

# NAPA/SOLANO AREA AGENCY ON AGING



ASSISTANCE - ADVOCACY - ANSWERS



## Advisory Council on Aging

### AGENDA

**ACOA Advisory Council Virtual Meeting  
November 3, 2020 - 10:00 AM Pacific Time**

**Join Zoom Meeting:**

<https://us02web.zoom.us/j/85921418390>

Meeting ID: 859 2141 8390

Call In Number: 669-900-9128

### **NAPA/SOLANO AREA AGENCY ON AGING MEETING PROTOCOL IN RESPONSE TO CORONAVIRUS COVID 19**

California Governor Gavin Newsom issued Executive Order N-25-20 on March 12, 2020, relating to the convening of public meetings in light of the COVID-19 pandemic. The Napa/Solano Area Agency on Aging hereby provides notice that it will continue to convene its regularly scheduled public meetings of the Oversight Board and the Advisory Council telephonically, as provided in the publicly posted agenda notice, and until further notice. Pursuant to the Executive Order, and to maintain the orderly conduct of the meeting, the Napa/Solano Area Agency on Aging will allow Board members and Council members to attend the meetings telephonically and to participate in the meetings to the same extent as if they were present.

Members of the public who wish to participate may participate telephonically. For members of the public who wish to participate but not to attend telephonically, you may submit written comments on any matter within the Board or Council's subject matter jurisdiction, regardless of whether it is on the agenda for Board or Council consideration or action, and those comments will be entered into the administrative record of the meeting. To submit written comments by U.S. Mail or email for inclusion in the meeting record, they must be received by the Napa/ Solano Area Agency on Aging staff no later than 9:00 a.m. on the morning prior to the noticed meeting. To submit written comments by email, please forward them to [eclark@solanocounty.com](mailto:eclark@solanocounty.com). To submit such comments by U.S. Mail, please forward them to:

Elaine Clark  
Napa/Solano Area Agency on Aging  
275 Beck Avenue  
Fairfield, CA 94533

# NAPA/SOLANO AREA AGENCY ON AGING



ASSISTANCE - ADVOCACY - ANSWERS



## Advisory Council on Aging

### AGENDA

November 3, 2020

CALL TO ORER – 10:00 a.m.

#### ROLL CALL

#### COMMENTS FROM THE PUBLIC

*This is your opportunity to address the Advisory Council on a matter not listed on the Agenda, but it must be within the subject matter jurisdiction of the ACOA. Please limit your comments to three minutes. Items from the public will be taken under consideration without discussion by the Advisory Council and may be referred to staff.*

#### APPROVAL OF THE AGENDA

#### APPROVAL OF THE OCTOBER 6, 2020 MINUTES

GUEST SPEAKER – Nicole Byrd, Executive Director, Solano Land Trust

#### REPORTS

##### AD HOC MEMBERSHIP COMMITTEE – Update on Open Napa Position PROJECTS

- Communications – Deanna DuPont
- Provider Calendar – Donna Harris and Julie Spencer
- Newsletter - Cheryl Johnson and Elaine Clark
- Adopt a Provider - Reports and updates from Council Members: Dane Reeves for Collabria Care and Cheryl Johnson for Alzheimer's Association.
- Legislative – Richard White
- Elder Justice – Arnold Koenig

EXECUTIVE COMMITTEE - Introduce Internal ACOA Calendar

STAFF REPORT – Elaine Clark

#### OLD BUSINESS

- KVON “Senior Moments” – Julia Orr agreed to participate on the call.
- MPA report and AAA

#### NEW BUSINESS

- Discuss and approve new Project and volunteers to create protocols for ACOA advocacy
- Officer Nominating Team – call for volunteers
- Vitals App - Richard

#### ANNOUNCEMENTS

ADJOURN – 12:00 p.m.

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## Advisory Council on Aging

**DRAFT MINUTES**

**October 6, 2020**

**CALL TO ORDER:** 10:00 a.m.

**PRESENT:** Elaine Clark, Program Staff; Richard White, Chair; Dane Reeves, Vice Chair; Susan Ensey, Secretary; Donna Altes; Verneal Brumfield; Brenda Crawford; Donna Harris; Cheryl Johnson; Arnold Koenig; Tony Provine; Fran Rosenberg; Julie Spencer. **Excused:** Deanna DuPont; Robert Padilla. **Absent:** Brenda Burke.

**COMMENTS FROM THE PUBLIC:** No public representatives present.

**APPROVAL OF THE AGENDA:** Motion to Approve by Verneal Brumfield; Seconded by Donna Altes; Approved.

**APPROVAL OF THE MINUTES:** Motion to Approve by Dane Reeves; Seconded by Donna Altes; Approved.

Richard White, Chair opened a discussion on the impact of Fires on Napa Council Members. Julie Spencer shared her experiences and insights on impacts in hardest hit north Napa.

**REPORTS:**

**AD HOC MEMBERSHIP COMMITTEE:** The Napa Advisory Council vacancy remains open.

**PROJECTS:** The Communications and Planning Committees voted to disband as committees and to reorganize around projects. Three projects are related to communications and one to planning.

- **COMMUNICATIONS:** Deane DuPont will continue to head up communications with the media.
- **NEWSLETTER:** Cheryl Johnson and Elaine Clark will develop a periodic newsletter.
- **CALENDAR:** Donna Harris shared some of her preliminary work. Donna and Julie Spencer are creating a calendar which will include major advocacy themes related to seniors. The group discussed the topic of communications and loneliness of seniors. Donna Altes shared her insights. Brenda Crawford recommended Kitchen-Table-Chats as a way of addressing isolation. Elaine recommended that Council Members pass on this idea to any Providers who have related services, and clarified that the Advisory Council is not a service provider itself.
- **ADOPT-A-PROVIDER:** The Google worksheet that Council Members are using to summarize significant updates was reviewed.

**LEGISLATIVE COMMITTEE:** Richard White, Chair reported that two bills have been vetoed: AB2054 Community-Based Alternatives to Police Response, and AB 3216 Unemployment – rehiring and retention. Richard advised that we monitor budget changes for next year. Richard and Robert Padilla had a call with Monica Brown, Supervisor Solano County and Tony Thurmond, State Superintendent of Public Instruction.

**ELDER JUSTICE:** Arnold Koenig reported that he is reaching out to contacts with the objective of building structure for a Napa County Elder Justice League.

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## Advisory Council on Aging

**EXECUTIVE COMMITTEE:** See written report.

**STAFF REPORT:** Elaine Clark referenced her written report.

- Elaine voiced her concern over the Master Plan's potential changes to AAA funding. The funding may go directly to counties instead of the current structure which has some counties combined such as Napa and Solano. This could be a positive for big counties, but not for small counties.
- Matter of Balance has developed online courses and our AAA provider will be attending the course.
- CARES Funding: The summary in our packets lists the final contracts and distribution amounts.

### OLD BUSINESS:

Donna Altes reported on the activities of the Napa County Commission on Aging. She emphasized the value of guest speakers and recommended two for future Advisory Council meetings: The new Ombudsman for Napa County; and Mark Foster with the DA's Office to talk about a new "Vitals App" which offers real time medical ID for First Responders.

Adopt-A-Provider updates: Richard described his conversations with his assigned Provider, Faith in Action and encouraged Council Members to share significant information about their Providers in future meetings.

### NEW BUSINESS:

Eliminate all standing committees: The purpose is to move to a more flexible and targeted project based structure. This will allow us to continue working with compassion and intensity, and help us move toward emphasizing an advocacy role for the Advisory Council. Council Member comments reflected consensus. Elaine Clark asked that ideas for new projects be proposed to the Executive Committee.

Motion to eliminate the committee structure, with exception of the two standing Committees called for in the By Laws: Executive and Ad Hoc Nominating Committees, made by Susan Ensey; Seconded by Fran Rosenberg; Approved.

Motion to extend timing of regular meetings by 15 minutes when needed made by Donna Altes; Seconded by Donna Harris; Approved.

### ANNOUNCEMENTS:

Upcoming Officer 2021-2022 Nominations: Richard announced that the nominating process will begin soon for Officers and asked everyone to consider their interests.

**ADJOURNED 11:41:** Motion to Adjourn by Fran Rosenberg; Seconded by Donna Altes; Approved.

**Napa/Solano Area Agency on Aging Service Provider List  
2020-2021**

Provider	Service Area	Contact / Phone	ACOA Member	OCTOBER COMMENTS	SEPTEMBER COMMENTS
Community Action of Napa Valley	Napa	Drene Johnson, Executive Director 707-253-6100	Fran Rosenberg		On October 1st, I had a lengthy, informative conversation with Drene Johnson. There is nothing needed at this time but they are extremely busy due to the fire in Napa County. We will be speaking on a regular basis regarding the activities and programs of CANV.
Faith in Action	Solano	Robert Fuentes, Executive Director 707-425-6164	Richard White		Having trouble securing drivers in RV; very few ride requests from the area.
Bay Area Legal Aid	Napa	Kristi Lesnewski, Elder Law 707-603-1373	Arnold Koenig		
Legal Services of Northern CA	Solano	Oliver Ehlinger, Senior Law 707-643-0054	Robert Padilla		
Meals on Wheels Solano	Solano	Laurie Hartmann, Executive Director 707-425-0638	Deanna DuPont		
Molly's Angels	Napa	Julia Orr, Executive Director 707-224-8885	Susan Ensey		Enhancing Phone Visitation program "Hello Molly"; Success filling slightly less rides during COVID, but St Helena rides difficult; Heightened Funding efforts.
Collabria Care	Napa	Celine Regalia, Executive Director 707-258-9080	Dane Reeves		Made contact with Celine who put me in touch with her two directors in charge of the AAA programs, Tiffanie Walker and Jill Wood. I reached out to them to let them know I am their AAA contact.
Ombuds Services of Contra Costa	Solano	Nicole Howell, Executive Director 707-644-4194	Verneal Brumfield		Made contact with Nicole stated they are fine and she is in regular contact with Elaine. But as far as AAA they are good.
Ombuds/Molly's	Napa	Julia Orr, Executive Director 707-255-4236	Brenda Burke		
Alzheimer's Assoc	Solano	Grace Liu, Executive Director 925/284-7942	Cheryl Johnson		Made contact with Grace. We will be working together to better promote the events and programs in Solano County. Will further communicate with Carla, Outreach Specialist and Carolyn, Napa/Solano walk organizer.
Redwood Caregiver	Solano	Nancy Powers Stone, Program Manager 707-542-0282 x101	Tony Provine		Sent email to Nancy requesting a phone appt. I'll follow up again by phone in a few days. The recent fires in that area may be impacting them and causing problems but there is no indication of that on their website.
Solano Pride	Solano	Jonathan Cook, Executive Director 707-207-3430	Donna Harris		
Innovative Health Solutions	Solano & Napa	Norma Lisenko, Executive Director 707-205-5572	Julie Spencer		
Share the Care Napa Valley	Napa	Yvonne Baginski, Executive Director 707-492-3198	Donna Altes		Yvonne expressed frustration at losing the "friendly contact" part of her contract; she would like to work/share info with Molly's Angels and other agencies, but they won't; she has tons of equipment on her porch which annoys her neighbors (also the "unsavory"-looking people who frequent her driveway bother her neighbors; her goals for the future include a tri-county partnership of sharing recyclable equipment; of creating an assisted care facility for low-income people who can't afford the existing ones, and increasing her board members with new people who are more savvy about needs, etc., of seniors.
Senior Advocacy Services	Napa & Solano	Frank Nelson, HICAP Manager 707-526-4108	Brenda Crawford		
General Information and Assistance Questions	Napa	707-253-4248	n/a		

Updated: 10/22/2020 10:52

**Internal Calendar - Napa / Solano Advisory Council on Aging - FY20-21**

<b>Month</b>	<b>Meetings / Membership</b>	<b>Project &amp; Advocacy Milestones</b>	<b>Key AAA / Contract Activities</b>
<b>JULY</b>	Review of 2020-2024 Area Plan		FY20-21 Provider Contracts begin
<b>AUGUST</b>	8/4 Speaker Patti Prunhuber, Justice in Aging. Subject: Elder Housing  Resignation from Linda Chandler, Sonoma Council Member.	Elder Justice Committee approved	Elaine Clark presented a Summary of the top 5 Community/AAA Priorities for each county including supporting objectives and goals.
<b>SEPTEMBER</b> Fall Prevention Month	Welcome new ACOA Solano Council Members: Tony Provine and Cheryl Johnson  9/1 Speakers Caroline Perry and Elizabeth Hansell. Subject: Proposition 19	Adopt-A-Provider Project Started	CARES Funding recommendations reviewed with Council.  Senior Resource Guide for each county published.
<b>OCTOBER</b> Emergency Preparedness	Members received ACOA business cards, cloth brief-cases and materials.	Move to Project structure and elimination of Committees, except Executive and Ad Hoc Nominating Committees, approved	CARES funding finalized
<b>NOVEMBER</b>	Speaker: Nicole Byrd, Solano Land Trust  Dane Reeves -- Collabria Care Provider update Cheryl Johnson - Alzheimer's Assoc Provider Update	Approve new Project to create protocols for Council to move toward advocacy role.	CARES funding available to Providers starting November 1st, expiring September 30th.
<b>DECEMBER</b>	Speaker: California Senior Legislator  New website revealed		
<b>JANUARY</b>	Master Plan for Aging presentation -- TBD		
<b>FEBRUARY</b>	Report March for Meals activities -- TBD	Involvement in review process for: --Area Plan --Services and Provider allocations	Start review process for: --Area Plan --Services and Provider allocations
<b>MARCH</b> March for Meals	Nominating Committee appointed		

<b>APRIL</b>	Nominating Committee presents slate of Officers. Opportunity for additional nominations from the floor. Final slate mailed 1 week before May Meeting.		
<b>MAY</b> Older Americans Month	May Meeting: New Officers appointed Presentation: Solano Pride activities-- Donna Harris -- TBD		
<b>JUNE</b> Gay Pride Month Elder Abuse Awareness			

Updated: 10/22/20 -- Elaine

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## Advisory Council on Aging

### EXECUTIVE COMMITTEE AGENDA

November 3, 2020 – 12:00–12:30 – Zoom Meeting

CALL TO ORDER 12:00

ROLL CALL

APPROVAL OF AGENDA

APPROVAL OF MINUTES FROM OCTOBER 6, 2020 MEETING

#### DISCUSSION TOPICS

- Plan Agenda for ACOA Meeting December 3, 2020
- Discuss open Napa Council Member position
- Review and update Internal Calendar
- Review By Laws regarding Nominating FY21-22 Officers

ADJOURN 12:30

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### EXECUTIVE COMMITTEE DRAFT MINUTES

From October 6, 2020 – Zoom Meeting

CALL TO ORDER: 11:45

ROLL CALL: Richard White, Chair; Susan Ensey, Secretary; Elaine Clark, Staff. Excused: Dane Reeves, Vice Chair

#### DISCUSSION TOPICS:

- Elaine voiced her concern over the Master Plan's potential changes for AAA funding. The funding may go directly to counties instead of the current structure which has some counties combined such as Napa and Solano. This could be a positive for big counties, but not for small counties.
- Elaine will take the lead in exploring ways to show recognition and support to our Providers who are doing amazing work, particularly during the fires.
- Agenda Topics for November 3:
  - Guest Speakers: Reengage with Nicole Byrd who was originally scheduled for today's Meeting. Richard will explore speaker for new Vitals App offering real time medical ID for First Responders.
  - Call for volunteers for Nominating Committee for FY21-22 Officers.
  - Call for volunteers for new project to create protocols for Advisory Council to move towards advocacy.
  - Prior to the next Meeting we will review the Adopt-a-Provider updates and will ask various Council Members to be prepared to provide a brief report on their Providers.

ADJOURNED 12:00

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## November Staff Report

This was a month of reports/contracts. Following were focus items this past month.

1. End of Year reports for CDA for the SNAP-Ed/Cal Fresh contract and Cal Fresh Expansion contract and quarterly reports for Fall Prevention and SNAP-Ed.
2. Met with GrandPad organization to review possible inclusion for service providers to give digital access to homebound seniors – not an option for lots of reasons including cost and ongoing funding/contract requirements.
3. Participated in Napa Transportation work group to discuss long-term transportation options for seniors in Napa. At issue: how do we fill the gaps in service.
4. Met with Unite Us to see how we can engage more service providers to the platform. This is a new, free platform that facilitates referrals.
5. All CARES Act contracts created and ready for 11/1 start date.
6. Sent email to all service providers reminding them about their budgets for 2021, not to include one-time-only funding they may have received when creating their operation budgets. AAA will not have funding allocations until January or February.
7. Sent “Letters to the Editors” of both Napa Valley Register and Daily Republic praising work of community members/providers. Sent 10/23.
8. Developed Press Release template for ACOA. Sent to Deanna and Exec Team for review and input.
9. Reviewed different email marketing programs and selected Constant Contact as our provider for e-newsletter and alerts. Working with county to fund/secure.

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10. Attended SCAN Foundation virtual meeting on 10/19 and 10/20 – Theme: Honoring the Journey of Growing Older. A few take-aways.

- “Not one of us is free until all of us are free”
- “We need to engage and fight for justice for groups which we are not a part of.”
- “There is no such thing as a single-issue struggle because we are not single-issue people.”
- “If you don’t have data about disabilities (older adults, gender identity, race, etc.) then the disability disappears.” We need data to back up the story.

11. SCAN Foundation Session re: Advocacy/State Budget

Nicole Vasquez, Assembly Budget Committee Staff, spoke about the budget and advocacy process.

- November 10 – Economic Forecast is released. This reviews forecast vs budget. Currently, income is slightly above estimates so hopeful that we will have a “baseline” budget next year (same funding levels as current year). State funding, not federal funding, which is not determined.
- May – Budget review, which may cause cuts to go into effect 12/31/21, if revenues are down.
- Advocating for policies:
  - Have a concrete suggestion. Choose 1-2 to focus your advocacy work.
  - Advocate NOW.
  - Find at least one legislative leader in each house to carry your idea forward. Spend lots of time with staff on zoom calls, phone calls, etc. It is all about creating an ongoing relationship with multiple staff members.
- CA first with COVID response to add equity lens. Going forward, all programs will be racially informed.
- Master Plan is an enormous opportunity, but we must seize the opportunity now to be heard – 800+ recommendations so need to pick a few and advocate hard now.

12. Kim McCoy Wade, Director of CDA, at the SCAN Foundation Meeting –

- “Health is housing. And housing is health.” We must reinvent senior housing, which also includes housing for family and paid caregivers. What should that look like so that caregivers can afford to live close to where seniors live?

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- What regulations need to change to make it easier for multi-dwellings/caregiver suites? What might that look like?
  - Elder abuse and neglect are key issues.
  - Master Plan is a starting point, not the end. It is a 10-year road map that will be filled with stops and starts -- lays out the vision.
13. SCAN last Plenary Session -- Ayse Birsal, author of "Design the Life You Love". Spoke about helping seniors create meaningful connections. "Friendships are not found, they are made." The constructs that help us create friendships -- work, kids, etc. -- are not part of the lives of most seniors. We have to help seniors create new constructs so they can make new friendships to keep connected.
14. NANASP Virtual Meeting -- Rethinking the Congregate Meal Setting. Prior to COVID, nationally, attendance at congregate dining centers fell by 60% over the past 10 years. This is an issue because seniors can become isolated and malnourished if they are staying home. State of Iowa and a AAA in Iowa created a plan for understanding why people don't attend and a plan for increasing attendance.

## Considerations:

- Environment -- just because there is a space where a meal is provided doesn't mean people will attend.
- Flexibility -- change hours to be flexible to meet the needs of baby boomers who may also be working -- flexible serving times -- any time between 11:30 -- 12:30.
- Allow people to take leftovers home -- more like a restaurant
- Change the name of the program -- "Encore Café" or "Neighborhood Cafe"
- Change the menu -- give people choices -- 2 different hot meals, always a salad bar
- Revise the form to make it look more client focused instead of a "government" looking form
- Find a caterer -- grocery chain that does catering which will bring the food, take, wash, and return the dishes
- Go where people want to be -- library, park, church, historic building
- Evaluate current sites to see what needs changing -- lighting, colors, tables, etc.
- Awareness -- put marketing dollars behind any change: new logo, newspaper ads, "grand opening," radio, giveaways, change from hair nets to hats for

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workers/volunteers, washable utensils, serve people – fit the experience to the name.

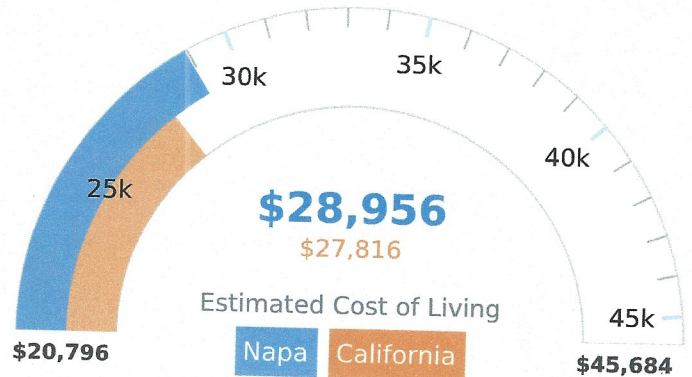
Create wrap-around services with the meal – nutrition classes, evidence-based programming, case management, gardens, etc.

Know what older seniors and younger seniors want and value. Then determine how to reach and serve both.

**NAPA**

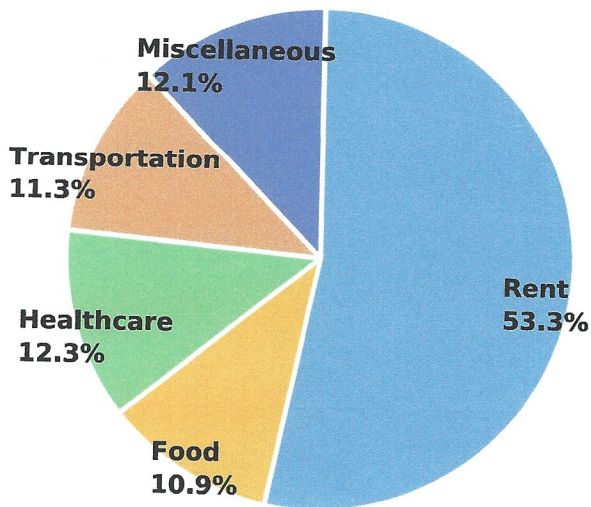
The estimated annual basic cost of living in 2019 for a household with a Single Elder in **Napa** is **\$28,956\***, which is **4% higher** than the California average. That breaks down to a total cost of **\$2,413/month**.

This estimate takes into account the cost of housing, food, healthcare, transportation, and other miscellaneous expenses.

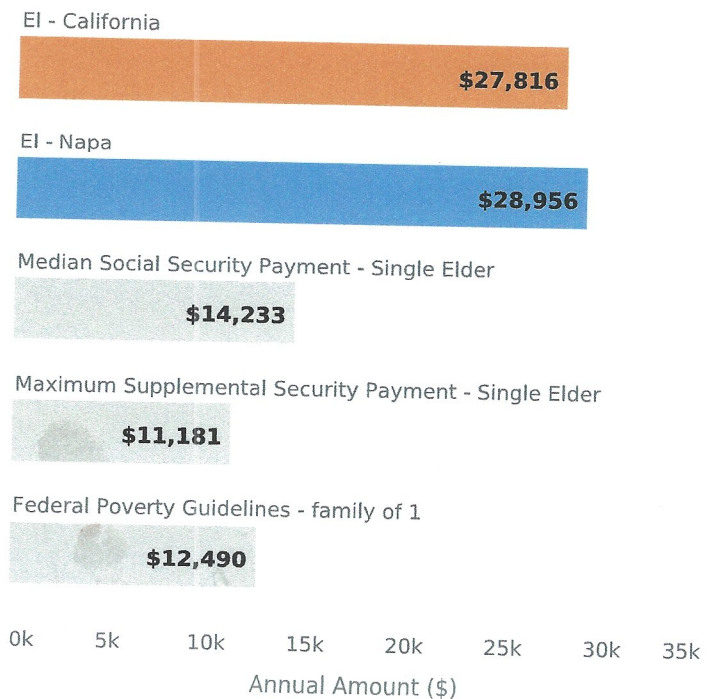


\*Household includes **a Single Elder** housing **no adult children** and **no grandchildren**. Head of household is an **older adult** who **rents**.

Monthly Household Living Expenses



Elder Index vs. Common Income Sources for Seniors and Poverty Measures





**NAPA**

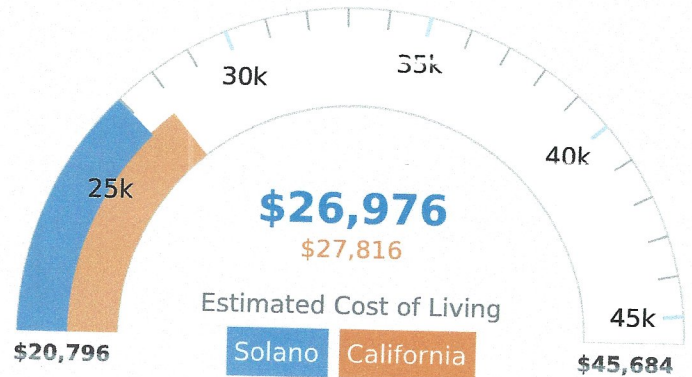
Monthly Cost Components - for older adult only	Napa	California
Rent	\$1,285	\$1,062
Food	\$264	\$273
Healthcare	\$298	\$409
Transportation	\$273	\$273
Miscellaneous	\$293	\$301
<b>Monthly Total</b>	<b>\$2,413</b>	<b>\$2,318</b>
<b>Annual Total</b>	<b>\$28,956</b>	<b>\$27,816</b>

For more information and data sources, visit <http://healthpolicy.ucla.edu/ElderIndex>.

**SOLANO**

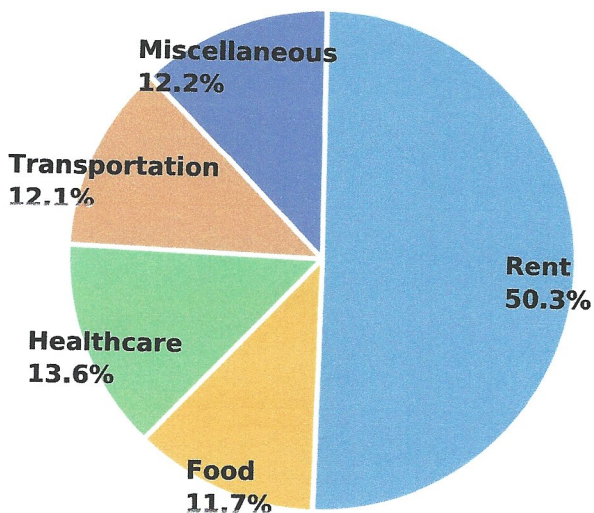
The estimated annual basic cost of living in 2019 for a household with a Single Elder in **Solano** is **\$26,976\***, which is **3.1% lower** than the California average. That breaks down to a total cost of **\$2,248/month**.

This estimate takes into account the cost of housing, food, healthcare, transportation, and other miscellaneous expenses.

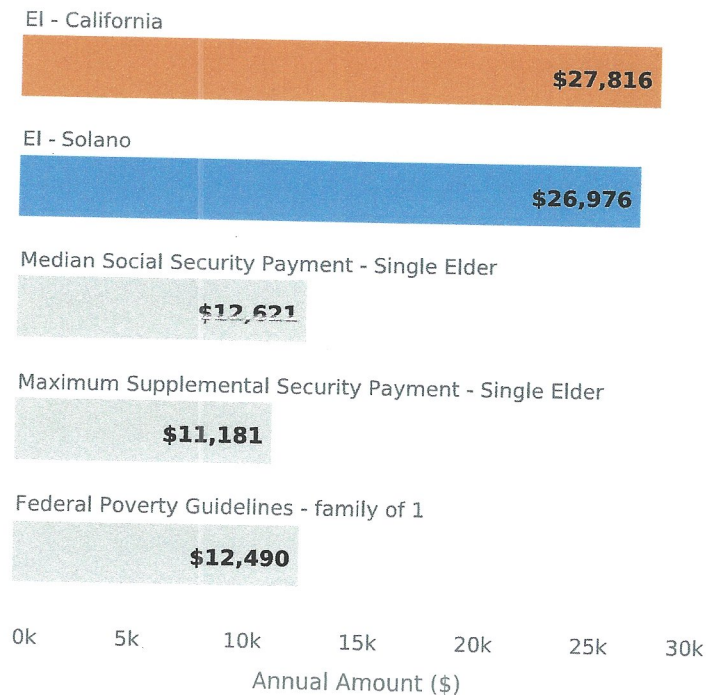


\*Household includes **a Single Elder** housing **no adult children** and **no grandchildren**. Head of household is an **older adult** who **rents**.

Monthly Household Living Expenses



Elder Index vs. Common Income Sources for Seniors and Poverty Measures





**SOLANO**

Monthly Cost Components - for older adult only	Solano	California
Rent	\$1,131	\$1,062
Food	\$264	\$273
Healthcare	\$306	\$409
Transportation	\$273	\$273
Miscellaneous	\$274	\$301
<b>Monthly Total</b>	<b>\$2,248</b>	<b>\$2,318</b>
<b>Annual Total</b>	<b>\$26,976</b>	<b>\$27,816</b>

For more information and data sources, visit <http://healthpolicy.ucla.edu/ElderIndex>.