



**PLACER COUNTY
OLDER ADULT ADVISORY COMMISSION**
11533 C Avenue, Auburn, CA 95603
(530) 886-3680

MEETING MINUTES
June 18, 2013

Attendance

Members Present: Dr. Irwin Herman, William Reed, David Wiltsee, Darlis C. Beale, Antoinette Fabela, Sue Dings, Ignacio Cespedes, Candace Roeder, Karla Gustafson, Eldon Luce, Margaret Riley, and Cheryl Trenwith

Members Absent: Linda Brown, Gloria Plasencia, Alicia Murray, and Nancy Vasquez

Guests: Sue Galvec and Bryan Bentley

County Staff: Pauline Moreno, Public Authority Secretary

Call to Order: Reed called the meeting to order at 1:05 P.M.

Member Introductions: The roll was taken, a quorum was established, and introductions were made.

Approve 05-21-13 Meeting Minutes: The minutes were approved as presented:

Member Announcements: The following member announcements were offered.

- Roeder: New Senior Resource Guide has been completed. Copies available for commission members; if you want more, call the office with your request.
- Gustafson: Alzheimer's program now in Sacramento; also serves the surrounding areas.
 - For more information:
 - Tiffany Paige ARTZ for Alzheimer's – (916) 792-3281; Paige@ArtzAlz.org

Public Comment: No public comment was offered.

Presentation: What is Alzheimer's disease? – Bonnie Chow.

- Vision: A world without Alzheimer's disease

- Mission:
 - Advance research
 - Provide care and support
 - Reduce risk through promotion of brain health
- US population pattern changes; proportion of elderly increases as baby boomers age
 - What resources are available?
 - What care is available?
- Top 10 causes of death: Alzheimer's is #6
- The ripple effect of Alzheimer's:
 - Typically takes three people to care for one Alzheimer's patient
 - In the US:
 - Five million have the disease now
 - 15.4 million unpaid family members and friends who serve as caregivers
 - \$216 billion: The economic value of the care these 'informal' caregivers provided in 2012
 - Cultural stigma of Alzheimer's/diseases of aging
 - Seen as shame so not spoken about
- International Research Efforts:
 - Keeping plaques from forming or enhancing body's ability to clear them from brain
 - Targeting inflammation, vascular factors, and other key Alzheimer's processes
 - Preventing tangles
 - Finding prevention strategies
 - Not a natural part of aging
 - Biggest challenge: research funding
 - Much of medical care is anecdotal
- Prevention: Actions for brain health; no proven strategy – best evidence points to:
 - Physical activity
 - Healthy diet
 - Adequate sleep
 - Cardiovascular health
 - Intellectual stimulation
 - Social engagement
- Need for community resources
 - Millions affected today

- Low awareness postpones needed help
- Disease demands increasing care
- Clinical trials being done for both the patient and the caregiver
- Early detection matters
- Resources to support individuals with dementia and their loved ones
 - 24-hour helpline (800-272-3900); connects to local chapter office
 - Information and resource referral
 - Family care consultation services
 - Education workshops and conferences
 - Early stage programs
 - Safety services
 - Web resources (www.alz.org)
 - Online community referral
- Ways you can help
 - Raise Awareness
 - Contribute Financially
 - Advocate
 - www.alz.org/join_the_cause_advocacy.asp
 - National Alzheimer's Project Act (2011) – www.alz.org/napa
 - HOPE for Alzheimer's Act
 - California Alzheimer's Advocacy Day
 - DC Alzheimer's Advocacy Forum
 - Join Walk to End Alzheimer's
 - Saturday, October 5th, 10AM
 - State Capitol (South Steps)
 - Three-mile walk or one-mile loop
 - Sign up at alz.org/walk or 800-272-3900
 - Volunteer
 - Participate in Research
- Contact the Alzheimer's Association Greater Sacramento Office
 - www.alz.org/norcal
 - 1455 Response Road, Suite 190, Sacramento, CA 95815
 - 800-272-3900 (24-hour helpline)
 - For local information and workshop schedule

- **Election of Officers:** By consensus, open voting, and unanimous decision, the following people have been approved by the commission members to serve as the Executive Committee for the next two years:
 - Chair: Eldon Luce
 - First Chair: David Wiltsee
 - Second Chair: Karla Gustafson
 - Secretary: William Reed

Report A4AA: No report available.

Report - Senior Legislation: No report available.

Report – Placer County Report: Alves gave the following report:

- Vet Service Officer: John Melrose
 - Visiting all District 3 MACs to speak about benefits and services available
 - Office located at 1000 Sunset Blvd., Suite 115, Rocklin
 - Open 8AM to Noon and 1PM to 5PM, Monday through Friday.
 - 916-780-3290
- Mental Health First Aid training
 - June 27, 28
 - At Chapa De; contact Cyndy
 - Chapa De Behavioral Health Activities Center
 - 11670 Atwood Road, Auburn
 - 12-hour course, 8:30 to 3:30, over 2 days
 - Training to provide public with key skills needed to help someone who is developing a mental health problem or experiencing a mental health crisis
- DeWitt Farmers Market
 - Weekly, Wednesday, 10AM – 1PM
 - May through October 30
- Dr. Burton is retiring
 - Director of HHS and Chief Health Officer
 - Will probably split the position

Report – A4AA Advisory Council Update: No report available.

Report – Housing Committee Update:

- Meeting: Noon, prior to OAAC meeting.
- Devised basic structure framework (provided handout)
 - Single Family, permanent
 - Assistive Residence
 - Emergency/Special Case Residence (homeless, etc.)
- Placer County population demographics
 - 2013 – 2021; by five-year age groups

Discussion: Seniors Need to Know Articles

- Have a byline
- Executive Committee (EC) approval
- Send EC selected article two weeks before publication due date
- EC has one week to respond

New Business: Dark in July or August?.

By popular vote, the Commission will not meet in August.

Agenda Items for August 20, 2013 Meeting:

- Annual Report

Future Agenda Items

- Goal
 - Look at seniors with disabilities; becoming part of older adult population
 - Look at other ways:
 - Service models
 - Recreate programs
- Monthly Reports
 - A4AA - Nancy Vasquez
 - Senior Legislation -
 - Placer County Report - Ruth Alves
 - Getting OAAC Information Out to the Community

- Presentation: 48 hour maximum cap to distribute prescription/shot to all county residents – Rui?
- Presentation: OAAC to all Placer County Mayors: What We Do and Services available for Seniors – Wayman
- Presentation: 211 – Karla Gustafson (invite BOS, Dr. Burton, OES, A. Yoder, Legislators, other stakeholders) – *Luce to contact Rui Cunha, Director OES for a collaborative effort on this much needed resource. Get Rep from NV County to talk about their program?*
- Presentation: Health Care for Boomers (Possible: Dr. Burton)
- Presentation: EcoHousing (see February meeting for information)
- Discussion: OAAC name change?
- Discussion: Revisit OAAC committee structure
- Discussion: Silver Alert - Possible expansion into other areas of Placer County
- Discussion: Senior Safe House - as mandated by law
- Presentation: Sacramento Commission on Aging
- Download and examine emergency information form State/Rock Creek Mobile Home Park
- State of Housing in different communities
- Senior Housing
- Presentation: Elder abuse (Police/Sherriff on reporting, District Attorney on prosecuting cases)
- A4AA Program Evaluations

The meeting was adjourned at 3:07 PM

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Next Meeting

Date:	July 16, 2013
Time:	1:00 PM to 3:00 PM
Location:	Auburn Library Beecher Room 350 Nevada Street Auburn, CA