

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

Friday, November 17, 2023

10:00 AM

MINUTES

A. Call to order and Flag Salute

Meeting called to order at 10:07 AM.

B. Roll Call (Establishment of a quorum)

Teri Gabriel	PSA2	Present
Tina Kennemore	Lassen	Present
Justin Cadili	Lassen	Excused
Sharon Howard	Lassen	Excused
Vacant	Lassen	-----
Clinton Davis	Modoc	Present
Debbie Mason	Modoc	Present
Tiffany Gwinn	Modoc	Absent
Vacant	Modoc	-----
Frances Cole-Boyd	Shasta	Present
Maggie McNamara	Shasta	Present
Nancy Quirus	Shasta	Present
Staci Wadley	Shasta	Present
Heather Solus	Siskiyou	Absent
John Dell'Amico	Siskiyou	Absent
Lydia Gil	Siskiyou	Present
Linda Smith	Siskiyou	Absent
Michael Cottone	Trinity	Present
Vacant	Trinity	-----
Benjamin Sarkisian	Trinity	Present
Vonnie Westbrook	Trinity	Excused

Quorum established.

C. Introduction of guests

Michelle Harris – Siskiyou County
Jerry Kirouac, Program Manager – PSA2 Ombudsman
Cheryl Rushton - PSA2
Cindy Lane, Deputy Branch Director – Shasta County HHSA
Laura Acosta – Dignity Health
Carol

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

M/ Staci Wadley
S/ Frances Cole-Boyd
To approve the agenda as presented.
Approved.

E. Approval of Advisory Council Virtual Meeting Minutes – October 27, 2023

M/ Maggie McNamara
S/ Nancy Quirus
A/ Frances Cole-Boyd, Clinton Davis
To approve minutes as presented.
Approved.

F. Open Session / Announcements

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

Clinton - Red Hat Thanksgiving

Lydia Gill – Veteran’s Day celebration in Tulelake – We learned a lot with things about community events that are open to the public. Not as many limitations as you may think. Coffee does not require approval from Environmental Health. If it is anything prepackaged, even in a Ziploc bag, Environmental Health does not have to be involved.

Michelle Harris – Thanksgiving Baskets – Scott Valley in Siskiyou County – Scott Valley Focus collects a lot of canned food to put into Thanksgiving baskets, is In collaboration with CalFresh Healthy Living. Also providing recipes to help people use Thanksgiving leftovers. Also included info about turkey safety, how long to cook, physical activity, and a local organization that can help with CalFresh Assistance.

Staci Wadley – Tomorrow is our large Saturday distribution. We will be giving away turkeys, so we expect a huge turnout. The turkeys were California grown and funded via CalFood. We had distribution today and there were 350 people who came, which is up from 250. Yesterday we had an event put on by Redding Rotary for Thanksgiving meals for seniors. There was a band. It was twice as big as last year. Our chef did the cooking. We also provided transportation. Cheryl – The Food Bank chef was at our Saturday Resource Fair and handed out cookies and snacks he had made. They were really yummy. Lydia – How does Tulelake sign up for turkeys? Staci – It depends on the food bank serving your area. Michelle Harris – In our area, the funding came from the Ford Family Foundation. Next year we may be giving out chickens that are locally sourced.

G. Reports:

Chairman’s Report – Nancy Quirus, Chairman

- Update on Advisory Council Activities

If you have been involved in activities that involve goals and objectives, be sure to report them.

- Advisory Council Membership Update

We have vacancies in Lassen, Modoc, Siskiyou, and Trinity.

Melanie Miller has resigned due to family obligations.

Heather Solus' term expired. We have received one application from Michelle Harris in Siskiyou County.

We have a Shasta County member whose term will be ending, so we will have a vacancy there as well.

TACC Report – Frances Cole-Boyd, Vice-Chairman

- Update on Recent TACC Activities

Triple A Council of California (TACC) – Effort to get MSWs with Gerontology focus in Adult Protective Services (APS). Mark Beckley's presentation on CA 2030 Project – CA and world populations are aging. 2030 is focused on a future-ready CA that can serve older adults. Six key focus areas - Funding sources and capacities, Geography and demographics, Governance, Branding and communications, Programs and services, and Performance measures.

Community Assessment Survey for Older Adults (CASOA) – forwarded to the American Association of University Women's Interest Group.

Tanya Batista – Policy Chief at CDA presented on Home and Community-Based Analysis - No Wrong Door State Leadership Council – Focused on closing gaps in home and community-based analysis. Multi-year roadmap of opportunities for stakeholder feedback. Supplemental quantitative analysis with qualitative interviews. Internet access is limited not only in rural areas, but also in some areas of San Francisco and East Oakland.

Presentation on LeadingAge California Gateway-In Project – Healthcare workforce gap – There are not enough caregivers out there to meet demand, especially with an aging population. This program provides training and incentives to promote people becoming caregivers. Working with schools, including two community colleges, one of which is Shasta College.

California Department of Social Services - Community Care Expansion Update – Teri will share the PowerPoint.

Lake and Mendocino Counties Area Agency on Aging – Experiencing the same issues – homelessness, transportation, communication, food, mental health. The Lake County representative is very involved in advocacy.

Teri – CalGrows provides free training courses, career coaching sessions, and financial rewards to eligible California caregivers.

CA Association of Area Agencies on Aging (C4A) Conference – TACC members can attend the conference at no cost. Teri – They have opened up the C4A Conference to Independent Living Centers, Health and Human Services. The conference used to happen in the fall, but it has been moved to

early May. They are encouraging the Advisory Council Chairman or designee to attend. They are alternating between north and south and the location for next Spring will be San Jose.

California Senior Legislature Report – Teri Gabriel

- CA Senior Legislature Vacancies

Vonnie Westbrook may be interested in participating in CSL, since it does not conflict with her schedule. Teri will connect her with John Perriera to walk her through the process.

CSL members do not have to be Advisory Council members. They have to be 55 or older. Appointed by Advisory Council.

- CA Commission on Aging Presentation Offer

Karol Swartzlander - California Commission on Aging has offered to join our meetings to talk about COA and CSL.

Nutrition Report – Nancy Quirus, Chairman & Lydia Gill

- Update on CalFresh Healthy Living Program

Last month I shared that CalFresh benefits had increased. The increase is \$10 per month for a family of one that is receiving the full CalFresh allotment.

CalFresh has encouraged establishing networks in our region, including outreach to community food assistance providers.

For example, there are 44 food assistance providers in Shasta County, including the food bank, Good News Rescue Mission, local political action group, food pantry, senior advocates with Dignity Health Connected Living, multiple senior centers, various local churches, multiple medical center and medical centers and clinics, county health service personnel, Goodwill, multiple service organizations and 211 which is answered by NorCal organization. Trinity County has 41 food assistance providers, which include food banks, senior centers, county social services, public health, food pantries, local churches, senior residences, County Office of Education, home and health care management organizations, Red Cross, Veteran Service Office, Human Response Network, and other various organizations. If you think of an organization that's involved with seniors, particularly seniors in need of food.

Lydia Gill – The Baptist Church in Tulelake periodically has a Brown Box Program that exceeds what is given at Newell Family Resource Center. Boxes come from Contra Costa and go up to Yreka. It leaves in a sealed box. People here are not looking at the paperwork with recipes. I wish there was a person they could call for ideas on how they can use the box contents. Some people do not have cooking skills. Dine Around Town – We have some restaurants that may be interested. How would they apply? Nancy - We

started a program called senior brown box inserts back in 2015 to show people how to use the ingredients. I have almost 100 of those and can forward those to you. Teri Gabriel –Dine Around Town in Lassen County was created because there was not a nutrition program. It was a concept that was borrowed from the Sacramento Area Agency on Aging PSA for a temporary program until the next RFP process. CA Department on Aging wants us to use non-profit organizations, and would not approve another r Dine Around Town program. It is also important to note that CDA funding does not cover the entire cost of home-delivered and congregate meals, and the nutrition service provider is responsible for covering the rest of the cost. The RFP process will start in January 2024. Nancy – Nutrition program menus are reviewed by their Registered Dietitian as well as the PSA2 Registered Dietitian.

Mental Health Services Act (MHSA) Report - All

- Update on Each County's MHSA Services Activities

Teri Gabriel – Each county usually holds quarterly meetings, but I haven't seen any scheduled recently.

Mike Cottone – I checked last week and did not see anything, but can reach out to Jeff Kist in Trinity to find out.

Food Access Report – Staci Wadley

- Update on Food Bank and Food Access Activity

We have a food distribution going on tomorrow that should be significant since it that will have a holiday focus with Turkeys. Other than that, our programs continue as normal and our progress on building expansion is really taking shape. It's very exciting. We're still on track to be done by the end of February and we continue to seek additional funding to help us complete the project. If anyone is so inclined on Giving Tuesday, there will be an opportunity to support the food bank that supports so many seniors in our community. I can send Teri the information to share.

Director's Report – Teri Gabriel

- Direct Nutrition Services Update

Trinity - The Trinity Senior Nutrition Program was developed because we did not have a contract with a nonprofit organization in the Weaverville area of Trinity County. We do have a contract with an organization in Hayfork with PSA2 funding. The program is a partnership with Dignity Health Connected Living and Church of the Nazarene for home-delivered meals. We have a Program Coordinator who is affiliated with the church. He receives the meals and volunteers deliver them to homebound seniors in Weaverville. They're able to reach out to other places because these volunteers are coming in from outside areas. Lewiston is one of the delivery areas that they're reaching. Home-delivered meals are provided to 63 seniors on Tuesday and

Thursday. We have been working on updating the agreement with Dignity Health for a congregate meal on Wednesdays. We have not advertised the program yet because we have yet to determine a start date. Once that start date has been determined and decided between the program and Dignity Health, we will allow for two weeks of advertising. At this point we're looking at mid-December.

Lassen Dine Around Town - Serving 156 individuals who receive vouchers to go to their local restaurant. We're currently working with Lumberjacks restaurant. We still have over 100 on a waitlist. We can't serve everyone with the program. The voucher covers the cost of the meal and tax and gratuity. This program could end June 30th. We feel we're at a point to start recruiting other restaurants to see if they're interested in being a part of this. Lumberjacks is also offering a holiday meal in December for participants. We also have a home-delivered meal program that launched in October. We have 13 individuals receiving home delivered meals and we have two volunteers that have been recruited and trained. They're delivering meals on Tuesday and Thursday mostly in the Susanville area. We have one that's outside of Susanville and the menu that is being offered is based on the pre-approved that were customized by our Registered Dietitian.

- Fall Prevention Program Update

Dignity at Home Fall Prevention Program is funded by the Department of Aging. It provides equipment in the home of individuals who are at risk of falls. The funds have been exhausted due to high interest in the program. We used a marketing firm to help us get the word out. We have additional funding from the Department of Aging known as Aging in Place. We won't do as much advertising because we'd rather use word of mouth to get the word out. We're working with Everything Medical in Redding to go to the home and do a full assessment to determine what is needed to keep the individual safe at home and to avoid falls in the home. That recommendation comes back to us and once approved, Everything Medical orders the equipment and installs it or delivers it to the home. Satisfaction surveys have been very positive.

Michelle Harris – Siskiyou YMCA had senior fitness testing. They have a packet of information. This is a collaboration of many organizations. First responders are part of this coalition and they're seeing a decrease in calls. This got me thinking about challenges with access to physical activity.

Teri Gabriel – Some locations have fee associated with access. At SA6, Public Health mentioned the presentation on Fall Prevention. So, we approached them and we are partnering in this effort, and as Michelle said, first responders are part of this conversation because they respond to Lift Assist calls.

Lydia Gill– Tulelake High School allows morning access to their gym for seniors.

Frances – In Shasta County there's Fun with Senior Fitness. It's through the county. We used to have it at Mountain Vista. It was quite active. Shingletown had a group that leads it.

Teri – Part of our PSA2 funding is for health promotion. It was on hold during the pandemic, but they have been working on a fitness program. I know that they're working on more education like diabetes education.

- Request for Proposal Process Support

Request for Proposal (RFP) process is coming up in January. We need Advisory Council members to help with the process and review applications. Nancy and Staci have participated before and are interested in participating again. We usually give at least 1 – 1 ½ months for the applicants to complete applications. Applications go to Executive Board to approve in April.

- Other Agency Activity

Community Assessment Survey of Older Adults – CA 2030 initiative to assess services available to seniors. Raw data has been released and is available to the AAAs. Cheryl and I will review that data and then we will share the information with our distribution list.

Passages Caregiver Resource Center is offering caregiver support meetings on the 3rd Wednesday of each month in Mt. Shasta. I will send the flyer out after the meeting. It is available to anyone who is a caregiver. It is in-person at the Mt. Shasta Baptist Church.

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

- Quarterly Advisory Council News Brief Update

Debbie – We need to meet to prepare for the next brief. Deadline to submit would be in January. Let Debbie and Maggie know if you have any topic ideas.

I. Discussion on FY24/25 Proposed Area Plan Goals & Objectives

May need to remove some of the objectives under Transportation.

Nancy – Add Caregiver Support objective

J. Correspondence

Incoming: Resignation Message from Melanie Miller
Outgoing: None

K. Adjournment

12:08 AM

Next Meeting – Advisory Council Virtual Meeting – Friday, January 26, 2024