

**SACRAMENTO COUNTY ADULT AND AGING COMMISSION**  
**MINUTES ~~MARCH 28~~ APRIL 25, 2007**  
**REVISED**

**Adult & Aging Commission Attendance List:**

**Commissioners Present:**

Peggy Forseth-Andrews  
Joseph Montoya  
Cyrus Moazam  
Janet Heath  
Lynn Avery  
Randall Williams  
Beth Mann  
Chris Hart

Geraldine Esposito  
Joe Samora  
Gloria Sylvester  
Kay Thiem  
Pam Flohr  
Councilwoman Barbara Payne, Ex-Officio,  
City of Galt

**Commissioners Absent:**

Jewell Senegal

Karen Oosterman, Ex-Officio Folsom  
Jim Lynch, Ex-Officio Citrus Heights  
Lynn Davis, Ex-Officio, Sacramento  
County

**Guests Present:**

Melanie Rochin, CA Emergency Foodlink  
Ashley Jensen (Jewish Family Services)  
June Sugar  
Jose Chacon (DHHS Volunteer Services)  
Nancy Freeman  
Karin Vicari (Mental Health Assoc.)

Judi Turteltaub (Jewish Family Services)  
~~Met~~ Pat McVicar (A4AA)  
Katy Brown (SAS)  
Cordia Wade  
Michelle Nevins (Del Oro)

**Staff Present:**

Nancy Yavrom, Program Coordinator  
Kevin O'Keefe, Program Coordinator (½ time)

**CALL TO ORDER**

Peggy Forseth-Andrews, Chair, called the meeting to order. Ms. Esposito welcomed the public and reminded everyone that the Commission was happy to answer questions any time from the audience.



## CONSENT CALENDAR

The Agenda was reviewed.

**It was accepted by consensus.**

The Minutes of March 28, 2007 were considered. There were many changes.

- Commissioner Pamela Flohr clarified the statement, “She surmised that this change is primarily due to the fact the HMO’s attempt to keep hospital stays for patient’s as short as possible.” She did not mean to focus on HMOs. Medicare has set the standard for keeping hospital stays as short as possible. All insurance carriers follow suit.
- Commissioner Beth Mann wanted to clarify that the Board of California Coalition for Cultural Changes in Nursing Homes does NOT offer training for nursing home administrators. She offered the following correction: *The Coalition represents a wide range of organizations, including SEIU, CAHF, Aging Services of California, the LTC Ombudsman Program, administrators of nursing homes, etc., whose goal is to assist nursing homes in moving toward more resident-focused care.*
- Vice Chair Geraldine Esposito suggested that there be a wording change on page 4, section c.: “...subsequently removed” would be more appropriate as “...subsequently withdrawn”
- Ex-Officio Member, Councilwoman Barbara Payne corrected, “Reported that she attended the March on Needles...” to be the March on Meals.

**It was moved/seconded (Esposito/Montoya) to approve the Minutes as amended.  
Motion passed unanimously.**

## CHAIR’S DISCRETION

- Vacant Liaison Positions – An explanation of why the Commission has liaison positions with various agencies in the county was given along with a brief description for each of the three vacancies. The Commissioners were reminded that these liaison positions will count as their annual outreach requirement. Ms. Forseth-Andrews urged those who had interest to contact staff to get more information.
- Senior Safety Forum is coming up this Saturday, the 28<sup>th</sup>, and flyers were supplied for the Commissioners as well as guests. A public thanks was given for all the sponsors.
- Response letter from Dr. Trochet of Public Health regarding immunization stations: Immunization stations had to be cut back due to budget restraints. She is using this information to request increased funding.
- Ms. Forseth-Andrews expressed her appreciation to everybody for their patience over the last two meetings when she was unable to attend in order to take care of family matters.

## REPORTS

### Committee Chairs

Oversight – Lynn Avery (Vice Chair)



- Oversight is looking into the proper protocol and procedures to recommend the Board of Supervisors make an ordinance to license Room & Boards.
- There were updates about the Strategic Plan of Protection community awareness campaign and the Community Collaboration RFP effort being put forward by Senior and Adult Services.

*Comment:* regarding the ordinance for Room and Boards, there is great potential here for other jurisdictions that struggle with this problem.

Oversight Case Review – the meeting had to be changed to May. Ms. Forseth-Andrews encouraged Commissioners who are not members of the Oversight Committee to attend one because they are very enlightening.

*Comment:* Katy Brown of Adult Protective Services mentioned that there is a very cordial and trusting relationship between the Commission and Senior Adult Services which has developed because of these meetings.

*Comment:* Commissioner Esposito reminded everybody that in order to attend, Commissioners must sign a Confidentiality Statement since the reviews cover actual cases, even though all identifying information is blacked out.

#### Program Review, Outreach, and Development (PROD) - Joe Samora (Chair)

- May is Older Americans Month. Displays will be put up in all but one of the county libraries before May 1. During May the Chair and Vice Chair will be making presentations to the Board of Supervisors and various city councils to recognize OAM.
- The next step in implementing the outreach statement of purpose is to start working on the Speaker's Bureau and reviewing materials that have already been developed including a set of PowerPoint presentations.
- The Disaster Preparedness report is being worked on.

#### Senior Profile Phase 2 Ad-Hoc Committee (Peggy Forseth-Andrews)

The revision of the supplemental housing report was reviewed along with the draft letter from the Commission, report highlights, and implications. Some tweaking was suggested. May 4<sup>th</sup> the materials will be reviewed again.

#### Executive Committee

- There is always an update given by the committees.
- *Senior Guide* – Although *Senior Guide* is not available for 2007, the *Golden Pages* were made available. The Commission is concerned with the lack of the *Senior Guide*, and Exec. is trying to get to the root of why and put together an effort to move it on.
- Focal Point designation 2007 – Ms. Forseth-Andrews met with the Board of Supervisors in order to explain Focal Points and the designation process. Mention was made of the many efforts of the Commission to inform all the senior and community centers in the county.



The Board did endorse the recommendations of the Commission, and this would go to the Governing Board of A4AA.

- Two pieces of legislation and a request for support came to the Executive Committee. In the past the Commission could write letters of advocacy and support. But the system has been changed so the Commission informs the Legislative Analyst if it supports or rejects legislation requesting the Board to take the action the Commission recommends. The Board makes the decision. The previous way of advocating often put the Board in a difficult situation if one of its advisory bodies supported something it did not. This new method has been working well.
- During the quarterly meeting with the Chiefs of Staff for the Board of Supervisors the issue of translation services at senior centers was brought up. This item is going to go to PROD as part of its outreach effort. The AT&T translating system will be one of those programs looked into.

### COMMISSIONER'S COMMENTS (3 minutes)

Lynn Avery: She attended a SETA Community Action Board meeting but neglected to bring the materials with her. She will get them to staff for copying and report about it during the May meeting. There were two studies about Sacramento County demographics, which were very interesting as are plans that other agencies are working on.

Gloria Sylvester: ~~Mentioned that she just joined an aunt celebrate her 106<sup>th</sup> birthday.~~  
Mentioned she was able to join her aunt's 106<sup>th</sup> birthday celebration.

Pam Flohr: Barney Donnelly represents the Commission on the Mobility Advisory Council, but she is also a member. They are working on a downtown beautification project. She was very pleased to report that recommendations to change the plan that were given at the previous meeting by several disabled members of the community, were accommodated in the revised plans presented at the last meeting. There really was an attempt to accommodate legitimate concerns.

Councilwoman Barbara Payne: Many seniors in Galt have been receiving letters from the Senior Advisory Agency suggesting they send in \$36 for assistance to receive a \$400 refund from the Board of Equalization. In actuality the refund is \$40, and South Counties Services performs this service for free.

*Comment:* These letters have been showing up all over the county.

*Comment:* This information should be sent to the Attorney General's office.

*Comment:* Newspapers would probably like to know about this story. Perhaps *Senior Spectrum* would explore it.

Staff: Nancy Yavrom – A sheet was passed around to get volunteers to help at the CarFit program that is going to take place at the Safety Center May 24<sup>th</sup>. Commissioners also received flyers if they would like to attend.

Commissioners that have been on the roster for more than a year were invited to lend their Commissioner Handbooks to Ms. Yavrom for updating.



Kevin O’Keefe – Volunteer sheets were passed around for two outreach events: The Pacific Rim event and the Stanford Settlement Senior Health and Information Fair.

Arrangements were made for Mr. O’Keefe to demonstrate setting up an easel for those Commissioners that were going to take displays for OAM to libraries.

## **LIAISON UPDATES**

### A4AA Advisory Council – Peggy Forseth-Andrews

There is a pamphlet about the A4AA Advisory Council that will be made available at the next meeting. The Board of Supervisors has just appointed Commissioner Joseph Montoya as the second liaison. A brief history of A4AA was given, and the fact that it covers seven counties including Sacramento. It is funded by the Older Americans Act. It also funds local programs with money from the Older Americans Act. The Advisory Council has six members from Sacramento County: two of which are from the Adult and Aging Commission. Several local programs receive much of their funding from A4AA such as InfoLine, Triple R, MSSP Linkages, respite programs, HICAPP, Ombudsman, and Rebuilding Together. The Council meets monthly. It makes recommendations to the Governing Board, which is made up primarily of county supervisors. Ms. Forseth-Andrews is a member of the Joint Programs Evaluation Committee, which looks at programs with performance issues. Recommendations that have been made by A4AA staff are reviewed and evaluated, then JPEC makes its recommendations to the Governing Board. These reports are sent to PROD so it can keep up with programs in Sacramento county. Often the Commission will help good programs that experience difficulties. Ms. Forseth-Andrews also sits on the Focal Point Designation Committee. The committee is helping A4AA refine the process of focal point designation, and AAC is the community voice. Sitting on the council it is good to see urban and rural areas share ideas and issues, often helping one another and collaborating. Current projects include a Boomer study, Focal Point Designation, CarFit, Falls Prevention, and Emergency Preparedness.

### Mental Health Board, Older Adult Committee – Geraldine Esposito.

The committee has been in existence for many years. A current project is to update the Older Adult Mental Health Plan for Sacramento County. They are updating a plan from ten years ago. When it is completed, Ms. Esposito will share it with the Commission. There is an annual conference in October. It will deal with hoarding, anxiety, and OCD. Many professionals from various fields that work with seniors attend. As an update on the county plan, the Psychiatric Emergency Response Team proposal was rejected by the state. It is being resubmitted. Alternatives are being looked at in case funding is denied again. Recently there was a presentation about medication errors. Ms. Esposito was invited by the Gray Panthers to talk about updates on county and state activities. Mental illness affects so many, often with devastating consequences to the person and their families. Meetings are open, and a brochure will be available soon.



*Comment:* Ms. Flohr is also a member of this committee and commented that a survey is being tooled about transportation for people with mental health disabilities for SACOG.

## **ACTION / DISCUSSION ITEMS**

a. Ratify recommendations of Focal Point designees proposed to A4AA by the Focal Point Designation Task Force.

In February the Focal Point Designation Task Force had to request permission from the Commission to act on its part in this process because of the timeline established by A4AA. The Commission consented. It is now time for the Task Force to report its recommendations and the current status of the designation process so the Commission can officially ratify the decisions of the Task Force.

There were nine applicants. Four received full recommendation: Ethel McLeod Hart Multipurpose Senior Center, Senior Center of Elk Grove, Inc., South County Services, and Stanford Settlement Neighborhood Center. Three were recommended with condition that they organize their Coordinating Council and hold its first meeting by September 2007: Asian Community Center, Cordova Senior Activity Center, and Samuel C. Pannell Meadowview Community Center. Two of the applicants were not recommended for designation but were recommended for mentoring in order to qualify in January 2008 when the redesignation process will begin again: Southgate Recreation and Park District and Women's Civic Improvement Club of Sacramento, Inc.

**It was moved/seconded (Esposito/Flohr) to ratify the recommendations made by the Focal Point Designation Task Force. Motion passed unanimously.**

b. Commissioner Pamela Flohr has requested to join the Program Review, Outreach, and Development Committee. Ex-Commissioner Barney Donnelly has requested to be a community member of the PROD Committee.

**It was moved/seconded (Montoya/Samora) to ratify Commissioner Pamela Flohr as a member of the PROD Committee and ratify Barney Donnelly as a community member of the PROD Committee. Motion passed unanimously.**

## **PRESENTATION**

**Mental Health Care for Seniors** – Karen Vicari, JD., Project Director Mental Health Association in California and Executive Director Alliance for Better Medicine

Often mental health issues in seniors are not diagnosed, such as depression and bi-polar.

Research increasingly demonstrates how common it is in seniors and how common it is to go undiagnosed and consequently untreated. This situation exacerbates health issues. Depression is very prevalent and influences isolation, cognitive impairment, and alcoholism. Depression also leads to heart problems, chronic pain, neurological



conditions, and diabetes. Chronic illness with co-occurring mental illness significantly raises medical costs. Awareness of this situation must be raised so that these treatable mental problems can be taken care of thus making the medical problems more discernable and themselves more treatable. This will greatly reduce medical costs. People face many barriers to access mental health care. Most people are not aware that they have a co-occurring condition. Primary Care physicians working under time constraints are able to treat only the physical ailment because they are not equipped to deal with mental illnesses. The system needs reorganization, and it has to start with insurance programs and reimbursement for services. Health plans are reluctant to cover mental illness. There needs to be a link between medical and mental health care practices. Private plans separate them out completely by having separate plans. The public sector has the same organization but separates the locations for services making it difficult for people, especially older people, with mental impairments to negotiate their health care when suffering from co-occurring conditions. There is also a great deal of social stigma connected to mental illness. There needs to be more awareness that mental problems are health problems that can be cured. Instead of accessing mental health services because of the social stigma people will go on disability and become patients of the county system.

*Comment:* It is very difficult to find out how to access anything through Medicare. It is almost insurmountable. Providers that are acceptable to Medicare are psychiatrists, psychologists, and clinical social workers. Recently there was a telephone survey of these types of providers to see if they would take Medicare patients. Most would not because of the reimbursement process, and the lower reimbursement allowed for services.

*Comment:* People have rights to mental health care. It is supposed to be covered in SB840, the proposed universal health care program.

*Comment:* Kaiser is developing a program that is a very positive way of working with mental health.

*Comment:* Having separate facilities makes transportation an issue. There needs to be co-location, especially for seniors. This will help remove the stigma. Integration of care is more likely to occur.

*Comment:* If depression is on one's medical records, it disqualifies the person for many other types of insurance and opportunities.

*Comment:* If a person has a diagnosis of dementia plus mental illness that person cannot be cared for under any program.

## **AGENCY REPORTS –**

### **DHHS, Senior and Adult Services Division – Katy Brown (APS)**

Sample letters were made available regarding support for an increased APS budget.

Individual Commissioners were asked to write letters. The Commission will consider it during the next Executive Committee meeting.



#### **Area 4 Agency on Aging – Pat McVicar**

It has been shared at previous meetings that Congregate and Home Delivered meals were going to receive an increase in funding. However, due to a very complicated allocation process, Title IIIB programs such as disease prevention and caregiver services received cuts. It was necessary to share some of the gain for the food programs with the Title IIIB programs thus decreasing the increase. Fortunately for meals programs a substantial and untouchable amount of money comes from the USDA. The bottom line increase equals two cents per meal.

There have been changes made during the reauthorization to the Older Americans Act. These changes come in the form of definitions that open up caregiver services. Grandparents raising grandchildren can now be age 55 to receive assistance. Family caregivers can be any age as long as the one receiving services is 60+ unless there has been a diagnosis of Alzheimer's.

*Comments:* With many programs, even if there are no cuts, there are no increases either to keep up the increased cost of doing business. As more and more programs decrease age for eligibility and people continue living longer, an impasse is eventually going to be reached. Resources need to be increased.

**Department of Human Assistance (DHA) –No report was made.**

#### **PUBLIC COMMENTS –**

Cordia Wade – Ms. Wade wished to make an announcement, but was first introduced as the most recently appointed Commissioner. Ms. Wade brought information about Women's Heart Care Education and Awareness Forum for Community Leaders being held May 14<sup>th</sup> at the Radisson Hotel. She requested Commission staff to send the information to Commissioners.

There was a reminder about the Centenarian Banquet and posters were made available. The two oldest guests will be 110 years old. The average age of those attending will be 104. Money raised by the banquet goes to support Senior and Adult Services. Volunteers are still needed to help at the event.

**Adjournment** - next meeting will be Wednesday, May 23rd same time, same place.

