



May 25, 2016  
2:30 – 4:30 p.m.

Hotel Corque • 400 Alisal Road • Solvang, CA 93464

## **MINUTES**

**Attendance:** Rona Barrett, Rebecca Benard, Hillary Blackerby, Holly Carmody, Ashley Costa, Arlene Diaz, Tara Dooley, Eric Friedman, Jen Griffin, Paulina Llamas-Aranda, Brad Parks, Mary Lou Parks, Refujio Rodriguez, Erin Weber, Margaret Weiss, Phylene Wiggins

**Special Guests:** Lindsey Arevalos, Lompoc Valley Medical Center; Carol Bress, Cottage Health; Jan Campbell, Santa Barbara Foundation; Maribel Landeros, Santa Barbara County Promotoras; Mariela Marin, Antioch University; Tina McEvoy, Dignity Health; Christine Northrup, Arthur N. Rupe Foundation; Michelle Pickering, Dignity Health

**Staff:** Barbara Finch and 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, March 23, 2016**

Hillary Blackerby motioned to approve the minutes from March 23, 2016; Holly Carmody seconded the motion and the minutes were approved unanimously.

### **4. Update on AAN Advocacy Projects: Food Survey, Transportation, PHN**

Barbara Finch thanked those who attended the budget hearings in April. The Public Health Department (PHD) asked for the Public Health Nurse (PHN) position to be included in their budget. Erin will send something to the network once she finds out if the CEO is supporting this position.

Holly Carmody put together a summary sheet reflecting the responses from the senior nutrition surveys that have been received. These will be forwarded to the Supervisors for their review.

The transportation report from Matt Dobberteen at the last meeting still stands. He is investigating how the existing County Health Bus is advertised and promoted to potential users in Santa Ynez Valley. He is also working with the Santa Barbara County Association of Governments and the City of Lompoc to assist Bridgehouse homeless shelter clients that are traveling to and from jobs and services.

### **5. Santa Barbara Foundation Care Giver Initiative**

Phylene Wiggins, Senior Director of Community Investments at the Santa Barbara Foundation, gave an overview of The Caregiver Initiative (see attached). As a community foundation, their trust is to steward the resources that are in their care to address the needs

## **Santa Barbara Foundation Care Giver Initiative (continued)**

of the community. They chose The Caregiver Initiative because of donor interest, foundation values, demographic changes, and community priorities. The foundation has had an ongoing concern about safety net resources and how those work in the community. Phylene went over the four Caregiver Initiative Components: Individuals, Systems, Research and Education & Policy and invited people to contact her for additional information or questions. She added that they are anticipating having a conversation about this initiative in The Valley in the near future.

### **Presentations from Grantees to follow:**

- **Lompoc Valley Community Healthcare Organization**

Ashley Costa, Executive Director at Lompoc Valley Community Healthcare Organization, introduced two members from their initiative, Lindsey Arevalos, from Lompoc Valley Medical Center and Maribel Landeros, from the Santa Barbara County Promotoras.

Ashley mentioned that their collaborative project started early last year. They brought Jill Feldman from Strategic Development Associates on board and conducted an assessment of family caregivers in order to identify needs, resources and gaps in services.

The needs assessment research yielded four key insights:

- The need to raise awareness and promote self-identification of family caregivers
- Awareness that stakeholders already provide valued services and programs and that many of them are under-utilized
- The need for a local family caregiver support hub
- The need to increase efforts towards cultural sensitivity

The key project partners are: Lompoc Valley Community Healthcare Organization (lead organization), Family Service Agency, Lompoc Valley Medical Center, and the Santa Barbara County Education Office Health Linkages Promotores Network. She added that they are also working with consultants and an evaluation specialist.

Following the needs assessment, they developed working groups to discuss the four key insights further in depth. They decided to move forward in two areas: raising awareness and self identification and developing a local family caregiver support hub.

During this year, they plan to develop materials and launch an education and awareness campaign. They hope to develop a tool that would help caregivers self identify and measure their levels of stress. The education component will focus on the Hispanic community, the medical community and employers/employees. They are working with the evaluation specialist to develop a matrix for tracking the information. Their long term goal is to decrease emergency room readmission rates, especially for caregivers and those at risk, and ultimately improve the capacity and reduce the stress of family caregivers in the Lompoc Valley.

There will be a Caring Together Lompoc Community Briefing & Campaign Launch on June 30<sup>th</sup> from 11 a.m. - 12 noon at the Dick Dewees Community & Senior Center.

Maribel Landeros added that they just finalized a 40-hour core training for Promotores and seven of the new Promotores will be doing the direct outreach and education to the Hispanic community in Lompoc. Lindsey Arevalos reported that the Lompoc Valley

## **Lompoc Valley Community Healthcare Organization (continued)**

Caregiver Support Center will be opening by the end of August and she will be sending out a link once they develop a website.

- **Family Service Agency**

Mariela Marin, Core Faculty and Director of Clinical Training at Antioch University Santa Barbara, shared that Antioch is working collaboratively with Family Service Agency (FSA) and the Alzheimer's Association. Antioch began a concentration in Healthy Aging about 3-4 years ago. They recognize that many of those who identify as caregivers are folks who are aging and in need of services themselves. Students who enter this concentration receive specific training to address the nuances of services that may be needed.

FSA has done a great job reaching out to the caregiving community. Antioch provides therapists who are in training who volunteer hours and get academic credit when seeing clients. They receive specialized training through the collaboration with Alzheimer's Association, supervision through FSA, and have access to the community while providing those hours. They have students in Santa Barbara and Lompoc and currently one student is bilingual, which allows them to work with Latino caregivers. They are looking to increase the crossover of Healthy Aging with their Latino Mental Health concentration.

- **Cottage Health**

Carol Bress, from Coast Caregiver Resource Center (CCRC) at Cottage Health, gave a brief update on her organization. Carol mentioned that CCRC does assessments and home visits and offers assistance with care planning, family meetings, in-home care options, and referrals to support groups. Most of their referrals are from Cottage Rehabilitation Hospital (CRH) and referrals include patients with Alzheimer's, Parkinson's, and strokes. She mentioned that about half of the caregivers are men. CCRC is continuously working with the Latino population. Carol concluded by mentioning that this project is only for patients that are in the Santa Barbara Cottage system but they can be from any area of the county.

- **Marian Medical**

Michelle Pickering, Senior Director of Home Care Services for Dignity Health, gave an overview of their (see attached). Their project focuses on the caregiver and not the patient and includes the family caregiver as a key member of the healthcare team. They are implementing a system of resource "navigation" for caregivers and will do outreach to serve the highest need caregivers. They have an extensive list of collaborative partners and hope to reduce the burden of care giving while educating and connecting them to resources.

They are currently recruiting the Promotoras and have already identified three trilingual Promotoras to work with them. They have hired their MSW Navigator and their six segment program will begin in June or August. Personalized gift baskets are also being made for the caregivers according to their unique needs.

- **Alzheimer's Association**

Margaret Weiss reported for Donna Beal from the Alzheimer's Association. Sansum Clinic electronic health record system now includes a feature where doctors are able

## **Alzheimer's Association (continued)**

to click a box and make a direct referral to the Alzheimer's Association. Staff at the Alzheimer's Association can also use the community portal to see referrals. It gives permission for the Alzheimer's Association staff to reach out directly to the family and make that connection. They have had about 12-15 referrals and they expect this number to grow.

The bigger part of this grant has to do with making educational tools from the Alzheimer's Association accessible to Hispanic families. Maribel Landeros mentioned that they have eight countywide Promotores trained to do outreach and they have started to do presentations in Lompoc. They also have Promotores in Santa Maria who have been very active in the community and have made connections with the schools. The Alzheimer's Association has been training the Promotores to teach two of their programs in the community: "The Basic of Alzheimer's Disease" and "Know the 10 Signs." These are the two most requested educational topics areas and the goal is to make this resource available for the first time in Spanish and to offer it in a culturally sensitive way.

- **Promotores de Salud**

Tara Dooley, from the Santa Barbara County Education Office's Health Linkages Program, mentioned that they received a grant from the Santa Barbara Foundation to support all of the initiatives that are happening across the county. Primarily, they have expanded the capacity of their staff to help coordinate the Promotores Network and they are working to increase the number of Promotores involved in the project. They have also been participating on the Caregiver Systems of Care development and are developing a core training for the Promotores in this area.

## **6. Updates and Announcements**

- Rona distributed a preview of her upcoming book, Gray Matters, which will talk about personal senior issues and how they affect everyone. She will be publishing a full book soon.
- Mary Lou announced that Valley Haven will be celebrating their 30<sup>th</sup> anniversary on June 11<sup>th</sup> and it will be at Clos Pepe on Highway 246. Tickets are \$50. You can buy them online, at the door, or contact Mary Lou.
- Holly reminded the group of Community Action Commission's Champions Dinner honoring Rep. Lois Capps and Fidenzio & Jackie Brunello. The dinner will be held at Hotel Corque on Thursday, June 2<sup>nd</sup> and the reception will begin at 6:00 p.m.
- Tara announced that this past week the state of California expanded Medi-Cal eligibility to all children who come from families that are income eligible, regardless of immigration status. This is a huge move forward to get all children insured. Their next move will be looking at a navigation system for all of the new clients. They hope to move forward with incorporating the entire age spectrum, navigation, and utilization.

## **7. Adjourn**

The meeting adjourned at 4:23 p.m.

*Respectfully submitted by Gloria Munoz*