

SACRAMENTO COUNTY ADULT AND AGING COMMISSION
MINUTES JULY 25, 2007

Adult and Aging Commission Attendance List:

Commissioners Present:

Pamela Flohr
Joseph Montoya
Cordia Wade
Janet Heath
Marta Erismann
Lynn Davis, Ex-Officio, Sacramento
County

Geraldine Esposito
Beth Mann
Cyrus Moazam
Melanie Rochin
Kay Thiem
Robert Sronce, Ex-Officio, Citrus Heights

Commissioners Absent:

Lynn Avery
Gloria Sylvester
Jewell Senegal
Joe Samora

Peggy Forseth-Andrews
Randall Williams
Councilwoman Barbara Payne, Ex-Officio
Galt
Karen Oosterman, Ex-Officio, Folsom

Guests Present:

Pat McVicar (A4AA)
Terry McPeek (Eskaton)
Ana Negron (Sen. Darrell Steinberg)
Sara Wolf (CSPC)

Debra Morrow (DHA)
Michelle Nevins (Del Oro)
Bert Bettis (SAS)

Staff Present:

Nancy Yavrom, Program Coordinator
Kevin O'Keefe, Program Coordinator (1/2 time)

CALL TO ORDER:

In the absence of Peggy Forseth-Andrews, Chair, Vice Chair Geraldine Esposito 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.

The Agenda was presented and adoption was called for. **It was moved/seconded (Montoya/Flohr) to adopt the Agenda. The vote was unanimous in favor.**



The Minutes of June 27, 2007 were approved with one change noted by staff. Commissioner Beth Mann furnished staff a more accurate description of what she had said during Commissioner Comments. **It was moved/seconded (Montoya/Flohr) to approve the minutes as amended. The vote was unanimous in favor.**

PRESENTATION:

Eskaton's Senior Connection was the subject of a presentation by Theresa McPeek, RN, BSG, and Director. A folder of materials was provided all members of the Commission. Ms. McPeek described several of the programs that make up the Senior Connection and offered anecdotal stories to demonstrate application of the programs and their benefits.

- The Resource Center provides information and assistance to callers. *Caregivers' Resource Guide* is a product of the Resource Center. Gerontology-trained Resource Specialists take the calls and help people find the resources they need to assist with their situations. Free service.
- Classes for caregivers are provided. Free service.
- Senior Care and Coordination is a fee-for-service program with a strong mental health component.
- TLC is a telephone reassurance program that works with a corps of volunteers who call isolated, homebound seniors 60+ on a regular basis. Free service.
- Companionship Plus is for those seniors who can get in and out of a car but are without a drivers' license. The transportation program is not limited to medical visits but is available for shopping, social activities, etc. The client is provided not only a ride but a companion as well. Fee-for-service.
- Companionship Plus Transportation Subsidy Program is targeted at low-income 60+ seniors. There are more rigid limitations to this program. The client is provided not only a ride but a companion as well. There is a \$10 fee.
- Ask-the-Attorney provides 45 minutes of free consultation with an elder law attorney.
- Moving Connection is fee-for-service and provides specialized assistance to seniors who have to move.

ACTION/DISCUSSION ITEMS:

- a. Ratify change of Committee Membership. It was explained that Commissioner Joe Samora wants to leave the PROD Committee to work with the Oversight Committee. The Commission Chair has agreed to this change. **It was moved/seconded (Montoya/Wade) to accept the move from PROD to Oversight by Mr. Samora. The vote was unanimous in favor.**
- b. Ratify change of Committee Chair on PROD. Mr. Samora has been serving as Chair of PROD. With his reassignment it became necessary for the Commission Chair to appoint a new committee chair. Commissioner Pamela Flohr has been chosen for the position. **It was moved/seconded (Montoya/Rochin) to accept Ms.**



**Flohr as Chair for the Program Review, Outreach, and Development
Committee. The vote was unanimous in favor.**

AGENCY REPORTS:

Department of Health and Human Services (DHHS), Senior and Adult Services (SAS)
Division – Bert Bettis

The State Assembly has passed its version of the budget and has included the \$12 million for Adult Protective Services (APS). The State Senate is still working on its version of the budget and it is not known what will be done with this appropriation. The next hurdle will be the Governor. Ms. Bettis requested the Commission to write a letter to the Board of Supervisors urging them to write the Governor in support of the allocation. Ms. Bettis shared other figures about the budget, but none are firm at this time. However, it does look like the cuts may not be as deep as feared earlier.

The hiring freeze has been lifted which will open up 12 positions for SAS.

Mention was made of the Grand Jury report that reviewed the heat crisis of 2006 and the actions taken by SAS. Unfortunately a very inaccurate article was written in the *Sacramento Bee* about the report that reflected badly on the tremendous efforts that SAS staff put forth during that crisis. Some Commissioners commented on their own efforts to write letters as individual citizens to the *Bee* editor in defense of SAS. The Commission had heard from SAS about their efforts right after the crisis and was very impressed.

For the heat incident of this summer, in tandem with the Office of Emergency Services, Reverse 911 calls were made to all SAS clients. SAS staff contacted their high risk and vulnerable clients of both In-Home Supportive Services (IHSS) and APS programs. Many other efforts were made including several mass mailings. A report should be coming from the Office of Emergency Services to all those that participated in the effort. Ms. Bettis said she would get a copy to the Commission.

SCIU, the union that represents caregivers of IHSS clients, has written a letter of complaint to the Board of Supervisors about SAS. At a previous meeting Ms. Bettis mentioned the problems her office was having with their telephone system. Part of SCIU's complaint revolves around that problem and this has been addressed by SAS through a mass mailing to clients and providers explaining the problems and the solutions that have been put in place. There have also been complaints about late checks. IHSS staff have investigated this and have determined that all checks were received by the those complaining before the 10-day limitation.

Question: A Commissioner asked about the process of writing a letter to the Board to write the Governor about the APS budget allocation. Protocol directs the Commission to send any such letters through the Legislative Advocate's office to insure there is no conflict between the stand of the Board and the stand of the Commission.



Area 4 Agency on Aging – Pat McVicar

Ms. McVicar shared about the new nutrition education plan that is being funded by the small amount of money her office gained from the recent budget. It has been observed nationally and locally that participation in congregate meals is dropping off. Few new patrons are coming to replace those who age out of it. A4AA hopes to support the efforts of nutrition providers to make attending a congregate nutrition program more fun, informative, and stimulating by emphasizing 2 areas of nutrition program services during the 07/08 fiscal year; both of which will focus on cultural awareness and competency.

1) Nutrition Education: A4AA will develop culturally appropriate menus focusing on African American and Mexican American meals. These menus would replace typical meals of high sodium/high fat with lower fat/sodium ingredients. Menus will be presented at nutrition sites and shared with nutrition directors at quarterly meetings. 2) Ethnic Meals: There will be an increased emphasis on providing ethnic meals during the year. Three ethnic/cultural days will be required in which 3 of the 6 menu components are authentically ethnic. Meals are intended to celebrate the cultural diversity within the counties and must include meal enhancements such as decorations, presentation, and/or entertainment. Commenting on the dwindling use of congregate meals, some Commissioners mentioned the socialization value of the meals and the need to find ways to attract those in their 60s and 70s. It was suggested that focus groups be done of this age group as they represent a different cohort and have different values and ideas about aging and socializing.

Department of Human Assistance (DHA) Senior Services – Debra Morrow

Ms. Morrow's division contains Senior Nutrition Services (SNS). She reported being told by the program's manager that as congregate meal sites lose people, Meals on Wheels gains them. She mentioned that part of the reason the new cohorts may not be attracted to the congregate meal program is that, in their estimation, it diminishes their independence.

During the recent heat incident her office printed tips for how to keep cool, which had been developed by IHSS, on all their menus.

Her division has not been as impacted by the budget as DHHS. There have been talks with the cities to help finance the congregate meal programs in their jurisdictions. A consultant has been hired to help find ways to make money outside of budget allocations.

AAC REPORTS:

Chair's Discretion – Ms. Esposito passed around a copy of the new supplemental housing report for all to see. It is an impressive report. The Commission plans to present the report to the Board of Supervisors after which it will be made public. Commissioners were encouraged to attend the Board presentation.



Committee Reports –

PROD – Pamela Flohr

The report about Disaster Preparedness is coming to completion. Perhaps the Commission through PROD will remain active in the field in a consultative basis.

Continued efforts to prepare the Speaker's Bureau for implementation are moving forward.

Oversight – Joseph Montoya

The Strategic Plan of Protection Community Awareness campaign has a URL now as part of the effort to increase community awareness not only about elder abuse but how each citizen can become part of the safety net.

Information about the Older Adult System of Care has been presented to the Committee, and that project is taking shape very well.

Nominating – Joseph Montoya spokesperson

The Committee was just elected at the June Commission meeting and has not yet been able to meet.

Executive – Geraldine Esposito

Excess funds from printing of the supplemental housing report are going to go toward translating the DMV brochure and perhaps one other. Languages being considered include Spanish, Russian, Vietnamese, Hmong, and Tagalog. The need to help in the development of more Focal Points in the county, especially District 4, has been discussed along with mentoring efforts to help WCIC and Southgate Recreation and Park District to qualify to be Focal Points in 2008.

Commissioners' Comments –

Cyrus Moazam: As liaison to Hart Senior Center he had three things to report on. 1) The Center will be holding a neighborhood emergency training August 14th. 2) The Center is looking for a blood pressure machine like those at public places such as supermarkets so seniors can monitor their blood pressure before and after exercise. 3) The center has computers equipped with programs that can help seniors prepare for their test to keep their driver's license.

Melanie Rochin: Ms. Rochin shared an article from the recent issue of *Spectrum* about the Centenarian Dinner. The article focused on the centenarians themselves but did mention that funds received go to Take a Stand Against Elder Abuse.



ADULT AND AGING COMMISSION

Appointed by the Sacramento County
Board of Supervisors

Pamela Flohr: As a member of the Mobility Advisory Council (MAC), she reported on a meeting with representatives from RT who were talking about the severe budget cuts that program is looking at statewide. Trying to keep from raising fares, one of the options being considered is cutting routes. MAC felt it was necessary for RT to return to discuss that topic in more detail taking a careful look at the ramifications. Ms. Flohr also passed around a post card announcing the Mental Health Aging Conference being held in October. She then brought up the subject of how competency is determined. There was a prolonged discussion about the subject and it was suggested that it might be a worthy topic for a future presentation to the Commission.

Beth Mann: She is very pleased with the work of the Citrus Heights Healthy Cities Project Steering Committee. Two community meetings have already been held and the third is scheduled for the first week in August. Walkability, safety, including bus stop safety, are the major focus of the group's work.

Robert Sronce: Citrus Heights Police Department is celebrating its first year of establishment. The steering committee project is very important to the Chief as part of his campaign to improve mobility safety within the city at all levels. Mr. Sronce has been on a tour of the new SNS kitchen and was very impressed. Citrus Heights just received some state funding to continue two housing programs. One benefits 1st time homebuyers and the other benefits seniors who need repairs on their homes but are unable to afford them. There is a partnership with SMUD being developed to help replace old A/C systems for low-income residences.

Other / Announcement / Public Comment:

Pat McVicar spoke about the recent Coordinating Council meeting at the newly designated Focal Point, the Asian Community Center (ACC). Staff from A4AA attended that along with staff from the Commission. The work of ACC and its plans are very impressive.

There being no further comments, the meeting was adjourned. The next meeting of the Adult and Aging Commission will be Wednesday, August 22, 2007, same place, same time.

