

**CONTRA COSTA COUNTY**  
**ADVISORY COUNCIL ON AGING**  
**ANNUAL REPORT**



**JANUARY – DECEMBER 2015**



CONTRA COSTA COUNTY

# Advisory Council on Aging

Officers:

- Gerald Richards – 1<sup>st</sup> Term
- Gail Garrett, First Vice President – 1<sup>st</sup> Term
- Richard Nahm, Second Vice President – 1<sup>st</sup> Term
- Ron Tervelt, Secretary – 1<sup>st</sup> Term
- Ella Jones, Treasurer – 1<sup>st</sup> Term

Current Roster of Members as of December 1, 2015:

Juliana Boyle  
Mary Bruns  
Deborah Card  
Nina Clark  
Joseph C. Doherty  
Jennifer Doran  
Mary Dunne Rose  
Rudy Fernandez  
Susan Frederick  
Dorothy Gantt  
Gail Garrett  
Ella Jones  
David Joslin  
Keith Katzman  
Arthur Kee  
Joanna Kim-Selby

Shirley Krohn  
Robert Leasure  
Paul Mikolaj  
Teri Mountford  
Richard Nahm  
Nuru Neemuchwalla  
Earle Ormiston  
Gerald Richards  
Sheri Richards  
Richard San Vicente  
Ron Tervelt  
Lorna Van Ackeren  
Patricia Welty  
Jeffrey Wiess  
Janelle Williams  
Rita Xavier

### Advisory Council Objectives

The Council shall provide a means for countywide planning, cooperation and coordination for individuals and groups interested in improving and developing services and opportunities for older residents of this county. The Council provides leadership and advocacy on behalf of older persons and serves as a channel of communication and information on aging issues.

The Council advises each: the Area Agency on Aging on the development of its Area Plan, the Bureau of Aging and Adult Services, Employment and Human Services and the Board of Supervisors. The Area Agency on Aging Area Plan is based on unmet needs and priorities experienced by older persons, as determined by assessments and input from the senior network throughout the County.

**ANNUAL REPORT**  
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The Contra Costa County Advisory Council on Aging (ACOA) advises the Area Agency on Aging in all matters related to the development and administration of senior programs in accordance with the mandates of the Older Americans Act. The Council is composed of 40 authorized member seats appointed by the Board of Supervisors in partnership with local cities and Commissions on Aging, the ACOA Membership Committee, and a designated advisory group – the Nutrition Council. A majority of the ACOA must be age 60 or older. Members represent the geographic, economic, capacity, cultural, sexual orientation, and ethnic diversity of the County.

The ACOA has been active in many areas. In 2015 the most successful activity occurred in May when, with the help of Supervisor John Gioia's staff member Joan Carpenter, two buses were chartered to bus seniors to Sacramento for Senior Rally Day sponsored by the California Senior Legislature. As a result of the busing action, Contra Costa County had the largest number of attendees. Our Transportation Work Group, operating as the Mobility Action Council with membership from transit companies and other community transportation representatives, has begun to issue a transportation-related newsletter for the public and participate in workshops for the general public.

The ACOA and indeed, the Area Agency on Aging, have been hampered in their activities throughout most of 2015 with a lack of leadership and a shortage of staff support for our committees and work groups. This shortage has resulted in numerous complaints to me by committee and work group chairs. Minutes have been spotty from lack of professional staff to take minutes and agendas and other materials have been late. One of the ACOA monthly meetings had to be cancelled at the last minute when staff missed the County requirement of 96 hours advanced public notice. This occurred when a key staff member was in a very serious traffic accident that put her in the hospital for a week and off work for nearly two months. At the same time, two of the other three staff members were on vacation. In my view, lack of leadership allowed that to occur. The Aging and Adult Service Bureau now has a new Director and I believe she will build an outstanding Bureau for the County again, if given the promised support from the County.

We continue to have about six vacancies of Council members in 2015. Our bylaws changes have been approved by the County Council. They include a quorum requirement of a majority of the authorized seats and, with a consistent shortage of six or seven members. We usually scramble to meet the quorum requirement. Our new Bureau Director and I are considering solutions for that issue for 2016.

***Gerald Richards, M.S.E. & J.D.***

Executive Committee Chair

Advisory Council on Aging President

**CURRENT PLANNING COMMITTEE ROSTER**

- Debbie Card
- Susan Frederick
- Arthur Kee
- Ron Tervelt
- Ella Jones (Chair)

**ACTIVITIES**

Monthly meeting to evaluate and listen to annual presentations from contractors approved to receive dollar contributions from County's AAA plans and updates.

- Review annually contractor's awarded by PSA 7
- Provide purview of discussion of presentations and report to Executive and Advisory Council on Aging members.

**ACOMPLISHMENTS**

Ongoing monthly meetings with contracted service providers, monitoring and making suggestions for implementation to improve services and better meet the needs of participants in regard to services provided within budget.

- To Deborah Card and Ron Trevelt. Scott Danielson is the county staff representative.
- 2016 Work Plan Group Goals

**2016 WORK PLAN**

In light of the rapidly expanding senior population the committee will diligently and closely work with AAA to monitor and insure the residents of CCC have adequate and appropriate services supplied by reputable and trustworthy contracted entities.

***Ella Jones***

Planning Committee, Chair

Advisory Council on Aging Secretary

**CURRENT MEMBERSHIP COMMITTEE ROSTER (INCLUDES NOMINATING)**

- |                                      |   |
|--------------------------------------|---|
| ▪ Susan Frederick                    | District I                                    |
| ▪ Robert Leasure                     | District II / Nominating                      |
| ▪ Richard Nahm (Chair of Membership) | District III                                  |
| ▪ Nuru Neemuchwalla                  | District IV / Nominating                      |
| ▪ Patsy Welty                        | District V / Member at President's Discretion |
| ▪ Dorothy Gantt                      | District I / Nominating                       |
| ▪ Rudy Fernandez                     | District III / Nominating                     |
| ▪ David Joslin (Chair of Nominating) | District V / Nominating                       |

**ACTIVITIES**

- |                       |                               |
|-----------------------|-------------------------------|
| ▪ Monthly Meetings    | Membership Recruitment        |
| ▪ Attendance Reviews  | Appointments/Resignations     |
| ▪ Eligibility Reviews | Report to Executive Committee |



## **ACOMPLISHMENTS**

The Council started the 2015 year with (8) seats vacant, down from (10) vacancies in 2014. As of this reporting, there are two MAL and six Local Committee Seats that remain vacant. The City of Oakley has selected a new Representative as county staff work toward finalizing her appointment. Seats representing Pinole, Concord, San Ramon, Pittsburg and Lafayette continue to remain vacant as these cities continue recruitment activities. During 2015 new representatives were welcomed from Danville, Pleasant Hill and Richmond.

To address the issue of vacancies, the Membership Committee has created a recruitment poster to be prominently displayed in senior centers, libraries and other public areas where seniors frequent. We are also considering the possibility of a PowerPoint presentation and Speaker.

Following a lengthy two-year review process, a revision of our Bylaws is near to completion. Efforts were made to reduce the complexity of sections reviewed. The definition of how a “quorum” should be calculated continues to impact the Council’s ability to convene its regular meetings. We are hopeful that the Board will grant the Advisory Council on Aging some relief in the near future.

## **2016 WORK PLAN**

- Maintain a full Advisory Council on Aging membership
- Recruit a District V Representative on the Membership Committee
- Apply and track membership eligibility requirements
- Track attendance problems
- Continue Bylaws Reviews and Recommendations as Requested
- Report to the Executive Committee

## ***Richard Nahm***

Membership Committee Chair

Advisory Council on Aging 2<sup>nd</sup> Vice President

## **HOUSING WORK GROUP REPORT**

***January – December 2015***

## **CURRENT HOUSING WORK GROUP ROSTER**

- |                           |                  |
|---------------------------|------------------|
| ▪ Ella Jones              | ▪ Joan Carpenter |
| ▪ Paul Mikolaj            | ▪ DebbieToth     |
| ▪ Teri Mountford          | ▪ Verna Hass     |
| ▪ Gerald Richards (Chair) |                  |

## **ACTIVITIES**

- Monthly Meetings
- Educational Presentations

## **ACCOMPLISHMENTS**

Work Group members began the year with high hopes for finally constituting a consistent Work Group membership. The April meeting was sparsely attended but the May meeting provided us with a better start. At this meeting members entertained a guest speaker who attracted more attendees. At the May meeting, a core membership was established that continued on with the work group for the remainder of the 2015 meetings schedule.

## **2016 WORK PLAN**

We set no specific goals this year but decided to focus on bringing in experts and knowledgeable people to educate the Work Group members on various aspects of the Housing issues facing the Nation and Contra Costa County. The ultimate objective we chose is to find the primary Housing Issues for which our advocacy might have an impact.

My assessment is that the work group members made progress and should find that by the end of 2016 we should be sufficiently educated to begin our advocacy work.

### ***Gerald Richards***

Housing Work Group Chair

Advisory Council on Aging President

## **HEALTH WORK GROUP REPORT**

*January – December 2015*

### **CURRENT HEALTH WORK GROUP ROSTER**

- |                   |                      |                  |
|-------------------|----------------------|------------------|
| ▪ Jennifer Doran  | ▪ Joanna Kim-Selby   | ▪ Sheri Richards |
| ▪ Susan Frederick | ▪ Dr. Robert Leasure | ▪ Jan Howe       |
| ▪ Ella Jones      | ▪ Paul Mikolaj       |                  |
| ▪ David Joslin    | ▪ Nuru Neemuchwalla  |                  |

### **ACTIVITIES**

- Regular Monthly Meetings
- Educational Presentations
- Advise and educate the community on issues impacting the health of older adults.
- Track and support legislation that improves older adult and healthcare delivery systems.

### **ACCOMPLISHMENTS**

In 2015 the Health Work Group conducted informative presentations and has interviewed community leaders including, Nancy O’Keefe, State Certified Long Term Care Ombudsman; Alayne Balke, Fall Prevention Program manager; MOW Senior Outreach Services; Mary Ellen Taylor, FDA; Pauline Mosher, Program Manager California Advocates for Nursing Home Reform (CANHR). As well as regular reporting from Work Group members on AARP, Legislative updates, CARA, CANHR, CPAW and mental health issues of older adults.

Members completed their work with American Medical Response (AMR) and Contra Costa County Emergency Services to include in the new contract for ambulance services, an adequate consumer appeals process.

### **2016 WORK PLAN - GROUP GOALS**

- Monitor and advocate for all legislative efforts regarding geriatric health issues especially issues concerning long term care.
- Explore the development and distribution of educational material on recommended vaccines for seniors.
- Mental Health: Identify unmet mental health needs of the elder population and provide exchange for shared advocacy with other mental health departments and centers.
- Identify issues as the year progresses and define appropriate action plans.

### ***Susan Frederick***

Health Work Group Chair

Advisory Council on Aging Secretary

**CURRENT LEGISLATIVE WORK GROUP ROSTER**

- Shirley Krohn (Co-Chair)
- Joanna Kim-Selby (Co-Chair)
- Mary Dunn-Rose
- David Joslin
- Juliana Boyle
- Dr. Robert Leasure
- Gerald Richards
- Jeffrey Weiss

**ACTIVITIES**

- Monthly meetings from January to August (meetings recessed SEP-DEC), 4th Wednesday of each month.
- Members identify state & federal bills they would like to follow; they research the backgrounds of each proposal and write letters of support or opposition. They may simply recommend that fellow members continue to watch without action as the bills develop.

**ACCOMPLISHMENTS**

- Letters written in support of:
  - AB 139 Non-Probate Transfer – Revocable Transfer
  - AB 441 ID Theft Seniors over 65
  - AB 563 Developmental Services
  - AB 1235 Long Term Care – Home Keep Allowance
  - AB 1335 Homes and Jobs Act
  - ACR 71 Elder Abuse & Vulnerability Awareness Month (CSL)
  - Oppose Senate Appropriations Committee’s proposed 42% cut in funding for State Health Insurance Assistance Programs (SHIPs)

**2016 WORK PLAN - GROUP GOALS**

- Review Top 10 State and Top 4 federal proposals submitted by the California Senior Legislature. Review legislation authored or identified by other agencies to watch and support as appropriate. Work Group members will “adopt” legislation, meaning that they will do the research and make recommendations to group on whether to support, oppose or watch.

***Shirley Krohn / Joanna Kim-Selby***

Legislative Advocacy Work Group Co-Chairs

**CURRENT TRANSPORTATION WORK GROUP ROSTER**

- Tighe Boyle
- Elaine Clark
- Elaine Welch
- Leslie Young
- Debbie Toth
- Rosemary Robles
- Rita Xavier
- Keith Katzman
- Scott Danielson
- Peter Engel
- Ken Gray
- Linda Groobin
- Dollene Jone
- Ray Zenoni
- Mary Bruns
- Ralph Hoffmann
- Edi Birsan
- Nina Clark
- MacKenzie Garcia
- Vicky Voicehowsky
- Jeff Weiss

**ACTIVITIES**

- Monthly meetings
- Advocacy for transportation for older adults

## **ACCOMPLISHMENTS**

- Organized, developed, and implemented Mobility Challenges event at John Muir with 18 active SMAC Members involving the collaboration of 12 agencies.
- Launched and significantly contributed to the update of “Way to Go Contra Costa.”
- Attended Senior Rally Day and advocated for Senior Transportation.
- Attended CCC Board of Supervisors’ Meeting and advocated for the approval of the Transportation, Water, and Infrastructure Committee’s Report, on the development of an expenditure plan for a potential new transportation sales tax, citing the need for infrastructure development of an integrated plan that breaks down transportation silos and meets the growing transportation need through Mobility Management and agency coordination. The staff report recommends additional funds to support better coordination and accessible services for senior and disabled transportation.
- Increased DMV Senior Ombudsman program awareness.
- Launched SMAC newsletter.

## **2016 WORK PLAN - GROUP GOALS**

- Continuation of 2015 goals: advocate, support & outreach in the following areas:
  - Mobility Management
  - City-based Transportation
  - Volunteerism in senior transportation
  - Senior Mobility Legislation
  - Conferences, Workshops, and Committees
  - Pedestrian Safety
- Continue to publish SMAC newsletter.
- Educate Older and Disabled Adults about Measure J expansion/reauthorization.
- Support the developing event aimed at education and advocacy: to teach people how to effectively advocate on local and state levels for senior transportation issues.
- Mobility Management – Distribute the new “Way to Go, Contra Costa” and post it on the SMAC page of the ACOA website.
- Support CSL endeavors.
- Create an education piece on transportation issues for distribution at senior resource fairs throughout the year.
- Support project engaging JFK University students in researching the cost of aging in Contra Costa County. Develop talking points for more effective advocacy.

### ***Mary Bruns***

Transportation Work Group Chair

Senior Mobility Action Council (Otherwise Known As: Senior Mobility Action Council)

## **SENIOR NUTRITION PROGRAM**

*January – December, 2015*

### **ACTIVITIES**

- Deliver delicious and nutritious meals for homebound seniors
- Contra Costa cafes, provide healthy meals and safe, friendly opportunities for older adults to socialize with others who have similar interests
- Deliver hope to Contra Costa’s older adult population

### **ACCOMPLISHMENTS**

The Senior Nutrition Program and its companion agency Home Delivered Meals, has delivered healthy meals to Contra Costa seniors for 40 **plus** years. The program serves adults with AIDS and those who have a disability, allowing them to

live independently, well into their 70's 80's and 90's. Contra Costa County menus exceed the Department of Aging and Title VII USDA recommendations.

The frozen meals delivery truck has been delivered. More meals can be delivered to homebound elders on certain routes where there are not enough daily volunteer drivers. Each client will be delivered seven frozen meals to ensure they will have nutrition every day. The clients like the idea as they will have a choice what they would like to eat each day. There is no waiting list.

The Meals on Wheels of Contra Costa, Inc. has updated the website in order to reach out to more donors. Meal on Wheels of Contra Costa, Inc. hosted a Volunteer Appreciation event, Saturday, February 15, 2015 at the Walnut Creek Library.

Meals on Wheels of Contra Costs, Inc. hosted a fundraiser to celebrate our 50th anniversary September, 24, 2015. Many vendors, wineries and restaurants donated great items to auction and eat and drink.

#### **2016 WORK PLAN**

- Increase participation in all Contra Costa cafes
- Increase awareness of socialization benefits of participation
- Raise awareness of cafe sites
- Recruit volunteer drivers to serve homebound elders

#### ***Gail Garrett***

Nutrition Council President

Advisory Council on Aging Representative

#### **Outreach & Education Work Group**

**January – December, 2015**

#### **2015 UPDATE**

The Outreach & Education Work Group did not meet formally in 2015. The Chair, working with a staff representative from the Contra Costa Area Agency on Aging had attempted to coordinate an additional community presentation to continue education and preparedness among older adults when disaster strikes.

#### ***Earle Ormiston***

Outreach & Education Chair

Senior Mobility Action Council

Advisory Council on Aging  
2015 Annual Report