

**PSA 2 Area Agency on Aging  
Virtual Advisory Council Meeting**  
Friday, April 30, 2021  
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
Rebecca Terwilliger	Lassen	Present
Lindsay Ritchie	Lassen	Excused
Kay White	Lassen	Present
Tina Kennemore	Lassen	Present
Marcia Anderson	Modoc	Present
Clinton Davis	Modoc	Present
Debbie Mason	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
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**

John Pereira – PSA3, CSL Senior Assemblymember  
Sean Tracy – President, Parkinson's Association of Northern California

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

M/ John Dell'Amico  
S/ Kay White  
Approved.

**E. Approval of Meeting Minutes – March 26, 2021**

Corrections to the minutes:

On page 4, under Update on Each County's MHSa Services Activities, third paragraph should read "PSA2 Advisory Council's support..." instead of "PSA@ Advisory Council's support...".

On page 5, under Update on Trinity County Request for Proposal Process, first sentence should read "Trinity County has some funding...." instead of "Trinity County has some finding....".

M/ Marcia Anderson  
S/ Staci Wadley  
Approved with corrections.

**F. Open Session / Announcements**

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

Marcia – Emergency Broadband Benefit Program (EBBP) provides broadband assistance for low income adults of \$50 a month for broadband service and a one-time \$100 toward purchase of a device. If anyone is curious to know more, go to [www.fcc.gov](http://www.fcc.gov).

Lydia - Dollar General bought property in downtown Tule Lake. They will have fresh frozen fruits and vegetables and a lot of other food that is not outdated. Do not know when construction will start. I went to the Dorris Clinic because the Tule Lake Clinic was full. I was happy to see our Southern Cascades transportation service at the door. Tule Lake Shindig, Street Farm and Bazaar on August 14<sup>th</sup>. We didn't have it last year because of COVID. We have returning vendors, as well as new vendors, live music, and food truck/vendors. Proceeds support the shindig scholarship.

Staci – At Dignity Health Connected Living, we created menus for meals on wheels and congregate meals, with full recipes and full nutritional analysis. Each menu is for specific medical conditions - medically tailored meals, such as for people with kidney or renal disease, heart disease, hypertension, undergoing cancer treatment or HIV positive, or who are diabetic.

**G. Presentation – Parkinson's Association of Northern California – Sean Tracy, PANC President, Board of Directors**

The Parkinson's Association of Northern California is a community-based local neighborhood support organization for people with Parkinson's and their care partners. We are primarily focused in Sacramento, but want to look at the entire Northern California community. We want to connect with the Area Agency on Aging and other partners in county, municipal, business, and other organizations to make people aware that we're here.

We're a voluntary organization with a 15-member board of directors. We're really dedicated to helping people with Parkinson's through their journey.

My passion for Parkinson's has really generated from my mom who has Parkinson's is diagnosed in 2009. My stepfather who has passed away several years ago, he also had Parkinson's. Parkinson's is a neurological disorder. You may identify people with Parkinson's through tremors or slow gait and sort of a walking posture issue and, and other ailments that really require support from care partners and professional providers.

One of our key founding efforts is creating support groups. These used to be held in person, but more recently via Zoom. Every Parkinson's patient, symptom, and drug impact is different. We have support 37 support groups around Northern California, primarily focused around Sacramento region. We want to expand to the northern part of the state. We've got a program called Parkinson Wise, which is a an exercise program as a training tool for those who've worked with people with Parkinson's, in the physical therapy environments, such as exercise classes, people who work in hospitals, or this is the living facilities. We train them about what should you be looking for, the condition and the symptoms of the disease, and try to help people navigate as a helper or people with Parkinson's.

We've got a great newsletter. We've also gotten several key events through the year we're doing a facilitator workshop, which is a training workshop for support group leaders. We've got a fundraising walk in Roseville in September. Our signature event is an annual conference, which is really gone international. We have about 1000 people who used to attend in person, and we're hoping this year we'll get back to some personal in attendance at that conference. It is a wonderful day-long conference of experts, doctors, nutritionists, researchers, who really speak to the Parkinson's community and kind of provide the latest and greatest updates. Held on October 23.

This year we are looking at grants to expand our support groups and our services out to people in rural Northern California. We're looking for trusted advisors, trusted neighbors, and leaders in the community to help get the word out to people who may be interested in getting support for their Parkinson's disease.

If you have questions about our association, outreach or services, you can contact me.

Nancy - I have friends with Parkinson's disease. I believe there is a Parkinson's support group in Redding, California. How can I refer someone to the Parkinson's support group?

Sean - Our website has a list of all the support groups, and all the contacts will support groups, and a county by county roster. Our newsletter that comes out quarterly has those updates.

## H. Reports:

### CSL Report – John Pereira, PSA3 Sr. Assembly Member

- CSL Recruitment Presentation

I wanted to talk to you about the California State Legislature. I represent PSA3, which covers Butte, Colusa, Glenn, Plumas, and Tehama counties.

Talking to my fellow representatives down in Sacramento, there is a big, big gap between rural California and urban California. Here is a quick story. It took me two hours to go from one part of the area I represent to the other part, at 70 miles per hour. The other thing that really struck me, he is I had a proposal when for a proposed law to have no cost hunting and fishing license for senior citizens. In a hearing at the Capitol, this fellow asked me why we want to give people free rein to go out and shoot little animals. He did not know that you can go shoot a deer and eat it. He did not know that.

These events got me to thinking that we have a different world up here in the north state. So, I put together a rural caucus for Northern California for the California Senior Legislature. And of course, Ken Ryan was part of that. We represent in our rural caucus 19 counties that start with Siskiyou and goes over to Humboldt all the way down to Sacramento. We have PSAs 1, 2, 3, 4, and 26 and 29 that cover from the Oregon border to below Sacramento. We want to work together on common concerns that we face up here in rural Northern California. I would like to find someone in your area who would be interested in joining the California Senior Legislature. I will be more than happy to work with that individual or individuals - there are openings for one senior assembly member and one senior senator, and work with those individuals and get them going.

If anyone would be interested, the requirement is I believe, over 55, and it is totally non-political. I don't get to say what flavor of politics I believe in, because that is immaterial. It is the whatever works for senior citizens. We do make proposals, and we have passed around 200. It is a very, very interesting process, because the California Senior Legislature is one of the very few organizations actually get to use the chambers in the capital. It is a very interesting study in civics. If you are interested, please contact Teri and she will put you in touch with me.

Teri - How often do you meet under normal circumstances?

John – It is once a year, the end of October, or early November in that timeframe. We meet in person and go through the entire process. We come up with proposals, which go to the appropriate committees, and then to the full Senate and the full Assembly. After that, instead of going to the Governor's desk, they go to the joint Assembly and Senate. Then we select the top ten. Then in January another group of us goes down to the

Capitol and meets with legislators and/or staff to try to get those 10 picked up as legislative proposals that actually move through the process. We have had over 200 that have made it into law. I've got one right now. There is a little glitch in the law that says if you're in a residential care facility, and your situation deteriorates slightly, and you cannot self-medicate, that you must be moved to a higher level facility. This can require a significant move.

California Senior Legislature is funded by a donation from your state taxes. There is no cost to the CSL assemblymember/senior senator. Travel and lodging are taken care of. Any final questions?

Teri - I don't hear any questions from the group. I will certainly share your contact information. I'll send the group your email, and if anyone is interested, they can contact me and I can connect them to John.

### **Chairman's Report** – Clinton Davis

- Update on Advisory Council Activities

One of the big topics is the reopening of the senior centers for lunches. We are doing bingo over in Big Valley and it's been well received. People are so happy to be able to socialize again, although there are challenges.

### **TACC Report** – Clinton Davis, Advisory Council Chairman

- Update on Recent TACC Activities

Our next TACC meeting is after Senior Day. We are working on a couple of issues. One, that we will hopefully benefit from is how PSA can work with social media. They are working on the California Master Plan on Aging.

Teri – Thank you for mentioning the Senior Rally Day. It will be held virtually this year, next week on Tuesday. The flyer was sent out electronically and is in your packet.

Nancy - Lassen, Modoc, Siskiyou, and Trinity are all going to have an opportunity to participate in the presentation of the first bingocize - nutrition education and bingo combination that is under development. My co-workers, Michelle Harris, in Siskiyou County and Amelio Saez in Lassen and Modoc are putting together bingocize. You can participate just on the phone. You don't have to have a computer to participate in that. It is kicking off May 11th. I'll try to get that information to you, Teri, so you can get it out to the appropriate counties.

Teri – We have that flyer from Michelle Harris. It was shared on our Facebook page, but I will go ahead and share it again with the group.

Nancy – I think this group could be instrumental in encouraging participation, even participating if you're over 60, and seeing what Bingocize is all about. We're pretty excited to have something new on our teaching agenda.

Staci – We are going to be doing Bingocize as well.

Teri - The Title IIID Health Promotion funding went to Chico State Enterprises for those four counties you are working with Nancy. We also have a contract with Dignity Health for those same funds in Shasta County. So that's why there's this split.

### **Nutrition Report** – Nancy Quirus

- Update on CalFresh Healthy Living Program

CalFresh Healthy Living is putting a focus on equity issues to promote the availability of CalFresh to minority populations. There is a tremendous amount of education going on right now within the CalFresh network, and legislation that is actually being promoted today. There is a day to contact legislators re policy such as Food for All, which is basically an attempt to allow CalFresh eligibility to people who are not able to prove their immigration status. There is another policy proposal called emergency food assistance aimed at immigrant populations that live within our areas that are hesitant, and not likely to not likely to apply for emergency food assistance, even when there is hunger going on in the household.

Recently, the 2022-2025 U.S. Dietary Guidelines have been released. There are age specific recommendations this year. So, when we are able to meet in person, I whenever, whenever we're able to meet in person, I would very much like to present an overview of those U.S. Dietary Guidelines, so that members of this council are informed in terms of the latest scientific reasoning behind some of the latest recommendations that are being made for seniors. Because the 60 year and over population group is expanding very rapidly. Soon, there be more of us old people than there are young people. So, it is particularly important that we take care of ourselves, and that does include your nutrition health.

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

- Update on Each County's MHSA Services Activities

Teri – I just wanted to point out that a letter is included in your packet that went out to Assemblywoman Dahle, who is supporting the Mental Health Services Act funding to support an administrative person at the state level to ensure that older adults are represented in the MHSA plans.

I did share in our Executive Board meeting that the Advisory Council had sent that letter familiarized them with that so they can keep their eyes and ears open on opportunities to include older adults in their County's MHSA plan. I also mentioned that Shasta County had adopted a Hope Heart project MHSA funds to combine efforts of the young school age individuals and older adults to bring them together both to encourage their emotional support and guidance, especially for the older adults in isolation, and bring them together kind of similar sounds similar to how a foster grandparent program would work. It was unanimously approved by Shasta County Board of Supervisors, last year heard by the Shasta County Stakeholders meeting for MHSA, and moving on to the state level for approval.

### **Ad Hoc Committee Reports:**

- Update from PSA2 Outreach Committee

Part of the outreach efforts that we were making is to increase our activity on Facebook and I've been taking that on to increase and share more information on PSA2's Facebook page. Marcia got us going and we're connected to many agencies too that I share information from on the Facebook page. As events and flyers come our way, we share that on the PSA2 Facebook page also.

Our PSA2 website is finally complete. It went live last week. Psa2.org. The Dietary Guidelines are already on our website for reference. Since we represent five counties, we have pictures of our areas all throughout. As you scroll down each page, there are very colorful links to services and information. Cheryl and I were trained on how to update it. On the Advisory Council page, as I mentioned, we would not have private information, but we have a little bit about the Advisory Council and a list of members. We also have the Executive Board and their contact information. Then each county also links back to the county supervisors, and the county pages. We have all the programs listed, as well as a resource page. There is also a link to the 2024 Area Plan.

We have a page for service providers, where you can see links to resources that are available to service providers, and forms that are available for service providers to download and use. The Nutrition Procedures Manual will be uploaded once it is updated. We updated the data reporting procedure manual. We have the new fiscal reporting procedure manual that was just added, and a link to Title 22. If there are any suggestions, let us know. People can use Contact Us to email us or we can chat with them to address whatever question or concern they have.

We have information on the California Master Plan for Aging and Fall Prevention resources. We have California Telephone Access Program, and will add the FCC information that Marsha just mentioned. I got permission to disclose that it was my youngest daughter who developed the website. She has a graduate degree in public administration, and has created websites for both her graduate school and her former and current employers, so she is very knowledgeable. She has a very strong artistic side to her as well.

- Update from Food Access Committee

Staci – I don't know if we need a committee for this. Teri – Clinton's region did not have access to food bank commodities and distribution. We made that connection with Staci at Dignity Health as the main hub for the north state.

Nancy - Wasn't part of our discussion that there are multiple community sources providing foods to food banks, and Lydia just shared with us that Dollar General will be coming to Tulelake. Dollar General was one of those businesses donating foods in rural areas.

Staci – They are part of the Feeding America group. Feeding America is the national organization that makes arrangements with Grocery outlets or vendors so that they can use contributions as a tax write off. Feeding America is the intermediary that sets up the designated partner in that county to take care of the donations or to make arrangements to have another agency pick up on their behalf.

Nancy - I was hoping to receive information on what partners Feeding America had in our five County area. Teach may not be aware that they have a new provider in Dollar General moving into their county. I'd like to see the committee stick around.

Staci – I will see if I can send that off in an email.

Lydia - A lot of the food that comes to Tule Lake comes through USDA, and comes from Great Northern. I don't really know how much comes from TEACH. Also, some comes from the Klamath Lake food bank or climate rolls. Now hopefully, when Dollar General comes in, they will be active. I also hear they give scholarships. So once it gets established, I'm sure that will be a great resource to go to, and helping the community of Tule Lake and Newell.

Nancy – There are a lot of moving parts in getting food to Modoc County.

Lydia – There was a gentleman at the City Council meeting that his name was Quintin Gaddy. There's going to be some money distributed throughout Siskiyou County to agencies to help provide services to low income and senior citizens, like energy assistance, weatherization, and food distribution. In the past, the Tulelake/Newell Family Resource Center gave boxes once every three months.

I talked to someone at Great Northern, and hopefully by the fall they will get this new endeavor underway. So, there will be more food distribution for low income families not only in Tulelake but in Siskiyou County.

Debbie - I was talking to Carol Madison from TEACH last week. She was talking about where they get some of their food, and she was saying from a food distribution in Nevada. They have gotten a lot of money and food, and have changed the way they distribute food. They used to get food every three months, but they are now giving it out to people every month.

Lydia – Tulelake/Newell Family Resource Center has been giving a small amount that, a weekly drive up service of fruits and vegetables. It is very limited, but it is every Thursday.

Staci – The website for Feeding America shows that there are 18 Feeding America food banks. We are a branch of the food bank of Contra Cost and Solano. We are one of their distribution agencies. The only other one North of that is in Nevada. I will email them and try to get more information.

Teri – I believe tat Lassen County gets food distribution from the Nevada food bank.

Frances – Tulelake is a food desert, but it is in a big agricultural area.

Teri – The frequency of food distribution has increased recently. We just have to make sure it does not go back to the shortage and food deserts.

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

- Update on Program Services Due to COVID-19 pandemic

The American Rescue Plan did have additional funding coming to our program. Nutrition programs will receive additional funding. Provides \$1.4 billion of increased funding to Older Americans Act programs. AAAs will be receiving funding to promote vaccine outreach and coordination. Also, evidence-based health programs, Title IIID disease prevention programs,

family caregiver support programs, and Long-Term Care Ombudsman will see additional funding with elder abuse prevention efforts through the Elder Justice Act. They are also mentioning public transit systems and improved transportation for older adults.

I have not heard of any changes happening at any of the six dining centers. No one is in a hurry to do so. I have not heard of any nutrition program, although I did speak with Staci with Dignity Health about a possibility in June, but nothing for sure. We definitely want everyone to be as cautious as possible not only for the older adults we serve, but also for the staff and everyone who run programs.

We did hear at the state level that PSA12 had developed a plan that the public health had approved and Department of Aging had approved, for outdoor dining on a very limited basis and on a rotation basis. Reopening plans have to go through the local public health department, and then to the California Department of Aging.

HICAP is still doing their work as best they can, with limitations, still providing counseling via telephone and virtual meeting, and Ombudsman are still allowed to go into facilities at this time with precautions. Other than that, there has not been any major change to any of the programs.

- Other Agency Activity / Community Education Events

I have already mentioned the website. We are also talking in Siskiyou about senior resource drive-thrus. We are putting together packets of information for all the programs and other communities and providing packets of information to individuals. We are trying to reach McCloud, Tulelake, Dorris, and Happy Camp. It is not an actual event, just distribution of information either through an existing delivery source or leaving it for distribution in the community.

We have started Elder Abuse Awareness efforts. We have banners along with the flags for the Know Abuse Report Abuse logo. The flags indicate the number of abuse cases that have been reported in the last year. They have been out in the past in Shasta and Siskiyou counties and Julie Sessions with Ombudsman is working on getting them out to Lassen, Modoc, and Trinity. We have started with bus signs, and Siskiyou County buses already have these. We have bus stop sign in Redding. We want this logo to be out there and be recognizable.

We arranged for the Siskiyou County Fairgrounds electronic billboard sign to have the Know Abuse Report Abuse logo for two months. We also have lawn signs that can be easily placed into any yard or lawn.

The Fall Prevention program is picking up. We just hired a new part-time administrative clerk, Andi, who will join us on Monday. We will train her to get this Fall Prevention program going and try to get more information out

there about the program to health care providers and Adult Protective Services.

**I. Final Report on FY 20/21 Area Plan Goals & Objectives Activities**

In June, we have a collaborative meeting with the Executive Board. The Advisory Council will meet with the Executive Board and present a report about what we have been working on and where our priorities have been. During the year, Advisory Council members reports their activities to the Secretary, Mike Cottone, who will compile the activities toward the objectives from the Advisory Council members to create a report to the Executive Board that will be presented in next meeting.

In the next meeting, we will have a draft of the report and the Advisory Council will review the report to make any tweaks or changes or updates to it. We will also determine who will be presenting to the Executive Board. Those members who have worked toward activities in the objectives, please get that information to Mike so he can start drafting that report.

This is your opportunity to shine and share what you have been working toward and what you have been sharing with the group. Remember that we established new priorities for the next year, including fall prevention and developing and distrusting brochures to the community.

The Activity Report form is included in your packet. Please send your Activity Reports to Mike by May 14<sup>th</sup>.

**J. Correspondence:**

Incoming: None

Outgoing: Letter to Assemblywoman Dahle, District AD 1

Teri – I just wanted to mention that we had two more members appointed in Lassen County, Rebecca Terwilliger and Tina Kennemore. I want to thank them for being on board and attending our meeting today. We still have a vacancy in Modoc County. We are working on filling Siskiyou County. In Trinity, we have three vacancies.

**K. Adjournment**

Adjourned at 1203.

Next Virtual Meeting – Friday, May 28, 2021

Discussion of rescheduling next ADCO meeting due to scheduling conflicts among many members. Teri will send out a Doodle poll to find a new meeting date.