

THE BOARD OF SUPERVISORS OF THE COUNTY OF STANISLAUS
ACTION AGENDA SUMMARY

DEPT: mf Aging & Veterans Services

BOARD AGENDA # B-8

Urgent Routine

AGENDA DATE October 30, 2007

CEO Concur with Recommendation YES NO
(Information Attached)

4/5 Vote Required YES NO

SUBJECT:

Approval of Department of Aging and Veterans Services (Area Agency on Aging) Area Plan Year-End Report for Fiscal Year 2006-2007

STAFF RECOMMENDATIONS:

1. Approve the Area Agency on Aging's Fiscal Year 2006-2007 Area Plan Year-End Report on the 2005-2009 Planning and Service Area (PSA) Plan.
2. Authorize the Chairman of the Board of Supervisors to sign the Report Transmittal Letter to the California Department of Aging.
3. Return signed Transmittal Letter to the Area Agency on Aging.

FISCAL IMPACT:

There is no fiscal impact associated with this item.

BOARD ACTION AS FOLLOWS:

No. 2007-856

On motion of Supervisor Monteith, Seconded by Supervisor Grover
and approved by the following vote,

Ayes: Supervisors: Mayfield, Grover, Monteith, DeMartini, and Chairman O'Brien

Noes: Supervisors: None

Excused or Absent: Supervisors: None

Abstaining: Supervisor: None

1) X Approved as recommended

2) _____ Denied

3) _____ Approved as amended

4) _____ Other:

MOTION:

Christine Ferraro

ATTEST: CHRISTINE FERRARO TALLMAN, Clerk

File No.

DISCUSSION:

Area Agencies on Aging are required by the California Department of Aging to submit an annual year-end progress report on the 2005-2009 Planning and Service Area (PSA) Plan. A PSA Plan is a document prepared by the Area Agency on Aging in four-year planning cycles to outline goals and objectives for service delivery to older persons in Stanislaus County for the California Department of Aging and the public.

The Area Plan Year-End Report, a copy which is available from the Clerk of the Board of Supervisors, reviews achievements and activities, and presents the challenges of administering and monitoring the variety of programs for senior citizens by the Area Agency on Aging (AAA), the Commission on Aging, and provider agencies. Following are the key activities and significant achievements during Fiscal Year 2006-2007:

- ★ Healthy Aging Summit - The Fourth Annual Healthy Aging Summit was held October 13, 2006. This event has been sponsored as a coordinated effort between the AAA and the Healthy Aging Association, with significant involvement by Kaiser Permanente, the Stanislaus County Board of Supervisors, AARP, the United Way of Stanislaus County, the *Modesto Bee*, Sutter Gould Medical Foundation, and the Stanislaus County Health Services Agency. Over 1200 senior citizens and their caregivers attended the Summit. The variety of free screenings offered included assessments for diabetes, cholesterol, stroke, bone density, blood pressure, body mass index, depression, balance, and coordination. In addition, 400 flu shots were given. Also available were health educators for follow-up with the screenings and to provide instructions on healthy living. Other exhibitors included the Health Insurance Counseling and Advocacy Program (HICAP), home health care agencies, AARP, exercise demonstrations, and other advocates for healthy living.
- ★ New Meal Site: United Community Center-Westley/Grayson - As a result of the Request For Proposal process, in November 2006, the AAA contracted with a new provider for the meal programs. One result of that change was a new meal site was opened in the United Community Center in Westley, serving the rural communities of Westley and Grayson on the west side of the County. Service began in May 2007, with lunch provided 3 days per week, with 15 attendees. The lunch follows one of the Young at Heart Strength Training classes. This Community Center is a Stanislaus County facility and serves a principally Hispanic community.
- ★ Technology Grant - Early in Fiscal Year 2006-2007, the AAA successfully applied for a Technology Grant from the AT&T Foundation. The funding was used to assist one of the service providers in networking their computer system to increase their efficiency in providing information, homemaking, and assisted transportation services to seniors, caregivers, and disabled persons throughout the County. In addition, funding was used to purchase laptop computers and portable printers for the HICAP staff. These portable devices allow the HICAP staff to take their services to the seniors who are homebound.
- ★ Farmers Market Coupons - The Farmers Market Coupon Program underwent a few changes this past year. During September 2006, the AAA was awarded additional coupons to distribute. Because of the additional coupons, the AAA staff spent an evening at the Oakdale Farmers Market distributing

coupons to low-income seniors. This represents a new market for Stanislaus County and an expansion of the Farmers Market Coupon Program for low-income seniors. In May and June of 2007, using the new guidelines, the AAA staff visited other areas to distribute the coupons. Coupons were distributed at a local farmstand owned and operated by a farmer who is a member of the Modesto Certified Market. In addition, the AAA staff gave out coupons at two low-income senior apartment complexes, and the Modesto Senior Center. The AAA staff also went to the Modesto Farmers Market to distribute coupons.

- ★ Older Americans Month Activities - During Older Americans Month (May 2007), five outstanding senior citizens, one from each Board of Supervisors' District, were honored at a Board meeting and a special lunch. A committee appointed by the Commission on Aging selected the five recipients from nominations submitted by citizens from throughout the County. Each honoree received commendations from the Board of Supervisors, local, state, and national elected representatives, and the Commission on Aging. These recipients represent seniors who have contributed to their local areas in a wide variety of ways, and show how vital seniors are to each community and the County. In addition to honoring these specific senior citizens, the AAA staff was an integral part of events held throughout the County honoring all senior citizens during Older Americans Month. The events included health and information fairs sponsored by the AAA, the City of Modesto, non-profit organizations, and other County agencies. Events were held in Salida, Modesto, and Turlock, with participation by AAA staff in the planning and execution of these events. The InfoVan staff recorded contact with over 1250 participants for all of the special events.
- ★ Elder Care Directory - To inform the public about the services available for seniors, the AAA staff collaborated with other County agencies and the *Modesto Bee* to distribute the local 'Elder Care Directory'. Included in this Directory are descriptions of services along with names, addresses and phone numbers of a variety of services, practitioners, and agencies from throughout the county that assist seniors, caregivers, and disabled persons. Distribution of this new Directory has been through the AAA providers and other County agencies. In addition, agencies that go beyond the usual sphere of the AAA have distributed this new source of information to seniors, caregivers, and the general public. This publication is currently being updated and will be reprinted in November 2007.
- ★ Securing Tomorrow Housing Seminar - In January 2007, the second 'Securing Tomorrow' seminar was held at the Modesto Senior Center. This seminar brought together city and county agencies, realtors, home health care agencies, alternative living facilities, and lawyers to give seniors and caregivers information regarding housing and legal options as the population ages in place. AAA staff was part of the planning committee for this event.
- ★ Speed Networking Event - In May 2007, the AAA collaborated with the Stanislaus County Adult Services Division to sponsor the second Speed Networking Event. This event gave professionals in the field of aging services the opportunity to get basic information about other agencies and services that could enhance their programs. Each participant heard information about 10 various county, city, and non-profit service agencies, and was given the opportunity to make contacts with other professionals. The Speed Networking Event was an outreach event for the AAA and other associated agencies.

Approval of Department of Aging and Veterans Services (Area Agency on Aging) Area Plan Year-End Report for Fiscal Year 2006-2007

Page 4

- ★ Caregiver Training Seminar - The AAA staff participated in the planning and execution of a Caregiver Training Seminar in March 2007. The seminar featured presentations by a doctor, the Director of a local Alzheimer's Disease support network, the local Ombudsman Director, and a fitness instructor. Also available for caregivers were vendor tables with information on a variety of agencies and services. The event was free and open to anyone involved in caring for elders and disabled persons, including family and professional caregivers.

POLICY ISSUES:

By approving the Fiscal Year 2006-2007 Area Plan Year-End Report of the 2005-2009 PSA Plan, Stanislaus County will be able to continue to provide Older Americans Act and Older Californians Act aging services to residents of Stanislaus County, consistent with the guiding priority of ensuring a healthy community.

STAFFING IMPACT:

There are no staffing impacts associated with these requests.

YEAR-END REPORT TRANSMITTAL LETTER

AAA NAME: Stanislaus County Area Agency on Aging PSA #: 30

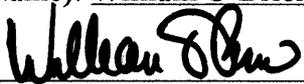
Check appropriate box for:

FY 2004-05 FY 2005-06 **X-FY 2006-07** FY 2007-08 FY 2008-2009

This Year-End Report provides a retrospective account of progress made toward specified goals during the above checked fiscal year. It provides a performance report for the community and CDA. It reaffirms the important role of AAAs as the advocate, planner, and administrator of programs that strive to address the care needs of older and disabled adults and their families and caregivers in their local Planning and Service Area.

We the undersigned recognize the responsibility within each community to establish systems in order to address the care needs of older individuals and their families and caregivers in this Planning and Service Area. By signing below, we confirm that we have had the opportunity to participate in the planning process and to review and comment on this Year-End Report.

1. (Type Name): William O'Brien

(Signed) 
Chair, Stanislaus County Board of Supervisors

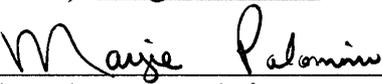
10-30-07
Date

2. (Type Name): Mickey Peabody

(Signed) 
President, Stanislaus County Commission on Aging

10-8-07
Date

3. (Type Name): Margie Palomino

(Signed) 
Director, Area Agency on Aging

10-29-07
Date

Year End Report
Stanislaus County Area Agency on Aging
PSA 30
Fiscal Year 2006-2007

Section I.

The Area Agency on Aging (AAA) Year-End Report represents the accomplishments and challenges of administering and monitoring the variety of programs for senior citizens in Stanislaus County. Some of the objectives from the 2005-2009 Area Plan have been changed according to the needs of the population. Throughout the first two years of this planning cycle the Area Agency on Aging staff, volunteer Commission members, and provider agencies have sought to meet the challenges presented in our community. Following is a report on the progress towards the goal of being advocates for the aging and disabled populations of our community.

The Fourth Annual Healthy Aging Summit was held October 13, 2006. This event has been sponsored as a coordinated effort between the AAA and the Healthy Aging Association, with significant involvement by Kaiser Permanente, the Board of Supervisors, AARP, the United Way of Stanislaus County, the Modesto Bee, Sutter Gould Medical Foundation, and the Stanislaus County Health Services Agency. Over 1200 senior citizens and their caregivers attended the Summit. The variety of free screenings included assessments for diabetes, cholesterol, stroke, bone density, blood pressure, body mass index, depression, balance, and coordination. There were 400 flu shots given out. Also available were health educators to follow up with the screenings and give instruction on healthy living. Other exhibitors included the Health Insurance Counseling and Advocacy Program (HICAP) staff, home health care agencies, AARP, exercise demonstrations, and other advocates for healthy living. The Summit is one of the outreach programs associated with Title III D.

As a result of the required Request for Proposal process, in November 2006, the AAA contracted with a new provider for the Senior Meals Programs. One of the results of that change is that a new meal site was opened in the United Community Center in Westley, serving the rural communities of Westley and Grayson on the west-side of the County. Service began in May with lunch 3 days per week and 15 attendees. The lunch follows one of the Young at Heart Strength Training classes. This Community Center is a Stanislaus County facility and serves a principally Hispanic community.

Early in FY 2006-2007 the AAA successfully applied for a Technology Grant from the AT&T Foundation. The funding was used to assist one of the service providers to network their computer system and increase their efficiency in providing information, homemaking and assisted transportation services to seniors, caregivers and disabled persons throughout the County. In addition funding was used to purchase lap top computers and portable printers for the HICAP staff. These portable devices allow the staff to take their services to the seniors who are homebound.

The Farmers Market Coupon Program underwent a few changes this past year. During September 2006 the AAA was awarded additional coupons to distribute. AAA staff spent an evening at the Oakdale Farmers Market distributing coupons to low-income seniors. This represents a new market for Stanislaus County and an expansion of the Farmers Market Coupons

for low-income seniors. In May and June of 2007 with new guidelines, the AAA staff went to other areas to distribute the coupons. Coupons were distributed at a local farm-stand owned and operated by a farmer who is a member of the Modesto Certified Market. In addition, the AAA staff gave out coupons at two of the low-income senior apartment complexes and the Modesto Senior Center. The AAA staff also went to the Modesto Market to give out coupons.

During Older Americans Month, five outstanding senior citizens, one from each Board of Supervisors' district, were honored at a Board meeting and a special lunch. A committee appointed by the Commission on Aging chose the five recipients from a group of nominations submitted by citizens from throughout the County. Each honoree received commendations from the Board of Supervisors, state and national elected representatives and the Commission on Aging. These recipients represent seniors that have contributed to their local areas in a wide variety of ways and show how vital seniors are to each community and the County.

In addition to honoring specific senior citizens, the AAA staff was an integral part of events throughout the County honoring all senior citizens during Older Americans Month. The events included health and information fairs sponsored by the AAA, the City of Modesto, non-profit organizations and County agencies. Events were held in Salida, Modesto and Turlock with participation by AAA staff in the planning and execution of these events. The Info-Van staff recorded contact with over 1,250 participants for all of the special events.

Section II.

Following are some of the ways that the AAA has been involved in planning and participating in areas that address the growing numbers of seniors in Stanislaus County. They represent collaborations between public and private agencies and focus on providing information as well as direct services to the changing face of the senior population in our area. The activities and events demonstrate the ideas that are being generated to address the understanding that the Baby Boom generation is most active in caring for elder relatives and maintaining their current lifestyles. Those seniors that access the AAA sponsored programs are mostly in the over-75 age cohort. As the Area Plan cycle has progressed these events have been incorporated into the Plan as on-going objectives.

To inform the public about the services available for seniors, the AAA staff collaborated with other County agencies and the *Modesto Bee* staff to distribute the local *Elder Care Directory*. Included in this Directory are descriptions of services along with names, addresses and phone numbers of a variety of services, practitioners and agencies from throughout the area that assist seniors, caregivers and disabled persons. Distribution of this new *Directory* has been through the AAA providers and County agencies. In addition, agencies that go beyond the usual sphere of the AAA have distributed this new source of information to seniors, caregivers and the general public. This publication is currently being updated and will be reprinted in November 2007.

In January 2007 the second "Securing Tomorrow" seminar was held at the Modesto Senior Center. This seminar brought together city and county agencies, realtors, home health care agencies, alternative living facilities and lawyers to give seniors and caregivers information regarding housing and legal options as the population ages in place. AAA staff was part of the planning committee for this event.

In May 2007, the AAA collaborated with the Stanislaus County Adult Services Division to sponsor the second Speed Networking Event. This event gave professionals in the field of aging services the opportunity to get basic information about other agencies and services that could enhance their programs. Each participant heard information about 10 county, city and non-profit service agencies and was given the opportunity to make contacts with other professionals. The Speed Networking Event was an outreach event for the AAA and other associated agencies.

The AAA staff participated in the planning and execution of a Caregiver Training Seminar in March 2007. The Seminar featured presentations by a doctor, the director of a local Alzheimer's Disease support network, the local Ombudsman Director, and a fitness instructor. Also available for caregivers were vendor tables with information about a variety of agencies and services. The event was free and open to anyone involved in caring for elders and disabled persons, including family and professional caregivers.

See below for Section III.

Section IV

The Healthy Aging Association, the contractor that receives Title III D funding, has expanded their Young At Heart classes to new communities and has added a new program. New locations include a new class at a Community Center in downtown Modesto and a Community Center in a rural part of the east-side of the County. The new program introduced in two locations is the "You Can" walking program to help seniors develop new, achievable habits as they seek to obtain and maintain optimal health. In addition the Healthy Aging Association sponsored a seminar titled "Educate Before You Medicate", giving seniors the opportunity to hear from a doctor and a pharmacist on the best ways to stay healthy while using medications according to their needs. Each person had the chance to have a private consultation with a pharmacist to be sure they were handling their medications properly. Participants in the regular exercise classes and community events were given cards to keep a list of their prescriptions in their pocket or purse.

During the last year the Healthy Aging Association has highlighted seniors in their exercise programs who have made significant progress towards better health. The most dramatic examples of this progress include two men who attend two different Young At Heart strength training classes. Both men were recovering from health issues that limited their mobility and threatened to have them lose their independence. One man was almost completely dependent upon use of his wheelchair and is now walking unassisted and driving again. The other man regained the use of his left side, enabling him to do everyday things without assistance. Both men give full credit to the strength training program as the reason they have been able to make the strides that they have made.

Sections III and V

System Building & Administrative Goals & Objectives

Goal #1-Promote Health and Well-Being

We intend to promote better health and well-being for the senior citizens of Stanislaus County through attention to life transitions, physical and emotional needs.

Rationale:

- ❖ The needs assessment survey showed that physical activities such as doing heavy housework (72%), shopping (46.3%), and walking (44.8%), were the activities that most of the respondents identified as most difficult.
- ❖ Results of the needs assessment survey showed that those respondents who exercised regularly had less difficulty in accomplishing activities of daily living.
- ❖ Other results showed that 41.1% of respondents said depression was a problem and 38.5% identified loneliness as a significant issue.

Objectives:

- 1.1 AAA staff will partner with the staff of the Stanislaus County Behavioral Health and Recovery Services department to develop new programs in compliance with the requirements of Proposition 63, to address depression in elders. Measurement will be by the programs developed and compliance with the guidelines of the initiative. ***To be accomplished 7/1/05-6/30/06. New Program Development objective – Completed 1/1/06.***

- 1.2 AAA will partner with Community Solutions of Doctors Medical Center Foundation to promote seminars addressing grief, loss, depression and loneliness. The seminars will be held in Modesto in September 2005 and will be measured by the attendance and commitment to future seminars. **New Coordination objective**
Update: Seminars for FY 2007 will be held in September and April. ***Outcome:*** Seniors and caregivers attend seminars to gain knowledge and exchange views in dealing with difficult issues faced by caregivers and persons who are aging in place.
Measurement: Number of participants per seminar and completed surveys by participants. **Continued Coordination Objective.**
2006-07 Year End Update: A seminar for caregivers and seniors was held in March 2007 and attended by approximately 100 participants. The AAA will continue to coordinate with Community Solutions to sponsor future seminars.

- 1.3 The Linkages staff will develop a Circle of Friends, a telephone tree among the Linkages clients, to assist clients in dealing with various causes of loneliness and depression. Measurement will be done by the social workers and gauged by client satisfaction. ***To be accomplished 7/1/05-12/31/05. New Program Development objective. Completed 12/31/05.***

- 1.4 The AAA will coordinate with the Behavioral Health and Recovery Services (BHRS) department to conduct depression screenings at the 14 nutrition sites in the county during October, Depression Screening Month. Measurement will be by attendance at the screening sessions and by participation in follow-up sessions by the BHRS. ***To be***

accomplished by 10/31/05. New Coordination objective

Update: The AAA will continue to coordinate with BHRS to conduct depression screenings at the nutrition sites during October 2006. ***Outcome:*** Seniors will receive individual evaluation of their tendency towards depression. ***Measurement:*** The number of seniors screened and the number participating in follow-up sessions to assist with coping with depression. ***To be accomplished by 10/31/06.*** **Continued Coordination Objective.**

2006-07 Year End Update: Depression screenings were done in the nutrition sites during October 2006. This is scheduled annually and will continue to be a Coordination Objective between the AAA and the BHRS during the month of October.

1.5 The AAA will distribute USDA Farmer's Market Coupons at area certified farmer's markets. The staff will work with local governments to promote the availability and distribution of the free coupons to low income senior citizens. This will include establishing programs in local communities as certified markets open. Measurement will be by the distribution and redemption of the coupons. ***To be accomplished 5/1/06-6/30/06.*** **New Program Development objective**

Update: The AAA will continue to work with local farmers market committees to become certified and able to accept the USDA Coupons. ***Outcome:*** The AAA will distribute coupons at farmer's markets in new cities throughout the county, bringing affordable, healthy food products to seniors in their communities. ***Measurement:*** Distribution of the coupons and the redemption of those coupons. ***To be accomplished 5/1/07-6/30/07.*** **Continued Program Development Objective**

2006-07 Year End Update: The AAA staff distributed coupons in Oakdale during September 2006. This was the first time coupons were distributed in Oakdale. **Completed September 2006.**

1.6 During May 2006, Older Americans Month, the AAA and Commission on Aging will co-sponsor with the Stanislaus Arts Council and the Stanislaus County Board of Supervisors, the program "Celebrating and Spotlighting Seniors". Measurement will be attendance at the event and the satisfaction of the participants. ***To be accomplished 1/1/06-5/31/06.*** **New Coordination objective**

Update: During May 2007, the AAA and the Commission on Aging will co-sponsor an event to highlight the accomplishments of senior citizens from throughout the county. ***Outcome:*** The varied talents and accomplishments of senior citizens will be featured, raising community awareness of the contributions made by and for senior citizens. ***Measurement:*** Number of participants and the results of a participant satisfaction survey. ***To be accomplished 1/1/07-5/31/07.*** **Continued Coordination Objective**

2006-07 Year End Update: The AAA staff and Commission on Aging coordinated with other County agencies, Senior Centers, and non-profit agencies to sponsor events targeting the needs of seniors during May 2007. Additionally special recognition was given to five senior citizens at a meeting of the Stanislaus County Board of Supervisors in May 2007. This objective will continue in 2007-08.

1.7 In December 2005 the AAA will coordinate with the City of Modesto Senior Center to sponsor a holiday party and transportation to view holiday lights. Measurement will be by attendance at the event and the satisfaction of the participants. *To be accomplished 7/1/05-12/31/05. New Coordination objective. Deleted.*

1.8 In October 2005, the AAA will coordinate with the Healthy Aging Association to sponsor the Healthy Aging Summit. The Summit includes free health screenings for seniors and caregivers. Measurement will be by attendance at the event and the satisfaction of the participants. *To be accomplished 7/1/05-10/31/05. New Coordination objective*

Update: The AAA will continue to sponsor with the Healthy Aging Association the Healthy Aging Summit in October 2006. ***Outcome:*** Seniors will receive free health screenings, flu shots and information about healthy living. ***Measurement:*** The vendors will report the number of screenings administered, flu shots given and the participants and vendors will complete satisfaction surveys. *To be accomplished 3/1/06-10/31/06. Continued Coordination Objective*

2006-07 Year End Update: The Healthy Aging Summit was October 13, 2006 and plans are in progress for the Summit for October 12, 2007. See the narrative for details. This will continue to be a Coordination Objective.

1.9 The AAA will coordinate with the Healthy Aging Association to conduct a seminar to assist senior citizens and their caregivers in understanding the use of various medications. Measurement will be by attendance at the event and the satisfaction of the participants. *To be accomplished 11/1/05-4/30/06. New Coordination objective*

Update: The AAA will continue to coordinate with the Healthy Aging Association to provide a seminar to assist seniors in understanding medication interactions, etc. ***Outcome:*** Information will be given by a doctor and a pharmacist that will assist seniors in maintaining healthy lifestyles while using medications correctly. ***Measurement:*** The number of seniors attending the seminar and the post-seminar satisfaction survey. *To be accomplished 3/1/07-5/31/07. Continued Coordination Objective*

Continued Coordination Objective

2006-07 Year End Update: The seminar, "Educate Before You Medicate" occurred in September 2006. See the narrative for details. The AAA will continue to coordinate with the Healthy Aging Association to sponsor opportunities for seniors to get information that will assist them in maintaining optimal health.

1.10 The Healthy Aging Association will continue to conduct strength training and aerobic classes throughout the county to assist seniors in achieving and maintaining optimal health and preventing injuries. Measurement will be by participation in the classes and the number of new classes started by the Healthy Aging Association. **New objective**

Update: As the Title III D contractor, the Healthy Aging Association will continue their classes, expanding to other areas of the county. ***Outcome:*** Participants will gain strength, reduce pain and the incidence of falls. ***Measurement:*** Number of classes, participants in the classes and the satisfaction of the participants. **Continued Objective**

Goal #2-Information and Assistance

We intend to make available to seniors and caregivers information regarding services and agencies that will assist them to achieve or maintain a beneficial lifestyle.

Rationale:

- ❖ Having enough money to meet expenses was one of the top issues that was identified as a concern for 39.3% of the respondents of the needs assessment survey.
- ❖ Of the respondents to the survey, 35.7% said that getting information about services was a major issue and 30.8% identified obtaining services and benefits as a concern.
- ❖ As the population continues to age it will become more vital that the AAA be the conduit for information about senior services in the county.

Objectives:

2.1 The AAA Information and Assistance staff will provide guidance in completing applications for discounts on utilities. This guidance will be available in both English and Spanish. Measurement will be by the referrals for assistance from seniors in the cities within the PSA. *To be accomplished 7/1/05-6/30/06. New objective*

Update: Through the InfoVan visiting different events and sites, information about discounts on utilities will be distributed throughout the county. **Outcome:** Seniors will be aware of ways that they can save money on utility bills and be able to access those savings by having a knowledgeable staff person assist them in their primary language. **Measurement:** The number of applications distributed and completed. *To be accomplished 7/1/06-6/30/07. Continued Objective*

2.2 The AAA staff and the Commission on Aging will coordinate with the Healthy Aging Association to produce a semi-annual newsletter "Golden Times and Lifestyles". The newsletter will include information about health issues and medication management. The newsletter will be distributed throughout the county through the use of the Info-Van, through the congregate meal sites, to AAA providers and places that senior citizens frequently go. Distribution will be in September 2005 and April 2006. Measurement will be by the production of the two editions and by the distribution of 5,000 copies to various places throughout the county. **New Coordination Objective**

Update: **Outcome:** The two editions will be produced with pertinent information for senior citizens. *To be accomplished in September 2006 and April 2007. Continued Coordination Objective*

2006-07 Year End Update: Two editions of the "Golden Times and Lifestyles" newsletter were published and distributed during FY 2006-07. A summer edition has been added. This will continue to be a Coordination Objective.

2.3 The I & A staff of the AAA will work with the staff of the Stanislaus County's Health Services Agency to assemble and provide senior information and assistance packets to health care clinics in outlying areas of the county. The I&A and InfoVan staff will distribute packets individually as seniors and caregivers visit the van. Measurement will be by the number of visits to the east and west sides of the county and by the number of packets distributed. *To be accomplished 7/1/05-6/30/06. New Program Development Objective. Completed 5/31/06*

Update: The health care clinics will be visited by the InfoVan staff in May 2007. **Outcome:** Information about senior services will be available and distributed to people attending the

Stanislaus County Health Services Agency's clinics in rural areas of the county. *To be accomplished during May 2007. Continued Objective*

2.4 The Commission on Aging with assistance from AAA staff will develop a Speakers Bureau, compile a list of community groups and make presentations to those groups to publicize the programs and services available for seniors and caregivers in Stanislaus County. Measurement will be by the number of presentations made to community groups. *To be accomplished 7/1/05-6/30/06. New Program Development Objective. Completed 3/15/06*

Update: The Speakers Bureau of the Commission on Aging will continue to make presentations to community groups throughout the county to publicize the services available through the AAA. **Outcome:** Community groups will gain information about services available for seniors and be able to refer caregivers and seniors to the programs and agencies in Stanislaus County. *To be accomplished 7/1/06-6/30/07. Continued Objective*

2.5 The AAA staff through the Info-Van will attend meetings and community functions, distributing information about services for senior citizens and caregivers in the rural areas of the county, particularly during May 2006, Older Americans Month. The I&A and InfoVan staff will distribute information individually as seniors and caregivers visit the van. Measurement will be by the number of meetings and events attended by the staff of the Info-Van and the number of people who receive information. *To be accomplished 7/1/05-6/30/06. New Objective*

Update: **Outcome:** Information about senior services will be distributed throughout the county, especially in the rural areas. *To be accomplished 7/1/06-6/30/07. Continued Objective*

2.6 The AAA staff will offer information, assistance and programs at the Westley/Grayson Community Center twice per month. These meetings will be in both English and Spanish and will address the needs of rural and culturally isolated seniors on the west side of the county. Congregate meals will be offered three times a week. Measurement will be by the number of participants per month. *To be accomplished monthly 7/1/05-6/30/06. New Program Development Objective. Completed 10/31/05.*

Update: The Healthy Aging Association (Title III D contractor) will continue a strength training class twice per week at the Community Center. Due to lack of sufficient equipment the meals are not available yet.

2006-07 Year End Update: In May 2007 meals at the Westley/Grayson United Community Center were started. See narrative for details.

2.7 The AAA staff will coordinate with the Stanislaus Elder Abuse Prevention Alliance (SEAPA) to attend and sponsor seminars and information days that warn seniors and caregivers about elder abuse. Seniors and caregivers will be given information on how to avoid abuse and what to do if abuse is suspected. The I&A and InfoVan staff will distribute information individually as seniors and caregivers visit the information table. *To be accomplished 7/1/05-6/30/06. New Coordination Objective*

Update: **Outcome:** Seniors and caregivers will gain knowledge regarding types of potential elder abuse and how to prevent it. **Measurement:** Number of seminars given, number of seniors and caregivers attending the seminars and response surveys following those seminars. *To be accomplished 7/1/06-6/30/07. Continued Coordination Objective*

2006-07 Year End Update: The AAA staff continues to be part of SEAPA and has coordinated with the SEAPA staff to sponsor seminars and information days to help prevent elder abuse. This will continue to be a Coordination Objective.

2.8 The Commission on Aging Promotions Committee and staff from the AAA will provide information to the Hispanic community through monthly public service announcements in Vida en el Valle, the local Spanish language newspaper. Measurement will be by the number of announcements made each month. *To be accomplished 7/1/05-6/30/06.* **New Coordination Objective**

Update: The Commission on Aging Public Relations Committee and staff from the AAA will provide information to the Hispanic community through quarterly public service announcements in "Vida en el Valle", the local Spanish language newspaper. ***Outcome:*** Information will be available to seniors and caregivers whose primary language is Spanish. ***Measurement:*** Number of news items published. *To be accomplished 7/1/06-6/30/07.* **Continued Coordination Objective**

2006-07 Year End Update: The AAA staff and Commission on Aging members have continued to seek ways to inform members of the Hispanic population about assistance through the programs sponsored by the AAA. This Coordination Objective will continue.

2.9 The AAA staff will partner with the Stanislaus County Adult Services and Adult Protective Services staff to conduct a Speed Networking Seminar during May 2007. ***Outcome:*** Professionals in the field of services to aged and disabled persons will meet and gain information regarding a variety of services available to this population in Stanislaus County. ***Measurement:*** Number of staff from local agencies, care homes and organizations that represent the senior citizens and disabled persons in the county and the satisfaction survey taken at the conclusion of the seminar. *To be accomplished by May 2007.* **New Coordination Objective.**

2006-07 Year End Update: Staff from the AAA, County Adult Services and APS coordinated to present the Speed Networking Event in May 2007. Approximately 75 participants heard brief presentations from 10 agencies and received contact information to assist them in referring clients to available services. This Coordination Objective will continue in the future.

2.10 The AAA staff will participate with the United Way of Stanislaus and the Mother Lode and other agencies to establish the 211 Information System in the PSA. ***Outcome:*** Funding for this project will be received and the 211 system will be established. ***Measurement:*** The necessary funding in place and the 211 system in place to serve Stanislaus County. *To be accomplished 7/1/06-6/30/07.* **New Program Development Objective**

2006-07 Year End Update: The AAA staff is an active participant in the on-going process of establishing a 211 system in Stanislaus County. Complete funding and community involvement is still pending. This Program Development Objective will continue into the new fiscal year.

2.11 The AAA staff with the Stanislaus Elder Abuse Prevention Alliance (SEAPA) committee will establish a Financial Abuse Specialist Team (FAST). The FAST program will consider reported instances of financial elder abuse and work out solutions to the problem on behalf of the senior citizens involved. ***Outcome:*** Solutions to cases of financial elder abuse will be expedited. The community will have a greater awareness of the possibilities of financial elder abuse.

Measurement: The number of cases reviewed and solutions found to stop and prevent financial elder abuse. *To be accomplished 7/1/06-6/30/07.* **New Program Development Objective**

2006-07 Year End Update: The AAA and APS staff will continue to seek funding to establish the FAST program in Stanislaus County. Included in the planning will be the SEAPA partners. This Program Development Objective will continue into the new fiscal year.

Goal #3-Promote and Maintain Independence

We intend to assist seniors and caregivers in promoting and maintaining the optimum conditions to remain independent in the community.

Rationale:

- ❖ Approximately 30% of needs assessment respondents identified transportation as an issue.
- ❖ The number of family caregivers that require assistance to maintain the best conditions to continue providing care at home has increased.
- ❖ Approximately 72% of needs assessment respondents identified heavy housework and approximately 45% identified light housework as issues to maintain their independence.

Objectives:

3.1 The AAA staff will coordinate with Stanislaus Regional Transit (StaRT) to sponsor training sessions on the use of the public transit system. Measurement will be by the number of sessions conducted and the number of participants in each training session. *To be accomplished 7/1/05-6/30/06.* **New Coordination Objective**

Update: Outcome: Seniors will have the opportunity to understand the various public transit options available in Stanislaus County. *To be accomplished 7/1/06-6/30/07.* **Continued Coordination Objective. Completed 9/30/06.**

2006-07 Year End Update: The staff of the Stanislaus Regional Transit system visited nutrition sites around the County to help seniors become familiar with the system. The StaRT staff participated in the Speed Networking Event in May 2007 to help familiarize service providers with the StaRT system.

3.2 The AAA staff will assist the provider of homemaker services to seek grants to expand the current program. Expansion will include hiring additional homemakers and providing services in the isolated east and west side of the county. Measurement will be by the number of additional staff hired, the provision of additional homemaking services and a significant reduction in the waiting list. *To be accomplished 7/1/05-6/30/06.* **New Objective**

Update: Outcome: The Homemaker Program will be available in rural and isolated areas of the county. *To be accomplished 7/1/06-6/30/07.*

2006-07 Year End Update: The Homemaker Program has expanded and is more available to seniors and caregivers in rural and isolated areas due to the addition of staff by the contractor. The AAA staff refers caregivers to the contractor and provides additional funding from the Respite Purchase of Service and Family Caregiver Support Programs, for caregivers that qualify for those programs. The relationship between the AAA and the contractor for the Homemaker Program will continue to support further expansion of this program.

3.3 The AAA staff will assist the provider of homemaking services in seeking Community Development Block Grant funding to expand the homemaker services to include specific provisions for heavy chore work. Measurement will be by the successful grant applications and expanded services to seniors and caregivers. *To be accomplished 7/1/05-6/30/06.* **New Program Development Objective**

Update: Due to significant staff changes at the provider of the Homemaker Program, no grants were written. ***Outcome:*** Frail senior citizens and disabled persons will have access to services that will assist them in maintaining their homes and retaining their independence. ***To be accomplished 7/1/06-6/30/07. Continued Program Development Objective.***

2006-07 Year End Update: With successful funding sources established, the AAA will assist the contractor in developing a program that will assist seniors and disabled persons with heavy chore work. This Program Development Objective will be continued in the new fiscal year.

3.4 The Linkages staff will use Targeted Case Management funding to expand the level of case management services to current and potential clients. Measurement will be by the funding received and the services provided to the Linkages Program clients. ***To be accomplished 7/1/05-6/3/06. New Program Development Objective***

Update: The system for accessing Targeted Case Management funds is in the process of allocation. ***Outcome:*** The level of case management services will be expanded for Linkages clients. ***To be accomplished 7/1/06-6/30/07. Continued Program Development Objective. Completed 12/31/06.***

Section VI

Sections I & II of this report contain a summary of activities for Fiscal Year 2006-07. The System Building Objectives listed above state how the AAA staff and service providers are seeking to continually improve the delivery of services to the senior citizens of Stanislaus County.