

**PSA 2 Area Agency on Aging  
Virtual Advisory Council Meeting  
Friday, July 28, 2023  
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
Tina Kennemore	Lassen	Present
Justin Cadili	Lassen	Present
Sharon Howard	Lassen	Present
Vacant	Lassen	-----
Clinton Davis	Modoc	Present
Debbie Mason	Modoc	Present
Tiffany Gwinn	Modoc	Excused
Vacant	Modoc	-----
Frances Cole-Boyd	Shasta	Present
Maggie McNamara	Shasta	Present
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	Absent

Quorum Established.

**C. Introduction of guests**

Jerry Kirouac, Program Manager – PSA2 Ombudsman  
Cheryl Rushton, Admin Clerk - PSA2 AAA

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

M/ Tina Kennemore  
S/ Frances Cole-Boyd  
To approve the agenda as presented.  
Approved.

**E. Approval of Advisory Council Virtual Meeting Minutes – May 26, 2023  
(corrected) & Virtual Collaborative Meeting – June 19, 2023**

May 26<sup>th</sup> minutes need to be corrected. Tina Kennemore was Excused.  
M/ Debbie Mason  
S/ Tina Kennemore  
To approve the minutes as corrected.  
Approved.

June 19<sup>th</sup> Collaborative Minutes

M/ John Dell'Amico  
S/ Staci Wadley  
To approve as presented.  
A/ Clinton Davis  
Approved.

## **F. Open Session / Announcements**

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

Lydia – Tulelake Shindig, Street Fair and Bazaar on August 12<sup>th</sup> We will have a new food vendor who makes Greek food. There will also be a car show on the west side of the park. I attended a city council meeting. Dollar General is coming to Tulelake and they have a location, but we don't know where.

Staci – I attended the Shasta Regional Transportation Agency's Coordinated Transportation Plan meeting. They do an update every 5 years. They are in the process of gathering data and opinions. If you are interested in providing input, you can go to the website at [srta.ca.org](http://srta.ca.org). I did mention in the meeting, the importance of transportation to seniors and how it is a significant issue. One attendee shared about her father getting older and she thinks he's going to stop driving soon. He may do that if he has options to help him be independent, instead of relying on others to drive you around, and the importance of having options for people to remain independent and engaged outside of driving cars. Teri - I will send the link to the group so that everyone can provide input on transportation issues. If I can piggyback on that request. If there is a phone connection that seniors could make to reach the folks at SRTA, that would be really helpful for those that are not digitally connected. Staci - Their phone number is 530-262-6190. Lydia - I hope Shasta Regional Transportation has been in contact or will be in contact with Southern Cascade Medical Transport because they transport everywhere. Maybe they can team up and they can both benefit from this type of transportation. They've driven me from Tulelake, California to Bend, Oregon. They go to Portland, they go to Messrs. They go all over the place. They go all different places and in the state of California, and if you've got a Partnership card, it's all paid for.

John Dell'Amico – There's a major problem at the Recreation and Parks District. The train goes through there, and in the event there was an emergency, there would be no exit for the ambulance. I worked with Jerry Hickey on this several years ago. I am going to resurrect this project with Mt. Shasta, Siskiyou County, and Southern Pacific Railroad. We all need to sit down and come up with a solution. Lydia – We're having a similar problem here with Union Pacific. Frances - In Redding we have the railroad station, but it's not open late at night. There was one man who was going to take the train late at night and he could stay in

the station because it was closed. It was during a snowstorm and he ended up going to the hospital due to cold-related issues.

Teri - We have a wellness event in Siskiyou County on Monday, August 21st. We will share the flyer. It will be held at Eskaton Washington Manor from 10:00 AM to 2:00 PM. It's hosted by Siskiyou County Public Health with PSA2 in partnership. They're going to focus on the Healthy Brain Initiative that was granted to Siskiyou County. Information available will include emergency preparedness and suicide prevention.

Teri - I was contacted by Passages Caregiver Resource Center yesterday about a fall prevention event that is being put together. They're shooting for the month of September. I told them that was great because it aligned with our goals objectives for Advisory Council to acknowledge Fall Prevention Month in September. They are looking to hold this in the Mount Shasta area.

## **G. Reports:**

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

- Update on Advisory Council Activities

I will be reporting on today's meeting at the Executive Board meeting in August.

Teri – We may not have an August meeting due to lack of a quorum, which is common in the summer months.

- Advisory Council Membership/Recruitment Report

We have two new Advisory Council members Sharon Howard and Justin Cadili for Lassen County.

Sharon Howard - I retired from Shasta County Social Services. I have a background in social welfare. I was a Court Appointed Special Advocate (CASA) and an advocate for foster youth and then an Ombudsman. I attended a town hall meeting here several months ago and a big discussion came up because I've been very, very, very focused on our lack of services for Meals on Wheels. After the meeting, I was approached by my supervisor to see if I would be interested in participating in the Advisory Council.

Justin Cadili. I own Lumberjacks Restaurant in Susanville. We are part of the Dine Around Town program. I was on the Board of Directors for Lassen Family Services. I was briefly on the board for the Senior Center about eight years ago. I wanted to join because of everything that I've been doing to help with senior nutrition and Dine Around Town.

We still need representatives for Lassen County and Modoc County.

## **TACC Report** –Frances Cole-Boyd, Vice-Chairman

- Update on Recent TACC Activities

Next TACC meeting is September 7th from 1:00PM to 4:00PM (Virtual).

## **California Senior Legislature Report** – Teri Gabriel

We included the flyer for the California Senior Legislature in your packet. We're looking for members to fill two slots for Senior Senator and Senior Assemblyperson. They do not have to be Advisory Council members. We look for individuals who are 55 and over, involved in similar issues in their local area, driven to make a difference in the lives of aging Californians, and willing to volunteer to represent their local community. You would be participating with other members across the state who represent their regions, and they will address legislation that's related to older and disabled adults and helping to promote and to share and to encourage our legislators to support particular bills or initiatives related to older and disabled adults.

- Update on CSL Vacancies

We conducted orientations with both Justin and Sharon before this meeting, and Sharon has expressed an interest in becoming a CSL member. I connected her with our contact for CSL from PSA3 and from the state level.

- 2023 Legislative Priorities

In your packet there is a copy of the CSL newsletter as well the 2023 legislative session newsletter and a list of CSL legislative priorities, including wildfires and insurance, personal income tax initiatives, and caregiver support.

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

- Update on CalFresh Healthy Living Program

Summertime nutrition lessons featured Staying Hydrated with a demonstration and tastings of fruit-infused water. Making the most of the ripe summer fruits to encourage drinking additional water.

Mid-June the CalFresh Team for the PSA2 region met 'in-person' followed by a Center for Healthy Communities Picnic at Bidwell Park in Chico.

Here are the highlights for the local CalFresh programs in PSA2:

Multiple staff changes, including the former CalFresh Program Lead, Michelle Harris, is now the CalFresh Program Director for the Center for Healthy Communities. Meanwhile, the PSA2 area will be getting a new program assistant to assist Michelle and me. Kitsana, is now on board and already helping with the CalFresh-focused Food Assistance projects for our area.

Under development—A Master Gardener Adult curriculum tailored for older adults.

Stay tuned for senior garden updates at senior residences, and senior centers during 2024.

Currently, the Roderick Senior Center's garden is championed by their 'new' Nutrition Program Coordinator.

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

- Update on Each County's MHSA Services Activities

Teri - There was a meeting in Shasta County that I was unable to attend.

Frances - I shared it with Mountain Vista senior apartments residents to share.

Nancy - I shared it with three congregations here in Redding.

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

- Update on Food Bank and Food Access Activity

Our food access is limited right now because we're approaching the start of our construction project to expand the food bank. We're about two weeks from starting right now and we're moving everything out, so there's no one in the offices of the Food Bank. We're going to make it work for the next eight months and it's going to be interesting.

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

- Update on PSA2 Direct Service Senior Nutrition Programs

Trinity Senior Nutrition Program - There was a need to initiate a nutrition program in the Weaverville area of Trinity County. The past nutrition service provider was not granted the award in the last Request for Proposal process. So, with there being an absence of nutrition services funded by PSA2, we initiated the Trinity Senior Nutrition Program, which is a partnership between PSA2, Dignity Health Connected Living, and Church of the Nazarene. Dignity Health Connected Living prepares the meals and then delivers them on Tuesday and Thursday to the location at Church of the Nazarene. The Program Coordinator and volunteers coordinate home delivery of meals. The piece that was missing with this program is congregate dining, which really couldn't happen until we got out of the pandemic. We are working on an agreement with Church of the Nazarene to start serving indoor congregate meals. We anticipate executing the agreement in the next couple of weeks and then we'll have a conversation with Dignity Health on the number of meals we make we anticipate that can be served in that location. We're looking at serving on Wednesdays which kind of falls in the middle of the week and in-between the home-delivered meals. We are currently serving

close to 60 home-delivered meals out of Church of the Nazarene. We are now working with Church of the Nazarene on data reporting that's required for the program that had been a bit backlogged because of the transition.

Lassen Dine Around Town - We lost our Program Coordinator back at the end of April and so we used May and June to recruit. We hired a new Program Coordinator, Shawn Buckmaster, who started on July 10th, so she's just been over a couple of weeks with us. She jumped right in and is working with Dine Around Town program to start the home-delivered meal process while we had the congregate dining in place. This program was developed because we did not have a contracted service provider to provide nutrition services in the Susanville area of Lassen County. The Dine Around Town program uses local restaurants to provide meals for older adults. The easiest way we can get any nutrition program off the ground is using a local restaurant and we have Justin here from Lumberjacks restaurant. We could not do this without Justin and his restaurant. There's so much involved in developing a nutrition program. We had to revamp some of his menu items.

We have a new program coordinator on board. She is working on some of the congregate part. We have 170 individuals receiving vouchers that go to the restaurant and exchange their voucher for a meal that is off of a menu that's been revised to meet the dietary guidelines for older adults.

We are shifting our focus to start the home-delivered meal process. We again are starting with Lumberjacks restaurant. Justin has given us some pointers on how we might more smoothly make that happen. Our Program Coordinators will be reaching out to home-delivered meal participants, getting their intake forms completed, and working out the routes for delivery. We have two volunteers we're currently working with and have gone through the registration process, background checks, and training. Once we have this initially up and going then we will add more volunteers. We will also add more restaurants to the program. This was initially an emergency program, but the Department of Aging is now allowing restaurant meals to continue because they saw the value of that in some of these unserved areas.

- Update on Master Plan for Aging Initiatives

Community Assessment Survey for Older Adults - Every four years the Area Agencies on Aging conduct a needs assessment survey to focus the Area Plan on services that are needed in the community. For this round, the State of California has partnered Polco to do the survey. The goal of the state handling this is to get usable data. Polco is currently mailing out postcards to older adults to ask how they would like to take the survey (hardcopy or email). The postcards are supposed to go out this week. Then we have an open participation survey in mid-August, and the survey will be available for us to circulate within our own network. After the first select group has participated in the survey, the data will be collected and shared with the Area Agencies by late August. Surveys will be analyzed and we should be seeing a draft report by mid-October. We will see a report from Polco to the Area Agencies. This survey will help us determine what we will focus on for

services in the next four-year period. It also is will be available to query by county.

I participate on the local Master Plan for Aging workgroup which is hosted by the Disability Action Center and PSA3. They held listening sessions and met with different population groups to determine needs so that the group can focus and develop their own plan. Funding was provided by the SCAN Foundation and California Department of Aging. This local Master Plan for Aging focuses on Shasta, Butte and Glenn counties right now. They are focused on health care, housing, and transportation. There is an event on October 20<sup>th</sup> in Red Bluff. The keynote speaker will be Susan DeMarois, California Department of Aging director. I will share the flyer when I get it.

- Other Agency Activity

CalFresh Expansion Project – Shawn Buckmaster, the New Program Coordinator, is full-time. She has conducted trainings on CalFresh expansion to help our local counties' Health and Human Service Agency. We're doing a pre-application process and have a flyer ready to circulate to let the public and seniors know that they may qualify for CalFresh because the criteria has changed. We know with the growing older adult population that there'll be more people that will be applying or should be applying for CalFresh benefits. We will help them start the preliminary application process, meet with the senior and gather information so then once that information is entered into the database, they can start working to get that individual on CalFresh.

**Break 11:14 AM – 11:21 AM**

#### **H. Report on FY 23/24 Area Plan Goals & Objectives Activities**

There are our objectives for Fiscal Year 23-24. The Area Agency along with some Advisory Council members are focusing on certain areas of interest. What you see here is what the Advisory Council has interest in. There are other objectives that the Area Agency is involved in as part of our full Area Plan, which was just approved this week. Goal is Educate and Advocate, and Goal 3 is Transportation. In red we have the members who have stated an interest on those objectives. One of those examples is to speak with their local officials about these issues, such as transportation or nutrition. You'll get this in every meeting packet. There also an Activity Report in each packet, for you to use to report your work toward an objective. We ask that you fill out this report and you let us know what objective it was, how much time you spent. You could be attending a meeting on Mental Health Services Act. So, you would report this on the Activity Report and send this to our Secretary, Mike Cottone. Or you can send it to our office and we'll get it to Mike. He needs this report so that he can build on the annual report that we share with the Executive Board in June.

- Advisory Council News Brief – Debbie Mason, Maggie McNamara

We just completed our last News Brief on keeping hydrated. We also did one on Adult Protective Services, and one on safety and evacuations. We

made a list of ideas in the beginning. We will have a new topic every three months.

Teri - This News Brief goes out by mail through the HICAP program. HICAP has their own newsletter and we jumped in on that process to insert our news Brief into their newsletter. On the backside is the recruitment flyer from the Ombudsman program. HICAP will be creating a new mailing list for the CalFresh expansion program, and is interested in trying to reach a different population and they may be participating in this with a new mailing list to reach more people with their newsletter. The News Brief has replaced the senior services booklet, which was a challenge to keep updated since phone numbers and other information changes frequently.

changes or anything so we thought fresh new news on an ongoing basis. Every quarter would be a good way to reach everyone with very helpful information. If you have any ideas for News Brief topics, contact Teri.

The HICAP Newsletter is circulated to 1,000 individuals. Pam has enough printed so that they are handed or sent to the nutrition centers so they can go to the participants of the nutrition program. There are 170 people on the mailing list.

Nancy – One of our objectives involves participating in County nutrition advisory council meetings. The Trinity group that calls itself Nutrition Action Partnership (NAP). It is a group of dedicated people who are interested in nutrition and physical activity. It was just recently reorganized in June. There were 12 people in attendance. It was a very productive meeting. They started with a review of the mission and the vision and report out on activities that are going on in Trinity County. There will be a community event in Weaverville – Walk n Roll - The idea is to get people moving, however they move, whether it's walking, running, jogging, using a walker, wheelchair, or a cane. This will be an event that's open to all and right now they're forecasting that this event will take place in May 2024. It's going to be a senior friendly event.

NAP is part of a bigger group, Partnership in Action for Trinity Health (PATH), Which focuses on nutrition and physical activity. Trinity County wants a more robust and ready emergency procedure for food programs that may be absolutely necessary in case of wildfires, or in case of snowstorms and roads that are impassable. That project plan is just in the beginning. If I get involved, I will reported out to you under Objective H.

September is Fall Prevention Month – We worked on brochures at one time. Perhaps we could work on developing a new flyer. Cheryl – We still have three flyers for Fall Prevention, medication. Teri - If the Advisory Council would like to work with us, we can have a separate meeting to talk about what we can do with those materials. It doesn't have to be hardcopy, it could be social media to share some of the information taken from those brochures to promote that September is Fall Prevention Awareness Month.



Nancy - If any of the rest of you from some of the other counties would like to participate.... hopefully Teri's group is going to put together a plan and then we just initiate it to get fall prevention awareness increased during September. Mike and I would welcome additional members to sign on for Objective O.

Frances – There is a new program in Shasta County Restart program which has nothing to do with the Shasta County homeless program, but it's through Episcopal churches. Different churches have boxes and each one in a specific area. Redding has cleaning boxes, and Mt. Shasta has kitchen boxes. There's a bathroom box. If there is a house fire or a larger incident, they can send out these boxes and there will always be 10 on hand. You get ahold of me or I can put you in touch with them. It started because of the Carr fire and the fire in Paradise. I think Chico has some. When you're starting over sometimes people are in motel rooms, and they can't just have a bunch of things. So it's just to help them to get started.

Teri – We were approached by the local Siskiyou Family YMCA and we actually participated in the presentation with them. They brought in the local fire department chief and Cheryl had a chance to speak about the Fall Prevention program and how many times they respond to help recover folks that have fallen. It was a great partnership. We plan to continue that partnership to address Fall Prevention with ongoing presentations. We'd be happy to coordinate with other entities to help bring education on Fall Prevention and that could be something sure that we can address with the YMCA and also with the perhaps with the fire department how do you manage those types of policies to prevent any major injuries.

Cheryl - We had a fire chief and one of the medics that manages the local ambulance and he was running through the numbers of how many lift assists that they go through every month. They were able to touch base with the local hospital and see how many people that are frequently in the in E.R. due to falls, and maybe get some of our fall prevention devices to help people so that they're not return customers to the E.R. via ambulance or fire department.

Teri - Before we move on from the objectives I wanted to touch base with Staci to see if she had anything to report on related to transportation. We mentioned earlier when you're participating in SSTAC.

Staci - I attended the Shasta Regional Transportation Agency's Social Services Technical Advisory Committee (SSTAC) meeting. They discussed the Shasta Coordinated Transportation Plan, which advocates for improvements in transit services for the general public, as well as seniors, adults with disabilities, folks with low income. I bring up often the significant need for affordable transportation for seniors. As it is, we have some very intense requirements and restrictions on transportation for seniors. RABA bus service has their regular route bus service that goes from bus stop to bus stop. They also have paratransit, which picks up at your door and takes you to your destination at the door. For paratransit, you have to qualify medically for RABA. That's a requirement that they have to meet and they don't have much wiggle room to change based on their funding. We receive funds from the same organization to provide paratransit for anyone that's outside of the RABA service area. The majority of the population is inside the

service area. There's just a lot of people who have made their world smaller and less engagement, have less socialization and less independence because of transportation issues. We face temperature extremes here, and sometimes you just don't want an 83-year old person that may not be super steady on their feet walking down a broken sidewalk, that could have a tripping hazard, in 105-degree heat and then waiting for an hour carrying their groceries. There are limitations to what is a good idea with someone who will be more affected from a fall. I would like them to look at funding buses that would be paratransit door to door for any seniors that need it, no matter where their destination is, or their origin, or whatever the boundaries are. The only bus that we have currently that does that is our bus funded through the PSA2 IIID funds. That's not very much money for the amount of people that could use it.

**I. Follow Up Discussion on Advisory Council Year End Report to Executive Board**

Frances - Benjamin gave us information also and others weren't able to attend but they definitely participated.

Nancy - It really is a group effort. Francis certainly wowed those of us doing the report and supported us with a very effective visual, which clearly identified how much of volunteer time is spent on PSA2 objectives.

Teri - Yes, it was wonderfully presented. I'm really pleased that we had the PowerPoint to share and help engage the supervisors in the conversation and to really show them all the time that the Advisory Council is putting into these efforts, which is the purpose of the meeting. They do hear reports from Nancy after every meeting, but it was really important for them to hear from other members as well, which was really impactful. The chairman, Jill Cox from Trinity County, again provided you all with a Certificate of Appreciation. She took it upon herself to customize that and redesign their PSA2 certificate. It was a well-received and engaging conversation. As a side note, it was Elder Abuse Awareness Month. Thanks to Jerry for his report on elder abuse, which was also there very much engaged, and Jerry had his own PowerPoint. He had some ideas on how we can increase and enhance the information that we provide to the supervisors, the number of elder abuse cases in their counties.

**J. Correspondence**

Incoming: None  
Outgoing: None

**K. Adjournment**

12:01 PM

Next Meeting – Advisory Council Virtual Meeting – Friday, August 25, 2023