



**PLACER COUNTY  
OLDER ADULT ADVISORY COMMISSION**

**Annual Report**

**July 1, 2012 – June 30, 2013**

**OLDER ADULT ADVISORY COMMISSION (OAAC)**

**2012/13 Annual Report**

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## **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 ninth OAAC annual report.

## **Overview of the OAAC**

As per Commission Bylaws<sup>1</sup>:

- **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 B – Article VII, Duties (page 7)
- **Membership**<sup>2</sup>: 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.

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<sup>1</sup> Appendix A - OAAC Bylaws

<sup>2</sup> Appendix B – OAAC Member Roster

**Activities and Accomplishments 2012/13:** During its ninth year, the OAAC has continued to be actively involved in various organizational, advocacy, legislative, educational and needs assessment activities.

**Organizational Activities:** The Commission's primary organizational goal was to maintain full membership. During 2012/13 this goal was not fully accomplished however, we have added several members this year, with fewer vacancies than in the past year. The membership during 2012/13 continued to include a diverse, experienced and committed group of Placer residents.

**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, Voter Accessibility Advisory Committee, transportation committees (PCPTA/CTSA) and Social Services Transportation Advisory Committee, Weimar-Applegate-Colfax Municipal Advisory Council, Senior Living Group, Roseville Senior Commission, Eskaton and Sun City Communities, Senior Peer Counseling, Area 4 Agency on Aging, AARP, California Senior Legislature, Older Adult Collaborative, and Seniors First.

**Legislative Activities:** The Commission's liaison to the California Senior Legislature continued to be involved in reviewing legislation impacting older adults and providing reports and recommendations to the full Commission.

**Educational Activities:** Commission members have increased their knowledge and understanding of older adult services and resources throughout the county. This was accomplished through hosting ten guest speakers/presentations at our regular monthly meetings. (See Appendix D: Speakers)

**Report on 2012/13 OAAC Goals:** The 2012/13 goals were focused in three general areas, 1) Senior Housing needs in Placer County; and, 2) expanding the visibility of the Commission throughout Placer County, and having the Commission become more proactive at encouraging public input; and, 3) communication with the Board of Supervisors.

This year the Commission voted to form a committee to explore the needs of seniors for housing in Placer County. This Committee will organize informational speakers, do research, and be prepared to present recommendations to various organizations involved in the planning and funding of housing.

### **Explore Needs and Availability of Housing for Placer Seniors**

**Goal:** To form a committee who will learn more about senior housing needs, and available resources

- The Commission voted to form a Housing Committee and selected a chair
- The Housing Committee has had one meeting in 2013

### **Expanding OAAC Visibility and Encouraging Public Input**

**Goal:** The OAAC will continue to explore ways to expand OAAC visibility and to encourage public input, such as:

- The OAAC co-hosted a Town Hall Forum on senior issues, along with A4AA in July, 2012

- Being represented at community health fairs and senior events,
- Doing press releases and newspaper articles/stories, including a monthly article written by commissioners for local publication (e.g. Sun City News, Foresthill Messenger, Auburn Sentinel, Auburn Journal), and
- Exploration of ways to provide resources to Placer Seniors through the developing Resource Directory (Seniors First) and the county supported Network of Care

**Report:** During 2012/13, the OAAC distributed the OAAC brochure; continued writing and publishing monthly articles written by commissioners for local publication; the OAAC website has continued to be maintained by Commission staff; and, a representative from the Colfax Municipal Advisory Commission is a member of the commission who regularly attends OAAC meetings.

### **Communication with the Board of Supervisors**

**Goal:** Enhance/expand communication with the Board of Supervisors through activities such as:

- Reviewing all Board Agendas for items of interest to OAAC/older adults, and
- Having regular updates provided by liaisons to the County Board of Supervisors
- Developing a process/procedure for making recommendations to the Board of Supervisors.

**Report:** During 2012/13, Commission staff continued reviewing all Board Agendas for items of interest to OAAC/older adults; and, began sending the Board of Supervisors 1) copies of monthly articles written by commissioners and published locally; and, 2) agendas, minutes and materials for OAAC monthly meetings. The Commission also enjoys the regular participation of Board staff to give information and current updates about changes in Placer County. The commission will continue to invite Board of Supervisors member(s) to address the commission.

### **2013/14 OAAC Goals**

In 2013/14 OAAC goals will continue to be focused in three general areas, 1) exploring, researching and evaluating the unique needs of Placer's senior residents for housing resources; and, 2) expanding the visibility of the Commission throughout Placer County and continuing outreach to seniors and; 3) continuing meaningful communication with the Board of Supervisors.

### **Senior Housing**

- Through a Commission Committee for senior housing:
  - Arrange for speakers to educate the committee and the Commission on the needs of Placer's seniors for housing;
  - Research various housing options;
  - Provide information and advocacy to various groups that evaluate Placer's housing needs

### **Expanding OAAC Visibility and Encouraging Public Input**

- The OAAC will continue to explore ways to expand OAAC visibility and to encourage public input, such as:
  - Provide press releases and newspaper articles/stories, including a monthly article written by Commissioners for several local publications, including the Sun City News, Foresthill Messenger, Auburn Sentinel, and Auburn Journal,

- Pursuing ways to improve senior access to resource information in Placer County
- Visiting various providers of senior services in Placer County including the Eskaton Livable Design Demonstration, Roseville Lodge and Memory Care unit.

### **Communication with the Board of Supervisors**

The OAAC will continue to enhance/expand communication with the Board of Supervisors through activities such as:

- Sending the Board of Supervisors copies of monthly articles written by commissioners and published locally,
- Sending the Board of Supervisors agendas, minutes and materials for OAAC monthly meetings,
- Inviting Board of Supervisors member(s) to address the commission,
- Reviewing all Board Agendas for items of interest to OAAC/older adults, and
- Developing a process/procedure for making recommendations to the Board of Supervisors.
- Hearing regular updates on county news from the liaisons to the Board of Supervisor

### **Conclusion**

Fiscal Year 2012/13 was a very good year for the OAAC. New members and returning members have brought renewed energy and commitment to insure 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 2013/14.

Commission members are a very 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 2013/14

**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
  - ❑ 1<sup>st</sup> Vice-Chairperson
  - ❑ 2<sup>nd</sup> 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.

**Placer County  
Older Adult Advisory Commission**

**Member Roster**

(May 2013)

*Voting Members*

<b><u>Name</u></b>	<b><u>Representing</u></b>
<b>Irwin A. Herman, MD</b>	District 1
<b><i>Vacant - Recruiting</i></b>	District 2
<b>William Reed</b>	District 3
<b>Monica Sandgathe</b>	District 4
<b>David Wiltsee</b>	District 5
<b>Linda Brown</b>	At Large
<b>Darlis C. Beale</b>	At Large
<b>Antoinette Fabela</b>	At Large
<b><i>Vacant - Recruiting</i></b>	Older Adult Collaborative
<b><i>Vacant - Recruiting</i></b>	Area 4 Agency on Aging
<b>Sue Dings</b>	Area 4 Agency on Aging
<b><i>Vacant - Recruiting</i></b>	CA Senior Legislature
<b>Gloria Plasencia</b>	Minority Representative
<b>Ignacio Cespedes</b>	Senior Services
<b>Candace Roeder</b>	Senior Services
<b>Karla Gustafson</b>	Senior Services
<b>Eldon Luce</b>	Senior Services
<b>Alicia Murray</b>	Senior Services
<b>Margaret Reilly</b>	Senior Services

*Non-Voting Members*

<b>Jim Holmes</b>	Board of Supervisors
<b>Nancy Vasquez</b>	Area 4 Agency on Aging
<b>Cheryl Trenwith</b>	IHSS Public Authority
<b>Ruth Alves</b>	Board of Supervisors
<b>Pauline Moreno</b>	IHSS Public Authority, Secretary

**Placer County  
Older Adult Advisory Commission**

**Speakers 2012/13**

1. ESKATON:
  - a. Fitness Center Meeting
  - b. Tour of Livable Design Demonstration Home
    - i. Home designed with features that enable older adults to live independently in their homes for much longer
    - ii. Many features customizable for the needs of the occupant
  - c. Tour of Eskaton Village Roseville Lodge and Memory Care
2. Senior Peer Counseling/Grief After Loss
  - a. Free, in-home counseling/support (if safe) or meet elsewhere
  - b. Counselors are volunteers; must complete training
  - c. Substance abuse is problematic
  - d. Can lead to intervention if needed (APS, Law Enforcement)
  - e. Referrals come in from hospital, IHSS, providers, family
  - f. Do screening; some outside scope of Peer Counseling
    - i. Try to link with resource counselor
3. Medi Care Update
  - a. Medicare annual enrollment time; booklet mailed to recipients
  - b. Changes coming
  - c. Donut hole closing
  - d. Preventive services being offered at better rates – including no payment
  - e. Many plans available; must select plan available in area
  - f. HICAP just provides factual information
4. Senior Center Without Walls
  - a. Senior Resources/Outreach program
  - b. Free Activities on teleconference
  - c. Affordable housing for seniors in greater bay area
  - d. Resources to connect people to services where there are gaps in those services
  - e. Many benefits (phone community, friend; resource information, supportive calls, cards sent – birthday, get well, etc.)
5. Housing Authority Priorities
  - a. Housing Choice Voucher (previously Section 8)
  - b. Client pays 30% of their income to rent

- c. HUD law: can prioritize/give preference
- d. Eligibility: single income of \$16K/year
- e. Vouchers are for client's lifetime; can move anywhere

#### 6. Reverse Mortgage Updates

- a. Scam Seniors? Enterprise has good/bad apples
- b. Many misconceptions about reverse mortgages
- c. Insured by FHA; Federally insured non-recourse loan
- d. Only way to foreclose: Not keeping up with:
  - i. Property Taxes, homeowner insurance, home maintenance
- e. FHA issuing guidelines later 2013

#### 7. Housing Element

- a. One of the seven elements of local general plan
- b. Revised every eight years
  - i. Covers planning period 2013-21
- c. Goes to HCD for review; must comply with existing housing laws
- d. Placer County: 21,625 new housing units over next 10 years
- e. Divided between income levels based on median income of \$74,447

#### 8. Placer Consortium on Homelessness

- a. PCOH started as sub-committee of PCN
  - i. Now merged with Nevada County
- b. Changes: Definition of homelessness
  - i. Stay in someone's home; not homeless
  - ii. Stay in someone's garage: considered homeless
- c. Homeless Resource Council of the Sierras (PCOH, NV Continuum on Homelessness, and Tahoe Truckee Group)
- d. Work Closely with State Housing and Community Development
- e. This population has some people with severe mental health issues

#### 9. Adult Protective Services – Probate Conservatorship

- a. Two kinds of conservatorship
  - i. Probate: Elderly, incapacitated, developmentally delayed
  - ii. LPS: Gravely MI (mental health), 51/50 hold, institutionalized (locked psychiatric facilities)
- b. Conservator: Makes decisions in absence of family
- c. Clients make decisions along with medical doctors
- d. Deputies: Act as if they are client
- e. Lots of responsibility:
- f. Some life and death decisions; not made alone; work with county medical professional

#### 10. Alzheimer's Association

- a.
- b.
- c.
- d.