

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

Friday, October 28, 2022

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
Tina Kennemore	Lassen	Present
Vacant	Lassen	-----
Vacant	Lassen	-----
Vacant	Lassen	-----
Clinton Davis	Modoc	Present
Debbie Mason	Modoc	Excused
Tiffany Gwinn	Modoc	Present
Vacant	Modoc	-----
Frances Cole-Boyd	Shasta	Present
Maggie McNamara	Shasta	Present
Nancy Quirus	Shasta	Present
Staci Wadley	Shasta	Present
Heather Solus	Siskiyou	Absent
John Dell'Amico	Siskiyou	Present
Lydia Gil	Siskiyou	Present
Linda Smith	Siskiyou	Absent
Michael Cottone	Trinity	Present
Melanie Miller	Trinity	Present
Benjamin Sarkisian	Trinity	Present
Vonnie Westbrook	Trinity	Present

Quorum Established.

C. Introduction of guests

Pam Smith-Jimison, Program Manager - PSA2 HICAP
Jerry Kirouac, Program Manager – PSA2 Ombudsman
Rose Gandy – CSL Assemblyperson

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

Teri notes that timeframes have been added to the agenda to help the meeting go smoother.

M/ Clinton Davis
S/ Staci Wadley
Approved.

E. Approval of Advisory Council Virtual Meeting Minutes – September 30, 2022

Add 'American' to Association of University Women
M/ John Dell'Amico
S/ Clinton Davis
Approved.

F. Open Session / Announcements

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

Clinton – A year ago we talked about doing End of Life presentations. I received a call from a gentleman from Dignity Memorial in Redding who is willing to do a presentation. If we are interested, I am willing to follow up to get it on the next agenda. Staci – We had a presentation at our staff meetings from the North State Quality Care Network. They are working to get people to pay attention to advance directives. They provide classes once a month. They talked about the advantages of an advance healthcare directive, including that \$40k-80k is spent on care that the person would not have chosen. That represents money that could be saved from taxpayers, insurance. Their number is 530-225-6186 to attend an advance directive class. They are offered monthly. Frances – Legal Services of Northern California does the same thing for advance healthcare directives. Clinton – This individual does presentations on burial, cremations, and what is available for prepaid plans and insurance. I can pursue that to try to get something set up for the next meeting.

G. Reports:

Chairman's Report – Nancy Quirus, Chairman

- Update on Advisory Council Activities

Frances attended the Executive Board meeting and reported on what the Advisory Council has been doing, provided a TACC report. I also added how lucky we are to have Teri. Teri – Frances did a great job.

- Advisory Council Membership Report

Excited to report that most of our positions are filled. Lassen has three vacancies, Modoc has one vacancy.

Teri – We still have an orientation to conduct for Lisa from Siskiyou. We had orientation with Tiffany and Benjamin and we are trying to coordinate with Vonnie to schedule an orientation. The supervisor from Lassen County has asked for an application to help to fill the vacancies in Lassen.

Nancy – Be aware of our goals and objectives under Educate and Advocate, and Transportation. Let us know what activities you would like to participate in. There are other goals and objectives in the Area Plan that Advisory Council members can be involved in.

TACC Report – Nancy Quirus, Chairman

- Update on Recent TACC Activities

Nancy – We will be sending out information out the next TACC meeting on 12/6/22 from 1:00PM-4:00PM – This will be a virtual meeting. I will be the one voting. Other Advisory Council members can attend to observe.

California Senior Legislature Report – Rose Gandy, CSL Assemblyperson

- Update on CSL Activity

I was involved in a three-day Zoom meeting. Of the proposals that were submitted, there are now eleven proposals that will move forward. There will be a press release next week with the items that were passed. John Perriera with PSA3 has been involved in helping us to fill the CSL positions. We still have a Senior Senator position open. Nancy – We can have a discussion at our next meeting about the CSL legislative proposals. Rose – One in particular was related to grandparents raising grandchildren. Teri – Rose and I will look out for the press release and get it out to the Advisory Council.

Nutrition Report – Nancy Quirus, Chairman & Lydia Gill

- Update on CalFresh Healthy Living Program

Nancy - While I was on vacation, some of my partners at CHL participated in the CalFresh Healthy Living forum, a statewide meeting of people managing the program. I have not gotten a full report yet, but I do want to share that CalFresh has guidelines as to who we can interact and work with. Starting in October, CalFresh will be doing outreach to indigenous persons and veterans. We provided the information about where these populations are located. We were restricted to only federally-recognized tribes. At the forum, they came up with a new methodology for qualifying sites that we can go to. If you have any additional contacts for indigenous or veteran populations or organizations, please send it to me.

Lydia -Tulelake is still basically a food desert. Thank goodness we have CalFresh and Far Northern and Family Resource Center and a church that provide food distribution. I reached out again to Dollar General. They are still looking at putting a Dollar General in Tulelake. I suggested they put another property adjacent and make a bigger store to provide more food for a big area, such as areas outside of Tulelake, such as Newell. Teri – We still have meals being delivered by TEACH to Tulelake. Tiffany - We do have a new cook at TECAH as of the end of July. The meals are excellent and we have a lot of positive feedback.

Mental Health Services Act (MHSA) Report - All

- Update on Each County's MHSA Services Activities

Teri – At the last meeting, we talked about what was happening in the counties. Modoc has no coordinator. Mike connected me to the Trinity MHSA Coordinator. We will try to find out when they are holding their stakeholder meetings so that we can participate. Shasta County has not had their meeting. Siskiyou is in hiatus due to a transition of the coordinator position.

Nancy – I was part of another meeting – Nutritionist for the Fun with Fitness group – They are made up of fitness instructors who are 55 and older. They are working with 16 community groups that are made up of older people who are trying to stay flexible, balanced, and upright. The person who gave the presentation is recruiting people to be part of the Heart Hope project. Gibson had a volunteer application. The volunteers are seniors who have about four hours/week to devote to being support for a teen in one of our teen centers in Redding and Anderson. Morgan's presentation was so inspiring that we already had over four people volunteer who are part of that group. As a grandparent, we do have some solid and time-tested knowledge that we can pass on to younger people like teenagers who struggle with issues. The Heart Hope project had nine volunteers prior to the four others. There are groups of up to 30 teens, and they need more volunteers. Teri – I spoke to the volunteer coordinator for that project, and I have applications that I can get out to Staci for Shasta County for distribution to their participants. There are different projects to being the generations together, such as white-water rafting, crafts. There is a training period and they are looking for people to volunteer for four hours per week minimum.

Food Access Report – Staci Wadley

- Update on Food Bank and Food Access Activity

We are a member of the California Association of Food Banks. They had their annual conference in the beginning of October. This was the first in-person conference in a couple years. It is not a long conference, but there was a lot of information. I was hoping that there would be presentations that were specific to seniors, but there weren't. There were presentations that focused on marginalized populations, poverty, food scarcity, people with disabilities. I was impressed with the really smart people who are focused and passionate about food policy, and people from large food banks with staff who are policy advocates working on large systematic levels.

We are working on reaching out to unserved and underserved populations. We came away with that as part of our needs assessment, which we just presented to our board the other night. We will likely not share the report, but can share a summary. We really want to reach population that we are not reaching due to staffing limitations. We currently have two staff. Small counties that are similarly sized with staff between five and twenty people, while we only have two staff. Larger counties have staff of five to twenty people. It really shows how much we do with little. ... How can we support surrounding counties.... Nancy – What unserved or underserved populations are other counties looking at? Staci - Rural populations, students, people of color, people in poverty.

Clinton – Nevada Food Bank Conference – It sounds similar to what was presented at this conference I got a copy of a book talking about the concept of how the food is delivered. In Big Valley, we deliver on the 2nd Thursday of the month. The food is placed under canopies and people choose what they want. We don't choose it for them. At the conference, we heard that this is the best way. They set up a cashier at the end, not to charge but to tally items. The people feel like they are shopping. One person commented that they are seeing people that they never thought would show up. COVID helped remove the stigma of being low income. The attitude for some people in rural areas is that 'I don't need charity.' We are expanding the food bank in Bieber. The colleges are a larger proportion. Nevada had a lot of tribal representation. It a combination of where they love, and the pride. We tell them that we need to have numbers so that we can help others. Nancy – It would affect me if I were receiving food from a food bank. Frances – At Mountain Vista, the ones that needed the food the most didn't want to take it. There were a couple that said to give it to other people. I told them they were doing me a favor. Teri – When we visited the nutrition centers. I would make a point that they already paid for it with their tax dollars. Maggie – My clients, caregivers, do not want to take it from somebody else. I tell them this is your tax dollars at work, thank you for the job.

10:54 - 10:58 – Break

Director's Report – Teri Gabriel, Executive Director

- Update on Nutrition Provider Reopening Plans

During the pandemic, our nutrition sites closed to congregate dining. Some of our programs have reopened in Siskiyou, Modoc, and Trinity. California Department of Aging is asking that programs that are still closed start looking at plans by January 1st in hopes of having all centers open by June 30th. Guidance will be provided and will address the drive-up, pick-up. Centers are still wanting people to come and pick up their meals. Seniors have gotten used to this and really like it.

- Update on PSA2 Direct Service Senior Nutrition Programs

In Trinity County, we continue to work with Church of the Nazarene and Dignity Health Connected Living to provide meals to individuals in Weaverville. We started with a trial with 20 participants. This week we reached 35 participants with mostly home-delivered meals. We recently purchased an additional vehicle to expand services. It's going well and we continue to add more people to the program. We recently spoke with our program coordinator who is connected to the church about having indoor dining and it is something we are considering for the Spring.

Dine Around Town – Very rural and difficult to find NPs in rural areas. We are collaborating with Lassen Health and Human Services and Lumberjack's in Susanville. We could start congregate dining by November 28th. We are working to connect with those formally served by Lassen Senior Services.

Individuals will receive meal and dessert vouchers to use at the restaurant. This is a brand-new program for us. There will be hurdles and issues we will have to work out. Home-delivered meals will also be considered, but there are additional criteria. We will need volunteers due to the requirements of the home-delivered meal program, including quarterly assessments. Tina – Can you tell me who you are reaching out to about the vouchers? Our office is happy to help get those out through our Adult Services program. Teri – We can get you the flyer if you want to hand them out and they can contact us directly. Lydia – Can you reach out to Kim, the manager/owner of Mike & Wanda's in Tulelake about the voucher program? Teri – This is a temporary program at this time. We already have an arrangement with TEACH to serve the Tulelake area. Nancy – There will be a CalFresh program assistant for Lassen. Can you send me a copy of the flyer so I can get the information to him or her?

- Update on Local Master Plan for Aging Efforts

The Master Plan for Aging is intended to address aging issues in the state. The older adult population is expanding. Nancy provided a copy of an article from her local paper – 'Little talk of elders at UN meeting'. We will try to send it out. We are happy to see that California has taken the lead in developing the Master Plan for Aging to work on five goals related to housing, health care, and many others areas related to the needs of older adults. You can find a link to the Master Plan for Aging on the PSA2 website at psa2.org. Overall, this report is related to what we are doing locally.

The SCAN Foundation has granted funds to our local independent living center. They, along with the health and human services agencies in Glenn, Colusa, and Shasta Counties are putting together a local Master Plan for Aging specific to rural areas. All of the conversation is focused on the challenges in rural areas. They are bringing partners together to hear what should be in this plan and arrange for listening sessions from different populations of older adults. We had a listening session in Shasta County with individual's that Dignity Health Connected Living connected us with. I have asked for a listening session for our staff in Shasta County. It is scheduled for November 4th. We are hoping for another session on November 21st for the Dignity Health team. Sessions have also been conducted with NorCal Outreach, Latinx population, and formerly incarcerated individuals in Shasta County. They are focused on health care, housing, and transportation. Once this plan is in place, it will be used in other rural areas across the nation. In our Association of Area Agencies on Aging, we are hearing that all of the states are looking to what California is doing to plan for older adults. By the year 2030, there will be more older adults than children in the world.

- Other Agency Activity

Modoc County - Resource Directory has been finalized and presented to Executive Board members from Modoc County. It was shared with the Advisory Council. Thanks to Tiffany for getting those out to the community in

Alturas. We hope to continue this annually and update it as funding allows. We appreciated TEACH's participation to provide feedback. Each of our contracted service providers were mentioned. Shasta County has a great directory. Siskiyou has a directory funded by PSA2 and provided through Madrone Senior Services. We are working towards a plan for Lassen County and Trinity County.

We had our annual nutrition provider meeting with our contracted nutrition providers. We discussed the funding that's available to them through the American Rescue Plan Act, intergenerational meal funding and infrastructure funding. We addressed reopening plans. This will allow services to expand and reach more people with more meals, and enhance programs by allowing them to update equipment, chairs, canopies. We had wish lists from our nutrition providers. It was approved by the California Department of Aging. Funding expires in December 2023.

Dignity at Home Fall Prevention Program – We were able to use all of the funding that was provided. The program is up and running again. We will get the flyer out to everyone so that you can share in your community, Health and Human Services, In-Home Supportive Services. The income test is no longer required. Any adult who is sixty and older or disabled can be eligible.

CalFresh Expansion Project will work with older adults to sign up for CalFresh. More adults are eligible and we want to make sure that everyone who is eligible applies. Our goal is to get more older adults signed up for CalFresh. The contract is still being routed and we don't have a date yet for the project to start.

Melanie – Senior Resource Directory – We need one of these in Trinity County. Rick Derschon with Church of the Nazarene will be attending local meetings such as PATH to learn about local resources.

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

Maggie – Rose, Maggie, Debbie, and Teri met to look at the News Brief, layout, types of articles. We were looking at what's on the calendar for topics. January is National Banana Pudding Lover's Month. Debbie is going to write something about Adult Protective Services and Home Safe. We are writing another one so that we have them available to draw from. We have a lot of topics. We would like to hear what people are interested in having in the News Brief. Debbie, Rose and I will be meeting on Monday to look at what we have and make sure it's ready to submit on November 15th. One of the reasons we chose Adult Protective Services is because so many people have a misconception of what APS is. The first News Brief will be mailed on December 15th. Teri – HICAP has had to scale back on expenses for advertising. We can still do some form of mailed advertising to get the News Brief out. Nancy – March is National Nutrition Month.

The Goals and Objectives for the Advisory Council members are tied to the Area Plan under Goal 2) Educate and Advocate and Goal 3) Transportation. The

areas are identified in your meeting packet and correlate to the PSA2 Area Plan. We need to show which Advisory Council members are participating in each Objective. Frances – Power to Seniors – Can we include this. Teri – I know we have Older Adults Policy Council as an objective. We can bring that over. Teri – The group may want to adjust some of the language. This is a good time to do that. We can bring the Older Adult Policy Council and Disaster Preparedness objectives back for discussion. May 1st is when the Area Plan for Fiscal Year 2023-2024 is due to the state. Nancy – Add Disaster Preparedness as a new objective? Teri – It is already an objective in the plan, but it is not included in the Advisory Council objectives, but can be brought in.

Advisory Council members can be added to any objective. Let Teri know if there is an objective you would like to work on.

Goal 2 – Educate and Advocate

- Objective A – CSL

Rose is now the Senior Assemblyperson for CSL.

- Objective B - Senior Issues
- Objective C - Elder Abuse

We have materials that go out for June each year. Nancy and Mike are listed for this objective.

- Objective D – News Brief

This was a new objective added last year. Debbie, Maggie and Rose are listed for this objective.

- Objective E – MHSA

Nancy – I hope we will have representatives from each county. We had a previous Advisory Council member who attended MHSA meetings in Shasta County and advocated to include older adults in the MHSA services, and they listened. There is now a requirement to include older adults in MHSA plans.

- Objective F – Alzheimer’s and Dementia

Maggie, Nancy and Mike are listed under this objective.

- Objective H – SNAP-Ed

Nancy, Lydia, and Maggie are listed for this objective.

- Objective U – Fall Prevention

Fall Prevention Awareness Week is in September.

- Objective V – Estate Planning and Healthcare Directives

This is another area of interest for the Advisory Council. Mike and Frances are listed for this objective. Add Clinton to the objective.

Goal 3 – Transportation

Much of this was updated the year before last. Staci worked to revamp some of these objectives.

- Objective A – CSL Transportation Lobbying

Rose will report on transportation issues from CSL. Staci is attending the Disability and Aging Community Living Advisory Committee (DACLAC). They are working on developing a definition of accessible transportation and working to identify how they can expand consolidated transportation service agencies (CSTA), using the PSA funding structure. Teri will send the link for the DACLAC meeting out to Clinton and Lydia. Clinton – Difference between rural and urban transportation issues. Year ago, I was at a meeting with AARP, CDA and TACC and shared our challenges with isolated seniors and delivering food and someone said, *why not just use Uber or Lyft?*

- Objective B – CalACT
- Objective C – Transportation Resources / Mobility Management

Add Staci, Clinton, and Lydia to this objective.

- Objective D – Educating older adult and adults with disabilities on transportation services
- Objective E – SSTAC

Teri – Advisory Council Activity Report – If you attend a meeting or talk to a legislator or councilman about PSA2 services, be sure to put it on your Advisory Council Activity Report. Mike will compile that information into a report that the Advisory Council will present to the Executive Board to inform them of the activities that we have been working on. Send the Activity Report to Mike via email.

Nancy – Be sure to vote.

I. Correspondence

Incoming: None

Outgoing: None

J. Adjournment

12:00PM

Next Meeting – Advisory Council Virtual Meeting – Friday, November 18, 2022