

**PSA 2 Area Agency on Aging
Virtual Advisory Council Meeting**
Friday, October 30, 2020
10:00 AM

MINUTES

A. Call to order and Pledge of Allegiance

Meeting called to order at 10:03 AM.

B. Roll Call (Establishment of a quorum)

Teri Gabriel	PSA2	Present
Vacant	Lassen	
Lindsay Ritchie	Lassen	Present
Vacant	Lassen	
Kay White	Lassen	Excused
Marcia Anderson	Modoc	Present
Clinton Davis	Modoc	Present
Debbie Mason	Modoc	Present
Vacant	Modoc	
Vacant	Shasta	
Richard Kern	Shasta	Present
Nancy Quirus	Shasta	Present
Staci Wadley	Shasta	Present
Vacant	Siskiyou	
Kenneth Ryan	Siskiyou	Present
John Dell'Amico	Siskiyou	Present
Lydia Gil	Siskiyou	Excused
Michael Cottone	Trinity	Present
Vacant	Trinity	
Kit Porritt	Trinity	Present
Vacant	Trinity	

Quorum Established.

C. Introduction of guests

Cheryl Rushton, PSA2
Julie Sessions, Ombudsman Program Manager

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

M/ Richard Kern
S/ Jon Dell'Amico
Approved.

E. Approval of Meeting Minutes – September 25, 2020

Correction - Item G HICAP – Newsletter – ‘let m know and we will get you added.’ Should be ‘let Marcia know and we will get you added.’

M/ Nancy Quirus
S/ Jon Dell’Amico
Approved w/ Correction

F. Open Session / Announcements

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

Kit Porritt – Village Movement Webinars – I have many pages of notes that I need to condense and will make available for the next meeting.

Marcia – Tule Lake Resource Center (Modoc) is now offering craft classes for seniors – reservation only – if interested, call Kelly Harris at the senior center in Tule Lake. Funded w/ MHSA funds. They are also in the process of acquiring tax consultation services for seniors.

John Dell’Amico – I checked out Ooma (residential VoIP phone service). For those who have computers, you can get an Ooma box to connect your computer for \$99.99 and a monthly fee of \$9.99.

Staci Wadley – Restarting our transportation on Sunday. Public transportation for Shasta County. We had software problems, then paused due to COVID. It is now reopening with a wheelchair accessible bus. More information at shastaconnect.org. Can download the Shasta Connect app in your app store. Phone number is 530-226-3075.

G. Presentation on Advance Directives – Julie Sessions. Ombudsman Program Manager

Advance Directives is something I am passionate about from my time in Adult Protective Services.

Advance Healthcare Directive and Financial and Legal Power of Attorney

General Durable Power of Attorney – Designate someone to make financial and legal decisions. Need to have two witnesses sign who are not related to you. If you are in a facility, the Ombudsman has to be involved in the witnessing process.

Advance Healthcare Directive – Make decisions about prolonging life. Can have multiple agents to make decisions for you.

Some people get the Power of Attorney for their parent and think they can take over their parent’s life. Option to donate organs.

Discussion of importance of making your wishes known to your family members so that they do not have to wrestle with those decisions.

H. Reports:

Chairman's Report – Clinton Davis

- Update on Advisory Council Activities

No update.

- Advisory Council Membership Report

Currently have two vacancies in Lassen, one in Modoc, one in Shasta, one in Siskiyou, and two in Trinity. Teri – One was just filled in Siskiyou, approved by the Board of Supervisors.

TACC Report – Clinton Davis, Advisory Council Chairman

- Update on Recent TACC Activities

Working on bylaws. Looking at using Zoom so we can hold meetings without having to travel to Sacramento.

CSL Report – Kenneth Ryan, Senior Senator and Helen Stone, Senior Assembly Woman

- Update on CSL Activities

CSL is on hiatus. They have reappointed their management board and looking at coming back strong next year. They have a list of resolutions they want to get sponsors for. Will get the list out of changes in law that would be good for seniors. Probably won't get any sponsors from our region. If you have contacts in urban areas, you might work to find sponsors in those areas. Hoping we can get the TACC and CSL people working together next year.

Teri – CSL has not received a resignation letter from Helen. CSL is not filling any vacancies due to COVID-19. Her term ends October 2022.

Nutrition Report – Nancy Quirus

- Update on CalFresh Healthy Living Program

Very excited to share that starting October, all participants received a boost in benefits from USDA. A household with one older adult could receive a max benefit of \$200. These

increased benefits will help ensure that participants have access to food during this pandemic.

Another effort is underway to increase participation among older adults over the next several months. If you know of a group that includes older adults who might be eligible, please refer them to CalFresh Healthy Living Outreach by calling 530-636-0649.

See handout on food planning that was included in the packet. USDA came out with the handout, called Start Simple with MyPlate Food Planning. Due to COVID-9, more of us are cooking meals at home. There are several tips that encourage menu planning, using a list, being cognizant of perishable items, how much to buy, what to make, and survival in the area of food and meal planning during the pandemic.

Mental Health Services Act (MHSA) Report

- Update on Each County's MHSA Services Activities

Marcia – Modoc County - Posted a survey (due today) to general public and stakeholder asking about demographics. Siskiyou County MHSA funding is being used to expand senior crafts program.

Nancy – Our Shasta Public Health is so focused on slowing the spread of Coronavirus, that I haven't heard a thing with regard to mental health. Teri – I haven't seen any recent notices of MHSA activity going on in Shasta. The count has been focused on COVID-19. I can reach out to get you connected with someone regarding MHSA.

Ad Hoc Committee Reports:

- Update from PSA2 Outreach Committee

On hold. Teri – Marcia has been helping with the PSA2 website. We've run into some snags. I have another volunteer working on updating the website. Should have something soon that we can start using.

- Update from Food Access Committee

Staci – Teri and I need to reschedule the meeting.

- Update from PSA2 Fundraising Committee

On hold.

Director's Report– Teri Gabriel, Executive Director

- Update on Program Services Due to COVID-19 pandemic

Had a service provider meeting last month. Reopening will be a local decision. CDA is not in a rush to have center reopen, but are allowing service providers to coordinate reopening once they have been in the lowest tier for a number of weeks, have protocols in place, hand sanitizer, etc. Service providers let PSA2 AAA know about plan and it goes to CDA.

Access to facilities – Testing weekly to keep residents safe. Julie has made a direct connection to Public Health in Shasta County.

HICAP is in open enrollment period. Still conducting counseling appointments remotely by phone. Lots of demand for services. We have increased staff and volunteers for the program. Once open enrollment is concluded, we will ask Pam to make a presentation to the Advisory Council.

- Update on Trinity County RFP Process

We had no applicants apply. One letter of interest, but they chose not to follow through. We do plan to restart the RFP process for the next fiscal year in January.

- Update on Community Education Events

We hosted two events in Mt Shasta and Yreka for seniors to drive thru and get meals. Lots of information shared with seniors re PSA2 AAA services, scams, mental health wellness, HICAP.

In Shasta, coordinated with Compass Shining Care for an even there.

We will continue to use drive thru events, as well as supporting programs doing home delivered meals.

- Other Agency Activity

Preparing for holiday season. Will continue prepping for next year and looking at updating the Area Plan.

I. Discussion on End of Life Planning Resources

Cheryl contacted the Neptune Society, which is a for-profit organization.

Teri – Another option, which is a non-profit and contracted PSA2 service, is Legal Services of Northern California. They have an estate planning booklet and information guide that we can share with everyone. The booklet covers estate planning, common misconceptions, wills, trusts, advance directives, financial

power of attorney, financial elder abuse, and other agencies and organizations where you can access resources. Their Outreach Coordinator, Shahada Shaban, does presentations and we can have her present to the Advisory Council.

Lindsay – Number for LSNC came back as no longer in service. Teri – I will check that. If you need to reach them in the meantime, we have access to an app to send matters directly to them.

J. Report on FY 20/21 Area Plan Goals & Objectives Activities

New members can report activities verbally or in writing (email, fax, mail) to Mike.

K. Discussion on Planning for FY 21/22 Area Plan Goals & Objectives

In the last meeting, the group discussed adding Goals and Objectives around advance directives and end of life planning. Would ask anyone who is interested in crafting language for updates to the Area Plan.

Staci – Interested in working on G&O related to Transportation.

Teri – We also talked about adding something around homelessness, but was paused due to COVID. If the group wants to add that as well, that can be done.

Nancy – Is Fall Prevention going to be an ongoing topic? Teri – Fall Prevention is a one-year temporary project. We could add it to the Area Plan as part of community education. Nancy, Marcia, and Kit will work on a goal around fall Prevention.

L. Correspondence:

Incoming: Letters of Resignation Murray Blake and Penny Artz

Outgoing: (None)

M. Adjournment

Adjourned at 11:21 AM.

Next meeting – Virtual Meeting – Friday, November 20, 2020