

# Sacramento County Adult and Aging Commission Annual Report: Accomplishments of 2008 / Goals for 2009

Ratified 2-15-09 / presented 4-7-09

In keeping with the Resolution that governs the activities of the Adult and Aging Commission, we are committed to providing the Board with factual and timely information regarding the needs of older and dependent adults in Sacramento County.

The mission of the Adult and Aging Commission is to advise the County Board of Supervisors on matters relating to dependent and older adults through its roles as advocate, systems oversight body, and a voice in the community.

## **Major Accomplishments of 2008:**

- April 1, 2008, the Commission presented "Disaster Preparedness as It Pertains to the Elderly and Dependent Adult Population" to the Board of Supervisors with recommendations, which were adopted by the Board.
- Another presentation to the Board was made by Peggy Forseth-Andrews (then Past Chair of the Commission) on September 26<sup>th</sup> to update the Supervisors on specific issues related to emergency preparedness for vulnerable populations. At this time Ms. Forseth-Andrews proposed the Board make the County Office of Emergency Services the main disaster preparation body in an effort to reduce fragmentation. The Board approved the plan.
- 2008 presented opportunities to develop long-term collaborations which will benefit the senior and dependent adult population of Sacramento County:
  - Commissioners and staff actively participated at every level with the Human Services Coordinating Council Budget Committee efforts to promote Finding Common Ground. The Commission's participation has included actively planning and implementing the second FCG Community Forum as well as being part of work groups organizing 2009 Town Hall Meetings in each Supervisorial District.
  - Commissioners have participated in meetings helping design the 2009 Needs Assessment Survey for Sacramento County being spearheaded by Area 4 Agency on Aging (A4AA). During 2008 six town hall meetings were held co-hosted by the Commission and A4AA in order to get community input to help with the design effort of the survey. The Commission's second representative to the A4AA Advisory Council and staff are working closely with A4AA to disseminate the survey in 2009. There was also support given to A4AA for its Falls Prevention Week program.
- As part of its continuing effort to mentor Focal Points, in August a meeting was held with Directors during which they shared information about their centers, their concerns and challenges, and in what ways the Commission can be of assistance in their development.
- The Commission maintained its involvement with the Senior and Dependent Adult System of Protection in its efforts to implement the 2005 Strategic Plan. The

Commission Chair sits on the Executive Task Force along with a Commission Liaison who chairs the Community Awareness sub-committee. Commission staff coordinates the Community Awareness sub-Committee. The subcommittee began implementation of the Stop.Listen.Care. Campaign using those materials designed by Wallrich Landi in 2007. A breakfast for advocates and providers was held soliciting and gaining their support for the campaign. Many filled out commitment cards for specific tasks including being part of a Speakers' Bureau. More breakfasts are in the planning stage with a focus on the business community.

- Active participation continued with various groups and agencies for disaster preparedness planning: The Commission's Liaison with the Human Services Coordinating Council (HSCC), Commissioner Pamela Flohr, was a strong voice for older and dependent adults on the Disaster Preparation Committee. They examined and developed a statement of specific needs for vulnerable populations which is being widely used. This Committee also developed specific recommendations based on this analysis. Ms. Flohr worked with the Sacramento County Office of Emergency Services Vulnerable Populations Committee, and they are developing appropriate plans to protect Sacramento County. She also sat with the state sponsored group led by the California Department of Social Services (CDSS) that developed the proposed Sacramento County Operational Area People with Disabilities and Elderly (PWD/E) Annex Project. This was a State pilot project. Of the above mentioned bodies, Ms. Flohr was the only community volunteer present for the OES Vulnerable Populations Committee and the CDSS group.
- Commission staff continued to work with the community forum public education aspect of the Strategic Plan. Two forums were held in 2008: Street Smarts – Safety for Seniors, April 26<sup>th</sup> in Elk Grove; Men and Healthy Aging: Toolkit for Maximum Performance after 45, June 14<sup>th</sup> in Sacramento.
- A brochure for Commission recruitment was developed and is used at outreach events.
- Five new applicants were welcomed as members of the Commission: Christin Hemann, Robert Ingols, Kelly Martin, Gary Myerscough, and Darby Patterson.
- Commissioners had opportunities to attend workshops regarding Legislation 101 and the Brown Act. Both were put on by the Legislative Advocates Office. Many Commissioners also attended mandatory ethics trainings.
- There is a multi-phase effort to identify the Older Adult System of Care (OASC). Phase 1 was completed in 2007 with a chart identifying those county agencies that work in large part with seniors. In 2008 Phase 2 identified major community participants in the OASC, also putting the information in chart form. Phase 3 will be part of the Program of Work for 2009.
- September 13, 2008, *Sacramento Bee* reporter, Ed Fletcher wrote an article about disaster preparedness for seniors in Sacramento County 3 years after Hurricane Katrina. Then Past Chair, Peggy Forseth-Andrews, was quoted extensively; September 23, 2008, an article by Kelly Azevedo was printed in the *Senior Spectrum* featuring the Stop.Listen.Care. Campaign (SLC). *Senior Spectrum* reporter Michael Piekarz interviewed Chair Geraldine Esposito and Past Chair Peggy Forseth-Andrews

regarding the Commission's current efforts and future plans resulting in an article in the *Senior Spectrum* on September 30<sup>th</sup>. The October 2008 E-News of the National Center on Elder Abuse recognized the SLC Campaign and gave a lengthy explanation of its effort to increase not only community awareness but community proactive involvement to help seniors not only with abuse and neglect, but isolation as well.

- A presentation was made to the Veterans' group at McClelland about driving options for seniors; two presentations were given for the Mental Health Board Older Adult Committee, one being about Stop.Listen.Care. and the other explaining the chart developed for Phase 1 in the identification of the older adult system of care.
- Individual Commissioners received special recognition and opportunities during the year: Beth Mann was named President of the California Cultural Change Coalition in Nursing Homes; Cordia Wade was recognized as an outstanding Alumni by California State University, Sacramento; she was awarded Outstanding Woman of Color Award for leadership in education, advocacy for seniors and women's health by the International Association for Women of Color Day; *The Sacramento Observer* honored her as "Woman of Inspiration" with the Lifetime Achievement Award for distinguished educational leadership; Ms. Wade was also invited to give a presentation at the California Health Policy Forum, Perspectives on Aging Well; Joseph Montoya received the State Bar's Pro Bono Service Award; Heather Thompson attended the Sierra Health Foundation's conference for Creating Aging-Friendly Communities; Past Chair and former Commissioner Barney Donnelly received the Heroes of Human Services Award.

### **Community Outreach – Liaisons with Committees and Focal Points**

The Commission has active liaisons with the following outside groups receiving regular updates during its public meetings:

A4AA Advisory Council (2 members)  
Elder Death Review Team  
Ethel McLeod Hart Trust Fund Advisory Committee  
Human Services Coordinating Council (2 members)  
In-Home Supportive Services Advisory Committee  
Mobility Advisory Council to Regional Transit  
Mental Health Board Older Adult Committee  
SETA Community Action Board  
Senior Safe House  
Strategic Plan of Protection Working Group

#### Focal Points –

Asian Community Center  
Cordova Senior Activities Center  
Hart Multipurpose Senior Center  
Samuel C. Pannell Meadowview Community Center  
Senior Center of Elk Grove, Inc.

### **Community Outreach – Events**

- People Helping People 4-24-08
- Citrus Heights Senior Health Fair 5-17-08
- Pacific Rim Festival 5-18-08
- Stanford Settlement Neighborhood Center Senior Health Fair 5-30-08
- Asian Community Center hosted a Commission meeting 6-25-08
- YMCA Senior Health Fair 9-10-08
- Celebrando Nuestra Salud 10-12-08
- Mental Health Aging Conference 10-23-08

### **Formal Presentations**

The Commission heard the following formal presentations at its public meetings:

- January 23<sup>rd</sup> – Senior Legal Issues, David Mandel
- February 27<sup>th</sup> – PG&E/SMUD Value Programs for Seniors, Trinnette Hayes (PG&E) and Ed McMahon (SMUD)
- March 28<sup>th</sup> – Senior and Adult Services Bi-Annual Report, Rosalind Garner
- April 23<sup>rd</sup> – A4AA 2008 Senior Needs Assessment Survey process, Will Tift
- May 28<sup>th</sup> – Sacramento Regional Transit Master Plan, Don Smith
- June 25<sup>th</sup> – Held at the Asian Community Center, services and programs provided by the Center including its long term care facility and new apartment complex, Dr. Donna Yee
- July 23<sup>rd</sup> - Ombudsman Services of Northern California, Leza Coleman
- August 27<sup>th</sup> – IHSS Public Authority Annual Report, Rick Simonson
- September 24<sup>th</sup> – DA's Elder Abuse Vertical Defense Team, Laura Miller  
- Senior and Adult Services Bi-Annual Report, Rosalind Garner
- October Commission Annual Retreat
- November 26<sup>th</sup> – Review of the PowerPoint modules for the Commission's Speakers' Bureau, Kevin O'Keefe

**Executive Committee** is responsive to emerging issues in accordance with the need for priority attention, and to participate in and support community activities that contributes to the Commission's overall mission.

*Accomplishments of 2008:*

- Liaison commitments were reviewed and updated.
- Copies of *A Profile of Older Adults in Sacramento County: Focus on Housing 2006* continued to be widely distributed to the community, civic entities, and policy makers.
- Quarterly meetings with department and division heads as well as program managers who are part of the older adult system of care were instituted in order to gain a better understanding of how the programs are managing during the budget crisis and the implementation of the new Department of Behavioral Health. The purpose of these meetings is to help the Commission be more informed as the advisory body on senior and dependent adult programs and safety.
- A Senior Profile 3 Work Group was convened to develop the second supplemental report from the original *A Profile of Older Adults in Sacramento County 2004*.

*Goals for 2009:*

- *A Senior Profile of Older Adults in Sacramento County, Focus on Housing 2006* will continue to be widely distributed to the community, civic entities, and policy makers.
- The Senior Profile 3 Work Group will complete the research for the second supplemental report to the original Senior Profile and begin drafting the report.
- Restart the collaboration with the Department of Motor Vehicles (DMV) which will provide increased venues to distribute information regarding transportation options. Seniors and dependant adults will have the opportunity to evaluate their driving skills, transportation options, and receive information from DMV in a non-governmental setting. The Commission has a liaison to the State of California Older Drivers Task Force.
- The Commission will have an enhanced knowledge about the functioning of county programs in the older adult system of care. This knowledge will be shared with the Board of Supervisors through quarterly meetings with the Chiefs of Staff.

**Oversight Committee** oversees the adult protective/supportive services system.

*Accomplishments of 2008:*

- The draft of a proposed ordinance related to licensing of Room and Board facilities that house frail senior and dependent adults was still being fine-tuned. The group began with information gleaned from a meeting with Guy Fusion from the County Department of Finance, Division of Licensing in November. Further input during 2008 came from such concerned agencies as Community Care Licensing, California Department of Social Services, Ombudsman of California, Asian Community Center, Mental Health Older Adult Program, and Sacramento Self-Help Housing.
- The Commission is lead agency for the Community Awareness Committee as part of the accomplishment of fulfilling recommendations from the System of Protection Plan. As such, the Stop.Listen.Care. Campaign will be promoted to business and

neighborhood organizations throughout the county.

- Major community partners for the Older Adult System of Care of Sacramento County were identified and described by an organization chart accompanied by contact information for each agency.
- Case Reviews were conducted twice for the following programs using random cases: Public Conservator/Guardian/Administrator, In-Home Supportive Services, and Adult Protective Services

*Goals for 2009:*

- Proposed ordinance related to licensing of Room & Board facilities that house frail senior and dependent adults will be forwarded to Board of Supervisors recommending approval.
- Phase 3 in the process of identifying the Older Adult System of Care (OASC) will develop a gap analysis of services provided.
- Provide oversight of Senior and Adult Services and those programs that are being transferred to the new Department of Behavioral Health.

***Program Review, Outreach, and Development (PROD)***- Monitors the kinds, amounts, and quality of services for dependent and older adults in Sacramento County; identifies and prioritizes unmet needs and recommends action to the Commission when appropriate; informs the community about Commission activities and services available to dependent and older adults.

*Accomplishments of 2008:*

- Continued vigilant monitoring of how the needs of seniors and people with disabilities are addressed in local disaster preparedness planning. As part of the monitoring collaborations were established with HSCC Disaster Preparation Committee, County OES Vulnerable Populations Committee, and the CDSS pilot project "Sacramento County Operational Area People with Disabilities and Elderly Annex Project.
- Cultivating improved communication with members of diverse and underserved community organizations.
- Facilitated events recognizing Older Americans Month including bringing nine seniors to the Board of Supervisors for recognition for outstanding service to their community.
- Monitored reports from A4AA regarding performance of those programs serving seniors receiving funding from A4AA in Sacramento County.
- Initiated the identification of resources specific to grandparents who are raising their grandchildren.
- Arrangements were solidified with *Senior Spectrum* to have a regular bi-monthly column that will deal with pertinent issues concerning seniors in Sacramento County.

*Goals for 2009:*

- Continue monitoring how the needs of seniors and people with disabilities are addressed in local disaster preparedness planning efforts including participation in County Office of Emergency Services forums and the Vulnerable Populations Advisory Group.
- Improve communication with members of diverse and underserved community organizations through implementation of updated outreach strategy.
- Expand Older Americans Month outreach effort including identification of more seniors for outstanding service to their community.
- Develop a resource list for dissemination to social workers and others who work with grandparents raising their grandchildren
- Elderly caregivers caring for dependent adults will have an awareness of and access to information and resources in the community.
- Bi-monthly articles in the *Senior Spectrum* will be regularly written by Commissioners on various concerns of seniors living in Sacramento County.
- Continued monitoring of reports from A4AA regarding performance of those programs serving seniors receiving funding from A4AA in Sacramento County.

**Challenges** As a voluntary body that advises the County Board of Supervisors, there are challenges that occur. The following was a major challenge for the Commission this past year.

- The overwhelming need for ongoing oversight and advocacy about issues vital to older and dependent adults.
- Assistance to county programs and community contractors to maintain the viability of the older adult system of care under severe budget constraints.

***Roster for the Adult and Aging Commission January – December 2008 – p. 7***

## **ROSTER OF THE ADULT AND AGING COMMISSION - 2008**

### **Executive Committee – January - June**

Peggy Forseth-Andrews, Chair  
Geraldine Esposito, Vice Chair  
Joseph Montoya, Member-at-Large  
Joe Samora, Member-at-Large  
Pamela Flohr, Member-at-Large

### **Executive Committee – July - December**

Geraldine Esposito, Chair  
Joseph Montoya, Vice Chair  
Peggy Forseth-Andrews, Past Chair  
Joe Samora, Member-at-Large  
Pamela Flohr, Member-at-Large

### **Commissioners**

Helen Brewer  
Marta Erismann  
Christin Hemann  
Robert Ingols  
Beth Mann  
Kelly Martin  
Cyrus Moazam  
Gary Myerscough  
Melanie Rochin  
Jewell Senegal  
Gloria Sylvester  
Kay Thiem  
Heather Thompson  
Cordia Wade  
J. Randall Williams

### **EX-OFFICIO COMMISSIONERS**

Lynn Davis  
Karen Oosterman  
Council Woman Barbara Payne

### **ORGANIZATION**

County of Sacramento  
City of Folsom  
City of Galt

### **Staff Services provided by Community Services Planning Council:**

Nancy Yavrom, Program Coordinator  
Kevin O'Keefe, Program Coordinator (halftime)