



SONOMA COUNTY AGING & DISABILITY COMMISSION

Commission Meeting

Location: Carnelian Conference Room,
3725 Westwind Blvd. Santa Rosa 95403

Date: Wednesday, October 16, 2024

Time: 1:00 pm – 3:00 pm

Public Zoom Link: <https://zoom.us/j/95119660692?pwd=p55PwlBEbWGv6WvxXbuNoYHbVV4ovM.1>

Agenda

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|------|--|-------------------------------|
| 1:00 | 1. Welcome and Introductions | Helman |
| 1:00 | 2. Approval of Minutes (9.18.2024) | Helman |
| 1:05 | 3. Chair Updates | Helman |
| | <ul style="list-style-type: none">• Commission Engagement for National Family Caregiver Month | |
| 1:10 | 4. Director/Staff updates | Dunaway/Avery/
Huntsperger |
| | <ul style="list-style-type: none">• Program Manager Recruitments Updates• MPA Kick-Off Meeting Report• Next Steps with MPA• MOW Waitlists | |
| 1:30 | 5. Presentation: AgeWell PACE, Program of All-Inclusive Care for the Elderly | Susana Avila |
| 1:45 | 6. Public Comment and Council Member Open Forum | |
| 1:55 | ** BREAK** | |

2:05	7. Standing & Ad Hoc Committee Report - Action <ul style="list-style-type: none"> • <i>Ad Hoc Committee: Special Projects</i> 	Helman
2:20	8. FY24-25 Priorities: Next Steps Discussion	Helman/Thompson
3:00	9. Adjourn	Helman

Attachments

Minutes (9.18.2024), AgeWell PACE: Brochure, AgeWell PACE: Open House Flyer, National Family Caregivers Month

Supplemental materials related to an agenda item are available for public inspection during normal business hours at the Adult & Aging Office, 3725 Westwind Blvd., Suite 101, Santa Rosa. All listed times are approximate and subject to change. Agenda items are scheduled for consideration by the Commission, which may or may not choose to act. Breaks may be called at the discretion of the Chair. If you need any accommodation to effectively participate, please contact aaa@schsd.org or (707) 565-5238 at least 48 hours prior to the meeting. To receive the AAA Newsletter: AAA@schsd.org.

<p>Executive Committee: Chair: Jenny Helman Vice Chair: Robin Thompson Secretary: Deanna Shaat Former Chair: Diane Spain Parliamentarian: Trayce Beards</p>



Sonoma County Aging & Disability Commission Meeting

Minutes

Wednesday, September 18, 2024 | 9:00 am – 2:00 pm
Carnelian Conference Room, 3725 Westwind Blvd. Santa Rosa 95403

In-person Attendance: Deanna Shaat, Jenny Helman, Trayce Beards, Robin Thompson, Priyanka Varma, Rick Baum, Sandra Hoevertsz Terry Kelley, Erick Larson, Jaime Peñaherrera, Suzanne Edwards, Alain Serkissian, Kerrily Beaton, Diane Spain, Larry McCabe, Don Streeper (Emeritus Member)

Absent:

Staff Attendance: Sara Avery, Paul Dunaway, Annie Silverman, Cassandra Denson.

1. Welcome and Introductions (Helman) (1:00pm)

2. Approval of Minutes (6.19.24, 8.21.2024)

Minutes approved as written for 6.19.24 & 8.21.24.

3. Public Comment and Council Member Open Forum

Dwayne Dewitt from Roseland: Interested in opportunities to help senior veterans. Requests that the Commission prioritizes Veterans' services and partnering with local veteran organizations.

Denice Johnson from COA: Awarded a Fall Prevention Grant. The program has launched, with 4 Seniors and has a waiting list of 10 seniors. They are hosting an emergency prep lunch and learn for 80 seniors. Aging In Place survey results are available to be presented to the Commission if interested. Received a grant from Alzheimer's Association for a Memory Café. Currently offering medically tailored meals in partnership with local health providers.

Daphne Scott from PPSC: 1000 Bowls fundraising event invitation given out to Commissioners.

Crista Nelson from SAS: Hosting a document shredding event with Becoming Independent. Also assisting in voter registration changes for those moving to long-term care.

4. National Senior Center Month Showcase

September is National Senior Center Month. We see this as an opportunity to promote a positive image of aging, highlight how Sonoma County senior centers improve the lives of older adults, and to show the importance in the community.

Suzanne/Don/Jaime: Salvation Army Senior Center

Successes: Monthly senior interviews that share the stories of local seniors.



Sonoma County Aging & Disability Commission Meeting

Areas of Concern: The center is a "hidden gem" and needs more visibility.

Needs: Grant funding and financial support.

Deanna/Priyanka: Petaluma Senior Center

Successes: Increased participation without turning people away. No membership fees.

New library program and renovated outdoor space.

Areas of Concern: The Aging & Disability Resource Directory print is too small. Lack of drivers for the Meals on Wheels program.

Needs: Public transportation closer to the center. Services for unhoused seniors.

Monte/Trayce/Robin: Rohnert Park Senior Center

Successes: Organizing outings and hosting a Senior Prom event. Volunteer "Sue" has overcome personal challenges while contributing to the center.

Areas of Concern: Food insecurity in Rohnert Park.

Needs: Addressing the needs of unhoused seniors and seniors in mental health crises.

Larry/Jenny: Healdsburg & Windsor Senior Centers

Successes: Strong staff and community engagement at both locations.

- Windsor: The pool has been a large attraction, and services continued smoothly despite a move.
- Healdsburg: Acquired two cars for transportation. "Junior seniors" (younger seniors) are also participating.

Areas of Concern:

- Healdsburg: Increasing number of aging adults with inadequate resources/services.
- Windsor: Need for better outreach and access to the center.

Needs:

- Windsor: More space for meetings/activities and finding lifeguards for the pool during the school year.
- Healdsburg: Additional vehicles for transportation within the service area.

Jenny/Larry: Cloverdale Senior Center

Successes: Strong sense of community with rich programs, a durable medical equipment loan program, and a technology program. The center successfully bounced back after COVID.

Areas of Concern: The center doesn't receive enough attention from Santa Rosa.

Needs: Transportation to and from the center, affordable housing, and general transportation for local seniors.

Diane/Trayce: Person Senior Wing

Successes: Able to host numerous programs due to the larger space.



Sonoma County Aging & Disability Commission Meeting

Areas of Concern/Needs: Transportation.

Diane/Trayce: Russian River & Sebastopol Senior Centers

Successes:

- Russian River: Meal program
- Sebastopol: Increased participation and senior connections.

Areas of Concern:

- Russian River: Transportation access
- Sebastopol: Financial security for the center and programs, including grants and funding opportunities.

Needs:

- Russian River: Improved transportation options for seniors.
- Sebastopol: Simple home care services to help seniors stay in their homes.

Commissioner Feedback:

- Needs and problem areas are common across all centers (transportation, funding, awareness).
- Uplifting and Inspiring while becoming more aware of the county's needs.
- Interest in annual visits to centers from Commissioners.
- Sharing center information, newsletter, etc. to increase awareness of their programs.

5. Break

6. Chair Updates

Member Updates

- Don Streeper has been moved to the Emeritus Status.

7. Director/Staff updates

Master Plan on Aging

- The Master Plan has been completed and passed by the Board of Supervisors.
- Kick-Off event on Oct 1st. Broader community events TBD.
- Hiring a Program Manager/Coordinator to help implement the plan in the community.
- Erick Larson encourages Commissioners to research and support a national master plan for aging.
- Action Teams will be formed after the Kick-Off event and hiring is completed.

Program Manager Recruitment Update

- Community service Program Development Manager in the hiring process.



Sonoma County Aging & Disability Commission Meeting

8. No Wrong Door Standing Committee of Commission (Jordan Rico)

Reviewed the purpose of the standing committee, and committee membership structure, and suggested meeting dates/times.

9. Standing & Ad Hoc Committee Report—Action

Standing Committee: No Wrong Door

Commissioners Interested: Sandra, Rick, Deanna, Robin, Priyanka, Trayce, Jenny (LTSS Qualifier), Monte, Suzanne (LTSS Qualifier)

Ad Hoc Committee: Community Engagement

Commissioners Interested: Jenny, Trayce, Robin, Deanna, Diane, Erick, Rick

Ad Hoc Committee: Leg Rep Visit Content Planning

Commissioners Interested: Rick, Robin, Jenny

10. 24-25 Workplan Objectives Report

Reviewed the draft report that would be sent to the Board of Supervisors.

Commissioners gave feedback/edit recommendations:

- Changes to the table display.
- Include the needs of the community and recommendations.
- Diane will consolidate Senior Center reports.

11. Aging & Disability Commission Priorities

Reviewed a consolidated slide show of data results from Planning Day.

12. Adjourn (3:04pm)

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To submit items for the AAA Newsletter, or to receive the AAA Newsletter: AAA@schsd.org

Upcoming Aging & Disability Commission meetings:

- Aging & Disability Commission, Executive Committee Meeting: October 8, 2024 (11:00am)
 - Aging & Disability Commission Meeting: October 16, 2024 (1:00pm)
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Supporting older adults
to live safely and with
dignity at home.



CONTACT US

5789 State Farm Dr. Suite 110
Rohnert Park, CA 94928
(877) 615-4437
TTY: 711
info@agewell.org
www.agewell.org



Program of All-Inclusive Care
for the Elderly

What is PACE?

PACE is a nationally recognized healthcare model that stands for Program of All-Inclusive Care for the Elderly. It is a unique program that provides comprehensive medical, social, and rehabilitation services to older adults who are eligible for Medicaid or Medicare. PACE goal is to help seniors live independently in their own homes and communities for as long as possible.

Who is eligible?

To be eligible, you must be at least 55 years old, live in a PACE service area*, need nursing home level of care, and be able to live safely in the community with the help of AgeWell PACE services.



Who is part of our interdisciplinary team?

AgeWell PACE's team of dedicated professionals creates a safe and welcoming environment. Our staff includes: doctors, nurses, therapist, dieticians, pharmacist, social workers, dentists, physical therapist, activity coordinators, etc. Some of the services our team provides are:

- Comprehensive medical care, including preventive services, primary care, and specialist care
- A team of healthcare professionals who work together to provide coordinated care
- Support for family caregivers
- Rehabilitation services, including physical therapy, occupational therapy, and speech therapy
- Social services, such as transportation, meals, day center, and social activities
- Personal care services, such as help with bathing, dressing, and grooming
- Help with managing medications
- End-of-life care and support for families
- 24-hour access to care and support

What is the AgeWell PACE Day Center?

An AgeWell PACE Day Center is a program where participants can come spend their day engaging in social and recreational activities. At the center, participants receive medical care, social and rehabilitation services. They also have access to meals and snacks. The center is designed to provide a safe and supportive environment for participants to stay active, engaged, and socially connected, while also receiving necessary medical and therapeutic care. AgeWell PACE day center is open five days a week and provides transportation to and from the participant's homes.

Does AgeWell PACE provides in-home services?

AgeWell PACE provides a variety of services at home such as personal care services, assistance with routine chores, and home visits.

How is AgeWell PACE different?

AgeWell PACE provides a unique and holistic model of care. We help older adults with chronic care needs and their families thrive, by supporting them to remain and be served in the community. Our comprehensive and coordinated services allow us to monitor health changes on a daily basis, providing the needed care and preventing hospitalizations. Our interdisciplinary team works together with participants and caregivers to arrange and discuss services. AgeWell PACE believes older adults should have an equal opportunity to age safely and with dignity where they choose, regardless of income, ethnicity, race, or identity.



What is the cost?

Cost is not a barrier. AgeWell PACE accepts Medicare, Medi-Cal and private payment. If you have Medi-Cal, you pay no premium. If you do not have Medi-Cal, contact us to determine your premium. AgeWell PACE participants must receive all needed health care services, including primary care and specialist physician services (other than emergency services), from AgeWell PACE or an entity authorized by AgeWell PACE. A PACE participant may be liable for the cost of medical services from an out-of-network provider or without previous authorization (except for emergency services). AgeWell PACE is a voluntary enrollment program, participants may disenroll at any time.



AgeWell **PAGE**

OPEN HOUSE

Come meet our wonderful team
and tour our beautiful facility!
While enjoying some snacks and
a fun activity.



Monday, Oct. 21st, 2024 3-5pm

RSVP by Oct.14 to info@agewell.org or call
(707) 615-4437

5789 State Farm Drive,
Rohnert Park, CA 94928

NATIONAL FAMILY CAREGIVERS MONTH

November is a time to show support and to honor our nation's vital caregivers during National Family Caregivers Month. Join us in acknowledging and honoring families who are often caregiving "around the clock". That means around-the-clock dedication, organization, responsibility, scheduling, and hands-on care.

Families are often the primary source of support for older adults and people with disabilities. In fact, today in America, more than 53 million family caregivers provide unpaid care. That's an economic value totaling more than \$470 billion.

That's why every November we celebrate National Family Caregivers Month. While family caregivers should be celebrated every day, this is a time to recognize and honor caregivers nationally, raise awareness around caregiving issues, educate communities, and work to increase support for our nation's caregivers.

The Aging & Disability Commission will Celebrate National Family Caregivers Month by learning and sharing about the local programs that support family member caregivers.

Organization	Programs	Contact
Alzheimer's Association	<ul style="list-style-type: none">• Assessment• Support Groups• Training	Shelley Dombroski sdombroski@alz.org
Council on Aging	<ul style="list-style-type: none">• Adult Day Program• Alzheimer's Day	Jamie Escoubas jescoubas@councilonaging.com Marriane McBride: mmcbride@councilonaging.com
Petaluma People Services Center	<ul style="list-style-type: none">• Support Groups• Adult Day Program	Daphne Scott: daphne@petalumapeople.org Elece Hempel: elece@petalumapeople.org
Redwood Caregivers Resource Center	<ul style="list-style-type: none">• Caregivers Health Promotion• Respite• Assessment• Support Groups	Nancy Powers-Stone: nps@redwoodcrc.org
Human Services Department, Adult & Aging	<ul style="list-style-type: none">• In Home Supportive Services Public Authority	Eric Glentzer: eglentze@schsd.org

To learn more:

- [How to Honor Caregivers During National Family Caregivers Month \(ncoa.org\)](http://ncoa.org)
- [National Family Caregivers Month | ACL Administration for Community Living](http://acladmin.org)