



January 24, 2018

3:00 – 4:30 p.m.

Santa Ynez Valley Marriott • 555 McMurray Rd. • Buellton, CA 93427

MINUTES

Attendance: Ashley Costa, Arlene Diaz, Danielle Goulette, Cheri Jasinski, Colleen Jensen, Vicki Johnson, Patricia Keelean, Ashley Kruzel, joyce ellen lippman, Patricia Low, Cynthia McNulty, Cassi Noel, Samantha Omana, Mary Lou Parks, Yolanda Perez, Marco Quintanar, Adrianna Rojas, Lynda Tanner, Margaret Weiss, Phylene Wiggins, Das Williams

Special Guests: Pam Gnekow, Buellton Senior Center; Linda Linton, Buellton Senior Center

Staff: Barbara Finch and Gloria Munoz

1. Welcome & Introductions

Barbara Finch opened the meeting and introductions were made.

2. Approve Minutes, November 15, 2017

joyce ellen lippman motioned to approve the minutes from November 15, 2017 and Cheri Jasinski seconded the motion. Arlene Diaz and Das Williams abstained from voting; all others voted in favor and the minutes were approved.

3. Public Comment

Barbara invited Phylene Wiggins to share information about legislation at the national level to support family caregivers. It passed the Senate unanimously and would be wonderful news for family caregivers and our County if it passes the House of Representatives.

4. Disaster Preparedness and Community Healing

Barbara Finch started the meeting with a check-in about impacts of the Thomas Fire and Montecito Debris Flow. Members shared the following:

- There was excellent collaboration from the first responders, Department of Public Health, Community Care Licensing, Emergency Services, Easy Lift, Ombudsman Program and all other organizations.
- There is a Disaster and Emergency Coalition in Santa Barbara that meets frequently. Every time there is a national disaster new regulations come out. When this happens, they meet to make sure that they are meeting those regulations and update the plan.
- The Ombudsman Program in San Luis Obispo and Ventura County collaborated with Santa Barbara County.
- In-Home Support Services appreciated using the interactive Google map when calling clients from their lists and checking in on them.
- Community Action Commission did a great job in continuing to deliver food. They had staff take food via the train and one time had their delivery truck go around Hwy 166. In addition, their 2-1-1 Helpline handled over 5,500 calls, which is over 60% of their call

volume for the year. They kept up with the most up-to-date information and worked closely with the County. Supervisor Williams would like a graphic on the use of 2-1-1.

- The trauma, especially for seniors, is going to last a very long time.
- There is a Counseling Center at the Local Assistance Center. It will be up and running until February 3rd.
- There are a lot of scams going around and seniors are the most vulnerable.
- Strategies 2.0 is offering a webinar on February 9, 2018 from 8:45am – pm, titled Fire/Floods/Earthquakes: Resiliency in the Face of Disaster
- With the 101 closure, staffing for healthcare facilities was limited. This is something that needs to be thought about for the future.
- For those with no internet or cell phone use during the flood, how do they figure out how to make sure that there is some sort of communication connection?
- Barbara will check with the Santa Barbara County Voluntary Organizations Active in Disaster to see if they can present at AAN regarding what worked or what didn't work and future planning.

5. California Community of Constituents: AAN Regional Coalition

• Priorities for 2018

Barbara Finch stated that AAN submitted the end year report and got additional funding for 2018. She added that the Regional Coalitions have joined forces with the California Collaborative, a group of statewide organizations that are working to improve Long-Term Services and Supports for seniors and people with disabilities. They intend to focus on advocacy for the 2018 elections. Each Coalition has been asked to develop a local farm team that includes local leaders that are in office or likely to elevate to statewide or national office. There will be another Advocacy Day at the state capitol in April.

6. Latino Elder Outreach Network Update and survey results

Yolanda Perez gave a presentation on last year's Annual Latino Elder Outreach Network luncheon (see attached). It was their 4th Annual luncheon in Santa Barbara and the Adult & Aging Network is one of the sponsors. This year they decided to do a survey where they asked attendees what their needs are regarding recreation and socialization. They discovered that many of the attendees did not read or write and most had never taken a survey before. Volunteers visited each table to explain the survey and help seniors fill it out.

There were 166 participants and volunteers from over 30 organizations. These were some of the results from the 141 survey responses:

- 86% of the attendees were female
- 67.6% stated that Spanish was their primary language
- Most learned about social and recreational activities from their family and friends
- 86% would like to participate in more social activities and/or attend more events
- Most don't participate or attend more events because they don't have information about what is available
- 73.2% interacted daily with other folks and liked spending time with family and friends as the top activity that they enjoyed
- 55.6% owned or used an electronic device but 47.9% did not know how to use it

One of the key takeaways from doing this survey is increasing awareness among the Latino seniors about community activities and events. They will also be looking at transportation needs and how to help seniors use their electronic devices. Yolanda concluded by stating that most participants plan to attend next year's Dia De Los Abuelos.

7. New Requirements for Service Providers

joyce ellen lippman shared a flyer on their upcoming public hearing where folks can attend and share their ideas and comments on creating "Senior Friendly" communities. She added that new legislation has passed and AB 959 requires state government entities who collect demographic data to include questions about LGBT status. The three questions are:

- What is your gender? (check only one)
- What was your sex at birth? (check only one)
- How do you describe your sexual orientation or identity? (check only one)

She mentioned that they want to be very sensitive about this and make sure that all of the line staff has all the training they need to do this properly. They will also be suggesting folks to take a look at SB 219, which talks about what pronoun or pronouns someone would like to be. This will go effective by July 1st and notices will be going out next week.

joyce ellen stated that the AAA Board of Directors is holding a public hearing to consider adding a local requirement for funded organizations that serve family caregivers to utilize the Care Mapping Program when appropriate. joyce ellen feels that this is a gift to the family caregiver. Phylene added that the care map provides opportunities for the caregiver to be connected to services and support that can strengthen caregiving scenario within the home. If anyone has any comments or questions, please contact joyce ellen or attend a public hearing.

8. Community Caregiving Initiative Report

Phylene Wiggins acknowledged AAN members who have been part of the Community Caregiving Initiative (CCI). Some groups received grants for Innovative Practices and other have participated in data gathering. Any organization that provided surveys is considered a partner or stakeholder of the CCI, whether they are receiving funding or not.

Phylene distributed a copy of the CCI Interim Report Summary Fall 2017 (see attached) and went over some of the results. The vision of the CCI is a strong and resilient caregiving community that ensures the safety and security for our aging population. The three areas that they are looking at are:

- How are they strengthening caregivers themselves?
- How are they giving them the tools that they need for caregiving?
- How are they evolving as a community in terms of connecting caregivers to the services that they need?

Phylene shared that this work is now being supported by AARP. AARP's legislative priorities are income security/social security, Medicare, Medicaid and Family Caregiving. Here is the link to a video that they shot at Marion Hospital in Santa Barbara County: <https://vimeo.com/aarpbroadcast/review/246340992/88020878e5>.

Phylene stated that there is a lot of effort to support caregivers in our community and that organizations understand the CCI goals and are communicating and collaborating with each other. They learned that while organizations are working together really well, not all caregivers are experiencing the same seamless connection.

Caregivers are reporting that the personal services are quite helpful. They have a stronger sense of believing in themselves as key contributors to the health of their loved one and feeling pride about the kind of care that they are providing. Many see a high level of awareness among caregivers but not necessarily within the health care system.

Caregivers would like more information about their own self-care. Population health data shows that caregivers are much more likely to have conditions like high blood pressure, asthma, depression, severe psychological stress, etc. Unfortunately, their needs are often not met because they forget to take care of themselves. The services from CCI partners are helpful in helping them achieve awareness.

The survey identified four different types of caregivers based on the number of services that they used: high users, moderate to high user, moderate user and low user. The reports of self-care and well-being were similar across groups. However, if they were in a high user group they were much more likely to be able to provide better care for their loved one, they could figure out where to get services, they were better partners with the health care provider, and they were much more actively involved in care decisions.

Supervisor Williams asked if there was an assessment of the cost between low, medium and high users. Phylene stated the costs for readmissions to the hospitals are down 50% over the course of the year when you have a supportive caregiver. They still have ways to go on some of the things to quantify but they are working towards that.

9. Member Updates and Announcements

- **Supervisor Das Williams** had the following announcements:
 - Recent natural disasters have compounded fiscal challenges for the County. The County started this year with a \$24 million deficit and that was before the 6% match that the county has to pay for the costs of the disaster. He asked everyone to keep this in mind when thinking about asking the County to support programs and services.
 - Supervisor Williams is advocating class action on opiates. There is enormous drain on county resources in public safety and public health.
- **Cheri Jasinski** shared that Senator Jackson's Policy Analyst, Nora Lynn, is working on details for the Senior Safety at Home Act – Fall Prevention bill and they are very interested in hearing back from folks. The bill will require health insurance companies to cover fall prevention devices for seniors and persons with disabilities. They are particularly interested in cost benefit data. If anyone has any data or know of relevant data resources, please contact Cheri with that information.
- **Cynthia McNulty** announced that Family Service Agency is organizing a Survivor's Support Group. It will be in Santa Barbara and in English.
- **Danielle Goulette** announced that the Friendship Center will be hosting their 19th Annual Festival of Hearts at The Fess Parker on Saturday, February 10th from 11:30am to 2pm.
- **Mary Lou Parks** announced that Valley Haven is hosting Enchanted Hearts on Saturday, Friday 10th from 4pm to 9pm in Lompoc at the Veteran's Hall. Tickets are \$50.

10. Adjourn – Next meeting March 28, 2018

The meeting adjourned at 4:41 p.m.

Respectfully submitted by Gloria Munoz