

SACRAMENTO COUNTY ADULT AND AGING COMMISSION
MINUTES NOVEMBER 28, 2007

Adult and Aging Commission Attendance List:

Commissioners Present:

Peggy Forseth-Andrews
Joseph Montoya
Cyrus Moazam
Pamela Flohr
Cordia Wade
Janet Heath
Beth Mann
Helen Brewer

Geraldine Esposito
Randall Williams
Gloria Sylvester
Melanie Rochin
Joe Samora
Lynn Avery
Kay Thiem
Lynn Davis, Ex-Officio, Sacramento
County

Commissioners Absent:

Jewell Senegal
Councilwoman Barbara Payne, Galt

Marta Erismann
Karen Oosterman, Ex-Officio, Folsom

Guests Present:

Will Tift (A4AA)
Janine Brown (DHA, SNS)
Michelle Nevins (Del Oro CRC)
Sara Wolf (CSPC)
Ardie Andrews (CA Volunteers)
Judi Turteltaub (JFS)
~~Jose Chacón~~ **Chacon** (SAS Volunteer
Services)

Bert Bettis (SAS)
Bernice Zaborski (DHSS MA)
Jordan Bradley
Ara **Ana** Negron (Sen. D. Steinberg)
~~Beneva~~ **Geneva** Carroll (Ombudsman)
Debra Morrow (DHA)

Staff Present:

Nancy Yavrom, Program Coordinator

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 two revisions: Under Community Updates, item C was added with Lynn Avery addressing an issue out of SETA regarding the Mental Health Association. The second change was the request of agencies to cut their reports from



10 – 8 minutes in order to accommodate the additional community update.

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

The Minutes of September 26, 2007 were approved as presented.

It was moved/seconded (Montoya/Esposito) to approve the minutes. The vote was unanimous in favor.

PRESENTATION:

Older Adult Mental Health Plan – Bernice Zaborski

The Older Adult Mental Health Plan Update Workgroup of the Mental Health Board's Older Adult Committee (Bernice Zaborski, Marie Nitz, Lin Benjamin, and Geri Esposito) has been reevaluating The Older Adult Mental Health Plan (1995) and its *Framework for a Comprehensive Mental Health Delivery System for Older Adults*. The 1995 plan had 16 original components, which the Workgroup has modified, deleted, enlarged, or added to. Among those added were Transportation and Social Services to be more able to treat the whole person, not just mental health needs. Alcohol and Other Drug Services were also added because there is a trend indicating this will be more of an issue with Baby Boomers having co-occurring problems. Once this phase of the project is completed there will be a gap analysis survey to identify if these recommended services are available and accessible for older adults with mental health needs in Sacramento County.

A suggestion was made regarding #17 Medical Services: With the examples of medical specialties add "alternative medicine."

The observation was made that having medical and mental health services in the same building will help remove some of the stigma seniors experience when having to go to separate locations for the services they need.

Another comment complimented the addition of home repair as a component of social services.

COMMUNITY UPDATES:

- a. Housing Element Stakeholder Meeting – Cordia Wade and Melanie Rochin
Ms. Wade explained the purpose of the meeting. Its focus was on the City of Sacramento, which has the largest senior population in the county. She described the wide variety of stakeholder participants observing that she and Ms. Rochin were the only representatives present for seniors. One of the major concerns that she and Ms. Rochin were able to bring to the group's attention was the need to consider accessibility to services wherever a project is considered. Ms. Rochin spoke about the six major topics that were considered during the meeting, and the group's need to prioritize them: accessibility, which included a growing concern, visitability—the ability of someone with a disability to visit a residence; extremely low-income;



modest income home ownership; sustainable and stable communities; and rehabilitation.

- b. Sacramento County Operational Area PWD/D Annex Project – Pamela Flohr
California Department of Social Services has hired a consultant, Mr. Rick Tobin, to work with 11 counties' pilot projects regarding annexes for shelters in time of disaster. Sacramento County was chosen because it is considered a high-risk area. Mr. Tobin will be working with the county's Office of Emergency Services and the State. The planning meetings should go on for about ~~a year~~ **2 years**, meeting once a month. There was a call for volunteers to join this working group. At the meeting it appeared that only Mr. Barney Donnelly and Ms. Flohr represented the senior voice. Ms. Flohr encouraged Commissioners and audience members to volunteer for the project.
- c. SETA's funding cycle and the Mental Health Association – Lynn Avery
Ms. Avery, as the Commission's Liaison to SETA's Community Action Board, attended the meeting where final decisions were made as to funding those who responded to their RFP. Among the 36 applications, the Mental Health Association (MHA) submitted theirs requesting the same funding as in past years. Their request was denied putting them in a very difficult position financially. MHA offers the very well used Senior Peer Counseling program. They may have to close down, and Ms. Avery was hoping the Commission could advocate in some way for MHA. During the discussion it was mentioned that Supervisor Nottoli was aware of the situation and may have found some funds for MHA. Staff was directed to look into it so the Commission can have more information as to what is currently taking place outside of SETA.

ACTION/DISCUSSION ITEMS:

- a. Ratify Program of Work for 2008. There were just a few minor revisions noted by staff. **It was moved/seconded (Montoya/Mann) to accept the Program of Work for 2008 with the changes suggested. The vote was unanimous in favor.**
- b. Ratify nomination to 2nd term: Geraldine Esposito, Cyrus Moazam, and Joe Samora. **It was moved/seconded (Montoya/Wade) to ratify the nomination of the three mentioned Commissioners for appointment by the Board of Supervisors for their 2nd term. The vote was unanimous in favor.**
- c. Ratify appointment of Pamela Flohr as Liaison to the Human Services Coordinating Council (HSCC). Ms. Flohr requested to be one of the three Liaisons for HSCC. Chair Forseth-Andrews agreed and is putting her name forward to the Commission for ratification. **It was moved/seconded (Esposito/Montoya) to accept the appointment of Pamela Flohr to HSCC. Ms. Flohr will now apply to the Board for appointment to the position. The vote was unanimous in favor.**



- d. Sponsorship of Street Smarts Forum in Elk Grove. The Commission with the System of Protection put this event on in Elk Grove several months ago and it was very successful. Senior Center of Elk Grove has requested that another one be held in the community. The event will be open to the general public and will be free. Before the vote was taken it was suggested that all Focal Point Directors be invited to the event so perhaps some of them will want to hold it in their area. **It was moved/seconded (Montoya/Flohr) to accept the sponsorship of the Street Smarts Event.**

AGENCY REPORTS:

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

Ms. Bettis reviewed goals that have been set by a joint effort of division heads with the Department of Health and Human Services. The end result should be improved and more coordinated service for the senior and dependent adult population.

Area 4 Agency on Aging (A4AA) – Will Tift

- The White House Office of Management and Budget classified Agency on Aging and Older Americans Act services as “effective” which put them in the top 18% performance range in the nation.
- Letters will be going out to prospective Focal Points inviting them to apply for designation.
- One-time only funds should be coming out in December, and the RFP will start in January. They are going to be amending their Area Plan, and will be allowing public comments to be made by email.
- Next year the needs assessment process will begin with a greater emphasis on Baby Boomers the leading edge of which are becoming eligible for A4AA programs.

Department of Human Assistance (DHA) Senior Services – Debra Morrow, Director and Janine Brown (Senior Nutrition Services)

- A brief description of the homeless program at Mather Field led into current thinking that a homeless program for seniors should also be started. The 65+ population in shelters has doubled in the past 3 years. They are also talking about a Veterans’ village.
- The Veterans’ program is doing more outreach to seniors and their families to make sure they are receiving the benefits they deserve.
- A calculation of volunteer hours performed by RSVP, Foster Grandparents, and Senior Companions was recently done. Given a market rate of \$20/hour for



volunteer hours during 2007 the value was \$500,000. They still have to do it for Senior Nutrition Services (SNS) with its 700+ volunteers.

- SNS has been looking into ways to earn income to become more independent of county funds. A current concept is expanding Meals on Wheels (MOW) to include disabled people and people convalescing at home as part of their routes perhaps using a sliding scale. MOW's national organization has grant money to help plan and implement projects such as this.
- Asked why attendance at congregate meals seems to be slipping, Ms. Brown replied that there are many grandparents raising their grandchildren, many are working and not retiring, and Baby Boomers will not be enthusiastic about the current menu.

AAC REPORTS:

Chair's Discretion –

Ms. Forseth-Andrews recognized Commissioners Lynn Avery and Janet Heath for their service to the Commission and the community. Each received an engraved clock honoring their time as Commissioners. Neither one is able to take on a second term.

Committee Reports –

PROD – A subcommittee has been formed to plan a recognition program for senior volunteers; the Chair took the opportunity to remind PROD members to get their information into Kevin for the PowerPoint presentations.

Oversight – The committee is working continuously on the ordinance for Room & Boards. The project took a bureaucratic detour but is back in the hands of the Committee, which considers no obstacle insurmountable.

Nominating – There was no meeting in November.

Executive – Refer to the Synopsis for detail. Highlights: budget talks with CSPC; survey of all centers in the county that provide any type of senior services which will allow for an analysis of what services are provided in what areas and which centers might be encouraged to become Focal Points; 1st 5 has relaxed its liaison criteria and Ms. Forseth-Andrews invited any interested Commissioners to talk to her about it.

Liaison Reports – Mental Health Board Older Adult Committee – Geraldine Esposito

Ms. Esposito – The committee did not meet in October because all energies went toward the mental health conference that was held. It was a huge success drawing professionals and community people alike.

Commissioners' Comments –

Lynn Avery – expressed appreciation for her time as a Commissioner

Gloria Sylvester – she has enjoyed her first year as a Commissioner



Beth Mann – There is a new program being offered *in the future* by the Gerontology Department at American River College designed to train gerontologists to work with architects to design facilities. The California Coalition for Culture Change in Nursing Homes held its first set of conferences for training nursing home administrators and others how to make culture change through the use of their regulations. Four mini collaboratives are being set up in San Diego, Chico, San Mateo, and the Central Valley for monthly meetings where those who want to work on an idea for culture change can talk with peers about it or talk about obstacles they run into during the process.

Pamela Flohr – Reminded everybody about the volunteer forms for the annex planning group.

Joe Samora – Was invited to attend the Cordova Community Council's annual Volunteer Recognition Luncheon. It was a very good opportunity to solidify relations with people of importance to the Cordova Senior Center.

Janet Heath - expressed appreciation for her time as a Commissioner

Cyrus Moazam – As Liaison to the Hart Center he sees that they are doing very good things. Recently they held a workshop about financial abuse and scams with Assemblyman Dave Jones. Also the Middle Eastern senior group (Mehr) that he works with held a fundraiser attended by 450+. The money raised is to go towards transportation.

Kay Thiem - She has attended a ~~Public Authority~~ an IHSS Advisory Council meeting and is very impressed with their participation and energy. They are sending out a satisfaction survey to clients of IHSS.

Staff: nothing

Other / Announcement / Public Comment:

Will Tift announced a partnering with Del Oro Caregiver Resource Center to hold an AARP Driving Seminar on January 31st at the A4AA offices. A flyer was made available.

