

**PSA 2 Area Agency on Aging
Virtual Advisory Council Meeting
Friday, March 31, 2023
10:00 AM
MINUTES**

A. Call to order and Flag Salute

Meeting called to order at 10:01 AM.

B. Roll Call (Establishment of a quorum)

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

Quorum Established.

C. Introduction of guests

Jerry Kirouac, Program Manager – PSA2 Ombudsman
Kristina Devan – Program Director, DHCL MSSP
Tom Neely – Supervisor, Lassen County BOS
Gary Bridges – Supervisor, Lassen County BOS
Mary Rickert – Supervisor, Shasta County BOS
Cheryl Rushton – Admin Clerk, PSA2 AAA
Laura Acosta - DHCL
Pam Smith-Jimison, Program Manager HICAP

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

M/ John Dell'Amico

S/ Tina Kennemore
To approve the agenda as presented.
Approved.

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

M/ Clinton Davis
S/ John Dell'Amico
To approve the minutes as presented.
Approved.

F. Open Session / Announcements

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

Clinton Davis – Big Valley 50 Plus is holding their 7th Annual Pasta Bar Fundraiser on Sunday, April 2nd. There will be a Let's Strike a Deal game with a gift giveaway. Wear a costume and you may be able to participate in the game.

John Dell'Amico – Have to leave at 11:15.

G. Reports:

Chairman's Report – Nancy Quirus, Chairman

- Update on Advisory Council Activities

Nancy attended Executive Board meeting and provided an update on Advisory Council activities.

- Advisory Council Membership Report

Three vacancies in Lassen, one vacancy in Modoc. The rest of the counties are filled. Hopefully we can identify some seniors participating in Lassen who may be interested in participating in the Advisory Council. Gary Bridges – Can Teri create a flyer? Teri – We have 180 participants in the Dine Around Town program to solicit interested seniors. I will send out the flyer. Teri – Staci's membership is up for renewal and she has reapplied. Her approval is on the BOS agenda.

TACC Report – Nancy Quirus, Chairman / Frances Cole-Boyd, Vice-Chairman

- Update on Recent TACC Activities

Our TACC covers a large area compared to other TACCs. They face the same issues that we see in our areas. Brown Act issues related to virtual meetings. Had to meet virtually during COVID. Are they meeting the quorum? Resumption of Brown Act rules means if you are in the meeting, you should have your camera on at all times. All TACC meetings have been virtual up to this point. May 2nd is Senior Legislative Rally Day (virtual). Clinton – There are 33 TACCs in CA. Each has a representative that attends TACC quarterly

meetings. Guest speaker present on different topics. We all share the same issues, but at different levels and intensities. I shared about food distribution. The recommendation to us was to use Uber or Lyft. We explained that we don't have those services. Housing/homelessness and mental health are other issues. TACC is a great way to stay in touch. I served for two years as president of TACC. I am considering getting involved again. Virtual meetings have changed the dynamics of how we meet. We have a great director in Teri. We are about improving quality of life for seniors.

Teri Gabriel – Senior Rally Day – I am asking COA for a flyer. All that was sent out was a registration link. We will get the link out and the flyer when we receive it. The Brown Act – Is that related to how Advisory Council meetings are being conducted? Frances Cole-Boyd – Yes. Gary Bridges – We are okay as long as there are two or fewer elected officials participating in the meeting. Clinton Davis – The Brown Act is intended to ensure that secret meetings are not held. The meeting needs to be properly announced and advertised.

California Senior Legislature Report – Teri Gabriel

- Update on CSL Activity

Teri Gabriel – We do have vacancies. Candidates do not need to be Advisory Council members, but it is convenient in that they can report out to Advisory Council. This is open to public members (age 55+) who want to be involved in senior issues. If anyone is interested, contact the PSA2 AAA office.

Nutrition Report – Nancy Quirus, Chairman & Lydia Gill

- Update on CalFresh Healthy Living Program

There have been a lot of storms, road closures, power outages. The CalFresh program has declared a CalFresh Disaster, and will do an Automated Mass Replacement (AMR) by way of a waiver to replace some of the food lost due to power outages. Impacts 28 counties, including three in our area. CalFresh benefits replacement occurs when a county code had 50% of residents losing power for four hours or more. This AMR includes Shasta, Siskiyou, and Trinity.

New Nutrition Program Manager at the site in Hayfork. He reached out to me. He will be a big asset to the community. Teri Gabriel - PSA2 is working on training for him.

There is considerable effort and ideas being generated for a new project focus of CalFresh in our area - indigenous people's food sovereignty. The tribal programs in our area are serviced by Food Distribution Program on Indian Reservations (FDPIR), which is similar to commodity food programs. I have been tasked with learning more about this to understand the issues and how it can be promoted to tribal populations.

The Center for Healthy Communities is located on the Chico State campus – Their mission – striving to provide equitable support to individuals and partners across diverse communities in California. One of the areas of focus is food access. It is hard to have a good diet when hunger and food insecurity is the reality for an individual. We are also providing direct support to community members and partner organizations.

Hunger cliff looming because CalFresh benefits are significantly reduced to pre-pandemic levels. I was able to obtain testimonials from some people on CalFresh. One of the most moving and heartfelt comments was from Lydia Gill. She did a good job of painting a picture on what it will be like for seniors. There has been an encouraging uptick by other food programs that are likely to see an increase in people looking for food resources.

John Dell'Amico – Baptist Church has a dinner at 5:00 on Wednesdays and a soup kitchen from 3:00-5:00 on Thursdays.

Mental Health Services Act (MHSA) Report - All

- Update on Each County's MHSA Services Activities

Teri Gabriel – There were two MHSA meetings in Shasta and Trinity. Michael Cottone and Ben Sarkisian attended the presentation at the Golden Age Center. Ben also attended the prior presentation, which focused on suicide prevention for older adults. Teri Gabriel – MHSA efforts have focused on younger populations, and there is now a recognition of a need to focus on older adults. The suicide rate is higher for older adults. Nancy Quirus – the Hope Park project is working to link older adults and teenagers. They are still working on identifying seniors to sign up and participate.

Food Access Report – Staci Wadley

- Update on Food Bank and Food Access Activity

We are starting services for meals in Shingletown. Our services in Burney are going well. We are adding more volunteer in that area to get meals out. Redding congregate meals, it has been a long time since we have had activities here. We are restarting, hopefully five days per week. With expected reduction in CalFresh benefits, we have been focusing on outreach to seniors. Senior box program to supplement CalFresh benefits. We are working to get back to pre-pandemic levels.

Dignity Health Food Bank is expanding. It will be first time in 25 years that we have grown. We have a grant from the state for expansion. Just went out to bid. Expect construction to start in June. Will run regular operations as per normal. We plan to keep distribution here and not make it difficult for seniors to find resources. Working on getting disaster food boxes staged. We reached out to some agencies to stage food resources. We are putting Conex boxes in a couple of areas to be utilized to distribute water and shelf-stable food in the event of a disaster.

John Dell'Amico – Great Northern Services (530-938-4115) in Weed is involved in USDA commodity schedule. The next delivery is May 11th at St. Barnabas Church from 3:00 - 4:30PM.

Clinton Davis – On the 2nd Thursday of each month at Big Valley in Bieber there is a food bank giveaway, working with Food Link in Sacramento and Northern Nevada Food Bank. There is now going to be a charge for delivery and maintenance. Currently serving over 180 families. It has a significant impact in the valley. We are seeing people who would never have participated before.

Break 10:58 – 11:02

Director's Report – Teri Gabriel, Executive Director

- Update on Senior Nutrition Program Reopening Plans

Centers have submitted reopening plans, which had to be reviewed by Public Health and Registered Dietitians. All have been approved and have opened dining, except Big Valley 50 Plus, which is planning on a July 1st reopening. Public Health Emergency has ended. California Department of Aging has determined that to-go and pick up meals will still be allowed. Awaiting more guidance from California Department of Aging on continuing to work with restaurants.

- Update on PSA2 Direct Service Senior Nutrition Programs

Dine Around Town in Lassen County – Working with Health and Human Services and Lumberjack's restaurant in Susanville. Started as pilot project which will continue into the next fiscal year and beyond. We have been able to adjust the menu to meet the needs of seniors. We have 180 participants registered and currently have another 130 on a waiting list. We may need to add other restaurants to the program, but may not get a similar response from the restaurants. We have two volunteers who will pick up and deliver meals to participants who do not have someone to pick up and deliver. Gary Bridges – Very pleased with how it has come together. Our seniors are very happy. I appreciate all the effort that your staff has put in. Supervisor Neely and I were talking about another restaurant, and would like to discuss with PSA2 what steps we can take.

Trinity Senior Nutrition Programs – Roderick Senior Center program in Hayfork is doing well. In Weaverville, Church of the Nazarene in partnership with Dignity Health Connected Living is mostly doing home-delivered meals, two times per week in Weaverville. On Tuesday, they deliver one hot meal and one frozen meal. On Thursday, they deliver one hot meal and two frozen meals, for 5 meals per week. Program Coordinator is in transition, met with potential candidate last week. Was able to some training. Pastor would like to remain as a backup. We are also using Dignity Health Connected Living retired senior volunteer program to supplement. Four different routes going to

different areas, including Douglas City. Looking to expand service. The Church enjoys participating in the program. They are able to help out with additional needs as well.

- Update on Local Master Plan for Aging Efforts

California Department of Aging has released a webpage with the status of Master Plan for Aging initiatives. Focus on reaching service areas that are underserved. Working to bring more funding from state grants to increase services in local area. In touch with Disability Action Center (DAC) and writing letter of support for grants they are writing to do studies on what is needed in rural communities. MHSa grant opportunity focused on mental health and wellness for older adults. Shasta is applying for that grant to allow MHSa to support older adults in our region.

- Update on Area Plan Needs Assessment Process

CDA is launching a statewide survey for the needs assessment, which drives our four-year area plan. On a statewide level rather than having AAAs develop their own needs assessment. Template and questions have been released. Cheryl has reviewed the questions and says it is well-rounded. It does include questions related to disaster preparedness. We will review them again to see if there are any that need to be added for our areas. It includes internet access and technology. It will include an option for an electronic needs assessment.

- Other Agency Activity

Dignity at Home Fall Prevention Program – We have advertised via word of mouth, but are increasing advertising, and will add radio and (KIXE) ads. Provides equipment for homes of older adults. Funding is available until December 2023. As of March 20th, we had 97 registered in the program in all five of our counties. We had equipment delivered to 58 participants, including grab bars, shower tread (non-slip), handheld shower heads. After equipment delivery, we follow up with a satisfaction survey. Follow up surveys have had good ratings (5+). All comments have come back at 5 and reflect that the program is helping seniors be safe in their home.

Area Plan Public Hearing – Open to the public to bring concerns and awareness and provide feedback on the plan update. We had six participants in the hybrid session at DHCL and virtual. Some concerns raised were outreach for DAH Fall Prevention Program, outreach in rural communities – We use newspaper, radio ads, mailers, Facebook – and try to target areas that are not currently served by a nutrition program. Digital divide was also attached, and there is attention to this at the state level re access to tech, internet access. Caregiver support, related workshops, with need for in-person workshops. We were conducting workshops in each community, Alzheimer's Association, with presentation by Passages Caregiver Resource Center Advocate, Maggie McNamara, who would talk about resourced for caregivers. Interest in learning about community resources that are available.

Siskiyou – Health Aging Fair on May 17th. We are currently recruiting vendors. Cheryl will show the flyer. Public notice will go out next month. We are partnering with Madrone Senior Services and KIXE (PBS). We are currently registering exhibitors. Siskiyou County Public Health will participate to offer vaccinations and wellness checks. Formerly was a senior resource fair, but now focusing on health. This event has been held locally for over 20 years. We are very happy to bring it back in-person.

C4A Conference will be held May 9th-11th. It is in-person only. They tried to do a hybrid approach last year, but it did not work. The Local Master Plan for Aging and efforts in Shasta, Butte, and Glenn counties will be addressed.

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

Mary Rickert – Mayers Memorial Hospital was hoping that the Burney Fire Chief would participate, but he has declined to participate. They are trying to coordinate with Surprise Valley and the Cascade Region and continuing discussions. The backup plan is for Mayers Memorial Hospital to provide ambulance service, but it would be at a financial loss. It is not financially viable for them. Ambulance services are not just for residents, but also for travelers on the state highway. Clinton Davis – I am on the board for Southern Cascades. It costs \$660-700k to operate one ambulance for a year. We are in conversation regarding a joint agreement for the area from Cedarville to Fall River. Burney is not interested. We are only pulling in 17%-35% of the cost of runs. Increased reimbursement would help to cover the costs.

Nancy Quirus – Goal F – Alzheimer’s and Dementia – There was a workshop last week - Healthy Living for your Brain and Your Body - presented by Kindra Hathcock from the Alzheimer’s Association – very effective short informative program – She clearly covered the science and steps that will make it possible to care for your loved one in an appropriate way. One of the goals is to develop support groups. Kindra had a flyer for Alzheimer’s Caregiver Support Groups in Chico and Yuba-Sutter – We are grouped in with the North Valley (Virtual) Caregiver Support Group. I would like to identify these support groups. Teri – These groups did exist, but they are being held virtually at this time. There is currently a vacancy in the Caregiver Advocate position. These groups should be brought back when that position is filled.

The Walk to End Alzheimer’s will happen in multiple communities on Saturday, September 23rd.

- Advisory Council News Brief Update

Debbie Mason – Future News Brief topic will cover Disaster Preparedness. We decided to cover disaster preparedness because of the recent storms in our region. We are looking for topics for the June News Brief.

Staci Wadley – I attended the Disability and Aging Community Living Advisory Committee (DACLAC) Transportation Subcommittee meeting. Advocating for bolstering California Advancing and Innovating Medi-Cal (CalAIM) resources for transportation. Still working on details. Attended the Social Services Transportation Advisory Council (SSTAC). SSTAC meets two times per year to discuss the Unmet Transit Needs survey and recommendations made by staff. We had a couple of meetings this month. Unmet Transit Needs recommendations include Sunday On-Demand service continue, Consolidated Transportation Services Agency (CTSA) services (outside service area) continue with potential for expansion, explore on demand service as alternative to fixed route service on Saturdays (such as door-to-door service in Redding), incorporate Summer Beach Bus as a seasonal ongoing service, find efficiencies and reduce overlap between the RABA Demand Response Service and ShastaConnect Response Service. Also, explore options to implement the Long-Range Transit Plan's low-income strategy with reduce or free fares. Consider a City of Shasta Lake Commuter Service that travels through Buckeye for more direct service, similar to Anderson Commuter. SSTAC also asked for a feasibility study on reintroducing a type of transit service for the airport area and Knighton Road to serve the Veterans Home and the VA Medical Facility.

Southern Cascades provides Non-Emergency Medical Transportation (NEMT) for Partnership HealthPlan of California (PHC) members, such as transport to medical appointments, physical therapy, fulfilling prescriptions, anything medical related. The PHC agreement with Medical Transportation Management (MTM) agreement is ending. MTM has been sending out information that Southern Cascades will not be providing medical transportation, which is not true. Southern Cascades will be working directly with PHC.

I. **Approval of Proposed FY 23/24 Area Plan Goals & Objectives**

- Objective 2G – Advisory Council Meeting Participation

As advocates for the development or enhancement of a community-based system of services, the PSA 2 AAA Executive Director, Staff and **Advisory Council Members** shall attend meetings of the Older Adult Policy Council (OAPC), Partnership in Action for Trinity Health (PATH), and Nutrition Action Partnership (NAP) [in Trinity Co.]. In coordination with these and other organizations, PSA 2 AAA assists in identifying community strengths & resources to enhance the quality of life for our older adult population. Efforts include increasing public knowledge on resources available and evaluating the effectiveness of services offered to older adults. Data is collected and monitored to measure improved well-being of the older adults in PSA 2 AAA region. Members of these organizations collaborate to bring events and education to the older adult population in our region.

- Objective 2O - Disaster Preparedness Efforts

Select Advisory Council members shall assist PSA 2 AAA with the distribution of disaster preparedness materials and related activities to enhance outreach and educational efforts within the PSA 2 region to prepare older and disabled adults for a disaster or unforeseen emergency due to acts of nature, fires, floods, etc. In addition, select Advisory Council members shall participate in local disaster preparedness/planning meetings within their own communities (with partners such as the Office of Emergency Services) to represent the older and disabled adult populations in the disaster preparedness/planning process.

M/ Clinton Davis

S/ Michael Cottone

To add language as presented to include Advisory Council Members in Objective 2G and to add language as presented above for Objective 2O.

Approved.

J. Adhoc Committee Recruitment for Year End Report to Executive Board

Nancy Quirus appointed Staci Wadley and Debbie Mason to an ad hoc committee for the Year-End Report to the Executive Board.

K. Correspondence

Incoming: None

Outgoing: None

L. Adjournment

12:13 PM

Next Meeting – Advisory Council Virtual Meeting – Friday, April 28, 2023