

SACRAMENTO COUNTY ADULT AND AGING COMMISSION
MINUTES AUGUST 22, 2007

Adult and Aging Commission Attendance List:

Commissioners Present:

Pamela Flohr
Joseph Montoya
Cordia Wade
Janet Heath
Peggy Forseth-Andrews
Lynn Avery
Joe Samora
Lynn Davis, Ex-Officio, Sacramento
County
Robert Sronce, Ex-Officio, Citrus Heights

Geraldine Esposito
Beth Mann
Gloria Sylvester
Melanie Rochin
Kay Thiem
Randall Williams
Jewell Senegal
Councilwoman Barbara Payne, Ex-Officio,
Galt

Commissioners Absent:

Cyrus Moazam
Karen Oosterman, Ex-Officio, Folsom

Marta Erismann

Guests Present:

Pat McVicar (A4AA)
Alan Lange (HSCC)
Ana Negron (Sen. Darrell Steinberg)
Sara Wolf (CSPC)
Bernice Zaborski (DHSS MA)
Tom Dahill (Ombudsman OSNC)

Debra Morrow (DHA)
Michelle Nevins (Del Oro)
Bert Bettis (SAS)
Dick Rider
Scott Decker (TLCS)
Lewis Rooker (TLCS)

Staff Present:

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

CALL TO ORDER:

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

The Agenda was presented with the revision that the Liaison Report from A4AA AC would not be given at this time since one had been given not too long ago. Adoption



was called for. **It was moved/seconded (Esposito/Montoya) to adopt the Agenda as revised. The vote was unanimous in favor.**

The Minutes of July 25, 2007 were approved as presented. **It was moved/seconded (Montoya/Esposito) to approve the minutes. The vote was unanimous in favor.**

PRESENTATION:

Scott Decker of Transitional Living and Community Support gave an enlightening description of Single Room Occupancy facilities and those who live in them. They are, for the most part, old hotels that are in a state of deterioration. The City recently passed the SRO Replacement Ordinance so that no more of this particular type of housing stock will be lost. The City is also starting a renovation program with several of the hotels. SROs have rent control and are usually money-losers for owners. An SRO customarily is a single room without bathroom or kitchen facilities. For the aging poor who must live in this type of housing, it becomes increasingly difficult and unsafe to have to walk down a hall to the bathroom or take food preparations to a kitchen down the hall. The logistics by themselves make it difficult let alone when one has some type of debility such as diminishing eyesight or mobility. Mr. Decker described in some detail the many obstacles tenants in SROs face, those being compounded by unhealthy aging. Many owners of SROs do try to accommodate disabilities such as reserving first floor rooms for those in wheelchairs. Mr. Decker presented recent statistics that helped describe the population of SROs, and there is a growing senior population.

Mr. Lewis Rooker talked about a new outreach program that he is managing for those 60+, the Downtown Senior Outreach Program. He has found that isolation is one of the greatest challenges faced by the older people who live in SROs. He is trying to create a sense of community.

Time ran out for Mr. Decker and Mr. Rooker to be able to finish sharing their informative presentation, and they were invited to arrange another presentation for the Commission with staff.

ACTION/DISCUSSION ITEMS:

- a. Review and Accept the Disaster Preparedness Report by PROD. The document had been made available to Commissioners prior to the meeting. **It was moved/seconded (Montoya/Esposito) to adopt the Disaster Preparedness report from the PROD Committee. The vote was unanimous in favor.**
- b. Review and Accept the Commission's bi-annual report to SAS. There was no discussion necessary for the report. **It was moved/seconded (Montoya/Avery) to adopt the Commission's January – June 2007 report to Senior Adult Services. The vote was unanimous in favor.**
- c. Ratify committee assignment of Marta Erismann. Marta Erismann requested to be placed on PROD, and Chair Peggy Forseth-Andrews concurred. **It was**



moved/seconded (Montoya/Flohr) to ratify the appointment of Marta Erismann onto the PROD 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 letter in response to the Grand Jury Report regarding SAS actions taken during the 2006 heat wave has been drafted and is in process of review and approval. Once completed, a copy will be sent to the Commission.

The State Budget has been passed, but there is still no word as to whether the Senate version kept the APS budget augmentation. It is also unknown whether it will be one of the items that the Governor deletes from the budget. It was mentioned that the Commission has written a letter to Governor Schwarzenegger encouraging him to support the augmentation. If APS money is approved, the Sacramento County office could gain \$1/2 million.

The County budget is still infirm, but it would appear that DHSS will get a projected reduction of \$2.3 million. Ten positions remain unfunded. The county's budget report will be out on August 24th and available on the County website. After that Ms. Bettis will be able to make a department edition available to the Commission.

Area 4 Agency on Aging – Pat McVicar

Programs funded through A4AA have also suffered during the budget crisis. A4AA has not been able to receive either federal or state funds and therefore, has not been able to pay programs and services. Some programs have had to take out loans, the interest of which cannot be paid for using government dollars. Now that the budget has passed it still will take two weeks for the money to reach A4AA because it goes through the mail rather than by electronic banking.

A4AA has had a strong focus on falls prevention this year and as such received the Aging Innovation Award at the AAA Conference. The award was for the Live Strong and Safe Program. They are now being asked to prepare a presentation to a prestigious research organization out of University of Southern California.

Other focus areas have included driving wellness, CarFit, an aging boomer report, and nutrition education, which was described at the July meeting.

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

Ms. Morrow was unable to give her report as she was called away during the meeting.

DHSS Division of Mental Health Older Adult Program – Bernice Zaborski



Ms. Zaborski was welcomed as a new program reporter to the Commission. She began with a broad overview of the mental health services of the county and described items included in a packet she handed out to all Commissioners. She talked about their Service Director, Geriatric Network, and the Mental Health Services Act (MHSA). One of the fruits from MHSA is a new program for elders through El Hogar. Ms. Zaborski said she would have them give a report in her place soon.

There was a brief description of the work being done to update the mental health plan of 1995. Chair mentioned that it would be a natural tie-in with the work the Oversight Committee is doing to identify the Older Adult System of Care.

The 27th Annual Mental Health and Aging Conference taking place October 11th was mentioned.

Ms. Zaborski closed by voicing her appreciation to the Commission for its involvement through liaisons with the Older Adult Committee.

AAC REPORTS:

Chair's Discretion – Ms. Forseth-Andrews thanked Ms. Esposito for taking over in her place while she enjoyed her vacation. She then mentioned the renewal of the Commission's mentoring program for the new Commissioners pointing out that at the most basic level, a mentor serves as a point person for the new Commissioner. She called for interested volunteers to notify her.

Committee Reports –

PROD – Pamela Flohr

- The Disaster Preparedness report is completed.
- Four Commissioners will continue involvement with the Office of Emergency Services to maintain the interests of the senior and dependent adult community.
- There was brainstorming for the 2008 Program of Work, which will be solidified at the September meeting.
- There will be a guest from the Slavic community at the next meeting.

Oversight – Joe Montoya

- Unlicensed Facilities Report Recommendations - The Sub-Committee has been meeting via email and working on a draft ordinance for Room and Board facilities. The draft was presented to the committee and passed on to the Executive Committee for further input.
- The Program of Work for 2007 was reviewed and it was deemed feasible to meet all deadlines.



- Older Adult System of Care – a list of county secondary services was reviewed and further steps provided for staff to follow.

Oversight Case Review

A look at 5 randomly selected cases led to one check up on a CPS referral. Mention was made about the mutually beneficial relationship that has developed over the years between the Commission and Senior and Adult Services.

Nominating – Cordia Wade

The Committee met and elected Cordia Wade as Chair and Randall Williams as Vice Chair. A meeting calendar was established.

Executive – Peggy Forseth-Andrews

- Executive always starts with updates from the Committees. The draft ordinance from Oversight was reviewed at that time with recommendations being made to take back to the Committee.
- Commissioner attendance was discussed, as it is periodically to affirm that Commissioners are keeping current with the attendance obligations they agreed to when interviewed.
- There is a new DMV Ombudsman and an appointment has been arranged for the Chair and staff to meet with him to see if the focus areas with the previous Ombudsman, Anthony Mongalo, may be continued.
- Staff has developed a Focal Point brochure and investigated languages it might be translated into for use at the Focal Points and elsewhere.
- A letter of support for APS to the Governor has been sent.
- Other business included a grammatical correction to the Rules and Procedures and the writing of a Conflict of Interest Statement for community committee members.
- There is a handout about the Retreat with modifications from last year's agenda. The meeting will start earlier, the ice breaker will be shorter, and more time will be put into strategic planning for the 2008 Program of Work.

Liaison Reports –

Elder Death Review Team (EDRT) – Janet Heath

Ms. Heath read the mission statement of EDRT and described what it does as an interdisciplinary team of professionals who examine suspicious deaths of elderly people. The team investigates information and then turns it over to the District Attorney's office if prosecution seems warranted. There are now two deputy district attorneys who look at these cases. The 2006 report has just been put out and each Commissioner received a



copy. Some of the recommendations from the report include mandatory training for providers, more control over who cannot be a provider, expanded public awareness of elderly abuse, and timely notification of suspicious deaths. These reports are going to start coming out bi-annually. This particular report focuses on IHSS related cases. The question was raised about there being Good Samaritan coverage and it was established that there is.

Commissioners' Comments –

Lynn Davis – Recently experienced a DMV visit to renew her license. She was not required to take any of the new vision tests but did look them over.

Gloria Sylvester – Currently working on the Veterans History Project through RSVP.

Beth Mann – Ms. Mann shared about the progress of the walkability effort taking place in Citrus Heights. She also shared information about an upcoming conference for Nursing Home Administrators that will help them see how culture change can be instituted in their locations by observing what other Administrators have done recently and successfully.

Lynn Avery – Talked about a practice she has heard about from reliable sources regarding a major health provider in the Sacramento area. Discharge planners are not informing all patients being released from the hospital about their right to nursing home care. If one is not admitted to a long-term care facility, even just for physical therapy, by a hospital, Medicare will not pay for it. If one is discharged and sent home, the amount of time seen by a physical therapist is drastically cut.

Geraldine Esposito - Announced that the Gray Panthers are sponsoring a meeting that will look at various universal health care plans that are being encouraged by state legislators and others. The focus will be on the nonuniversality of the plans.

Joe Samora – Let everybody know that Cordova Senior Activities Center held its first coordinating council meeting successfully. They are improving the kitchen for congregate meals, seeking one-time only funding, and are lobbying for a cross walk in front of the center. Mr. Samora mentioned his appreciation for the help he is receiving from Commissioner Melanie Rochin.

Cordia Wade - She talked a bit about the AARP health care reform rally she attended in the morning. She also talked about the Capital City Unity Council and work it is doing to enlighten the community about the various cultures within it. She is urging them to make sure they portray seniors in their efforts to cover age diversity as well with a unifying theme. A Mini Medical School is coming up soon.

Pamela Flohr – She did not originally have anything to say, but did want to share the personal benefits she has experienced as an informed and empowered patient after attending the Mini Medical School.



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COMMISSION**

Appointed by the Sacramento County
Board of Supervisors

Janet Heath – In relation to the topic brought forth by Commissioner Avery, Ms. Heath mentioned SB633 that requires discharge planners to provide information to patients about home and community based services. However, this information cannot be shared with the exclusion of information related to long-term care.

Staff:

Kevin O’Keefe mentioned the 6th Annual YMCA Senior Health Fair, Wednesday, September 12th and called for Commissioner volunteers.

Other / Announcement / Public Comment:

There being no further comments, the meeting was adjourned. The next meeting of the Adult and Aging Commission will be Wednesday, September 26, 2007, same place, same time.

