

**Aging & Independence Services Advisory Council**  
**Monday, February 11, 2019 | 12:00pm – 2:00pm**  
**5560 Overland Ave, Joaquin Anguera Room (3<sup>rd</sup> Floor)**  
**San Diego, CA 92123**

**MINUTES**

| <b>Members</b>                 |   | <b>Absent Members</b>  | <b>Guests</b>   |
|--------------------------------|---|--|---|
| Attendance                     | Ellen Arcadi<br>Rosemarie Bahmani<br>Judi Bonilla<br>Morgan Cadmus<br>Kimberly Cochran<br>Dolli Cutler<br>Media Fettinger<br>La Rue Fields<br>Joe Garbanzos<br>Stephen Huber<br>Ted Kagan<br>William Kelly  | Bijou Lulla<br>Chris Maeoka<br>Martha McCarthy<br>Diana Milburn<br>Jack Miller<br>Paul Monarrez<br>Luis Monge<br>John Osborne<br>Christina Selder<br>Lorelei Taylor<br>Susan Valoff<br>Darlene Weber | Linda Prager<br>June Singer<br><br>Camille Cowlshaw<br>Patricia De Leo<br>Burton Disner<br>Ellen Escudero<br>Monica Flynn<br>Kevin Hannahoe<br>Enrique Melgar<br>Martha Plazola |
|                                | <b>Distinguished Merit Recipients</b>   | <b>Staff</b>   |   |
|                                | None  | Jennifer Bransford-Koons<br>Blanca E. Castillo<br>Naomi Chavez<br>Kimberly Gallo   | Samantha Hasler<br>Renée Sherrill<br>Caroline Smith   |
| <b>Item</b>                    | <b>Outcome</b>  |  |   |
| 1. Call to Order               | <b>Lorelei Taylor, Chair, 12:04 PM</b><br>a. Welcome & Pledge of Allegiance<br>b. Guest/Member Introductions  |  |   |
| 2. Standard Business           | a. Confirmation of Quorum: 19 were present at this point in the meeting<br>b. Refreshments provided by the Executive & Membership and ASC Committee – Thank You<br>c. Public Comments/Announcements: Members or non-members <ul style="list-style-type: none"> <li>L. Monge: last month passed out a handout of the last approved ten California Senior Legislature (CSL) proposals. Six have been picked up by a legislator. If you would like to share these proposals in your meeting, please do.</li> <li>J. Bonilla: There will be a “Lunch and Learn” this Wednesday, February 13, 2019, from 11a.m.-1 p.m. at Monte Vista Village.</li> <li>D. Milburn: On Thursday, February 14, 2019, many centers across the county will check your blood pressure for free. The campaign is called Love Your Heart.</li> </ul> d. Approval of January 14, 2019 Meeting Minutes <b>[M/S – L. Monge/D. Milburn: Unanimous]</b> |  |   |
| 3. Guest Speaker Presentations | a. Medi-Cal Myths & Asset Protection:<br>Phillip P. Lindsley, CELA, CLS, San Diego Elder Law Center. Highlights included: <ul style="list-style-type: none"> <li>Who pays for SNF care?</li> <li>Long term care Medi-Cal</li> <li>Medi-Cal Asset Limitations</li> <li>Plus “CSRA” Community Spouse Resource Allowance</li> <li>Planning Overview</li> <li>Examples of CSRA Expansions</li> <li>Benefits of Advance Planning</li> <li>The 3 Parts of Medi-Cal Planning</li> <li>Share of Cost</li> </ul> b. Transportation for Individuals & Communities:<br>Judi Bonilla, Aging Expert, Author of Freewheeling After Sixty. Highlights included: <ul style="list-style-type: none"> <li>How San Diegans get around</li> <li>Personal investment in transportation</li> <li>Driving habits</li> <li>Manage health</li> <li>Tips for driving wellness</li> </ul>  |  |   |

|   |   |
|---|---|
| <p>4. Director's Items and Issues<br/>(possible action)</p>                                     | <p>a. Home Safe Grant: Kim Gallo</p> <ul style="list-style-type: none"> <li>• AIS received a grant for the State Home Safe Program, which is a program specifically to address Adult Protective Services clients at risk of homelessness due to their abuse. We hope to have this up and running by July. We were notified that we were awarded \$500,000, which the County will match. More to report in the coming months.</li> </ul> <p>b. Board Letters: Alzheimer's Project 2019 Annual Report: Caroline Smith (Action)</p> <ul style="list-style-type: none"> <li>• This Board letter is scheduled for March 12<sup>th</sup>. The recommendation is to receive the Alzheimer's Project 2019 Annual Report. The draft report was provided in the agenda packets. C. Smith provided an overview of the Alzheimer's Project and the annual report including statistics such as there are 84,405 San Diegans age 55 and older living with Alzheimer's Disease and Related Dementias (ADRD), ADRD is the sixth leading cause of death in the United States and is the third leading cause of death in San Diego County.<br/><b>[M/S – L. Fields/R. Bahmani: Unanimous]</b></li> </ul> <p>c. Legislative Update: Caroline Smith</p> <ul style="list-style-type: none"> <li>• AIS is tracking four bills. We received two of them late Friday. Next month we should have many bill numbers to provide for you. AIS reviews bills and forwards a position recommendation to the HHS Executive Office, which forwards the recommendation to the County's Office of Strategy and Intergovernmental Affairs, which decides the official County position. There is no County support on AB50 yet, but the County did formally support AB2233, which was the version of the bill from last year. We are monitoring a bill specific to Alzheimer's, AB388, that requires the State to create a public awareness campaign around the healthy brain initiative and provide eight pilot counties with a three-year grant opportunity to develop healthy brain initiative activities. There are two new bills, AB426, which deletes the certification by a medical professional on IHSS, and SB228, which creates a master plan on aging.</li> </ul>  |
| <p>5. Executive Committee<br/>(met 1/28/19)<br/>Report/Other Business<br/>(possible action)</p> | <p>a. Chair's Report &amp; Comments: Lorelei Taylor, Chair</p> <ol style="list-style-type: none"> <li>Position Papers: <ul style="list-style-type: none"> <li>○ As we are not a project-oriented Council, recommend that committees focus on preparing position papers for the Council.</li> </ul> </li> <li>Disseminating Information to Council Members <ul style="list-style-type: none"> <li>○ The Executive and Membership Committee discussed the best way for members to share resources or any other information. The committee recommends that Council members desiring to share information bring it to the monthly Council meetings and share it during the public's announcements.</li> </ul> </li> <li>Convene Area Plan Ad Hoc Committee (Action) <ul style="list-style-type: none"> <li>○ Role: Advise on Area Plan FY19/20 Update</li> <li>○ Term: February 2019 through CDA approval of Area Plan FY 19/20 update</li> <li>○ Membership: Rosemarie Bahmani (Chair), Joe Garbanzos, Ted Kagan, William Kelly, Martha McCarthy, John Osborne, Christina Selder<br/><b>[M/S – J. Osborne/L. Monge: Unanimous]</b></li> </ul> </li> </ol> <p>b. Membership Report: Judi Bonilla, Secretary</p> <ol style="list-style-type: none"> <li>Welcome to New Board Appointee <ul style="list-style-type: none"> <li>○ Monica Flynn, District 4, Supervisor Fletcher</li> </ul> </li> <li>Recommendations for Appointment, Effective Immediately: (Action) <ul style="list-style-type: none"> <li>○ Morgan Cadmus (application 9/17/18; interviewed 12/17/18) <ul style="list-style-type: none"> <li>– Seat 21, for a full four-year term <b>[M/S – L. Fields/L. Monge: Unanimous]</b></li> </ul> </li> <li>○ Paul Monarrez (application 11/6/18; interviewed 1/28/19) <ul style="list-style-type: none"> <li>– Seat 11, partial term expires 10/8/20<br/><b>[M/S – L. Fields/L. Monge: Unanimous]</b></li> </ul> </li> </ul> </li> </ol> <p>c. Board of Supervisors Annual Visits:</p> <ol style="list-style-type: none"> <li>District #1 Cox [Monge/Garbanzos] 2/20/19 @ 10:00 a.m.</li> <li>District #2 Jacob [Kagan/Arcadi] 11/15/18 @ 2:30 p.m.</li> <li>District #3 Gaspar [Osborne/Bahmani] (TBD)</li> <li>District #4 Fletcher [Singer/vacant] (TBD)</li> <li>District #5 Desmond [Weber/vacant] 2/5/19 @ 10:00 a.m.</li> </ol> |
| <p>6. Ancillary Committee Oral Reports<br/>(possible action)</p>                                | <p>a. LTC Ombudsman/Facilities (met 1/17/19): Jack Miller, Chair</p> <ul style="list-style-type: none"> <li>• Joe Rodrigues from the State presented via phone.</li> <li>• Spaces are open for trip to Sysco on Thursday April 18, 2019, 10:00 a.m. to 1:30 p.m. Let Jack know if you are interested.</li> </ul> <p>b. Adult Services Connection (met 1/14/19): Susan Valoff, Chair</p> <ul style="list-style-type: none"> <li>• Guest speaker was Kristen Smith, Aging Program Administrator, who presented on current AIS programs.</li> <li>• The committee reviewed their charter, which states their primary role is to oversee the ADRC.</li> </ul>   |

|   |  |
|---|--|
|   | <ul style="list-style-type: none"> <li>The committee is reconsidering continuance pending State communication regarding the status of the ADRC.</li> </ul> <p>c. Health &amp; Nutrition Committee (met 2/11/19): Chris Maeoka, Chair</p> <ul style="list-style-type: none"> <li>The committee had a brainstorming session and developed an action plan.</li> </ul> <p>d. Housing &amp; Transportation (no meeting): Judi Bonilla, Chair</p> <ul style="list-style-type: none"> <li>Due to a lack of quorum the Housing &amp; Transportation Committee meeting was canceled.</li> </ul> |
| 7. Auxiliary Committees Written Reports   | <p>{See Addendum Chart} Handouts were included.</p> <p>a. Alzheimer Project Round Table Update: Ellen Arcadi provided an update on this meeting.</p>   |
| 8. Other Announcements  | <p>a. Refreshments for March: N/A</p>  |
| 9. Adjournment & Next Meeting   | <p>Meeting Adjourned: 1:51 p.m.</p> <p>Next Meeting: March 11, 2019 at 12:00 p.m. at Glenner Town Square, 2765 Main Street, Suite A, Chula Vista, CA 91911</p>   |
| <p><b>COMMITTEE MEETINGS DAY OF COUNCIL</b> (at AIS)</p> <p>Meetings are held at 5560 Overland Ave., San Diego, 9223; will be dark in March 2019; next meeting 4/8/19</p> <ul style="list-style-type: none"> <li>➤ Health &amp; Nutrition 11:00 a.m. Ste. 310, Call Center Conf. Rm</li> <li>➤ Housing &amp; Transportation 11:00 a.m. Ste. 310, John Gaffaney Memorial Conf., Rm.</li> <li>➤ Adult Service Connection: 2:15 p.m. Ste. 130. PAPGPC Conf. Rm.</li> </ul> |  |
| <p><b>FUTURE COMMITTEE MEETINGS</b> (at AIS unless otherwise stated):</p> <p>Meetings are held at 5560 Overland Ave., Ste. 310, John Gaffaney Memorial Conference Room, San Diego, 92123</p> <ul style="list-style-type: none"> <li>➤ LTC Ombudsman/Facilities: 2/21/19 10:30 a.m. [3<sup>rd</sup> Thursday each month]</li> <li>➤ Executive: &amp; Membership: 2/28/19 10:30 a.m. [4<sup>th</sup> Monday each month]</li> </ul>  |  |

*Minutes respectfully submitted by Blanca E. Castillo*