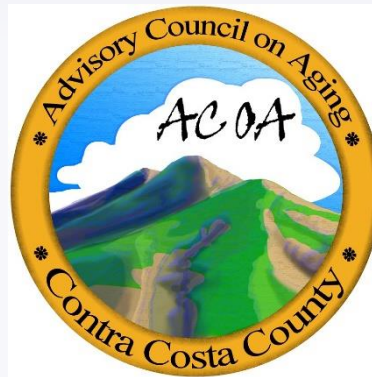


CONTRA COSTA COUNTY
ADVISORY COUNCIL ON AGING
ANNUAL REPORT



JANUARY – DECEMBER 2020

Advisory Council on Aging

Officers:

- Susan Frederick, President – 2nd Term
- James Donnelly, First Vice President – 2nd Term
- Gail Garrett, Second Vice President – 2nd Term
- Richard Nahm, Secretary/Treasurer – 1st Term

Current Roster of Members as of November 30, 2020:

Martin Aufhauser
Jagjit Bhambra
Mary Bruns
Deborah Card
Megan Casey
James Donnelly
Kevin Donovan
Jennifer Doran
Rudy Fernandez
Susan Frederick
Gail Garrett
Arthur Kee
Joanna Kim-Selby
Jill Kleiner
Shirley Krohn
Nancy Leasure
Steve Lipson

Frank Napoli
Nuru Neemuchwalla
Brian O'Toole
Erin Partridge
Gerald Richards
Sam Sakai-Miller
Summer Selleck
Sara Shafiabady
Frances Smith
Ron Tervelt
Thompson, Kathie
Terri Tobey
Lorna Van Ackeren
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.

ANNUAL REPORT
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This has been a year of both disappointment and success. Disappointment because we were unable to meet in person and success because we learned how to use Zoom.

Once we were able to meet, we got right to work. All the committees revised their Duties and Responsibilities Document so that it more clearly reflects the work of the committees and work groups.

We had a developed conference focusing on retirement for August 2020. The author of Elderhood, Louise Aronson and Fiona Ma, State Treasurer, confirmed to take part in the program. The conference center was booked, and the expected audience was to be around 450. Due to the COVID19 Pandemic, the conference was cancelled. We are hoping that we will be able to have our conference in 2021. Fortunately, all the participants are willing to be a part of the conference in 2021.

We had some member resignations but were happy to welcome new members to the council. We developed a process to support new members who might be interested in running for office. I am happy to say we have new members running for office and others who offered to run if we were unable to fill the slate. I think that our process has been successful.

The Elder Abuse Prevention Work Group has a new workgroup chair. The workgroup is working with Adult Protective Services to update its presentation, which it hopes to present via zoom.

I had a goal for this year to increase our diversity so that the council reflects those whom we serve. It is difficult as we are all sheltering in place, which limits our connections to organizations, churches etc. I have set up an Ad Hoc committee that will work with the Membership Committee to brainstorm and see if we can come up with some innovative solutions.

This is my last year of two terms as President. It has been a pleasure to work with such hard-working volunteers who are supporting the Elders of Contra Costa County. I look forward to working with our new council President and concentrating my efforts on the Membership Committee to increase the diversity of the Council.

Susan Frederick,
Executive Committee Chair
Advisory Council on Aging President

CURRENT PLANNING COMMITTEE ROSTER

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

The Committee received strong support from Employment and Human Services Department staff members Glenda Pacha and Anthony Macias and former AAA program manager, Laura Cepoi.

ACTIVITIES

The COVID-19 virus and the shelter in place order materially influenced the Committee’s 2020 activities. As a result, monthly in-person meetings were held from January through March. From April to June no meetings were held with meetings resuming in July on a Zoom meeting basis. Generally meeting attendance was 100% of the Committee’s members.

ACOMPLISHMENTS

For the first three months of 2020 the Committee’s focus was primarily on contractor reviews and initiating a discussion on identifying under-served senior needs and how well seniors are supported on a regional basis. Upon the resumption of monthly meetings on a Zoom basis in July, our July meeting provided County staff with an in-depth review of the AAA’s 2020-2024 Four-Year Area Plan on Aging. In August, the focus returned to reviewing senior needs and the services with a detailed discussion of the sources of funding (largely Federal government Title III programs) and how these funds were awarded to the County’s various non-profit contractors. This analysis included the sizable one-time funding, \$2,152,096, from the Federal government’s Families First Coronavirus Response Act (FFCRA) and Coronavirus Aid, Relief, and Economic Security (CARES) Act and the distribution of these funds. In the latter part of the year, the committee’s focus returned to determining under-served seniors on both the services needed and regional coverage.

2021 WORK PLAN

Consistent with Committee activities in the later part of 2020, the 2021 work plan will focus on determining senior needs and how well these needs are being met. Through reviewing prior surveys and plans, reaching out to County agencies and staff who work with the senior community as well as municipal directors of senior services throughout the County and discussing with our contractors what needs they see in the senior community, the Committee intends to develop an understanding of unmet needs of older adults. With this understanding, we would next work with our current contractors and potentially other service providers so that the programs we support and the services they provide are closely aligned with the needs of the senior community throughout the County.

Kevin Donovan

Planning Committee, chair

CURRENT MEMBERSHIP COMMITTEE ROSTER (INCLUDES NOMINATING)

- Jennifer Doran (Chair) District V Membership Committee
- Rudy Fernandez District III Membership
- Susan Frederick District I Membership Committee
- Richard Nahm (President’s appointment) District III Membership Committee
- Nuru Neemuchwalla District IV Membership/Nominating Committee
- Nancy Leasure District II Membership Committee
- Jagjit Bhambra District V Nominating Committee
- Arthur Kee District III 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

At the January, 2020 meeting, the Advisory Council caucused to seat 2 new members of the membership committee, representing Districts 1 and 2.

At that meeting, the Council’s membership vacancies included 2 MAL seats and 8 city seats. After appointments and resignations, CY 2020 ended with vacancies in 2 MAL seats and 5 City seats.

The committee met in January and February. No meetings were held in March-June, 2020, due to COVID-19. A June special meeting was held via zoom to interview an applicant. Monthly meetings resumed in July, 2020. All of the seven CY 2020 meetings had quorums.

Recruitment activities during the year included:

1. Placing a recruitment message in three of the Board of Supervisors’ newsletters listing city vacancies in their respective districts.
2. Sending recruitment encouragement letters to 3 mayors of cities which have long-standing vacancies on the council- Orinda, San Pablo, and Pittsburg.
3. Developing, approving, and using a recruitment message on Nextdoor platform as a way of recruiting seniors during pandemic.

Other administrative activities:

1. Updating and revising Membership Committee’s Description including purpose, organization, and duties.
2. Revising officers’ duty statements.
3. Maintaining and updating list of new members/mentors.
4. Meeting with nominating committee to insure slate of officers for December election.
5. Tracking BOS approval of ACOA by-laws Revision.

2021 WORK PLAN

- Maintain a full Advisory Council on Aging membership with emphasis on increasing diversity. .
- Apply and track membership eligibility requirement.
- Address individual membership eligibility requirements.
- Address individual attendance issues.
- Insure provision of Member’s Expectations list to each member.
- Review Bylaws and make requested recommendations.
- Maintain mentor assignments list.
- Report to the Executive Committee.

Jennifer Doran

Membership Committee Chair

HOUSING WORK GROUP REPORT

January – December 2020

CURRENT HOUSING WORK GROUP ROSTER

- Gerald Richards* (Chair)
 - Lenore McDonald (Center for Elders’ Independence) (Co-Chair)
 - Nhang Luong (AAA Staff Support)
 - Julie Berry (Independent Living Resources of Contra Costa and Solano Counties)
 - Marge Cortes (Choice in Aging)
 - Jim Donnelly*
 - Lisa Hicks (Independent Living Resources of Contra Costa and Solano Counties)
 - Lisa Hammon (Choice in Aging)
 - Michael Hopfe (Independent Living Resources)
 - Bertha Lopez (The Hume Center)
 - Rosa Loya (Meals on Wheels Diablo Region)
 - Hector Malvido (Ensuring Opportunity Campaign to End Poverty in Contra Costa)
 - Mariana Moore (Ensuring Opportunity Campaign to End Poverty in Contra Costa)
 - Delia Pedroza (ECHO Fair Housing)
 - Gabriela Perez (Covia – Home Match)
 - Laura Salcido (Habitat for Humanity East Bay/Silicon Valley)
 - Caitlin Sly (Meals on Wheels Diablo Region)
 - Frances Smith*
 - Victoria Snyder (Contra Costa Senior Legal Services)
 - Dennis Yee*
- *Council Member

ACTIVITIES

- 2 Regular Monthly Meetings
- 5 Zoom Monthly Meetings
- 9 Educational Presentations from Local and Regional Programs with Housing Related Expertise

2020 ACCOMPLISHMENTS

- Due to COVID-19, the Housing Workgroup suspended meeting for a couple of months. Then we pivoted to meeting on Zoom to resume advocacy and information sharing about critical housing services, as more people need help during these uncertain economic times.

- Economic impacts of COVID-19 include housing insecurity brought on by loss of income from employment. The Workgroup invited Season of Sharing Program Manager to present information on emergency funds to help renters in need. There was also productive discussion about softening eligibility requirements.
- Mitigating the spread of COVID-19 in homeless communities, particularly among the elderly and individuals with underlying medical conditions, was a major concern of the Workgroup. Community Engagement Specialist from Health, Housing, and Homeless Services spoke with the Workgroup about Project Room Key, which houses the most vulnerable homeless individuals in motels to prevent the spread of COVID-19.
- The Workgroup received periodic reports from Contra Costa Senior Legal Services, updating the changes in County Superior Court activism in supporting the Governor’s Executive Orders to suspend eviction of renters for failure to pay rent during the continuing COVID-19 Pandemic.
- The Workgroup Chair and Co-Chair made a brief presentation to the Advisory Council at a Council meeting to raise awareness of the housing shortages and homelessness among older adults in the County.
- The Workgroup will be engaging the representatives of the County’s Cities on the Council to use the Housing White Paper and the Infographic the Workgroup developed to increase the awareness of City Council members to homelessness among older adults.
- With the recommendation by the Housing Workgroup, the full Advisory Council joined the Board of Supervisors in recommending Measure X on the November Ballot.
- The home sharing program, Home Match, became a permanent program funded by Covia. The program now has a new Covia Project Director to manage the program in Contra Costa County. There have been 15 matches this year.
- Work on the Housing White Paper was disrupted by the pandemic
- After receiving an overview of the status of the Concord Naval Weapons Center development by the City of Concord, we learned that the design contractor withdrew from the project and work has stopped.

2021 Work Plan

- Work with City Representatives to encourage City Leaders to support and fund the Home Match Program operated and funded by COVIA to expand throughout the County.
- Begin work to create a Contra Costa Land Trust to acquire property within the County to create housing that is truly affordable by the low-income County residents and keep that property affordable in perpetuity.
- Continue learning from other nonprofit organizations and government agencies that work directly or indirectly in housing funding, construction, or assistance.
- Complete Housing White Paper and use it with “No Place to Call Home” infographic to outreach to cities, Board of Supervisors, service providers, and the public. Plan a convening to present the White Paper.
- Members will incorporate our older adult housing inventory data from the Housing White Paper into the overall County housing data.
- Appoint a representative to Measure X Oversight Committee to represent the interest of older adults and to assure that affordable housing needs are addressed.

Gerald Richards, Chair

Lenore McDonald, Co-Chair

CURRENT HEALTH WORK GROUP ROSTER

- Susan Frederick (Chair)
- Jennifer Doran (Co-Chair)
- Fred Adams
- Brian O’Toole
- Joanna Kim-Selby
- Nancy Leasure
- Dennis Yee
- Terri Tobey
- Lenore McDonald (CEI)
- Nuru Neemuchwalla
- Kathie Thompson
- Sara Shafiabady
- Caitlin Sly (MOWDR)

ACTIVITIES

- Regular monthly meetings
- Educational presentations: Video of NBC report regarding illegal discharges from nursing homes; Alzheimer’s video “Tour of the Brain”.
- Continued member’s reports on: AARP, Legislation, Dementia/Alzheimer’s, Nursing homes, Caregiver resources.

ACCOMPLISHMENTS

- The “Good Neighbor Flyer” was revised with the Executive Committee to address the COVID19 pandemic. It was altered to include food resources for seniors and information on how to check on neighbors while social distancing.
- Reviewed and rewrote workgroup “Purpose and Responsibility” document.

2021 Work Plan - GROUP GOALS

- Continue member presentations.
- Work to accomplish our Meals on Discharge Plan. This project will provide to recently discharged senior and/or disabled patients, one a day meal 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. We will be working with Caitlin Sly, ED, of Meals on Wheels Diablo Region to see if we can set up a “temporary eligibility” for newly discharged patients.
- 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

LEGISLATIVE ADVOCACY WORK GROUP

CURRENT LEGISLATIVE WORK GROUP ROSTER

- Shirley Krohn (Co-Chair)
- Jagjit Bhambra
- Nancy Leasure

- Due to the COVID-19 pandemic the Legislative work group did not meet.

2021 Work Plan - GROUP GOALS

- The Legislative work Group will be restructured when it meets in January 2021.

Shirley Krohn, Chair

TRANSPORTATION WORK GROUP

January – December 2020

(SMAC-Senior Mobility Action Council)

CURRENT TRANSPORTATION WORK GROUP ROSTER

- | | |
|--|--|
| <ul style="list-style-type: none"> • Mike Awadalla (Care Patrol))) • Mary Bruns - Chair
(Lamorinda Spirit; ACOA) • John Cunningham (CCTA) • Zee DeLeon (San Pablo Senior Center) • Jim Donnelly (ACOA) • Ralph Dennis (Rossmoor) • Peter Engel (CCTA) • Meredith Gerhardt (CCC OES) • Ken Gray (Tri Delta) • Lisa Hammon (Choice in Aging) • Rashida Kamana (County Connection) • Shirley Krohn (ACOA) | <ul style="list-style-type: none"> • Kathryn Monroy (Concord Senior Ctr) • Mica McFadden (WestCat) • Jessica Mosquera (Humana) • Joanna Pallock (WCCTAC) • David Pittman (Monument Shuttle) • Drennen Shelton (Bay Area Metro) • Debbie Toth (Choice in Aging) • Lorna Van Ackren – co-Chair
(Hillendale; ACOA) • Elaine Welch (Mobility Matters) • Kate Wiley (Senior Around Town) • Ray Zenoni (Mobility Matters) |
|--|--|

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.

2020 ACCOMPLISHMENTS

- Provided advocacy for: Mobility Management in Contra Costa; city-based transportation programs; increased volunteerism in senior transportation; legislation that supports, preserves, and encourages senior mobility. Provided leadership and support at conferences, workshops, and committees related to Senior Mobility. Supported CSL endeavors.
- Stayed connected with CCTA and Regional Transportation Organizations.
- Kept abreast of trends in transportation that affect older adults and people with disabilities.
- Participated in ACOA/SMAC event planning. (Unable to hold event due to COVID – 19.)
- Educated public on Transportation Sales Tax Measure and Transportation Expenditure plan proposed for March 2020 ballot.
- Produced 2020 Transportation Infographic.
- Produced 2020 SMAC Newsletter.
- Played an active role in the Accessible Transportation Strategic Plan Committee.
- Supported further development of the Master Plan on Aging.

- Provided updates of services for people in need of transportation services during COVID.
- Updated SMAC’s roles and responsibility document.

2021 Work Plan - GROUP GOALS

- Ongoing Goals: Provide advocacy for Mobility Management in Contra Costa; city-based transportation programs; increased volunteerism in senior transportation; legislation that supports, preserves, and encourages Senior Mobility. 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 California Senior Legislature endeavors.
- Keep abreast of trends in transportation and provide ongoing updates of services to people in need during the COVID – 19 pandemic.
- Participate in the continued planning and possible execution of ACOA/SMAC event.
- Stay connected with CCTA and Regional Transportation Organizations.
- Track and participate in Master Plan for Aging transportation recommendations.
- Participate in the possible implementation of the Accessible Transportation Strategic Plan.
- Perform outreach to new and former members of SMAC.

Mary Bruns, Transportation Work Group (SMAC) Chair

Elder Abuse Prevention Work Group (EAPWG)

January – December 2020

CURRENT ELDER ABUSE PREVENTION WORK GROUP ROSTER

- Jim Donnelly (chair)
- Frank Napoli (co-chair)
- Susan Frederick
- Shirley Krohn
- Gerald Richards
- Summer Selleck
- Terri Tobey
- Michelle Bleke (APS)
- Margueriette Walker (APS)

2020 ACCOMPLISHMENTS

- In 2020, due to the Corona virus the WG was limited to a total of four meetings, one in person and three via Zoom.
- With the Corona virus and the resignation of the WG chair in mid-year the WG was dormant until October at which time it was reconstituted and an interim chair was elected until the end of the year.
- The EAPWG Duties and Responsibilities document was revised to include additional meetings and to focus on collaboration with other entities involved with elder abuse prevention.

- A revised Elder Abuse Presentation has been prepared for use by the WG in future presentations. The presentation was expanded to include other types of elder abuse rather than only financial elder abuse.

2021 WORK PLAN

- In the upcoming year, EAPWG plans to continue the overall goal of increasing community awareness and education of prevention of all forms of elder abuse.
- In order to increase collaboration with other entities involved with elder abuse the EAPWG plans to invite speakers from other groups to present at EAPWG meetings.

Jim Donnelly, Interim Chair

Technology Work Group

January – December 2020

CURRENT Technology WORK GROUP ROSTER

- Steve Lipson (Chair)
- Jill Kleiner (Co-Chair)
- Jim Donnelly
- Kevin Donovan
- Gail Garrett
- Sam Sakai-Miller
- Sara Shafiabady

ACTIVITIES:

- Regular Monthly Meetings
- Speakers/Educational Presentations
- Website and Technology Assessment
- Website Edits/Additions/Pruning
- Senior Center Outreach/Resource Inventory/Assessment and Collaboration

2020: Adjusting to the Covid-19 Pandemic

This year, the ACOA Technology Work Group's agenda and work were driven by the Covid-19 pandemic. Because virtually all meetings and communications went remote/online, the importance of computer/mobile technology literacy for older adults, including for ACOA members, became abundantly clear. To follow public health guidelines and because of social distancing mandates and the need to reduce [physical] social contact, mobile/computer technologies represent the best means for people to stay engaged and connected within the community. In 2020 and in light of the pandemic, The Technology Work Group has focused on ways to better connect (and inform) older adults via these technologies.

The ACOA Web Presence

Working with EHSD's Community/Media Relations Manager Director, Tish Gallegos, EHSD Web Administrator, Kevin Balderston, and Anthony Macias, the Tech Work Group has been making changes to the county/ACOA Web site as well as identifying and developing new content relevant to older adults within the county. The workgroup began identifying and removing redundant, outdated, and abandoned links and content and continues with the addition of new content and more easily navigated pages. The new content includes a guide to online resources available through all of the various senior centers across the county.

2021 Technology Work Group Goals

- The Tech Work Group expects to spend part of 2021 continuing its work on the ACOA web site with ongoing recommendations/changes, and new and updated content.
- In 2021, the Technology Work Group will work to connect county senior centers and all of their online resources and classes so that older adults can take advantage of any of these offerings remotely, regardless of where the older adult resides.

Steve Lipson, Chair

Advisory Council on
Aging
2020 Annual Report