

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

DEPT: <sup>mp</sup> Aging & Veterans Services

BOARD AGENDA # \*B-1

Urgent

Routine

AGENDA DATE October 28, 2008

CEO Concurs 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 2007-2008

STAFF RECOMMENDATIONS:

1. Approve the Area Agency on Aging's Fiscal Year 2007-2008 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. 2008-736

On motion of Supervisor O'Brien, Seconded by Supervisor Monteith  
 and approved by the following vote,  
 Ayes: Supervisors: O'Brien, Monteith, and Vice-Chairman DeMartini  
 Noes: Supervisors: None  
 Excused or Absent: Supervisors: Grover, and Mayfield  
 Abstaining: Supervisor: None

- 1)  Approved as recommended
- 2)  Denied
- 3)  Approved as amended
- 4)  Other:

MOTION:



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 2007-2008:

- ★ **Disaster Preparation Packets:** To help seniors and caregivers prepare for possible disasters, the AAA staff and Commission on Aging members assembled and distributed over 10,000 Disaster Preparation Packets. The packets included a File of Life pouch and information card to be used to alert emergency personnel to the specific needs, desires, and emergency contacts for seniors if they cannot express those things. Also included was information about how to know about evacuation routes or shelters during a disaster; the things needed to effectively prepare for a disaster; and who to contact for assistance after a disaster. The local utility companies assisted the AAA by providing compact florescent light bulbs and information about how to handle power outage emergencies to include in the packets.
- ★ **Promotional DVD:** The AAA staff produced a DVD to advertise the programs funded by the Administration on Aging and the California Department of Aging. Filming of the DVD included Program Coordinators and local participants. When possible, the film included programs in progress, such as the exercise and meals programs. The DVD was presented at a Stanislaus County Board of Supervisors meeting, was shown on the local public access channels, and copies were distributed to the various programs and other County agencies. Approximately 50 DVDs have been distributed. As each participating agency has seen the DVD, they are more aware of how the various programs funded through the AAA work together to meet the needs of seniors in Stanislaus County. The DVD has been the tool most often used by AAA staff to promote the programs.
- ★ **Farmers Market Coupons:** Local farmers markets continue to be popular with senior citizens, and the Farmers Market Coupons have assisted a greater number of seniors this past fiscal year than in previous years. During the 2007 summer season, the AAA's participation in the Farmers Market Coupon program expanded into Oakdale and Patterson. These two markets joined Modesto and Riverbank in Stanislaus County as locations where seniors can receive assistance in maintaining healthy lifestyles during the summer months. Throughout the County, 1,087-\$20 coupon booklets were distributed to low and moderate income seniors for a total value of \$21,740. Each booklet contains 10-\$2 coupons to be used on fresh fruits, vegetables, and herbs. The program benefits local farmers as well as senior citizens by promoting the consumption of goods grown here in Stanislaus County. As the seniors receive their coupons, the most frequent response is one of gratitude for a program that will help them stretch their food dollars. The day the coupons are distributed at the

Approval of Department of Aging and Veterans Services (Area Agency on Aging) Area Plan Year-End Report for Fiscal Year 2007-2008

Page 3

Saturday Modesto Market, seniors wait for up to an hour prior to the opening of the Market, not wanting to miss the opportunity to receive the coupons.

- ★ 211 Information Line Collaboration: With collaboration between various County and community agencies, including the AAA, the United Way of Stanislaus County and the Mother Lode has become the local agency coordinating the 211 system. This connection service will enhance the Information and Assistance Program at the AAA. The staff of the AAA participated in planning meetings for this vital new service.
- ★ Long –Term Care Ombudsman Training: The Long-Term Care Ombudsman Program staff has expressed a need to learn more about cultural considerations, as seniors from various ethnic backgrounds are receiving care in skilled nursing and assisted living facilities. In addition, some staff members of many of these facilities represent a wide variety of cultural backgrounds. The Ombudsman staff and volunteers have sought assistance in conducting seminars for care home staff members and community members to aid them in understanding various cultures and giving the best care for the seniors. The AAA staff is committed to assisting the Ombudsman Program staff and volunteers to find ways to promote better understanding between care home residents and staff.
- ★ Fall Prevention Coalition: During Fiscal Year 2007-2008, the Healthy Aging Association, in collaboration with the AAA, successfully received a grant from the Archstone Foundation to form a Fall Prevention Coalition. The Coalition also includes representatives from AARP, Adult Protective Services, Advancing Vibrant Communities, California State University Stanislaus, City of Modesto Parks, Recreation and Neighborhoods Department, DMC Foundation, Gentiva Home Health, Link2Care, Memorial Hospital Physical Therapy Department, Multipurpose Senior Services Program, Stanislaus County Commission on Aging, and the Stanislaus County Sheriff's Department Coroner's Office. The 18-month, \$25,000 grant is being used to establish the Coalition of community partners, focusing on ways to increase awareness about the many consequences of falls and how to prevent falls. A needs assessment has been conducted and an event has been planned to coincide with the 6<sup>th</sup> Annual Healthy Aging Summit, which will be held on October 10, 2008. Plans include the development of a Fall Prevention Resource Guide, which will be available for the Summit, and for ongoing distribution to the public. The AAA staff, in its role of providing senior citizens information and tools to remain healthy and independent, has been actively involved with all aspects of the Coalition's activities.
- ★ Stanislaus Senior Foundation: With the current economic challenges and the increase in the number of seniors living in Stanislaus County, several of the AAA programs have seen an increase in demand for services, beyond the funding available from Federal and State governments. The Commission on Aging, early in 2008, voted to establish the Stanislaus Senior Foundation as a non-profit entity. The purpose of the Foundation is to raise money to augment the funding from government sources.
- ★ Collaboration with Behavioral Health and Recovery Services: The AAA staff is actively working with Behavioral Health and Recovery Services (BHRS) to design programs that will help prevent depression in home-bound seniors and disabled persons. The AAA staff has been participating in the Prevention and Early Intervention (PEI) stakeholder process. The staffs of BHRS and AAA are

exploring ways for seniors to find assistance to avoid the problems with substance abuse. Providers of services to older adults are coordinating with the AAA staff, the Commission on Aging, and the BHRS staff to make seniors and caregivers aware of the warning signs of substance abuse, and the assistance available to help them.

- ★ Transportation Services: Another area that AAA staff and Commission members have identified as a need is more public transportation for seniors and disabled persons. AAA staff, the local transit authorities, the Assisted Transportation Program provider, and other concerned community members are collaborating to conduct a transportation needs assessment, and present evidence of the need for funding for Para-transit operations.
- ★ Healthy Aging Summit: The 5<sup>th</sup> Annual Healthy Aging Summit was held October 12, 2007. Over 1,100 seniors and caregivers attended the Summit and received information about healthy living from over 50 vendors. Screenings were given to assist participants in learning about their risk for diabetes, stroke, and high cholesterol. Screenings for bone density, body mass index, blood pressure, hearing, depression, and balance were also given.

**POLICY ISSUES:**

By approving the Fiscal Year 2007-2008 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 FY 2006-07 **X- 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): Jim DeMartini, Vice-Chairman

(Signed)

Jim DeMartini  
Stanislaus County Board of Supervisors

10-28-08

Date

2. (Type Name): Mickey Peabody

(Signed)

Mickey Peabody  
President, Stanislaus County Commission on Aging

10/13/08

Date

3. (Type Name): Margie Palomino

(Signed)

Margie Palomino  
Director, Area Agency on Aging

10/13/08

Date

**Year End Report**  
**Stanislaus County Area Agency on Aging**  
**PSA 30**  
**Fiscal Year 2007-2008**

**Section I.-Introduction and Significant Accomplishments**

The Stanislaus County Area Agency on Aging has spent the last year continuing to assist as many senior citizens as possible under the guidelines from the federal Administration on Aging and the California Department of Aging. The contracted providers experienced the challenges that come from a tightening economy and the need to increase their fund-raising efforts. The staff of County departments and non-profit agencies that provide services have seen the scarce funding force a tightening of guidelines to attempt to stretch the dollars to those seniors who need the services most.

Over the course of the year, the Area Agency on Aging (AAA) staff has implemented and participated in efforts to increase the ways that seniors, caregivers and disabled persons are aware of services available to them. We have also made progress toward assisting seniors maintain healthier lives and remain in the community for as long as possible. The following report outlines the accomplishments made by the AAA, the providers who have contracts with the AAA, the Commission on Aging, and associated community partners. The report also seeks to detail some of the challenges that the AAA has faced in serving the needs of the County's senior citizens, caregivers of seniors and disabled persons.

To help seniors and caregivers prepare for possible disasters, the AAA staff and Commission on Aging members assembled and distributed over 10,000 Disaster Preparation Packets. The packets included a File of Life pouch and information card to be used to alert emergency personnel to the specific needs, desires and emergency contacts for seniors if they cannot express those things. Also included was information about how to know about evacuation routes or shelters during a disaster; the things needed to effectively prepare for a disaster; and who to contact to assist them after a disaster. There was information about local utility discounts for low income seniors and a safety brochure to assist seniors in maintaining their independence. The local utility companies assisted the AAA by providing compact florescent light bulbs to include in the bags and information about how to handle power outage emergencies.

The AAA staff produced a DVD to advertise the programs funded by the Administration on Aging and the California Department of Aging. Filming of the DVD included the coordinators of the programs and some of the participants. When possible the filming included programs in progress, such as the exercise and meals programs. The DVD was presented at a Board of Supervisors meeting, appeared on the local public access channels and copies were distributed to the various programs, and other County agencies. Since November 2007, the DVD has been the tool most often used by AAA staff to promote the programs funded through the AAA and the providers that work to bring those programs to seniors throughout the County.

Local farmers markets continue to be popular with senior citizens and the Farmers Market Coupons have assisted a greater number of seniors in the last fiscal year. During the 2007 summer season, the AAA's participation in the Farmers Market Coupon program expanded to Oakdale, a rural community on the east side of the County, and Patterson, a rural community on the west side of the County. In 2007 the city of Oakdale successfully became a Certified Farmers Market. The AAA staff followed the plan of making the coupons available at the market, believing that seniors who come to the Markets to get their coupons would be the most likely folks to use them. In Patterson, AAA staff contacted certified farmers and arranged an impromptu market, providing the means and connections for seniors to use the coupons and support local farmers. These two markets joined Modesto and Riverbank in Stanislaus County as places that seniors could

receive assistance in maintaining healthy lifestyles throughout the summer months. In 2008 when it appeared that the AAA would not receive coupons due to the decision by CDA to forfeit the coupons, many seniors, farmers and market organizers were disappointed that this very successful program would not be continued. We all were pleasantly surprised when the coupons were issued early in the new fiscal year and trust that the program will continue in coming years.

With collaboration between various County and community agencies, including the AAA, the United Way of Stanislaus and the Mother Lode, has become the local agency coordinating the 211 system. This connection service will enhance the Information and Assistance Program at the AAA. The staff of the AAA participated in planning meetings for this vital new service.

## **Section II-Service System Changes Due to Demographic Issues**

Stanislaus County is one of the areas in California that has experienced high population growth in the last several years. Before the current economic challenges, the County was one of the places to which many people would choose to retire for many reasons: relatively affordable housing, moderate weather conditions, activities that enhance family life, to name a few. Because of this movement into the County and many people staying in Stanislaus County well into their retirement years, the senior population has grown, from over 62,600 in 2003 to over 75,800 in 2008. Despite the housing market challenges there is every expectation that this trend will continue. The programs funded through the AAA continue to mainly serve seniors who are over the age of 75. To augment the programs and their guidelines, the AAA staff and the Commission on Aging have become involved in a number of coordination efforts with County and non-profit agencies.

The Long-Term Care Ombudsman Program staff has expressed a need to learn more about cultural considerations due to seniors from more varied backgrounds needing care in skilled nursing and assisted living facilities. In addition, the staffs of many of these facilities represent a wide variety of cultural backgrounds. The Ombudsman staff and volunteers have sought assistance in conducting seminars for care home staff members and community members to aid them in understanding various cultures and giving the best care for the seniors. In addition, the Ombudsman staff and volunteers are cognizant of the fact that it is often very difficult for people from some ethnic backgrounds to make the decision for their loved one to move to a care home. The AAA staff is committed to assisting the Ombudsman Program staff and volunteers to find ways to promote better understanding between care home residents and staff. The challenges of reaching out to various cultural groups in the County, some staff changes at the provider for the Ombudsman Program, and time constraints have all prevented the idea of a seminar or series of seminars to address cultural challenges. The AAA staff will continue to work with the Ombudsman Program staff and volunteers to foster better communication between care home staff members, residents and family members of residents from various communities in the County.

During fiscal year 2007-2008 the Healthy Aging Association, with the assistance of the AAA staff, successfully received a grant from the Fall Prevention Center of Excellence (Archstone Foundation) to form a Fall Prevention Coalition. The Coalition includes representatives from the County Health Services Agency, Adult Protective Services, community home health agencies, AARP, providers of AAA services, and the Commission on Aging. A needs assessment has been conducted and an event has been planned to coincide with the annual Healthy Aging Summit, October 10, 2008. Plans include the production of literature to be distributed through the members of the Coalition, including the AAA InfoVan. The Coalition members will promote the need to be aware of the many ways that seniors can change their environment and some habits to prevent falls in their homes or elsewhere.

With the current economic challenges and the increase in seniors living in Stanislaus County, several of the AAA programs have seen an increase in demand for services, beyond the funding available from federal and state governments. The Commission on Aging early in 2008 voted to establish the Stanislaus Senior Foundation as a non-profit entity. The purpose of the Foundation is to raise money to augment the funding from government sources. The Board of the Foundation is in the process of finalizing plans to publicize the needs of the senior population and how people can contribute to the Foundation.

The AAA staff is actively working with the Stanislaus County Behavioral Health and Recovery Services Department (BHRS) to design programs that will help prevent depression in home-bound seniors and disabled persons. The AAA staff has been participating in the Prevention and Early Intervention (PEI) stakeholder process. The staffs of BHRS and AAA are exploring ways that seniors can find assistance to avoid the problems with substance abuse, either alcohol or drug. Providers of services to older adults are



coordinating with the AAA staff, the Commission on Aging and BHRS staff to make seniors and caregivers aware of the warning signs of substance abuse and the assistance that is available to them.

Another area that AAA staff and Commission members have identified as a need is more public transportation for seniors and disabled persons. AAA staff, the local transit authorities, the Assisted Transportation Program provider, and other concerned community members are collaborating to conduct a needs assessment and present evidence of the benefits to the community to fund greater para-transit operations.

Lastly, the AAA staff has worked with the staff of the Gallo Center for the Performing Arts to secure sponsorship for over 400 tickets to various events at the Center. These events have included “The Ballet Folklorico of Mazatlan” and recently a performance of “Nonsense”. The tickets were free to senior citizens and available through the AAA office. The performances gave seniors, both in Modesto and in the rural areas of the County, the opportunity to enrich their lives culturally and socially at this new local venue. This collaboration represents one of the ways that the AAA participates with the community in meeting a variety of needs of the senior population.

## **Section III-Year End Updates**

### **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.**  
**2007-08 Update:** Community Solutions, the AAA and various agencies will coordinate to provide a seminar in the spring of 2008. ***Outcome:*** Seniors and caregivers will receive information to assist them to deal with the challenges of decreased abilities and disease associated with aging. ***Measurement:*** Number of participants and completed surveys by participants. **Continued Coordination Objective. *No Coordination Funding spent-no seminars held in FY 2007-2008- Completed March 23, 2007***
  
- 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.***

***2007-08 Update:*** The nutrition sites will continue to be a place that depression screenings will be conducted during October 2007. The AAA will support this effort to assist seniors in identifying depression and finding solutions. *Outcome:* Seniors will receive free individual evaluation regarding depression. *Measurement:* See above. ***To be accomplished by 10/31/07. Continued Coordination Objective.***

***Year End:*** During October 2007 the BHRS department screened 180 seniors for evidence of depression, at the congregate nutrition sites throughout Stanislaus County. From those screening sessions, 15 seniors agreed to participate in follow-up appointments.

**1.5** The AAA will distribute USDA Farmers Market Coupons at area certified farmers 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 farmer's 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***

***2007-08 Update:*** The AAA staff will promote the use of the Farmers Market Coupons at certified markets and with certified farmers to expand the program to more low income seniors. *Outcome:* Residents in areas outside of the current markets will be able to access the program. *Measurement:* Distribution of coupons in areas not currently being served by certified markets, but with certified farmers. ***To be accomplished 5/1/08-6/30/08. Continued Objective. Completed-New markets added in Oakdale and Patterson in September 2007.***

**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***

**2007-2008 Update:** The AAA will coordinate with area organizations and the Board of Supervisors to honor the accomplishments of seniors and provide information to assist them. *Outcome:* The seniors of Stanislaus County will be honored and their accomplishments better known in the community. *Measurement:* The recognition of Older Americans Month given at the Board of Supervisors, specific senior citizens honored and the number of events specifically for seniors during May 2008.

**Continued Coordination Objective.**

**Year End:** During May 2008 the AAA participated in a Stroke Awareness Symposium, several senior information fairs and the Healthy Aging Association Walk-a-Thon fundraiser. Six senior citizens were honored by the Stanislaus County Board of Supervisors for their participation in community projects and contributions throughout the County.

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 Stanislaus County BHRs and Health Services Agency 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*

**2007-08 Update:** The 5<sup>th</sup> Healthy Aging Summit will be held in October 2007. The AAA will continue to coordinate with the Healthy Aging Association and other agencies to provide this successful event. *Outcome and Measurement:* See above. *To be accomplished 3/1/07-10/31/07. Continued Coordination Objective.*

**Year End:** Attendance at the Summit, October 12, 2007 exceeded 1,100. Free health screenings included tests for diabetes, stroke, cholesterol, bone density, body mass index, blood pressure, hearing, depression and balance. Flu shots and health information was available from over 50 vendors. This annual event will continue in October 2008.

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 and pharmacies such as Walgreens and Save Mart 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***

**2007-08 Update:** The AAA and the Healthy Aging Association will continue to promote safe and healthy management of medications through communication with local doctors and pharmacists. *Outcome:* Seniors and caregivers will be given the opportunity to receive information about using medications safely and to promote healthy living. *Measurement:* The number of seniors attending seminars. *To be accomplished 7/1/07-6/30/08. **Continued Coordination Objective. No Coordination Funding spent in FY 2007-2008. Deleted.***

- 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**
- 2007-08 Update:** The Healthy Aging Association will continue their very successful exercise classes throughout the new fiscal year. *Outcome and Measurement:* See above. **Continued Objective.**
- Year End:** The Healthy Aging Association continues to hold strength training, aerobics and tai chi classes in 23 locations throughout Stanislaus County. New classes opened in two senior communities.

## **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 were 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 7/1/05-6/30/05.*

#### **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***

**2007-08 Update:** The I&A office and the Info Van will continue to provide information about utility discounts to seniors and caregivers. When needed the staff will assist seniors in completing these applications. *Outcome and Measurement:* See above. *To be accomplished 7/1/07-6/30/08. **Continued Objective.***

**Year End:** The AAA Information and Assistance staff continues to assist seniors to complete various utility discount applications. This service is available to seniors whose primary language is Spanish as well as English.

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 InfoVan, 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 by the *Modesto Bee* with pertinent information for senior citizens. *To be accomplished in September 2006 and April 2007.* **Continued Coordination Objective**

**2007-08 Update:** The production of the newsletter will continue into the new fiscal year. *Outcome and Measurement:* See above. *To be accomplished in September 2007 and April 2008.* **Continued Coordination Objective.**

**Year End:** Newsletters were produced in August and December 2007.

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**

**2007-08 Update:** The county health care clinics continue to be an avenue to distribute information to seniors and caregivers throughout the county. *Outcome and Measurement:* See above. *To be accomplished during May 2008.* **Continued Objective.**

**Year End:** The AAA InfoVan staff provided information to seniors that received flu shots at the various locations throughout the County, including health clinics, in the Fall of 2007. The clinics maintain a supply of the I&A Senior and Caregiver flyer with names and phone numbers of agencies that can assist seniors.

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**

**2007-08 Update:** The Publicity Committee of the Commission on Aging, with the assistance of AAA staff has taken the responsibility of presenting information about the services of the AAA to community groups. These presentations will continue throughout fiscal 2007-08. *Outcome and Measurement:* See above.

**Continued Objective.**

**Year End:** The Publicity Committee and the AAA staff continue to visit groups and give presentations to distribute information about the AAA services throughout Stanislaus County.

2.5 The AAA staff through the InfoVan 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**

**2007-08 Update:** The InfoVan staff will continue to participate in community events and visit shopping areas frequented by seniors and caregivers. *Outcome and Measurement:* See above. **Continued Objective.**

**Year End:** The InfoVan staff attended 23 community events and information days throughout Stanislaus County during FY 2007-08. At those events she interacted with over 6,000 people.

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.** **Update:** The Healthy Aging Association (Title III D contractor) will continue a strength training class twice per week at the Community Center. The class instructor serves as a liaison between the participants and the AAA Information & Assistance staff. Due to lack of appropriate equipment the meals are not available yet. It is anticipated the equipment will be available in the next fiscal year. *Outcome:* A nutrition site that serves the rural and culturally isolated communities of Westley and Grayson will be established. *Measurement:* The establishment of the meal site and the participation by seniors in the community. **To be accomplished 7/1/06-6/30/07. Continued Program Development Objective. Completed April 1, 2007.**

**2007-2008 Update:** The meals and exercise classes will continue.

**Year End:** The community center in Grayson continues to be the place for seniors to participate in the Healthy Aging Association Strength Training classes and to get lunch through the Congregate Lunch Program. The programs offer seniors in the Westley/Grayson area the opportunity to socialize while improving their health. These programs have been a great benefit to the seniors in this rural and mainly Hispanic community.

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**

**2007-08 Update:** The AAA staff will continue to participate in these ongoing events to highlight elder abuse and distribute information to seniors and caregivers. *Outcome and Measurement:* See above. **To be accomplished 7/1/07-6/30/08. Continued Coordination Objective.**

**Year End:** The AAA staff continues to coordinate with the members of SEAPA to present information to seniors in each of the communities in Stanislaus County. The seminars and information days present an opportunity for the AAA to directly interact with seniors and caregivers and present them with specific information about how to protect themselves and maintain a safe environment in their homes. Additionally, information is available about other services for seniors through the AAA.

**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***

**2007-08 Update:** Through new contacts and a new Commission on Aging member, this objective will continue into the new year. *Outcome and Measurement:* See above. ***To be accomplished 7/1/07-6/30/08. No Coordination funding was spent on this objective during FY 2007-2008. Deleted until further notice.***

**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.***  
**2007-08 Update:** The second Speed Networking Event is being planned for May 2007 and another will be planned in May 2008 to highlight other agencies in the area. *Outcome and Measurement:* See above. ***To be accomplished in May 2008. Continued Coordination Objective. No Coordination Funding spent- Networking Seminar not held in FY 2007-2008-Completed May 13, 2007.***

**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.***

**2007-08 Update:** The 211 Information and Referral Program is still in the formation stages. The AAA staff continues to be part of the advisory and planning committee as funding and community support is sought. *Outcome and Measurement:* See above. ***To be accomplished 7/1/07-6/30/08. Continued Program Development Objective. Completed 10/01/07.***

**Year End:** The AAA staff acted as advisors and collaborators with the staff of the United Way to establish this benefit to the community.

**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***

**2007-08 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. *Outcome and Measurement:* See above. ***To be accomplished 7/1/07-6/30/08. Continued Program Development Objective. This objective***



**is not workable at the present time. No Program Development Funds were used during FY 2007-2008. Delete until further notice.**

**2.12** The AAA staff and the Commission on Aging members will compile Disaster Preparedness Packets to be distributed throughout Stanislaus County. The packets will contain a File of Life, with instructions for its use; information about assembling a disaster kit; and where emergency information will be available in case of a disaster. *Outcome:* Packets will be distributed to seniors in senior apartments, mobile home parks, and to rural areas through the use of the InfoVan. *Measurement:* Number of residences visited and packets distributed. ***To be accomplished by September 30, 2007. New Program Development Objective.***

**Year End: Over 10,000 Disaster Preparedness Packets were compiled and distributed to seniors in AAA sponsored programs, mobile home parks and senior apartments throughout the County. Completed 3/31/08.**

**2.13** The AAA staff will coordinate with the Ombudsman Program staff to develop a training program to facilitate communication between leaders of local ethnic groups, the staff of long term care homes and the Ombudsman Program. The Ombudsman manager, staff from the AAA, and leaders from various community groups that represent the ethnic diversity of Stanislaus County will assist in the training programs. The objective of the training sessions will be to find ways to better communicate with members of ethnic groups, assisting them to understand the long-term care system when placement in a care home becomes necessary for members of their family and community. *Outcome:* Training sessions will be conducted for family members and staff of care homes to foster understanding of cultural norms while adhering to the laws and guidelines of the care home system. *Measurement:* Measurement will be by the number of training sessions given, and attendance at the meetings. ***To be accomplished 7/1/07-6/30/08. New Program Development Objective.***

**Year End: Due to time constraints this objective was not accomplished in FY 2007-08. Continued Program Development Objective.**

### **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.***

**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 sides 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.***

**2007-08 Update:** The AAA has included the provider of the Homemaker Program as a vendor for the Linkages and Family Caregiver Program to assist caregivers. With this agreement the provider has been able to hire more employees and expand service into the rural areas of the county. This arrangement will continue in FY 2007-08. *Outcome and Measurement:* See above. ***To be accomplished 7/1/07-6/30/08. Continued Objective.***

**Year End:** The provider of the Homemaker Program continued to assist clients in the Linkages and Family Caregiver Program during FY 2007-08.

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.***

**2007-08 Update:** The provider is awaiting the outcome of grant proposals to address this need. The AAA will continue to assist the provider in developing a program to meet the greater needs of seniors and caregivers, thereby making it feasible for them to remain in their homes. *Outcome and Measurement:* See above. **Continued Program Development Objective.** The Catholic Charities staff has developed a training program for homemakers and chore workers. **Completed 12/31/07.**

**Year End:** With the assistance of AAA staff, Catholic Charities received grant funding to design a new program that trains new home and personal care attendants to assist seniors maintain their homes and their continued independence.

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.***

**2007-2008 Update:** The Linkages staff will continue to expand services for clients as needs warrant and funding remains available for these purposes.

**Year End:** The Linkages staff continues to use the Targeted Case Management funding to further assist clients, preventing unnecessary or premature institutionalization.

#### **Section IV-Title IIID-Health Promotion and Medication Management**

The non-profit agency, the Healthy Aging Association, continues to be the provider for the Title IIID programs in Stanislaus County. Since 1999 strength-training classes through the Association have been offered to seniors in the form of group classes, personal videos, and through the local cable TV stations. The classes use an "exer-tube" to provide the resistance needed to strengthen muscles and improve balance. Currently there are 23 classes throughout the County, including a Tai Chi class and low-impact aerobics, in addition to the strength-training classes. Two communities in the County started new classes this year and the demand for more sites to hold classes is always increasing.

As mentioned previously, the Healthy Aging Association received a grant award to collaborate in forming the Fall Prevention Coalition. The grant award and Coalition are a natural extension of the work done by the Association to increase stamina and balance and decrease the chances of a fall by a senior citizen. The Association staff is making presentations to a variety of groups to advertise the work of the Coalition, invite people to participate, and provide information vital to preventing debilitating falls.

Currently the Association staff is working towards the 6<sup>th</sup> annual Healthy Aging Summit. In October 2007 over 1,100 seniors and caregivers attended the Summit and received information about healthy living from over 50 vendors. Screening was done to assist participants in learning about their risk for diabetes, stroke, high cholesterol, bone density, body mass index, blood pressure, hearing, depression and balance. This event is integral to the mission of Title IIID, health promotion and disease prevention.

The Association continues to use their classes as a means to communicate a variety of aspects to maintain healthy lifestyles, including the proper management of medications. A monthly newsletter goes to all 800 participants in their classes and they have distributed cards for participants to record their various medications. These cards provide seniors the means to keep their medications current and thus prevent debilitating consequences related to medication errors. The Association did not sponsor a specific seminar during FY 2007-2008. However, one of the areas that the Fall Prevention Coalition will focus on at the Healthy Aging Summit in October 2008 will be on Medication Management.

## **Section V-Program Development and Coordination Objectives Update**

### **Program Development Objectives:**

**Objective 1.5-** As mentioned earlier, a new certified Farmers Market was opened in Oakdale in the summer of 2007. Accordingly, AAA staff attended the market and distributed coupons. In addition, the AAA staff arranged for certified farmers to set up their stands in Patterson to distribute coupons and give the public the chance to buy from the farmers. This objective was completed in September 2007.

**Objective 2.10-** The objective to assist the United Way of Stanislaus and the Mother Lode to establish the 211 system for this area was accomplished in October 2007. The AAA staff acted as advisors and collaborators in getting this vital service established in the community. Completed 10/01/07.

**Objective 2.11-**This objective is not workable at the present time. The AAA did not use Program Development funds for this objective in FY 2007-2008. Delete.

**Objective 2.12-**As noted earlier, over 10,000 Disaster Preparedness Packets were compiled by AAA staff and Commission on Aging members. These Packets were distributed to AAA program participants and residents of mobile home parks and senior apartment complexes. Completed 3/31/08.

**Objective 2.13-** This objective was not completed in fiscal year 2007-2008 due to time constraints. This objective will be a continued Program Development Objective.

**Objective 3.3-**The provider for the Homemaker Program, Catholic Charities, received a grant to develop a training program for personal care attendants. The result is that this program could assist the Homemaker Program, giving training and opportunities to potential caregivers. Completed 12/31/07.

### **Coordination Objectives:**

**Objective 1.2-**This type of caregiver and participant seminar was not accomplished for FY 2007-08. The agencies that coordinated to sponsor previous caregiver seminars instead collaborated on a Stroke Symposium in May 2008. The objective as written was completed March 23, 2007. No coordination funding was spent in FY 2007-08.

**Objective 1.4-**The AAA continues to coordinate with the Behavioral Health and Recovery Services Department (BHRS) to screen and assist seniors who may be vulnerable to depression. As mentioned previously, 180 seniors were screened at nutrition sites throughout Stanislaus County, with 15 of those seniors agreeing to a follow-up appointment with BHRS staff. This objective was completed October 2007 and will be continued as a Coordination Objective.

**Objective 1.6-**In May 2008 the Commission on Aging and the AAA participated in a special presentation at the Stanislaus County Board of Supervisors Meeting, honoring six outstanding senior citizens for their continuing service to the community. In addition, the AAA staff participated in a number of information forums that were held during May. The AAA staff coordinated with other agencies to highlight senior citizens, their needs and accomplishments. This objective was completed May 2008 and will be continued as a Coordination Objective.

**Objective 1.8-**The Healthy Aging Summit continues to be an annual event, attracting over 1,100 seniors and caregivers in October 2007. The free screenings and the flu shots are the most popular parts of this event, but participants are also eager to get free literature and trinkets offered by the vendors. This event will continue in 2008 and the AAA will coordinate with the Healthy Aging Association to provide free

screenings and information that otherwise would represent significant costs to the seniors of Stanislaus County. This objective was completed October 2007 and will be continued as a Coordination Objective.

Objective 1.9-This objective has been deleted. The medication management component of the Healthy Aging Association and the AAA will be part of the Fall Prevention portion of the Healthy Aging Summit in October 2008. No coordination funding was used for this purpose in FY 2007-2008.

Objective 2.2-The "Golden Times and Lifestyles" newsletter continues to be a means to get detailed information to seniors and caregivers in Stanislaus County. The AAA staff coordinated with the Healthy Aging Association to produce two newsletters in FY 2007-2008, one in August and one in December 2007. One issue has been done in August 2008. This coordination objective will continue to be an important part of the AAA and Healthy Aging Association outreach efforts. Completed 12/2007

Objective 2.7- The AAA staff continues to coordinate with the members of SEAPA to present information to seniors in each of the communities in Stanislaus County. The seminars and information days present an opportunity for the AAA to directly interact with seniors and caregivers and present them with specific information about how to protect themselves and maintain a safe environment in their homes. This objective will be continued as a Coordination Objective in FY 2008-2009.

Objective 2.8-Attempts to provide information to Spanish speaking seniors through the local paper, Vide en el Valle, have not been successful. No coordination funds were spent on this objective in FY 2007-2008. The objective has been deleted for FY 2008-2009.

Objective 2.9-It was determined after the Area Plan for FY 2007-2008 was approved, this Seminar would be planned for FY 2008-2009. Coordination funds were not spent on the Speed Networking Seminar in FY 2007-2008. This objective was completed May 13, 2007.

## **Section VI-Activity Summary and Improving Service Delivery**

Beyond the accomplishments and objective updates listed above, the AAA staff and the Commission on Aging members have spent time and energy seeking to more completely serve the needs of the senior citizens, caregivers and disabled persons of Stanislaus County. Staff and Commission members have been “vendors” at farmers markets, community health fairs, community celebration events, and for the special Older Americans Month events. Commission members have taken their advocate role for local seniors to County personnel, the Board of Supervisors, and state legislative representatives. Two Commission members are active in the statewide Senior Legislature. The Senior Senator and Assembly person have carried bills to the Senior Legislature and the California Legislature advocating for mobile home park fee reforms and amendments to the Probate Code.

Staff members have served on various committees with other County and community agencies. These include the Stanislaus Council of Governments Transportation Committee, the Health Services Agency Death Review Team, the Stanislaus Elder Abuse Prevention Alliance, the Special Populations Emergency Preparedness Committee, the Local Implementation Group (LIG) for HIV/STD Prevention Committee, and the Stanislaus County Community Health Assessment Committee. In addition, the AAA Director has been active with the California Association of Area Agencies on Aging (C4A). These committees and other impromptu associations have helped the AAA maintain an active presence in the community and provided opportunities for the AAA staff to help community members understand the needs of seniors, caregivers and disabled persons.

Over the past year Prevention and Early Intervention (PEI) has been the focus of addressing the mental health needs of all parts of the population. The Behavioral Health and Recovery Services (BHRS) department has been active in finding ways to prevent some mental health issues and intervene early to help folks with issues to deal with them before they become too large. The AAA staff and Commission on Aging members are actively involved in coordinating with the BHRS in Stanislaus County to assure that the mental health needs of senior citizens are included in new programs that the BHRS staff designs and implements.

To enhance the provision of services, the AAA staff will continue to work with the provider of the Meals Programs to find ways to increase their funding sources and amounts. Recently the provider found it necessary to establish a waiting list for the Home Delivered Meals Program. Some of the concerns include the cost of fuel to make the deliveries and the higher cost of food while the funding from government sources has decreased.

For this and other programs, the AAA staff and Commission on Aging members are working to assist agencies find new sources of income through seeking grant funding and the establishment of the Stanislaus Senior Foundation. The new Foundation has been formed at a critical time for the AAA and services to seniors in Stanislaus County. The worsening economy has made it essential that the AAA find more ways to collaborate with other agencies and groups to promote the work we are doing and that we hope to do in the coming years. We remain committed to assisting the senior citizens of Stanislaus County live as safely and comfortably as possible.