

**ADULT AND AGING COMMISSION**  
**Wednesday, April 28, 2021**  
**2:00 – 4:00 PM**  
**Video Conference Meeting**

**MINUTES**

Item	Minutes
<b>Welcome &amp; Introductions</b>	A. Carni called the meeting to order 2pm.
<b>Roll Call</b>	<p><b>Commissioners Present:</b> April Carni, Patty Wait, Debra Bonner, Preston Romero, Megan Masten, Catheryn Koss, Rachael Hoskins</p> <p><b>Commissioners Absent:</b> Tom Johnson</p> <p><b>Others Present:</b> Heidi Richardson (guest, Sacramento County Senior and Adult Services), Clayton Wyatt (AAA4 Representative), Rosanne Bernardy (City of Sacramento Ex Officio Representative), Gaby Hernandez (guest, appointment pending), Robert Van Cleef (guest, appointment pending), Theresa Abah (guest, appointment pending)</p>
<b>Approval of April 28, 2021 Agenda and March 24, 2021 Minutes</b>	P. Romero moved to approve the agenda and minutes, P. Wait seconded, motion passed with no opposition or abstentions
<b>Public Comment</b>	none
<b>AAC Business &amp; Initiatives</b>	
Senior Rally Day 2021 participation	A. Carni asked if Commissioners were interested in participating. Several expressed interest. Will share information about the event in follow up email.
Commission Retreat planning	A. Carni described what has happened at previous retreats. Opened the discussion up to gather ideas about what Commissioners would like to do this year. P. Wait suggested activities to get to know Commissioners better (like a “speed dating” activity). A. Carni asked P. Wait to share information collected previously about commissioners’ interests and skills. A. Carni proposed doing the retreat during the October meeting (may have a longer meeting that day). C. Koss suggested using the retreat to set some priorities for the next year. P. Romero asked if we could form an ad hoc working group. C. Koss recommended that ROC take the lead on planning the retreat. R. Bernardy suggested reviewing the Commission’s mission and bringing in former commissioners to talk about past efforts. Robert Van Cleef asked for some orientation information and explanation of terms like ROC.
Progress report on Aging Resources website	C. Koss reported that the Sacramento State University Gerontology students are researching resources on the various topics. Have added pages on alternatives to driving, help getting help, and local government. Made some changes to the categories based on feedback (thanks!). Will take a break over the summer and then continue to work on the site in the Fall. They hope to have the site live by the end of 2021. Will continue to share drafts to get feedback. A. Carni asked if Commissioners could see website to give feedback. C. Koss explained it is hard to share unpublished site, but will try to

	figure out a way to allow Commissioners to view it and give feedback. Will not make many changes over the summer when students are on break.
Nomination and election of Vice-Chair	A. Carni asked if R. Hoskins is interested in being nominated. R. Hoskins explained is interested, but needs to wait until she knows what her employment situation will be. Is willing to serve as interim. C. Koss moved to elect R. Hoskins as Vice-Chair, P. Wait seconded. The motion passed with no objections or abstentions.
COVID-19 county update	None
Discussion of moving back to in-person meetings	C. Koss reported that Supervisors are planning to move back to in-person in mid-June. R. Hoskins asked if we could both in-person and virtual. H. Richardson shared that the county will be opening buildings in mid-June, so could not start meeting in person before then. P. Wait asked H. Richardson if this is up to the commission or is this the county's decision. H. Richardson said she thought it is up to the commission (with a caveat that she was not making an official statement on behalf of the county). There is a new county staff person who would be providing technical support but is still being trained. P. Wait asked if there were any concerns about meeting in a health care building. The Commissioners discussed the types of services offered in the building, including the likelihood of COVID testing services. H. Richardson suggested talking with the building staff to see if the room is available. P. Wait reported that staff usually handled the room reservation, but the Commission representative needed to pick up the handouts and key. H. Richardson said she will follow up with the new staff person to be sure she is ready to support the Commission when we are ready to start meeting in person again. H. Richardson explained there will still be a mask mandate for a while. A. Carni asked if we would need to do our own screening or will the building be screening entrants. With the smaller commission, the room we used to use would allow for spacing along with masks. A. Carni suggested the Commission does some screening for ourselves. Discussed whether we should or could ask about vaccination status. H. Richardson offered to share any guidelines that she is given by the county. R. Van Clef suggested requesting from the county to have the Zoom option available in the room so Commissioners can still participate even if cannot attend in person (for example, if recently exposed). P. Wait asked whether there is a reason to meet in person. Discussed that after emergency situation will likely need to comply with open meeting requirements that were suspended during pandemic.
New Business	C. Koss has been in touch with Rick Heyer, attorney with Sacramento County, about scheduling a Brown Act training. June may be an option, but Heyer would prefer to wait until we are meeting in person again. C. Koss will tentatively schedule for June with the understanding that the meeting may be in person or online.  H. Richardson reported on progress on joining the Age-Friendly Network. County is extending the timeline to develop the plan because staff is focused on pandemic. The county will officially start the first year in August 2021. The first steps will be doing listening sessions and community meetings. Has started training staff on age-friendly concepts. H. Richardson offered to share the draft training materials.  P. Wait asked about the impact of the Census data on the county. H. Richardson had nothing to report.

<b>Reports</b>	
ROC	P. Romero shared PowerPoint with overview of Commission status and needs. See attached PowerPoint. T. Abah just applied. G. Hernandez and R. Van Cleef have completed the interview and application process. C. Koss reported that approval of appointments were moved to mid-May Supervisors meeting agenda. P. Wait cautioned that Commissioners should clarify when they engage in public speaking to recruit Commissioners that they are speaking as individuals. C. Koss reported that sent announcement about joining the commission to Susan Sarinas at ACC.
Area 4 Agency on Aging	AAA4 is in the process of winding down emergency-related program such as the Dine Around Town program.
Aging Resources Exchange	R. Hoskins reported had last meeting yesterday virtually. Speakers were from Unite Us and Area 4 Agency on Aging.  Next month's speakers will be from the Society of the Blind and CTAP (California Telephone Access Program).  A. Carni suggested legislation to support caregivers as a possible topic.
<b>Commission Membership Changes</b>	Covered during ROC report.
<b>Announcements &amp; Liaison Updates</b>	A. Carni suggested ROC review openings for Liaison positions and provide some options to new Commissioners.  R. Hoskins shared information about free Google home speakers offered by AAA4.  R. Bernardy reported on Age-Friendly Sacramento Stakeholders meeting tomorrow at 11am. Great Plates program has been extended to May 7. Hart Senior Center and Triple-R are opening up for some pre-registered exercise programming next week (limited).  A. Carni shared information about AIM, a part of the Alzheimer's Association focused on advocacy, there will be an event on May 19, 4pm PT.  H. Richardson reported that has reached out to Helen Selph at the City to let the City know about the County's status in the Age-Friendly process. R. Bernardy will share information about the City's meeting with H. Richardson.
<b>Future Meetings</b>	
Announcement of dates of future meetings	Next Executive Committee/ROC meeting Wednesday, May 19, 1-3pm <a href="https://csus.zoom.us/j/88550521679">https://csus.zoom.us/j/88550521679</a>  Next Commission meeting Wednesday, May 26, 2-4pm <a href="https://csus.zoom.us/j/88550521679">https://csus.zoom.us/j/88550521679</a>  Next Aging Resource Exchange Tuesday, May 25, 9:30-11am <a href="https://csus.zoom.us/j/95001564178">https://csus.zoom.us/j/95001564178</a>
Suggestions for future agenda items	Continue discussion of moving back to in person meetings
Meeting Adjourned at 3:31pm Minutes prepared by C. Koss	



# Sacramento County Adult and Aging Commission (AAC) Recruitment and Orientation Committee (ROC)

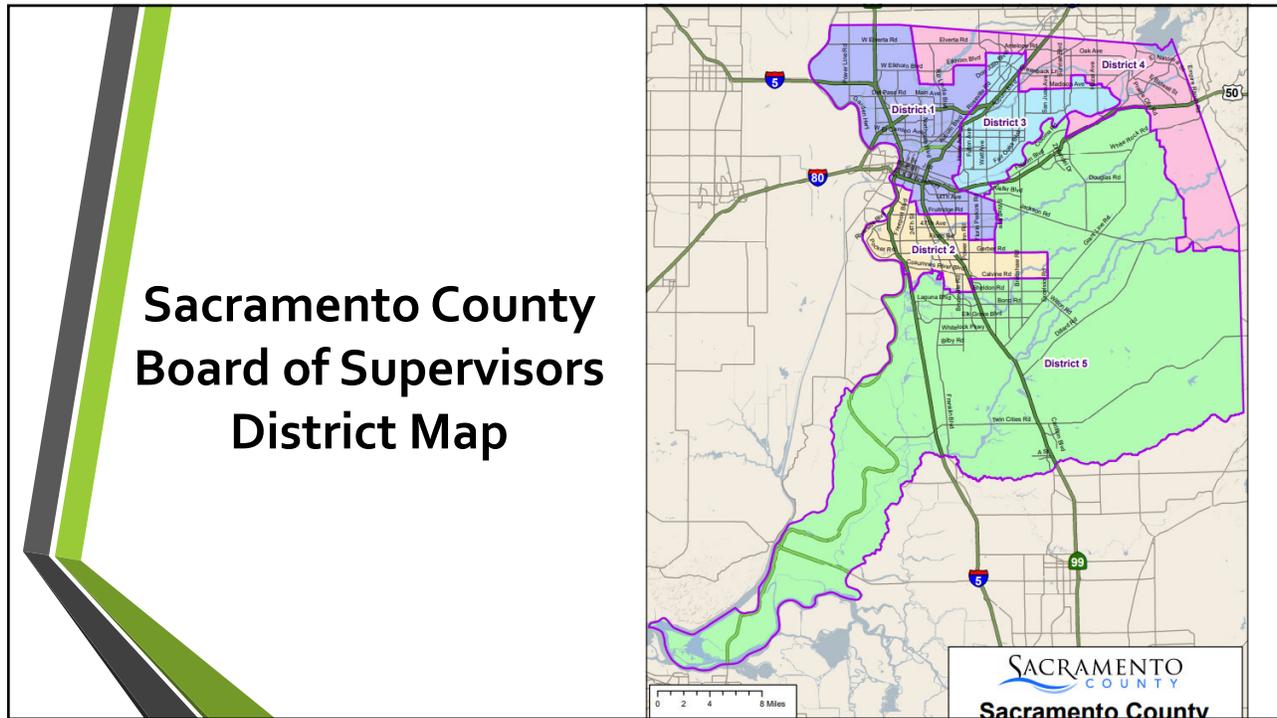
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ROC Chair: Preston Romero  
Wednesday, April 28, 2021



## Commission Overview

- Chair: April Carni
- Vice Chair: Vacant
- Secretary: Catheryn Koss
- ROC Chair: Preston Romero
- Commissioners: 15 – 21 per bylaws
- Total Commissioners: 8



## Sacramento County Board of Supervisors District Map

## Commissioners by Supervisor District

- District 1
  - Supervisor Phil Serna
  - AAC: 2
- District 2
  - Supervisor Patrick Kennedy
  - AAC: 0
- District 3
  - Supervisor Rich Desmond
  - AAC: 3
- District 4
  - Supervisor Sue Frost (Chair)
  - AAC: 2
- District 5
  - Supervisor Don Nottoli (Vice Chair)
  - AAC: 1

## Cities in Sacramento County

- Sacramento
- Rancho Cordova
- Elk Grove
- Galt
- Folsom
- Citrus Heights
- Isleton



## Recruitment Opportunities

- Social Media
  - Posting or sharing information about the AAC on social media sites and apps
  - Facebook, NextDoor
- Public Meetings/Public Comment
  - Submit request to speak during public comment at city council meetings
  - A great opportunity to bring awareness of commission and build report
- Word of Mouth
  - Talk to your friends and neighbors



**Thank You!**

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**Questions?  
Comments?**