



Contra Costa County  
Advisory Council on Aging  
Health Workgroup

MINUTES  
Second Thursday  
May 13, 2021  
9:30 to 11:30

Join Zoom link:

<https://cccouny-us.zoom.us/j/96353466330?pwd=WTNUYk4rNFVtT2hIMVYyUmVZZ1NIZz09>

Telephone: USA (214) 765 0478

Password: 017220 Conference code: 445291

## MINUTES

- I. The Health Workgroup meeting was called to order by Jennifer Doran (Chair Susan Fredrick absent.)
- II. Approve Today's Agenda  
Motion by Fran Smith, second by Fred Adams to accept the agenda as presented; Vote unanimous.
- III. Approve May 13, 2021 draft minutes  
Motion by Fred Adams, second by Dennis Yee to approve the April 2021 Minutes; Vote unanimous.
- IV. Attendance: Members present (ACOA members in bold) -  
**Jennifer Doran, Fred Adams, Jim Donnelly, Fran Smith, Terri Tobey, Nuru Neemuchwalla, Brian O'Toole**, Caitlin Sly (MOWDR), **Dennis Yee, Sara Shaffiaody**, and Melanie Smith.
- V. Announcements  
Cathy Thompson resigned from the ACOA.
- VI. Presentation:

Terri Tobey, Diablo Valley Foundation for the Aging Programs.  
490 Golf Club Road, Pleasant Hill, CA 94523 925-945-8040

Please see attached PowerPoint slides.

There is a joint East County Project in partnership with Meals on Wheels Diablo Region (MOWDR) to provide outreach in East County for underserved seniors in need of services. Lydia Gutierrez is the newly hired staff person. Other partners include Choice In Aging, Senior Legal Services, DVFA, MOWDR, and the Ombudsman. Lydia was hired about a month ago and is in the information gathering and learning phase and participating in drive-through fairs in East County.

There has been a windfall of volunteers during the COVID19 pandemic and they have been able to start a new program called TeleAssure. The Friendly Visitor program has been curtailed because of the Shelter In Place (SIP.)

The largest program at DVFA is the Fiduciary Services. There are about 30 clients and 24 volunteers in the Money Management Volunteer Program. Care Management is a fee for service. They refer seniors to many other agencies for legal issues, or for problems in care facilities, to the Ombudsman.

DVFA provides continuing education for Money Management volunteers as well as an orientation, training and vetting. DVFA teams up with the CCC Peer Counseling for training. The expectation is 2 to 4 hours a month, but a volunteer can spend more at their discretion. They do not currently have a waiting list for their services. In the past they have primarily served the 680 Corridor but since COVID19 and the windfall of volunteers, services are now available throughout the County. As an individuals medical situation declines DVFA may assist in getting the paperwork done to put a power of attorney (POA) and bill pay in place.

## VII. Members Reports (time permitting)

### A. AARP - Nuru Neemuchwalla

AARP is working hard on protecting seniors against the COVID19 virus. May 21 is the Working Family Coalition Advocacy Day in support of AB995 Paid Sick Leave Bill.

### B. Legislative - Nancy Leasure - As read out loud by Jennifer Doran

AB 323 Long-term care facilities penalties strengthened. May 6, it passed the Health and Appropriations Committees. It was read the second time and ordered to the third reading. We wrote a letter supporting this, it was approved by the Executive Committee, and is on the consent calendar for next Wednesday's general meeting.

SB 56 Medi-Cal for immigrants. March 22, placed in the Appropriations Committee suspense file. We wrote a letter supporting this, it was approved by the Executive Committee, and is on the consent calendar for next Wednesday's general meeting.

SB 107 CalFresh applications okay to be made by phone. March 23. Read a second time and ordered to the third reading. The health work group decided to follow this bill and decide later whether to support it.

SB 281 CA Community transitions. Helps people transition from nursing homes to their own homes. May 5 it passed the appropriations committee. Read the second time. It will be read the third time and ordered to the consent calendar. The health work group decided to follow this bill and decide later whether to support it.

AB 570 Dependent Health Care Coverage (Santiago). Enables persons to enroll dependent parents in their health insurance coverage. It has passed the Assembly Health committee and been referred to the Appropriations Committee on April 12.

AB 849 Skilled nursing facilities: intermediate care facilities: liability (Reyes). Clarifies that nursing homes that violate the rights of their residents are liable for up to \$500 **per violation**. That used to be the total that could be fined, regardless of how many violations. April 27, passed the Assembly and is now in the senate. It was read for the first time and sent to the Rules Committee for committee assignment.

SB 48 Alzheimer's and Dementia (Limon). Internists, GPs, PA, and clinical social workers need to complete at least 4 hours continuing education for relicensing. This has passed the assembly. In the Senate the bill was read for the first time and sent to the Rules Committee for committee assignment on April 22. This work group considered this bill previously and decided not to follow it further.

Please let the Nancy know if this work group wants to follow or support these bills, or of any other action it wants to take on state legislation affecting the health of our seniors.

C. Dementia/Alzheimer's – Jennifer Doran

In early April, Jennifer watched 11 daily webinars called Awakening from Alzheimer's. They featured various changes in lifestyle, mainly nutritional, as alternative treatments to the limited pharmaceutical interventions available to treat alz today.

All of the presenters stressed that we cannot wait for the drugs. Lifestyle changes need to happen now esp to those who are in mid-life. But no matter how old a person is, prevention of dementia is possible. This includes a ketogenic diet because the brain easily uses ketones for energy. Nutrient supplements were recommended to maintain a healthy gut, considered the second brain for providing immunity and controlling inflammation.

Awakening from Alzheimer's has a website. - <https://www.awakeningfromalzheimers.com/>

In the meantime, prevention of dementia includes:

Daily exercise including aerobic.

Mediterranean diet.

Limit alcohol.

Stop smoking

Control blood pressure, cholesterol, and diabetes.

Keep social connections.

Sleep is important.

Maintain mental health.

D. Nursing Homes – Fred Adams

Fred shared an article from the CA Nursing Home Reform that was printed in the May 21<sup>st</sup> Georgetown Law Review. There have been predictable failures from nursing homes that began before the pandemic. Over dependence on institutionalized care and not aligning reimbursement with quality care sets the system up for failure.

There has been a lawsuit that people dumped from a facility only need to press their case in an administrative fair hearing that goes in their favour. They may then continue to civil court. This may be a long-term solution but doesn't help people with immediate needs of getting back into a facility.

Fred suggested a future agenda item – Changing our approach from reporting transgressions and following legislation, to making people more aware of what is going on in the industry. There was general discussion on the sad state of affairs in nursing homes and how we as a society need to change this.

E. Caregiver Resources – Terri Tobey

Terri mentioned Hope Options and will send information to Anthony Macias (Staff) to pass on to the Health Workgroup members via e-mail.

F. Older Adult Mental Health – Susan Frederick - Report read by Jennifer Doran

Older Mental Health group is focused on Covid.

Met in April and introduced Gilbert Salinas as the new CCC Health Services Equity Officer. Equity is now the issue with vaccinations.

126,281 Caucasians vaccinated vs 15, 578 African Americans vaccinated in Contra Costa County.

This is due to the lack of trust in the medical system by the African Americans(AA) due to AA's history of being used in medical experiments without informed consent.

A Health Services physician showed an excellent informational video about covid that will be distributed. Gaining trust in the vaccination is paramount. Many heads of African American colleges, have publicly taken the vaccination and have encouraged others to do so.

A question was asked “What if my IHSS worker will not get the vaccination or an IHSS client refused to get vaccinated. The true employer in this situation is the client. So, the way to deal with it is as an Employer/Employee situation. If the client is not capable of dealing with the situation then his support group (Official and unofficial) will need to assist him..

G. Nutrition – Caitlin Sly

Caitlin reported MOWDR is delivering meals and hoping to get back to a normal schedule for lunch delivery. Clients are preferring the weekly delivery of frozen meals that has occurred during the pandemic. They will conduct a future survey to reassess the clients preferences. The challenge is going to be the weekly delivery takes up more space in a vehicle and the coolers and containers fill up a sedan quickly. Currently buses are in use but the buses will be returned to their normal public transit. Jim commented that the precooked meals travel much better for him as a volunteer and suggested looking into a better cooler product. The downside of the weekly delivery is you lose the daily interaction between the volunteer and senior. MOWDR is in constant communication with the cities of Walnut Creek, Concord, Pittsburg, Bay Point, and Rodeo who provide congregate meal sites at CC Cafes in their senior centers. The situation is in flux and the return will be an initial rollout maybe once a week ramping back up to 5 days a week. Jim asked who will make these decisions? Caitlin replied cities, MOWDR, and caterers who prepare the food. Jim responded that he is hoping all input is being considered.

H. Racial/Ethnic Disparities – Dennis Yee

Dennis has requested this topic be added as a standing report on future agendas.

I. Staff Reports - Melanie Smith

Melanie will type up a list of the Health Workgroup membership list and provide it to the chair for review and updates.

VIII. Discussion – n/a

IX. Public Comment – n/a

X. 11:26 Adjournment

Minutes recorded by:

Melanie Smith, Senior Staff Assistant

[msmith@ehsd.cccounty.us](mailto:msmith@ehsd.cccounty.us) 925-471-2899

NEXT MEETINGS – Second Thursday of each month:

Thursday June 10, 2021 at 9:30am

Recess-July

Thursday August 12, 2021 at 9:30am

The ACOA meets currently on Zoom on the third Wednesday of the month from 9:30am to 11:30am and recesses in July, and November. Work Group and Committees: SMAC, Elder Abuse Prevention, Health, Housing, Legislative, Membership, Nutrition, Planning, and Technology.

The Contra Costa County Advisory Council on Aging and its committees will provide reasonable accommodations for persons with disability planning to attend the above noticed meeting if they call 925-602-4172 and ask for Anthony Macias at least 48 hours in advance of the meeting.

Contra Costa County Advisory Council on Aging members are appointed by the Board of Supervisors to advise the Area Agency on Aging on all matters related to the development and administration of the annual Area Agency Plan and operations conducted thereunder, in accordance with mandates from the Older Americans Act. Any comments or recommendations made by the council or its individual members do not represent the official position of the County or any of its officers.