



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.

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
- Honor older adults making a difference in our county with 5 Over 50 Awards and recognition 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

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 related to aging and living with disabilities
- 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>.

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