

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

Friday, April 26, 2024

10:00 AM

**MINUTES**

**A. Call to order and Flag Salute**

Meeting called to order at 10:03 AM.

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

Teri Gabriel	PSA2	Present
Tina Kennemore	Lassen	Present
Justin Cadili	Lassen	Present
Sharon Howard	Lassen	Present
Angela Reed	Lassen	Present
Clinton Davis	Modoc	Excused
Debbie Mason	Modoc	Present
Tiffany Gwinn	Modoc	Absent
Vacant	Modoc	-----
Marianne Seifert	Shasta	Present
Maggie McNamara	Shasta	Absent
Nancy Qirus	Shasta	Present
Staci Wadley	Shasta	Present
Michelle Harris	Siskiyou	Present
Vacant	Siskiyou	-----
Lydia Gil	Siskiyou	Present
Linda Smith	Siskiyou	Present
Michael Cottone	Trinity	Present
Vacant	Trinity	-----
Benjamin Sarkisian	Trinity	Present
Vonnie Westbrook	Trinity	Absent

Quorum established.

**C. Introduction of guests**

JonMichael Patterson – Yreka Food Bank/Lions Club

Laurie Wayne – UCCE Modoc/Lassen/Siskiyou

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

M/ Tina Kennemore

S/ Lydia Gil

To approve the agenda. Moved Items J and K to beginning of the agenda.

Approved.

**E. Approval of Advisory Council Virtual Meeting Minutes – March 29, 2024**

M/ Staci Wadley

S/ Debbie Mason

To approve the minutes as presented.

Approved.

**F. Open Session / Announcements**

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

Lydia Gil – Tulelake – Great Northern is still our advocate for senior citizens, getting food boxes to us. The Tulelake Nowell Family Resource Center changed the time. We had a phone tree going. The majority of seniors did get their food boxes, so that was wonderful for all of us. That food was so needed. On April 11<sup>th</sup>, the Tulelake Shindig, Street Fair, and Bazaar and Lulu's Main Street Café had a 60+ brunch/lunch/social at the Tulelake City Hall. We had a deli-style sandwich with a tomato basil soup, dessert (pumpkin cake with cream cheese frosting), coffee and water. We asked for a \$5 donation, if they had it. Lulu's made \$247. Out of the 25 people expected, 18 showed up. The staff at City Hall purchased the remaining food. Lulu's and the Shindig will have another lunch/brunch on July 18<sup>th</sup> that will also include \$0.25 per game bingo. The proceeds will be divided between Lulu's and the Shindig. I went to Klamath Falls Senior Citizen's and they donated 100 bingo cards and a bingo wheel. People can bring their own snacks and drinks if they prefer.

**G. Presentation – PSA2 Ombudsman Program**

No presentation today. Will be moved to next month's meeting.

**H. Council Reports:**

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

- Update on Advisory Council Activities

Nancy – I participated in a CDA Monitoring Interview – Some of the questions included....How does your ADCO carry out its function? Do Advisory Council members participate in public hearings? Does your council represent older adults? How are members appointed? How diverse is your Advisory Council?

Sharon Howard – When they are looking at our demographics, do they take into consideration that we are very rural?

Teri – We do track and report demographics of the Advisory Council members to the state. We do have good representation of those over and under 60 years of age. There were no findings in the monitoring review with regard to the Executive Board and Advisory Council. They did ask how often we ask the Advisory Council and public to have input into the Area Plan? I told them that every year we talk about what we want to change in our objectives. They were very surprised.

Sharon – We have a group called Jolly Elders. I asked for input on how happy they are with the services they are getting. They invited me to have lunch at Lumberjacks, and they were excited to talk to me about what they need representation for.

Teri – Did you receive the Fall Prevention flyers?

Sharon – Yes, I have given all of them away. If you send me more, I can probably find a home for them.

- Advisory Council Membership Update

Three vacancies – one each in Modoc, Siskiyou, and Trinity.

Teri – If you know people who are interested, connect them with me. I can give them a brief summary of the Advisory Council. They complete an application, which is sent to ADCO members in their county, for comment and review. Then it goes to the BOS in their county for approval. Once appointed, we schedule an orientation. Potential candidates can also attend an Advisory Council meeting to see if they want to join. Terms are four years.

#### **TACC Report** – Clinton Davis

- Update on Recent TACC Activities

No TACC Report.

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

- Senior Rally Day – May 8th

Sharon Howard and Nancy Quirus will participate virtually.

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

- Update on CalFresh Healthy Living Program

Michelle Harris will be providing the Nutrition Report. Michelle is the head of the AAA Division of CalFresh Healthy Living for CCE.

Diabetes Empowerment Education Program (DEEP) class starts May 3<sup>rd</sup>. This is a completely free 6-week class. Call Siskiyou Public Health to register.

Cheryl and I attended a Fall Prevention event at the local YMCA in Siskiyou. There were over 40 participants, including the Siskiyou County Public Health Officer. Some Public Health departments have funding for healthy aging or Alzheimer's prevention.

CalFresh Healthy Living – Lassen – One of our team members has been collaborating with Susanville Indian Rancheria and are working very closely with

their resource department and hope to be putting together an edible garden. We will be using native plants recommended by the elders. Some of that looks different in supporting local nurseries in that area. So more to come. It's ground that hasn't been used for anything, and so it's been really crucial to be collaborating with the tribe so that we can get the ground ready for planting.

Sharon Howard - Are you working with the Indian Health Clinic here in Susanville?

Michelle – It's a collaboration, so they are part of the conversation because there's also a diabetes class that's going on. So, it's a team member that Nancy and I work with. Her name is Noel, and then we have a tribal consultant who's actually part of the tribe. We are collaborating with health center there, and the Susanville Rancheria. We're collaborating to do education and then also hope to get a garden. I think we've tried to be really respectful, and we've had so many lessons working to tribes. There's a council that we have to go in front of and kind of share what we're planning to do and get their perspective. They vote on that and if we can move forward with some of these ideas and when we talk about sustainability with the garden, and the hope is actually to have a much bigger garden in an area for all ages, besides just older adults. There's a lot of plants that aren't considered edible, and our work is focused on nutrition education.

Sharon – So, you are looking at what is edible? Are you looking at what they interpret as edible? When I was young I lived on a reservation, and I would go to eat at one of my friend's house. The food was a little different than what I used to eat. Do you meet in-person or virtually?

Michelle - It's a combination. Our tribal consultant and team members go up about once a month, and then for the garden you're meeting with tribal council in person, once or twice a month either at the Rancheria or the health center. There's a lot of learning on our end, because what we consider would be the norm is not and so we've done focus groups with the elders to provide insight of what they would want it to look like. The work for CalFresh Healthy Living is very site specific.

Michelle - We are going to the C4A Conference in San Jose next week to present on this - <https://www.c4a.info/annual-conference>.

Lydia – Can the tribe apply for CalFresh on behalf of the tribe for their garden?

Michelle – If you are receiving tribal commodities, you are not eligible for CalFresh. CalFresh Healthy Living does have funds to purchase starts.

Michelle - In Shasta and Trinity we are getting connected with our partners to offer nutrition education classes. We are looking to partner with Roderick on a garden. We have the opportunity to bring on two new staff, and will have a new focus on veterans.

Lydia – During COVID, we got additional CalFresh food benefits, around \$400-\$600 per month. That was great because we could buy groceries. Now, that is down to \$23 a month. And of course, everything's gone sky high. People cannot

go even to a farmer's market to buy fresh fruit and produce and use their CalFresh because of the limited amount they get. What I do is save them up for Christmas time, when I have to buy a big quantity to keep in my home because of weather conditions.

Michelle – You're right, Lydia. It was really nice during COVID that there were supplemental funds to help, especially older adults expand their grocery budgets. Now it's back to what it was before COVID. I know at the state level, your voice and messaging is echoed because you're not alone in that. And hopefully one day there'll be a better outcome or additional funds.

Teri – There is a change coming... Senior Farmer's Market voucher books have been drastically reduced. Next year, these will be loaded on a debit card, and will be based on need. We will need to work on implementing the technology to load the cards, and markets will have to have the ability to swipe those cards.

Michelle – One of our goals is encouraging fruit and vegetable consumption. We do have an opportunity to do some promotion. Unfortunately, we do not get a lot of coupons. Some farmer's markets do have EBT machines. We have lots of recipe ideas.

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

- Update on Each County's MHSA Services Activities

No MHSA reports. Due to MHSA funds being redirected, some BHS services may be shifted.

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

- Update on Food Bank and Food Access Activity

No report.

## **I. Director's Report** – Teri Gabriel

- Update on Request for Proposal Process

RFP process is winding down at the AAA level. This is a 4 years cycle for the public Request for Proposal (RFP) process. All service providers have to apply every 4 years. We start the process 6 months in advance. The application, review and evaluation is a 4-month process. We use Advisory Council and Executive Board members to review and evaluate the applications. There is also an interview process. For the first time, we had competitive bids in each county. We are not completely done with the process. We are in the appeal period. Once we have made decision, they will all receive notice regarding the decision. It is a long, involved process because we want to be fair and equitable to every applicant. We have had not findings with regard to our RFP process. At our May Executive Board meeting, there will be a long line of action items related to the next contract period.

- Update on FY2024-2028 Area Plan Process

Title III E – Family Caregiver Support Program – There was a change in the categorization of the service provided.

Now that our monitoring review is completed, we can move forward with our Area Plan. We did public hearings in a hybrid mode last year, both online and in-person in Shasta County.

- Other Agency Activity

Siskiyou Healthy Aging Fair – May 15<sup>th</sup> from 9:00 – 12:30 at the Yreka Community Center – Flyer is in the packet. We had this for 22 years prior to COVID, and had to stop during COVID. It is back as the Siskiyou Healthy Aging Fair. Siskiyou County Public Health is supporting the event.

SB1249 – Senator Roth – This opens up for counties to express interest in hosting their own AAA. In CA we have 33 AAAs. Our AAA covers Modoc, Lasse, Shasta, Siskiyou, and Trinity Counties. We are formed under a JPA since we serve multiple counties. In more populated areas, some AAAs are embedded in their Health and Human Services Agency. One proposal was for each county to have its own AAA. Each county will be able to apply to be there own AAA. The funding will not change. If any of the counties were to break off, they would take their portion of the funding. This could present challenges for AAAs.

The National Council on Aging is holding their virtual 7th annual Older Adult Mental Health Awareness Day Symposium. Learn more here - NCOA Connect: 2024 Older Adult Mental Health Awareness Day - <https://connect.ncoa.org/oamhad2024>.

## **J. California Senior Legislature Election**

We have not had CSL representatives for a couple years.

Two Advisory Council members have applied for the vacant Assembly Member (Sharon Howard) and Senator (Nancy Quirus).

In the packet are applications from Sharon Howard and Nancy Quirus for these positions. We take the application and background into consideration and this is presented to the Advisory Council to make that decision through a vote to approve these members to represent PSA2 at the California Senior Legislature.

Sharon Howard - I was contacted by John Pereira a couple years ago. It was during a time when I was not ready to take on a project like that. I called him back in a year and met him in Chester one day and had lunch with him. I am a senior. I have worked in social services almost a third of my life, so I've always been closely interacting with programs that serve lots of different facets of our population, but never were seniors. I have been a court appointed advocate and I have been in state ombudsman as well. And one of the things that I feel is most

important is that there's a lack of real interactive participation representing seniors as they get older and aging. So, that's why I volunteered. With my background, they thought that I might be of service.

M/ Staci Wadley

S/ Tina Kennemore

To appoint Sharon Howard as Senior Assembly Member and Nancy Quirus as Senior Senator.

Approved.

**K. Appointment of Advisory Council Officer Election Nomination Committee**

Need to appoint two Advisory Council members to receive and consider candidate nominations.

Advisory Council members will nominate candidates for Chair, Vice-Chair, and Secretary.

Sharon Howard and Staci Wadley – I am happy to help with that.

We will discuss at the May meeting and the election will be at the June Collaborative Meeting.

M/ Debbie Mason

S/ Michelle Harris

To appoint Sharon Howard and Staci Wadley to the Advisory Council Officer Election Nomination Committee.

**L. Discussion on FY 23/24 Area Plan Goals & Objectives Activities**

HICAP Newsletter – The topic for the next newsletter is a promotion to recruit for PSA2 ADCO members.

Discussion of resuming in-person Advisory Council meetings. Teri – There is no budget for in-person meetings at this time. We can advertise locations in each county where people can attend virtually in a hybrid mode, or they can join virtually on an individual basis.

**M. Discussion on Advisory Council Year End Report to Executive Board**

Mike - Please be sure to complete Activity Reports documenting activities that you have conducted relating to the Advisory Council Goals and Objectives. I have drafted the Year-End Report based on our Goals and Objectives and I am in the process of determining the number of hours completed toward each activity.

Teri - I'll use disaster preparedness materials as an example. If you're interested in supporting and helping us to disseminate disaster preparedness information, you will put this in an Activity Report that will go to our Secretary, Mike Cottone. This activity is going to roll up into a collaborative meeting in June. We meet with our governing board made up of our county supervisors and/or board members.

Every year, we take the opportunity to highlight the activities of the Advisory Council to let the Executive Board know what the Advisory Council has been working for, what the objectives have been, what the interests are, what we're hearing from our communities, and what we're hearing from our seniors. It also allows the board to hear from other Advisory Council members.

Last year, we had a PowerPoint that we presented, and a few members interjected and presented a portion of the presentation. But, what we're presenting has to start with your activities. That's why Mike is seeking whatever activity you've worked towards one of the objectives. Then he takes the number of hours that you've put toward an objective and includes this in the Year-End Report.

One of the things that really seemed to make an impact last year was that the group had a circle with the various objectives broken out and part of the pie. Another piece of the pie was identified on what areas are receiving the most attention by PSA2 Advisory Council members.

Please submit your Activity Reports to Mike by May 17<sup>th</sup>. Mike will draft the Year-End Report, and we'll schedule a virtual meeting with those members who have volunteered to participate, and we'll talk about how that report can be developed and how we can transfer what is in the Year-End Report to the PowerPoint.

The Year-End Report will be included in the meeting packet. Generally, I like to have the meeting packet out by the Tuesday before the Monday meeting. The Collaborative meeting is on June 17<sup>th</sup>, the third Monday of the month. We will not have an Advisory Council meeting in June. You will receive the meeting packet electronically around June 11<sup>th</sup> or 12<sup>th</sup>. You also have the option to receive the meeting packet in hardcopy by mail.

**N. Correspondence**

Incoming: None  
Outgoing: None

**O. Adjournment**

11:54 AM

**Next Meeting – Advisory Council Virtual Meeting – Friday, May 31, 2024**