



Aging and Adult Services - Public Guardian Senior Affairs Commission

1. CALL TO ORDER; PLEDGE OF ALLEGIANCE; INTRODUCTIONS BY COMMISSION, DAAS-PG STAFF, AND MEMBERS OF THE PUBLIC

- SAC Chair, Dr. Deborah Nattress called the meeting to order at 1:00 p.m.

2. PUBLIC COMMENTS: This is the opportunity for members of the public to address the Commission on matters within the Commission's jurisdiction. Please limit comments to three (3) minutes or less. State law prohibits commissioners from discussing or taking action on items not on the agenda. Public Comment can be submitted via email at DAASSAC@hss.sbcounty.gov. In the subject line, provide your full name and the words, "Public Comment". Comments are read for the record and are limited to three (3) minutes. Public comments do not have to be submitted in advance.

- Public Comment access was provided in both the West Valley and Desert Regions.
- There were no Public Comments.

3. APPROVAL OF AUGUST 21, 2024, MINUTES

- Motion to Approve: Commissioner Penny Shubnell moved to approve the minutes from August 21, 2024.
- Motion Seconded: Commissioner Maricela Ferguson seconded the motion
- Dr. Deborah Nattress, Chair, conducted a roll call vote to approve the minutes. Nine (10) "Yes" votes were recorded with one abstention. The motion carried; the minutes were approved.

4. PRESENTATION: Disease Prevention and Health Promotion Presented by Liz Lopez-Avila, District Manager

Liz Lopez-Avila attended the meeting in person. A slideshow presentation was facilitated by Michelle Torres, Executive Administrative Assistant III The presentation consisted of nine (9) parts:

- Mission: The Department of Aging and Adult Services – Public Guardian is a San Bernardino County agency dedicated to helping older adults and individuals with disabilities to improve or maintain choice, independence and quality of life.
- The department works to ensure older adults and at-risk individuals have the right to age in place in the least restrictive environment.
- The San Bernardino County Area Agency on Aging (AAA) administers programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities.

Continued on Next Page



Aging and Adult Services - Public Guardian Senior Affairs Commission

4. PRESENTATION: Disease Prevention and Health Promotion Presented by Liz Lopez-Avila, District Manager (Continued)

- Disease Prevention and Health Promotion:
 - Promotes programs focused on balance and strength for fall prevention and support of caregivers.
 - Other programs focus on managing chronic health conditions such as hypertension, arthritis, heart disease, diabetes and pain.
 - These evidence-based programs are licensed and verified and located throughout the county.
 - Many are located at senior centers, community centers, nutrition sites and in home settings.
 - These programs are funded through DAAS-PG and with assistance from the Department of Public Health.
 - Participants must be 60 years of age or older and be a San Bernardino County resident.
- Service Details:
 - Bingocize: A health Education Program that incorporates exercise, nutrition and fall prevention within a game of Bingo.
 - Tai chi for Arthritis: An exercise activity program that improves movement, balance, strength, flexibility immunity and relaxation. It also decreases pain, falls, and promotes socialization.
 - Walk With Ease: Those enrolled experience improvement in pain levels, fatigue, stiffness, and better perceived control over arthritis, balance, strength, and walking pace.
- These classes vary between seven (7) to ten (10) weeks in length and are offered between one to three times a week
- Caregivers are encouraged to attend.
- Attendees are provided printed guides of the activity so they can continue the exercises at home.
- During 2023, these classes were provided at twelve (12) different sites in San Bernardino County and assisted 932 individuals.
- The Department of Public Health has hired two (2) more individuals who are licensed and trained to provide instruction.
- DAAS-PG is hoping to offer more classes this year as well as increase attendance.
- Some classes are capped with regards to attendance because they are designed to prevent falls and safety is a concern.

Continued on Next Page



Ageing and Adult Services - Public Guardian Senior Affairs Commission

4. PRESENTATION: Disease Prevention and Health Promotion Presented by Liz Lopez-Avila, District Manager (Continued)

- The Aging Team consists of:
 - Dr. Krystle Rowe, Deputy Director
 - Liz Lopez-Avila, District Manager
 - Ehab Soliman, Staff Analyst II
- This team oversees these programs and ensures they are promoted throughout the county.
- Any individual wishing to request a class or program is welcome to contact the Aging team so they may target a local site or entity that will host the class.
- Question from Commissioner Nattress: How do people sign up for a class?
- Answer from Liz Lopez-Avila: They will inquire at the site location where the class is taking place.
- The minimum number of individuals needed for a class to take place is five (5).
- Commissioner Ferguson stated that these classes just need space and therefore could take place at a Senior Housing complex or apartment building.
- Liz Lopez-Avila clarified that depending on the class, yes, some programs could operate at a Senior Housing facility or apartment complex.
- Question from Commissioner Ferguson: Do you offer Water Aerobics or aquatics currently?
- Answer from Liz Lopez-Avila: No, not currently. We would need to first determine that there is enough evidence to show that this is an approved activity. The next step would be to find a suitable location and then hire a qualified and licensed instructor because safety is one of our main concerns.
- Question from Commissioner Walsh: What is the annual budget for this program?
- Answer from Liz Lopez-Avila: The budget for this year is 170,000.
- Question from Commissioner Jauregui: Does the Department of Public Health determine which classes are available?
- Answer from Liz Lopez-Avila: No, we can use the funding for whatever classes are requested so long as the activity is evidence based to support good health.
- Question from Commissioner Jauregui: Do you track outcomes?
- Answer from Liz Lopez-Avila: No, now we are not required to. However, we do track how many individuals are returning. So far, we have an 80% retention rate, and the 932 clients are not duplicated, they are all separate individuals who come each week.
- Commissioner Jauregui stated he would be interested in seeing the demographics.

Continued on Next Page



Ageing and Adult Services - Public Guardian Senior Affairs Commission

4. PRESENTATION: Disease Prevention and Health Promotion Presented by Liz Lopez-Avila, District Manager *(Continued)*

- Liz Lopez-Avila stated that this year, one of the department's goals is to expand to more rural areas and to increase the amount of volunteer instructors so they can expand the variety and number of classes offered.
- Commissioner Jauregui stated that if a survey were completed by the attendees of these classes which showed they were experiencing improved health, then perhaps funding from other sources could be more easily obtained.
- Commissioner Nattress stated that socialization could also be a reason that many attendees would return to these classes.
- Liz Lopez-Avila reminded the commission to continue to distribute and collect the Community Needs Assessment.

5. SAC CHAIR'S REPORT: Dr. Deborah Nattress

- Commissioner Nattress encouraged the commissioners to attend the Senior Nutrition Site Special Events for the rest of the year.
- Commissioner Nattress stated there is an open position on the California Senior Legislature.
- Michelle Torres clarified the rules of attendance tracking during standing committee meetings and stated that only attendance for the General Session Meetings is recorded and sent to the Clerk of the Board.
- Michelle Torres reminded the commission to let her know as soon as possible if an absence was planned. She asked the commissioners to reach out to the Vice Chair of the standing committee so they can prepare if the Chair of that committee is planning to be absent.
- Question from Commissioner Nattress: Is there a provision in the bylaws that states that each chair of the Standing Committees must attend the Executive Committee meeting?
- Answer from Michelle Torres: Yes, in the bylaws it does state that the chairpersons of each standing committee are members of the Executive Committee and therefore are the only individuals able to vote on Executive Committee meeting actions. Other commissioners and members of the public are welcome to attend.
- Commissioner Nattress stated she was more interested in learning about non-medical transportation and deciding if it is an issue that needs to be addressed with the CSL.
- The commission discussed getting shirts made with a logo for the Senior Affairs Commission.
- Deputy Director Glenda Jackson reminded the commission that the individuals on the Board of Supervisors may want representation if they provided shirts for the commission members.

Continued on Next Page



Aging and Adult Services - Public Guardian Senior Affairs Commission

5. SAC CHAIR'S REPORT: Dr. Deborah Nattress (Continued)

- **Regional Council on Aging Workgroup Report:** Presented by Commissioner Swanson
 - There are currently seven (7) RCAs that were formed in 1973 by ordinance 1872. Out of these seven (7) only two (2) are meeting regularly.
 - The RCAs advise DAAS-PG about programs that may assist seniors and inform the Board of Supervisors regarding legislation that may affect seniors.
 - The RCAs also provide information about county programs to the senior communities and receive information from the senior community to disseminate to DAAS-PG and other county departments.
 - The RCA workgroup was formed to look at what issues and challenges the RCAs face and what the successful RCAs are doing that can be implemented into the forming of new RCAs in the area.
 - Commissioner Swanson stated that distance between DAAS-PG offices and the more rural areas of the county is an obstacle.
 - Commissioner Swanson stated that older generations may prefer in-person communication over digital forms.
 - The commission discussed that seniors may not be interested in volunteering after retirement and RCA volunteers must be dedicated and willing to put in work.
 - Commissioner Swanson stated that cultural backgrounds and differences in values may be an obstacle.
 - Many senior centers are not structured and organized to provide information about senior needs back to DAAS-PG and the county which is another obstacle.
 - Commissioner Swanson stated he welcomes any comments, suggestions and advice regarding developing the RCAs.
 - Commissioner Swanson stated they will continue to meet at 12pm on the 2nd Wednesday of every month in Conference Room B at DAAS-PG administration.
- Commissioner Shubnell encouraged everyone present to continue to recruit SAC and RCA members.
- Commissioner Jauregui commended Commissioner Swanson on the detailed and informative RCA Workgroup Report.
- Michelle Torres reminded the commission that the Public Access locations are also a good resource to help in recruiting new SAC and RCA members.



Aging and Adult Services - Public Guardian Senior Affairs Commission

6. DAAS-PG DIRECTOR'S REPORT: Glenda Jackson, Assistant Director / Chief Deputy Public Guardian – Conservator

A. Master plan for Aging Update

- Glenda Jackson stated the department has been involved in mitigating consequences of the Bridge and Line fire and asked David J. Quiroz, Deputy Director to report as the Department Disaster Coordinator.
- Deputy Director David J. Quiroz stated that safety entities have done their best to prevent the fire from spreading to many structures and to lead the fire away from human habitation. He stated many evacuation orders have been lifted entirely or at least downgraded to a warning.
- Many shelters have been opened to the public including animal shelters willing to take in animals whose families have been affected by the fires.
- Mr. Quiroz stated that several shelters have shut down in response to the decreased need for such locations.
- Mr. Quiroz stated that many county departments and other entities including, Cal Fire, CHP and the National Weather Service have worked extremely well together, and that communication is a high priority. The feedback has been positive.
- Glenda Jackson stated that Senior Information and Assistance as well as APS staff have been reaching out to seniors in those areas and shelters to make sure they receive assistance and resources.

APS participation in Community Resource Homeless Outreach:

- Ms. Jackson stated that Adult Protective Services joined with the Office of Homeless Services to conduct a survey of homeless demographics.
- She stated that 68% of the homeless community in San Bernardino county are older adults. She reported that several individuals have stated that they are not interested in resources if they have to follow or abide by rules or regulations.
- Ms. Jackson stated that the county needs to work on how it communicates with such individuals.
- Ms. Jackson shared an update about the Access to Technology program. She stated that they have less than 100 devices left and need to distribute them by the end of October.
- Ms. Jackson shared that Senior Advocacy week is September 23rd through September 27th

Continued on Next Page



Aging and Adult Services - Public Guardian Senior Affairs Commission

6. DAAS-PG DIRECTOR'S REPORT: Glenda Jackson, Assistant Director / Chief Deputy Public Guardian – Conservator (Continued)

B. Senior Nutrition Program Update: Liz Lopez-Avila, District Manager

- Ms. Lopez-Avila reported that special events have begun and are successful. Several more events are on the calendar.
- Reported that the next event is in Highland on September 25th.
- Reported that sites have seen an increase in attendance 30% at each site.
- Reported sites that were serving 30 to 40 people are now serving about 120 people for lunch and resources.
- Reports that all sites have flyers. SIA teams, outreach, etc. have been provided with the flyers. Are notifying consumers that they can have both breakfast and lunch at the same or different sites. There is no restriction.
- Ms. Lopez-Avila stated that in December the department will reach out to the sites and see who would like to participate in 2025.
- Celebrating the reopening of the Joslyn Senior Center in Redlands. Breakfast is served every Friday 9am – 10am. The site has now started to serve lunch on Fridays as well.
- Reported that with Board approval, the department will have four (4) years of funding to modernize the Senior Nutrition Sites to allow for an expansion of services provided.

C. COVID-19 VACCINE UPDATE – David Bohl

- David Bohl reported no major updates.

D. County Aging & Disability Resource Connection (ADRC) – Lisa Hayes

- Lisa Hayes was not present to report any updates.
- Question from William Brown, member of the public: How are you getting the word out about the Senior Nutrition modernization?
- Answer from Liz Lopez-Avila: WE provide informational flyers that will be distributed at these events.
- Question from William Brown, member of the public: How are you tracking the metrics of how well information is being disseminated?
- Answer from Liz Lopez-Avila: Our providers are required to track the number of individuals served and how they hear about the event.



**Aging and Adult Services -
Public Guardian
Senior Affairs Commission**

7. STANDING COMMITTEE REPORTS (5 minutes each)

A. ACCESS COMMITTEE

Meets 2nd Wednesday of the month; 11:00 am Commissioner Craig Swanson, Chair

- Commissioner Swanson shared that the Access Committee discussed the availability of affordable senior housing.
- Reported that the high cost of insurance is stretching many senior's budgets.
- Stated that many mountain communities have short-term rentals instead of long-term residents which decreases the opportunities for affordable housing.
- Commissioner Swanson stated many seniors have options for affordable technology and mobile devices but may experience difficulties in engaging and using the devices.
- **The next meeting is scheduled for October 9, 2024, at 11:00 am.**

B. EXECUTIVE COMMITTEE

Meets 2nd Wednesday of the month; 2:00 pm Commissioner Deborah Nattress, Chair

- Dr. Nattress shared that the Executive Committee have come up with a Mission Statement that will be distributed so everyone can discuss it and add to it.
- Dr. Nattress stated that the Sac handbook will be reviewed to ensure it is up to date.
- Reported that the committee will discuss how to create a logo and order shirts for the commissioners.
- **The next meeting is scheduled for October 9, 2024, at 2:00 pm.**

C. HEALTHY AGING COMMITTEE

Meets 3rd Wednesday of the month; 11:00 am Commissioner Penny Shubnell, Chair

- Commissioner Shubnell stated that a list of all Did You Know (DYK) handouts since 2017 was distributed to the commissioners.
- **The next meeting is scheduled for October 16, 2024, at 11:00 am.**

D. INTERGENERATIONAL COMMITTEE

Meets 3rd Wednesday of the month; 10:00 am Commissioner Keith Stroup, Chair

- Commissioner Stroup stated that Nicole Woodward updated the commission on DAAS-PG staff events and the Senior Nutrition Site events.
- Hopes to reach out to some of the Kinship organizations to get them engaged in SAC meetings and discussions.
- ICRC Update: November is National Family Caregiver Appreciation month
- Talked about outreach and education and finalizing the Goals and Objectives
- Glenda Jackson suggested distributing the RCA flyer at the Senior Nutrition Site Special Events.
- **The next meeting is scheduled for October 16, 2024, at 10:00 am.**



**Aging and Adult Services -
Public Guardian
Senior Affairs Commission**

E. LEGISLATIVE COMMITTEE

Meets 2nd Wednesday of the month; 1:00 pm Commissioner Maricela Ferguson, Chair

- Commissioner Ferguson discussed legislation pertaining to seniors:
 - Discussed SB 905 - regarding car break-ins on cars that are unlocked
 - SB 982 – regarding organized retail theft
 - SB 1144 – regarding online marketplaces
 - SB 1416 – sentencing enhancement for exchange or return of stolen property
- Commissioner Ferguson reported the committee discussed mail theft and whether it was a federal or state crime.
- **The next meeting is scheduled for October 9, 2024, at 1:00 pm.**

F. NUTRITION COMMITTEE

2nd Wednesday of the month; 10:00 am; Commissioner Gwen Alber, Chair

- Commissioner Alber stated the committee was determining new goals and objectives.
- **The next meeting is scheduled for October 9, 2024, at 10:00 am.**

8. REGIONAL COUNCILS ON AGING (RCA) REPORTS (3 minutes each)

A. COLORADO RIVER RCA,

VACANT; not meeting at this time.

- No current report.

B. EAST VALLEY RCA,

VACANT; not meeting at this time.

- No current report.

C. MORONGO BASIN RCA

VACANT; not meeting at this time.

- No current report.

D. MOUNTAIN RCA

Commissioner Penny Shubnell; 4th Wednesday of the month at 12:00 pm, Leisure Shores Senior Center, Crestline

- Commissioner Shubnell reported that the new Superintendent of Rim of the World discussed ideas about the program where children read to seniors. Stated many seniors she spoke to are very interested in this program.

E. NORTH DESERT RCA

Commissioner Ahmed A. Elhawary; not meeting at this time

- No current report.



**Aging and Adult Services -
Public Guardian
Senior Affairs Commission**

F. VICTOR VALLEY RCA

VACANT; 2nd Tuesday of the month at 9:00 am, Victorville DAAS-PG

- No current report.

G. WEST VALLEY RCA

Commissioner Gwen Alber; 1st Tuesday of the month at 9:00 am and the 2nd Tuesday of the month at 1:00 pm, Montclair Senior Center

- Commissioner Yoakum reported that the group continues to meet.
- Stated that the Needs Assessment survey has been discussed with the community and distributed. Reported that many seniors dislike having to fill out so much information at one time.
- Commissioner Yoakum stated that she walked through the survey with many seniors and found that reading each question and having the seniors fill the assessment out together was the best way to get the assessment done.
- The commission discussed what the term “disabled” meant and how many seniors identified with the term.
- Commissioner Yoakum shared a program called Care Partners which recruits senior volunteers to help other seniors in their own home. Volunteers are paid a stipend of \$4.00 an hour so that the money they receive does not have to be reported to the IRS or Social Security. Reported that volunteers also get mileage reimbursement. The senior receiving the service is not charged anything. This service is funded through the Older Americans Act.

9. PUBLIC ANNOUNCEMENTS

- No announcements at this time

10. COMMISSIONER COMMENTS

- Commissioner Yoakum discussed the Needs Assessment survey and its questions with Liz Lopez-Avila. The deadline to submit them is December 31, 2024.
- Ms. Lopez-Avila stated that the Needs Assessment has been distributed to more rural areas.
- Commissioner Jauregui suggested that before the next Needs Assessment is distributed, the commission could discuss better ways of distribution and dissemination.
- Commissioner Jauregui shared the California Commission on Aging will be meeting on Monday, October 21, 2024 at the Doubletree Hotel in San Bernardino.
- Commissioner Shubnell shared how well DAAS-PG staff took care of mountain seniors during “Snowmageddon” and gave her sincere thanks to everyone involved.

11. ITEMS FOR FUTURE AGENDAS

- The commission suggested a presentation from the office of emergency services.



**Aging and Adult Services -
Public Guardian
Senior Affairs Commission**

12. NEXT MEETING: WEDNESDAY, OCTOBER 16, 2024, at 1:00 pm

PRESENTATION:

- **Lake Arrowhead Gathering Place Senior Center Project - Needs Assessment Report**
Joyce Patrick Eckert, Executive Board President
The Lake Arrowhead Gathering Place

Meeting Location, Public Comment Access & Virtual Live Stream:

East Valley Region (In-Person Meeting Location)
DAAS-PG San Bernardino – Administration 784 E. Hospitality Lane, San Bernardino, CA 92415
West Valley Region (Public Comment Access*)
DAAS-PG Rancho Cucamonga 9445 Fairway View Place, Ste 110, Rancho Cucamonga, CA 91730
Desert Region (Public Comment Access*)
DAAS-PG Victorville 17270 Bear Valley Road, Ste 108, Victorville, CA 92395
Virtual Live Stream (No Public Comment Access)
To stream live meetings, join through your internet browser , use the Microsoft Teams Application <u>or</u> via teleconference . NOTICE: Livestream/virtual access link will change to Microsoft Teams effective July 2024. Please see website, current agenda and/or email for updated access link. As part of an ongoing commitment to improved public access, all meetings are live streamed; the San Bernardino County Senior Affairs Commission and the Department of Aging & Adult Services-Public Guardian provide this public service. Viewing meetings via the virtual access link does not allow viewers to make Public Comments or interact with the meeting in progress.

13. ADJOURNMENT

- Chair, Dr. Deborah Nattress adjourned the meeting at 3:00 PM

Requests for reasonable accommodations should be made by contacting the DAAS-PG Senior Affairs Commission at DAASSAC@hss.sbcounty.gov, or at (909) 891-3917, at least 72 hours prior to the meeting. Written material for this meeting is available by request.

THIS MEETING IS CONDUCTED PURSUANT TO THE RALPH M. BROWN ACT.