

Kern County Commission On Aging

Kris Grasty, Chairperson
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Bakersfield, CA 93309
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**REGULAR COMMISSION ON AGING MEETING
MINUTES**

April 15, 2019

Rasmussen Senior Center
115 E. Roberts Lane
Bakersfield, CA 93308

OPENING

CALL TO ORDER:

Chair Grasty called the meeting to order at 1:01 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, Susan Bodnar, Gloria Brown, Doris Duquette, Devora Gonzalez, Barbara Goodlow, *Kris Grasty, Loron Hodge, Norma Jackson, Stephanie Lynch, Jan Lemucchi, Stephanie Lynch, ***Linda Oswald, Roger Oswald, **Yolanda Prado, and Judy Snyder

Excused Absences: Aaron Flucker, Linda Fuller, Jon Johnston, Toni Johnston, and Sandy Morris,

A QUORUM WAS PRESENT

Honorary Commission Members Present:

None.

Aging and Adult Services Staff Present:

Michele Gomez, Program Director
Martin Reynoso, Admin. Coordinator
Laura Juarez, Senior Office Services Specialist

Guests:

Martha Juarez, Desiree Ingalls, Valerie Rangel, Harlem Williams, and Michelle Pearl Krizo

AGENDA POSTING:

Lito Morillo confirmed the agenda had been posted per provisions of the Brown Act.

CORRESPONDENCE:

A letter was sent to Jimmie Soto, CEO of Independent Living Center (ILC), informing him of ILC being added to COA Bylaws as an official Ex-Officio member on the COA. A letter was also sent to Honorary Commissioner, Bob Fowler, thanking him for hosting the April 4, 2019 COA Executive meeting at The Pointe at Summit Hills.

COMMENTS OF GENERAL INTEREST

Public Comments:

None.

Commissioner Comments :

Commissioner Brown thanked the Commission for the birthday card she received.

Commissioner Jackson thanked the Rasmussen Senior Center staff for the lunch that was prepared.

Commissioner Goodlow thanked the Commission for the birthday card she received.

INTRODUCTION OF NEW COMMISSIONERS

None.

ACTION ITEMS

- **APPROVAL OF MINUTES:** The minutes for the March 18, 2019 Regular Commission on Aging Meeting were approved. **Motion/Second/Abstained/Opposed (M/S/A/O) Snyder/R. Oswald/Duquette, Hodge/None - Motion carried.**
- **APPROVAL OF THE AREA PLAN FY 19-20:** Martin Reynoso provided a report for approval on the Area Plan Update for Fiscal Year 19-20. **(M/S/A/O) Snyder/R. Oswald/None/None - Motion carried.**

SERVICE PROVIDER PRESENTATIONS:

SENIOR CENTER REPORT – Desiree Ingalls

Desiree Ingalls reported they received a \$2,500 donations for their Meals on Wheels program designated on behalf of Judy Snyder for her winning the Wendy Wayne Ethics award. They are also beginning the Suburu "Share the Love" event that will go through the end of May 2019. Desiree offered the Rasmussen Senior Center in the future for Aging and Adult Services "Spring Alive" Senior Resource Fair. They are in the process of renovating the lobby of the Rasmussen Senior Center.

GENERAL SERVICES - PARKS AND RECREATION – Leslie Wallace

Not in attendance.

VETERANS SERVICE – Josh Dhanens

Not in attendance.

PUBLIC HEALTH SERVICES – Michelle Pearl Krizo

Michelle Pearl Krizo reported there is still time to receive the flu vaccination. As of Friday, April 12th, there have been reports of 8 deaths, 26 individuals hospitalized for the flu this year. You can get the flu vaccination at the Public Health Department for \$9, or at your own Dr's office. Health experts now recommend that everyone 6 months of age and older get vaccinated against influenza. Seniors 65 years and older, children younger than 5 years, and people with chronic health conditions such as asthma, diabetes, and heart disease, and pregnant women are at a high risk for the seasonal influenza. This year, the vaccine carried more strains but it still affected many people this year. There is a 99% chance you have the shingles virus if you are over age 50. There is a series of 2 injections for the shingles vaccination. It is also recommended that everyone over 65 receive the Pneumococcal vaccines PCV 13 (Pevnar 13) and PPSV23 (Pneumovack 23), and for those age 19-64 with an underlying medical condition. It is important that both vaccinations are not administered at the same visit. The Td vaccination is an immunization against diphtheria and tetanus for adults who have had a dose of the Tdap vaccine. Td is a booster shot that is recommended every 10 years. The Advisory Committee on Immunization Practices (ACIP) recommends the HepB-CpG, which is a vaccine to help protect against Hepatitis B. Michelle also encouraged everyone to cut down on added sugars. Added sugars contribute calories but have no nutritional value. Replace foods and drinks high in added sugars with healthier options such as fruit for dessert instead of cake or cookies, unsweetened cereal with fruit instead of sugary cereals, drink water or low-fat milk with meals instead of sodas. When you look at the ingredients of an item, look for the added sugars. The higher up added sugars are on the list, the more added sugar is in the product.

KERN BEHAVIORAL HEALTH AND RECOVERY SERVICES – Martha Juarez

Martha Juarez reported on the Volunteer Senior Outreach Program (VSOP), which is an early prevention program for older adults. The program is designed to help adults 60 and older who are developing mental health symptoms resulting from isolation and other like changes. VSOP has volunteers to provide socialization and helps empower seniors, and helps them maintain their independence, which decreases hospitalization. The Wellness, Independence & Senior Enrichment (WISE) program is a support network that provides resources to help prevent decompensation. Services include transportation, meals on wheels, accompaniment to Dr's appointments and senior congregate meals, etc. They also have group counseling and therapy available. This program is currently only available in Bakersfield.

DEPARTMENT OF HUMAN SERVICES (DHS) – Valerie Rangel

Valerie Rangel reported they are working Medi-Cal renewals. They are currently training their staff on the SSI Cash-out and refresher courses on dealing with the elderly. There are 10,000 SSI recipients in Kern County. They are estimating about 75%, or 9,000, increase in cases due to the SSI Cash-out. Valerie encourages SSI recipients to keep their medical receipts and share that information with their caseworker when applying for CalFresh, which can be done in person, on the phone, or online. DHS is also partnering with Social Security Administration to help clients with applying for CalFresh.

EMPLOYERS' TRAINING RESOURCE (ETR) – Peggy Langels

Not in attendance.

PLANNING AND NATURAL RESOURCES – Chris Soriano

Not in attendance.

INDEPENDENT LIVING CENTER (ILC) – Harvey Clowers

Not in attendance.

STAFF PRESENTATIONS

AASD SOCIAL SERVICES DIVISION REPORT-

DIRECTOR'S REPORT – Lito Morillo

Lito Morillo reported the following:

Federal News

Money follows the person has been extended to September 2019. This program is designed to help seniors wanting and able to transition from skilled nursing back to their home.

State News

Since Governor Newsome's State of the Union address, there has been a lot of discussion and movement about a Master Plan for Aging. Currently there are several bills in the legislature that is being discussed that all have to do with a Master Plan on Aging. This is exciting news since its truly the first time we can recall that the legislature and governor are talking about supporting our aging community.

Additionally, there is a bill in the legislature that is looking at combining various agencies to serve seniors and disabled adults. At the federal level they did so under the Administration on Community Living. Now at the State level, they are trying to mirror the same concept to provide more seamless service to this population.

Kern County News

This year's budget has been submitted. All County Departments have to submit their budget by 4/15/19. We are looking at hiring additional staff for IHSS, and expanding our office space. Additionally, we are doing a lot of renovation to make our office more functional to meet our growing needs. No programs will be reduced. The County itself is going through the final year of the structural deficit. The fire fund is struggling and there is a \$7 to \$8 million deficit due to property taxes being down. The County is actually in a better place than previous years.

Commissioner Lemucchi reported, in January 2019, Independent Living Center was chosen to assist with a needs assessment for Kern County research. Kern County will represent rural communities and will have representation in East Kern. The research company is coming from Chicago.

COMMITTEE REPORTS:

BY-LAWS COMMITTEE – L. Oswald, K. Grasty

No report.

CALIFORNIA SENIOR LEGISLATURE (CSL) – L. Fuller; J. Lemucchi

Commissioner Lemucchi reported CSL is financially funded through tax returns from taxpayers who check the "California Senior Citizen Advocacy Voluntary Tax Contribution Fund" box on their tax returns. Our Legislative members reported the voluntarily tax contribution fund has unanimously passed the Senate Government and looks like it will stay on the tax form.

COMMISSIONER APPOINTMENT – L. Fuller

Chair Grasty reported there are no new appointments. There are no expired appointments. Appointments that will soon expire are Chris Barrett in April 2019, Sandy Morris in May 2019, and Kris Grasty in June 2019. There is one vacancy for Supervisorial District 1. There were no new applications received. Laura Juarez will send letters for reappointments.

EMPLOYEE RECOGNITION – A. Flucker

No report.

EXECUTIVE COMMITTEE – K. Grasty, A. Flucker, J. Johnston, S. Lynch, L. Oswald, R. Oswald, Y. Prado

Chair Grasty reported the senior celebration will be held in west kern this year. Delano Senior Center offered us to use their new facility for this year's senior celebration. Parliamentarian L. Oswald and Commissioner R. Oswald will chair this event, which will take place in October 2019.

IN-HOME SUPPORTIVE SERVICES (IHSS) ADVISORY – A. Flucker

Lito Morillo reported the office is going through renovations to accommodate more staff and office space to deal with the increase of IHSS cases.

LONG TERM CARE – C. Barrett, S. Bodnar, D. Duquette, D. Gonzalez, L. Fuller, R. Oswald

Commissioner Barrett reported the committee visited San Joaquin Nursing and Rehabilitation on San Dimas Street in Bakersfield. The facility is in an older building. There were many residents out of their beds. Commissioner Duquette reported they have a capacity of 100 rooms and they were pretty full to capacity with some rooms with 4 people in 1 bedroom.

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

Vice-Chair Prado reported the committee met and discussed the Spring Alive Senior Resource Fair. There is a shortage on helium so they will look into other options for balloons. We have more vendors participating this year. All vendors are asked to provide a giveaway for their table. Chair Grasty volunteered to donate the gift for the Commission table. A banner will be purchased for the Senior Resource Fair. This banner can also be used at future events. The PAL kids will come to set up and break down for the event. Volunteers are needed to sit at the Commission table for the two shifts (8 a.m. -10 a.m. and 10 a.m. – 12 p.m.).

NOMINATION COMMITTEE - G. Brown; J. Johnston; S. Morris

Commissioner Brown reported she is accepting nominations for the COA elections in June 2019. A slate of officers will be presented at the May meeting. Please submit nominations via email for Chair, Vice-Chair, and Parliamentarian to Commissioner Brown, Commissioner Jackson, or Commissioner Morris.

SENIOR CENTER ADVISORY – A. Flucker, B. Goodlow, L. Hodge, A. Johnston, J. Johnston

Commissioner Goodlow reported the Bakersfield Senior Center (BSC) served 1,258 meals in the month of March 2019. They had a car show on April 13th and had a good turn out with lots of cars. The BSC is starting Bunco on April 27th and will be free of charge. On May 4th, BSC is having a car test drive at the California Living Museum from 10 a.m. to 4 p.m. Motor City will donate to BSC for every test drive. Commissioner Goodlow reported she visited the Rosamond Senior Center on April 11th and they had a very nice lunch menu. She talked with some seniors and most were pleased with the lunch menu. They have yoga classes and play BINGO at the center, and will have an Easter celebration on April 17th. On April 18th, they will have a volunteer appreciation day, and on April 19th, they will have their monthly birthday celebration. She will be visiting Inyokern Senior Center before May's COA meeting.

Commissioner Hodge reported he visited E. Niles, Greenacres, and Rasmussen Senior Centers and all are doing well. E. Niles is still searching for someone to take over for Norma Harl. If anyone has any ideas, please let him know. One of their big commercial refrigerators went out but they were able to get it replaced very quickly.

Commissioner Barrett said she heard the Inyokern Senior Center is closing and asked if this is true. Lito reported there is low participation (2-3) so the center is being evaluated for closure. The Ridgecrest Senior Center was utilizing the Inyokern Senior Center while they were working on renovations but they are fully operational again. Ridgecrest Senior Center recently lost a cook so they are looking to fill that position.

Commissioner Snyder asked what efforts are made to bring the seniors to the centers. Lito responded that they do try to reach out to the seniors at the centers. They do not have a marketing budget so most is done by word of mouth. Currently, the Inyokern center is open whenever we have reservations, which is usually on Wednesdays because of BINGO.

SUNSHINE COMMITTEE – D. Duquette

Commissioner Duquette reported she mailed birthday cards and will be mailing more this month. She asked the Commissioners to please let her know if anyone is ill or if someone's close relative passed away to please send her an email or give her a call.

THE AREA AGENCY ON AGING COUNSEL OF CALIFORNIA (TACC) – L. Oswald, R. Oswald

No report.

TRANSPORTATION – Y. Prado, L. Fuller, J. Johnston

No report.

VOLUNTEER RECOGNITION – G. Brown

No report.

INFORMATION ITEMS –

The “Spring Alive” Senior Resource Fair will be held Saturday, April 27, 2019, from 9 am to 12 noon. Over 30 vendors will participate in this event.

The Elder Abuse Prevention Conference is scheduled for June 13, 2019, at Hodel's. This year's speaker will be Kira Wattenburg King, and the theme will be “Estate Planning.” Fifty-six letters were mailed to vendors. We already have three confirmed vendors.

As a reminder, please continue to use “Smile Amazon” when making purchases through Amazon, and select “Kern County Commission on Aging” as your charity organization of choice. A small percentage of proceeds will go to the COA Foundation. Please let Chair Grasty know if you need instructions.

Chair Grasty reported The Consumer Report has a petition online that you can sign to help stop Robocalls. Please let her know if you'd like to know how to sign the petition.

Laura Juarez reported she will be out of the office April 18, 2019 through April 22, 2019, and returning Tuesday, April 23, 2019.

NEXT MEETINGS

EXECUTIVE MEETING	REGULAR MEETING
Thursday, May 2, 2019 1:30 pm Aging and Adult Services Dept. New Generation Conference Room 5343 Truxtun Ave., Bakersfield, CA	Monday, May 20, 2019 1:00 p.m. California City Senior Center 10221 Heather Avenue California City, CA

ADJOURNMENT - The meeting adjourned at 2:37 p.m.

Respectfully submitted,

Lito Morillo
Secretary