

Kern County Commission On Aging

Stephanie Lynch, Chairperson

5357 Truxtun Avenue

Bakersfield, CA 93309

(661) 868-1054; (661) 868-1001 FAX



Commission On Aging

"Making a difference in the lives of senior citizens."

REGULAR COMMISSION ON AGING MEETING

MINUTES

June 17, 2024, at 1:00 p.m.

California City Senior Center

10221 Heather Avenue, California City, CA

and via Zoom

OPENING

CALL TO ORDER:

Chair Lynch called the meeting to order at 1:07 p.m.

FLAG SALUTE & MOMENT OF SILENCE:

The flag salute was completed, and a moment of silence was observed.

ROLL CALL OF COMMISSION MEMBERS

*(*Chairperson, **Vice Chairperson, *** Parliamentarian, ****Secretary)*

Commission Members Present:

In Person – Kevin Alvey, Susan Bodnar, Gloria Brown, Sherry Gomez, Barbara Goodlow, ***Kris Grasty, Norma Jackson, Jan Lemucchi, Ellen Linder, *Stephanie Lynch, Devora Martinez, ****Jeremy Oliver, and Yolanda Prado

Virtually – Sonia Dhillon, **Judy Snyder

Excused Absences: Doris Duquette, Anabel Hernandez, Genel Hodges, Julie Juarez-Ceja, Linda Oswald,

SECRETARY OLIVER CONFIRMED A QUORUM WAS PRESENT IN PERSON.

Honorary Commission Members Present:

Dee Sutherland

Aging and Adult Services Staff Present:

Andres Villaseñor – Senior Nutrition Program Coordinator

Laura M. Juarez – Office Services Coordinator

GUESTS:

In Person – Janice Gibson, Al Mendoza, Michael S. Edmiston

Virtually – Sara Swertfager, Leslie Devitt, Hermandeep Dhaliwal, Raul Bribiesca, Joseph Anderson, Monica Fitzgerald

CORRESPONDENCE:

None.

COMMENTS OF GENERAL INTEREST:

Public Comments:

None.

Commissioner Comments :

1. Commissioner Jackson thanked the California City Senior Center for the delicious lunch.
2. Honorary Commissioner Sutherland shared the senior center is open Monday through Friday. They have a good exercise program. They have Tai Chi on Mondays and Wednesdays. They also play Yoga videos throughout the week. They have potlucks at least once a month. BINGO is on Friday. They just purchased a new BINGO machine. They have a birthday party on the third Wednesday of the month. Most of the time people will come to pick up their lunch and leave. They are working hard to bring people back into the congregate setting. She thanked the Commission for coming to California City. Chair Lynch thanked her for their newsletter.
3. Commissioner Prado shared the Cooling Centers are now open when temperatures reach 105 in Bakersfield but there are other centers that are open all the time. Jeremy shared that there are some that operate independent of the Cooling Centers run by the County so they might have a different schedule. The Cooling Centers operated by the County will be opened based on when temperatures are forecasted by the National Weather Service to exceed certain highs. Information on all Cooling Centers can be found on our website at:
<https://www.kerncounty.com/Home/Components/News/News/2975/34808>
4. Chair Lynch shared that Commissioner Hodges had a surgery and is recovering.

ACTION ITEMS

- **APPROVAL OF MINUTES:** for May 20, 2024, Regular Commission on Aging meeting was approved.
Motion: Grasty; **Second:** Lemucchi; **Abstained:** None; **Opposed:** None. **Motion Carried.**

RICHARD PRADO SENIOR CENTER – Andres Villaseñor

Andres Villaseñor reported that Mike Edmiston, his wife, and the California City volunteers have been doing a great job providing seniors with a hot meal. The average attendance is roughly between 10 and goes up to 30 on special occasions such as birthdays. They have 20-25 home delivered meals for seniors/per day. Activities help increase attendance. Those activities are BINGO, card games, volunteer led exercise classes and potlucks. BINGO and potlucks tend to be the most popular. This site has the highest volunteer activity of all senior centers in Kern County. They have volunteer daytime managers who help sign up new clients, and volunteer delivery drivers that make all the deliveries in California City.

GENERAL SERVICES - PARKS AND RECREATION – Karen McKenzie

Not in attendance.

VETERANS SERVICE – Jose Lopez

Jose Lopez was not in attendance but sent his report for Chair Lynch to read on his behalf. He shared that their mission remains unchanged. They are working hard on bringing awareness to the community of different benefits that exist for not only veterans but their spouses and children as well. He is working with different organizations to accomplish this, such as other service providers, the Veterans of Foreign Wars (VFW), assisted living facilities, school districts, etc. Their office is averaging 90 clients a day and he is simultaneously working on growing their team of accredited representatives to keep up with the workload so they're not sacrificing quality for quantity.

PUBLIC HEALTH SERVICES – Sara Swertfager

Sara Swertfager reported the following:

Know You Numbers Events

- Frazier Park at the Frazier Park Library – 12 noon - 1 p.m. (ends June 26th)
- California City - June 11th - July 23rd at the California City Parks and Recreation – 10 a.m. – 11 a.m.
- Delano - July 24th - September 4th at the Delano Civic Center – 1 p.m. – 2 p.m.

Prepare Now for a Safe and Healthy Summer: Press Release

<https://kernpublichealth.com/wp-content/uploads/2024/05/SummerSafetyHeat2024.pdf>

Heat poses a substantial health risk, especially for vulnerable populations including young children, the elderly, those with chronic diseases or disabilities, and pregnant women. People suffer heat-related illness when their bodies are unable to cool themselves properly. Heat-related illness includes cramps, heat exhaustion, heat stroke and death. Warning signs of heat-related illnesses may include heavy sweating, muscle cramps, weakness, headache, and nausea. Vomiting, paleness, fatigue, and dizziness can also be indicators of heat-related illness.

Summer Heat Safety Tips:

- Drink plenty of water, even if you are not thirsty. Avoid drinks that contain caffeine, alcohol, or large amounts of sugar.
- Avoid outdoor physical exertion during the hottest parts of the day.
- Wear a wide-brimmed hat to cover the face and neck and loose-fitting clothing.
- Regularly check on any elderly relatives or friends who live alone. Many may be on medications which increase the likelihood of dehydration.
- Use cool compresses, misting, showers and baths. Seek immediate medical attention if you experience a rapid, strong pulse, you feel delirious or have a body temperature above 102 degrees.
- Never leave infants, children, the elderly or pets in a parked car. It can take as little as 10 minutes for the temperature inside a car to rise to levels that can result in death.
- Visit this website to see a list of cooling centers:
<https://www.kerncounty.com/government/aging-adult-services/services/cooling-centers>

Mobile Health Clinic –

- Rosamond Library, Tuesday, June 18th, 10 a.m. - 3 p.m., 3611 Rosamond Blvd, Rosamond, CA
- Arredondo Multi-Service Center, Thursday, June 20, 9 a.m. - 2:30 p.m., 1505 Owens St, Bakersfield, CA
- Delano Public Health Clinic, Monday, June 24, 9:30 a.m. - 3 p.m., 455 Lexington St, Delano, CA
- McFarland Mouser Center, Tuesday, June 25, 9:30 a.m. - 3 p.m., 100 2nd St, McFarland, CA
- Riverview Park, Thursday, June 27, 9 a.m. - 3 p.m., 401 Willow Dr, Bakersfield
- Shafter Department of Human Services, Monday, July 1, 9:30 a.m. - 3:00 p.m., 115 Central Valley Hwy, Shafter, CA

No updates on recommended vaccinations for adults. Commissioner Prado thanked Sara for being open to answering their questions and for giving the Commission Vials of Life that were passed out to approximately 140 seniors and more will be passed out at senior centers.

KERN BEHAVIORAL HEALTH AND RECOVERY SERVICES – Raul Bribiesca

Raul Bribiesca shared that there are no updates to report.

DEPARTMENT OF HUMAN SERVICES (DHS) – Gayla Hughes

Not in attendance.

EMPLOYERS' TRAINING RESOURCE (ETR) – Peggy Langels

Not in attendance.

PLANNING AND NATURAL RESOURCES – Catherine Vasquez

Catherine Vasquez reported on their two available grants:

Home Access Grant provides accessible improvements (widen doorways, ramp with handrails, accessible toilet, grab bars, or replace tub with accessible shower) for low income permanently disabled persons. Tenant and owner-occupied property are eligible if the owner of the property agrees to the work. An inspection will be completed to determine specific needs and all work is bid to licensed and insured contractors.

Home Improvement Loan provides repairs to the air conditioner, heater, roof, electrical, plumbing, flooring, windows, insulation, and painting. Available to low-income owner-occupied single-family residence. There must be sufficient equity to secure a first or second mortgage. The loan is a zero interest, deferred payment loan payable in full when the owner no longer occupies the property.

Their department has funded \$429K to seniors in California City, of which 59 applicants were for the Home Access Grant, and 22 Home Improvement Loans. For more information or an application, call Catherine Vasquez (661) 862-5062.

INDEPENDENT LIVING CENTER (ILC) – Hermandeep Dhawali

Hermandeep Dhawali shared they are having their 2024 Americans with Disabilities Act (ADA) event on Friday, July 26th at Double Tree in Bakersfield from 8:30 a.m. to 3:00 p.m. Early registration tickets are sold out, but they have reduced priced general admission tickets available right now for \$95. Tickets will cost \$150 at the door. There will be many dignitaries and speakers at this event, as well as vendor booths. For more information about this event, he can be reached at 661-325-1063 ext. 1006.

VICTIM WITNESS PROGRAM – Leslie Devitt

Leslie Devitt shared information about their Kern County Victim Services Unit (VSU) & Family Justice Centers:

- Metro VSU located at 1300 18th Street, Bakersfield, CA 93301
 - District Attorney Advocates can assist victims of crime through the criminal justice process
 - Court Support
 - Case Updates
 - California Victims of Crime Compensation application assistance
 - Prosecution & Law Enforcement Accompaniment
 - Victim Impact Statements
- Family Justice Center also located at 1300 18th Street, Bakersfield, CA 93301
 - Walk in Clinic – 8am to 4pm
 - Assists Victims of Domestic Violence, Sexual Assault and Human Trafficking
 - Partners on site include:
 - Greater Bakersfield Legal Assistance (GBLA)
 - Open Door Network
 - Kern County Department of Human Services
 - Kern County Child Support (kiosk)

- South Family Justice Center located at the Lamont Courthouse on Main Street
- VSU Advocates in outlying areas
 - Ridgecrest located at the Courthouse
 - Mojave located at the Courthouse
 - Delano located at a Kern County Sheriff Substation
 - Lamont located at the Courthouse
 - Shafter located at the Courthouse

Leslie provided handouts of their services and locations in English and Spanish. If anyone has questions, they can call her at 661-868-5962.

STAFF PRESENTATIONS

AASD SOCIAL SERVICES DIVISION REPORT-

DIRECTOR'S REPORT – Jeremy Oliver

Jeremy Oliver reported the following:

FEDERAL

The U.S. Department of Health and Human Services, through its Administration for Community Living, released "[Aging in the United States: A Strategic Framework for a National Plan on Aging- PDF](#)". The report lays the groundwork for a coordinated effort to create a national set of recommendations for advancing healthy aging and age-friendly communities that value and truly include older adults. The national plan on aging is designed to advance best practices for service delivery, support development and strengthening of partnerships within and across sectors, identify solutions for removing barriers to health and independence for older adults, and more. Developed by leaders and experts from 16 federal agencies and departments working together through the Interagency Coordinating Committee (ICC) on Healthy Aging and Age-Friendly Communities, the report also reflects input from community partners and leaders in the aging services network.

STATE

We know that the legislature provided their revised budget to the Governor to review and sign. The legislature made recommendations to reduce cuts to many programs, partially through proposed tax increases to businesses, we are just awaiting the final outcomes of the budget process. Governor to sign before July 1. Additional details will be coming in the next couple of weeks.

DEPARTMENT

The Department continues to work on the budget given the recent news just shared. The department is looking into who will oversee the Long-Term Care Ombudsman program as Greater Bakersfield Legal Assistant (GBLA) will end its contract this month.

The In-Home Supportive Services program finalized a contract with the United Domestic Workers for a three-year contract. Program staff have been able to meet program requirements this month and we hope to continue to meet the states requirements, which includes establishing a contract with all three Medi-Cal Managed plans.

Adult Protective Services (APS) program completed the annual elder abuse conference which was well attended.

Senior Nutrition programs continue to expand Frozen meal delivery program.

Cooling Centers are open as of June 1, based on temperature thresholds of 105 in the valley areas, 108 in the desert areas, and 95 degrees in the Frazier Park areas.

Expansion of the office space continues as we are beginning to move staff into the new space. We are awaiting cubicle build outs before full migration occurs.

OPERATING COMMITTEE REPORTS:

BYLAWS COMMITTEE – S. Bodnar; K. Grasty

No report.

CALIFORNIA SENIOR LEGISLATURE (CSL) – J. Lemucchi; J. Snyder

No report.

COMMISSIONER APPOINTMENT – S. Gomez; K. Grasty; L. Oswald

Commissioner Gomez shared the following report:

Recently Reappointed:

None.

New Appointments:

None.

Resignations:

None.

Expired Terms:

None.

Appointments Soon to Expire:

1. Gloria Brown – Term expires 06/17/2024, representing District 2.
2. Sherry Gomez – Term expires 06/17/2024, representing District 3.
3. Linda Oswald – Term expires 06/17/2024, representing District 4.

Laura sent letters of reappointment for Commissioner Brown and Commissioner Gomez. Commissioner Oswald does not seek reappointment.

Vacancies:

1. **District 1** – for term expiring 06/17/2024 (replacing Debra Teofilo).
2. **District 4** - for term expiring 06/17/2024 (replacing Linda Oswald).

3. **Around the Clock Care**, for term expiring 08/07/2025 (replacing Sandy Morris).

New Applications Received:

1. Christie Ray – Letter recommending appointment was sent to District 1 and District 4.
2. Jane Decker – Letter recommending appointment was sent to Around the Clock Care.

This concludes the Commissioner Appointment Report for June 2024.

EMPLOYEE RECOGNITION – G. Hodges; S. Lynch; E. Linder

No report.

EXECUTIVE COMMITTEE – B. Goodlow; K. Grasty; J. Lemucchi; S. Lynch; L. Oswald; Y. Prado; J. Snyder

Chair Lynch reported the Exec. Committee met June 5, 2024, and the results of that meeting are on this agenda.

IN-HOME SUPPORTIVE SERVICES (IHSS) ADVISORY – Anabel Hernandez

No report.

LONG-TERM CARE – A. Hernandez; S. Bodnar; D. Duquette; D. Martinez; N. Jackson

Commissioner Martinez reported it is fire season and this month there were some residents under an evacuation order in Kernville. Those residents were transferred from The Burlington Assisted Living to Kernville temporarily for a couple of hours. They worked with the Office of Emergency Services for potential transfer to Kern Valley Health Care Assistance, a nursing home. The order was lifted, and residents were able to be relocated back to The Burlington Assisted Living. There were 18 residents in total. Two of those residents were independent, and the other 16 residents were not ambulatory. There are no licensed Long Term Care facilities in California City. Anyone that has a home and is caring for someone shouldn't be providing care or supervision without a license. This does not mean those who provide In-Home Supportive Services or family caregivers. California City has limited options for a licensed facility and that would be in Tehachapi, Lancaster, and Ridgecrest. The closest nursing home is Bella Sera in Ridgecrest. There is an assisted living in Ridgecrest. One has the assisted living waiver program. Today, they visited Tehachapi Manor. There are no skilled nursing facilities in Tehachapi and there are only two residential care facilities. Tehachapi Manor has three female residents. It is a very well-kept and clean facility. It was a pleasant visit.

MARKETING & ORIENTATION COMMITTEE – Y. Prado; D. Duquette; G. Hodges; S. Lynch; J. Snyder

Commissioner Prado reported that marketing works. They have received some Commissioner applications as a result of the events the Commission attended. She shared that the Commission had a table at the Festival de la Familia on Sunday, June 9, 2024, from 10 a.m. to 2 p.m. at the Kern County Fair. The event was sponsored by Radio Lobo. They had a lot of people in attendance and lots of entertainment. Jar openers, Vials of Life, COA brochures, Centenarian flyers, and Digital Divide flyers will be given away at this event. She thanked Commissioner Hernandez and Commissioner Juarez-Ceja for their help at the

Commission table for this event, and for Aging and Adult staff for printing and having the brochures and flyers available for them. It was a positive event and they said they would keep them on the list for next year. Though there was a \$1,000 fee for the vendor tables, they did not charge the Commission a fee for the Commission to participate in their event.

NOMINATION COMMITTEE – K. Alvey; G. Brown; B. Goodlow; N. Jackson

No report.

SENIOR CENTER ADVISORY – B. Goodlow; A. Hernandez; G. Hodges

Commissioner Goodlow reported the Bakersfield Senior Center (BSC) hosted a car show fundraiser on June 1, 2024, at BSC, 530 4th Street, Bakersfield and it was a great success. They had 11 cars and a lady's motorcycle team dropped by on their way to Los Angeles. They had raffles, opportunity drawings, face paintings and horse riding for the kids. They sold BBQ plates for \$20.00 (BBQ, hotlinks, chicken and drink). They also sold Hotdogs for kids for \$5.00 (hotdog, chips and drink). BSC will have a jazz night coming up in July 2024. The theme will be "Jazz Over the Stars". BSC continues to do well, and attendance is very good.

SUNSHINE COMMITTEE – D. Duquette

No report.

THE AREA AGENCY ON AGING COUNSEL OF CALIFORNIA (TACC) – S. Gomez; S. Dhillon

No report.

TRANSPORTATION – J. Juarez-Ceja; J. Lemucchi

No report.

VOLUNTEER RECOGNITION – G. Brown; E. Linder; L. Oswald

No report.

INFORMATION ITEMS –

- **Information and Referral Stats** – Chair Lynch commented the Information and Referral stats are increasing. Jeremy shared that we've had a lot of positive media coverage for the last couple of months, in addition to the California Department of Aging has been doing more advertising lately so we're seeing a lot of advertisements on radio and tv.
- **Centenarian Recognition Program** – Parliamentarian Grasty shared there is none coming up but the Centenarians who have already been recognized will be turning another year so they will receive another certificate. Commissioner Martinez will help with getting the flyer to all the assisted living facilities and other resources. If anyone has any suggestions on how to get the word out about the program, please let her know. Commissioner Dhillon shared that she has a patient who will be turning 102 in August. She will send the information.

- **Master Plan for Aging Update** – Vice-Chair Snyder shared they have focus groups coming up:
 1. 06/20/2024 – Bakersfield Senior Center
 2. 7/8/2024 – CSUB 60+ Club
 3. 7/11/2024 – Kern River Valley
 4. 7/15 – E. Niles Senior Center
 5. 11/18 – Ridgecrest Senior Center

This will leave approximately 5 senior centers to touch base with and she is working on getting those scheduled. It has been consistent with talks about communication gaps and transportation.

- **Commissioner Expectations** – Chair Lynch reminded Commissioners to please remember to keep their cell phones on silent and if a call needs to be made, please step outside of the room to take/make the call outside. No games or checking emails during the meetings. Commissioners are to read and sign a new Commissioner Expectations form each year. Forms are to be given to Laura once signed.
- **Mileage Reimbursement** – Laura requested that all mileage reimbursements requests for meetings, focus groups, etc. be turned in no later than Tuesday, June 18th for processing as we are approaching fiscal year-end. Please be sure to provide a current copy of your driver's license and car insurance to avoid delays.
- **Richard Prado Senior Center** – Commissioner Prado shared that the seniors have a dance on Fridays and this past Friday, they broke 100 in attendance!

NEXT MEETINGS

EXECUTIVE MEETING	REGULAR MEETING
Wednesday, July 3, 2024 1:30 pm Via Zoom If interested in attending via Zoom, please contact Laura Juarez at 661-868-1052.	Monday, July 15, 2024 1:00 p.m. E. Niles Senior Center 6601 Niles Street, Bakersfield, CA 93306 (COA Ex-Officio Members and the public may attend in person or via Zoom. Please contact Laura Juarez at 661-868-1052 for the link to join)

ADJOURNMENT - The meeting adjourned at 2:12 p.m.

Respectfully submitted,

Jeremy Oliver
Secretary

JO/lj