

Contra Costa County Advisory Council on Aging (ACOA)
Health Work Group Minutes
Thursday, September 9, 2021

Call to Order: Jennifer Doran called the meeting to order at 9:30 am.

Present: Jennifer Doran, Susan Frederick, Jim Donnelly, Nancy Leasure, Fred Adams, Brian O'Toole, Terri Tobey, Dennis Yee, Eric Freitag, Gerald Richards, Nuru Neemuchwalla, Sara Shafiabady

Guests: Caitlin Sly, Meals-on-Wheels Diablo Region (MOWDR); Maura Gibney and Pauline Shatara of California Advocates for Nursing Home Reform (CANHR)

Staff: Ana Bagtas, Area Agency on Aging Program Manager; Melanie Smith

Approval of Agenda/Minutes

- Approve Today's Agenda – Nancy moved to approve the agenda. Fred seconded the motion. Motion was approved unanimously.
- Approve August minutes: Jim moved to approve the minutes. Dennis seconded the motion. The minutes were approved unanimously as written.

Announcements and Correspondence:

- Teleconference rules – general discussion and will be revisited on the September ACOA agenda. Please see attached "Rules for Participating by Teleconference - Advisory Bodies" effective October 1, 2021.

Presentation: California Advocates for Nursing Home Reform (CANHR) Maura Gibney MSW, Special Projects Director and Pauline Mosher MA, Deputy Director

- Discussed planning for and thinking about future care options, including home- and community-based options and nursing homes.
- The CANHR website at www.cahnr.org has a checklist that can help with accessing care at potential facilities and a section on advance care directive.
- Please see attached CANHR PowerPoint presentation for more information on resources.

Discussion: Long Term Care (LTC) informational project – Group Discussion

- The group discussed how to proceed with addressing issues in long-term care facilities and possible strategies.
- Ana stated that the Work Group should be intentional about the projects they take on by establishing objectives in the Area Plan.
- The ACOA and its committees and Work Groups are accountable for the objectives they establish in the Area Plan, which are due in March.
- Everyone should review the workgroup's objectives in the current Area Plan Update for fiscal year 2021-22 to ensure the group is on track.
- Jennifer mentioned reviewing the priorities established at the June 24th local Master Plan for Aging (MPA) event, such as advanced planning directives, geriatric training, palliative care, support for families, etc.

- Possible future speakers might be a Skilled Nursing Facility (SNF) director or providers for palliative care, either non-profit (Hospice of the East Bay) or a for-profit.
- Jennifer will look into California Association of Health Facilities (CAHF) for a possible presentation.
- The Naturally Occurring Retirement Communities model was suggested as an idea to explore.
- Jim says to review the goals and objectives in the current Area Plan Update and the 4-Year Area Plan.

Member Reports:

Caregiver Resources: Terri Tobey

- Fall Prevention month – the National Council on Aging (NCOA) is offering a webinar series throughout September on how to reduce injury and risk of injury. Details at NCOA.org for handouts and information.

Senior Nutrition: Caitlin Sly

- Meals on Wheels Diablo Region (MOWDR) is continuing to serve home delivered meals. One-hundred twenty people had been added in August for meal delivery. Because of low attendance and the risk of the Delta Variant, they are opening the congregate meals sites at 3 days a week. The schedules are on the MOWDR website.

Public Comment

- None

Action Items for Executive Committee

- None

Future Meetings: Next meeting: Thursday, October 14, 2021.

The meeting adjourned at 11:28am.