

**SACRAMENTO COUNTY ADULT AND AGING COMMISSION**  
**MINUTES NOVEMBER 29, 2006**

**Adult & Aging Commission Attendance List:**

**Commissioners Present:**

Al Blum  
Cyrus Moazam  
Frank Zolin  
Joe Samora  
Peggy Forseth-Andrews  
Jewell Senegal

Tessa Janian  
Geraldine Esposito  
Janet Heath  
Lynn Avery  
Joseph Montoya  
Bettie Howell

**Commissioners Absent:**

Inderjit Kallirai  
Barney Donnelly  
Jim Sanford  
Rosemary Jones  
Sheri Hufford

Barbara Payne, Ex-Officio Galt  
Karen Oosterman, Ex-Officio Folsom  
Jim Lynch, Ex-Officio Citrus Heights  
Lynn Davis, Ex-Officio, Sacramento  
County

**Guests Present:**

Guy Klopp, Senior & Adult Services  
Melanie Rochin, CA Emergency Foodlink  
Helene Bernstein  
Judi Turteltaub, JFS  
Cindy Gabriel, SMUD

Laureen Anderson, DHA/RSVP  
Cordia Wade  
Pat McVicar, A4AA  
Dick Ryder, SAIF  
Chris Hart

**Staff Present:**

Nancy Yavrom, Program Coordinator  
Kevin O'Keefe, 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.



## **CONSENT CALENDAR**

An amended Agenda was introduced. Recognition of those Commissioners terming off had to be changed to an earlier time than previously scheduled for the sake of a scheduling conflict for one of them later in the afternoon.

**It was moved/seconded (Esposito/Montoya) to approve the amended Minutes. Motion passed unanimously.**

- The Minutes of September 27, 2006 were approved as is.

**It was moved/seconded (Montoya/Blum) to approve the Minutes. Motion passed unanimously.**

## **CHAIR'S DISCRETION**

- Recognition of Outgoing Commissioners – Al Blum, Barney Donnelly, Tessa Janian, Jim Sanford, and Rosemary Jones – Three of the five Commissioners were unable to attend the meeting: two for health purposes and one for a family emergency. However, Al Blum and Tessa Janian were both there to receive their letter of gratitude for their service and a token of appreciation from the Commission. Both expressed their pleasure to have been able to serve as Commissioners. Mr. Blum will continue to work informally with the Commission as a Liaison to First 5.
- Ms. Forseth-Andrews announced a change in staff responsibilities. Kevin O'Keefe will staff the Program Review, Outreach, and Development Committee while Nancy Yavrom takes on the new responsibility of working with the Senior and Dependent Adult System of Protection (SDASP) implementation project. She will staff the Community Awareness sub-committee while working with the Working Group and the Community Forum Planning Group.

## **REPORTS**

### **Committee Chairs**

#### Oversight–

- SAS presented its semi-annual report for January – June 2006. Judy Ludwig of SAS gave an excellent PowerPoint presentation.
- Chris Hicks of Community Care Licensing gave an excellent report helping the Committee to see more clearly the complexities of the issue of unlicensed Room and Board facilities.
- The 2007 Program of Work had an additional Action Step added on relevant to putting together an organizational chart of the entire Senior System of Care in Sacramento County including the ways in which various agencies and services articulate.
- The SDASP Community Awareness sub-committee is working with the marketing team closely to make sure all collateral materials are in line with the theme of the campaign



which is to encourage people to get involved and report when they see or suspect elder or dependent adult abuse.

PROD –

- The Outreach Statement of Purpose has been approved by the Committee to give a more clear direction for outreach activities.
- The Disaster Preparedness report will continue as a work in progress during 2007.
- The 2007 Program of Work was approved to move forward to the Commission.

Senior Profile Phase 2 Ad-Hoc Committee –

- The Secondary Housing report is in process but is not yet ready for a review by the Committee. It should be ready for the Committee's January meeting.

Executive Committee –

- The 2007 Program of Work required minor word crafting and is ready for ratification by the Commission.
- Items were discussed that will move forward to the January agenda for the Commission:
  - a Recruitment Brochure
  - a protocol for Commissioners to be able to request funds to register for relevant conferences
  - a revision of the Rules and Procedures regarding Outreach requirements for Commissioners.

**LIAISON UPDATES**

Mental Health Board, Older Adult Committee – Geraldine Esposito

The Committee meets monthly, is very active, and focus on older adult mental health issues. In October a well-attended Mental Health Aging Conference was held. The participants came from a wide variety of disciplines and services that work with older adults. The keynote speaker was an internationally known expert in the field. His presentation was enlightening and enjoyable. The Committee has a working group currently focusing on updating older adult mental health care in Sacramento County. Although the program in this county is very good, there is a need to compare it with the California Mental Health Planning Council model.

**Commissioners**

Tessa Janian – a further expression of her appreciation for having served on the Commission.

Al Blum – He looks forward to maintaining his ties with the Commission though they will be more informal.

Cyrus Moazam – expressed his appreciation for staff assistance with providing resources for the senior program he voluntarily facilitates



Bettie Howell – A survey is in the works developing demographic statistics of the aging population. This survey is breaking down the information by age segments thus providing material that has been hard to ascertain until now.

Geri Esposito – Requested those in attendance to remember that many older and dependent adults are alone over the holidays and to look into the variety of ways there are to add a little something to the season for them.

Peggy Forseth-Andrews – Commented on the wonderful Open House that Senior Nutrition Services held for the new facility. Many representatives of county and city government were there in support of the program and its growth. The process of Focal Point designation is moving along as the Commission and the A4AA collaborate on the effort. Joint information meetings for those entities desiring to become Focal Points will be held in January. The Gray Panthers recently held a very fine meeting addressing the issues of the baby boomers and the impacts of their aging. Finally, the Focal Point in Galt, the Concilio, after some struggles is doing extremely well.

Joe Samora – Appreciation was expressed for the assistance that Barney Donnelly, Al Blum, and Tessa Janian have given him during his first year as a Commissioner. Recently joined DOVIA (Directors of Volunteers in Action) as he selects, trains, and supervises volunteers for the ALS Assn. of Greater Sacramento. Most ALS patients are seniors.

Jewell Senegal – regarding the importance of contacting lone seniors this time of the year, Ms. Senegal shared that as a member of the California Retired Teachers Association, she has sent out 32 cards to retired teachers in assisted living facilities. Recently she delivered flower to 16 retired teachers who are 90+. There was tremendous appreciation for the attention and the gift.

#### **Staff –**

Nancy Yavrom – requested that those Commissioners who have not yet completed their evaluation form please do so. She also expressed appreciation to the Commission for the encouragement, patience, humor, and graciousness she has received from the Commissioners during her first year as Program Coordinator.

#### **Action / Discussion Items**

Ratify Focal Point Definition – the definition was read and agreed upon.

**It was moved/seconded (Esposito/Montoya) to ratify the Focal Point Definition as read. Motion passed unanimously.**

Ratify the 2007 Program of Work – The Program of Work for each Committee was the subject of the Commission's retreat in October with the Committees finalizing them during their November meetings. The 2007 POW as presented by all the committees was acceptable except that for Oversight. The new Action Step required some word crafting in the Outcome section and should read: An organizational chart will be designed to show component members of the system *and the method in which they communicate with each other.*



**It was moved/seconded (Montoya/Esposito) to ratify the 2007 Program of work including the change made to that portion for the Oversight Committee. Motion passed unanimously.**

The Nominating Committee agreed by consensus at one of its meetings to accept the application of Jewell Senegal whose first term was ending December 31, 2006, and requested the Commission ratify the decision.

**It was voted by consensus to accept Jewell Senegal as presented by the Nominating Committee to the Board of Supervisors for reinstatement as Commissioner January 1, 2007.**

The Nominating Committee Chair presented four names recommended for appointment to the Commission by the Board of Supervisors: Pamela Flohr, Kim Thiem, Gloria Sylvester, and J. Randall Williams. Ms. Forseth-Andrews offered an explanation about the fact that two of these names had not yet gone before the Executive Committee. Commonly names of nominees from the Nominating Committee go to the Executive Committee. However, this is not a requirement in the Rules and Procedures and was set aside this rare time because of the urgency to get these four names before the Board of Supervisors before the end of 2006.

**It was voted by consensus to send on the names of the four nominees to the Board of Supervisors for appointment.**

According to section 2.5.3.1 of the Rules and Procedures the Commission must ratify the appointment of Commissioner Joe Samora as Chair of the Program Review, Outreach, and Development Committee (PROD) by the Chair of the Commission.

**It was moved/seconded (Heath/Esposito) to accept the appointment of Joe Samora as Chair of PROD. Motion passed unanimously.**

The Commission Chair has appointed the following Commissioners to serve as liaisons to five Focal Points. The Commission must ratify these assignments.

Cordova Senior Activities Center – Joe Samora  
Ethel McLeod Hart Multipurpose Senior Center – Cyrus Moazam  
Galt Community Concilio, Inc. – Peggy Forseth-Andrews  
Samuel C. Pannell Meadowview Community Center – Jewell Senegal  
Stanford Settlement Neighborhood Center – Joe Montoya

**It was moved/seconded(Zolin/Janian) to accept the five appointees to the five designated Focal Points as liaisons for the Commission. Motion passed unanimously.**

The Commission Chair has appointed Lynn Avery as Commission liaison to Sacramento Employment and Training Agency (SETA), and the Commission must ratify the appointment.



**It was moved/seconded (Esposito/Montoya) to accept the appointment of Lynn Avery as liaison for the Commission to SETA.**

## **AGENCY REPORTS –**

### **DHHS, Senior and Adult Services Division – Guy Klopp**

- Appreciation was expressed to the outgoing Commissioners for their consistent support of Senior and Adult Services.
- The hiring process for the 12 new positions for IHSS is continuing.
- The hourly task guidelines are being implemented.
- A long-term project collaboration should be starting soon between IHSS and students at California State University Sacramento. The students will do in home interviews with 670 90+ adults that are IHSS recipients as part of a survey being taken to measure various aspects of their well-being.

Question: It is possible to extend the survey to those 90+ that are not part of IHSS services? *Access to information about such persons is not available to IHSS. However, the IHSS population is a good cross section of the community at that age range. It is possible to draw inferences about the general population 90+.*

- Debra Morrow is leaving APS to take higher position with the Department of Human Assistance.

### **Area 4 Agency on Aging – Pat McVicar**

- A booklet relevant to Medicare D enrollment was made available.
- A 2006 Falls Prevention Survey from the Northern California Falls Prevention Coalition was handed out.
- Falls Prevention is one of the major priorities during this 4-year cycle. Falls by the elderly cause huge economic costs and human costs in terms of premature institutionalization. There are four ways in which A4AA is looking to promote prevention and education: 1) When looking at funding applicants, those with falls prevention programs will be given priority. 2) An in-home program is being developed because 1/3 to 1/2 of falls happen in the home. It is called Live Save and Strong in the Home. There are many aspects to the training. A pilot program was recently completed at Pioneer Towers, and the post-activity survey demonstrated remarkable results with no falls reported by the participants since the training. 3) The Northern California Falls Coalition has been in an organizational process for the past six months, interested parties are invited to a January 8 meeting to get more information. 4) To encourage service providers to be more aware of promoting falls prevention, A4AA is going to offer one-time only funds for equipment purchases to those providers that develop a falls prevention program.

Question: How can this prevention education be taken to those seniors who do not receive services? This is a major task of the Coalition. Commissioner comments: It is important to promote programs such as the InfoLine Registry where seniors can self-report as being in need of some attention. It is also important to find ways to encourage primary care physicians to take a more positive attitude and approach toward their senior patients who



have fallen or are gravely ill. Being elderly does not equate with being ready to die. A public awareness campaign is needed. Audience comment: Senior Connections of Eskaton offers many free services that deal directly with the issue of senior and dependent adult safety.

**Department of Human Assistance (DHA) – Lauren Anderson (Director Senior Volunteer Program)**

- Janine Brown of Senior Nutrition Services (SNS) wants to let the Commission know that the new facility is wonderful, and they are invited to come by for a tour at any time.
- RSVP – The disaster preparedness program which recently received funding and was reported on by Katherine DeYoung at the September 27 meeting of the Commission is progressing in its implementation. The training of the trainers has been held up waiting for state certification of the curriculum. Now that it has come, the trainings will be scheduled as soon as possible. Commissioner Frank Zolin has already signed up to be a trainer, and during the meeting others expressed interest. Work with Laurie Simon of InfoLine is also moving forward towards having five RSVP volunteers trained to help enter data into the 211 program, maintain it, and respond to calls from it. Materials relevant to this program and others were passed out.
- Mention was made of the Veterans' History Project sponsored by the Library of Congress. It was only for WWII vets but is now open to any vet who has participated in any of the more recent wars.

**PUBLIC COMMENTS –**

Question: What is the status of the Senior Safe House? *There has been a ground breaking ceremony. The neighborhood is very supportive. The foundation has been laid and framing is going up.*

Dick Ryder of the Department of Corporations shared briefly about SAIF, Seniors Against Investment Fraud.

Chris Hart briefly talked about the Veterans Long Term Care.

**Adjournment**

