

**CONTRA COSTA COUNTY**

**ADVISORY COUNCIL ON AGING**

**ANNUAL REPORT**



**JANUARY – DECEMBER 2016**



CONTRA COSTA COUNTY

# Advisory Council on Aging

Officers:

- Gerald Richards – 2<sup>st</sup> Term
- Gail Garrett, First Vice President – 2<sup>st</sup> Term
- Richard Nahm, Second Vice President – 2<sup>st</sup> Term
- Ron Tervelt, Secretary – 2<sup>st</sup> Term
- Ella Jones, Treasurer – 2<sup>st</sup> Term

Current Roster of Members as of December 1, 2016:

Fred Adams  
Kathy Ames  
Mary Bruns  
Deborah Card  
Nina Clark  
Jennifer Doran  
Joseph C. Doherty  
James Donnelly  
Mary Rose  
Rudy Fernandez  
Susan Frederick  
Dorothy Gantt  
Gail Garrett  
Kristin Haegeland  
Ella Jones  
David Joslin  
Keith Katzman

Arthur Kee  
Joanna Kim-Selby  
Douglas Knowles  
Shirley Krohn  
Robert Leasure  
Richard Nahm  
Nuru Neemuchwalla  
Gerald Richards  
Sheri Richards  
Summer Selleck  
Grayce Smith  
Ron Tervelt  
Lorna Van Ackeren  
Patsy Welty  
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**  
**TABLE OF CONTENTS**

<b>REPORT</b>	<b>PAGE</b>
- <b>President's Report / Executive Summary</b>	<b>1</b>
Committee Reports	
- <b>Planning</b>	<b>2</b>
- <b>Membership / Nominating</b>	<b>2</b>
Work Group Reports	
- <b>Housing</b>	<b>3</b>
- <b>Health</b>	<b>4</b>
- <b>Legislative Advocacy</b>	<b>5</b>
- <b>Transportation</b>	<b>5</b>
Special Reports	
- <b>Senior Nutrition Program</b>	<b>6</b>

[This page was left blank intentionally.]

The Contra Costa County Advisory Council on Aging (ACOA) advises the Area Agency on Aging (AAA) 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 several areas. In 2016, we again helped organize Senior Rally Day in Sacramento in May and, with the help of Supervisor John Gioia's staff member Joan Carpenter, chartered buses to take Contra Costa seniors to the event. More people attended this year with the help of the California Commission on Aging, the Congress of California Seniors and Assembly Member Cheryl Brown. Shirley Krohn of the ACOA and Debra Toth, CEO of Rehabilitation Services of Northern California, actively participated in the planning for the event. Our Transportation Work Group, operating as the Senior Mobility Action Council (SMAC) with membership from transit companies and other community transportation representatives, worked with the Measure X Expenditure Plan Advisory Committee. In view of the defeat of Measure X, the Action Council set itself the task of developing a plan for how to provide the needed transportation improvements for Contra Costa seniors.

Our Housing Work Group has finally succeeded in shaping a project and attracting support and members from other organizations to work as a steering group for housing projects. The Work Group held a brainstorming meeting 30 November at which a plan was developed to begin a pilot project in one city, and got buy-in from one of the participating organizations to pay for the pilot program, pending funding from other sources. The Nutrition Program Representative noted that, while T. J. Long Foundation gave the Program a generous donation and other donations are up, the number of seniors needing home delivered meals grew substantially in the Second Quarter which is consistent with reports of increasing numbers of hungry senior nationwide.

From my perspective, the AAA program is greatly improved with the appointment of Laura Cepoi, Program Manager, to lead the program. She has taken the reins and quickly grasped the program's strengths and weaknesses. We can expect her to get the program back on track in a timely manner. , With the action of the Board of Supervisors to approve the revised bylaws, we have not been troubled with quorum issues this year. After considering this and other issues, the Membership Committee decided not to ask for a change in the number of members. All in all, we have had a much better and more productive year in 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**

Routinely, 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 the budget.

**ACOMPLISHMENTS**

Due to a sudden no show and last minute cancellation by some Area Agency on Aging (AAA) contracted providers scheduled to make Program Review Questionnaire presentations to the Planning Committee, a review of the visiting schedule policy and procedures was requested from the AAA Staff. The current Protocol and methodology for AAA Contractors was discussed and examined resulting in a look at the history of no shows and last minute cancellations that indicated these occurrences were the exception rather than the norm. Nonetheless, the AAA Staff will apply a more diligent strategy of persuasion and communication with the community or contractors to provide advance notification of cancellations to enable AAA Staff to find "last minute replacements" and/or rescheduling promoting effective time management for all.

**2017 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

**MEMBERSHIP / NOMINATING COMMITTEE REPORT****January – December 2016****CURRENT MEMBERSHIP COMMITTEE ROSTER (INCLUDES NOMINATING)**

- |  |  |
|--|--|
| ▪ Susan Frederick                      | District I / M-C                                     |
| ▪ Robert Leasure                       | District II / M-C                                    |
| ▪ Richard Nahm (Chair of Membership)   | District III / M-C: Member at President's Discretion |
| ▪ Nuru Neemuchwalla                    | District IV / M-C                                    |
| ▪ Jennifer Doran (Chair of Nominating) | District V / M-C & Nominating Committee              |
| ▪ Janelle Williams                     | District I / Nominating Committee                    |
| ▪ Nina Clark                           | District II / Nominating Committee                   |
| ▪ Grayce Smith                         | District III / Nominating Committee                  |
| ▪ Lorna Van Akern                      | District IV / Nominating Committee                   |

**ACTIVITIES**



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

### **ACOMPLISHMENTS**

We began 2016 with 9 vacancies, Up from 8 vacancies the previous year. Today, we have 7 vacancies – two MAL and five City.

The ACOA Recruitment Poster, created to be placed in the senior centers throughout Contra Costa County, has been canceled due to a lack of interest from the senior centers. We still hope to be able to produce a PowerPoint presentation available to those who wish to speak at senior centers or other senior functions.

After almost three full years, our Bylaws are finally completed and ratified by the Board of Supervisors. These changes will enable us to function more easily, more completely, and more efficiently. Our gratitude goes out to all who worked diligently to bring the issues to completion, including County Counsel and Victoria Tolbert, who pushed for finalization and ratification.

### **2017 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 2016*

### **CURRENT HOUSING WORK GROUP ROSTER**

- Ella Jones (ACOA)
- Gerald Richards (ACOA Chair)
- Rita Xavier (ACOA)
- Joan Carpenter (John Gioia's Office)
- DebbieToth (Rehab Services of N. Cal)
- Verna Hass (Senior Legal Services)
- Annette Balter (Episcopal Senior Communities)
- Paul Mikolaj (Senior Advocate)
- Elaine Clark (MOW and Senior Out. Svcs.)
- Joseph Voelker (Mark DeSaulnier's Office)
- Tracy Powell (Episcopal Senior Communities)
- Jasmine Tarkoff (Multi-Faith Action Coal.)
- Jim Carlson (Lamorinda Senior Village)

### **ACTIVITIES**

- Monthly Meetings
- Educational Presentations

### **ACCOMPLISHMENTS**

This year, the second for the newly reconstituted work group, we began with the goal of finding a project that could actually provide some housing for seniors. Late last year we had a presentation from the Executive Director of Marin

County's shared housing program under the auspices of Episcopal Senior Communities. After some deliberation, our membership decided to pursue creating a shared housing program in Contra Costa County. During the course of monthly meetings, we received presentations from several nonprofit organizations interested in shared housing as a way to help both seniors on fixed incomes with more house than they need and other seniors needing housing.

We held meetings with and heard from several organizations to determine whether there would be any interest in and support for establishing a shared housing program in the county. Our membership now consists of representatives of the following organizations:

1. Meals on Wheels Senior Outreach Services,
2. Independent Living Resources,
3. Episcopal Senior Communities,
4. Rehabilitation Services of Northern California,
5. Multi-faith Action Coalition,
6. Contra Costa Senior Legal Services, and
7. The Office of Supervisor John Gioia

The Episcopal Senior Communities, which operates shared housing programs in three Bay Area counties, stepped forward and expressed a willingness to staff a shared housing program in Contra Costa County. At our October meeting, a local staff member from the League of California Cities attended our meeting and suggested our cities are likely to have great interest in this idea because of the seriousness of the housing shortages in the county. As the year comes to an end, the Work Group members have decided to select three cities, one each from East, Central and West County, to ask for financial support to fund a shared housing demonstration program for the county in those three cities. We are feeling confident that a program can be fashioned within the first half of 2017, and be fully functional by the end of 2017.

### **2017 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 2016**

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

- |                   |                      |                    |
|-------------------|----------------------|--------------------|
| ▪ Jennifer Doran  | ▪ Joanna Kim-Selby   | ▪ Sheri Richards   |
| ▪ Susan Frederick | ▪ Dr. Robert Leasure | ▪ Janelle Williams |
| ▪ Ella Jones      | ▪ Paul Mikolaj       | ▪ Kathryn Ames     |
| ▪ 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 2016 the Health Work Group conducted informative presentations and interviews with Lucinda Bazile, MPH, Deputy Director of LifeLong Medical Care. LifeLong has positioned its organization to alleviate the vacuum created by the closure of the emergency room of Doctors Medical Center, San Pablo. We also heard from Ellie D. Shirgul, Psy D., Program Supervisor, Contra Costa Mental Health and Older Adult Mental Health. She presented a program describing the comprehensive services provided by Older Adult Mental Health Services.

The Majority of the year was spent developing a flyer reminding seniors of the importance of vaccinations for Shingles, Flu, Pneumococcal pneumonia and whooping cough. These flyers were distributed to Senior Centers, Libraries and Senior living facilities throughout Contra Costa County.

The Work Group members opened discussion on aligning ourselves with other organizations working on senior issues.

In addition, there was regular reporting from work group members on AARP, legislative updates, CARA, CANHR, CPAW, Justice in Aging and Mental health issues of older adults.

## **2017 Work Plan - GROUP GOALS**

- Monitor and advocate for all legislative efforts regarding geriatric health issues especially issues concerning long term care
- Mental Health: Identify unmet mental health needs of the elder population and provide exchange for shared advocacy with other mental Health departments and Centers
- Align ourselves with other organizations representing senior health issues
- Identify issues as the year progresses and define appropriate action plans

### ***Susan Frederick***

Health Work Group Chair

Advisory Council on Aging Secretary

## **LEGISLATIVE ADVOCACY WORK GROUP**

*January – December 2016*

### **CURRENT LEGISLATIVE WORK GROUP ROSTER**

- |                               |                      |
|-------------------------------|----------------------|
| ▪ Shirley Krohn (Co-Chair)    | ▪ Juliana Boyle      |
| ▪ Joanna Kim-Selby (Co-Chair) | ▪ Dr. Robert Leasure |
| ▪ Mary Dunn-Rose              | ▪ Gerald Richards    |
| ▪ David Joslin                | ▪ 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:
  - SB 924 [Roth] – Insurance: annuity transactions.
  - AB 1655 [Dodd] – Medi-Cal: beneficiary maintenance needs: personal needs allowance.
  - AB 2497 [Wagner] Voluntary contributions: California Senior Legislature Fund: California Senior Citizen Advocacy Fund.

### **2017 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

### **TRANSPORTATION WORK GROUP**

***January – December 2016***

#### **CURRENT TRANSPORTATION WORK GROUP ROSTER**

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

#### **ACTIVITIES**

- Monthly Meetings and advocacy for transportation for older adults

#### **ACCOMPLISHMENTS**

- Attended Senior Rally Day and advocated for Senior Transportation.
- Provided education on Measure X to individuals and groups: CCC Board of Supervisors, City Councils, Advisory Council on Aging, Lafayette Senior Commission, MOWSOS Board, and Lafayette Today publication.
- Distributed “Way to Go, Contra Costa” throughout Contra Costa County.
- Distributed CCTA surveys to Senior Centers.
- Published SMAC newsletter.
- Participated on the Measure X Expenditure Plan Advisory Committee, advocating for increased funding and emphasizing the need for mobility management and services above and beyond ADA mandates.

### **2017 Work Plan - GROUP GOALS**

- Continuation of 2016 goals which include: advocacy for Mobility Management in Contra Costa, advocacy for: city-based transportation programs, increased volunteerism in senior transportation, legislation that supports, preserves, and encourages senior mobility, and making it safer for senior pedestrians. Provide leadership and support at conferences, workshops, and committees related to Senior Mobility. Continue to publish SMAC Newsletter and support CSL endeavors.
- Link “Way to Go, Contra Costa” to the SMAC page of the ACOA website, additional non-profit websites, and senior organization websites.
- If Measure X doesn’t pass, develop a plan for what’s next.
- Consider putting on a transportation event.
- Get on National List Serves to find out what others are doing in transportation.
- Engage in Regional Planning activities.
- Arrange for presenters from Concord Naval Weapons Station Planners, transportation providers and local elected officials.
- Work with others to promote Age-Friendly transportation practices in county platform.
- Investigate technology and its impact on the senior population – the good, the bad and how we can help.

- Add Uber and Lyft information to the SMAC page of the ACOA website and offer it to non-profit and senior organizations.

### **Mary Bruns**

Transportation Work Group Chair

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

## **SENIOR NUTRITION PROGRAM**

*January – December, 2016*

### **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.

#### **2016 Achievements**

- The Meals on Wheels of Contra Costa, Inc., (MOW) has updated the website in order to reach out to more donors.
- A generous donation was received from T.J. Long foundation.
- The 2nd quarter MOW meals services report noted a 14% increase in senior meals compared to the same period last year.
- The first day of the new fiscal year, MOW of CC, Inc. received a bequest of \$106,000.
- A Summary of Direct Mail Donation through March 31, 2016 shows donations exceeding \$400,000 from Holiday Appeals.

Projects the MOW Board is working on include MailChimp to begin our first online newsletter, ride-alongs for elected officials in West and East County and (3) grant proposals prepared and submitted with personalized calls and thank you notes to high-end donors.

#### **2017 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

Advisory Council on Aging  
2016 Annual Report