

CONTRA COSTA COUNTY
ADVISORY COUNCIL ON AGING
ANNUAL REPORT



JANUARY – DECEMBER 2021

CONTRA COSTA COUNTY ADVISORY COUNCIL ON AGING

Officers:

- James Donnelly, President – 1st Term
- Jill Kleiner, First Vice President – 1st Term
- Dennis Yee, Secretary/Treasurer – 1st Term

Current Roster of Members as of November 30, 2021:

Martin Aufhauser
Michelle Berman
Jagjit Bhambra
Mary Bruns
Rhoda Butler
Deborah Card
Kacey Carterelliott
James Donnelly
Kevin Donovan
Jennifer Doran
Candace Evans
Rudy Fernandez
Eric Freitag
Gail Garrett
John Haberkorn
Michelle Hernandez
Arthur Kee

Joanna Kim-Selby
Jill Kleiner
Shirley Krohn
Nancy Leasure
Steve Lipson
Nuru Neemuchwalla
Brian O'Toole
Erin Partridge
Penny Reed
Gerald Richards
Sutter Selleck
Sara Shafiabady
Frances Smith
Terri Tobey
Lorna Van Ackeren
Michael Wener
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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The ACOA had an active year despite the challenges posed by the COVID-19 pandemic. All ACOA meetings were conducted remotely using Zoom. Ten general ACOA meetings and a combined seventy-eight meetings for the workgroups and committees, representing over 400 attendees, were held in 2021. Presentations were made at each month's ACOA and workgroup meetings covering many issues of concern for seniors. Currently we have thirty-four active members with two additional members and four alternates awaiting Board approval. Four city seat vacancies remain a challenge to fill.

On June 24, the ACOA in collaboration with the SCAN foundation presented a virtual conference titled: Master Plan for Aging, "Craft it your way Contra Costa". One-hundred seventy-five persons representing government, service providers, advocates, and the public attended the conference. The conference included a Master Plan Blueprint presentation followed by five breakout sessions, one for each of the five goals in the MPA. As an outgrowth of this conference, Contra Costa MPA IMPACT (Implementing the MPA in California Together) steering committee with representatives from County agencies, ACOA and public interest groups have formed.

Key activities for each of our Committees and Workgroups highlighted below:

The Planning committee conducted interviews and reviews of each of the AAA contractors. It also provided input to the AAA Area Plan Update.

The Membership committee continued their recruitment efforts to increase the diversity on the ACOA.

The Housing workgroup continued to advocate for increased affordable accessible housing in Contra Costa. The workgroup prepared a draft-housing white paper.

The Health workgroup collected data in preparation for an information flyer on tips for selecting Long Term Care options in the county.

The Legislative committee tracked Assembly and Senate bills dealing with issues of importance to seniors and informing all workgroups of bills important for them.

The Transportation workgroup advocated for Measure X funding for implementation of the Accessible Transportation Plan. They prepared a transportation infographic highlighting transportation challenges for seniors and disabled.

The Technology workgroup provided input for updates to the ACOA website and pages. They began efforts to address the digital divide, digital inclusion and social isolation amongst older adults.

The Elder Abuse Prevention workgroup collaborated with Adult Protective Services to update their Elder Abuse Awareness presentation. The workgroup made presentations at various public forums that affect older adults in the county.

All workgroups reviewed the recommended Master Plan for Aging priorities from the June conference and began to incorporate activities toward these priorities.

Recommendation

The population of persons with disabilities and seniors over 65 continues to grow and now represents about 240,000 persons and over 26% of the population. This population is currently under served especially in the areas of affordable/accessible housing and accessible transportation.

The Master Plan for Aging (MPA) presents a blueprint for a more age friendly California through five bold goals. Local implementation of these goals will require additional county funding.

The Area Agency on Aging will require additional resources to manage programs necessary to achieve the goals of the MPA.

Therefore, the Advisory Council on Aging recommends that the Board of Supervisors continue to allocate the resources necessary for the Area Agency on Aging to effectively move forward to achieving the goals of the MPA.

Jim Donnelly,
Executive Committee Chair
Advisory Council on Aging President

PLANNING COMMITTEE ROSTER

- Michelle Berman
- Debbie Card
- James Donnelly
- Kevin Donovan (chair)
- Arthur Kee
- Jill Kleiner
- Dennis Yee

EHSD staff members Ana Bagtas, Glenda Pacha and Anthony Macias provide strong support to the Committee.

ACTIVITIES

Due to COVID 19 and the need to shelter in place all meetings were held on the Zoom platform. During the year, Zoom based presentations were made to the Committee by all eleven of the ACOA contractors. Total funding to these contractors amounted to \$7.4MM during the 2020-2021 fiscal year, \$5.3MM from the Area Agency on Aging (“AAA”) and \$2.1MM from the Federal government’s Coronavirus Aid, Relief and Economic Security Act (“CARES”).

ACOMPLISHMENTS

2021’s focus was on reviewing the ACOA contractors who, as discussed above, in addition to the funding from the AAA received significant financial support through the CARES Act (and other funding sources – Families First Coronavirus Response Act, Dignity at Home, and CalFresh Healthy Living). During contractor reviews, discussions regarding the needs of seniors and what additional support should be provided. Reviewed how the impact of COVID related regulations and how the contractors adapted in the delivery of their services. As a group, the ACOA contractors effectively modified how they provided contracted services and continued to support the needs of our senior community. Fulfilling a role to support the AAA, the Committee provided editing services of the AAA’s Area Plan and the most recent annual update. The Committee has reviewed and discussed the California Master Plan for Aging (“MPA”) and is preparing to play a significant role providing advocacy of it throughout the County and supporting its anticipated implementation.

2022 WORK PLAN

We are expecting the New Year to be one of challenge and change for the Planning Committee. The methodologies used in reviewing the ACOA contractors will be revised so we are more in line with State monitoring guidelines and have a better understanding of the contractor’s strategies and their program implementation. The County’s Implementing the Master Plan for Aging for California (“IMPACT”) leadership group will inform the Committee as to its role in advocating for the MPA. In 2022, the County will continue to develop its Aging and Disability Resource Connection (“ADRC”) to address the needs of seniors and the disabled and their ability to access needed services. The Committee will continue to play a material role in the further development of the ADRC. As during prior years, the Committee will provide support to the AAA in the creation of the Annual Plan and periodic updates. As part of this support, the Committee will reach out to outside data sources as well as County staff and ACOA contractors of social services for needed information.

Kevin Donovan

Planning Committee, Chair

MEMBERSHIP COMMITTEE ROSTER (INCLUDES NOMINATING)

• Gail Garrett	District I Membership Committee
• Nancy Leasure	District II Membership Committee
• Rudy Fernandez	District III Membership Committee
• Nuru Neemuchwalla	District IV Membership Committee
• Jennifer Doran (co-Chair)	District V Membership Committee
• Steve Lipson	District I Nominating Committee
• Terri Tobey	District II Nominating Committee
• Arthur Kee	District III Nominating Committee
• Dennis Yee	District IV Nominating Committee (Chair)
• Jagjit Bhambra	District V Nominating Committee
• Jill Kleiner (co-Chair)	Appointed by ACOA President to Membership Committee

ACTIVITIES

- Conduct monthly meeting ten times in the year to review membership requirements and attendance.
- Membership Recruitment and retention.
- Conduct review of application and interview of Member-at-large (MAL) applicants.
- Formed Nominating committee to prepare slate of 2022 candidates for consideration.
- Assigned new committee chair and maintained a list of mentors for new members.

ACOMPLISHMENTS

Calendar year 2021 brought challenges in dealing with the continuation of COVID related restrictions. However, due to remote meetings, quorums met for all scheduled general council meetings during the year. The year had a record number of 13 applications with 10 interviews. The committee filled all MAL vacancies and approved four applicants to alternate member positions. Four local/city seats are vacant and remain a recruitment challenge, especially in the west and east county districts.

Focused on increasing diversity on the council by recruitment efforts at seniors living in the county's subsidized housing units. Developed and distributed a recruitment flyer posted in senior/subsidized apartment units throughout the county. Over eleven-hundred and fifty senior tenants received the recruitment flyer. Developed a recruitment plan that includes past strategies, methods, and results

2022 WORK PLAN

- Work to ensure a quorum for smooth transaction of council's business.
- Promote hybrid meetings of in-person and remote to aid in recruitment and retention of members after pandemic restrictions lifted.
- Continue to track and address membership requirements.
- Continue to report to the Executive Committee and general membership.
- Increase recruitment activities of local/city seats.

Jennifer Doran

Membership Committee co-Chair

Jill Kleiner

Membership Committee co-Chair

HOUSING WORK GROUP ROSTER

- Gerald Richards (Chair)
- Lenore McDonald (Center for Elders' Independence) (Co-Chair)
- Nhang Luong (Staff Support)
- Mike Awadalla (Care Patrol)
- Julie Berry (Independent Living Resources of Contra Costa and Solano Counties)
- Kacey Carterelliott
- Marge Cortes (Choice in Aging)
- Jim Donnelly
- Dale Harrington
- Rebecca Herman (Habitat for Humanity East Bay/Silicon Valley)
- Lisa Hicks (Independent Living Resources of Contra Costa and Solano Counties)
- 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 (Front Porch - Home Match)
- Laura Salcido (Habitat for Humanity East Bay/Silicon Valley)
- Caitlin Sly (Meals on Wheels Diablo Region)
- Fran Smith
- Victoria Snyder (Contra Costa Senior Legal Services)

ACCOMPLISHMENTS

- The Housing Workgroup continued our education and learning objectives by inviting organizations to give presentations on innovative and important housing resources:
 - Accessory Dwelling Units (ADU) pre-approved designs – Town of Danville
 - Innovative modular ADU design - Modern Empathy
 - Land trusts - Richmond Land
 - Home rehabilitation loans and services – Habitat for Humanity East Bay/Silicon Valley
 - California Rent Relief Program – Employment and Human Services Department
 - Two organizations, Front Porch and Covia, combined to strengthen resources for older adults.
 - New outreach program to help seniors in East County connect with services – East County Project
 - Master Plan for Aging – Area Agency on Aging
 - 211 Homeless Coordinated Entry – Contra Costa Crisis Center
 - Updates on the Eviction Rental Assistance Program – Ensuring Opportunity/Richmond Community Foundation
 - Community planning and design – Place works
- Home Match, a home sharing program, provided monthly program updates to the Housing Workgroup. Home Match developed partnerships with a number of cities including Antioch, Concord, and El Cerrito to help promote the program.

- Housing Workgroup members and organizations advocated for the fair allocation of Measure X resources to address homelessness, lack of affordable housing, Community Land Trust development, and other needs of seniors. Measure X is a 0.5% sales tax passed by Contra Costa voters in 2020.
- Worked with Employment & Human Services Department's Policy and Planning Division to include latest Census data in the Housing White Paper.

2022 Work Plan

- Work with City Representatives to encourage City Leaders to support and fund the Home Match Program operated and funded by Front Porch [Formerly 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.
- Create a slide deck presentation to highlight senior housing issues and present it to City Representatives and Conference of Mayors.
- Follow-up on the Concord Naval Base development.
- Assist the local Master Plan for Aging steering committee with the implementation of Contra Costa Master Plan for Aging (MPA) housing goals.

Gerald Richards

Housing Workgroup co-Chair

Lenore McDonald

Housing Workgroup co-Chair

HEALTH WORK GROUP REPORT

January – December 2021

HEALTH WORK GROUP ROSTER

- | | |
|------------------------------|-------------------------|
| • Jennifer Doran (Chair) | • Terri Tobey |
| • Susan Frederick (Co-Chair) | • Lenore McDonald (CEI) |
| • Fred Adams | • Nuru Neemuchwalla |
| • Brian O'Toole | • Sara Shafiabady |
| • Nancy Leasure | • Caitlin Sly (MOWDR) |
| • Dennis Yee | • Eric Freitag |

ACTIVITIES

- Held 10 monthly meetings in 2021.
- Education and informational presentations from various speakers throughout the year.
- Workgroup member reports: AARP, Legislation, Dementia/Alzheimer's Disease, Nursing Homes, Caregiver Resources, Adult Mental Health, and Health Disparities.
- Reviewed and recommended ACOA letters of support for health and aging related legislative bills.

ACCOMPLISHMENTS

- Began exploring with Caitlyn Sly, Director, Meals on Wheels, Diablo Region, on a meals-on-discharge program for Contra Costa Regional Medical Center's post-surgical patients. We will be continuing work on this in the coming year.
- Addressed the complex problems in finding Skilled Nursing Facilities in the county by drafting an informational flyer to assist residents with information on choosing a long-term care home for family member.
- In December, the group reviewed a draft of this flyer to determine format and content.

2022 Work Plan

- The flyer will be distributed to senior centers, libraries, and posted on the ACOA website in early 2022.
- Host a meeting to include all meal delivery and congregate meal providers in county to review services provided, opportunities to improve services and collaborate.
- Reconsider the discharge nutrition project with Public Health and MOWDR.
- Identify issues during the year and plan appropriate action.

Jennifer Doran

Health Workgroup Chair

Susan Frederick

Health Workgroup co-Chair

LEGISLATIVE ADVOCACY WORK GROUP

January – December 2021

LEGISLATIVE WORK GROUP ROSTER

- Shirley Krohn (Co-Chair)
- Jagjit Bhambra
- Nancy Leasure
- Lenore McDonald (CEI)

ACTIVITIES

- Monthly meetings from January to August (meetings recessed September through December 2021) during state legislative session.
- Members identified state & federal bills they would like to follow, 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

- New members briefed on the process for reviewing bills and on the legislative website where they can subscribe to a bill by number, to keep up to date on progress in order to report back to members.
- Several bills were identified and reported on insofar as their status in Sacramento
 - Senate Bill 221, Timely Mental Health Care -Weiner -reviewed to determine if bill includes older adults.
 - AB 14 Internet for All Act of 2021
 - SB 48 Dementia and Alzheimer's

- AB 98 Health Care – Medical Goods, Reuse Redistribution
- Review of and support letters sent: *AB 323 Behavioral Health; AB 540 All Inclusive Care; AB 323 Accountability Long Term Care; AB 523 (PACE); SB 107 Cal Fresh; SB 56 Health4All Seniors.*
- A Legislative Report “CSL Sponsored Bills” was issued each month providing updates on bills the CSL was supporting.

2022 Work Plan

- Engage more ACOA members to participate in this workgroup.
- Continue to meet from January through July to coincide with State Legislative schedule
- Encourage members to attend all meetings even if they do not have a Bill they are supporting.
- Extend invitation to county nonprofits engaged in aging and disabled issues.

Shirley Krohn

Legislative Advocacy Workgroup Chair

TRANSPORTATION WORK GROUP

January – December 2021

(SMAC-Senior Mobility Action Council)

TRANSPORTATION WORK GROUP ROSTER

- | | |
|--|---|
| • Mike Awadalla (Care Patrol) | • Rashida Kamana (County Connection) |
| • Mary Bruns (Chair) | • Shirley Krohn |
| • John Cunningham (Dept. Conservation and Development, Contra Costa Transportation Authority-CCTA) | • Kathryn Monroy (Concord Senior Center) |
| • Jessica Dominguez (CC Behavioral Health) | • Mica McFadden (WestCat) |
| • Zee DeLeon (San Pablo Senior Center) | • Jessica Mosquera (Humana) |
| • Jim Donnelly | • Joanna Pallock (West Contra Costa Transportation Authority) |
| • Peter Engel (CCTA) | • David Pittman (Monument Shuttle) |
| • Meredith Gerhardt (CCC Office of Emergency Services) | • Drennen Shelton (Bay Area Metro) |
| • Ken Gray (Tri Delta) | • Debbie Toth (Choice in Aging) |
| • Dale Harrington | • Lorna Van Ackeren (co-Chair) |
| • Sean Hurley (County Connection) | • Elaine Welch (Mobility Matters) |
| | • Kate Wiley (Orinda Seniors Around Town) |
| | • Ray Zenoni (Mobility Matters) |

ACTIVITIES

- Held nine monthly meetings.
- 2021 Presentations from: Transportation Agencies (WCCTAC, UberWAV, Mobility Matters, Contra Costa Accessible Transportation Strategic Plan, GoGoConcord); Measure X advocates; California’s Master Plan for Aging; California Senior Legislature (CSL); Contra Costa Active Transportation Plan.
- Advocacy for improved transportation for older adults and people with disabilities in Contra Costa.

ACCOMPLISHMENTS

- Provided advocacy for the following- 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 legislative agenda.

- Advocated for Measure X funding for the implementation of the Accessible Transportation Strategic plan.
- Researched and investigated trends in transportation that affect older adults and people with disabilities by attending community meetings and trainings which provided information on the Master Plan for Aging, Measure X, CCTA and Regional Transportation Organizations.
- Finalized Transportation Infographic.
- Participated in the Paratransit Coordinating Council and the Regional Mobility Management Group.
- Supported further development of the Master Plan for Aging.
- Provided updates of services for older adults in need of transportation services during pandemic.

2022 Work Plan

To improve transportation services for Contra Costa County, the ACOA Transportation workgroup will work with public agencies, transportation professionals, community-based organizations, and older adults to identify senior transportation issues and resources.

- Provide leadership and support at conferences, workshops, and committees to explore partnerships and collaborations to improve and expand services for Senior Mobility.
- Research and investigate trends in senior transportation services and provide ongoing updates to CC County residents.
- Schedule six presentations in 2022 from transportation service providers and educators in Contra Costa County.
- Participate in the Paratransit Coordinating Council and Regional Transportation Organization meetings.
- Participate in Master Plan for Aging (MPA) local implementation to ensure senior transportation and people with disabilities' issues are addressed.
- Participate in CCC's Accessible Transportation Strategic Plan implementation.
- Perform outreach to new and former members of SMAC.

Mary Bruns

Transportation Workgroup Chair

Elder Abuse Prevention Work Group (EAPWG)

January – December 2021

ELDER ABUSE PREVENTION WORK GROUP ROSTER

- | | |
|-------------------|-----------------------|
| • Marty Aufhauser | • Summer Selleck |
| • Jim Donnelly | • Terri Tobey (Chair) |
| • Candace Evans | • Michael Wener |
| • Jill Kleiner | • Dennis Yee |
| • Gerald Richards | |

ACCOMPLISHMENTS

- Ten monthly meetings. Margueriette Walker, of Adult Protective Services (APS), served as staff assistant to the workgroup.
- Workgroup Duties and Responsibilities document reviewed and revised.

- Identified staff from various agencies involved with elder abuse prevention and invited to make presentations at one of the 10 monthly meetings.
- Elder Abuse Awareness and Prevention power point presentation created with APS for use by workgroup and APS for community outreach. Presented to all ACOA members during Elder Abuse month in June. The comprehensive presentation includes the entire spectrum of elder abuse, i.e. physical, emotional, sexual, financial, etc.
- There was one joint power point elder abuse prevention presentation made to the Rossmoor Financial Forum via zoom. Margueriette Walker, of Adult Protective Services, and Terri Tobey, Chair of the WG, co-presented.

2022 WORK PLAN

- Transition this workgroup to be included in the Health Workgroup.

Terri Tobey

Elder Abuse Prevention Workgroup Chair

Technology Work Group

January – December 2021

Technology WORK GROUP ROSTER

- | | |
|------------------------|--------------------|
| • Steve Lipson (Chair) | • Gail Garrett |
| • Jill Kleiner | • Erin Partridge |
| • Jim Donnelly | • Penny Reed |
| • Kevin Donovan | • Sam Sakai-Miller |
| • Candace Evans | • Sara Shafiabady |

ACTIVITIES:

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

ACOMPLISHMENTS

Removed, updated, and provided new content for the ACOA website/pages.

Designed and implemented a Google Forms-based inputting and updating system for ACOA web site resources (Sam Sakai Miller, Lead).

Began outreach, information gathering, and collaborations to address the digital divide, digital inclusion and social isolation. Relations established with groups: Bay Area Social Services Consortium (BASSC), The Mack Center at UC Berkeley, and the newly formed, Bay Area Digital Inclusion Group, a nine-county coalition examining multiple aspects of technology for older adults.

2022 Work Plan

- Continue to work on the ACOA web site with ongoing recommendations/changes, and new and updated content.
- Work with other ACOA work groups to expand the online content relevant to the ACOA.
- Continue to work with multi-county coalitions to identify technology programs, strategies, and initiatives that can be adapted to the needs of Contra Costa County's older adults.
- Support initiatives and technology programs identified in the Master Plan on Aging and supportive of the MPA/local playbook.
- Support the Area Agency on Aging goals and objectives with respect to technology and reducing social isolation.
- Identify and assist the county in meeting the technology requirements necessary to achieve "Age Friendly" status for the county, as defined by the World Health Organization and the AARP.
- Continue to help older adults better understand and adopt computer and mobile technologies, focused on hardware needs, access to technology, and instruction.

Steve Lipson

Technology Workgroup Chair

Senior Nutrition Project Representative

January – December 2021

- Gail Garrett

ACTIVITIES:

- Home Delivered Meals: Healthy and nutritious meals for seniors and disabled adults.
- Cafe Costa congregate meals: Provide healthy meals and safe, friendly opportunities for older adults to socialize and prevention of isolation.

ACOMPLISHMENTS

We serve nutritionally at-risk senior and disabled adults who have challenges that prevent them from preparing healthy daily meals for themselves. The Senior Nutrition Program continues to provide nutritious daily meals countywide for adults age 60+ and disabled adults. These meals meet 1/3 of the Recommended Daily Allowance (RDA).

Fifteen Cafe Costa congregate meal sites are open for in person dining. Most cafes are serving fewer meals now than pre-pandemic. Frozen meal packs (sets of 5) are still available once weekly for congregate program participants through the end of 2021. Oftentimes the number of frozen recipients exceed the number of in person diners.

The average Meals on Wheels participant in Contra Costa County is 80 years old, lives alone or with a dependent spouse, and has one or more chronic health conditions that prevents them from preparing or shopping for nutritious meals. Most live below the Bay Area basic low income and many must choose among paying for food, medicine, rent or utilities with their meager resources.

A reported an increase in elders residing throughout the County in need of home delivered meals in the beginning and throughout the pandemic. 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. At the beginning of the pandemic, many of the volunteer drivers sheltered in place due to their age. Fortunately, new volunteers stepped in to fill the gap.

2022 Work Plan

- Increase participation and volunteers at all Cafe Costa sites.
- Increase awareness of socialization benefits of participation.
- Raise awareness of cafe sites
- Recruit volunteer drivers to serve homebound elders.

Gail Garrett

Senior Nutrition Project Representative to ACOA

**Advisory Council on Aging
2021 Annual Report**