



January 28, 2015

3:00 – 5:00 p.m.

Public Health Department Auditorium

300 N. San Antonio Rd., Bldg. 1

Santa Barbara, CA 93110

MINUTES

Attendance: Hillary Blackerby, Donna Beal, Eloisa Chavez, Arlene Diaz, Paul Didier, Devin Drake, Eryn Eckert, Eric Friedman, Derya Fuller, Royce Gatdula, Dana Goba, Heidi Holly, joyce ellen lippman, Erica Lopez, Cynthia McNulty, Yolanda Perez, Kathleen Riel, Mary Sheridan, Elizabeth Taylor-Linzey, Allyson Toscher, Erin Weber, Margaret Weiss, Jeanne West, Phylene Wiggins

Staff: Barbara Finch, Gloria Munoz

1. Welcome & Introductions

Barbara Finch opened the meeting and introductions were made.

2. Public Comment

There was no public comment.

3. Approval of Minutes, November 19, 2014

joyce ellen lippman motioned to approve the minutes from November 19, 2014 and Mary Sheridan seconded the motion. Donna Beal, Eryn Eckert, Dana Goba, Devin Drake, and Margaret Weiss abstained from voting; all others voted in favor and the minutes were approved.

4. Announcements

- Barbara summarized announcements that were sent in advance: Friendship Adult Day Care Center's "Festival of Hearts" will be on Saturday, February 7, 2015. Savvy Caregiver Workshop 2015 Series will be starting Tuesday, February 3, 2015 in Solvang. Dementia Care California Sustaining Momentum and Success will be in Sacramento on February 23, 2015 and in Pasadena it will be February 25, 2015. Family Services Agency's "Caring Together" will be February 10th in Santa Barbara and on the 11th in Lompoc.
- Mary Sheridan stated that Coast Caregiver Resource Center has respite funds available throughout Santa Barbara County and it is targeted towards family caregivers who can't afford to purchase care privately.
- Dana Goba shared that there will be Heart Health Fairs (preventing heart disease, diabetes, and stroke) held by Cottage Hospital at the Goleta Valley Community Center on Feb. 28, 2015, 7:30-10am and at the Carrillo Recreation Center on March 14, 2015, 7:30-10am. The cost is \$25.
- Elizabeth Taylor-Linzey, Injury Prevention Coordinator at Cottage Hospital, mentioned that they work closely with students who get clinical experience through different organizations. This semester, there is one final student who has not been placed yet. If there are any organizations that have any nursing components to them and can take a

Announcements (Continued)

student in for the semester, please contact Elizabeth at (805) 569-7478 or e2taylor@sbch.org

- Phylene Wiggins announced that the Public Forum on Aging will be on February 18, 2015 from 10-11:30am at the Santa Ynez Valley Marriott and it will be moderated by 3rd District Supervisor Doreen Farr. Congresswoman Lois Capps will be present and everyone is encouraged to attend and help shape the agenda for the upcoming 2015 White House Conference on Aging. The main topics will be: healthy aging, retirement income security, elder justice, and long-term services and supports. Admission is free.
- Heidi Holly shared that The Friendship Center, Alzheimer's Association, and caregivers in our community are supporting a new project - the Dementia Friendly Project. The purpose of the project is to interact with merchants and businesses for an awareness of dementia and to provide some sensitivity training to them.
- joyce ellen lippman announced that Area Agency on Aging will hold their next public hearing on Friday, January 30, 2015 at 10am at the Carrillo Community Center in Santa Barbara. Public comment on the Draft Area Plan can be provided at this hearing or by writing to the Area Agency on Aging office by January 31, 2015. Area Agency on Aging will also be releasing Requests for Proposals (RFP) on Respite Care, Home Care, and Health Promotion services. joyce also announced that Area Agency on Aging will be celebrating their 40th anniversary for San Luis Obispo and Santa Barbara Counties on Friday, March 13, 2015 from 10am – 2pm at the Santa Maria Inn.
- Jeanne West Doctors announced that Assisting Seniors at Home (DASH) is collaborating with Friendship Center and offering free services to seniors that have dementia. They will provide medical support during the days and times that they are at Friendship Center.
- Donna Beal announced that the Alzheimer's Association has their 2015 State Public Policy Platform ready and it contains information that will be taken to the state legislators.
- Eric Friedman announced that 1st District Supervisor Salud Carbajal and Jeremy Tittle have been meeting with our congressional delegation and larger committees regarding the Older Americans Act Reauthorization. He states that they have been getting positive feedback.
- Paul Didier announced that United Way will be offering free tax help to low income seniors, and others, who need assistance in preparing their tax returns. United Way also has their Mega Tax Day coming up on Saturday, February 21, 2015 in Santa Barbara from 9:00 am – 1:00 pm. Their 27 partners will be joining them on this day. Paul also talked about a new program that United Way got selected to try out from a company in New York. The program is called Benefits Kitchen and they hope to have it available on their website soon. The program will allow a trained volunteer to walk through with a client when they go to United Way to get help with their taxes. During the time that the client has to wait, the volunteer will input all of the client's information on the website and a report will come out with local, state, and national programs that the client may be eligible for. The client will then have the option to sign up for any of those programs at that moment. Paul will come back to the Network with feedback once they are done testing this new program.
- Due to the large number of announcements, Barbara asked if the group would like to reinstate this as an agenda item. Most supported this idea with the suggestion that it be included at the end of the meeting.

5. Looking Back – Looking Forward

• 2014 Year in Review

Barbara announced that the average attendance for the Adult & Aging Network has gone up to 24 members from 18 members in 2013. The Work Groups did a great job in setting some objectives last year and most of the groups were able to achieve them.

2014 Year in Review (Continued)

Barbara thanked members for their commitment to the Network. These are the Work Groups that were formed last year and a brief description of each:

- **Community Planning & Service Delivery** – Looks at the needs in regards to food and nutrition. The group tries to figure out how to make an impact to strengthen safety net and to improve service delivery in our community.
 - **Education & Outreach** – The group looks at ways to communicate what the needs are and to see what the profile for seniors is in our community. They try to figure out how they can get the word out about what is needed and tie that in with not just educating the public but also consumers and providers.
 - **Advocacy** – Looks at ways to collect and analyze data and then use that to advocate for more funding and/or services. They try to look at what is going on at the local, state, and federal levels in terms of legislation.
 - **Information & Analysis** – This group looks at the data that we have available for our County. This includes where the people are, where the resources are, and where the gaps are. They then decide what information will be needed and work with the rest of the Work Groups.
 - **Network Development** – This group works on strengthening the Network and has a secondary goal to look at ways to access funding for some of the Healthy Aging programs.
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- **Work Groups**
Here are the contact person's for the Work Groups:
 - **Community Planning & Service Delivery** – Eloisa Chavez and joyce ellen lippman
 - **Education & Outreach** – Donna Beal and Margaret Weiss
 - **Advocacy** – Hillary Blackerby and Erin Weber
 - **Information & Analysis** – Barbara Finch
 - **Network Development** – Barbara Finch
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- **Goals & Projects for 2015**
Work groups took some time to discuss goals and projects for 2015.
 - **Community Planning & Service Delivery** – This group would like to provide the same, “Food, Food, Food” event that they have been providing at Goleta and Lompoc and take it to Santa Maria, Carpinteria, and Santa Barbara. One of the barriers they came across is funding. An example of this is the use of the Community Actions Commission catering, which has been used in the past. If it is not available for the events, they can look into ways to get donations. They also want to take a look at the community partners and make sure that they are not missing anyone. The location is also important. They would need to investigate whether there are certain areas with higher senior populations or if there are areas where there may be seniors that may not be able to get the information as easily as other areas. Barbara mentioned that 1st District Supervisor Salud Carbajal requested for us to have a targeted goal of seniors that we would like to reach and what we want the outcomes to be.

Goals & Projects for 2015 (Continued)

- **Education & Outreach** – There are two activities that this group would like to have in 2015. They are to explore a funder education event about senior issues and to update the Adult & Aging Network website. Barbara mentioned that the Adult & Aging Network website is something that she is looking into within the Department of Social Services and it will be a long-term project. She will be needing feedback from the Adult & Aging Network as far as what the website should include.
- **Advocacy** – This group will continue to collect and analyze poverty report gaps and services. They will also continue to track legislation in regards to senior issues and advocate with the appropriate elected official, whether that is state, federal, etc. The presentation to the Board of Supervisors will include all of the Work Group's information and all of the work that has been done along with any concerns.
- **Information & Analysis** – Census data and resource mapping are being used as we continue to look at the poverty study. The Senior Resources Directory was used to gather information on emergency services from mid-county, North County, and South County, and put it on a map. Visual representation can be something that is used for the Board of Supervisors presentation.
- **Network Development** – Other concerns that have risen for seniors besides food have been housing and transportation. Since there are missing numbers that represent these interests on a regular basis some outreach will need to be done so that those who have this information can come to the meetings and overall strengthen the Network.

6. Theme for Today: Injury Prevention & Recovery-Focused Health Care

Barbara introduced Eryn Eckert from Jodi House. Eryn talked about Jodi House and where it fits in the spectrum when it comes to healthcare and treatment for seniors that experience injuries.

7. Member Presentation:

- **Traumatic Brain Injury & Fall Prevention**

Eryn Eckert gave a presentation on brain injuries. Brain injuries can be a traumatic brain injury (TBI) or acquired brain injuries such as a stroke, tumor, or an aneurism. Traumatic brain injuries occur twice as often as acquired brain injuries.

- **Jodi House**

Eryn Eckert also gave a presentation on Jodi House. It is the only community based non-profit that focuses exclusively on brain injury in Santa Barbara County. The majority of people attending Jodi House are low income and their prices range from \$25 to \$125 per month depending on the patient's financial situation. They have a mid county program available and are hoping to expand their services to North County. Jodi House is available as a community based resource in supporting patients in their recovery efforts after they receive acute care treatment in the hospital. Jodi House serves people who have mild cognitive impairment because of their TBI or acquired brain injury. Some of their programs are emotionally and socially focused. Because isolation is a common concern, Jodi House is working with patients to rebuild their support networks by having support groups for cognitive rehabilitation, speech therapy, and occupational therapy.

- **Santa Barbara Cottage Hospital**

Elizabeth Taylor-Linzey, Injury Prevention Coordinator for Trauma Services at Cottage Hospital, gave a presentation on the 2013 registry statistics for Santa Barbara Cottage Hospital. The total number of trauma activations that were triggered last year for adults (65+) was 1,653. Out of these adult trauma activations, 392 listed fall as the mechanism

Member Presentation (Continued)

of injury. Santa Barbara Cottage Hospital started a fall prevention program since this was the biggest injury subset and there was a concern. They developed a program to reduce the fall risk factors by combining the education and assessments that were needed to provide people with information and help them understand that falls can happen at any second. Elizabeth states that their goal is to be able to bring more awareness to these programs that are available to the community. The programs are not available in Spanish.

8. Theme & Agenda for March 25 AAN Meeting

The next AAN meeting will be Wednesday, March 25, 2015. The theme will be on transportation.

9. Adjourn

The meeting adjourned at 4:42 p.m.

Respectfully submitted by Gloria Munoz