

ADULT AND AGING COMMISSION

Wednesday, March 22, 2023

2:00 – 4:00 PM

In-Person Location:

9750 Business Park Drive, Ste. 104, Conference Room 1, Sacramento, CA 95827

Remote Access:

Join ZoomGov Meeting

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

Meeting ID: 160 101 5273

Passcode: 017189

MINUTES

| Item | Notes |
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| Welcome & Introductions | Chair |
| Roll Call | <p>Members Present: Catheryn Koss, Theresa Abah, Debra Bonner, Lee Miller, Kristen Stauss, Maureen Sullivan, German Ayon, Melissa Jacobs</p> <p>Members Absent: Rachael Hopkins, Eduardo Rubalcava</p> <p>Guests: Ruth MacKenzie, Heidi Richardson, Tammy Cahill, Maggie _____</p> |
| Approval of February 22, 2023 Minutes and March 22, 2023 Agenda | L. Miller moved to approve, T. Abah seconded the motion for February 22, 2023 minutes and March 22, 2023, agenda. The motion passed with no objections or abstentions for minutes and agenda. |
| Public Comment | 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 | <p>H. Richardson discussed a 21-month grant awarded 2/28/23 for \$75,000 to \$200,000, where she discussed process that this is only available to communities that have not started action plan. In 2022, 13 listening sessions were conducted in Sacramento County. A consultant will be hired for this program. R. McKenzie provided additional explanation and clarification of letter.</p> <p>L. Miller asked will all monies go to consultant. H. Richardson response was yes.</p> <p>C. Koss motioned to write letter of support grant. L. Miller moved to approve; K. Stauss seconded the motion. The motion passed with no objections or abstentions.</p> |
| Request for Letter of Support from Sacramento County Department of Transportation (SacDOT) Pedestrian Wayfinding Pilot Project application for | M. McDaniel was not present to give report, will postpone for next meeting. |

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| Federal FY 2024 Appropriations Requests – Community Project Requests | |
| 2022 Annual Report | C. Koss provided report for review, discussion and vote. C. Koss discussed role of Aging Resource Exchange and format has changed to have speakers at beginning of meeting. L. Miller motioned to approve report, D. Bonner seconded; there were no abstentions or objections. |
| 2023/2024 Officers Slate (Election at May Meeting) | C. Koss provided explanation of openings and if anyone is interested nominations will be made next month. |
| New Business | |
| Reports | |
| 5 Over 50 Awards | <p>L. Miller acknowledge and thanked Theresa, Dawn and Heidi for assisting. L. Miller reports there are 18 nominees that will receive an award. Event will be on May 23rd at Board of Supervisors meeting; will provide scheduled time at a later date.</p> <p>L. Miller requests to be on this committee next year.</p> <p>L. Miller will document process for future.</p> <p>C. Koss mentioned creating a page on website, Heidi to get consent. C. Koss suggests debriefing process afterwards and write-up about nominees (winners).</p> |
| Area 4 Agency on Aging | <p>G. Ayon provided update on following:</p> <ul style="list-style-type: none"> • Caregiver Respite – Del Oro • Outreach support – ACC • A4AA have some job openings, check website but did mention three openings - Office Tech, Program Manager Developer, Regional Services • Cal Fresh Navigators are currently learning the application process to help older adult population • Digital Navigators are currently in Placer and Sacramento • Sr. Connection Program – must be 60+ and APS eligible; individuals will receive in-person case management to improve quality of life <p>L. Miller inquired about Cal Fresh eligibility help with applications and how will people know?</p> <p>H. Richardson mentioned enroll in Meals on Wheels (MOW) and Cal Fresh</p> |

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| | Discussion amongst members on eligibility and difference between MOW and Cal Fresh. C. Koss provided explanation and clarification. |
| Aging Resources Exchange | C. Koss discussed meeting is next Tuesday, March 30 th , where Carol Hafer of Dignity Health will present on Health Information; start time is 9:30 and can send link if you don't have. |
| Sacramento County Age-Friendly Initiative | <p>T. Abah provided Summary of Community Needs Assessment Sacramento County</p> <ul style="list-style-type: none"> • Demographics – all 7 cities in the county participated <ul style="list-style-type: none"> - # of participants = 1,003 - Male = 28%, Females = 72% • Higher participating cities – Sacramento = 38%; Elk Grove = 8.5% • Overall, 85% of respondents rated their community as either very good, good, excellence, while 5% rated the community as poor. • Going further, what respondents view as a good place to live. Issues like family ties, low cost of home maintenance, personal safety, cost of housing, access to transport and the need to move to a better climate were source of the reasons given. • People who have lived in their communities less than 15 years were more eager to move that those who have lived in the County longer • Topping the chart for reason to move was cost of housing and maintenance. <p>Overall:</p> <ul style="list-style-type: none"> • Less than 50% of respondents would like to remain in their present community. 37% want to move to a new community while 15% want to remain but move to a new residence. <p>T. Abah will share information with ADRC, will send invite to C. Koss.</p> |
| Sacramento County Aging Resources Directory | C. Koss discussed that the English version is updated and attached to agenda for review, and projecting Spanish version to be out this coming May. |
| Liaison Reports | None |
| Commission Membership Changes | None |
| Announcements | L. Miller invited individuals to come to the Pat O'Brian Community Center; Vintage Park area on the 30 th . This Center is very under-utilized and |

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| | will be having some activities this day for older adults. |
| Future Meetings | Next meeting is in-person, April 26, 2023, 9750 Business Park Drive, Ste. 104, Conference Room 1, Sacramento. |
| Suggestions for future agenda items | There was discussion to invite Anson to present on ADRC. |