

**PSA 2 Area Agency on Aging  
Virtual Advisory Council Meeting**  
Friday, August 28, 2020  
10:00 AM

**MINUTES**

**A. Call to order and Pledge of Allegiance**

Meeting called to order at 10:02 AM.

**B. Roll Call (Establishment of a quorum)**

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

Quorum Established.

**C. Introduction of guests**

Cheryl Rushton, PSA2

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

M/ John Dell'Amico  
S/ Nancy Quirus  
Approved.

**E. Approval of Meeting Minutes - July 31, 2020**

As amended – Corrections – strike “Collaborative Meeting” from #3; Page 4, Para 3 under Director’s Report, should be “not excluded” rather than “no excluded”.

M/ John Dell’Amico  
S/ Murray Blake  
Approved.

**F. Open Session / Announcements**

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

Marcia – HICAP Newsletters are monthly.

Nancy – There is a fundraiser for the Golden Age Center in Trinity County – September 1<sup>st</sup> Taco Tuesday. National Food Service Appreciation Day Sept 25<sup>th</sup> – Plans underway to being recognition to food workers. If you want more information, contact Nancy. Walk to End Alzheimer’s – Donate to the Alzheimer’s Association, walk with yourself, walk with a group, walk with your dog, etc. etc. Being held everywhere (virtually) on Saturday, September 26th. Mike – What is the donation amount for Taco Tuesday? Nancy – 3 tacos for \$10, sides and drinks are available for an additional cost. You can call your order in. Nancy can send a flyer if you want more info on Taco Tuesday.

John – Final expenses – Neptune Society can take care of final arrangements. People are concerned about final expenses. I gave Cheryl the number for Neptune to call and see how they can participate in one of our future meetings.

**G. Reports:**

Chairman’s Report – Clinton Davis

- Update on Advisory Council Activities  
Learning to hold meetings by Zoom.
- Advisory Council Membership Report

Vacancies in Lassen, Modoc, and Trinity. Focus on recruiting new members. Mike’s term will be ending, so there will be an opening in Siskiyou. Mike has somebody in mind already.

TACC Report – Clinton Davis, Advisory Council Chairman

- Update on Recent TACC Activities

Next meeting on Sept 3<sup>rd</sup> via Zoom. I will send the information to Teri so she can send it out to Advisory Council members.

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

- Update on CSL Activities

CSL is struggling like everyone else. The state will not pay for travel, and they are trying to find out how to do meetings electronically. Looking to set something up for the Fall. CSL is looking to set up regional groups. Legislature is doing very little right now. I have been representing this group at CSL for eight years. Two months ago, I put in a request to this group to send a letter to the Governor because the Governor had blue penciled senior services. The result of that request was one agency that sent a letter to the Governor. Teri – Is that because you were not copied on the letters? Some members do not cc letters or represent groups, so they may send letters as individuals.

#### Nutrition Report – Nancy Quirus

- Update on CalFresh Healthy Living Program (formerly SNAP-Ed)

CalFresh Healthy Living – Direct education is cancelled for the remainder of 2020 due to COVID. Indirect education continues in the form of messaging labels that are attached to all meals for seniors that pick-up curbside or those meals that are home-delivered meals. This project was piloted here by the Shasta meal program and Dignity Health and has now expanded to the Burney site and the Hayfork site in Trinity. This month, the project is expanding to Siskiyou. Looking to have Lassen and Modoc sites join. Contact Nancy for more details if your site is currently providing meals to go and delivered meals.

Thanks for your responses to the survey last month. Our first Zoom lesson will be on Sept 22 for older adults. Will share information with Advisory Council members. Please feel free to share with your local contacts. You are also welcome to join. Ability to join by video is low in some areas due to limited internet, but ability to join by smartphone is higher. Lydia – Lifeline is available for both landline and smartphone during COVID. Information at [californialifeline.com](http://californialifeline.com).

Rachel Gibson – CF Dietician for Lassen and Modoc is leaving her position and the area. Chico State will be recruiting for her

replacement. If you know a qualified dietician, please share the job description that Teri will send out when it is available.

Lydia – Home-bound seniors get home delivery of food. Produce Connection comes to Tule Lake. We are a very depressed area. Very concerned about our senior citizens getting fresh fruit without the Produce Connection. There are no fresh fruits and vegetables that I know of in Tule Lake that can be purchased. Trying to get Dollar General to put in a store people could buy canned fruits.

Kenneth – I just learned about the Village Movement. For small communities, this is a group of people who get together to provide collective services. There is one in Humboldt.

Nancy – I will get back to you on any information I find out.

Clinton – There is a lot of food in this area that is not being distributed and is being thrown out. I would like to put together an adhoc committee to see how we can link those with too much food to those who need it.

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

- Update on Each County's MHSA Services Activities

I don't see anything happening with telehealth, and that will be my focus going forward.

Murray – The meetings are not happening.

#### Ad Hoc Committee Reports:

- Update from PSA2 Outreach Committee

Looking at virtual outreach.

Nancy – Can you post information about our Sept 22nd education event on Facebook? Marcia - Yes.

- Update from PSA2 Fundraising Committee - On hold.

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

- Update on Program Services Due to COVID-19 pandemic

Services continue with drive thru for meals at senior centers, and home delivery continues. No changes expected any time soon. HICAP services

continue with remote counseling over the phone. Also prepping for open enrollment. Trying to get everything on board to meet California Department of Aging requirements for confidentiality. HICAP Newsletters have gotten positive feedback. Because we have not been able to go out and do presentations, we are trying to get the isolated areas.

Ombudsman continues to work on reentering facilities, will have more freedom next month, most work continues to be done over the phone. Some concerns re lockdown. Program Manager for Ombudsman is directly involved in statewide meetings for better access to residents in facilities.

Through a partnership with CalOES, AAAs were able to receive PPE, including cloth and disposable masks and hand sanitizer. We have been working to get these out to nutrition centers and Adult Protective Services agencies to be provided to seniors.

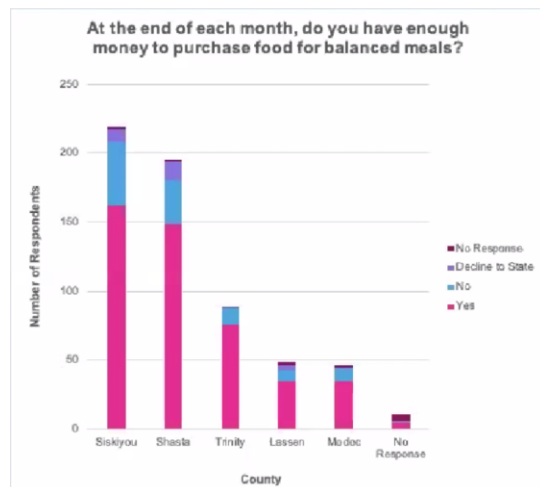
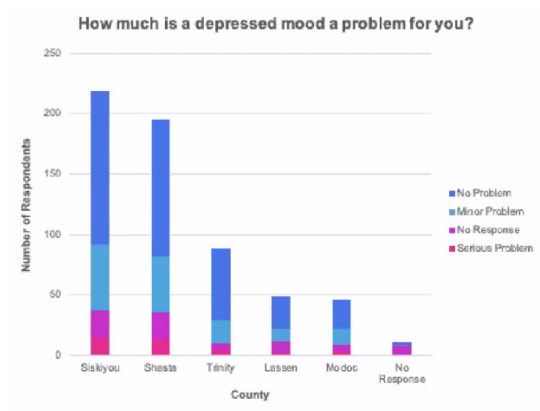
There is still emergency funding out there to support our programs. CARES Act funding to support nutrition, Ombudsman, caregiver support. We continue to work to make sure we qualify for this funding.

The state continues to focus on the digital divide and isolation. Nationwide, we have learned that when we rely on technology, it has an impact on seniors who don't have smartphones, Facebook, Zoom, access to computers. We are trying to make resources available to everyone. They are talking about at the state level that we were not prepared for COVID and the social isolations associated with the shutdown.

Dealing with connecting nutrition providers re any interruptions due to fires. No complete closure of centers, but some centers challenged with nearby fires, including Susanville and surrounding areas.

- Needs Assessment Data by County

Still working with volunteers on the data that came in from the Needs Assessment, I do have that by county. We receive the questions broken out by county, as well as graphs. [Shared graphs on screen].



Would like to know which questions Advisory Council members would like to see in graphs.

- Dignity at Home Fall Prevention Program

AAA is going to receive money for fall prevention. Focusing on areas where we can reach the most folks. We will distribute information on fall prevention by social media, as well as hardcopy by mail in hard to reach places. Will be working with physical therapy offices, clinics where there are staff who can conduct an in-person assessment. It is an income-based program. Marcia found some great information on fall prevention that is in your packet. Fall Prevention Awareness Week is coming up next month. Marcia - September 21<sup>st</sup> – 25<sup>th</sup> [See handouts]. Several websites provide the information – stopfalls.org, National Council on Aging. I will feature these websites on the Facebook page. I can email everyone through Teri. A creative idea for promoting PSA2 would be to create a fall prevention exercise book to amend or complement the exercise pamphlet we created a few years back. I have a couple different exercise for ankles and knees that are specific to fall prevention, some including videos. We could create an adhoc committee to put something together. Ken – The idea of making

people aware of falls is very important. One of the best things we can do is walking. There are challenges in rural areas with safe areas to walk due to sidewalks that are cracked, moving, or not there. Many people do not walk because they don't feel comfortable with the facility that is available to them. We should be talking about this in terms of falls and general exercise issues. Seniors should be walking at least ½ mile a day. Many people here where I live simply do not walk because they are afraid to walk. Diabetic shoes must be built so that the toe of the shoe curves up, to prevent falls. Lindsay – Penny and I wanted to let you know that there is a small group that holds Tai Chi lessons every Monday and Wednesday. This has been going on for years. Teri – We can tie this in to our Exercise Booklet and include strengthening exercises like Tai Chi. Nancy – Is this still going on during the pandemic? Lindsay – It is indoors, but spread out in a large room.

[John Dell'Amico exited the meeting]

Nancy – Community Walkability Audit – Is there more information on how to conduct this audit? Teri will look into it.

Kenneth – Discussion of the use of walkers and encouraging seniors to use walkers.

- Other Agency Activity

Working with Compass Shining Care on an Aging Well event. Dr. Patrick Arbore, who developed the Friendship Line, tentatively Sept 18<sup>th</sup>, but date not confirmed yet.

Siskiyou County – Arranging for a drive thru event to provide seniors with information about services available to them. Also looking at addressing disaster preparedness and sharing materials.

#### **H. Approval of Request for Proposal (RFP) Review Committee Members for Trinity County FYs 2020-2024 Cycle**

Nancy Quirus  
Staci Wadley

M/ Kenneth Ryan  
S/ Lindsay Ritchie  
Approved.

[Murray – This will be my last year on the Advisory Council. Would like to attend one more meeting.]

Teri – You should have received letters on the RFP process.

**I. Discussion on FY 20/21 Area Plan Goals & Objectives Activities\***

Teri – Staci had mentioned some areas she wanted to be added onto around transportation. Staci – I would like to be added to 3.B.

Lindsay – Video meetings are quite hard. We can offer our room here in Lassen to hold in-person meetings.

**J. Correspondence:**

Incoming: (None)

Outgoing: (None)

**K. Adjournment**

Adjourned at 11:37 AM.

Next meeting – Virtual Meeting – Friday, September 25, 2020