

# SACRAMENTO COUNTY ADULT AND AGING COMMISSION

Commission Minutes 7-27-05 REV .doc

## Adult & Aging Commission Attendance List:

### Commissioners Present

Peggy Forseth-Andrews, Chair  
Tessa Janian, Vice Chair  
Al Blum  
Frank Zolin  
Norman Fong  
Bettie Howell  
Margaret Ervin  
Rosemary Jones  
Barney Donnelly  
Kelly Patterson

Maxine Quitiquit  
Joe Samora  
Jim Sanford  
Jewell Senegal  
Geraldine Esposito  
Janet Health  
Reggie Williams  
Jayna Karpinski, City of Citrus Heights  
Ex-Officio

### Commissioners Absent

Cyrus Moazam  
Lynn Avery  
Vincene Rogers-Jones, City of Sacramento Ex-Officio  
Aggie Hanchey, Galt Ex-Officio  
Lynn Davis, Sacramento County Ex-Officio

### Guests Present

Tracey Gray, Caring Neighborhoods  
Will Tift, A4AA  
Marta Erismann, CA Health Advocates  
Michael Negrete, Pharmacy Assoc  
Katharine De Young, Dept. Human Services  
Marie Nitz, CHWMF  
Doris Sanford, Paratransit  
Judi Turteltaub, Jewish Family Services  
Melanie Rochin, CA Emergency Food Link  
Kathy Hickox, Sac County Sr. Health Program  
Maria P. Sacaluga, Francis House

Daniel Dullum, Spectrum  
Damon Nelson, IHSS Pub. Authority  
Patricia Snowdon, UCC  
Selena Pope, UCC  
Isabel Zepeda, UCD Ctr. Healthy Aging  
Linda Hoschler, Hart Sr. Ctr.  
Denise Walker-Wayant  
Bill Grant

### Staff

Amy Noakes, Senior Program Manager                      Nancy Yavrom, Program Associate

## CALL TO ORDER

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

## A. INTRODUCTIONS

Linda Hoschler, Hart Senior Center Director, welcomed the AAC and gave a brief overview of the Center's program. There are a variety of physical fitness, craft and

Commission Minutes 7-27-05 REV .doc

other leisure programs and 90 volunteer teachers facilitate 60-70 free classes. The Chair complemented Linda on her exemplary service in the community.

### **CONSENT CALENDAR**

Agenda was revised to add Action Item C: Committee Restructuring and carryover the A4AA liaison report.

**It was moved/seconded (Howell/Janian) to approve the Agenda as amended. It was moved/seconded (Heath/Blum) to accept the Minutes as written. Motions passed unanimously.**

#### **A. Chair's Discretion**

The agreement between AAC and the DMV regarding the distribution of a transportation options brochure was officially signed July 21<sup>st</sup>. Peggy Forseth-Andrews expressed great appreciation for the tremendous effort put into this project over the past three years. She gave a special thanks to Amy Noakes for seeing it through to publishing. The brochures are now available at DMV offices. Work will now turn towards offering technical and other assistance to DMV to use this as a pilot program for the state.

### **LIAISON UPDATES**

#### **A. Caring Neighborhoods – Tracey Gray**

Brief history of the program was shared. Sponsored by City of Sacramento Department of Parks and Recreation. There are more than forty Caring Neighborhoods in the county. The program is a neighborhood-based volunteer effort looking after the welfare of older adults. Many of the neighborhoods support the elderly with transportation, chores, and shopping. The Adopt-a-Senior Project connects youth with seniors who need help with painting their house, home repairs, yard clean-up, building or repairing fences, etc. AmeriCorps held a year-end project with more than ninety volunteers to help seniors clean up their homes and yards. Eskaton TLC has a giving tree program that learns about Christmas wishes of frail elderly and volunteers buy the items wished for and deliver them.

Discussion: It was brought up that the idea for Caring Neighborhoods originated with the AAC as a response to Neighborhood Watch, which is a program for neighbors to look after one another's property. Caring Neighborhoods is a program for neighbors to look after their elderly neighbors. It is a perfect example of County-City collaboration. Other subjects covered: volunteers self-identify; Adopt-a-Senior not only has neighborhood volunteers but various agencies connected to it as well and works closely with City Code Enforcement, especially in Citrus Heights. There was a suggestion that having a collaboration between Caring Neighborhood and IHSS could help cut down on IHSS expenses using volunteer neighbors for many of the simpler cases.



Commission Minutes 7-27-05 REV .doc

## **PRESENTATIONS AND DISCUSSIONS**

### **A. A4AA and the Senior Survey – Will Tift**

The Condensed Needs Assessment and Summary of Findings from the survey housing section were distributed. About 1400 surveys were collected from the County of Sacramento. The findings have helped formulate housing questions. Part V of the Needs Assessment is reflective of who helped distribute the surveys, and the finding that a majority of survey respondents do not use any A4AA funded programs. A review of the results from the housing questions in Part VI was presented. Single seniors living at or below the poverty level are paying an average of \$481/month for housing which is equal to 61% of their income; single seniors at or above poverty level pay an average \$560/month, or 50% of their income. The recommended ratio between housing and income is 30-35%. Couples at or below poverty level pay on average \$584/month or 51% of their income while couples with high income (\$3000/month income) have a ratio of 32% of their income, paying an average of \$1000/month. A4AA is interested in sharing data with AAC and CSPC to do more in-depth analysis of the survey results. The top needs of seniors in the county as identified by the key informant interviews are 1) transportation, 2) in-home care/personal care, 3) affordable housing, and 4) caregiver respite.

### **B. Consumer Reports Best Buy Drugs, CA Health Advocates – Marta Erismann**

Marta introduced Michael Negrete, Pharmacy Association and Steering Committee member. Consumers Reports and the University of Oregon have teamed up to present general information about drug groups and compare their average costs. The Consumer Reports Best Buy Drugs program is being piloted in Atlanta and Sacramento. The purpose is to arm the consumer with unbiased information to use when talking about their prescription drugs to their doctor or pharmacist especially as related to equivalent effectiveness and cost savings. The program has its own website so it is not necessary to be a member of Consumer Reports to get this information.

Questions and Discussion: It was pointed out that the Statins sheet does not mention side effects, which are well publicized. The sheets being distributed are overviews, and there is much more detailed information on the website. The question arose about updates being available for the public. Only the two pilot cities are receiving the printed material, and it is not known whether this material will be available once the pilot project is completed. The emphasis is for people to go to the website for more complete information. Asing-up sheet for focus groups was passed around.

## **ACTION ITEMS**

### **A. Ratify Geri Esposito as member of PRD Committee**



Commission Minutes 7-27-05 REV .doc

**A motion was made/seconded (Janian/Howell) to ratify Geri to membership on PRD committee. Motion passed unanimously.**

**B. Program of Work Updates – Committee Chairs/Chair**

**A motion was made/seconded (Blum/Quitiquit) to table until next meeting. Motion passed unanimously.**

**C. Committee Restructuring - Peggy Forseth-Andrews, Chair**

The Executive Committee has been trying to address the difficulty in filling liaison positions and finding volunteers for outreach events. Commissioners may be overextended with too many commitments to meet. Currently, PRD and Outreach Committee have similar functions. In addition, Staff can coordinate many of the one-time only projects of the Outreach Committee with Commissioner input. Current projects such as reaching out to underserved communities and revitalization of the Speaker's Bureau could fall under the purview of PRD as an area of program development. In an effort to reduce the number of meetings per month and enhance Commissioner participation, it is the recommendation of the Executive Committee that PRD and Outreach committees combine.

**A motion was made/seconded (Jones/Esposito) to accept the blending of the two committees. Motion passed unanimously.**

**AGENCY REPORTS**

**A. DHHS, Senior and Adult Services Division - Bert Bettis**

Fliers were distributed for the first IHSS Quality Assurance/Quality Improvement Stakeholders meeting August 12, 2005. Status of Prop 63 was updated. More than seventy proposals about mental health issues for older adults have been presented. These proposals are now under review. The ten services topping the list were reviewed.

**B. Area 4 Agency on Aging – Will Tift**

On July 14, 2005, the Senate Appropriations Committee approved the budget for Older Americans Act programs. It comes down to A4AA receiving \$25,000 new money specified for caregiver programs. This additional money is to be divided between the seven counties. The A4AA RFP review timeline was disseminated. There will be a Senior Driver Workshop August 23, 2005. Mention was made about the Veggie Van. There will be a meeting to help explain Medicare D on August 11, 2005 from 1:00 – 2:00 p.m.



Commission Minutes 7-27-05 REV .doc

**B. Department of Human Assistance – Katharine De Young**

The Pets Eat Too program is an amazing success. Royal Canine Pet Food Co. has become a major contributor of product to support the program. The Today Show Weekend Edition came out to do a piece on the project, and it is scheduled to show between 6:00 – 9:00 a.m. Sunday, July 31, 2005.

**REPORTS**

**Executive Committee—**

- DMV brochure update and future developments
- PRD and Outreach Committee recommended to combine
- Mentor program for new Commissioners – assigning a point person to answer questions and assist as needed. These positions will be appointed except in cases where a match has already been made and reported to Chair.
- Annual Retreat in October where Commissioners will focus on Programs of Work

**Outreach Committee**

- Reestablishing the Speaker’s Bureau
- Core Materials reviewed and paired down to AAC materials mostly
- Two upcoming events: California State Fair and Del Paso Heights Multicultural Street Festival. Sign-up sheets were passed around for volunteers.
- Recruitment flyer recommended for approval to Executive

**Oversight Committee**

- Case Review Report regarding IHSS Special Skills cases
- IHSS background checks – the AAC liaison will provide reports on the progress of implementation
- Strategic Plan of Protection – reviewed short and long term priorities. Will be discussed at next meeting.
- IHSS redesign draft was presented. There is concern about seniors having an adequate voice. Consumer input is being addressed.

**B. Commissioner’s Comments**

Barney Donnelly talked about an HSCC retreat to determine their role. They will adopt a theme, perhaps housing, to tie into other MABs. Sacramento Mobility has become a 501c3 non-profit and is developing more organization and broadening its involvement in transportation issues in the future.

James Sanford reported RT will not make the proposal to eliminate ADA ID cards part of the adopted changes in the new plan.



Commission Minutes 7-27-05 REV .doc

## **PUBLIC COMMENTS**

**Patsy Snowdon, United Christian Center:** Announced a new case management program in downtown Sacramento for low income housing; not applicable for single room occupancy hotels.

**Merlene Murphy:** There is a lack of services for ambulatory, middle-income seniors who have dire needs.

**Bill Grant:** Request for a Bingo Game has been denied by Hart Senior Center due to the Triple R program. He feels his protests to many agencies and levels have not been heard and would like AAC to respond.

**Fay Mikiska:** The curb cuts designed for wheelchair use are not effective for non-motorized models. The angles are incorrect, the angle too steep, and it is unsafe. Staff is to refer her to the Disability Advisory Committee.

## **ADJOURNMENT**

