

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

Friday, January 26, 2024

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
Justin Cadili	Lassen	Present
Sharon Howard	Lassen	Present
Vacant	Lassen	-----
Clinton Davis	Modoc	Present
Debbie Mason	Modoc	Present
Tiffany Gwinn	Modoc	Excused
Vacant	Modoc	-----
Frances Cole-Boyd	Shasta	Present
Maggie McNamara	Shasta	Present
Nancy Quirus	Shasta	Present
Staci Wadley	Shasta	Present
Michelle Harris	Siskiyou	Present
Vacant	Siskiyou	-----
Lydia Gil	Siskiyou	Present
Linda Smith	Siskiyou	Absent
Michael Cottone	Trinity	Present
Vacant	Trinity	-----
Benjamin Sarkisian	Trinity	Present
Vonnie Westbrook	Trinity	Absent

Quorum established.

C. Introduction of guests

Karol Schwartzlander, Executive Director, California Commission on Aging
Michelle Radcliff-Garcia – CA Connect (CA Telephone Access Program (CTAP))
Gary Bridges – Supervisor, Lassen County Board of Supervisors
Joanne McCarley – Shining Care
Pam Smith-Jimison – HICAP
Jerry Kirouac, Program Manager – PSA2 Ombudsman
Cindy Lane, Deputy Branch Director – Shasta County HHSA
Cheryl Rushton - PSA2

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

M/ Staci Wadley
S/ Clinton Davis
To approve the agenda as presented.
Approved.

E. Approval of Advisory Council Virtual Meeting Minutes – November 17, 2024

M/ Tina Kennemore
S/ Lydia Gill
To approve minutes as presented.
Approved.

F. Presentation – Karol Schwartzlander, Executive Director, California Commission on Aging

All of you know how aging is hanging California. By 2030 in California, 1/4 of our population is going to be over age 60. That's also the same year that older adults will outnumber youth. The Commission on Aging was established and convened our first meeting in 1974. It's an independent state body establishing statute to serve as a principal advocate for older adults in California. Our members are appointed by the governor and the state Senate and Assembly leadership.

We have 18 members with real diverse backgrounds and expertise both within aging and outside of aging. We have housing, behavioral health, workforce development. It's a really extraordinary group of people and we have really been working on in the last few years to raise our profile to the point we want to become the trusted expert for the legislators and anyone who has a question about aging policy. This year we're celebrating our 50th anniversary.

This is an extraordinary, passionate group of advocates who are excited to be lifting up the mission and vision of the organization. Our vision is Californians can age with dignity and respect in the setting of their choice. Our mission is to serve as the principal advocacy body for older Californians and a catalyst for change that supports and celebrates Californians as they age. We have three main functions. We advocate, we advise, and we conduct outreach and education. We identify problems, conduct research, propose legislation, and we take positions on legislation. We also write letters with recommendations, we produce reports with recommendations for specific issue areas like workforce development, housing and homelessness.

We are going to be producing some information focused on the older adult workforce this year. We also publish a monthly newsletter and I encourage you to sign up for it and follow us on social media.

The Commission on Aging is connected to the AAA Council of California (TACC). As you know, that is made up of the chairs of all the Advisory Councils to TACC. We now have 5.5 staff, including a Policy and Research Analyst, an Outreach and Analyst, and an AGPA. Our primary funding comes from the federal trust

fund, but we also get taxed under the California special fund and we have a little bit of general fund just for our rent. We are co-located with the Department of Aging who provides us with administrative and HR support.

The Mental Health Services Oversight Accountability Commission awarded \$20 million to older adult behavioral health programs in counties and they've already awarded those funds using evidence-based models. The Department of Aging receives receive \$50 million in general fund one-time-only funding to focus on behavioral health. With that they're doing an ethnic media outreach. Their also going to have \$30 million capacity building around older adult behavioral health.

In 2022, the focus was on recommendations around the workforce serving older adults, and this year is the older adult workforce. The C4A Conference will have a forum on the older adult workforce. There is a pilot in San Diego that's working to support older adults through cohorts and provides other services to help them re-enter or remain in the workforce. Finally, we want to address homelessness and increase housing options for older adults. We're in the process of developing recommendations around this topic.

We were able to get through a change in the meetings act for persons with disabilities to be exempted from the in-person meeting requirement for state decision-making bodies. This allows them to participate remotely and not have to post their address on their agendas. This removes the barrier for older adults and people with disabilities. It also allows some bodies to meet remotely 100% of the time.

There are three bills we are sponsoring this year. One will raise the capacity of RCFEs from six to ten with a conditional use permit. This should result in an increase in available beds in assisted living facilities. Our second bill is focused on increasing representation of older adults on state boards and commissions, such as the Workforce Development Board. Finally, we're updating the Older Americans Act related to the Commission on Aging to reduce the number of members 25 to 18 and the quorum requirement to 11.

TACC represents the 33 Area Agencies on Aging. The mission is to promote communication and collaboration among local advisory councils in key state partners through education, exchange of information, advocacy on issues of concern and scrutiny, advocacy efforts and leadership skills of the local advisory councils.

Commission on Aging has changed the way we structure our meetings. We can now meet virtually or in-person or a combination of those. members are reimbursed for travel costs, and each member is expected to submit a written report at each meeting.

We started having an open roundtable discussion. The first topic was how to overcome barriers to establishing ADRCs, and it was such a rich conversation that we put it on the agenda as a permanent topic. We'll bring forth different topics with what's happening in the community and have suggestions. I can't believe we've never done this before but it was just it was really powerful. So, we have changed it so you can really exchange information on specific topic.

These meetings are open to the public. I encourage all of you to feel free to join anytime – Not only TACC meetings, but also Commission meetings. Commissioners want to hear from you. Our first virtual meeting is February 22nd. Then May 1st-23rd is the C4A Conference in San Jose. Then on August 22nd and November 14th from 1:00PM-4:00PM.

We have a wonderful social media presence. I don't know if you are on LinkedIn, but if you do not use other social media, I highly encourage you to use LinkedIn because you get so much professional information there. We are at cacommissioning on LinkedIn. You can follow us on any of those and then if you go to the <https://ccoa.ca.gov/> website, you can subscribe to the Age Watch Newsletter.

I would like to see an older adult advocacy network in the state and I really think working through TACC and the local AAA Councils is an important way to do that. The more of you that sign on to our social media and Age Watch, you will help us spread the word. I gave a presentation to a local Commission on Aging and I was confused. I thought it was the AAA Advisory Council, but it was actually a local commission. I did not realize that they are an advisory commission. I think that we should somehow be connected with them to understand what they do so they can amplify our voice at the local level. If you have ideas, please bring them to me.

G. Open Session / Announcements

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

Lydia Gill – Tulelake – Amy King is trying to get things organized for a senior center to provide meals for homebound in the Tulelake area. Tulelake is limited on resources. TEACH does some homebound delivery.

Jerry Kirouac – Ombudsman contacted CDPH and requested 15,000 COVID tests. We have 72 cases of COVID tests that expire in March 2025. We will give 3-4 out to all of our residents. If anyone needs tests, contact Jerry.

Teri Gabriel – Legal Services of Northern California is presenting on Estate Planning on Monday, January 5th in Weed (Siskiyou County). The flyer is in your packet. They will be scheduling presentations in other counties.

Joanne McCarley – ShiningCare received a grant for outreach in rural areas of Shasta County. We will hold Lunch and Learns on aging issues. We have funding to spend more time and do memory screening. People can sign up for individual consultations. Starting in Lakehead and Igo/Ono. We have begun planning for Elder Abuse Awareness campaign that will start on June 9th and end on June 15th at the Sundial Bridge. If you are interested in participating in planning, contact Joanne. Teri will provide her email address.

H. Council Reports:

Chairman's Report – Nancy Quirus, Chairman

- Advisory Council Membership Update

Vacancies in Lassen, Modoc, Shasta, Siskiyou, and Trinity.

Frances will not be continuing on the Advisory Council. Teri – Will need to determine how to fill the vacant Vice-Chair position and attend TACC pending the election.

John has moved to another state and will not continue on the Advisory Council.

Michelle Harris is a new member in Siskiyou County.

We may have another new member in Siskiyou County. An application has been submitted.

TACC Report – Frances Cole-Boyd, Vice-Chairman

- Update on Recent TACC Activities

I encourage people to get involved and attend the in-person meeting.

The 2024 TACC General Meeting Schedule is as follows:

February 22, 2024, 1:00 p.m.-4:00 p.m. (Virtual) TACC General Meeting

May 1-3, 2024, San Jose (In-person) TACC General Meeting and C4A Conference – Hybrid Meeting for TACC General Meeting Only

August 22, 2024, 1:00 p.m.-4:00 p.m. (Virtual) TACC General Meeting

November 28, 2024, 1:00 p.m.-4:00 p.m. (Virtual) TACC General Meeting

California Senior Legislature Report – Teri Gabriel

- CA Senior Legislature Election

The election period has opened. Flyer is in your packet. Looking for one Senior Assemblyperson and one Senior Senator. The deadline for applications is in March and appointment is in April.

Nancy is interested in CSL. I spoke with John Perreira. Nancy will attend a CSL meeting via Zoom on February 16th to observe and learn about CSL. Sharon met with John as well and will send in an application soon.

Nutrition Report – Nancy Quirus, Chairman & Lydia Gill

- Update on CalFresh Healthy Living Program

First, I would like to thank each of you who responded last month re: local food assistance resources. This month I will forward the link CHC's Local Resource Page to all ADCO members (<https://chcfoodassistance.org/local-food-resources/>). I hope you will check it out. Your comments and feedback are welcome. Also feel free to share what the Center for Healthy Communities has to offer by following CHC on FB (<https://www.facebook.com/CHCChicoState>).

CalFresh at CHC which serves the PSA2 area is growing with two new staff focusing on the Veteran population and strengthening partnerships in the communities we serve.

I am excited to share that in Trinity county there is a special event being planned—Be Active Trinity will be a community event featuring the wide variety of options available for physical activity and healthful movement. The date is September 21st at Lowden Park in Weaverville. More details to follow.

This month I did site visits with multiple Trinity County partners (CF promotion and certification, Sr. Nutrition Program funded by PSA, and community supported senior meal program) and am looking forward to site visits in Shasta starting in February.

Lydia – Great Northern has found Tulelake. They have increased the number of Brown Box distributions per year. The boxes come from Contra Costa County. They are prepackaged and include non-perishable foods, as well as recipes for the items provided. We now get four boxes and four cheeses rather than two of each. Also includes a drought relief box with shelf-stable milk. Hoping to see the produce again this summer.

Mental Health Services Act (MHSA) Report - All

- Update on Each County's MHSA Services Activities

No new meetings scheduled for Trinity. Trinity will have a MHSA program review in August. Shasta had a review last October.

https://www.dhcs.ca.gov/services/MH/Pages/MHSA_County_MHP_POC.aspx

Frances - Shasta County Mental Health Services Act (MHSA) -
Location: Mae Helene Bacon Boggs Building, 2420 Breslaur Way Redding,
10:00am: 2/29/24, 5/22/24, 8/22/24, 11/5/24

Nancy – OAPC meeting – there was a guest named Valerie Greco who has started a business in Redding called CareScape Consulting to help people deal with memory-related challenges.

<https://www.memoryscapes.org/consulting>

Food Access Report – Staci Wadley

- Update on Food Bank and Food Access Activity

The Food Bank expansion is essentially complete from a construction standpoint. Still need furniture, freezer, etc.

CSFP Box Program – Given monthly to participants – supplemental box. The Contra Costa FB is the hub that we receive those boxes from.

We have three Ready Set Go boxes in Shasta County located in the Eastern, Central, and Northern parts of the county. Disaster boxes to hold food that can be distributed and use in a disaster. Non-perishable items such as water, peanut butter, canned chicken, etc.

Brown Bag will be combined with other distributions and should be resuming in February.

Open House date has not been set yet. Will probably be in the next few months.

Lydia – Could TEACH apply for funds to buy a freezer for the Nowell Family Resource Center? Staci – The funds were allocated specifically to our Food Bank.

Michelle – Emergency Food Boxes – Could some of those be sent to low income housing? Staci – We work with a variety of place to deliver commodities. The emergency boxes are intended for people who do not have kitchens since they consist of shelf-stable foods.

I. Director's Report – Teri Gabriel

- Update on Request for Proposal Process

Request for Proposal (RFP) process is starting this month and will be completed in April. Notices were sent out this week. We have Advisory Council and Executive Board members to serve on the review committee. Once the applications are reviewed, the decision goes to the Executive Board in April. There is an appeal process. Once approved, contracts will start July 1st. Process starts again in 2028.

- Direct Nutrition Services Update

In the last cycle, we did not have contracted services providers in Lassen and Trinity. We developed two interim programs.

Trinity - The Trinity Senior Nutrition Program is a partnership with Dignity Health Connected Living and Church of the Nazarene for home-delivered meals. Congregate Dining will start soon.

Lassen Dine Around Town – Serves individuals who receive vouchers to go to their local restaurant, currently Lumberjacks restaurant.

- Other Agency Activity

The 2030 Report was released yesterday – There will be a webinar on the report on January 30th. Will send the link out.

Healthy Aging Fair planned for May 15th. Flyer is in your packet. Partnering with the local senior center and Trinity County Public Health.

C4A Conference May 1-4 in San Jose.

We have funding for caregiver support.....[K. Discussed under Goals and Objective]

Teri – We are working on identifying locations for hybrid meetings. We may be able to make our Redding office a teleconference center. Waiting on guidance from the Department of Aging.

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

- Quarterly Advisory Council News Brief Update

News Brief is ready to go to HICAP to include in the newsletter. Topic is Caregiving and Resources.

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

- Determine Any Proposed Changes/Additions to Objectives

There was a recommendation by Nancy to add a new Caregiving objective under Educate and Advocate.

Proposed Care Giver Support Objective

Goal #2 Educate & Advocate

DRAFT— The PSA2 staff and Advisory Council members shall promote public education and increase awareness about family caregivers serving our senior population. Guided by the National Strategy to Support Family Caregivers our objectives are to 1. Increase awareness of caregiver's issues and challenges, 2. engage with family caregivers to connect them to support groups and 3. Promote the connection to the training available for family caregivers through CMS.

CMS is the Centers for Medicare & Medicaid Services.

We can discuss at the March meeting whether to add this as a new objective, or combine in an existing objective.

Teri – There are some Transportation (Goal 3) objectives that we may need to slim down. Staci – Objective B (CalACT) could be removed. Objective E – I am still attending SSTAC when I can. Teri – We will discuss at our March meeting.

L. Correspondence

Incoming: Letter from Frances Cole-Boyd
Outgoing: None

M. Adjournment

12:14 PM

Next Meeting – Advisory Council Virtual Meeting – Friday, March 29, 2024