

**ADULT AND AGING
COMMISSION**

Appointed by the Sacramento County
Board of Supervisors

**ADULT AND AGING COMMISSION
Wednesday, March 22, 2023, 2-4pm**

In-Person Location:

9750 Business Park Drive, Ste. 104, Conference Room 1, Sacramento, CA 95827
(free parking available; ring bell if door is closed)

Remote Access:

Join ZoomGov Meeting

<https://www.zoomgov.com/j/1601015273?pwd=S2tldjVQd1VzbC82Nk1XaUpQV2doUT09>

Meeting ID: 160 101 5273

Passcode: 017189

Guests are welcome to attend in-person or remotely. Commissioners must attend in-person unless they meet the current requirements for remote participation under the Brown Act and a sufficient number of Commissioners will be participating in-person to establish a quorum. Commissioners wishing to participate remotely should contact Catheryn Koss, Commission Chair, as soon as possible prior to the meeting.

AGENDA

Item	Lead Person	Action
Welcome & Introductions	Chair	Discussion
Roll Call	Secretary	None
Approval of February 22, 2023 Minutes and March 22, 2023 Agenda	Chair	Discussion and vote
Public Comment	Open Forum	None
AAC Business & Initiatives		
Request for Letter of Support from the Commission for Sacramento County's application for the Local Aging & Disability Action Planning Grant Program	Heidi Richardson	Discussion, public comment, and vote
Request for Letter of Support from Sacramento County Department of Transportation (SacDOT) Pedestrian Wayfinding Pilot Project application for Federal FY 2024 Appropriations Requests – Community Project Requests	Mikki McDaniel	Discussion, public comment, and vote
2022 Annual Report	Chair	Discussion, public comment, and vote
2023/2024 Officers Slate (Election at May Meeting)	Chair	Discussion
New Business	Open Forum	Discussion
Reports		
5 Over 50 Awards	Working Group Chair	Discussion
Area 4 Agency on Aging	AAA4 Rep	Discussion
Aging Resources Exchange	ARE Co-Chairs	Discussion
Sacramento County Age-Friendly Initiative	Theresa Abah	Discussion

Sacramento County Aging Resources Directory	Catheryn Koss	Discussion
Liaison Reports	Open Forum	Discussion
Commission Membership Changes	Chair	None
Announcements	Open Forum	Discussion
Future Meetings		
Suggestions for future agenda items	Open Forum	Discussion

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ADULT AND AGING COMMISSION

Wednesday, February 22, 2023

2:00 – 4:00 PM

Video Conference Meeting

<https://csus.zoom.us/j/88550521679>

Or phone (669) 900 6833

Meeting ID: 885 5052 1679

MINUTES (DRAFT)

Item	Notes
Welcome & Introductions	
Roll Call	Members Present: Dawn Angelo, Catheryn Koss, Lee Miller, Debra Bonner, Rachael Hoskins Members Absent: Eduardo Rubalcava, Theresa Abah, Kristen Stauss Guests: Heidi Richardson, Justin Ellerby, Karleen Ballmer, German Ayon, Maureen Sullivan, Rebecca Sloan, Ariana Gonzalez
Approval of November 16, 2022 Minutes and February 22, 2023 Agenda	L. Miller moved to approve the minutes and agenda as presented; R. Hoskins seconded the motion. The motion passed with no objections or abstentions.
Public Comment	none
Presentation: Sacramento County Aging Resources Directory	Sacramento State Gerontology student Ariana Gonzalez-Barquero provided an update on the Sacramento County Aging Resources Directory, including numbers of visitors and what topics tend to be more popular (see attached slides). The commission shared suggestions for ways to promote the directory.
AAC Business & Initiatives	
2022 Accomplishments for Annual Report	C. Koss asked for suggestions of what to include in the 2022 Annual Report, including past accomplishment and plans for 2023. Suggestions included the age-friendly listening sessions, help with data analysis (planned 2023), Spanish translation of the directory (planned 2023) and the 5 Over 50 awards (planned 2023). A draft report will be presented to the Commission for feedback and possible approve at the March meeting.
Moving Back to In-Person Meetings	C. Koss summarized the Brown Act requirements for establishing quorum and when commissioners could participate remotely. This

	meeting will be the last virtual meeting of the Commission. Beginning in March, the commission will meet in person. Guests may attend in-person or virtually.
New Business	None
Reports	
5 Over 50 Awards	L. Miller reported that the working group received 18 nominations. The awards will be given at a May Supervisor meeting. There will be one awardee from each of the 5 districts.
Area 4 Agency on Aging	German Ayon provided brief update. AAA4 is starting a volunteer program and recently hired a volunteer coordinator. AAA4 is reviewing applications for Title IIIIE programs. The agency is also helping with CalFresh applications and is launching a digital navigator program to help older adults use computer technology.
Aging Resources Exchange	R. Hoskins informed the commission that the next Aging Resources Exchange was scheduled for February 28 th . The topic will be Connecting People to Services and Supports.
Sacramento County Age-Friendly Initiative	H. Richardson started the update on the Age Friendly Initiative by recognizing Don Nottoli's commitment and work on behalf of older adults during his tenure on the Board of Supervisors. He recently championed the allocation of \$500,000 for the age-friendly initiative. H. Richardson reported that the county has completed the listening sessions and is analyzing the data. D. Angelo announced that AARP will start holding the regional roundtables again beginning this fall. These events give people involved in age-friendly initiatives a chance to learn and network.
Liaison Reports	None
Commission Membership Changes	No changes
Announcements	M. Sullivan announced that WEAVE will be training the staff of the new senior shelter. J. Ellerby shared an update on American River Homeshare efforts, including a large mailing they recently sent to recruit hosts.
Future Meetings	Next Meeting will be in person, March 22, 2023, 9750 Business Park Drive. Ste. 104, Conference Room 1, Sacramento.
Suggestions for future agenda items	None
Meeting adjourned at 3:45pm	



Sacramento County Aging Resources Directory

Ariana Gonzalez-Barquero

Agenda

- Directory Background
- Navigating the Directory
- Metrics
- Spanish Version
- Your Help

Directory Background

- Launched in 2022
- Sac State students created the directory as an internship during COVID-19.
- The website is a collaborative project of the Sacramento State University Gerontology Department and the Sacramento County Adult and Aging Commission.



Sacramento County Aging Resources Directory

This directory lists local, state, and national resources and services available to older adults and caregivers living in Sacramento County. All the organizations included are either government or non-profit agencies. Click on any of the topics listed below to learn more.

Abuse, Neglect, & Financial Exploitation	End-of-Life Decisions	Making Decisions for Someone Else
Adult Day Centers	Exercise & Fitness	Medicare & Other Health Insurance
Alternatives to Driving	Find Volunteer Opportunities	Mental Health
Affordable Housing	Grandparent & Kinship Parenting	Mobility & Fall Prevention
Ageism & Age Discrimination	Grief & Loss	Organ & Body Donation
Aging Issues Advocacy	Groceries	Participate in Research
Animal Therapy	Hearing & Vision	Pets
Care Management	Help Getting Help	Planning for Diminished Capacity
Caregiver Education & Support	Help with Forms	Prepared Meals
Caregiver Respite	Home Modifications & Repairs	Retirement
Computer & Internet Access	Hospice & Palliative Care	Scams & Fraud
Computer & Smartphone Training	Intergenerational Programs	Senior Centers
Dementia Information & Support	Legal Information & Services	Serve on a Local Board or Commission
Disaster Preparedness & Response	LGBT Older Adults & Allies	Social Connection
Diversity & Inclusion	Lifelong Learning	Tax Preparation
Driving	Local Government	Utilities Assistance
Employment & Career Support	Long-Term Care	Veteran Services

Albert Einstein Residence Center

In addition to providing one-room apartments for older adults and persons with disabilities who qualify for HUD subsidies, this community offers communal meals, activities, and other amenities.

City of Rancho Cordova - Housing

Rancho Cordova provides housing information on the city's official website, including a list of local affordable housing apartment complexes.

Community Housing Opportunities Corporation (CHOC)

This non-profit community housing development organization builds and manages subsidized housing communities for low- and moderate-income individuals, families, and older adults.

Eskaton - Affordable Housing

Eskaton manages several affordable senior housing communities in Sacramento County and the surrounding area.

HomeShare American River

This non-profit organization matches people looking to share housing to save money, give and receive help, and enjoy companionship. They provide screening, background checks, and ongoing support to ensure the matches are successful.

Eskaton - Affordable Housing

Eskaton manages several affordable senior housing communities in Sacramento County and the surrounding area

Cost: share of cost based on income

Who Is Eligible: must meet financial and other eligibility requirements, contact community or see website for details

Address: various locations listed on the website

Website: <https://www.eskaton.org/affordable-housing>



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<p>Abuse, Neglect, & Financial Exploitation</p> <ul style="list-style-type: none"> Adult Day Centers Alternatives to Driving Affordable Housing Ageism & Age Discrimination Aging Issues Advocacy Animal Therapy Care Management Caregiver Education & Support Caregiver Respite Computer & Internet Access Computer & Smartphone Training Dementia Information & Support Disaster Preparedness & Response Diversity & Inclusion Driving Employment & Career Support 	<p>End-of-Life Decisions</p> <ul style="list-style-type: none"> Exercise & Fitness Find Volunteer Opportunities Grandparent & Kinship Parenting Grief & Loss Groceries Hearing & Vision Help Getting Help Help with Forms Home Modifications & Repairs Hospice & Palliative Care Intergenerational Programs Legal Information & Services LGBT Older Adults & Allies Lifetime Learning Local Government Long-Term Care 	<p>Making Decisions for Someone Else</p> <ul style="list-style-type: none"> Medicare & Other Health Insurance Mental Health Mobility & Fall Prevention Organ & Body Donation Participate in Research Pets Planning for Diminished Capacity Prepared Meals Retirement Scams & Fraud Senior Centers Serve on a Local Board or Commission Social Connection Tax Preparation Utilities Assistance Veteran Services
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Agency on Aging Area 4

The Agency on Aging Area 4 refers older adults and caregivers to services in Sacramento County and surrounding counties. Programs that receive Older Americans Act funding are listed on the agency's website. For those who need more assistance, person-centered counselors may help identify individuals' needs and help connect them with appropriate services and supports.

Alzheimer's Association 24/7 Helpline

The Alzheimer's Association offers help 24 hours a day, 7 days a week to people experiencing memory loss, caregivers, health care professionals, and others. Staff can answer questions, connect callers to resources, and offer support. Staff speak English, Spanish, Chinese, Hindi, and many other languages.

Benefits CheckUp (National Council on Aging)

This website identifies benefits individuals may be eligible for based on information collected through an on-line questionnaire. Those who prefer not to enter personal information may search for programs available in their state by topic.

California Department of Aging

The California Department of Aging provides information about aging issues and programs on its website.

Community Resource Finder

This cross-database of aging and dementia-related resources is made available by AARP and the Alzheimer's Association. Local programs and services are searchable under the topics housing options, care at home, medical services, and community services. The website also provides information about programs and events sponsored by the Alzheimer's Association and AARP. Both non-profit and for-profit providers are listed.

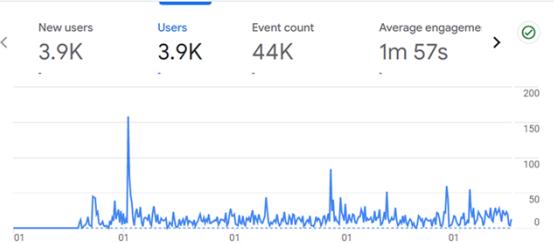
Current Metrics

New users **3.9K**

Users **3.9K**

Event count **44K**

Average engagement **1m 57s**



Custom Preceding period

Jan 1, 2022 - Feb 13, 2023

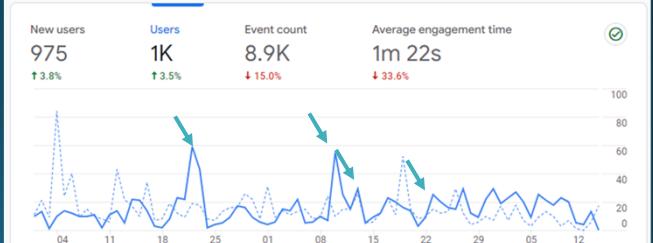
[View reports snapshot](#)

New users **975** ↑ 3.8%

Users **1K** ↑ 3.5%

Event count **8.9K** ↓ 15.0%

Average engagement time **1m 22s** ↓ 33.6%



Custom Preceding period

Dec 1, 2022 - Feb 14, 2023

[View reports snapshot](#)

Current Metrics

City	↓ Users	New users	Engaged sessions	Engagement rate	Engaged sessions per user	Average engagement time	Event count
	3,859 100% of total	3,854 100% of total	3,475 100% of total	61.15% Avg 0%	0.95 Avg 0%	1m 57s Avg 0%	44,032 100% of total
1 Sacramento	1,057	1,017	1,271	65.75%	1.20	3m 00s	15,566
2 (not set)	532	514	113	19.38%	0.21	0m 24s	2,939
3 San Jose	217	194	187	66.31%	0.86	1m 27s	1,890
4 San Francisco	215	205	219	68.65%	1.02	1m 32s	2,356
5 Los Angeles	125	107	108	61.71%	0.86	1m 33s	1,141
6 Elk Grove	111	107	108	68.79%	0.97	1m 50s	1,305
7 Rancho Cordova	78	73	79	73.15%	1.01	1m 37s	712
8 Carmichael	63	58	114	72.61%	1.81	4m 28s	1,226
9 Arden Arcade	60	53	56	65.88%	0.93	1m 33s	587
10 Citrus Heights	53	49	80	69.57%	1.51	2m 58s	740

↓ Page title and screen class	↓ Views	Users	Views per user	Average engagement time	Event count
	13,593 100% of total	3,859 100% of total	3.52 Avg 0%	1m 57s Avg 0%	44,032 100% of total
1 Sac County Aging Resources - Resources Directory	4,821	1,779	2.71	1m 00s	14,193
2 Sac County Aging Resources	1,856	981	1.89	0m 26s	6,658
3 Sac County Aging Resources - Aging Resources Exchange	542	306	1.77	0m 52s	1,829
4 Sac County Aging Resources - Home Modifications & Repairs	460	364	1.26	1m 01s	1,794
5 Sac County Aging Resources - Senior Centers	460	320	1.44	1m 16s	1,856
6 Sac County Aging Resources - Affordable Housing	303	210	1.44	1m 50s	1,023
7 Sac County Aging Resources - Help Getting Help	256	175	1.46	1m 29s	782
8 Sac County Aging Resources - Utilities Assistance	218	160	1.36	1m 28s	767
9 Sac County Aging Resources - Alternatives To Driving	217	173	1.25	1m 02s	695
10 Sac County Aging Resources - Exercise & Fitness	189	145	1.30	1m 04s	666



Your Help

- Suggestions for new topics.
- Suggestions of places to market the Directory.

Ariana Gonzalez-Barquero

Email: agonzalez-barquero@csus.edu

Thank You



**ADULT AND AGING
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March 22, 2023

Appointed by the Sacramento County
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California Department of Aging
Division of Policy, Research, and Equity
2880 Gateway Oaks Drive, Suite 200
Sacramento, CA 95833

RE: Local Aging and Disability-Friendly Action Planning Grant Program

Dear California Department of Aging,

On behalf of the Sacramento County Adult and Aging Commission, I am writing this letter of support for Sacramento County's Department of Child, Family and Adult Services, Senior and Adult Services Division for grant funds to develop and implement a Sacramento County Age and Disability-Friendly Action Plan.

The Sacramento County Adult and Aging Commission is made up of county residents (at least half of whom are 50 or older) who track aging and disability trends, advocate for expanded and improved services, and listen to input from service providers and the public. The Commission was created in the mid-1990s to report to the County Board of Supervisors about resources and needs concerning older adults and people with disabilities, their families, and their support networks.

We actively supported the Board of Supervisors' decision to apply to join AARP's Age-Friendly Network of States and Communities in 2021. Since then, the Commission has worked closely with Sacramento County Senior and Adult Services staff as they engaged in the community assessment phase of AARP's age-friendly process. Currently, a commissioner serves on the Sacramento County Age-Friendly core team. We look forward to continuing to provide feedback and support as the county develops an action plan in Fiscal Year 2023/2024 and implements the action plan in fiscal year 2024/2025.

The Age and Disability-Friendly Action Planning Grant will help to ensure that Sacramento County creates a community of inclusion, equity, respect, dignity, and accessibility for all residents who currently or in the future will benefit from age and disability-friendly planning. We strongly recommend that the Sacramento County Department of Child, Family and Adult Services receive funding for the Age and Disability-Friendly Action Plan Grant.

Sincerely,

Catheryn Koss, JD, PhD, Chair
Sacramento County Adult and Aging Commission

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March 22, 2023

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The Honorable Doris Matsui
United States House of Representatives
501 I Street #12-600
Sacramento, CA 95814

Re: Pedestrian Wayfinding Pilot – Federal FY 2024 Appropriations Requests – Community Project Requests

Dear Representative Matsui:

On behalf of the Sacramento County Adult and Aging Commission, I am writing this letter of support for the Sacramento County Department of Transportation (SacDOT) Pedestrian Wayfinding Pilot Project application for Federal FY 2024 Appropriations Requests – Community Project Requests. The Sacramento County Adult and Aging Commission is made up of county residents (at least half of whom are 50 or older) who track aging and disability trends, advocate for expanded and improved services, and listen to input from service providers and the public.

This pilot project aims to provide pedestrians real time information regarding the accessibility of sidewalks, most especially for groups encompassing those who face mobility challenges, i.e. senior citizens and people with disabilities. Through the mobile application, both individuals who walk and roll will learn in advance where sidewalks are located, the slope of sidewalks, location of curb ramps, tripping hazards, and major obstructions, and thus plan their routes according to their specific mobility needs. At selected major roadways, the app user will be able to request an extended pedestrian minimum green time from a smart traffic signal in order to have enough time to cross the street.

This will be the first deployment of a pedestrian mobile wayfinding app in the United States, which goes beyond using centerline data and instead utilizes sidewalk data, helping our most vulnerable residents to walk and roll more safely. With the lack of wayfinding for pedestrians and the steady climb in the country's aging population, this mobile app provides an opportunity to promote self-sufficiency for underserved groups through the transportation sector. By providing information on whether a route is connected and accessible, we will increase opportunities for exercise among seniors and people with disabilities, allowing for more safe and seamless trips to community destinations for all.

Sincerely,

Catheryn Koss, JD, PhD, Chair
Sacramento County Adult and Aging Commission

**ADULT AND AGING
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March 22, 2023

Appointed by the Sacramento County
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The Honorable Ami Bera
United States House of Representatives
8950 Cal Center Drive, Bldg 3, #100
Sacramento, CA 95826

Re: Pedestrian Wayfinding Pilot – Federal FY 2024 Appropriations Requests – Community Project Requests

Dear Representative Bera:

On behalf of the Sacramento County Adult and Aging Commission, I am writing this letter of support for the Sacramento County Department of Transportation (SacDOT) Pedestrian Wayfinding Pilot Project application for Federal FY 2024 Appropriations Requests – Community Project Requests. The Sacramento County Adult and Aging Commission is made up of county residents (at least half of whom are 50 or older) who track aging and disability trends, advocate for expanded and improved services, and listen to input from service providers and the public.

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Sincerely,

Catheryn Koss, JD, PhD, Chair
Sacramento County Adult and Aging Commission



Sacramento County Adult and Aging Commission 2022 Achievements and Activities

Supporting the Age-Friendly Initiative

The Commission continued to support the county's efforts to make our community more age-friendly. Commissioners Patty Wait and Theresa Abah represented the Adult and Aging Commission on the Age-Friendly Core Team.

The Adult and Aging Commission assisted Senior and Adult Services in developing, launching and conducting age-friendly listening sessions as part of the community assessment phase of the age-friendly project. A total of 13 listening sessions were conducted throughout Sacramento County with 199 participants. Listening sessions included meeting with residents in a senior apartment complex and long-term care facilities, unhoused seniors, local senior groups, social service organizations, senior volunteers, and a faith group. A special shout out to Commissioner Patty Wait for her help in reaching out to unhoused seniors, a highly vulnerable group.

Sacramento County Online Aging Resources Directory

The Sacramento County Aging Resources Directory, launched in late 2021, continues to be expanded and kept up-to-date by the Commission in partnership with the Sacramento State University Gerontology Department. The online directory includes listings for hundreds of non-profit and government agencies on over 50 topics of interest to older adults and caregivers. The directory is located at:

<https://www.sacagingresources.org/resources-directory>.

In 2022, the directory was visited more than 4,400 times by approximately 3,200 unique users. The top three most popular topics were Home Modifications & Repairs, Senior Centers, and Affordable Housing.

Virtual Aging Resources Exchange

The Commission hosted monthly virtual meetings for professionals working with older adults and others interested in learning about aging issues and local programs. The 2022 topics and presenting organizations were:

- Legal Services – Legal Services of Northern California
- Employment Programs for Older Adults – Mature Edge Job Readiness Program & Senior Community Services Employment Program
- Health Promotion and Education – Sacramento Public Library & Sacramento County Public Health
- Utilities Assistance – SMUD & A Community of Caring (ACC) Senior Services
- Brain Health & Living with Dementia – Alzheimer's Association & Del Oro Caregiver Resource Center
- Pets – Sacramento SPCA
- Program Showcase – Drowning Risk, Women Veteran Program, Wisdom Project, Mather HUD-VASH Program, Eskaton Telephone Reassurance Program, Meals on Wheels by ACC, & Sacramento County Adult & Aging Commission
- California Advancing and Innovating Medi-Cal (CalAIM) – Sacramento County Department of Health Services
- Medi-Cal Eligibility – Sacramento County Department of Human Assistance & El Hogar Community Services
- Elder Abuse & Personal Safety – WEAVE & A Community of Caring (ACC) Senior Services

Thanks to Debra Bonner, Rachael Hoskins, and Catheryn Koss for co-chairing the Aging Resources Exchange. Recordings of past presentations and information about future Aging Resource Exchange meetings are available at:

<https://www.sacagingresources.org/aging-resources-exchange>.

Supporting Senior & Adult Services

The Commission invited representatives from each of the SAS divisions to present at commission meetings throughout the year. Presentations about the Public Administrator/Guardian/Conservator, In Home Support Services (IHSS), Adult Protective Services (APS), and Senior Volunteer Services helped commissioners become more familiar with county programs and identify ways the Commission can support this important work.

Commissioner Recruitment

The COVID-19 pandemic was particularly challenging for older adults, caregivers, and professionals working in the aging field. As a result, several commissioners were not able to complete their terms. To build our commission membership up again, we developed a new commissioner recruitment brochure and updated our orientation materials. We also gave presentations about the commission to several community groups, such as the Renaissance Society at Sacramento State University.

We welcomed three new Commissioners in 2022: Dawn Angelo, Lee Miller, and Kristen Stauss.

About the Commission

The Sacramento County Adult and Aging Commission is comprised of volunteers who:

- track trends
- learn and raise awareness about issues and existing programs
- work to improve and to increase resources for Senior and Adult Services and other community programs

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>.

Action Priorities for 2023

In 2023, the Commission will:

- Continue to support the county's Age-Friendly Initiative as it analyzes the input and ideas gathered through the community listening sessions and develops an action plan
- Select five older adults making a difference in our county to receive 5 Over 50 Awards and honoring them during Older Americans Month in May
- Add additional topics and resources to the Sacramento County Aging Resources Directory and translate the directory into Spanish
- Raise awareness of local programs through the online resource directory and monthly Aging Resources Exchange meetings
- Develop a know your rights handout for people living in room and boards
- Work with the county to address the long-term impacts of the COVID pandemic
- Recruit and orient new commissioners
- Support the emerging Aging and Disability Resource Connection (ADRC) in Sacramento County

2022 Commissioners

Theresa Abah

Dawn Angelo

Debra Bonner*

April Carni*

Gaby Hernandez

Rachael Hoskins*

Catheryn Koss*

Lee Miller

Eduardo Rubalcava

Kristen Stauss

Patricia Wait

Stephanie Wilson (ex-officio)

*served on the Executive Committee during 2022