



# SONOMA COUNTY AGING & DISABILITY COMMISSION

## Commission Meeting

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

Date: Wednesday, September 18, 2024

Time: 1:00 pm – 3:00 pm

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

### Agenda

- |      |  |                    |
|------|--|--------------------|
| 1:00 | 1. Welcome and Introductions   | Helman             |
| 1:00 | 2. Approval of Minutes (6.19.24, 8.21.2024)  | Helman             |
| 1:05 | 3. Public Comment and Council Member Open Forum  |                    |
| 1:15 | 4. National Senior Center Month Showcase<br><i>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.</i> | Commission Members |
| 2:00 | <b>Break</b>   |                    |
| 2:15 | 5. Chair Updates<br><ul style="list-style-type: none"><li>• <i>Member Updates</i></li></ul>  | Helman             |
| 2:20 | 6. Director/Staff updates<br><ul style="list-style-type: none"><li>• <i>Master Plan on Aging</i></li><li>• <i>Program Manger Recruitment Update</i></li></ul>  | Dunaway/Avery      |

2:25	7. No Wrong Door Standing Committee of Commission	Jordan Rico
2:35	8. Standing & Ad Hoc Committee Report—Action <ul style="list-style-type: none"> <li>• <i>Standing Committee: No Wrong Door</i></li> <li>• <i>Ad Hoc Committee: Community Engagement</i></li> <li>• <i>Ad Hoc Committee: Leg Rep Visit Content Planning</i></li> </ul>	Helman
2:45	9. 24-25 Workplan Objectives Report	Beards
2:50	10. Aging & Disability Commission Priorities	Helman/Thompson
3:00	11. Adjourn	Helman

## Attachments

Minutes (6.19.24, 8.21.2024), Master Plan on Aging Press Release, No Wrong Door Standing Committee of Commission Informational Handout, 24-25 Objectives Report, Aging & Disability Commission Priorities

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Executive Committee:  
**Chair:** Jenny Helman  
**Vice Chair:** Robin Thompson  
**Secretary:** Deanna Shaat  
**Former Chair:** Diane Spain  
**Parliamentarian:** Trayce Beards



# Sonoma County Aging & Disability Commission Regular Meeting

## Minutes

Wednesday, June 19, 2024 | 1:00 pm – 3:00 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, Larry McCabe, Sandra Hoevertz Terry Kelley, Erick Larson, Jaime Peñaherrera, Suzanne Edwards

**Absent:** Alain Serkissian, Don Streeper, Kerrily Beaton

**Zoom Attendance:** Diane Spain

**Staff Attendance:** Sara Avery, Paul Dunaway, Laura Rania, Sarah Rodriguez'G, Kathleen Cortez, Annie Silverman, Cassandra Denson (Zoom Admin)

### 1. Welcome, Introductions (Helman) (1:04pm)

- Statement on Juneteenth
- New Outlook Meeting invites for the next fiscal year will be sent out to commissioners.

### 2. Approval of 05.17.24 Advisory Council Meeting Minutes (Helman)

- Approved with edits to Trayce Beard's name spelling.

### 3. Elder Abuse Awareness: Presentation and Proclamation (Adult & Aging: Laura Rania, Sarah Rodriguez'G)

- Copy of Presentation slides available upon request.

### 4. Approval of the Mission Statement—Action (Helman)

Motion: Approve the Mission Statement sentence with edits. (Edits: Remove the ADC)

1<sup>st</sup>: Terry Kelley 2<sup>nd</sup>: Diane Spain Result: Vote passes

### 5. Aging & Disability Commission Objectives for 2024-2025 (Beards)

- The Executive Committee will be tracking the activities of the Commission.
- September: National Senior Center Month- Commission meeting will be dedicated to Senior Centers. Commissioners will visit their local Senior Center in July and report out at the September meeting. The Executive Committee will provide a memo with additional details.

### 6. Volunteerism (Helman/Shaat)

- Volunteer Logs Due July 15th, 2024 (Tracking hours from January-June)

### 7. Director/Staff Report (Dunaway/Avery)

- Budget- The state budget may affect Adult & Aging programs.
- Program/Staff Updates:
  - Kathleen Cortez provided Updates on LADAP and MPA Steering Committees and local events.
  - Annie Silverman has been hired as a PPEA with the Area Agency on Aging.
  - Gary Fontenot is retiring from the County.
- Program Update-Medi-Cal @ IHSS- An Economic Assistance team is now stationed at Adult & Aging to assist with IHSS clients' Medi-Cal Cases. ARDH Social Workers are referring potential cases to the EA team.

## 8. Public Comment and Council Member Open Forum

- Mary Flett: CSL representative, provided information on the CSL volunteer award. Deadline of July 15<sup>th</sup> to submit nominees.
- Crista Barnett Nelson: requested support for funding the Ombudsman programs in the upcoming fiscal year by calling the Governor's Office.
- Marriane McBride: COA Secured a Fall Prevention Grant for homebound seniors and a grant for scholarships to the Adult Day Program.
- Elece Hemple: Thanks to the Commission for welcoming new staff Daphne Scott.

## BREAK

## 9. Standing & Ad Hoc Committee Discussion (Helman/Beards)

- No Wrong Door Standing Committee
  - First meeting in September, All Commissioners will be invited.
  - Betsey Harper is staffing the Committee.
- Planning Day Ad Hoc Committee
  - Agenda is drafted.
  - Open to the Public. 9am-2pm
  - Staff will send out an Outlook Invite for the event.
- Mission Statement Ad Hoc Committee
  - Ad Hoc Committee is finished.
- Community Engagement Ad Hoc Committee
  - The original task was to engage with Community Partners that work with underrepresented communities. Before reaching out to the public and service providers, some fundamental needs of the commission had to be met first (Mission Statement, Values Statement, Logo, Brochures, Business Cards, etc.)
  - The committee wanted to create cohesive messaging for when they reach out to the community.
  - A&A staff will participate in meetings to assist in moving projects forward.
- Senior Expo Ad Hoc Committee
  - Sharing a table with the ADRH.
  - Will be assisting in getting the word out about 565-INFO, the Commission name change, and signing people up for the eblast.

## 10. June Officer Elections Process – Action (Spain)

### Recommend Nominees:

- Chair: Jenny Helman - Elected by acclamation
- Vice Chair: Robin Thompson - Elected by acclamation
- Secretary: Deanna Shaat - Elected by acclamation
- Terms begin July 1<sup>st</sup>, 2024.
- Diane Spain will replace Terrey Kelley on the Executives Committee as the past Chair.
- Jenny Helman appoints Trayce Beards as Parliamentarian.

## 11. Adjourn (Helman)(3:05pm)

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### Upcoming Aging & Disability Commission meetings:

- Aging & Disability Commission Planning Day: August 21

### Upcoming Events:

- Senior Expo: July 13, 9am-12pm. [Senior Expo | Santa Rosa, CA \(srcity.org\)](http://srcity.org)



# Sonoma County Aging & Disability Commission Planning Day

## Minutes

Wednesday, August 21, 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, Don Streeper (Emeritus Member)

**Absent:** Larry McCabe

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

*Meeting called to order at 9:00am*

1. **Activity: What do you want to achieve?** (Varma/Edwards)
2. **Welcome** (Helman)
3. **Public Comment**

No Comments were given.

4. **New Member Applicant: Cimino – Action** (Helman)

**Motion:** Move to accept Monte Cimino's membership to the Commission.

1<sup>st</sup> Motion: Rick Baum      2<sup>nd</sup> Motion: Deanna Shaat

**Vote:** Passed- Monte was voted in as a commissioner.

5. **Activity: Getting to know you? Hope for the day.** (Helman)

**Added Break** (5 minutes)

6. **Day in the Life-Petaluma People Services Center** (Elece Hempel/Daphne Scott)

Hemple presented a day in the life of "Wally", a woman who received multiple services through the Petaluma Peoples Services Center. Presented a brief description of the services available at Petaluma Peoples Services Center. Presentation slides are available upon request.

7. **Adult & Aging Presentation** (Avery/Dunaway)

Avery and Dunaway presented an overview of Adult & Aging services, funding, and the Aging & Disability Commission's impact. Presentation slides are available upon request.

8. **Break**

- 9.a **Aging & Disability Commission Jeopardy** (Thompson/Varma)

An interactive game to learn more about Adult & Aging, Sonoma County, and beyond.

10. **Lunch**

Joined by Adult & Aging Staff: Kathleen Cortez, Betsey Harper, CB Wohl.

- 9.b **Aging & Disability Commission Jeopardy** (Thompson/Varma)

Continued the interactive game.

11. **Brown Act Check-In** (Beards/Silverman)

Presented Brown Act regulations and Examples of Violations. Presentation slides are available upon request.



## Sonoma County Aging & Disability Commission Planning Day

**12. Activity: What's your Why? (Helman/Thompson)**

Data collected will be sent out to commissioners.

**13. Day in the Life-Senior Advocacy Services (Crista Barnett Nelson)**

Nelson presented on 2 Senior Advocacy programs and discussed client experiences. Presentation slides are available upon request.

**14. Closing**

*Adjourned at 2:03 pm*

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**Upcoming Aging & Disability Commission meetings:**

- Aging & Disability Commission, Executive Committee Meeting: September 10th
  - Aging & Disability Commission Meeting: September 18th
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FOR IMMEDIATE RELEASE

Board of Supervisors approves action plan to support older adults, people with disabilities and their caregivers

SANTA ROSA, CA | September 10, 2024

The Sonoma County Board of Supervisors today approved a comprehensive 10-year plan to improve the health and well-being of the county's swelling population of older adults, people with disabilities and their caregivers.

The new Sonoma County Master Plan for Aging provides a blueprint for the public and private sectors to work together as Sonoma County's rapidly aging population increases demand for affordable and accessible housing, health care, transportation, caregiving and other services.

"Sonoma County is aging faster than almost any other place in the Bay Area, part of a massive demographic shift that will create both challenges and opportunities," said Supervisor David Rabbitt, chair of the Board of Supervisors. "This plan is a call to action. By working together, we can make Sonoma County a place where everyone can age well."

Sonoma County is home to approximately 142,000 people aged 60 or older, the second-largest concentration of older adults in the nine-county Bay Area. Today, 28 percent of the county's population is 60 or older, a number projected to increase to 35 percent by 2030, according to the California Department of Finance. At the same time, the county's aging population is becoming more racially, ethnically, culturally and linguistically diverse, with 15 percent of residents born outside the United States.

To meet the needs of an increasingly older, more diverse population, the County's new **Master Plan for Aging** outlines 23 strategies to achieve goals in six key areas:

- **Housing:** Increase the availability of preventive and supportive services that allow older adults and people with disabilities to age in place without concerns of safety and homelessness.
- **Transportation:** Make accessible and safe transportation available for older adults and people with disabilities, regardless of where they live.
- **Health:** Bolster assistance for older adults and people with disabilities in accessing the health services and supports they need to maintain and improve their health and well-being.
- **Wellness, equity and inclusion:** Ensure that older adults and people with disabilities can easily locate and access information, resources and opportunities for greater social connection.
- **Caregiving:** Reinforce the value of caregiving by improving the resources, support and training for paid and unpaid caregivers.
- **Economic Security:** Ensure basic needs are affordable and attainable for older adults and people with disabilities.

Over the next three months, the Sonoma County Department of Human Services will host a series of public meetings across the county to provide an overview of the plan and work with communities to implement its strategies.

Last year, the Board of Supervisors directed the Human Services Department to create a local strategic plan aligned with the **state's Master Plan for Aging**, released in 2021 by Gov. Gavin Newsom. The local plan will be used as a tool to help the County, cities, businesses and nonprofits prepare a plan for the future of aging in Sonoma County.

###

Media Contact:

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(707) 565-3040

575 Administration Drive, Suite 104A

Santa Rosa, CA 95403

###

Page Links

1. Master Plan for Aging - [https://urldefense.com/v3/\\_https://q7enz9zab.cc.rs6.net/tn.jsp?f=001tT4\\_m-PPJB0pvE\\_Q-m3xyy-fyFedTfAd7YWtnFXIJ3ThL66fTE8U69NCGdjLcpLQI\\_hsKhMFxgbczwihEn9eRm0g3gX4pHg6YoVuWF0K\\_-aAl\\_xRBUIHOcf8Qa36n2tyEQHp5nxobHE9E5mPJLEnSZOQGYztE4WSACptPML5yBlKupZd2P1cow0-wlQVMzjctONEgakB837-tECR-W4\\_08lZ6th32olqQmKEzds2qddQVjNzyPe25YGkoAhZRGJBvNN9tc2M4KRXNYee-z57EQ==&c=6Q5bmUzYTIv\\_Wd8KKaCmS\\_IUZKxaiK7sjqj-uee5-Dxg-7CFN-R1cg==&ch=z9whI8YZKOWrVCsAdjc9ZrX772yJnZINerHAFb\\_EOcV2kc0zTVGOBg==\\_!!JLa0CrXIHAF!UpIEKf2o48C3T61Ztpo60jI8ZC9WG\\_HW6NUlWjFBsywygMNZJrjywf5E37i884HelYzLUNO1fan85LSDqX2d6Cvf aft7kS\\_Z\\$](https://urldefense.com/v3/_https://q7enz9zab.cc.rs6.net/tn.jsp?f=001tT4_m-PPJB0pvE_Q-m3xyy-fyFedTfAd7YWtnFXIJ3ThL66fTE8U69NCGdjLcpLQI_hsKhMFxgbczwihEn9eRm0g3gX4pHg6YoVuWF0K_-aAl_xRBUIHOcf8Qa36n2tyEQHp5nxobHE9E5mPJLEnSZOQGYztE4WSACptPML5yBlKupZd2P1cow0-wlQVMzjctONEgakB837-tECR-W4_08lZ6th32olqQmKEzds2qddQVjNzyPe25YGkoAhZRGJBvNN9tc2M4KRXNYee-z57EQ==&c=6Q5bmUzYTIv_Wd8KKaCmS_IUZKxaiK7sjqj-uee5-Dxg-7CFN-R1cg==&ch=z9whI8YZKOWrVCsAdjc9ZrX772yJnZINerHAFb_EOcV2kc0zTVGOBg==_!!JLa0CrXIHAF!UpIEKf2o48C3T61Ztpo60jI8ZC9WG_HW6NUlWjFBsywygMNZJrjywf5E37i884HelYzLUNO1fan85LSDqX2d6Cvf aft7kS_Z$)
2. state's Master Plan for Aging - <https://mpa.aging.ca.gov/>



## **Sonoma County Aging and Disability Commission**

### **No Wrong Door Standing Committee**

Purpose:

The No Wrong Door Standing Committee supports the continued efforts in the Sonoma County community to increase equitable access to information, assistance, and supports needed for older adults and people with disabilities to live as independently as possible at home.

The Standing Committee supports these efforts through:

- Providing feedback, guidance and planning support related to No Wrong Door activities and initiatives
- Identifying unmet needs within the community and developing strategies to address them
  - Ensuring input from consumers, service providers and community members
  - Ensuring that all target populations are adequately served
- Serving in an advisory capacity for the Sonoma County Aging and Disability Resource Hub (ADRH)
- Advocacy and community engagement

Anticipated typical activities:

- Routine meeting attendance (Aging and Disability Commission meetings and Standing Committee meetings)
- Review staff provided materials or plans and provide feedback and guidance. Examples include: marketing material/information or community engagement strategies.
- Advocacy on behalf of our target populations and overall Sonoma County community at Commission level, committee level, and possibly community or legislative levels.
- Participation in community engagement activities. Examples include:
  - networking at community events that support services for older adults and people with disabilities,
  - engaging potential community partners
  - providing education/overview of services provided by Area Agency on Aging, the Aging and Disability Commission, or the Aging and Disability Resource Hub
  - support activities that assist in identifying and addressing barriers to accessing services

#### Suggested Meeting dates/times

Tri-annual meetings: October, February and June.

Suggested Options: 4<sup>th</sup> Tuesday of the month (every 4 months)  
4<sup>th</sup> Thursday of the month (every 4 months)

Time: Suggested for sometime between 11 am-1pm (midday)

#### Structure

The committee must include broad representation with a minimum 20 percent share of individuals who are consumers of LTSS or caregivers of those who use LTSS. (per [ADRC designation criteria](#) set by CDA)

Suggested voting members: 7 committee members (2 of whom meet above criteria)

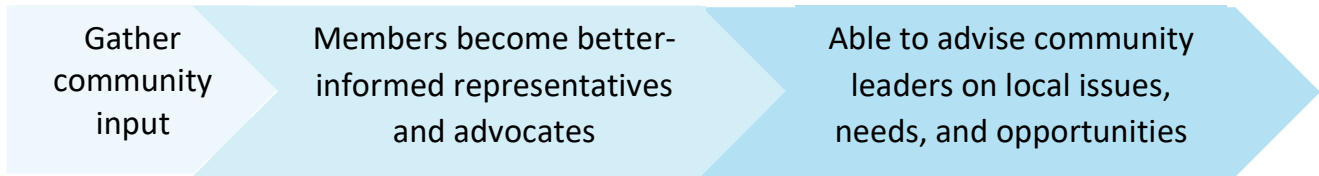
# Aging and Disability Commission

Six-Month Progress Report

September 2024

DRAFT for  
Commission Review  
9/18/24

OUR MISSION: To give voice to the diverse needs of Sonoma County’s older adults, people with disabilities, and their caregivers. We advise the Board of Supervisors and county staff on aging, disability, and caregiver issues.



Aging & Disability Commission’s ANNUAL WORK PLAN for fiscal year July 2024 to June 2025:

Objectives	Measures
1. <b>Provide presentations</b> to older adults, adults with disabilities, and/or their caregivers to share information such as (707) 565-INFO, Aging & Disability Resource Directory, and the Local Master Plan for Aging.	Three presentations, at least one in Spanish
2. <b>Facilitate focus groups</b> with older adults, adults with disabilities, and/or their caregivers to learn about issues and needs.	Three focus groups, at least one in Spanish
3. <b>Conduct site visits</b> with relevant service providers to share information and learn about issues and needs, including feedback on the content and navigability of the Aging & Disability Resource Directory.	Eight site visits
4. <b>Attend and report back on community meetings</b> on relevant topics such as transportation, housing, caregiving, health and/or other priority areas.	Six community meetings
5. <b>Invite representatives of state and county legislators</b> to speak at Commission meetings.	Two Commission meetings
6. <b>Invite representatives of municipal older adult advisory bodies</b> to speak at a Commission meeting.	One Commission meeting
7. <b>Submit reports and attend meetings of the Triple-A Council of California.</b>	Three TACC meetings
8. <b>Invite Sonoma County’s California Senior Legislature representatives</b> to speak at a Commission meeting.	One Commission meeting
9. <b>Provide biannual reports to the BOS</b> on community issues and needs. <sup>1</sup>	Two reports

SIX-MONTH PROGRESS REPORT for reporting period April 2024 to September 2024:

- Changed our name to the Sonoma County Aging and Disability Commission; previously known as the Advisory Council to the Area Agency on Aging (AAA).
- Listed our own, separate objectives in the AAA Area Plan. This is the first time the Area Plan has included objectives specific to the advisory council.
- Used ad hoc committees to develop our Annual Work Plan, update bylaws, provide input to the AAA on funding decisions, create a mission statement, plan for the Senior Expo, and strategize for community engagement.
- With staff support, added a link allowing virtual participation in all public Commission meetings.
- Became the designated advisory committee for the Aging and Disability Resource Hub: “No Wrong Door Committee.”
- Visited senior centers in each supervisorial district and hosted a Senior Center Showcase to highlight centers’ diversity, strengths, and priority issues for National Senior Center Month.

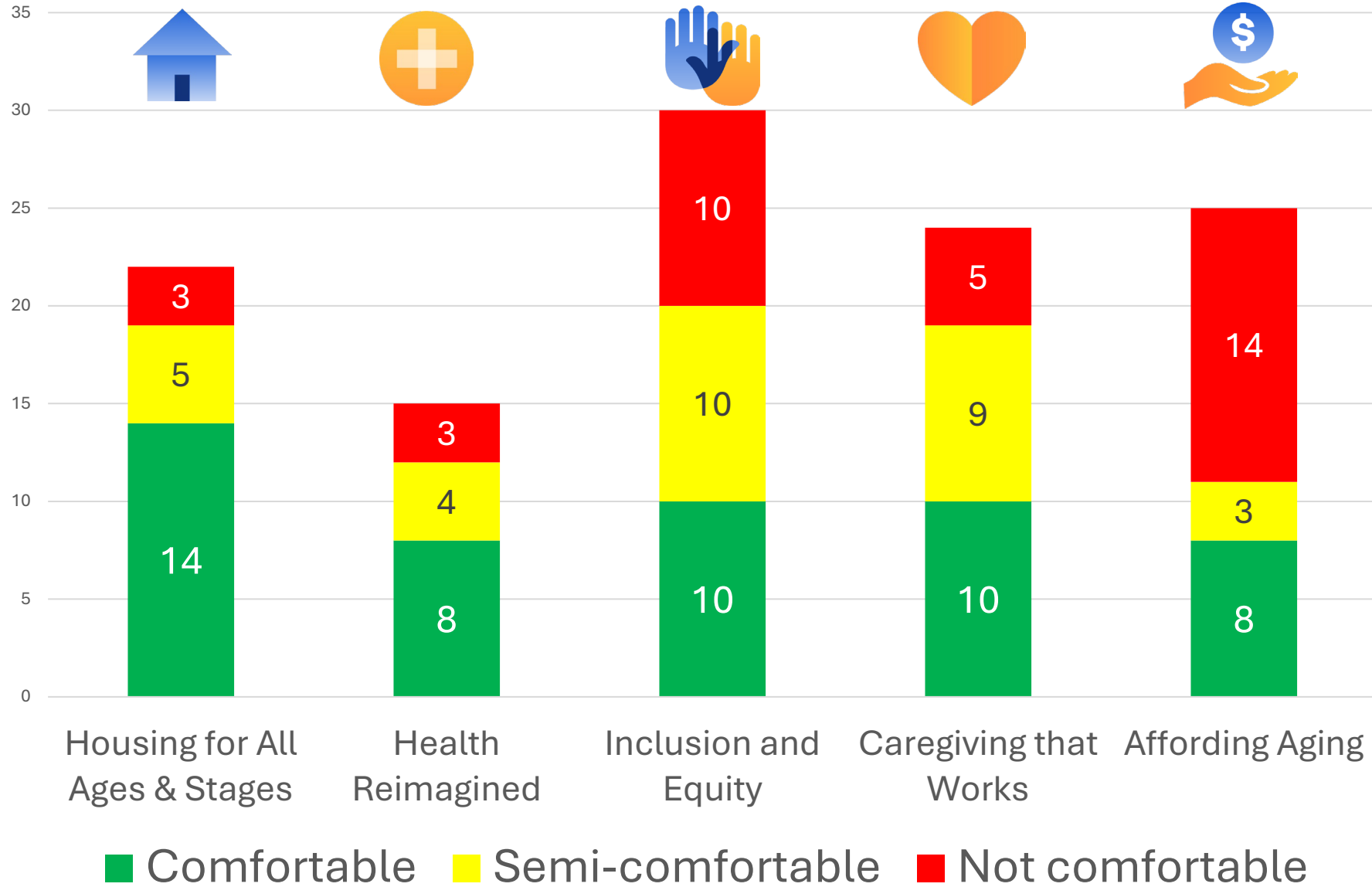
Next report in March 2025 will include progress report for reporting period October 2024 to March 2025, and the work plan for fiscal year July 2025 to June 2026.









<sup>1</sup> Sonoma County BOS Resolution No. 89-2131, revised 7/27/2004.










# Aging and Disability Commission Planning Day Priority and Comfort Level Exercise - Results








Discussion notes for September 18, 2024

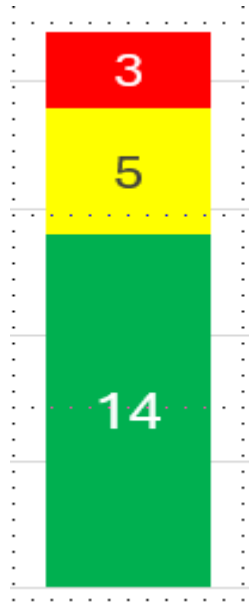
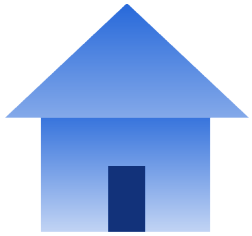
# Self-Reported Comfort Level by CDA Goal



Proposed ADC Member Priorities – #1 through #8	# Votes	CDA Goal	Comfort
1) Increase coordination between County and private/non-profit providers	14		10
2) Communicate to Board of Supervisors key initiatives re: gaps in service support system	13		8
3) Grants for low-income seniors	10		8
4T) Advocacy for: More affordable housing money for senior housing, more dedicated senior housing, extend assisted living waiver program	9		14
4T) Culturally and linguistically competent services	9		10
6T) Services that meet the needs of caregivers such as insurance options for caregivers	7		10
6T) Mental health services	7		10
8T) Online resource navigation through the HUB	6		10

Proposed ADC Member Priorities – #8 through #16	# Votes	CDA Goal	Comfort
8T) Advocate for policies and infrastructure	6	 	8
8T) Safety in home fall risk reduction	6		8
11T) Mental health services	5		14
11T) More money to keep people in their homes	5		14
11T) Training for caregivers	5		10
14T) Better coordination of affordable housing services	4		14
14T) Immediate access to healthy food and education on aging, diet, exercise, etc.	4		8
14T) Housing without long application and waiting period	4		14

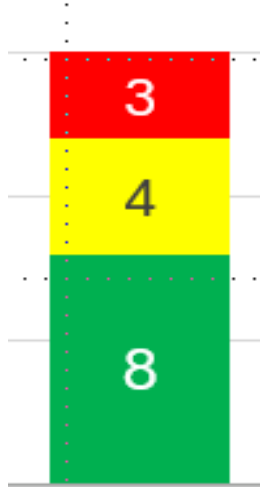
Proposed ADC Member Priorities – #17 through #23	# Votes	CDA Goal	Comfort
14T) More agencies eligible to bill VA insurance for those not IHSS eligible	4		10
14T) Diversity on commission	4		10
14T) Increase communication with BIPOC community + relationship building	4		10
14T) Streamlining all facets of healthcare (Rohnert Park Health Center as example)	4		8
21T) Stabilize mobile home rents	3		14
21T) Work from home opportunities	3		10
21T) Accessible and transparent sliding scale healthcare	3		8



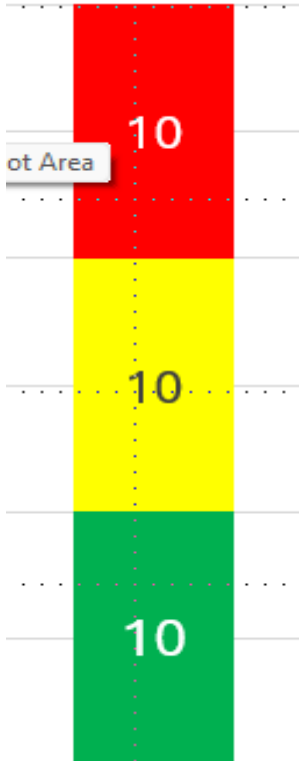
Proposed Priorities – Housing for All Ages and Stages	# Votes
4T) Advocacy for: More affordable housing money for senior housing, more dedicated senior housing, extend assisted living waiver program	9
11T) Mental health services	5
11T) More money to keep people in their homes	5
14T) Better coordination of affordable housing services	4
14T) Housing without long application and waiting period	4
21T) Stabilize mobile home rents	3

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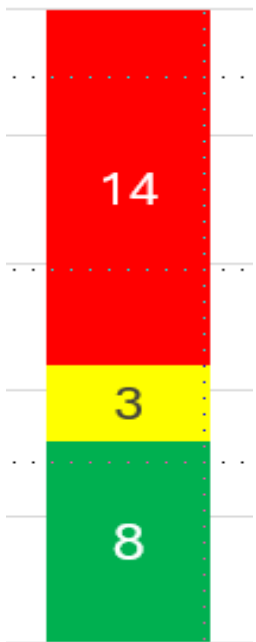
Proposed Priorities – Health Reimagined	# Votes
8T) Safety in home fall risk reduction	6
14T) Immediate access to healthy food and education on aging, diet, exercise, etc.	4
14T) Streamlining all facets of healthcare (Rohnert Park Health Center as example)	4
21T) Accessible and transparent sliding scale healthcare	3



Proposed Priorities – Inclusion and Equity	# Votes
4T) Culturally and linguistically competent services	9
6T) Mental health services	7
8T) Online resource navigation through the HUB	6
14T) Diversity on commission	4
14T) Increase communication with BIPOC community + relationship building	4
21T) Work from home opportunities	3



Proposed Priorities – Caregiving that Works	# Votes
1) Increase coordination between County and private/non-profit providers	14
6T) Services that meet the needs of caregivers such as insurance options for caregivers	7
11T) Training for caregivers	5
14T) More agencies eligible to bill VA insurance for those not IHSS eligible	4



Proposed Priorities – Affording Aging	# Votes
2) Communicate to Board of Supervisors key initiatives re: gaps in service support system	13
3) Grants for low-income seniors	10
8T) Advocate for policies and infrastructure	6

# Priorities, Goals, and Plans – a Perspective

