

Kern County Commission On Aging

Kris Grasty, Chairperson
5357 Truxtun Avenue
Bakersfield, CA 93309
(661) 868-1052; (661) 868-1001 FAX



REGULAR COMMISSION ON AGING MEETING MINUTES

July 17, 2017

Tehachapi Senior Center
500 E. "F" Street
Tehachapi, CA 93561

OPENING

CALL TO ORDER:

Chair Grasty called the meeting to order at 1:10 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)

Commission Members Present:

Chris Barrett, Gloria Brown, Doris Duquette, Aaron Flucker, Linda Fuller, Barbara Goodlow, **Kris Grasty, Norma Jackson, Jon Johnston, Stephanie Lynch, Sandy Morris, Marti Overfield, and Yolanda Prado

Excused Absences: Linda Oswald, Roger Oswald

A QUORUM WAS PRESENT

Honorary Commission Members Present:

Harley Baker

Aging and Adult Services Staff Present:

Michele Gomez, Program Director
Luanne Jones, Senior Nutrition Program Coordinator
Laura Juarez, Senior Office Services Specialist

Guests:

Catherine Vasquez, Lewis Brown, Judy Snyder, Meseret Springer, Barbara Blaine, Charlene Relyea, and Barbara Hodge

AGENDA & MINUTES

POSTING:

Michele Gomez, on the behalf of Lito Morillo, confirmed agenda had been posted per provisions of the Brown Act.

CORRESPONDENCE:

Letters were sent to Diane Hooper and Mishele Ulrich, of North of the River Parks and Recreations, congratulating them on their retirement and thanking them for their commitment to the seniors of Kern County. Letters of thanks were sent to the Elder Abuse Prevention Conference (EAPC) speakers, Paul Greenwood, John Mitchell, and Prescott Cole.

COMMENTS OF GENERAL INTEREST

Public Comments:

None.

Commissioner Comments :

Chair Grasty welcomed the newest Commissioner, Loron Hodge, who was appointed by 3rd District Supervisor Mike Maggard. Commissioner Hodge was allowed some time to introduce himself to the Commission.

Commissioner Jackson thanked Luanne Jones for the great lunch.

ACTION ITEMS

- **APPROVAL OF MINUTES:** The minutes for the June 19, 2017 Regular Commission on Aging Meeting were approved as prepared.
Motion/Second/Abstained/Opposed (M/S/A/O)
Duquette/Jackson/Lynch, Hodge/None - Motion carried.

SERVICE PROVIDER PRESENTATIONS:

SENIOR CENTER REPORT – Luanne Jones

Luanne Jones reported the Commission on Aging for coming out to the Tehachapi Senior Center. The center has increased activities. They now have a Yoga class, play Mexican Train, Line Dancing, and grief support. There is a huge card game attendance at this center, as well as a bridge club. Mr. Brown, the President of the Tehachapi organization at the center, is a wood maker. He does phenomenal wood work and made a display case and lots of other cabinet center throughout the center. Luanne said she appreciates his support and contributions to the senior center.

DEPARTMENT OF PARKS AND RECREATION- Leslie Wallace

Not in attendance.

VETERANS SERVICE – Richard Taylor

Not in attendance.

PUBLIC HEALTH SERVICES – Meseret Springer

Meseret Springer provided tips about the hot weather for humans and animals. Brochures were handed out in English and Spanish language. When we have uncontrollable heat temperatures, the body loses control of its hypothermic and causes the body temperature to increase to 104 degrees fahrenheit and above. It confuses the body and can lead to heat stroke, heat exhaustion, and other illnesses related to heat. About 60% of human body is water. When we begin to get dehydrated, the blood volume in our body decrease, and at the same time, the heart still has to pump enough blood throughout our body to provide nutrients. This

makes the heart and vessels work harder, which can cause constriction of the blood vessels. When that happens, it decreases blood pressure, increases pulse, confuses our electrolytes (sodium and potassium) in our body, and creates our body to be in the “fight or flight” mode. The rule of thumb is if you are thirsty, you are already dehydrated. The Kern County Department of Public Health Services sent out a press release reminding everyone to protect themselves from the extremely hot temperatures. The press release also included the following tips to stay safe during the excessive heat:

- Drink plenty of water even if you are not thirsty. Avoid alcohol.
- Avoid outdoor physical exertion during the hottest parts of the day. Reduce exposure to the sun from 10 a.m. to 4 p.m. when UV rays are strongest, and keep physical activities to a minimum during that time.
- Wear a wide-brimmed hat to cover the face and neck and loose-fitting clothing to keep cool and to protect your skin from the sun.
- Regularly check on any elderly relatives or friends who live alone. Many may be on medications which increase the likelihood of dehydration.
- To prevent overheating, 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, 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 kill.
- Wear sunglasses that provide 100 percent UVA and UVB protection. Chronic exposure to the sun can cause cataracts.
- Liberally apply sunscreen (at least SPF 15) 15 minutes before venturing outdoors and re-apply at least every two hours – sunscreen may reduce the risk of skin cancer.
- The County of Kern will open Cooling Centers when temperatures are forecasted by the NWS to exceed certain highs. For more information visit: <http://www.co.kern.ca.us/pio/coolingcenters.aspx>

KERN BEHAVIORAL HEALTH AND RECOVERY SERVICES – Lilliana Galvan

Not in attendance.

DEPARTMENT OF HUMAN SERVICES (DHS) – Adrianna Kessler

Not in attendance.

EMPLOYERS' TRAINING RESOURCE (ETR) - Peggy Langels

Not in attendance.

PLANNING AND NATURAL RESOURCES - Catherine Vasquez

Catherine Vasquez provided information about two housing programs provided through the Community Development Division. Funds are received from Kern County that comes from the Federal Government through Housing Urban Development (HUD). The Home Improvement Loan Program is a deferred loan with 0% interest. This is for home owners who occupy their property and are low-income. It is a mortgage on the property and the loan will be paid when the home is sold. This program will allow home owners to repair or replace existing items, such as painting, roof, plumbing, etc. The second program is the Home Access Grant program. This is a free program up to \$3,000 for handicapped accessibility improvements in and around the home, which could include a handicapped accessible ramp, or to remove a bath tub and install a

shower stall with some grab bars and shower seat or handheld shower head. This loan is available to home owners and renters, with homeowners consent. Fliers were distributed with information about these programs.

INDEPENDENT LIVING CENTER (ILC) – Harvey Clowers

Not in attendance.

STAFF PRESENTATIONS

AASD SOCIAL SERVICES DIVISION REPORT-

DIRECTOR'S REPORT – Michele Gomez, on behalf of Lito Morillo

Michele Gomez reported The Department is renovating its Public Authority lobby and building additional interview rooms. This will give us the flexibility to go to 1 lobby as opposed to the 2 we currently have now.

In-Home Supportive Services (IHSS) Electronic Time Sheets will be available beginning August 7, 2017. Electronic Time Sheets will be for IHSS providers and clients who want to complete their time sheets online. This will make it more convenient for them to complete and submit their time sheet online as opposed to mailing it to the State and having issues with the mail getting lost. An important thing to keep in mind is that this is totally optional for the IHSS provider and client. If they want to continue to complete handwritten time sheets and mail it, they can still do so.

The 2nd Budget Hearing for the County will be tomorrow (July 18th) at the Board of Supervisors Chambers at 9am. The first budget hearing was held in June. The last 2 budget hearings will be in August (8/28 & 8/29), with the 8/28 meeting being scheduled in the evening at 6pm. These budget hearings are designed for the public to provide input on the County's budget.

AASD has submitted a budget with the anticipated budget cuts being administered by the State (cost shift of the IHSS program to Counties). We are preparing to deal with the continued cuts in the IHSS program in the coming years.

The 17/18 State budget was recently passed by the Governor and Legislature. In this budget, the State restored 2 optional Medi-Cal benefit dental and vision plans. Effective January 1, 2018, full dental will be available to Medi-Cal recipients. Effective January 1, 2020, adult vision services will be restored for adult Medi-Cal recipients. The vision service being restored will be based on the State allocating funding in the budget for FY 19/20.

At the Federal level, Health Insurance Counseling and Advocacy Program (HICAP, or SHIP as its referred to) is still being looked at for possible elimination. Similar to last year, Federal funding for HICAP was eliminated until it was restored at the last minute prior to the final Federal budget coming out.

Over the last couple of years, AASD has partnered with the District Attorney's (DA) office on scams. One of the outcomes is a door hanger that is being placed when home visits are made and other outreach opportunities. The door hanger has AASD's logo, along with the DA's logo printed on it.

COMMITTEE REPORTS:

BY-LAWS COMMITTEE – L. Oswald, K. Grasty
No report.

CALIFORNIA SENIOR LEGISLATURE (CSL) – N. Jackson, M. Overfield
Commissioner Overfield reported the State has once again looked at the funding for CSL. There is at least \$325,000 that was allocated for CSL. It has been approved but awaiting the Governor's signature. CSL is a State entity and they do not receive compensation. Relying on voluntary tax donations is not working so the State financed CSL last year as a one-time only, and they are refinancing it for 2017-2018 as a one-time only. CSL is still trying to get it to the where it won't be one-time only.

COMMISSIONER APPOINTMENT – L. Fuller; Y. Prado
Commissioner Fuller reported there are no reappointments. There was one new appointment, Commissioner Hodge. There is one expired term waiting on reappointment. There are three vacancies and one new application received from Judy K. Snyder, who was in attendance and was given the opportunity to introduce herself. She is a Geriatric Care Manager at Interim Health Care for several years now, and has been in health care for over 40 years.

EMPLOYEE RECOGNITION – A. Flucker; M. Overfield
Commissioner Flucker reported the committee is working on the next employee recognition that will be in Bakersfield. They will also be going out to Taft in September to recognize the AASD employees there. They did go out to Shafter and provided staff with Dewar's candy, and the Johnston's provided donuts. It was very well received. Let Commissioner Flucker know if you want to go with them to Taft.

EXECUTIVE COMMITTEE – K. Grasty, A. Flucker, N. Jackson, J. Johnston, S. Lynch, L. Oswald, Vice-Chair Prado reported the committee met on July 6th and discussed the upcoming Senior Day at the Fair on September 22, 2017. Volunteers are needed to greet seniors at the gate. Commissioner Jackson will be coordinating the shift schedule. The committee also discussed the East Kern Senior Celebration coming up on August 12th. The Healthy Harvest Resource Fair that usually takes place in October at the Aging and Adult Services Department may be discontinued due to budget constraints and low client participation. The committee discussed the possibility of helping AASD host this event and considered holding it at a different location to draw in more people. Commissioner Flucker will be checking into a new site location that has a big parking lot. Another idea was having a Primavera Health Fair in the Spring.

IN-HOME SUPPORTIVE SERVICES (IHSS) ADVISORY – A. Flucker
No report.

LONG TERM CARE – C. Barrett; D. Duquette; L. Fuller; N. Jackson

No report.

MARKETING & ORIENTATION COMMITTEE – Y. Prado, D. Duquette, S. Lynch; S. Morris, M. Overfield,

No report.

NOMINATION COMMITTEE – G. Brown; J. Johnston

No report.

SENIOR CENTER ADVISORY – A. Flucker, K. Grasty; J. Johnston; Y. Prado

No report.

SUNSHINE COMMITTEE – N. Jackson

Commissioner Jackson reported she mailed one birthday card.

THE AREA AGENCY ON AGING COUNSEL OF CALIFORNIA (TAAC) – M. Overfield

Commissioner Overfield reported their next meeting is August 21, 2017 in Sacramento.

TRANSPORTATION – Y. Prado; L. Fuller

Vice-Chair Prado reported the committee met on July 7, 2017. They discussed the unmet needs in Kern County regarding transportation. The newest unmet need that will be the focus next year is in Boron. A Kern Transit bus goes out to Boron during the week but none go out on the weekend, leaving residents without transportation on the weekend. In Mojave, they are going forward with building a transit center on the corner of K and Mono Streets. Kern Transit now has their live mobile ticketing. Residents can purchase their transportation tickets through the mobile app.

VOLUNTEER RECOGNITION – M. Overfield; G. Brown

No report.

NEW BUSINESS -

Chair Grasty reminded Commissioners to call or email Laura Juarez by 5 p.m. on Tuesday before the regular Commission meeting to confirm your attendance and whether or not you will be having lunch at the senior center. Calls will no longer be made to Commissioners asking if they will be attending and having lunch. If Laura does not receive your reservation by the specified deadline, your name will not be submitted to nutrition staff and you should not count on having a lunch at the senior center that day.

INFORMATION ITEMS -

Senior Day at the Kern County Fair will be Friday, September 22, 2017. Gates will open to seniors at 9 a.m. and open ceremonies will begin at 10 a.m. Fair admission is free to seniors 62 years and older, along with free parking up until 4 p.m. Commissioners are needed to greet seniors as they enter the fairground gates. Contact Commissioner Jackson if you would like to volunteer for this event. There will be two shifts, 8 a.m. to 10 a.m., and 10 a.m. to 12 noon.

The next Ethics class is Friday, August 11, 2017, at 9:30 a.m. at the Board Chambers. The class can also be completed online at www.ca-ilg.org/ab1234compliance

The East Kern Senior Celebration will be held Saturday, August 12, 2017, from 1-4 p.m. in California City, CA. Sponsorship letters were mailed out and donations are starting to come in.

Please remember to use Smile Amazon and select "Kern County Commission on Aging" when making online purchases through Amazon. A small percentage (.005%) of each sale is donated to the COA Foundation.

NEXT MEETINGS

EXECUTIVE MEETING	REGULAR MEETING
Thursday, September 7, 2017 1:30 pm Aging and Adult Services Golden Generation Room 5353 Truxtun Avenue, Bakersfield, CA	Monday, September 18, 2017 1:00 p.m. Rasmussen Senior Center 115 E. Roberts Lane Bakersfield, CA 93308

ADJOURNMENT - The meeting adjourned at 2:22 p.m.

Respectfully submitted,

Lito Morillo
Secretary