

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



**JANUARY – DECEMBER 2019**



CONTRA COSTA COUNTY

# Advisory Council on Aging

Officers:

- Susan Frederick, President – 1<sup>st</sup> Term
- James Donnelly, First Vice President – 1<sup>st</sup> Term
- Gail Garrett, Second Vice President – 1<sup>st</sup> Term
- Fred Adams, Secretary – 1<sup>st</sup> Term
- Jagjit Bhambra, Treasurer – 1<sup>st</sup> Term

Current Roster of Members as of November 30, 2019:

Fred Adams  
Jagjit Bhambra  
Mary Bruns  
Deborah Card  
Nina Clark  
James Donnelly  
Kevin Donovan  
Jennifer Doran  
Rudy Fernandez  
Susan Frederick  
Gail Garrett  
Arthur Kee  
Joanna Kim-Selby  
Jill Kleiner  
Shirley Krohn  
Steve Lipson

Richard Nahm  
Frank Napoli  
Nuru Neemuchwalla  
Brian O'Toole  
Gerald Richards  
Mary Rose  
Summer Selleck  
Frances Smith  
Michael Syrett  
Ron Tervelt  
Thompson, Kathie  
Terri Tobey  
Lorna Van Ackeren  
Patsy Welty  
Dennis Yee

### 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 basis of the Area Agency on Aging Area Plan is on unmet needs and priorities experienced by older persons, as determined by assessments and input from the senior network throughout the County.

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This year has been a very active one for the ACOA. My goals for the year were to strengthen the council and that the activities and existence of the ACOA will become more familiar in the county.

Actions taken toward these goals:

1. We revised our New Member Orientation this year. This will represent the objectives of the council to the new council members.
2. We developed a 'buddy' program so that new members would have someone who could answer questions and help them to assimilate into the committee if needed.
3. Several ACOA Presidents' reports addressed whom the council is and what our mandate is.
4. Distribution of the new ACOA Informational Brochures began.
5. Members were encouraged to formally meet with their supervisors (in a small group or individually) so that a presentation of ACOA accomplishments could be discussed and members would become familiar with their individual supervisors.
6. We spoke at a Board of Supervisors meeting this fall.
7. We have a new partnership with Contra Costa Counties Elder Abuse Prevention Project
8. We continue to work with Choice in Aging. We co-sponsored a conference on the, soon to be developed, Master Plan for Aging (MPA). The audience included appointed members of the MPA development committee. Several members of the county Board of Supervisors and/or their representatives also attended.
10. In the past SMAC has presented educational conferences, for the 2020 conference tentatively called "Retiring in the Bay Area: What's next", the entire ACOA council will be involved in the planning and presentation of the conference.

In order to update our bylaws and to make the committee more efficient. Our County Counsel is reviewing changes and we are awaiting their approval.

For the first time, to my knowledge, the council has had a waiting list to fill MAL seats. It remains a challenge to fill City seats. We have had one meeting in 2019 that has been without a quorum.

In 2019, the following organizations made presentations to the council, offering information on how they assist older adults in the county: Ensuring Opportunity; Diablo Valley Foundation for the Aging; Center for Elders Independence; Elder Abuse Prevention Program; Choice in Aging; Contra Costa Senior Legal Services; California Senior Legislature.

This year saw the formation of the ACOA Technology Work group. We formed this workgroup to help educate older adults, the ACOA/work groups/constituents on what technologies are available, what benefits they hold, and how to use them.

We also saw the addition of Senior Staff Assistant position assigned to ACOA, Anthony Macias, who has been a great help in helping to organize and assist the council.

Susan Frederick,  
Executive Committee Chair  
Advisory Council on Aging President

**CURRENT PLANNING COMMITTEE ROSTER**

- Debbie Card
- Nina Clark
- Kevin Donovan
- Susan Frederick
- Arthur Kee (co-chair)
- Ron Tervelt (co-chair)
- Dennis Yee

**ACTIVITIES**

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

**ACOMPLISHMENTS**

The committee focused on those services that were tangible in nature, particularly when it came to One-Time-Only Funds. A result of the prior year’s activities, led to a concerted effort this year to engage contractors in discussing Mental Health issues that occurred under their stewardship. Working with contracted providers and AAA Staff has resulted in outstanding performance, which includes documents available prior to meetings, its associated quality, and zero presentation cancellations.

**2020 WORK PLAN**

The Planning Committee and AAA Staff will work together to further enhance efficiencies that can be obtained for discussions with contractors. We will be looking for similar contracting services to combine at some meetings, thereby improving discussions and possible recommendations. The Planning Committee will also be available, if required, to assist the three area Coalitions as they move forward on their individual plans.

***Arthur Kee and Ron Tervelt***

Planning Committee, co-chairs

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

- Fred Adams District II Membership Committee
- Jennifer Doran (Chair) District V Membership Committee
- Rudy Fernandez District III Membership/Nominating Committee
- Susan Frederick District I Membership Committee
- Richard Nahm (President’s appointment) District III Membership Committee
- Nuru Neemuchwalla District IV Membership/Nominating Committee
- Patsy Welty (President’s appointment) District V Membership Committee
- Jagjit Bhambra District V Nominating Committee
- Steve Lipson District I Nominating Committee
- Terri Tobey District II Nominating Committee



## **ACTIVITIES**

- Monthly Meetings
- Membership Recruitment
- Attendance Reviews
- Membership Retention
- Review Orientation Presentation
- Appointments/Resignations
- Eligibility Reviews
- Applicant Reviews
- Report to Executive Committee

## **ACOMPLISHMENTS**

The Council began 2019 with eight vacancies, all City seats. The committee initiated a waiting list for MAL seats with two interviewed applicants on the list. Applicants were encouraged to attend ACOA meetings until BOS approval.

With resignations and appointments, the CY 2019 ended with nine vacancies (8 City seats, and 1 MAL seat, pending BOS approval).

Recruitment activities, especially to cities, during the year included:

1. Reviewing individual city websites to insure ACOA recruitment messages were included and complete. One city had no notification on the website was quickly addressed by city staff.
2. Contacting city clerks to discuss recruitment strategies and notifying them of incorrect messages.
3. Submitting recruitment messages to each Supervisor to be included in future newsletters. It cited the cities with vacancies within each respective district and contact information.
4. Directly meeting with aging commission of one city and contacting others.

In 2 out of 10 monthly meetings, a quorum was not present. In order to address the issue, revision of the ACOA Bylaws include utilizing interviewed applicants as alternate members in order to seat a quorum. The alternate would not have a voting privilege. The ACOA approved this revision in April 2019. County Counsel is conducting a legal review.

## **2020 WORK PLAN**

- Maintain a full Advisory Council on Aging membership.
- Apply and track membership eligibility requirements.
- Track and address individual attendance issues.
- Insure provision of Member's Expectations list to each member.
- Review Bylaws and make requested recommendations.
- Assign ACOA Access member to mentor new members.
- Report to the Executive Committee.

***Jennifer Doran***

Membership Committee Chair

**CURRENT HOUSING WORK GROUP ROSTER**

- Gerald Richards (ACOA)(Chair)
- Annette Balter (Covia) (Co-Chair)
- Nhang Luong (AAA) (Staffing Support)
- Mike Awadalla (Care Patrol)
- Julie Berry (Independent Living Resources)
- Fran Smith (ACOA)
- Lisa Hicks (Independent Living Resources)
- Lisa Hammon (Choice in Aging)
- Michael Hopfe (Independent Living Resources)
- Ella Jones (CCHP Commission)
- Rosa Loya (Meals on Wheels Diablo Region)
- Lenore McDonald (Center for Elders’ Independence)
- Paul Mikolaj (Danville resident)
- Mariana Moore (Ensuring Opportunity)
- Delia Pedroza (ECHO Fair Housing)
- Victoria Snyder (Contra Costa Senior Legal Services)
- Anitra Winder (Habitat for Humanity)

**ACTIVITIES**

- 10 Regular Monthly Meetings
- Educational Presentations
- Review of Housing and Homelessness activities and events promulgated by non-profits and other jurisdictions
- Followed bills in the California Legislature related to housing and other issues important to seniors.
- Advocacy training by former HWG Member Zuleika Godinez (Ensuring Opportunity) for the members.

**2019 ACCOMPLISHMENTS**

- The Housing Work Group (HWG) during 2019 continued its activities supporting Covia (formerly Episcopal Senior Communities) in expanding The Shared Housing Program to communities throughout Contra Costa County.
- Through the further development and distribution of an Infographic on Housing and Homelessness throughout the County, the HWG hoped to raise awareness of key officials in Contra Costa County to the growing housing shortfall among seniors in the County.
- The Work Group continued to invite speakers on various subjects related to housing issues as we continued to educate ourselves on the impact of inadequate housing and homelessness on all aspects of the life of our senior population.
- This year the following speakers spoke on the subjects indicated: *Program of All-Inclusive Care (PACE), Care Patrol, Habitat for Humanity East Bay/Silicon Valley, UC Davis Professor Michael Hagerty on the Marin Commission on Aging’s Housing Report, Health Services Department’s Health, Housing, and Homeless Services, Community Development Block Grant, and Adult Protective Services’ Home Safe Program.*
- The HWG began work on a White Paper on the many issues related to housing for seniors with the help of Teri House, City of Antioch and CDBG Consultant.
- In addition, the Group had advocacy training for the members in preparation for beginning to have members advocate for seniors housing and related issues throughout the county with help from ACOA City Representatives.

## **2020 Work Plan**

- Continue to use the infographic for education:
  - Get it out to service clubs and the public.
  - Set a goal to reach out to, via the ACOA, 50% of the Commissions on Aging to see if they would use the infographic to discuss/advocate for older adult housing issues with City Councils.
  - Schedule a meeting with regional (East, West, Central) Commissions on Aging representatives. Maybe a meeting in each of the first three quarters of 2020.
  - The white paper's expected completion date is the end of 2019. The HWG expects to present the white paper and infographic in the first quarter of 2020.
  - Coordinate with ACOA Membership Committee about reaching out to City representatives on the ACOA.
  - Request that ACOA include white paper and infographic in its new member orientation packet.
- Recommend City that representatives to the ACOA advocate for city support of Home Match. Link it with support of Accessory Dwelling Units (ADU), Junior Accessory Dwelling Units (JADU) development.
- Continue to use the infographic for education and Link it with support of ADU/JADU development.
- Use the white paper and infographic together to outreach to cities, Board of Supervisors, service providers, and the public. Medium sized convening to present the white paper. Teri House recently convene a diverse group of stakeholders for the CDBG Consortium needs assessment. Work with Teri to convene similar group to release the white paper in the 2nd quarter of 2020.
- Attend grand opening of CEI's PACE center in Concord. Invite CEI to present to HWG about how PACE program can address homelessness.
- Other Objectives:
  - Continue to advance housing issues that impacts older adults, including housing insecurity and health outcomes.
  - Concord Weapons Naval Station – receive updates and to stay current on developments. Mariana Moore will provide contact information to make connections.
  - Half-cent sales tax for County general revenue expected on November 2020 ballot, pending Board of Supervisors approval. If it passes, funding could be available for housing. Track development and take action when appropriate.
  - Continue to invite presenters to meetings. A couple of topic suggestions: impact of housing insecurity and homelessness on health outcomes and The Pleasant Hill General Plan.

***Gerald Richards, Chair***

***Annette Balter, Co-Chair***

## **HEALTH WORK GROUP REPORT**

***January – December 2019***

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

- |                             |                           |                     |
|-----------------------------|---------------------------|---------------------|
| • Fred Adams                | • Susan Frederick (Chair) | • Terri Tobey       |
| • Jennifer Doran (Co-Chair) | • Joanna Kim-Selby        | • Lenore McDonald   |
| • Susan Frederick (Chair)   | • Nancy Leasure           | • Nuru Neemuchwalla |
| • Brian O'Toole             | • Dennis Yee              |                     |

## **ACTIVITIES**

- Regular monthly meetings
- Educational presentations
- Monthly presentations by members on Nursing Homes, AARP, Caregiving, Alzheimer's/ Dementia, CCC Older Adult mental health and Legislation. Presentations included:
  - Nicole Howell, Ombudsman Services and Dodi Zotigh, Mt Diablo Ed CTEC coordinator  
New innovative CNA educational program
  - Margaret Stauffer Chef Mission officer, Cancer Support Community  
Issues facing cancer patients and families.
  - Sue Guest, PHN, Contra Costa Health Services  
Discussion of issues faced by Public Health Nurses and seniors
  - Dainella Poy-Wing, PHN  
Discussion of issues faced by Public Health nurses and seniors
  - Brian O'Toole  
Medi-Cal a lawyer's prospective
  - Bob Sessler, Consultant to Contra Costa Health Plan  
Discussion and renewal of Meals on Discharge project

## **ACCOMPLISHMENTS**

- Continued distribution of flyers: "Be a Good Neighbor" and Vaccine for Seniors"
- A compact with Health Insurance Counseling and Advocacy Program (HICAP) and contracted ambulance company to charge the lower Medicare rate for ambulance services considered "Non-Medically Necessary", as opposed to the private insurance rate. This will be included in future contracts, saving seniors a considerable amount of money.
- Support Letter for AB 388: Grants for dementia needs Assessments
- Support Letter for AB 280 Fall prevention Act (this letter will be held until needed)
- Support Letter for AB568 California Care Corp

## **2020 Work Plan - GROUP GOALS**

- The Older Adult Mental Health committee has changed its focus from consumers to those serving the consumer. This no longer serves our purpose. We will attempt to connect with a group that focuses on the Older Adult Consumer of Mental Health Services.
- Bob Sessler, of Health Care Services, will assist us in actively pursuing our Meals on Discharge project. This project will provide to selected recently discharged senior and/ or disabled patients, once a day meals for thirty days, higher incidents of complications, readmissions, mortality rates and higher cost of care are consistent in malnourished patients. Many elder patients are unable to obtain adequate nutrition after discharge from the hospital due to a variety of reasons, weakness, lack of transportation, lack of understanding of nutrition and insufficient funds are some causes.
  - Identify issues as the year progresses and define appropriate actions plans
  - Development and planning of projects specific to issues related to senior health and nutrition.

***Susan Frederick, Chair***

***Jennifer Doran, co-Chair***

**CURRENT LEGISLATIVE WORK GROUP ROSTER**

- Shirley Krohn (Co-Chair)
- Lenore McDonald
- Alejandra Sanchez Ezidro
- Bhambra, Jagjit
- Dawn Morrow
- Debbie Toth
- Elaine Welch
- Fran Smith
- Frederick, Susan
- Glenda Pacha
- Jackie Winfield
- Jenna Elkins
- John Cunningham
- Kim-Selby, Joanna
- Koren Stevenson
- Laura Cepoi
- Lia Bristol
- Lisa Hammon
- Nancy Leasure
- Neemuchwalla, Nuru
- Nhang Luong
- Nicole Howell
- Van Ackern, Lorna
- Verna Haas
- Zachary Smith
- **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**

- For the first time members of the community attended. There were eighteen attendees at this first meeting in January. The workgroup began reviewing new bills were reviewed at the February meeting.
- What follows are the Bills that the workgroup ended up following and their final disposition:
  - \*AB 970 Transportation options for non-emergency use  
(Passed on to governor for final approval)
  - \*AB 480 Mental Health Bill  
(Pulled by the Senator Appropriations committee)
  - AB 1136 Establish the CA Dept of Community Living  
\*\* Being held under suspension
  - AB 1137 Modernize the Older Californians Act  
\*\*on 7/1 held in suspense file
  - AB 1287, 1382, SB 228 Master Plan on Aging legislation  
Combined in the Governors Executive Order
  - \*SB 280 Fall Safe Housing  
\*\* Held in Appropriations Suspense File
- \* Letters of support submitted by ACOA
- \*\*suspense file hold - heading to governor’s desk for approval at end of August.

- Initially the workgroup did have community members and we were able to have call in capability.
- However, the last two meetings saw very little community participation.
- Due to Brown Act and Better Governance compliance with county CAO, the call in option is no longer a viable option for this workgroup.

**2020 Work Plan - GROUP GOALS**

- Review State and 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.
- The 2020 structure of the Legislative workgroup will allow for better participation.

*Shirley Krohn, Chair*

**TRANSPORTATION WORK GROUP**

*January – December 2019*

**(SMAC-Senior Mobility Action Council)**

**CURRENT TRANSPORTATION WORK GROUP ROSTER**

- |                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Mike Awadalla (Care Patrol)))</li> <li>• Mary Bruns - Chair (Lamorinda Spirit; ACOA)</li> <li>• John Cunningham (CCTA)</li> <li>• Zee DeLeon (San Pablo Senior Center)</li> <li>• Jim Donnelly (ACOA)</li> <li>• Ralph Dennis (Rossmoor)</li> <li>• Ken Gray (Tri Delta)</li> <li>• Rashida Kamana (County Connection)</li> <li>• Shirley Krohn (ACOA)</li> <li>• Peter Engel (CCTA)</li> </ul> | <ul style="list-style-type: none"> <li>• Belinda Graham</li> <li>• Mica McFadden (WestCat)</li> <li>• Lisa Hamlin (Choice in Aging)</li> <li>• David Pittman</li> <li>• Rosemary Robles (DMV)</li> <li>• Debbie Toth (Choice in Aging)</li> <li>• Lorna Van Ackren – co-Chair (Hillendale; ACOA)</li> <li>• Kristin Visbal</li> <li>• Kate Wiley</li> <li>• Elaine Welch (Mobility Matters)</li> </ul> |
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**ACTIVITIES**

- Ten Monthly Meetings of 12-15 people from a diverse network of Contra Costa agencies.
- Provided advocacy for transportation for older adults and people with disabilities.

**2019 ACCOMPLISHMENTS**

- Received presentation from CCTA and held thorough discussion on the proposed Transportation Expenditure Plan (TEP) for the Transportation Sales Tax proposed for the 2020 March ballot.
- Advocated to CCTA Board for changes in TEP to provide funding for transportation that goes beyond the mandated ADA paratransit rides.

- Received transportation presentations from Tri-Delta, County Connection, West County Transportation, Mobility Matters – Emergency Preparedness Plan, Arrive Rides, Kristen Visbal (Overcoming Transportation Barriers), and Concord Naval Weapons Station.
- Participated in Regional Mobility Management, Paratransit Coordinating Council, and VITAL meetings.
- Began planning and preparations for 2020 ACOA/SMAC event.
- Contributed senior transportation survey questions to ACOA survey planning.
- Published 2019 SMAC newsletter
- Worked with the Lafayette Senior Commission and community to plan for the implementation of the AARP Age-Friendly practices in Lafayette.
- Worked with Choice in Aging to promote Age-Friendly communities.
- Participated in Master Plan for Aging workshop.
- Developed white paper to use in educating Contra Costa residents on the Transportation Expenditure Plan.

### **2020 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 at least once per year and support CSL endeavors.
- Stay connected with CCTA and Regional Transportation Organizations.
- Keep abreast of trends in transportation that will affect seniors.
- Participate in ACOA/SMAC Event planning.
- Educate public on Transportation Sales Tax Measure and Transportation Expenditure plan proposed for March 2020 ballot as well as any transportation plans or ballot measures.
- Produce 2020 Transportation Infographic.
- Play an active role in the Accessible Transportation Strategic Plan Committee.
- Approach P G & E and East Bay Mud to include TEP informational flyer in with their mailings.
- Support further development of the Master Plan on Aging.
- Outreach to former members.

**Mary Bruns**, Transportation Work Group (SMAC) Chair

### **Elder Abuse Prevention Work Group (EAPWG)**

**January – December 2019**

### **CURRENT ELDER ABUSE PREVENTION WORK GROUP ROSTER**

- Mary Dunne Rose (co-chair)
- Summer Selleck (co-chair)
- Michelle Shaver (APS)
- Brandy Walker (APS)
- Shirley Krohn (Consulting Collaborating Member- Advisory Council on Aging Past President)
- Carey Rowan (Consulting Collaborating Member- Director of CCC Public Law Library)
- Gerald Richards (Consulting Collaborating Member- CC Senior Legal Services Board Member)

- Richard San Vicente (Consulting Collaborating Member- Board Member MOWDR)

### **CURRENT ELDER ABUSE PREVENTION WORKGROUP (EAPWG)**

- Three Proposed Regular Monthly Meetings on site 500 Ellinwood PH CA.
- Seven Proposed Special Meetings Presentations offsite to do Collaboration and EAPWG presentations.
- Goal to educate the community on abuse issues impacting elders and financial abuse of older adults.

### **COMMUNITY COLLABORATING ROSTER – OUTREACH / OFFSITE ELDER ABUSE PREVENTION PRESENTATIONS**

- San Pablo Senior Center, San Pablo CA
- Rainbow Center Concord, CA
- Antioch Senior Center Antioch, CA
- CH Assisted Living, Pleasant Hill, CA
- AP Assisted Living Lafayette, CA
- Stoneman Village, Pittsburg, CA
- Danville Senior Center, CA
- Walnut Creek Senior Center, CA
- CCC Law Library, CA
- Senior Legal Services, CCC
- Ombudsman Office, CCC

### **2019 ACCOMPLISHMENTS**

- The Elder Abuse Prevention Workgroup (EAPWG), during 2019, continued its activities to increase offsite community presentations using licensed attorneys and professional fiduciary with the overall goal of increasing public awareness and education of prevention of elder abuse, focusing on financial abuse & exploitation in Contra Costa County.
- In 2019 there were a total of 10 meetings; six “on site Regular Meetings” at 500 Ellinwood Pleasant Hill, Ca and four “Special Meetings Presentations offsite” representing community Elder Abuse Prevention outreach presentations.
- During 2019, our group shifted its focus toward more community outreach, education and less “on site Regular Meetings.”
- In 2019 there were again ten scheduled meetings: three proposed “on site Regular Meetings” with agendas and seven offsite “Special Meetings Presentations” to enhance community collaboration, communication and EAPWG off site presentations, including elder abuse prevention educational handout materials for nonprofessional public interested parties.
- We provide flyers announcing offsite dates and times of presentations to each community collaborating public site key contact point person for effective posting of public notice of presentations.

### **2020 WORK PLAN**

- In the upcoming year, EAPWG plans to continue the overall goal of increasing community awareness and education of prevention of elder abuse, focusing on financial abuse & exploitation.
- Our group intends to continue presentations and dissemination of elder abuse prevention materials for nonprofessional public interested parties in Contra Costa County (CCC).



- Senior Legal Services indicated they would present in East and West CCC and our group will focus mainly on Central County, to encourage full CCC coverage and reduce duplication of efforts, enhancing effective collaborating of community partners.

**Mary Dunne Rose and Summer Selleck, Co-Chairs**

**Technology Work Group**

**January – December 2019**

**CURRENT Technology WORK GROUP ROSTER**

- Steve Lipson (Chair)
- Jill Kleiner (Co-Chair)
- Gail Garrett
- Kevin Donovan

**ACTIVITIES:**

- Regular Monthly Meetings
- Speakers/Educational Presentations
- Website and Technology Assessment

**2019: Approval and Formation of the Technology Work Group**

- As mobile and computer technologies advance, it is critically important that older adults develop and maintain a higher level of technology literacy.
- To help keep the ACOA informed and the older adult community up to date on relevant technologies (and how to use them), the Executive Committee and the Board of Supervisors approved the formation of the ACOA’s Technology Work Group.
- The Work Group’s first meeting took place in June 2019 and meetings occur on the first Monday of every month at 9:30 a.m.

**Data Gathering/Analysis**

- The Technology Work Group began 2019 with a series of presentations, Q&A sessions, and discussions with HICAP’s Director of Community Outreach, Leah McIntosh; Information & Assistance’s Adult and Aging Services SSA, Nhang Luong; EHSD’s Community/Media Relations Manager Director, Tish Gallegos; and EHSD Web Administrator, Kevin Balderston.
- The Work Group is looking at on line resources and information relevant to older adults, presentation of information, accessibility, how we can remove, update and revise outdated information.
- In addition, the Technology Work Group has been analyzing the information we have gathered so we can better understand the needs of older adult users. Once completed, we expect the Tech Work Group to propose a set of updates and revisions to the ACOA website.

**Technology Work Group Goals**

- The Tech Work Group expects to spend part of 2020 assessing the current ACOA site and make ongoing recommendations/changes, including recommendations to improve the overall look and feel of the ACOA page(s).

- In 2020, the Technology Work Group also hopes to identify technology resources available throughout the county and work to educate older adults on how to access those technologies, show the benefits gained by learning about the technologies, and recommend ways to help older adults use the technologies most effectively.

**Steve Lipson**, Chair

## **SENIOR NUTRITION PROGRAM**

***January – December 2019***

### **Senior Nutrition Program representative to ACOA**

- Gail Garrett
- **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 to provide nutritious daily meals countywide for adults age 60+. These meals meet 1/3 of the Recommended Daily Allowance (RDA), these are served in a social setting at 17 CC Cafe's (Contra Costa Senior Centers). There are 96 Meals on Wheels routes in local communities throughout the county, or delivered to the residence of homebound adults.
- We bridge the widening gap between an ever-increasing number of frail homebound elders in need of Meals on Wheels in our county who have insufficient government funding for these critical services and seniors to socialize with others at the Cafes.

### **CHALLENGES**

- Senior citizens aged 80 and older, are the fastest growing population segment in Contra Costa County.
- Many are homebound and unable to obtain nutritious daily meals to maintain their health and remain independent in the comfort and security of their own homes.
- Meals on Wheels of Contra Costa must find the community resources to meet this rapidly growing need. We are always looking for volunteer drivers and more participation at the CC Cafes.
- The participants not only receive a healthy, nutritious meal but socialization as well because they are involved in the activities at the Senior Centers.

### **2020 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**, Senior Nutrition Program Representative

Advisory Council on  
Aging  
2019 Annual Report