

CONTRA COSTA COUNTY
ADVISORY COUNCIL ON AGING
ANNUAL REPORT



JANUARY – DECEMBER 2017

CONTRA COSTA COUNTY

Advisory Council on Aging

Officers:

- Shirley Krohn – 1st Term
- Susan Frederick, First Vice President – 1st Term
- Rita Xavier, Second Vice President – 1st Term
- Gail Garrett, Secretary – 1st Term
- Patsy Welty, Treasurer – 1st Term

Current Roster of Members as of November 15, 2017:

Fred Adams
Kathy Ames
Jagjit Bhambra
Ed Benson
Steve Birnbaum
Mary Bruns
Deborah Card
Nina Clark
Michael Collins
James Donnelly
Jennifer Doran
Anna Fehrenbach
Rudy Fernandez
Susan Frederick
Gail Garrett
David Joslin
Keith Katzman

Arthur Kee
Joanna Kim-Selby
Shirley Krohn
Robert Leasure
Ruth McCahan
Paul Mikolaj
Richard Nahm
Nuru Neemuchwalla
Fuad Omran
Sheri Richards
Mary Rose
Summer Selleck
Ron Tervelt
Lorna Van Ackeren
Patsy Welty
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 (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 2017, we again helped organize Senior Rally Day in Sacramento in May. With the help of Joan Carpenter, District Coordinator for Supervisor John Gioia together with both the East and Central County Senior Coalitions, buses were chartered to take Contra Costa seniors to the event. The Planning Team this year involved a larger group including representatives from Choice in Aging, American Association of Retired Persons (AARP), California Association of Retired Americans (CARA), California Association of Area Agencies on Aging (C4A), California Commission on Aging (CCoA), California Senior Leaders Alliance, California Senior Legislature (CSL), California Welfare Director's Association (CWDA), Congress of California Seniors, Social Security Works, and others. An impressive list of organizations actively participated in the planning. An expanded team is currently working on the 2018 Senior Rally.

Our Transportation Work Group, operating as the Senior Mobility Action Council (SMAC) with membership from transit companies and other community transportation representatives, organized, '2017 – Transportation Forum – It's More Than Just a Ride' presented at John Muir Hospital in Walnut Creek. This was an all-day event that filled the Ball Auditorium. A summary of recommendations received will be provided in a letter to the Board of Supervisors and City Council Members.

Our Housing Work Group, working with Episcopal Services and County staff has rolled out a home sharing program in Concord. This program is just getting started, so a more comprehensive report will be included in the 2018 Presidents Report.

Generally speaking, all ACOA work groups are being encouraged to engage more community members to join in their activities. Additionally, the ACOA in 2018 will focus on getting more Board of Supervisor staff members to attend our meetings. We feel this is essential so that the Board is aware of our ongoing activities in addition to this annual summary.

Shirley Krohn

Executive Committee Chair

Advisory Council on Aging President

CURRENT PLANNING COMMITTEE ROSTER

- Debbie Card
- Nina Clark
- Susan Frederick
- Arthur Kee (Chair)
- Ron Tervelt

ACTIVITIES

Monthly meetings with contracted service providers, monitoring and making suggestions for implementing to improve services and better meet the needs of participants in regard to services provided by contractors within the budget.

ACOMPLISHMENTS

The Planning Committee continues to work with contracted providers who make presentations to the Committee, review program questionnaires and work with the staff in improving attendance of the contractors. Last minute cancellations have been improved. The AAA Staff continues to apply a diligent strategy of persuasion and communication with the contractors to provide advanced notification of cancellations in order that the AAA Staff may find replacements which promotes effective time management for all.

2018 WORK PLAN

In light of the ever expanding senior populations, the Committee will continue to work closely and diligently with the AAA Staff to monitor and insure the residences of Contra Costa County have access to adequate and appropriate services provided by reputable and trustworthy contracted entities.

Arthur Kee

Planning Committee, Chair

CURRENT MEMBERSHIP COMMITTEE ROSTER (INCLUDES NOMINATING)

- Susan Frederick District I / M-C
- Fred Adams District II / M-C
- Richard Nahm (Chair of Membership) District III / M-C:
(Member at President’s Discretion)
- VACANT District IV / M-C
- Jennifer Doran (Chair of Nominating) District V / M-C & Nominating Committee
- VACANT District I / Nominating Committee
- Nina Clark District II / Nominating Committee
- VACANT 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

The Council began 2017 with seven (7) vacancies, down from nine (9) vacancies for the same period during the previous year (2016). Today, we have seven (7) vacancies composed of one MAL and six (6) City Seats - Oakley, San Pablo, Pinole, Pittsburg, Richmond, and Walnut Creek. The City of Oakley vacancy should be filled in December of 2017, as a candidate is presently in queue for appointment. The At Large Seat should be filled in early 2018 following interviews scheduled for next January. To enhance recruitment activities, the Membership Committee members will enlist the Council's At Large members who reside in those cities that presently have vacancies.

While the Committee provided ongoing support for the recruitment of Council members willing to serve the Council's Housing Work Group, one of our Committee members focused on the development an interactive activities calendar. Member retention activities were also developed to bolster positive social interaction between the individual Council members.

Toward the end of 2017, members began a review of At Large / Local Committee Seat Job Descriptions in order to provide each member with a written document of expectations.

2018 WORK PLAN

- Maintain a full Advisory Council on Aging membership
- Recruit representatives for District I, III and IV to serve on the Membership Committee
- Apply and track membership eligibility requirements
- Track attendance problems
- Work to provide members with a written description of their position expectations
- Bylaws Reviews and Recommendations as Requested
- Report to the Executive Committee

Richard Nahm

Membership Committee Chair

HOUSING WORK GROUP REPORT

January – December 2017

CURRENT HOUSING WORK GROUP ROSTER

- Ruth McCahan (ACOA)
- Paul Mikolaj (ACOA)
- Lorna Van Ackern (ACOA)
- Julie Berry (Independent Living Resources)
- Lisa Hicks (Independent Living Resources)
- Annette Balter (Episcopal Senior Communities)
- Max Moy-Borgen (Episcopal Senior Communities)
- Joan Carpenter (Office of County Supervisor John Gioia)
- Elaine Clark (Meals on Wheels and Senior Outreach Services)
- Debbie Toth (Choice in Aging)
- Nhang Luong (AAA)
- Gerald Richards (Hercules resident)
- Mariana Moore (Ensuring Opportunity)
- Jasmine Tarkoff (Multi-Faith Coalition)

ACTIVITIES

- Monthly Meetings
- Educational Presentations

ACCOMPLISHMENTS

In 2017, the Work Group researched different Shared Housing Program models and explored the feasibility of adopting a program in Contra Costa County. We also reached out to community based organizations to see if any of them would be willing to operate a Shared Housing Program with the support of the Housing Work Group. Episcopal Senior Communities (ESC) stepped up and committed to working with the Housing Work Group to develop a sustainable Shared Housing Program. By October, ESC was able to secure funding for the first year and hired a Program Director to launch Home Shared Contra Costa, a program that screens and matches homeowners who have a room to rent with housing seekers who are looking for affordable housing.

2018 Work Plan

The Work Group will be meeting in December to set our priorities for 2018. The priorities may include helping the Episcopal Senior Communities develop and implement an outreach strategy to publicize the Home Shared Contra Costa Program and finding sustainable funding. Another focus may be on researching effective models for building accessory dwellings as a way to create more affordable housing in Contra Costa. The Housing Work Group will also continue to partner and coordinate with other housing groups to advance housing issues that are important to seniors.

Nhang Luong

Senior Staff Assistant – Area Agency on Aging
Staffing Support to the Housing Work Group
(Ms. Luong is an interim facilitator as the ACOA recruits a member to replace its previous Chair)

HEALTH WORK GROUP REPORT

January – December 2017

CURRENT HEALTH WORK GROUP ROSTER

- Fred Adams
- Kathryn Ames
- Jennifer Doran (Co-Chair)
- Susan Frederick (Chair)
- Joanna Kim-Selby
- Dr. Robert & Nancy Leasure
- Paul Mikolaj
- Nuru Neemuchwalla
- Sheri Richards

ACTIVITIES

- Regular monthly meetings
- Educational presentations
- Advise the senior community on issues impacting their health
- Develop projects that will impact specific issues related to senior health and well being

ACCOMPLISHMENTS

In 2017 the Health Work Group conducted informative presentations and interviews with Terence Carey, Assistant Fire Chief - CCC Fire Protection District and Ruth Atkin, Manager HICAP, and Ruth Gay, Public Policy Officer. This year we developed a flyer addressing senior isolation titled “Be a Good Neighbor”. We plan in late 2017 and 2018 to distribute the flyers to senior centers, libraries and other areas as identified.

We initiated a project with members of the community entitled Meals on Discharge. Meals would be delivered, for a limited time, to patients recently discharged from hospitals and specifically identified Medicare patients. In addition, there was regular reporting from work group members on American Association of Retired Persons (AARP), legislative updates, California Advocates for Nursing Home Reform (CANHR). Additionally, Justice in Aging provides updates on issues involving residents of care homes, home health & care providers and mental health issues experienced by elder adults.

2018 Work Plan - GROUP GOALS

- Mental Health: We will continue, through our liaison with CPAW and Older Adult Mental Health Services, to identify unmet mental health needs of the elder population. Provide exchange for shared advocacy with other mental health programs.
- Continue with the conceptual development of a project to provide meals to recently discharged patients; identified Medicare patients, in coordination with our community partners.
- Identify issues as the year progresses and define appropriate action plans.

Susan Frederick / Jennifer Doran

Health Work Group Co-Chairs

LEGISLATIVE ADVOCACY WORK GROUP

January – December 2017

CURRENT LEGISLATIVE WORK GROUP ROSTER

- Shirley Krohn (Co-Chair)
- Joanna Kim-Selby (Co-Chair)
- Mary Dunn-Rose
- David Joslin
- Dr. Robert and Nancy Leasure
- Summer Selleck

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 1 (Frazier) Transportation Funding
 - SB 1 (Beall) Transportation Funding
 - SB 202 (Dodd) Medi-Cal Personal Allowance Increase
 - SB 147 (Dodd) Mobil Home Parks Residency
 - SB 562 (Lara) Californians for a Health California Act
 - AB 550 (Reyes) State Long Term Care Ombudsman Program
 - AB 940 (Weber) Long term Health Care Facilities
 - AB 519 (Levine) Reestablish CSL on CA tax checkoff - Fund: California Senior Citizen Advocacy Fund

2018 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 | ▪ Rosemary Robles | ▪ Dollene Jone | ▪ Edi Birsan |
| ▪ Elaine Clark | ▪ Rita Xavier | ▪ Ray Zenoni | ▪ Nina Clark |
| ▪ Elaine Welch | ▪ Keith Katzman | ▪ Mary Bruns | ▪ MacKenzie Garcia |
| ▪ Leslie Young | ▪ Peter Engel | ▪ Shirley Krohn | ▪ Vicky Voicehowsky |
| ▪ Debbie Toth | ▪ Ken Gray | ▪ Ralph Hoffmann | |

ACTIVITIES

- Monthly Meetings and advocacy for transportation for older adults and adults with disabilities

ACCOMPLISHMENTS

- Attended Senior Rally Day and advocated for Senior Transportation
- Published SMAC newsletter
- Sponsored/delivered “2017 – Transportation Forum – It’s More Than Just a Ride”
- Supported goals of Contra Costa Senior Policy Platform 2020: “Evaluate, Convene, Educate, Advocate” in the area of accessible transportation for seniors and the disabled

2018 Work Plan - GROUP GOALS

- Ongoing Goals: advocacy for: Mobility Management in Contra Costa, 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.
- Continuation of 2017 goals which include:
 - Link “Way to Go, Contra Costa” and the SMAC Newsletter to the SMAC page of the ACOA website, additional non-profit websites, and senior organization websites
 - Since Measure X didn’t pass, develop a plan for what’s next including: 1) prioritize what is doable from Measure X without the Measure X funding and 2) investigate and support a new Measure X
 - 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 Technical Network Companies’ information to the SMAC page of the ACOA website and offer it to non-profit and senior organizations
- Engage in Contra Costa planning activities for Emergency Preparedness. Support related community education events. Co-Sponsor Emergency Preparedness Public Forum with other ACOA workgroups and interested organizations and people
- Promote FAST and CERT
- Refresh our knowledge of what CCTA is working on

Mary Bruns

Transportation Work Group Chair (Otherwise Known As: Senior Mobility Action Council (SMAC))

Elder Abuse Prevention Work Group (New in 2017)

CURRENT ELDER ABUSE PREVENTION WORK GROUP ROSTER

- Mary Rose (Co-Chair)
- Summer Selleck (Co-Chair)

ACTIVITIES

- New work group / first meeting held on August, 16 2017; three meetings held through November 30, 2017
- Educational presentations discussed, zeroed in on elder financial abuse
- Goal to educate the community on issues impacting financial abuse of older adults
- Get committee up and running, with creation of workgroup and training materials

ACCOMPLISHMENTS

In 2017 August was first public meeting of the new work group. Discussed creation of a Purpose State for the Workgroup. September 2017 the workgroup reviewed, suggested changes and approved the working document to guide the group's actions and directions, the Workgroup Document, "Purpose, Organization and Duties and Responsibilities Statement." With the help of the Christina Cotton, APS staff, power points were created, discussed and approved for the trainings of nonprofessional public interested parties. Also discussed and reviewed handouts. Further, reviewed the speaker application to vet possible speakers and the created the letter to various organizations requesting venue, date.

2018 Work Plan

- Overall goal is to increase awareness and prevention of elder abuse, neglect & exploitation
- Develop and deliver trainings and other related presentations to the public
- Dissemination of elder abuse prevention materials

Mary Rose / Summer Selleck

Elder Abuse Prevention Work Group Co-Chairs

SENIOR NUTRITION PROGRAM

January – December, 2017

ACTIVITIES

- Home Delivered Meals: 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

ACCOMPLISHMENTS

The Senior Nutrition Program continues service to seniors and 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.

2017 Achievements

- CC Café Service was re-established with the reopening of Neighborhood House in North Richmond
- The Meals on Wheels of Contra Costa, Inc., (MOW) made a generous contribution to help provide nourishment to seniors who survived a major Hurricane in southeast Texas.
- Grants received by Meals on Wheels of Contra Costa, provided 42% of the total countywide Meals on Wheels Program budget. MOW has therefore become the largest single funding source for the 416,270 annual meals delivered to nearly 2,300 homebound elders in Contra Costa County.
- Received Contra Costa County Board of Supervisors recognition for serving more than 5 million nutritious meals to nutritionally at-risk homebound seniors who reside in Contra Costa. The meals are subsidized by the individual contributions of grants received through MOW of Contra Costa, Inc.,

2018 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

Shirley Krohn (reporting for Gail Garrett)

President

Advisory Council on Aging

Advisory Council on Aging
2017 Annual Report