

SACRAMENTO COUNTY ADULT AND AGING COMMISSION

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Adult & Aging Commission Attendance List:

Commissioners Present

Peggy Forseth-Andrews, Chair
Tessa Janian, Vice Chair
Al Blum
Frank Zolin
Cyrus Moazam
Norman Fong
Lynn Avery
Barney Donnelly
Maxine Quitiquit
Jewell Senegal
Geraldine Esposito

Janet Heath
Reggie Williams
Joe Samora
Kelly Patterson
Rosemary Jones
Jayna Karpinski-Costa, City of Citrus Heights Ex-Officio
Lynn Davis, Sacramento County Ex-Officio

Commissioners Absent

Margaret Ervin
Jim Sanford
Bettie Howell

Vincene Rogers-Jones, City of Sacramento Ex-Officio
Aggie Hanchey, Galt Ex-Officio

Guests Present

Shirley Turnbell, Integrated Senior Solutions
Beth Barker-Herdalگو, Paratransit
Pat McVicar, A4AA
Jon Ellison, Paratransit
Joan Parks, HICAP
Geneva Carroll, HICAP
Katharine DeYoung, DHA
Stephanie Wilson, Triple R
Allison Patt-Insinna, Sutter PACE
Dick Ryder, Dept. Corp – SAIF
Lou Williamson, MHA

Fay Mikiska, IHSS Advisory Council
Mona Moxley, CHWMF Geriatrics
Suzanne Leininger, Pioneer Towers
Bernadette Lynch, IHSS Public Authority
Anne Spaller, Del Oro CRC
Guy Klopp, IHCC – QA
Roseanne Bernardy, City of Sac Older Adult Services
Kathy Hickox, DHSS Senior Health
Melanie Rochin, CA Emergency Foodlink
Ila Hass, Visions Unlimited

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. Ms. Forseth-Andrews welcomed the public and reminded everyone that the Commission was happy to answer questions any time from the audience.

CONSENT CALENDAR

It was moved/seconded (Heath/Patterson) to approve the Revised Agenda. Motion passed unanimously.

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**It was moved/seconded (Donnelly/Esposito) to approve the Minutes as written.
Motion passed unanimously.**

A. Chair's Discretion

There was no old business.

LIAISON UPDATES

A. Triple R University – Stephanie Wilson, City of Sacramento

For background, Ms. Wilson shared that there has been an on-going adult daycare program for memory-impaired adults at Hart Senior Center for 13 years. It has now branched out to three more sites: Greenhaven, Carmichael, and North Sacramento. Another aspect to their expansion is Triple R University, a workshop/brown bag lunch and educational opportunity for caregivers and others to learn more about dementia and receive support. The handout that was distributed describes the ten basic workshops offered. They are open to anybody that lives or works in Sacramento County free of charge.

Question and Discussion: It was asked if the program has a website: www.tripler.org. There was a question about how long Triple R University has been in operation, and it has been up and running for a year. Out of curiosity it was asked why it is being called a university, and the answer relayed was that its name is a spin off to a program within the City of Sacramento.

B. First 5 Sacramento Advisory Committee – Al Blum

Due in great part to the efforts of First 5, America's Promise – The Alliance for Youth recently announced that Sacramento County is a winner of a first-ever national competition to identify the *100 Best Communities for Young People*. Mr. Blum also talked about two events coming in the near future, one being the Third Annual Child Celebration October 1, 2005. He passed out a fact sheet about First 5 which shares such information as membership, staff and contact information, the goals, mission, and activities of the program.

C. Human Services Coordinating Council/SACOG – Barney Donnelly

HSCC is in process of adopting their Program of Work for 2006 and have narrowed it down to two possible topics: 1) housing and 2) the extent to which there is preparedness to provide human services in time of emergency or catastrophe. Since these are also subjects the Commission is working with, Mr. Donnelly will keep the Commission posted on developments so as to avoid duplication and hopefully increase collaboration.



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Question and Discussion: It was asked if HSCC is looking at housing as a whole or a specific area or from a specific angle. At this time Mr. Donnelly reports the discussions have not gone far enough to respond to that question. There was another question about their participation in the Housing Forum in light of a past housing forum they sponsored. Mr. Donnelly suggested that might depend on the Program of Work they choose to focus on.

Mr. Donnelly also shared information about a draft report being put out by SACOG related to consumer information and transportation focusing on elderly and disabled adults. SACOG has put together new data that may impact future decisions about transportation. More community forums will be held next spring to develop a metropolitan transportation plan. The Commission will have a guest speaker at their January meeting to discuss this further.

ACTION ITEM

Focal Points / DMV Neighborhood Centers – Peggy Forseth-Andrews

It may be recalled that the Commission and DMV have begun a long-term relationship. One of the aspects to this collaboration is to further enhance the services and information available to seniors who are thinking about giving up their licenses by providing a “safe” place to self-test and ask questions without penalty. An agreement has been tooled giving certain responsibilities to DMV, the Commission, and the Focal Points. A motion is needed to endorse this proposal as a Commission-sponsored activity. If endorsed, it will be added to the Executive Committee’s program of work.

A Motion was made/seconded (Esposito/Zolin) to endorse the Adult and Aging Commission taking the lead in collaborating with the Sacramento County Focal Points, and the California Department of Motor Vehicles to further enhance the services and information available to seniors who are thinking about giving up their licenses by providing a "safe" place to self-test and ask questions without penalty.

Discussion: A suggestion was made to adopt a certifying statement to keep the answer keys confidential. Another question focused on the objective of the program: Is it to keep the person driving longer? The objective is to help senior drivers keep their privilege while considering the safety of themselves and others; in line with that objective, there is the need to make a safe place for the seniors to self-assess without challenge or bullying so they have more opportunity to maintain their objectivity. Another suggestion was to be sure senior drivers understand their responsibility as a driver. It was shared that this program will be in conjunction with the senior driving programs of A4AA and AARP. A question from the audience referenced the possible



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duplication of future pamphlets. Reassurance was offered that this would not happen. It was also clarified that all Focal Points will have the same materials and information to insure consistency.

Mr. Fong called for the question. There was a unanimous vote to endorse this as a Commission project and add it to the Program of Work of the Executive Committee for 2006.

PRESENTATIONS AND DISCUSSIONS

A. HICAP – Joan Parks, Program Manager, Ombudsman Services of Northern California; Legal Services of Northern California, Inc. and Geneva Carroll, HICAP Outreach Coordinator

Ms. Parks gave a brief overview of HICAP Services as a provider of counseling about Medicare for those who are already with Medicare and those who are close to being eligible. The counseling is one-on-one at their sites. They have a nine-county contract funded through three Area Agencies on Aging. Ms. Parks is the administrator for both HICAP and the Ombudsman Services. Many handouts were distributed to go along with the information shared including sites where outreach opportunities are scheduled. A “cheat sheet” about Medicare D was distributed, and it was mentioned that it requires continuous updates. Because of Medicare Part D, there is need for a lot of training of HICAP staff; there is need for more office space; they would like more contact information to be able to outreach to more groups to educate them about Part D. This HICAP has a crucial need for more volunteer counselors and outreach presenters. The collaboration HICAP has with the Social Security Administration was given an overview. Both organizations combine to fully inform the consumer about Medicare and Social Security.

Questions and Discussion: A request was made for scheduling more evening meetings so family members of Medicare recipients can become more informed to help their loved one. The presenters are all volunteers and for their nine county jurisdictions they have only 20. If they get more volunteers then they can look at more variety in scheduling the information meetings. It was asked if they expect more funding for their outreach efforts, and Ms. Parks replied that they have been told more funding is designated for them. The issue of the many languages spoken in California was brought up, and they are trying to find volunteers who speak more than one language; at this time there is a counselor library that has multiple language information brochures. It was asked why they are able to do only large groups at the outreach events or one-on-one at their counseling sites. What about small groups? The current accommodations are best suited to the volunteer capacity they have. Knowing those



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attending the meeting have many connections, they described the type of person they need as a volunteer presenter in hopes of finding more.

B. Disaster Emergency Response Strategic Plan – Carole Hopwood, Sacramento County Disaster Coordinator

There has been a Strategic Plan for emergency response with specific personnel assigned to this task in place since 1973. The plan gets revised on a periodic basis. It is in a phase of restructuring taking into account lessons learned from Hurricanes Katrina and Rita with an emphasis on communication. This local plan has to be in compliance with the National Response Plan, which was put in place after September 11. There has to be coordination between several agencies and departments at both the state and county levels as well as with local city organizations. Sacramento's greatest threat is flooding caused by problems with Folsom Dam and/or the levy system that intertwines within the county. The levies are being reinforced, but more federal funds are needed to put in lower level gates at the Dam as well as raise its wall another seven feet. Ms. Hopwood emphasized the need for the citizenry of Sacramento County to take responsibility to be prepared for evacuation and to be obedient to any instructions given as to routes to take, etc.

Questions and Discussion: The scenario of panic and confusion causing the most problems for an effective evacuation drew attention to a need to have the plans shared with the public before an event happens. Ms. Hopwood stated this is not possible because there are too many contingencies that can be taking place when a disaster happens, things that are not related to the disaster but may cause routing designs to be changed, such as a construction project on one of the major streets or highways. Local law enforcement and the Highway Patrol will know at the time which routes are best for the populous to take and will make that information readily known. The question arose about people in the more rural areas of the county, especially the frail elderly, and how authorities are going to take care of them. At this point there is a database with a great deal of information about special populations within it, such as IHSS recipients. However, there is need for providers and programs that work with the adult and aging population to give them more data so their mapping can be more complete. The issue of confidentiality about clients sometimes gets in the way of sharing needed information for the emergency plan when it concerns users of Paratransit and other services. In conclusion, the Commission shared its plan to look at emergency preparedness in regards to the frail elderly through its Program Review and Development Committee.

Agency Reports

DHHS, Senior and Adult Services Division – Guy Klopp IHSS Quality Assurance



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Four of the six workgroups at the state level have completed their work. Only Regulations and Time for Task work groups remain. Fraud is being looked at as an educational piece for early detection and prevention. A survey was taken of applicants during the May 2005 period. The purpose was to learn about the quality of interaction between potential clients and personnel at the initial time of query. The results were shared. QA will use this information to improve further this initializing part of their process and service.

A4AA – Pat McVicar

Due to the shortness of time, Ms. McVicar deferred her report and shared instead three handouts: 1) a showing of *Golden Road* on KVIE; 2) the Driving Wellness Information Bulletin; 3) a flyer about Caregivers' Appreciation event coming soon.

Committee Reports – Committee Chairs

Oversight – Kelly Patterson

The committee received the bi-annual update from SAS presented in binders. There were updates by both the Program of Protection and IHSS. The Program of Work for 2006 was also discussed.

PRD/Outreach – In absence of Barney Donnelly, Al Blum, Vice Chair

Discussed the Program of Work for 2006 and integrating PRD with Outreach into one committee. A new item was suggested for the POW: investigating emergency preparedness for the frail elderly.

Executive Committee – Peggy Forseth-Andrews

In Alliance has requested guidance/support for a proposal to use extra 1.5 acres of their property for a project that would benefit seniors. The date for the Housing Forum had to be changed to November 4, and a professional facilitator has been hired. Materials for the Retreat were approved. The agreement between DMV, AAC, and the Focal Points were discussed as presented to this meeting. Clarification was made as to who is allowed to attend Oversight Case Review Meetings. All in attendance must sign an oath of confidentiality. There cannot be visitors or volunteers at these meetings. Mentors were assigned to the new Commissioners.

Senior Profile Phase II Ad Hoc Committee – no meeting

Commissioner's Comments

Lynn Davis – Except for a few formalities, the ground breaking for the Senior Safe House are scheduled to begin very soon.



**ADULT AND AGING
COMMISSION**

Appointed by the Sacramento County
Board of Supervisors

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Staff reminded Commissioners about the Healthy Aging Summit and the need for volunteers since the Commission has endorsed this event.

ADJOURNMENT



Staff services provided by the Community Services Planning Council

909 12th Street, Suite 200
Sacramento, CA 95814
916.447.7063, ext.314
fax 916.447.7052
www.communitycouncil.org