

**PSA 2 Area Agency on Aging
Virtual Advisory Council Meeting
Friday, August 26, 2022
10:00 AM
MINUTES**

A. Call to order and Flag Salute

Meeting called to order at 10:05 AM.

B. Roll Call (Establishment of a quorum)

Teri Gabriel	PSA2	Present
Rebecca Terwilliger	Lassen	Present
Tina Kennemore	Lassen	Present
Vacant	Lassen	-----
Vacant	Lassen	-----
Clinton Davis	Modoc	Present
Debbie Mason	Modoc	Present
Vacant	Modoc	-----
Vacant	Modoc	-----
Frances Cole-Boyd	Shasta	Present
Maggie McNamara	Shasta	Present
Nancy Qirus	Shasta	Present
Staci Wadley	Shasta	Present
Heather Solus	Siskiyou	Excused
John Dell'Amico	Siskiyou	Present
Lydia Gil	Siskiyou	Present
Vacant	Siskiyou	-----
Michael Cottone	Trinity	Excused
Vacant	Trinity	-----
Vacant	Trinity	-----
Vacant	Trinity	-----

Quorum Established.

C. Introduction of guests

Gary Bridges, Lassen County Supervisor
Tiffany Gwinn, TEACH – Modoc County
Melanie Miller – Trinity County Advisory Council Candidate
Jerry Kirouac, Program Manager – Ombudsman
Rose Gandy – California Senior Legislature

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

Nancy – Frances will provide the TACC report under Reports.
M/ John Dell'Amico
S/ Frances Cole-Boyd
Approved.

E. Approval of Advisory Council Meeting Minutes – June 29, 2022

Frances Cole-Boyd - Under Item G – Delete reference to Older Adult Policy Council or retrieve from meeting audio file to correct minutes. Nancy - Under Item G – Washington (State) is considering a program to offer air conditioners to low income households.

M/ Frances Cole-Boyd

S/ John Dell'Amico

A/ Staci Wadley

Approved.

F. Open Session / Announcements

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

John Dell'Amico – My telephone number is 530-925-6714.

Maggie McNamara – On September 14th in Burney, the Alzheimer's Association, Passages Caregiver Resource Center, and PSA2 will hold a presentation on Understanding Alzheimer's and Dementia at the Community Center from 11:00 – 1:00. The same presentation will happen on the next day in Alturas.

Staci Wadley – I received a newsletter from the Nutrition & Aging Resource Center, called the Final Forkful, which mentioned a training in September called Thrive to address tensions that can arise in communal living or congregate meal centers. I can forward on to Teri to send to anyone who is interested. Based on how schools address conflict.

Lydia Gill – Thanks to everyone who participated in the Tulelake Shindig Street Fair and Bazaar. We had a lot of new vendor and public agencies there. Every year a new interest comes in. The new interest for 2023 is a car show that will be part of the event. I have been investigating a flea market and vendor event for Tulelake. Denise helped me on finding out about a flea market, and I am working with Siskiyou County Environmental Health. It is not easy to put together a farmer's market with all the regulations.

G. Reports:

Chairman's Report – Nancy Quirus, Chairman

- Update on Advisory Council Activities

I was able to attend the Exec Board meeting this month and report out on Advisory Council activities so that the supervisors have a better idea of the widespread activities that are going on.

- Advisory Council Membership Report

Two vacancies in Lassen, Modoc. Teri received an application from a person in Siskiyou. We have three applicants from Trinity.

TACC Report – Frances Cole-Boyd, Vice Chairman

- Update on Recent TACC Activities

Triple-A Council of California (TACC) – Next meeting is 9/6. Nancy and Teri are helping me with the report and I will get that to you today. The TACC meeting is virtual, from 1:00-4:00 on September 6th. Carroll De Andreis and Wilson Tam from the California Department of Aging will be speaking on the Aging and Disability Resource Connection (ADRC). There will also be a Medi-Cal overview and update talking about elimination of assets, CalAIM, and Cal MediConnect, and how these changes will impact customers. I will provide an update at our next meeting.

California Senior Legislature Report – Rose Gandy, CSL Assemblyperson

- Update on CSL Activity

I was on the meeting for PSA2, and they were talking about our business cards. They are really doing wonderful things with the map of our area, and are pushing or John to come up and do a presentation. I live in a gated community and will try to get him here and line up some interviews so everyone knows what we are all about. There is a meeting (California For All) in September 20th in Sacramento. Its going to be on Zoom. Teri will send the link out to everyone.

Nutrition Report – Nancy Quirus, Chairman & Lydia Gill

- Update on CalFresh Healthy Living Program

Two to three months ago I mentioned the Thrifty Food Plan. This is the basic food budget for CalFresh benefits. One of the Biden Administration's goals has been to update the Thrifty Food Plan. Food costs have increased since the pandemic. The Thrifty Food Plan has been updated to increase the maximum allotment for 2023 based on cost-of-living adjustments from food price data gathered in June 2022. Due to when the data was gathered, there will still be a shortfall in nutrition adequacy and security, also known as food insecurity, particularly for the elderly who are disabled. There is a bill making its way through Congress to replace the Thrifty Food Plan with a Low-Cost Food Plan. The good news is that the food benefit is going up, but it will not be enough to bring about nutrition adequacy.

Mental Health Services Act (MHSA) Report - All

- Update on Each County's MHSA Services Activities

No report.

Nancy – Does Older Adult Policy Council (OAPC) have the same role as we do with regard to the Mental Health Services Act? Frances – Older Adult Policy Council goes to City Council meetings. Our focus now is power to seniors, and collaborating with Dignity Health Connected Living and ensuring

that no senior in Shasta County will have their power turned off. Our meetings are on the first Thursday. You do not have to be a member to attend. At the next meeting we will have someone from Hill Country talking about mental health issues.

Maggie McNamara – Older Adult Policy Council has voting members, and other agencies are represented. County mental health is involved, and well as health and human services. We do talk about mental health and seniors.

Teri – Older Adult Policy Council has been around since the 1990s.

Nancy – In discussing our 2022/2023 objectives, it would be fantastic to have our Older Adult Policy Council meeting and members listed. Is Shasta the only county that has an Older Adult Policy Council? Teri – In Siskiyou, we have the Siskiyou Alliance Against the Abuse of Aging and At-Risk Adults (SA6) made up of professionals that work with older adults, with a strong focus on elder abuse. We are looking to bring these meetings to other counties, next to Trinity County since we have a Program Coordinator there.

3-Minute Meeting Break (10:59-11:02)

Food Access Report – Staci Wadley

- Update on Food Bank and Food Access Activity

Food Bank has engaged a consultant to look at our operations and tell us how we are serving people, what are we missing, and where should we invest our efforts. We are close to getting results back, possibly next week. We are also in the midst of an expansion project to increase storage capacity.

We had 2,045 seniors signed up for the monthly Brown Bag program for seniors in the past fiscal year. Before COVID, we gave away 1300-1400 CSFP boxes, and during COVID that dropped to 800-900 boxes. Currently at about 950 per month, although we have 3,500 names in our database. We are in the process of contacting those people to let them know we are still here.

The California Association of Food Banks is having their annual conference in October. You do not need to be a member to attend. Nancy – Is Shasta still distributing Senior Brown Boxes? Staci – Yes, that the is CSFP box. Nancy – Will the findings from your independent consultant be available for sharing? They may be valuable for Trinity and Siskiyou. Staci – Yes, if there are recommendations that come out of that review, we will share. We are also looking at reaching out to connect to food banks in other counties.

Director's Report – Teri Gabriel, Executive Director

- Update on Services due to Local Fires

Our office was evacuated earlier this month due to the McKinney Fire. At the Executive Board meeting I acknowledged our leadership, our local Board of Supervisors, and their role in how the fire is handled and how evacuations work. This was the first time that CalFire and the Klamath National Forest worked together. We were able to work remotely and still go into the office when it was safe, and put our evacuation and emergency plan into play. Jerry worked to ensure that every resident who was evacuated was placed safely. We also had thunderstorms and flooding that resulted in other facility evacuations that Jerry worked on. Our team worked well in communicating in these events and were commended by the state. This may result in policy changes at the state for Ombudsman programs.

No changes to nutrition programs. Happy Camp in Siskiyou, Senior Center in Alturas, and Roderick in Hayfork have reopened for indoor dining.

- Update on PSA2 Direct Service Senior Nutrition Programs

Lassen County – Still working toward the Dine Around Town Program. We met last month with the Health and Human Services Director, the PSA2 Registered Dietitian, and the restaurant. Awaiting a date for our next meeting.

Trinity Senior Nutrition Program – All but one volunteer is fully trained, and we have new volunteers. We are connecting with individuals about participating in the program. Dignity Health Connected Living will prepare the meals to be delivered to the Church of the Nazarene, and our Program Coordinator will receive the meals and work with volunteers to distribute homebound meals or be there for older adults to receive meals via drive-up. We are already talking about expanding the program. We may be able to acquire a vehicle to allow for transport of additional meals.

At the last Executive Board meeting we had an action item for the board to approve an extension of the trial period for both direct service nutrition programs, and the board approved that extension to June 30, 2023.

- Update on Local Master Plan for Aging Efforts

There is a Master Plan for Aging Local Advisory Committee from Shasta, Butte, and Glenn counties, and the SCAN Foundation – a charity foundation focused on transforming care for older adults. We are working to develop a Master Plan for Aging for rural communities, and hosting listening sessions with older and disabled adults. Dignity Health Connected Living is offering their facility for a Shasta County listening session that will be in-person, but can be accessed virtually as well. We are hosting that on August 31st. In September, the Shasta County In-Home Supportive Services (IHSS) Program will host a listening session on September 23rd. This is an interview session with 4-5 individuals, not an open meeting. The feedback will help us develop a Master Plan for Aging for rural communities.

- Other Agency Activity

Our in-person resource events are wrapping up. The dementia and caregiver workshop is scheduled in Burney and Alturas. I shared the flyer with the group via email. I will share a flyer for Shining Care in Shasta County, which is hosting a health and aging fair on September 15th from 10:00-1:00 in Redding. I will share the flyer with more details. We will have a booth there. It is also a drive-thru event and you can drive thru to get a goodie bag with information and you can also park and visit with one of our resource tables. We are partnering with Shining Care, PSA2 Ombudsman Program, and Orchard Nutrition Center.

California For All Day of Action – Virtual option due to being over capacity.

Executive Board approved for us to receive – thru the Older Adult Resilience and Recovery Act – intergenerational funding for nutrition programs to serve persons under the age of 60, including students, as well as adults aged 50-59 in order to address ageism and the separation of older adults versus younger adults and enhance communication. The funding can also be used for nutrition education. We are still learning how that program will work.

The state has offered infrastructure funding to update and modernize nutrition senior centers. We submitted a proposal so that our senior centers can receive funding for kitchen equipment, vehicles, etc. Our priority population includes the oldest participants and those with functional needs. We are also looking at the possibility of expanding beyond Weaverville at some point to serve areas that are not currently served.

H. Discussion on Outcome of Advisory Council's Year End Report to Executive Board

The organization of the presentation went well. We stayed focused. The Executive Board members seemed pleased with the presentation. Consider having a debrief soon after and a short survey to gather feedback on the presentation to capture thoughts on the presentation and the process. How much time we should take on the presentation? Ask the Executive Board for feedback on what they thought and what they want to hear about. Also consider how we can make the presentation more interactive. Add an agenda item for the March meeting to form a workgroup to work on the Year-End report for next year.

I. Discussion on FY 22/23 Area Plan Goals & Objectives Activities

- Quarterly Advisory Council News Brief Discussion

The September issue is being held pending our first PSA2 Advisory Council news brief. The intent was to partner with PSA2 HICAP, which has a mailing list to send out their quarterly newsletter that goes out to people in remote areas, including those not closely associated with senior centers. We can include a one-page sheet that has news from the Advisory Council. Jerry will use the back side for information about the Ombudsman program. We can include a description of the Advisory

Council, as well as a few paragraphs about topics that the Advisory Council finds important, such as transportation, legislation, Master Plan on Aging, housing issues, etc. If you are interested in contributing to this effort, let Teri know. The next newsletter is for July/August/September. Nancy – Fall Prevention is a good topic. Maggie, Rose, and Debbie are interested in participating. Nancy – It may help to have a timeline from Pam on for putting together the news brief.

J. Correspondence

Incoming: None

Outgoing: None

K. Adjournment

12:13 PM

Next Meeting – Advisory Council Virtual Meeting – Friday, September 30, 2022