Monte Leighton, Family Service & Pre-Planning, Redding Memorial Park & McDonald's Chapel  
Angie McKnight, Health Educator, Siskiyou County Public Health  
Jerry Kirouac, Program Manager – PSA2 Ombudsman  
Pam Smith-Jimison, Program Manager – PSA2 HICAP  
Bryan Adams, Care Manager - Dignity Health Connected Living Multipurpose Senior Services Program

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

M/ Clinton Davis  
S/ Debbie Mason  
Approved.

**E. Approval of Advisory Council Virtual Meeting Minutes – November 18, 2022**

M/ Clinton Davis  
S/ Debbie Mason  
Approved.

**F. Presentation – Redding Memorial Park & McDonald's Chapel – Monte Leighton, Family Service & Pre-Planning Advisor Manager**

Monte Leighton from McDonald's Chapel and Redding Memorial Park in Redding gave a presentation on the services they provide. Their goal is to serve families. Their locations are part of a larger network of locations across the country, and they are involved in family service and honoring our veterans. Every cremation comes with a free placement. They have a Personal Planning Guide that families can fill out to record your final wishes and the details of your family heritage, military history, estate information and more in a single document to share with your family. Having these things in order provides peace of mind. The Personal Planning Guide gathers important information needed to generate a death certificate, and a burial or cremation permit, as well as information that people might not remember in a moment of grief. They can also arrange services for veterans.

**G. Open Session / Announcements**

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

Teri Gabriel - I just wanted to make sure everyone received the flyer I sent last evening or the Shasta County Housing Choice Voucher Program. The waitlist is open. Nancy – This was featured on the local news.

Mary Rickard – We are going to have SEMSA discontinue our ambulance service for the Intermountain area as of June 25th. And so, I've been talking to Sierra-Sacramento Valley Emergency Services Agency and other parties, people to work on coming up with a secondary plan. Mayer's Memorial will not have access to SEMSA, our current ambulance service provider, so that's going to impact a lot of people in the Intermountain area of northeastern Shasta County and parts of Lassen too.

**H. Reports:**

**Chairman's Report** – Nancy Quirus, Chairman

- Update on Advisory Council Activities

ADCO will not be meeting with the Executive Board until March.

- Advisory Council Membership Report

We have almost a full council. Thanks to the new members who have joined us. Wasn't there an interested person from Modoc that Debbie has talked to? Teri – Have not been able to connect with that person. Nancy - As the Lassen Dine Around Town gets more involved and off the ground, maybe there'll be some interested seniors that are either participating or are part of that process.

Teri Gabriel – We have had some changes on the Executive Board. Jeff Hemphill is off Tom Neely is representing Lassen County. Modoc remains the same. In Shasta County, we have Mary Rickard as the primary and Patrick Jones is the alternate. In Siskiyou County, Nancy Ogren is primary and Ed Valenzuela is alternate. In Trinity County, Ric Leutwyler is primary and Jill Cox is alternate. We will be conducting orientations to get them on board before our March meeting.

**TACC Report** – Nancy Quirus, Chairman / Frances Cole-Boyd, Vice-Chairman

- Update on Recent TACC Activities

Francis Cole-Boyd attended the last TACC meeting. Most of the report from Francis involved an update on the Master Plan for Aging. The California Department of Aging recognizes that the prisoner population is aging. Prisoners are living longer now. The California Department of Aging wants us to have them within our mindset. People that we are hopefully representing and serving appropriately. It is expected that 2023 is going to be a tough budget year. I would love to have a little discussion on the recommendation that PSAs work together on common goals. We can get more bang for our buck if we work together. Teri Gabriel – PSA3 is our partner. In fact, some of their funding goes to PSA3 to serve, for example, the Passages Caregiver Resource Center, which is based in PSA3. In rural areas, we've had to rely on our PSA partners because we're all challenged in certain ways. That's how we have the Dine Around Town program.

Nancy Quirus - One of the more interesting sidelights that Francis included in the report is that there is a higher percentage of those diagnosed with Down syndrome developing Alzheimer's.

**California Senior Legislature Report** – Rose Gandy, CSL Assemblyperson

- Update on CSL Activity

No report.

Teri Gabriel - Rose has submitted her notification that she's leaving her position as representative on California Senior Legislature. She appreciated the opportunity and cherish the invaluable experience she gained through her participation but she is resigning her position on CSL. That leaves us with two openings, a CSL Assemblyman a CSL Senator, so we will need to work to get those positions filled as quickly as we can.

## **Nutrition Report** – Nancy Quirus, Chairman & Lydia Gill

- Update on CalFresh Healthy Living Program

Lydia Gill - Marcia Anderson reached out to me and sent an email about a webinar about the Supplemental Nutrition Assistance Program (SNAP), senior citizens and eligibility. I'm going to attend this webinar On Tuesday, January 31<sup>st</sup>. I'll be more than happy to share this email to other Advisory Council members that are interested. I can also send it to the PSA2 office to share.

Nancy Quirus - There's going to be some tough times ahead. The CalFresh program, also known as the Supplemental Nutrition Assistance Program (SNAP) is headed for major changes. SNAP is part of the Farm Bill, which is making its way through committee. The emergency allotments, which had been part of every food stamp CalFresh EBT distribution over the last three years, will be ending. The average SNAP participant will lose approximately \$82 worth of buying power for food. When the pandemic began, they realized that individuals who are food insecure are more likely to pick up COVID-19. To prevent that from happening, everybody got a boost in their benefit payment. The additional allotments are going away as of January 31<sup>st</sup>. We are coming to what people are referring to as a hunger cliff. And knowing that is on the horizon, it will undoubtedly impact those organizations, churches and those programs that are providing food assistance in all five of our counties because people who lose buying power through the SNAP program will be looking for additional funding in from their community sources.

## **Mental Health Services Act (MHSA) Report - All**

- Update on Each County's MHSA Services Activities

Teri Gabriel - In our last meeting, we talked about reaching out to the Trinity County Mental Health Services Act (MHSA) Coordinator. Every county has stakeholder meetings. We regularly attend the Shasta County's MHS stakeholder meetings for their activity with mental health services at funding and Weaverville. Connect made a connection in Trinity. There is an MHSA stakeholder meeting in Weaverville on February 21<sup>st</sup> at 5:30 at the Veterans Hall. He will send me the flyer when it is ready. Nancy Quirus - - I encourage our Trinity Advisory Council members to attend a stakeholder meeting.

Teri Gabriel – In Shasta County, the Hope Park Project that is bridging youth and older adults in activities is still looking for older adult volunteers for that program.

I received an email from our State Association of Area Agencies on Aging. They were contacted by an organization that's working on a project called Cal Hope and they're looking for participants, older adults to participate in a listening session environment or looking to make a connection. It's a collaboration between UCLA, UCLA and USC to increase mental emotion well-being, support coping with stress, loss and social isolation. There's a website to go to and this is as a response to the COVID-19 pandemic. They are interested in expanding the

website and reaching more diverse communities, and they're seeking to hear from diverse voices from different race ethnicities, geographical areas, urban and rural, sexual orientation and individuals living with disabilities. Together for Wellness (T4W).

### **Food Access Report** – Staci Wadley

- Update on Food Bank and Food Access Activity

Regarding the discussion about the benefits that are scheduled to end. We're working to increase the number of seniors participating in supplemental food programs, like our CSFP box program.

### **Director's Report** – Teri Gabriel, Executive Director

- Update on PSA2 Direct Service Senior Nutrition Programs

Two of our counties did not have a nutrition service provider contracts. We had to come up with a plan B to bring nutrition services back to those communities.

In Trinity County, we started a direct service nutrition program in partnership with Church of the Nazarene in Weaverville and with Dignity Health Connected Living. We have a Program Coordinator that was hired in the Weaverville area and he is closely connected with the church. He receives meals twice per week from Dignity Health. We are serving 50 participants, using volunteers to sort the meals, which are then delivered to participant homes in and around Weaverville. Douglas City has a volunteer that picks up and delivers meals to participants Douglas City. The Golden Age Center, which previously had the contract, is still delivering or providing meals in a different manner. Not so much a prepared meal but they're working with restaurants and the food bank to make sure that the seniors have nutrition support.

In Lassen County, the Dine Around Town program has reached 174 participants, with some meals being picked up for homebound participants. We do have a large waiting list because we are focusing on those at greatest risk in consideration of the funding that's available to support the program. We are in very early stages. We are still moving forward with providing nutrition services through a voucher redemption process. They receive the vouchers from our office and we do an intake and the additional risk is determined. So that's the next step in the program. We are also working with Health and Human Services in Lassen County to identify a way that we can do a full home-delivered meal program. In the interim, the dining program is in full force and very well received in the community, using meals from restaurant menus and our Registered Dietitian to customize meals to meet dietary guidelines.

- Update on Local Master Plan for Aging Efforts

There was a Master Plan for Aging meeting this week. They have been conducting listening sessions to get a voice of experience of the challenges and the needs in our rural communities. The Master Plan for Aging Coalition is working in Butte, Glenn and Shasta Counties to identify gaps in services to develop a system of care for the services needed in our communities. Once this plan is developed, it will be shared with the other counties and statewide so that it will help other rural communities meet the needs for their older adults. A draft of the local Master Plan for Aging will be available sometime between April and July of 2023.

We held a listening session with Dignity Health Connected Living staff and managers and our program managers that focused on housing, transportation and health care issues. Also looking at listening sessions for tribal communities and the Social Services Transportation Advisory Committee in Butte and Shasta counties. The goal is to have the plan ready for presentation to Boards of Supervisors by the end of July. CDA's website has an implementation tracker for the Master Plan for Aging timeline.

- Other Agency Activity

Some nutrition programs have had their reopening plans approved. The last few are in the process of developing reopening plans. All nutrition centers should be reopened by the end of the fiscal year. While some are reopening, they not all seeing an influx of seniors coming back in to dine socially. The drive-up method was very popular and they see many seniors still using that opportunity. The Department of Aging recognizes that popularity and they have said that option will not go away. The local senior center here in Yreka has reopened their dining center and we're able to bring back the Senior Resource Fair that we have held every May. We're calling it a Healthy Aging Fair. Siskiyou County Public Health is working with us to bring that back in person. We are working with Compass Shining Care in Shasta County, and we've partnered with them over the years at many of their events and we hope to duplicate some of the efforts we've made in Shasta County to Siskiyou County. And then in the Fall, I'm hoping with our Program Coordinator, to bring a Healthy Aging Fair to Trinity County, and then we'll move on to other counties.

Now that drive-up pickup is not only option, some seniors may still not want to get out and socialize, but we don't want to deprive them of the information. We will plan to have both the drive-up and pick up a bag of resource information and have the opportunity to come in and speak with the exhibitors. So, we'll have both options available. Because we know that we're slowly moving out of the fears of socializing with people.

The Siskiyou Alliance Against Abuse of Aging and At-Risk Adults Committee, which is led by PSA2, focuses on all areas and all programs are invited to participate in Siskiyou County. We just set the date for our next meeting for May 17<sup>th</sup>.

There was also talk about bringing a Purple City campaign, which is the dementia awareness and making Dementia-Friendly Cities and Communities, in Shasta County. Shining Care is taking the lead and we are hoping to bring that to communities as well. With public health support, we may see that in Siskiyou County very soon.

Dignity at Home Fall Prevention Program is continuing. We have not advertised it widely because we are consistently receiving referrals through the contacts we made last time through county APS, Public Health, In-Home Supportive Services, and local physical therapy offices. We are consistently serving older adults older and disabled adults.

**I. Discussion on FY 22/23 Area Plan Goals & Objectives Activities**  
(Including Advisory Council News Brief Update)

- Advisory Council News Brief Update

If there is any activity that an Advisory Council Member has been involved in, this is a time to talk about your involvement in a project and the one that I have noted is the News Brief. The News Brief is sent out with the HICAP Newsletter. Maggie and Debbie are on this committee. They have a list of topics, but if anyone is interested in seeing a particular topic, let them know. The next News Brief will focus on Adult Protective Services.

**J. Discussion on Proposed FY 23/24 Area Plan Goals & Objectives**

- Disaster Preparedness Efforts

Proposed Objective O - PSA2 staff are already participating. This objective will add Advisory Council members who wish to participate in these activities.

Teri Gabriel - Advisory Council members can participate in local disaster preparedness planning meetings that are occurring through your Office of Emergency Services. Shasta County has a Voluntary Organizations Assisting in Disasters (VOAD) organization. Siskiyou is working on forming a VOAD and have a second meeting coming up. The Emergency Preparedness Coordinator for Project CAMP, a national organization, that focuses on serving people in evacuation shelters by providing activities to keep them occupied.

- Older Adult Policy Council Meeting Participation

Proposed Objective G – PSA2 staff are already participating. This objective will add Advisory Council members who wish to participate in these activities.

Teri – We will approve these proposed objectives at our March meeting for subsequent incorporation into the Area Plan update.

We just confirmed our Public Hearing for the Area Plan update for March 21<sup>st</sup>.

Maggie McNamara – My last day with Passages Caregiver Resource Center is this Tuesday. I will still continue on the Advisory Council. They will continue to recruit for a Caregiver Advocate for this area and the office will continue to be open. I have six bookshelves full of books on caregiving if anyone is interested.

**K. Correspondence**

Incoming: None

Outgoing: None

**L. Adjournment**

11:58 AM

Next Meeting – Advisory Council Virtual Meeting – Friday, March 31, 2023