

## Sacramento County Votes To Join Network of Age-Friendly Communities

On November 17, the Sacramento County Board of Supervisors voted unanimously to apply to join the AARP Network of Age-Friendly States and Communities.

In 2019, the Adult and Aging Commission worked with a hired consultant to gather information and analyze the impact of joining the Network. At the end of 2019, the Commission voted to recommend joining the Age-Friendly Network. We thank the County staff and Supervisors for their hard work and commitment to making Sacramento County a place where people of all ages and abilities can thrive.

The next step in the process will be to complete a community needs assessment, evaluation, and action plan using the framework of the eight domains of livability. Once the County becomes a formal member of the Network, it will have access to technical support and grants as it moves forward implementing its plan. The Commission looks forward to working with staff, community members, and Supervisors on this important initiative.

## Aging Resources Exchange

Before COVID-19 made in-person gatherings unsafe, the Commission hosted two educational breakfasts for professionals working with older adults and others interested in learning about aging issues and resources. In August, the Aging Resources Exchange resumed virtually with a focus on meeting older adults' basic needs and reducing isolation.

This year's speakers were:

- Jerrod Sieberg, DMV Senior Driver Ombudsman Program
- Oanh Meyer, UC Davis School of Medicine
- Poonie Holst, ACC Senior Services
- Leslie Adorno De Chacing, SMUD
- Teja Payne, Agency on Aging Area 4
- Christie Hebditch, Eskaton Telephone Reassurance Program
- Maksim Tsymbal, SCC Older Adult, Consumer Operated Warm Line
- Carolynn Washington, Health Insurance Counseling Program (HICAP)
- Heidi Richardson, Senior and Adult Services
- Debra Garcia, In-Home Supportive Services
- Sondra Mattingly, Senior Volunteer Services
- Debra Larson, Adult Protective Services
- Carmen Carl, Public Administrator/Guardian/Conservator

Special thanks to our presenters, SMUD, and Sacramento Embarcadero Lions Club.



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Aging Resources Exchange meetings are held the last Tuesday of every month (except December) from 9:30 – 11a.m. They are free and open to the public. For more information, email [sacagingresources@gmail.com](mailto:sacagingresources@gmail.com).

## Outreach To Cities

One of the Commission’s priority initiatives in 2020 was to increase awareness of programs and services for older adults, caregivers, and persons with disabilities. The Commission also wanted to raise awareness about AARP’s Age-Friendly Initiative. The Commission reached out to city managers in the County to introduce them to the Commission and its functions, identify existing programs and services in the cities, discuss Age-Friendly concepts, and encourage continuing discussions and awareness of what it means to be an Age-Friendly community.

Commissioners met with officials from six cities in Sacramento County: Citrus Heights, Elk Grove, Folsom, Galt, Rancho Cordova and Sacramento. Each city expressed interest in learning more about Age-Friendly communities, and some cities had already or were planning to take the next step to join AARP’s Age Friendly Network. The Commission offered support for each city and invited each to send representatives to attend Commission meetings to exchange ideas and information.

## Community Engagement

To facilitate collaboration and information sharing, Commissioners served as liaisons to local partner agencies such as Agency on Aging Area 4 and StopFalls Sacramento.

Representatives from the Commission participated in outreach efforts coordinated by the Sacramento County Complete Count Older Adults and Veterans Sub-Committee.

The Commission was asked to provide informal input on Older Americans Act funding priorities, strategies to address homelessness among older adults, and the City of Sacramento’s Age-Friendly action plan.

The *Older Americans Celebration* event planned for May had to be cancelled, but the Commission hopes to continue the event once it is safe to do so.

### About the Commission

The Sacramento County Adult and Aging Commission is comprised of volunteers who track aging trends, monitor services, and listen to input from service providers and the public. The Commission was created to report to the County Board of Supervisors about resources and needs concerning older and dependent adults, their families, and their support networks.

The Commission meets on the fourth Wednesday of each month from 2-4pm. Members of the public are welcome to attend. The Commission is actively recruiting new members. For more information, go to <https://dcfas.saccounty.net/SAS/Pages/Adult-and-Aging-Commission.aspx>.

### 2020 Commissioners

Chandra Alston	Teresa Ogan*
Debra Bonner	Emanuel Petrisor
April Carni*	Preston Romero
Mayue Carlson	Joseph Samora
Rachael Hoskins	Casey Simon*
Lynn Humphries	Susan L. Takahashi*
Thomas Johnson	Keri Vogtmann
Leslie Julianel*	Patricia Wait*
Catheryn Koss*	Marshal Wilkerson
Silvia Molina	

\*served on the Executive Committee during 2020