



**May 26, 2021
3:00 – 4:30 p.m.
Via Zoom**

MINUTES

Attendance: Kathryn Cherkas, Ashley Costa, Esmeralda Estrada, Jennifer Griffin, Alma Hernandez, Heidi Holly, Cheri Jasinski, Pat Keelean, Shannon Kenny, Kim Lee, Jacob Lesner-Buxton, joyce ellen lippman, Allison Marcillac, Mary Lou Parks, Marco Quintanar, Alice Villarreal Redit, Sanford Riggs, Stacey Rosenberger, DeAnn Rosenberry, Rryn Schumacher, Judi Sotelo, Kathleen Sullivan, Jeanne West, Barbara Wiley, Monica Zarate

Staff: Barbara Finch and Gloria Munoz

1. Welcome & Introductions

Alma Hernandez opened the meeting and introductions were made.

2. AAN Business

- **Approve Minutes, March 24, 2021**

DeAnn Rosenberry motioned to approve the minutes from March 24, 2021 and joyce ellen lippman seconded the motion. Kathryn Cherkas and Allison Marcillac abstained from voting; all others voted in favor and the minutes were approved.

3. Public Comment

There was no public comment.

4. Updates from the Central Coast Commission on Senior Citizens

- **Elderly Nutrition Transition**

joyce ellen reported that CAC/ CommUnify's contract is through June 30th and meals will be provided effective July 1st through a contract with the Area Agency on Aging. They have an interim plan, which is provision of meals through a contractor and they will also be seeking new providers. The board of directors will be authorizing the appropriate activities for contracting both short-term and long-term. They will send out notifications about the specifics after the meeting.

Alma: There has not been enough funding for the program for some time and there has not been any change in the funding that the federal government provides for the senior nutrition program: Is advocacy something that we want to ask for? Is there anyone willing to provide a letter to Congressman Carbajal's office or the State?

Pat: It is a very difficult decision for CommUnify to have made after 47 years of service to seniors. It pains them to have to let go of the program but from a financial position, they can no longer afford to incur and absorb the losses that they have over the last 10 years (nearly \$4 million in expenses). In the past three weeks, Pat has been reaching out to Congressman Carbajal's office to let them know that the Older Americans Act has not been funded at the level needed to meet rising cost of living as well as the increasing numbers of seniors. Congressman Carbajal's office is very

concerned about this issue and she is hopeful that they will speak with Congress about the need for additional funding for services under OAA Title III-C. In addition to this, she reached out to the County Board of Supervisors last week. She also submitted an op-ed related to the need for additional funding for this program at both the national level and local level. It may be too late for them to make any changes but they stand ready to continue advocacy to increase the level of funding to meet the need in the community.

Barbara Finch: Are congregate meals back in our community at this point? joyce ellen stated that the state has just issued the reopening guidelines so it will be several months before they will be reopening the congregate meal sites. Each of them have different sponsors so it will be quite a while.

Alice: The Housing Authority serves as one of the nutrition sites at the Presidio Springs senior complex and they would be happy to write a letter of support, whether it is locally or to Congressman Carbajal. They have been doing more and more around food insecurity in this last year and been serving as a food distribution site for Foodbank on a monthly basis in addition to their bi-weekly brown bag program. Pat confirmed that the letter would go out to Congressman Carbajal's Office.

Heidi: Is the school district another provider for consideration to get meals to seniors? Pat shared that in the last almost three years, the majority of their meals have been prepared by Santa Barbara Unified School District. One of the reasons why it has become financially unsustainable for them is that they absorbed the 30% increase in the per meal rate (a year ago) on top of the minimum wage increase that we have seen over the last three years. Santa Barbara Unified would be interested in continuing to prepare meals if there is someone that would like to partner with them.

joyce ellen: Everyone who was receiving a meal at one of the congregate meal sites has been receiving a meal and they will continue that until congregate meals sites can open again. Right now, there is still the stay at home order and there are new requirements that the state just provided last week regarding reopening. It will be some time before congregate meal sites are open but those individuals are still going to be eligible for meals delivered to their home.

Heidi: Friendship Center has been getting their meals through CommUnify. They are looking for a new vendor. Some of the quotes they've gotten are just not feasible.

Shannon: Their office in Italy is also dealing with this demographic shift. In certain communities where schools and educational facilities have closed because of the shrinking child population they have repurposed budgets and sites, including meal service, to serve the older adult population out of necessity.

Mary Lou: Is the Wisdom Center still providing meals to people in their homes? joyce ellen answered – not through AAA grants. They doubled their price and they were no longer viable at the rate that AAA could afford to pay. The Wisdom Center terminated their services with them and they seem to be doing fine with the private pay at their current price.

Barbara Wiley: Where should they direct calls about the senior nutrition program? The calls can be directed to joyce ellen.

5. Santa Barbara County Recreation Master Plan

Barbara shared that there is a countywide effort to create a Recreation Master Plan. This project will provide a strategic planning program for parks, trails, and recreation facilities throughout Santa Barbara County. It is important to remember that there are so many varieties of needs in our older adult population and we want to make sure that there are opportunities for adults of every ability. Barbara went over the [Recreation Needs Survey](#) to see what kinds of questions they asked. Folks had the following comments on these questions:

- What have been your favorite forms of recreation during the pandemic?
 - Walking, running, ride a three-wheeler, swimming, hiking
 - Gardening, yoga, dancing in living room
 - puzzles
- How has the pandemic changed the way you play and recreate?
 - less social; more virtual
 - do more things alone
 - do more outside
- In the last 2 weeks, how often have you gone out for recreation, sports, outdoor activities?
 - Average was one or two times a week
- Where do you like to go for recreation, sports, and outdoor or other activities?
Barbara asked folks to look at the list and answer: Are these things that you think older adults would relate to? Are these the right questions? Are these the right categories of things or are there things that are missing that should be included for older adults? The group identified the following things for older adults:
 - Tennis, Walking, Community gardens, Outdoor fitness equipment
 - Chair exercises, Golfing, Bocce ball
 - Community centers, Zoom meditation
 - Missing things like card games, Bunco, crochet, book group (social & recreational activities)
- List of reasons for not using recreation, sports, and outdoor or other facilities:
 - Does not have any ability questions
 - Recreation Plan folks have not reached out to ILRC, Inc. for their input
 - there are not enough open spaces
 - lack of benches
 - competition between bikes and people walking; there needs to be walking paths
- How do you prefer to get information about events in your community?
 - TV, Newspaper
 - not much of a newspaper in Lompoc

Shannon shared that there is a woman on the East Coast who is working to put Senior Services desks inside libraries where they can assist with booking recreation or providing a guide, or pairing referrals or resources. The idea was to outreach to the older adults in the community, revitalize the libraries, and have intergenerational encounters, and spread the word.

Barbara suggested inviting some of the senior centers to attend an AAN meeting and tell us what their plans are for reopening and what kind of services they are going to be providing.

6. Master Plan for Aging

- **CA Collaborative Introductory Video**
- **Impressions from AAA Listening Sessions**
- **Report on 2021 Advocacy Day**

Last month, there was an Advocacy Day in Sacramento. Barbara, Jenn, Jacob and a few other folks had virtual meetings with the offices of Jordan Cunningham, Steve Bennett and Monique Limón. They talked about the Master Plan and what some of the legislative priorities might be. They mentioned the local event being planned for the fall. Legislators were very grateful to hear from them.

Barbara asked folks who attended the AAA Listening Sessions for their thoughts and impressions. Folks shared the following:

- Shannon - Shared that both sessions she attended had a really diverse mix of participants, including older adults from different areas of our county. She appreciated the community engagement and concrete presentation of data. She found it tremendously useful and felt like participants were listened to.
- Ashley – Attended the session on Caregiving Goals and appreciated Rubayi's facilitation. The challenge with the Master Plan on Aging is that it does not quite align with the work we have been doing locally through the Community Caregiving Initiative. Shannon suggested having a follow-up that aligns local data with larger state and national conversations about the caregiving crisis and the distinction between resources for family caregivers and the need for paid caregiving solutions.
- Barbara shared a [California Collaborative Video](#) intended to introduce and connect the Master Plan for Aging Forums, happening across the state in 2021.

7. Announcements

- Barbara Wiley announced that the City of Santa Maria has an Active Aging Committee that is working with a variety of different nonprofits and local businesses to plan for activating programs to promote wellness and health with the senior population. She added that you do not need to be from Santa Maria to participate. They sponsor Active Aging Week in October of every year.
- Jeanne shared that she is busy doing Advanced Care Planning, thanks to a grant from the Bower foundation. She has one senior community set up for June and three in July. She is also doing a program for City College nursing students. If folks are connected to an organization that they would like to host a presentation, please contact Jeanne at jwest@hospiceofsb.org. She hopes to have in person trainings in June and July. Hospice of Santa Barbara will also be providing a notary so people do not need to worry about finding witnesses. For South Santa Barbara County they will get the document copied and sending that over to Cottage. She added that this is a way for all of us to be thinking about who we are going to appoint as our healthcare agent and what our wishes are in the event of an unexpected medical crisis. Jeanne stated that ideally, this would be three one-hour trainings. The first session would be on how to have the conversation and what to think about when selecting your agent, the second is reviewing the Advanced Care document itself and in session three they have a notary for folks to sign, make copies and send to Cottage. Barbara asked the group if there is an interest in having this type of a training for ourselves in between meetings months.

8. Adjourn – Next meeting July 28, 2021

The meeting adjourned at 4:38 p.m.

Respectfully submitted by Gloria Munoz