



**PLACER COUNTY
OLDER ADULT ADVISORY COMMISSION**

Annual Report

July 1, 2014 – June 30, 2015

**Older Adult Advisory Commission (OAAC)
2014- 2015 Annual Report**

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Acknowledgements

This report would not have been possible without the support and help of all of the Placer County Older Adult Advisory Commission (OAAC) members. (Listed in Appendix B: OAAC Member Roster); the OAAC Executive Committee:

- Eldon Luce Chairperson
- David Wiltsee First Chairperson
- Karla Gustafson Second Chairperson
- William Reed Secretary

and County staff:

- Cheryl Trenwith Manager, Adult System of Care
- Pauline Moreno Secretary, IHSS Public Authority

Honorable Members of the Board of Supervisors:

This report marks the 11-year anniversary of the Placer County Older Adult Advisory Commission (OAAC). It has been a privilege to have been involved with the Commission since its inception; first as County staff and now as a volunteer.

Looking back over the past 11 years, it's hard to imagine how we could have anticipated the significant events affecting our nation, and our senior population.

As we continue to experience a welcome and gradual recovery from what has become known as the "Great Recession" the social and economic after-effects of those difficult times continue to have an impact on many in our older adult community. And, at the same time we are experiencing an on-going and historic shift in our population.

Currently there are 86,492 county residents over 60 years of age, representing 30% of the adult population and 23% of the total population in Placer County¹; and projections show this older adult population will continue to grow dramatically for decades to come.

While we expected certain impacts relative to the first wave of Baby Boomers hitting retirement age in 2011, for the most part we did not anticipate the actual numbers represented by these demographic changes in Placer County or how substantially they would impact nearly every aspect of our community life.

These impacts include, but are not limited to, the type and mode of delivery of medical, mental health, substance abuse and social services; impacts on law enforcement, fire and first responders, businesses' customer base, housing needs and housing services, an increased need for long-term services and supports for older adults; and, the development of opportunities for social activities/interaction appropriate for these "new" older adults.

These social, economic and demographic changes present significant challenges relative to the dignity, independence, health, safety and overall quality of life for our older adults and for our Placer County community.

And, will require governmental, private and nonprofit entities to reassess what is currently being done to address these challenges and to relook at how together we can participate in a cooperative collaboration that is adequate to the task of helping, our older adults and our community, meet these challenges.

It is in this challenging and ever-changing environment that the OAAC and its members will continue to work at understanding and advising on the needs of older adults. We look forward to our 12th year with hope and a renewed dedication to enhancing the lives of our growing older adult community.

Sincerely,

Eldon Luce, Chairperson
Older Adult Advisory Commission

¹ Sources: U.S. Census Bureau State and County Quick Facts; and California Department of Aging

**Older Adult Advisory Commission
2014- 2015 Annual Report
Executive Summary**

On May 25, 2004, the Placer County Board of Supervisors passed Resolution Number 2004-121 establishing the Older Adult Advisory Commission (OAAC) to serve as Placer County's Commission on Aging. One of the duties of the Commission is to submit, to the Board of Supervisors, an Annual Report on OAAC activities during the report year. Consistent with that responsibility, the Commissioners are pleased to submit this, the eleventh OAAC Annual Report.

As will be seen in the following report, during the **2014/15** year the OAAC participated in organizational, advocacy, legislative, educational and needs assessment activities; as well as making significant progress toward successful accomplishment of its 2014/15 goals.

In **2015/16** OAAC goals will continue to be focused in three general areas:

- 1) Exploring, researching and evaluating the unique needs of Placer County's older adult residents for housing resources, as well as for other resources related to long-term supports and services; and,
- 2) Expanding the visibility of the OAAC throughout Placer County, outreaching to older adults providing education and encouraging public input; and,
- 3) Enhancing and expanding meaningful communication with the Board of Supervisors and other County departments; and finally, the OAAC will add a new goal this year:
- 4) Reviewing issues, concerns and needs raised in the 2008 Report and Findings, Placer County Older Adult Needs Assessment.

In the Annual Report there are a number of potential activities under each of these three general goal areas. With the significant increases in our older adult population now and into the future (see Appendix E - Older Adults in Placer County) the commission members will be:

- Continuing to pursue speaking opportunities. And, to provide speakers, upon request, to any/all relevant groups to educate on the OAAC and older adult issues, including the dramatic increase in the older adult population in Placer County; and to encourage and receive public input.
- Exploring the impacts of the increasing older adult population on Placer County systems of older adult services and supports; getting input from the community relative to the current older adult service delivery systems and the changes that may be required to meet the expected increases in need for older adult supports and services; and as appropriate, visiting with, and getting input from, providers of older adult services in Placer County.
- Pursuing ways to improve older adult access to resource information, services and supports, including continuing to support the development and implementation of the Placer County Aging and Disability Resource Connection (ADRC) model of service delivery and coordination and participating in an in-depth forum on the model to be provided in late summer/early fall.

As can be seen by the goals set by the Commission; the OAAC plans on another busy and productive year in 2015/16.

Commission members are honored to serve and to present and invite you to read this, the eleventh Annual Older Adult Advisory Commission Report.

Introduction

Due to the increasing population of older adults (60+ years of age) residing in Placer County, it was in the interest of both the County and the older adult community to designate a commission to be responsible for advising the Board of Supervisors on issues affecting the lives of older adults. Therefore, on May 25, 2004, the Placer County Board of Supervisors passed Resolution Number 2004-121 establishing the Older Adult Advisory Commission (OAAC) to serve as Placer County's Commission on Aging.

Duties of the Commission include submitting to the Board of Supervisors an Annual Report on the status of services for older adults. The Commissioners are pleased to submit this, the eleventh OAAC annual report.

Overview of the OAAC

As per Commission Bylaws²:

- **Mission**: The Placer County OAAC provides a voice for older adults in county government and advises the Placer County Board of Supervisors and the Department of Health and Human Services on matters relating to the creation and delivery of services that improve the quality of life for Placer County's older adults.
- **Goal**: It is the overall goal of the Commission to promote the well-being of and enhance the quality of life for older adults of Placer County.
- **Responsibilities**: The Commission serves in an advisory capacity to the County Board of Supervisors and the Department of Health and Human Services (HHS). The Commission reports through HHS. HHS provides staff support to the Commission; and provides relevant information (e.g., County budgets, plans for services for older adults, policies and programs, funding applications) required to fulfill the Commission's responsibilities and duties.
- **Duties**: Commission duties fall into the general categories of advising, assisting, advocating, and making recommendations relative to the needs of Placer County's older adults. See Appendix A - Article VII, Duties, page 9
- **Membership**³: The Board of Supervisors appoints OAAC members that reside or work in Placer County; have an interest in issues affecting older adults; and, have the time and willingness to serve. Commission membership is diverse and representative of the Supervisorial Districts, the public at large, and governmental and not-for-profit organizations providing services to Placer County older adults.

Activities and Accomplishments 2014/15: During its eleventh year, the OAAC has continued to be actively involved in various organizational, advocacy, legislative, educational and needs assessment activities.

² Appendix A - OAAC Bylaws

³ Appendix B - OAAC Member Roster

Organizational Activities: The Commission's primary 2014/15 organizational goals included; 1) to maintain a full, diverse, experienced and committed OAAC membership; and, 2) reviewing current OAAC bylaws for compliance with county policy relative to boards and commissions; forming an ad hoc bylaws committee for this purpose; and (if appropriate) recommending changes to the bylaws.

Advocacy Activities: OAAC members have continued to advocate for older adults through participation with a number of local organizations and committees, e.g., Best Step, transportation committees (PCPTA/CTSA) and Social Services Transportation Advisory Committee, Weimar-Applegate-Colfax Municipal Advisory Council (MAC), North Auburn MAC, Granite Bay MAC, Senior Living Group of the Sierra Foothills, Roseville Senior Commission, Eskaton and Sun City Communities, Senior Peer Counseling, Area 4 Agency on Aging, AARP, California Senior Legislature, Older Adult Collaborative, Placer Independent Resource Services, Seniors First, IHSS Advisory Committee, American River College Gerontology Board, Placer County Campaign for Community Wellness and Placer Collaborative Network.

Legislative Activities: The Commission's liaisons to the California Senior Legislature and to AARP's legislative activities have continued to be involved in reviewing legislation impacting older adults and providing reports and recommendations to the full OAAC.

Educational Activities: Commission members have increased their knowledge and understanding of older adult services and resources throughout the county. This was accomplished through hosting nine guest speakers⁴ at our regular monthly meetings; and by publishing 12 monthly articles⁵ in the Sun City News (Roseville and Lincoln), the Foresthill Messenger and Placer Sentinel.

Needs Assessment Activities: Although the Commission performed no formal needs assessment, through a number of sources (e.g. Placer County Civil Grand Jury Report, providers of long-term supports and services {LTSS}, older adults, family members and caregivers) the OAAC is hearing a definite need for more/better information on programs and services for older adults and persons with disabilities; and for a higher degree of collaboration between agencies serving the older adult and disability populations.

OAAC members continue to be involved in the development of an Aging Disability Resource Connection (ADRC) as a mechanism for addressing these identified needs.

Report on 2014/15 OAAC Goals: The 2014/15 OAAC were focused in three general areas, 1) exploring, researching and evaluating the unique needs of Placer's older adult residents for housing and other resources; and, 2) expanding the visibility of the OAAC throughout Placer County, outreaching to older adults, providing education and encouraging public input; and, 3) enhancing and expanding meaningful communication with the Board of Supervisors.

In addition, the OAAC planned on engaging in two organizational activities; 1) to maintain a full, diverse, experienced and committed OAAC membership; and, 2) reviewing current OAAC bylaws for compliance with county policy relative to boards and commissions; forming an ad hoc bylaws committee for this purpose; and (if appropriate) recommending changes to the bylaws.

⁴ Appendix C - Presentations: Topics and Speakers

⁵ Appendix D - List of Newspaper Articles

Report on Organizational Activities

- 1) While the OAAC membership goal was not fully accomplished, membership has, and continues to increase; and the membership continues to include a diverse, experienced and committed group of Placer County residents.
- 2) After review of the OAAC bylaws, they were found to be in compliance with the current OAAC practices and procedures, and that there was no need for change to the current (Board of Supervisors approved) OAAC bylaws.

Exploring Needs, Availability and Housing Options for Older Adults

Goal: The OAAC Housing Committee will explore, review and report on issues, legislation, needs and housing models relative to housing for older adults.

Report: During 2014/15 the OAAC Housing Committee:

- Continued to refine the list of categories of older adult housing; and, research housing options/models within each category of older adult housing.
- Provided research and reports regularly to the OAAC on important developments in older adult housing in Placer County and elsewhere.
- Outreached (through the OAAC Chairperson) to all Placer County Municipal Advisory Councils (MACs) to encourage consideration of older adult needs/issues (including housing) when making recommendations within their purview.
- Continued to participate in the California Senior Legislature and AARP relative to older adult housing; and older adult housing-related legislation.
- Was (through commission members) involved in reaching a satisfactory resolution of an issue between tenants and management in a HUD housing development.
- Brought to the OAAC (and kept the OAAC informed) on the proposal to provide a winter homeless shelter at Dewitt.

Outcomes include the OAAC becoming much more knowledgeable concerning older adult housing needs and housing options that might address these needs; continuing to be aware of proposed older adult housing legislation; and addressing short-term housing solutions, e.g., being involved in resolution of tenant and landlord disputes and the winter homeless shelter.

Expanding OAAC Visibility and Encouraging Public Input

Goal: To engage in activities to expand OAAC visibility and to encourage public input.

Report: During 2014/15 the OAAC:

- Provided newspaper articles/stories, including a monthly article written by Commissioners for several local publications.
- Developed an OAAC PSA now running on local television stations and websites; and provided interviews on a local radio station.
- Provided speakers for all of the County's Municipal Advisory Councils and other relevant groups to educate on the OAAC and older adult issues, including the dramatic increase in the older adult population in Placer County⁶; and to encourage and receive public input.

⁶ Appendix E - Older Adults in Placer County

- With Placer Health and Human Services Department cosponsored a Board of Supervisors proclamation recognizing the month of May as Older Americans Month.

Outcomes include handing out materials and educating hundreds of individuals and groups including citizens, advisory groups and policy makers on the role of the OAAC, and on the dramatic changes taking place in the Placer County older adult population, the needs and challenges presented by the growing number of older adult residents and how communities will be impacted, and how individuals and groups can be involved in addressing these challenges.

- Worked to assure appropriate appointments (from Placer County) to the Area 4 Agency on Aging (A4AA) Governing Board and Advisory Council.

Outcomes include more effective communications between A4AA and the OAAC, Placer County service providers and policy makers.

- Through the OAAC Chairperson, continued involvement in the development and implementation of the Placer County Aging and Disability Resource Connection (ADRC)

Current Outcomes include significant progress in developing the model, e.g. agreement of core partners and the state to move ahead, identifying and engaging a project facilitator, developing, and beginning to contact, a preliminary list of potential advisory committee members and community leaders as “champions” for the model, and preliminary planning for an in-depth forum on the model to be provided in late summer/early fall. **Future Outcomes** include implementation of a model for improving older adult and disability access to information and services through a higher level of cooperation and collaboration between long-term services and supports (LTSS) providers.

Communication with the Board of Supervisors

Goal: To engage in activities to enhance/expand communication with the Board of Supervisors.

Report: During 2014/15 the OAAC:

- Continued sending the Board of Supervisors (BOS) copies of monthly articles written by commissioners and published locally; as well as OAAC agendas, minutes and materials for all of the OAAC monthly meetings.
- Heard monthly updates from the BOS liaison on county news of interest to OAAC/older adults. And, provided feedback from the OAAC to the BOS through the OAAC BOS liaison.
- The OAAC Chairperson provided the BOS with monthly reports on activities of the A4AA Governing Board, and provided the BOS with agendas for and minutes from A4AA Governing Board meetings.
- Worked with the BOS to assure the best possible candidates were appointed to represent Placer County on the OAAC, and the A4AA Governing Board and Advisory Council.
- Continued to review (for possible improvement) the process/procedure for making recommendations to the BOS.

Outcomes include:

- For the first time the OAAC Executive Committee met with a representative of the BOS (Supervisor Holmes) and the leadership of the Department of Health and Human

Services (HHS). Discussion items for this meeting included: OAAC recommendations on the two Civil Grand Jury Reports and how best the OAAC could better assist the BOS and HHS in fulfilling the Commission's role as an advisory body.

- Consulting with/providing input to the BOS and County Counsel on the County responses to recommendations included in the Civil Grand Jury Reports.
- A better informed BOS on issues related to our older adult residents and an enhanced relationship, understanding and improved communications between the OAAC and the BOS and HHS, including an understanding of the importance of bringing older adult issues before the OAAC for consideration and possible recommendations.
- HHS Adult System of Care coming to the OAAC for input relative to possible uses of potential new money for mental health services.
- Significant progress toward assuring a clear, timely and accurate flow of information to the BOS from the OAAC and the A4AA Governing Board and Advisory Council.

2015/16 OAAC Goals

In 2015/16 OAAC goals will continue to be focused in three general areas, 1) exploring, researching and evaluating the unique needs of Placer's older adult residents for housing and other resources; and, 2) expanding the visibility of the OAAC throughout Placer County, outreaching to older adults, providing education and encouraging public input; and, 3) enhancing and expanding meaningful communication with the Board of Supervisors and other County departments; as well as adding a new goal this year; 4) reviewing issues, concerns and needs raised in the 2008 Report and Findings, Placer County Older Adult Needs Assessment.

In addition, the OAAC will engage in two organizational activities; 1) to maintain a full, diverse, experienced and committed OAAC membership; and, 2) to work toward assuring that the best Placer County candidates are appointed to the OAAC and the A4AA Governing Board and Advisory Council.

Exploring Needs, Availability and Housing Options for Older Adults

Goal: The OAAC Housing Committee will continue to explore, review and report on issues, legislation, needs and housing models relative to housing for older adults.

Including activities such as:

- Arranging for speakers on the needs of Placer County's older adults for housing.
- Continuing to refine the list of categories of older adult housing; and, research housing options/models within each category of older adult housing.
- Reviewing specific housing options, e.g. a senior safe-house, contracting for board and care beds for temporary emergency shelter, adult day care and adult day health care centers, shared housing, and the foster grandparent program.
- Doing outreach to appropriate groups to encourage consideration of older adult needs/issues (including housing) when making decisions/recommendations within their purview.
- Continuing to participate in the California Senior Legislature and AARP relative to older adult housing; and older adult housing-related legislation.
- Identifying opportunities for, and constraints to, older adult housing in Placer County.

- Providing information and advocacy to groups that evaluate the housing needs of Placer County's older adults.
- Providing research and reports regularly to the OAAC on important developments in older adult housing in Placer County and elsewhere.
- As appropriate (with Board of Supervisors approval) involving relevant County departments in older adult housing issues.
- Advising the Board of Supervisors and Health and Human Services on older adult housing- related policies, programs, and possibilities.

Expanding OAAC Visibility and Encouraging Public Input

Goal: To engage in activities to expand OAAC visibility and to encourage public input.

Including activities such as:

- Providing newspaper articles/stories, including a monthly article written by Commissioners for several local publications.
- Continuing to run the OAAC PSA on local television stations and websites.
- Continuing to provide interviews on a local TV and radio stations.
- Continuing to pursue speaking opportunities. And, to provide speakers, upon request, to older adult groups and any/all other relevant groups to educate on the OAAC and older adult issues, including the dramatic increase in the older adult population in Placer County; and to encourage and receive public input.
- Continuing to attend community events, e.g. senior health fairs, community forums and presentations.
- As appropriate, visiting providers of older adult services in Placer County.
- Reviewing A4AA reports on Placer County older adult service providers performance and, when appropriate, offering technical support.
- Assuring the OAAC members that are representatives to the A4AA participate fully in assigned A4AA activities sharing Placer County concerns/issues, and bringing all relevant information from these activities back to the OAAC.
- Continuing to support the development and implementation of the Placer County Aging and Disability Resource Connection (ADRC)⁷ model of service delivery and coordination.

Enhancing and Expanding Communication with the Board of Supervisors and Other County Departments

Goal: To engage in activities to enhance/expand communication with the Board of Supervisors and other County departments.

Including activities such as:

- Continuing to send the Board of Supervisors (BOS) copies of monthly articles written by commissioners and published locally; as well as OAAC agendas, minutes and materials for all of the OAAC monthly meetings.
- Receiving monthly updates from the BOS liaison on county news of interest to OAAC/older adults. And, providing feedback from the OAAC to the BOS through the OAAC BOS liaison.

⁷ Appendix F - Aging and Disability Resource Connection Overview

- The OAAC Chairperson continuing to provide the BOS with monthly reports on activities of the A4AA Governing Board, and providing the BOS with agendas for and minutes from A4AA Governing Board meetings.
- Working with the BOS to assure the best possible candidates are appointed to represent Placer County on the OAAC, and the A4AA Governing Board and Advisory Council.
- Having each of the OAAC members representing supervisorial districts meet at least once during the year with their respective supervisor.
- Continuing to encourage the BOS and the Department of Health and Human Services to bring issues relevant to older adults before the OAAC for discussion and possible recommendation.

Reviewing Issues, Concerns and Needs Raised in the 2008 Report and Findings, Placer County Older Adult Needs Assessment

Goal: To form an ad hoc committee to review the Placer County Older Adult Needs Assessment Report's conclusions and recommended strategies for current relevance, needs for further exploration and/or research and possible recommendations to Placer Health and Human Services and the Board of Supervisors.

Conclusion

Fiscal Year 2014/15 was a very good year for the OAAC. New members and returning members have brought renewed energy and commitment to ensure that the Commission continues to fulfill its mission to provide voice and advocacy for Placer County's senior residents. As can be seen by the goals set by the Commission; the OAAC plans on another busy and productive year in 2015/16.

Commission members are a diverse group, but all agree that service on the OAAC has been an honor; and, the members look forward to continuing to advise the Board of Supervisors and the Department of Health and Human Services and to serving Placer County's older adults in fiscal year 2015/16.

Placer County Older Adult Advisory Commission

Bylaws

Preamble: The population of older adults residing in Placer County is increasing. It is in the interests of both the County and the older adult community to designate a commission to be responsible for advising the Board of Supervisors on issues affecting the lives of older adults.

Article I, Organization Name: The name of this commission shall be the Placer County Older Adult Advisory Commission, hereinafter referred to as the "Commission."

Article II, Geographic Boundaries: The Boundaries and jurisdiction of the Commission shall be the same geographical boundaries of Placer County, California, including all incorporated cities within the county.

Article III, Mission: The Placer County Older Adult Advisory Commission provides a voice for older adults in county government and advises the Placer County Board of Supervisors and the Department of Health and Human Services on matters relating to the creation and delivery of services that improve the quality of life for Placer County's older adults.

Article IV, Goals: It is the overall goal of the Commission to promote the well-being and to enhance the quality of life for older adults of Placer County by advising the Placer County Board of Supervisors on issues affecting the lives of older adults.

Article V, Responsibilities: The Commission serves in an advisory capacity to the County Board of Supervisors and the Department of Health and Human Services (HHS). The Commission reports through HHS. DHHS will provide staff support to the Commission; and will provide relevant information (e.g., County budgets, plans for services for older adults, policies and programs, funding applications) required to fulfill the Commission's responsibilities and duties.

Article VI, Membership

- A. The County Board of Supervisors shall appoint all voting members.
- B. All members shall reside or work in Placer County and have an interest in issues affecting older adults and have the time and willingness to serve regardless of age.
- C. Any and all appointments shall not be based upon any age restrictions or criteria.
- D. Nineteen (19) total voting Commissioners shall be appointed to include the following community representation:
 - (5 members) One representative from each Supervisorial District
 - (3 members) Three from the public at Large
 - (1 member) One representative from the Older Adult Collaborative
 - (2 members) Two from the A4AA Governing Board or A4AA Advisory Committee
 - (1 member) One who is a member of the California Senior Legislature
 - (1 member) One resident Minority Representative
 - (6 members) Six members selected from Senior Service Organizations including, but not limited to, the following:

- Housing *
 - HealthCare *
 - Transportation *
 - Senior Centers *
 - Legal Community *
 - Placer Citizens for Senior Advocacy and Action Member *
 - Sierra Emeritus College
 - Roseville Commission on Aging
 - Disabled Community/Services
 - AARP
- E. Commissioner appointments selected from Senior Service Organizations shall be made with priority given to organizations notated with an asterisk (*).
- F. Commission appointments are intended to provide the county with knowledgeable, dedicated advisors. If a Commissioner misses more than three meetings annually (25% of the meetings), the Executive Board may review the circumstances of the absences and if they deem it necessary, recommend to the Board of Supervisors that the chronically absent commissioner be replaced.
- G. All commission business must be heard and acted upon by a quorum of at least ten (10) voting members and must be passed by a simple majority.
- H. In addition to the voting members, the Commission shall include non-voting members from the following organizations:
- Board of Supervisors member, or member's designee
 - Department of Health and Human Services liaison
 - Representative from the Area 4 Agency on Aging
- I. All commission meetings are for the public good and shall be open to the public. Any non-commissioner may request an opportunity to speak during the public comment portion of the general commission meeting.

Article VII, Duties of Commissioners

Representative duties may include, but not necessarily be limited to:

- A. Holding scheduled monthly meetings and abiding by all requirements of the Brown Act;
- B. Advising the Department of Health and Human Services and the Board of Supervisors on the needs of Placer County's older adults, and advocating for services that meet the needs of older adults in Placer County;
- C. Providing assistance and advice regarding the development of a comprehensive, planned network of services for Placer County older adults;
- D. Seeking input from key community groups in reviewing and advising on County programs and actions affecting Placer County older adults;

- E. Providing assistance and advice regarding the development of policy concerning services needed by older adults and for the stimulation and coordination of the development of such services;
- F. Reviewing and making recommendations regarding action upon applications for state and federal aid, and on other applications for funding of service programs for older adults in Placer County; and
- G. Submitting to the Board of Supervisors an Annual Report on the status of services for older adults and making such interim reports and advisory presentations as it and/or the Department of Health and Human Services and the Board of Supervisors may deem necessary.

Article VIII, Compensation of Commissioners: Commission members are appointed by, and serve at the pleasure of, the County Board of Supervisors; and (unless a dedicated non-county source of funding is available) Commission members shall serve without compensation. However, appointed Commission members shall be reimbursed (excluding costs of attending general Commission and committee meetings) for actual and necessary expenses incurred while performing official duties.

Article IX, Member Term of Office: *Initial membership:* 1/3 of the members, one-year terms; 1/3 of the members, two-year terms; and 1/3 of the members, three-year terms. *Thereafter:* A three-year term with a maximum of two consecutive terms representing an appointed seat or until a successor is appointed.

Article X, Commission Officers

- A. The Commission shall elect officers to form an Executive Committee.
- B. Only appointed (Voting) Commission members shall serve as officers.
- C. The Executive Committee shall include the following officers who shall conduct all meetings and be chaired according to the following hierarchy. In the event of an absence the next officer in line shall conduct the current meeting.
 - ❑ Chairperson
 - ❑ 1st Vice-Chairperson
 - ❑ 2nd Vice-Chairperson
 - ❑ Executive Secretary

Article XI, Duties of Officers: Representative duties may include, but not necessarily be limited to:

- A. The Chairperson shall preside and conduct all meetings of the commission in a manner consistent with these bylaws, see that the published agenda's are adhered to, ensure that all participants have equal opportunity to be heard, and encourage civility throughout.
- B. The Executive Committee shall convene as necessary to plan general meeting agendas, hear matters of chronic commissioner absenteeism, and to further commission affairs as needed.

Article XII, Executive Committee Term of Office

- A. Officers shall serve two-year terms.
- B. Officers can be elected to serve no more than two consecutive terms in any officer position.
- C. Executive Committee members may be elected to differing offices every two years without restriction.

Article XIII, Nominations and Election of Officers

- A. A slate of nominations shall be prepared by a Nominating Committee elected by the membership, and submitted to the Commission membership at the May general meeting of each election year. Any member may make additional nominations from the floor of the general meeting, provided prior consent has been obtained from the nominee and shall have a place on the ballot.
- B. The election of the Commission shall be held at the end of the June general meeting of the Commission. In case of more than one nominee for an office, the method of voting shall be by secret ballot.
- C. In the event of an election tie, a tiebreaker vote shall immediately be held by secret ballot. If another tie occurs, the runners up shall be given five (5) minutes each to present their respective positions, and then another secret ballot shall be held until a winner is reached.

Article XIV, Installation of Officers: The newly elected officers shall be installed at the end of the June meeting of the Commission each election year, and shall hold office for the following two (2) years.

Article XV, Replacement of Officers

- A. In the event of death, resignation or failure to perform the duties of their office on the part of any elected Officer of the Commission, the Executive Committee shall have the authority to make interim appointments to fill the vacancy, subject to the approval of the Commission membership at the next regularly scheduled meeting.
- B. At the next regularly scheduled meeting, the Chairperson shall declare the office vacant. The Commission shall then, by a simple majority vote, either elect a member to fill the office so vacated, or approve or disapprove an interim appointment made by virtue of Section A of this Article.

Article XVI, Committees: Only appointed Commission members shall serve as committee chairs. However, except on the Executive Committee, other interested parties (non-Commission members) may serve on committees. The Commission shall have but not be limited to the following committees:

- A. **Executive Committee** - The Commission Chairperson shall serve as Executive Committee Chair. The membership shall include elected Commission officers.
- B. **Other Committees:** Other committees may be established, as needed, by a vote of the Commission membership. The membership shall elect the Chairpersons for each of these committees.

Article XVII, Rules of Conduct: All meetings shall follow the regularly published agendas in a manner conducive to civil discussion and inclusive participation of all commissioners, guests and the public. In the event of undue discord, the Chairperson shall have the power to excuse the offending parties. All matters of conduct not specifically addressed in these bylaws shall be governed by Robert's Rules of Order (latest edition).

Article XVIII, Amendments: These bylaws may be amended by a two-thirds (2/3) vote of a Commission Quorum at any regular meeting, provided a copy of the proposed amendments shall have been given to each voting member prior to the meeting. Proposed amendments shall be submitted in writing to the Executive Committee, which may edit the proposal in cooperation with the member submitting it. Arrangements may then be made to prepare and distribute the required copies to its membership.

The Older Adult Advisory Commission adopted these Bylaws on February 17, 2005.

Appendix B

**Placer County
Older Adult Advisory Commission**

Member Roster

(June 2015)

Voting Members

Seat #	Name	Representing
1	Margaret (Maggie) Borowiak	District 1
2	<i>Vacant - Recruiting</i>	District 2
3	Al Gonzalez	District 3
4	Suzanne Jones	District 4
5	Leslie Brewer	District 5
6	David Wiltsee	At Large
7	William Reed	At Large
8	Antoinette Fabela	At Large
9	Candace Roeder	Older Adult Collaborative
10	Irwin A. Herman, MD	Area 4 Agency on Aging
11	Karla Gustafson	Area 4 Agency on Aging
12	<i>Vacant - Recruiting</i>	CA Senior Legislature
13	Gloria Plasencia	Minority Representative
14	Ignacio Cespedes	Senior Services
15	<i>Vacant - Recruiting</i>	Senior Services
16	Jamee Horning	Senior Services
17	Eldon Luce	Senior Services
18	Geraldine Belkin	Senior Services
19	Margaret Reilly	Senior Services

Non-Voting Members

20	Jim Holmes	Board of Supervisors
21	Cheryl Trenwith	IHSS Public Authority
22	David Soto	Area 4 Agency on Aging

Leah Rosasco Board of Supervisors, Aide
Pauline Moreno IHSS Public Authority, Secretary

Appendix C

Placer County Older Adult Advisory Commission 2014/15 Presentations

Topics and Speakers

Month	Topic	Speaker
September	Senior Peer Counseling	Melinda Lacey, Placer County Older Adult Services
	Center for Visually Impaired Adults	Lynn Laney, Board Chair
November	Care Patrol	Ronald Demske, Senior Care Advisor, "Better- Safer Senior Living Choices"
January	Placer County Transportation Planning Agency	Celia McAdams, Director PCTPA and Aaron Hoyt, PCTPA
February	Age Friendly Cities: Roseville	Irwin Herman, MD
March	Older Americans Act Funding Stream	Karla Gustafson, A4AA and Will Tift, A4AA
April	Seniors First Placer Independent Resources Svs	Jamee Horning, Executive Director Leslie Brewer, Director of Advocacy & Svs.

Appendix D

**Placer County
Older Adult Advisory Commission
2014/15 Newspaper Articles**

Published in the Roseville and Lincoln Sun City News
Foresthill Messenger and Placer Sentinel

Month	Title	Author
July	Senior Living Options	Candace Roeder, Seniors First
August	Placer County Senior Peer Counseling	Melinda Lacey, Senior Peer Counseling Coordinator
September	NSCLC Senior Poverty	National Senior Citizens Law Center
October	Adult Protective Services	Cheryl Wiker and Karen Bone; Placer County Adult Protective Services
November	Know Your Medicare Rights	David Sayen, Medicare Regional Administrator for AZ, CA, HI, NV, and Pacific Territories
December	Should I Change My Medicare, Part D Plan During Open Enrollment	“Dear Marci” column, Medicare Rights Center
January	What Medicare Does	David Sayen, Medicare Regional Administrator for AZ, CA, HI, NV, and Pacific Territories
February	Redefining Wellness in Senior Living	Emily Study, courtesy Senior Housing News
March	How Does the Aging Services Network Work for You	Karla Gustafson, Adjunct Professor, Gerontology Department, American River College
April	Long Term Care Insurance	Susan Feldman, Bright Star Care Community Relations Coordinator
May	Older Americans Month	Eldon Luce
June	Memory Care	Karla Gustafson, Adjunct Professor, Gerontology Department, American River College

Appendix E

Older Adults in Placer County (revised 5/5/15)

Currently there are 86,492 county residents over 60 years of age, representing 30% of the adult population and 23% of the total population in Placer County⁸; and projections show this older adult population will continue to grow dramatically for decades to come.

The population of older Americans is growing at an unprecedented rate and the potential implications for the Placer County community as a whole will be profound. The rapid growth of the older adult population is primarily due to natural aging among members of the Baby Boomer generation. Another important contributing factor to the overall growth of the population is an increase in natural aging and longevity.

The following Area 4 Agency on Aging (A4AA) Region⁹ demographics¹⁰ clearly demonstrate the significant growth of the older adult population. It can be safely assumed that these regional projections accurately reflect population changes here in Placer County.

- The 60 and older population will nearly triple between 2000 and 2040.
- There will be a five-fold increase in the 85+ populations between 2000 and 2040.
- The number of people 100 and older will increase by a factor of fifteen by 2040.
- Most Baby Boomers (over 54%) will live to age 85, and about 21% will live to age 95.
- From 2013 to 2021 the population of 60 to 64 year olds will grow 24%. During that same time the growth of our older adults between the ages of 70 to 74 will grow 44%. In the group between 75 and 90 years of age there will be a growth increase of 41%; and from 90 to 95 years of age over a 56% growth increase.
- The growth in the older adult population is being accompanied by a proportional growth in the number of persons with disabilities. When the eldest Baby Boomers reach age 80 in 2025, the disability rate is expected to accelerate. Again, natural aging and longevity are the principal causes. Some key facts about this phenomenon include:
 - In the year 2000, roughly, 90,000 people 65 and older in the A4AA Region had some type of disability. Some 40,000 had a “going outside the home” disability, suggesting they rely on others for transportation. Nearly 20,000 had a “self-care” disability, which likely means they require help with daily activities.
 - The near tripling of the older adult population will translate into a near tripling of the number of older persons with functional limitations (including Alzheimer’s disease) between 2000 and 2040.

⁸ Sources: U.S. Census Bureau State and County Quick Facts; and California Department of Aging

⁹ A4AA Region includes Placer, Nevada, Sacramento, Sierra, Sutter, Yolo and Yuba Counties

¹⁰ Data sources include: The Dual Challenge Area 4 Agency on Aging Report 2008 and Placer Economic Demographic Profile Report 2009.

- Based on current rates of obesity and diabetes, it is projected that by 2030, one-third of all Baby Boomers in the nation are projected to be obese and 25% of Boomers are expected to be living with diabetes.

Additional Facts

- 90% of current seniors are managing one chronic disease; 77% are managing two.
- 70% of Americans who reach 65 will need some form of LTC for an average of 3-years.
- According to a recent survey done by the Area 4 Agency on Aging, in their 7-county service area 39% of older adults are considered food insecure. There are a number of reasons for this “insecurity”; but 14.7% simply do not have the money to buy food.¹¹
- Older white men have the highest rate of completed suicide. 75% of these had seen their Primary Care Physicians within one month of completing suicide.
- 87% of older adult care is provided by unpaid caregivers / family members.
- Annual loss to businesses due to lost productivity related to care giving is 34 billion dollars.

¹¹ Source: Area 4 Agency on Aging

Appendix F

Aging and Disability Resource Connection (ADRC)¹²

The ADRC is a collaboration of agencies serving older adults and persons with disabilities, i.e., agencies providing long-term services and supports (LTSS).

Purposes:

- To provide for the consumer of services an easily accessible, consistent, adequate and consumer friendly system of LTSS;
- To maximize the efficient use of limited resources, including, where possible, a reduction in duplication; and
- To enhance cooperation and coordination between LTSS providers

Background - Current Model:

In spite of laudable efforts at cooperation and collaboration between agencies serving older adults and persons with disabilities, the system of long-term services and supports (LTSS) has remained fragmented and, for individuals in need of LTSS, a sometimes perplexing and difficult, to access, array of community LTSS options. This current system has evolved over many years and while sufficient at one time, with changes in the communities of older adults and persons with disabilities and the current environment of service provision, the current model is no longer the most effective or efficient model of LTSS delivery.

Relatively Recent Changes Include:

- A significant increases in both the population of older adults and persons with disabilities; and a change in preferences toward aging in place, living safely and independently in the least restrictive environment with an emphasis on a consumer's (or consumer's designated representative) right to make their own LTSS decisions;
- A significant blending (consistency) of older adults and persons with disabilities desired life styles, preferences and LTSS needs; and,

¹² An ADRC embraces the needs of the wider community. This strategy emphasizes meaningful day-to-day collaboration among organizations that coordinate or provide community LTSS to different populations on parallel tracks. California's ADRC model emphasizes the need to help consumers navigate a fragmented and sometimes perplexing array of community LTSS options.

Beginning in 2003, the Federal Administration on Aging, now the Administration for Community Living (ACL) joined with the Centers for Medicare and Medicaid Services (CMS) to promote and fund Aging and Disability Resource Centers (ADRCs), which are designed to help individuals learn more about their community LTSS options and get the services they need. Implementing the ADRC model of streamlining community service delivery puts into practice a system that informs consumers of a broad array of LTSS options and supports their decision-making processes.

California has opted to use the modified title of Aging and Disability Resource *Connections* to reflect the principle of "no wrong door" as opposed to "single entry point" concept that works for smaller states, but not as well in California.

- A significant reduction in funding for LTSS providers, with a corresponding push toward reducing duplication in the LTSS delivery system

ADRC - Potential Purpose and Scope:

- Serving as a consumer directed resource for long-term supports and services (LTSS) for people of all ages, disabilities, and income levels.
- Using a “no wrong door” approach, making access to information and LTSS as seamless and easy as possible for consumers.
- Bringing existing resources together to provide objective information about the full range of options that are available and to empower consumers to make informed decisions about their LTSS.
- Assuring provision of ADRC Core Services:
 - Enhanced Information, Referral and Awareness
 - Options Counseling and Assistance
 - Short Term Service Coordination
 - Person-Centered Transition Support
 - Hospital to home transition services.
 - Nursing facility to home transition support.

ADRC - Potential Benefits and Shared Values:

The potential benefits include, but are not limited to:

- Enhancing consumer services.
- Providing enhanced potential of future funding opportunities.
- Providing a vehicle for new funding from sources, e.g., hospitals, managed care providers and Veterans Administration.
- Providing a vehicle for greater collaboration between LTSS providers (enhanced referral and follow-up processes, staff and management training, etc).
- Providing enhanced potential of shared infrastructure.
- Strengthening of common values and principles among LTSS providers.

The potential beliefs and values include, but are not limited to:

- An individual’s right to receive their services in the most integrated setting.
- Prevention of unnecessary institutionalization.
- Honoring of individual / consumer rights.
- Using a person-centered and consumer-directed approach.
- Working with formal / informal support systems, e.g., conservator, spouse/child, designated representative.