

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

DEPT: ^{mp} Aging & Veterans Services

BOARD AGENDA # *B-3

Urgent Routine

AGENDA DATE October 27, 2009

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 2008-2009

STAFF RECOMMENDATIONS:

1. Approve the Area Agency on Aging's Fiscal Year 2008-2009 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. 2009-716

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

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

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:



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 2008-2009:

- ❖ Free Air Conditioners: As the summer began, the inevitable hot period of our year, new window air conditioners were anonymously donated for senior citizens who could not afford to purchase one or upgrade their system. The staff of the AAA screened the applicants, and volunteers or family members installed the units. Fifteen air conditioners were donated at an approximate cost of \$500 per unit. Most of the recipients live in Modesto and Ceres.
- ❖ Community Health Assessment 2008: During the summer of 2008 the AAA staff and Commission on Aging members assisted the Stanislaus County Health Services Agency in assessing the health prospects for all citizens in Stanislaus County. The AAA staff worked closely with the staff of other agencies and community groups to ensure that the needs of the growing senior population were a major focus of the report. AAA staff assisted by doing face-to-face interviews with current clients, and by soliciting input from congregate meal-site participants. Agencies the AAA contracts with to provide services also surveyed their clients.
- ❖ Assisted Transportation Survey: A survey that involved the AAA staff, other agencies, and the Commission on Aging, was an effort to determine and demonstrate unmet transportation needs. Through a coordinated effort, the survey and focus group sessions resulted in data that revealed unmet needs for the most vulnerable citizens living in all areas of the County. The great challenge in the coming months and years is to access specific funds and use them to expand the current Para-Transit services.
- ❖ Healthy Aging Summit: The 6th Annual Healthy Aging Summit was held October 10, 2008. The Fall Prevention section of the Summit included fall-risk assessment, screening for vision and balance issues, fall prevention resources, and demonstrations of exercises, and home modification. The Summit also included health screenings for diabetes, cholesterol, bone density, depression, and stroke risk. The Stanislaus County Health Services Agency administered a flu shot clinic. AARP partnered with Walgreens Pharmacy to provide information about Medication Management. Vendors included agencies and companies that offered free information about a variety of health-related issues. Approximately 1300 seniors and caregivers attended the event.

- ❖ Farmers Market Coupons: The California Department of Agriculture produced Farmers Market Coupon books for moderate-income senior citizens. During August 2008 and June 2009, the AAA staff distributed the books at the established markets in Modesto, Riverbank, and Oakdale. They also held an impromptu market with certified farmers in Patterson, on the west side of the County. The coupon books were distributed in 5 markets: Modesto, Riverbank, Oakdale, Ceres, and Patterson. For Fiscal Year 2008-2009, a total of 750 coupon books were distributed. Each free book contains ten \$2.00 coupons that can only be used at Certified Farmers Markets to buy fresh fruit, vegetables, herbs, and honey: nutritious, locally grown commodities many of these seniors would not spend their limited income on. This program is a benefit to local farmers as well as seniors.
- ❖ Light Bulb Donation: Another way that senior citizens have been helped during the last year has been through the donation of new CFL bulbs from the Modesto Irrigation District for low-income seniors. AAA staff distributed the bulbs to seniors in apartments and mobile home parks, installing them and giving out literature about other services available through the AAA. One hundred low-income seniors received five bulbs each in the area serviced by the Modesto Irrigation District. The approximate value of the donation, if viewed from a retail perspective, was \$2,500.
- ❖ Stanislaus Senior Foundation: In March 2009, the Gallo Center for the Performing Arts was the scene of the Kick-Off / Open House for the newly formed Stanislaus Senior Foundation. The Foundation was formed through the impetus of the Commission on Aging members as a conduit for grant funds that can be used to augment the funding from the Older Americans and Older Californians Acts. Additionally, donations to the Foundation have the potential to assist in funding other projects to benefit the senior citizens of the Stanislaus County.
- ❖ Prevention and Early Intervention - Behavioral Health and Recovery Services Collaboration: AAA staff and Commission on Aging members were active participants in a process to design programs through the Behavioral Health and Recovery Services Department (BHRS) addressing depression, isolation, and substance abuse by older adults. The Prevention and Early Intervention initiative with older adults is part of a plan that BHRS designed to assist seniors in their homes.
- ❖ Holiday Service: The holiday season presented the AAA staff and Commission on Aging members with opportunities to brighten the lives of our senior population. The Adopt-a-Senior Program used donations from multiple sources to provide gifts to seniors and disabled persons involved in the Linkages Program. For many of these clients these were the only holiday gifts they received. Other gifts to needy seniors came from a property management company whose employees volunteered to clean and do home repairs for the residents in a mobile home park in Modesto, and some members of Congregation Beth Shalom provided Christmas dinner to Home-Delivered Meals Program clients in their neighborhood.
- ❖ Discussion Group for Lesbian, Gay, Bisexual and Transsexual Persons: In April, the AAA staff collaborated with staff from BHRS to start a discussion group for seniors and caregivers who identify as Lesbian, Gay, Bisexual and Transsexual (LGBT). The focus of the group is whatever the members of the group decide is worthy of discussion. The Administration on Aging (AOA) has made it a priority to assist the senior LGBT population. AOA staff is encouraging local AAAs to reach out and

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educate this population about services and programs available to them. The group meets once a month at the Stanislaus PRIDE Center.

POLICY ISSUES:

By approving the Fiscal Year 2008-2009 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 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

(Signed) 
Chair, Stanislaus County Board of Supervisors

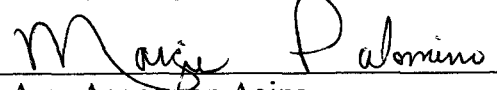
10-27-09
Date

2. (Type Name): Kim Mallock

(Signed) 
President, Stanislaus County Commission on Aging

10/12/09
Date

3. (Type Name): Margie Palomino

(Signed) 
Director, Area Agency on Aging

10/12/09
Date

Appendix XIII – PSA # 30

Year-End Report

Check each applicable planning cycle:

FY 2006-07 FY 2007-08 FY 2008-09 FY 2009-10

Person completing the report: Name/Title Linda Lowe, Planner
Telephone #: 209-525-4612 E-mail – lowel@stancounty.com

Section I - Introduction:

This report will serve to summarize the work of the Stanislaus County Area Agency on Aging during fiscal year 2008-2009, as well as the four year period for this Area Plan cycle, July 2005-June 2009. The Area Agency on Aging continues to be the vehicle in Stanislaus County for the provision of services to senior citizens and disabled persons, utilizing funding from the Older Americans Act and the Older Californians Act.

In fiscal year 2008-2009 the staff of the Area Agency on Aging (AAA), the providers with whom we contract, the Commission on Aging, and associated agencies have worked hard to continue the services outlined in the Area Plan for the senior citizens of Stanislaus County. This work is continuing despite the difficult economic times, which included significant cut-backs in funding. The challenges forced the AAA staff to assist with reorganization within programs and to find ways to save money while maintaining services. Cooperation between agencies, volunteers and staff members has contributed greatly to the successful attainment of the goals set in the Area Plan. Following are the highlights of the year outlined in the Area Plan and the goals set in it. Also featured are services and events that have become part of the new Area Plan.

As the summer began the inevitable heating period of our year, new window air conditioners were anonymously donated for senior citizens who could not afford to purchase one or upgrade their system. The staff of the AAA screened the applicants, and volunteers or family members installed the units.

During the summer of 2008 the AAA staff and Commission on Aging members assisted with two different surveys and reports. The first was an effort by the Stanislaus County Health Services Agency to assess the health prospects for all citizens in Stanislaus County. The AAA staff worked closely with the staff of other agencies and community groups to ensure that the needs of the growing senior population were a major focus of the report. The resulting report pulled data from existing sources as well as face-to-face surveys. To do the surveys the AAA staff enlisted the help of the service provider agencies and vendor organizations. Attempts were made to gather data from a cross section of the community, though the survey was not a scientific, random effort. The results validated some of the beliefs in the community, while shedding some light on the needs of seniors in ways that were unexpected. One unexpected finding was that generally the seniors in Stanislaus County and the surrounding areas have higher rates of chronic conditions such as hypertension and diabetes than the rest of California, while a greater number of seniors lacked access to appropriate health care professionals. Another finding dealt with possible depression and care for mental health needs. The survey showed that almost one quarter of respondents exhibited the early signs of depression and of those, nearly one third were not able to access mental health treatment. Data gathered for the Community Health Assessment was incorporated in the new 3-year Area Plan for Stanislaus County.

The other survey effort that involved the AAA staff, agencies and Commission on Aging was an effort to determine and demonstrate unmet transportation needs. For some time the AAA staff has known that public transportation outside of the major cities in the County has lacked flexibility to handle the needs of seniors that need to find ways to go between cities and towns for various reasons. The evidence has been anecdotal and had not been quantified to be able to change the way transportation services have been delivered. Through a coordinated effort, the survey and focus group sessions resulted in data that revealed unmet needs for the most vulnerable citizens living in all areas of the County. The great challenge in the coming months and years is to access specific funds and use them to expand the current services. The AAA staff remains active with the coalition of agencies and governments to maintain the facts of the needs of the seniors and disabled persons within Stanislaus County.

As the State became mired in another budget crisis in the summer and fall of 2008, the Ombudsman Program was forced to undergo significant changes. The loss of funds from the State General Fund produced a situation for the provider in Stanislaus County where it was necessary to consolidate the administrative functions with the staff in Area 12. Catholic Charities is the provider for the Ombudsman Program in Stanislaus County and Area 12, the PSA that covers 5 counties in the central Sierra, Mother Lode area. Classes to train and certify new volunteer ombudsmen are on-going.

The 6th Annual Healthy Aging Summit was held October 10, 2008. A major change this year was the involvement of the Senior Fall Prevention Coalition. The Coalition was formed to highlight the need to educate seniors and caregivers about the conditions that can contribute to falls and how to alleviate those conditions and prevent debilitating falls. Funding for the Coalition and their efforts came through a grant from the Archstone Foundation and required the Coalition to plan an event centered on fall prevention. The Fall Prevention section of the Summit included risk assessment, screening for vision and balance issues, resources, and demonstrations of exercises and home modification. The Summit also included health screenings for diabetes, cholesterol, bone density, depression, and stroke risk. The Stanislaus County Health Services Agency administered a flu shot clinic. AARP partnered with Walgreens Pharmacy to provide information about safe Medication Management. Vendors included agencies and companies that offered free information about a variety of health related issues. Approximately 1300 seniors and caregivers attended the event.

Late in the 2007-2008 fiscal year the AAA was notified that the California Department of Aging would not be producing and administering the Farmers Market Coupon program. Stanislaus County, in the heart of the Central Valley, has some of the best local farmers markets and roadside fruit and vegetable stands. For a number of years the local farmers and area senior citizens have benefited from the availability of the \$20 coupon booklets. During the summer, the AAA staff and local senior citizens were delighted when the State Department of Agriculture agreed to handle the program. The staff distributed coupons at the established markets in Modesto, Riverbank, and Oakdale. They also held an impromptu market with certified farmers in Patterson on the west side of the County. By the spring of 2009, new certified markets were established in Patterson and Ceres, resulting in the coupon books being distributed in 5 markets, Modesto, Riverbank, Oakdale, Ceres and Patterson. With the recession making resources more scarce, the senior citizens of Stanislaus County are especially appreciative of the Farmers Market Coupons to help them stretch their food dollars.

Another way that the senior citizens have been aided during the last year has been through the donation of new CFL bulbs for low income seniors from the Modesto Irrigation District, one of the local utility companies. The staff of the AAA distributed the bulbs to seniors in apartments and

mobile home parks, installing them and giving out literature about other services available through the AAA.

In March 2009, the Gallo Center for the Performing Arts was the scene of the kick-off Open House for the newly formed Stanislaus Senior Foundation. The Foundation was formed through the impetus of the Commission on Aging members as a conduit for grant funds that can be used to augment the funding from the Older Americans and Older Californians Acts. Additionally the donations to the Foundation have the potential to assist in funding other projects to benefit the senior citizens of the County. Attendees to the Open House received information about senior services and how they can enhance the lives of senior citizens in Stanislaus County through donations to the Foundation. Also featured was a recently recorded DVD, *Secrets in America*, highlighting the prevalence and dangers of elder abuse.

AAA staff and Commission on Aging members were active participants in a process to design programs through the Behavioral Health and Recovery Services Department (BHRS) addressing depression, isolation and substance abuse by older adults. The Prevention and Early Intervention initiative with older adults is part of a plan that BHRS presented to the State Mental Health Department, seeking approval to assist seniors in their homes. The plans include the development of community programs that will assess and meet the needs of seniors, giving them the resources to remain as active and independent as they are able to be.

The holiday season presented the AAA staff and Commission on Aging members with opportunities to brighten the lives of our population. The Adopt-a-Senior Program used donations from multiple sources to provide gifts to seniors and disabled persons involved in the Linkages Program. For many of these clients these were the only holiday gifts they received. For the second year, the owners and staff from a local property management company elected to forgo a holiday party and used the funds allocated for that purpose to clean and do home repairs for the residents in a mobile home park in Modesto. Another holiday gift came from members of the Beth Shalom Temple who provided dinners for some of the home delivered meals clients on Christmas Day.

In April, the AAA staff collaborated with staff from BHRS to start a discussion group for seniors and caregivers who identify as Lesbian, Gay, Bisexual and Transsexual. The group meets once a month at the Stanislaus PRIDE Center. Though small, it has been growing, as people learn of this opportunity.

Section II – Summary of Ideas for the Future:

The AAA staff has collaborated with BHRS in the development of three programs that focus on Prevention and Early Intervention in the areas of depression and substance abuse. The AAA staff will have an opportunity to apply to be the lead agency for these programs. One plan will be to adapt a program from Washington State, called P.E.A.R.L.S., Program to Encourage Active, Rewarding Lives for Seniors. In addition, the staff of the AAA and BHRS will be working on a program to train senior peer counselors. The seniors trained in the program will be available to folks experiencing similar situations, to help other seniors find resources to assist them in their various challenges. A third program involves the AAA and BHRS staffs encouraging seniors to access a program centered in the Bay Area called “Senior Center Without Walls”.

As noted above, the AAA staff participated in a survey to assess and prove the “unmet need” of assisted transportation throughout the County. Requests for rides made to the Information and Assistance line and the assisted transportation program have been increasing, especially for frail seniors and disabled persons. The finding of the survey proved the anecdotal evidence the AAA staff and their providers have known for some time, there are a significant number of people that could benefit from a coordinated and specific transportation program. The local coalition of

governments, known as StanCOG (Stanislaus Council of Governments), will be using the results to address this need. Members of the AAA staff and Commission on Aging are part of a steering committee formed to design and implement an enhanced transportation system.

With the reduction of State funds that became reality last fiscal year and into this year and the facts of growth of the senior population, the AAA will be focusing increasingly on using volunteers to accomplish some services. The Ombudsman Program staff will continue to train more volunteers to do this special and crucial job. With the elimination of case management services, another important program that is forming is a Friendly Visitor Program for home-bound adults. The various changes to Medicare and the increase in beneficiaries in the coming years will necessitate the training of more volunteers for the Health Insurance Counseling and Advocacy Program (HICAP).

Section III – Goals and Objectives:

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.***
2008-09 Update: The nutrition sites will continue to be a place that depression screenings will be conducted during October 2008. 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 10/31/08. Continued Coordination Objective.***
YEAR END 2008-09: Screenings were held at the Nutrition Sites. Over 200 seniors were screened for depression during October 2008.
- 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 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.***

2008-2009 Update: Due to a lack of participation by the CDA, this objective will be deleted until further notice.

YEAR END 2008-09: The California Department of Agriculture staff decided to adopt this project, with the result that the Farmers Market Coupons were available in August 2008 and June 2009. New Certified Farmers Markets were opened in Ceres and Patterson. Coupons were distributed to qualified senior citizens at these locations and the markets in Oakdale, Modesto and Riverbank.

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.

2008-2009 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 2009.

Continued Coordination Objective.

YEAR END 2008-09: Beginning in early 2009, AAA staff and Commission on Aging members coordinated to publicize and choose a senior from each supervisor's district to be honored at a special reception and Board of Supervisors meeting. A committee from the Commission selected the 5 honorees and the celebration was held Tuesday, May 19, 2009 at the Board of Supervisors meeting. The honorees received commemorative albums with letters and proclamations from various elected officials.

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 5th 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.*

2008-2009 Update: The 6th Healthy Aging Summit will be held in October 2008. 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 3/1/08-10/31/08. Continued Coordination Objective.*

YEAR END 2008-09: The Healthy Aging Summit was held October 10, 2008 and was attended by approximately 1,300 seniors and caregivers. Free health screenings, flu shots, and information were available throughout the day. See Section I for highlights of this annual event. Depression screening was done for 89 seniors at the Summit.

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.**

2008-2009 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 2008-09: The Healthy Aging Association staff and volunteers continue to conduct successful exercise classes for over 900 seniors throughout the County. The staff continues to pursue ways to provide classes in more communities by applying for grants and training volunteers to assist seniors obtain and maintain the best quality of life.

1.11 The Area Agency on Aging staff, in collaboration with the Healthy Aging Association, the Commission on Aging and various County and community organizations will conduct and evaluate one fall prevention activity in 2008. The activity will be planned according to the results of the Needs Assessment Survey, expected to be finalized in May 2008. *Outcome:* Seniors who participate in the event will be informed of the ways that their lives can be enhanced by taking steps to prevent debilitating falls. *Measurement:* The number of participants in the Fall Prevention activity and subsequent plans to continue the work of the Coalition. *To be accomplished 7/1/2008-6/30/2009. New Coordination Objective.*

YEAR END 2008-09: The Healthy Aging Association, AAA staff and the Senior Fall Prevention Coalition members used a special area of the Healthy Aging Summit to assess risks for falls, and present solutions that will prevent falls to the participants of the Summit. Information about home modification, strength and endurance, vision and hearing, and balance testing were available. Approximately 400 participants took advantage of the special Fall Prevention area of the Summit.

1.12 The Area Agency on Aging staff will work with the Howard Training Center, the provider of both the Congregate and Home Delivered Meals programs to develop alternate funding sources, and implement some cost reduction strategies to help accommodate the increase in demand for both meals programs. *Outcome:* 10,000-15,000 more meals in the combined programs will be provided throughout Stanislaus County. *Measurement:* Howard Training Center will be successful in finding new sources of income and reducing costs for the programs. The number of additional meals provided over the course of the fiscal year. *To be accomplished 7/1/08-6/30/09. New Program Development Objective.*

YEAR END 2008-09: Towards the end of FY 2008 it appeared that the provider would not be able to handle the increasing demand for home-delivered meals. The provider instituted new criteria, as

well as some cost-cutting policies, that resulted in a reduction in the number of meals. During FY 2009 the provider received additional grant funding, making it possible for them to add new clients to the program. After a drop in the meals served early in the year, the provider ended FY 2009 serving just over 172,800 meals in both programs. AAA staff worked to assist the provider in ensuring continuity of service to the appropriate seniors and to encourage quality food service, while expanding participation in the programs.

1.13 The AAA staff will work with the Stanislaus County Behavioral Health and Recovery Services (BHRS) to develop a program of peer counseling for seniors in their homes. The program will focus on addressing depression and isolation in homebound seniors. *Outcome:* A peer counseling program will be made available through the BHRS and publicized through the AAA Information & Assistance and InfoVan and the provider for the Home Delivered Meals Programs. *Measurement:* The number of peer counselors trained and available to assist seniors in their homes and the number of seniors who benefit from the attention to their needs. ***To be accomplished 7/1/08-6/30/09. New Coordination Objective.***
YEAR END 2008-09: The AAA staff participated with BHRS staff in developing proposals for new programs under the Prevention and Early Intervention (PEI) efforts with older adults. The programs have been approved by the State and will be implemented in the coming year. This Coordination Objective will continue in the new Area Plan.

1.14 The AAA staff will work with the BHRS staff to develop a program addressing problems associated with substance abuse in the senior population. Classes will be developed to help seniors modify their behaviors away from abusing prescription drugs and alcohol to handle life's challenges. *Outcome:* Classes will be developed and publicized through the Information & Assistance and Info Van Programs. *Measurement:* Successful outline of classes and the number of seniors attending the classes. ***To be accomplished 7/1/08-6/30/09. New Coordination Objective.***
YEAR END 2008-09: The AAA staff participated with BHRS staff in developing proposals for new programs under the Prevention and Early Intervention (PEI) efforts with older adults. The programs have been approved by the State and will be implemented in the coming year. This Coordination Objective will continue in the new Area Plan.

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

2008-2009 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 7/1/08-6/30/09. Continued Objective.**

YEAR END 2008-09: Assistance in completing utility discounts has occurred through the I&A office and with the Info Van. The bilingual staff has assisted any persons whose primary language is Spanish.

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.

2008-2009 Update: The production of the newsletter will continue into the new fiscal year.

Outcome and Measurement: See above. **To be accomplished in September 2008 and April 2009.**

Continued Coordination Objective.

YEAR END 2008-09: Due to economic issues, only one issue of the newsletter, "Golden Times and Lifestyles", was produced last year. The newsletter was produced in September 2008 and was coordinated through the Healthy Aging Association and the AAA staff.

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.*

2008-2009 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 2009. Continued Objective.*

YEAR END 2008-09: The I&A staff used the Info Van to distribute information about senior services at health fairs during the year.

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.*

2008-2009 Update: Members of the Commission on Aging will continue to represent the Area Agency on Aging to various community groups. These presentations will continue throughout fiscal 2008-2009. *Outcome and Measurement:* See above. *Continued Objective.*

YEAR END 2008-09: Commission on Aging members continued to be involved with various groups, representing the work of the Commission and the AAA to the larger community.

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.*

2008-2009 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. *To be accomplished 7/1/08-6/30/09. Continued Objective.*

YEAR END 2008-09: The staff of the AAA used the Info Van to attend community events to provide information about senior services, beyond the main office.

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.
2008-2009 Update: The meals and exercise classes will continue.

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.**
2008-2009 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 7/1/08-6/30/09. Continued Coordination Objective.**
YEAR END 2008-09: The AAA staff participated in events sponsored by SEAPA, giving out information about senior services and endorsing the efforts to prevent elder abuse.

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.*** Repeated attempts to contact the newspaper have not resulted in a successful way to spread information. **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.***

2008-2009 Update: After a year off from this event, the Area Agency on Aging will coordinate with staff from the Stanislaus County Adult Services and Adult Protective Services to host another Speed Networking Event. *Outcome and Measurement:* see above. ***To be accomplished by May 2009. Continued Coordination Objective.***

YEAR END 2008-09: No Coordination Funding spent-No event held in 2008-09.

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.***

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. 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.***

2008-2009 Update: Plans for the training sessions are currently in process. Completion of this objective will continue into the new fiscal year. *Outcome and Measurement:* See above. ***To be accomplished 7/1/08-6/30/09. Continued Program Development Objective.***

YEAR END 2008-09: Due to unexpected budget cuts to the state funding for the Ombudsman Program and a major staff change at the provider, this objective was not accomplished in 2008-09.

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.**

2008-2009 Update: The AAA will continue to include Catholic Charities as one of the agencies to assist with Homemaking services for both the Linkages and Family Caregiver Support Program for unpaid caregivers. *Outcome and Measurement:* See above. **Continued Objective.**

YEAR END 2008-09: Due to rising costs and constant reimbursement rates, Catholic Charities staff elected to cease providing Homemaking services via the Linkages and Family Caregiver programs.

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.**

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 7/1/05-6/30/06.*

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.

2008-2009 Update: The Linkages staff will continue to expand services for clients as needs warrant and funding remains available for these purposes.

YEAR END 2008-09: The Targeted Case Management funds were used to augment the funds available for Case Management under the Linkages Program.

3.5 The AAA staff will work with the provider of the Assisted Transportation Program and other community transportation agencies to seek grants to expand specialized transportation services for seniors and disabled adults. *Outcome:* Catholic Charities, the Assisted Transportation Program provider, and other Transportation Agencies will obtain funding that will enable them to expand existing programs into more areas of the County. *Measurement:* The number of additional routes and transportation services available through the Assisted Transportation Program and associated Community Transportation services. *To be accomplished 7/1/08-6/30/09.* **New Coordination Objective.**

YEAR END 2008-09: The AAA staff assisted the staff of Catholic Charities and the local transportation authorities with a county-wide survey of potential un-met needs for seniors and disabled persons. Expansion of routes and availability of specialized transportation are under consideration for the future.

Section IV – Title IIID and Medication Management:

The Title IIID program continues to be under contract to the Healthy Aging Association. Their main program is the Young At Heart strength training classes that are held 2-3 times per week at various locations throughout the County. Over the last year they maintained 25 class sites, including 17 in Modesto, with the balance in Oakdale, Turlock, Hughson, Newman, Patterson, Riverbank, Waterford, and Grayson. They also sponsor basic aerobics, low impact aerobics, and Tai Chi classes. Over 925 seniors have participated in the classes in the last year. Most of the participants are over 70 years old and are considered to be low income. Part of the reason for the success of the programs is the practice of locating the classes in various neighborhoods, allowing easy access to the classes. Most of the teachers for the classes are volunteers, and are certified by the staff to be able to safely lead the classes. Teachers are required to attend training meetings throughout the year to maintain their skills. The staff regularly distributes healthy living information to all the classes. The staff also is available to speak to various groups re: fall prevention, medication management, and the importance of maintaining a healthy body.

The Healthy Aging Association is the co-sponsor for the Healthy Aging Summit. The Association is the lead agency in the Senior Fall Prevention Coalition and the staff has coordinated the activities and events surrounding the Summit and particularly the fall prevention area. Included in the Summit was an opportunity for seniors to receive a free consultation from a pharmacist regarding drug interactions and the ways to effectively manage any medications.

The staff of the Healthy Aging Association produced the *Golden Times and Lifestyles* newsletter in the late summer of 2008. The newsletter is distributed through the AAA providers, the Commission on Aging, and other County agencies and organizations. The newsletter contained information about the Summit, the Coalition, the Healthy Aging classes, other related subjects, and human interest stories.

Section V – Program Development and Coordination Objectives:

Program Development Objectives:

Objective 1.12- Towards the end of FY 2008 it appeared that the provider would not be able to handle the increasing demand for home-delivered meals. The provider instituted new criteria, as well as some cost-cutting policies, that resulted in a reduction in the number of meals. During FY 2009 the provider received additional grant funding, making it possible for them to add new clients to the program. After a drop in the meals served early in the year, the provider ended FY 2009 serving just over 172,800 meals in both programs. AAA staff worked to assist the provider in ensuring continuity of service to the appropriate seniors and to encourage quality food service, while expanding participation in the programs.

2.13- Due to unexpected budget cuts to the state funding for the Ombudsman Program and a major staff change at the provider, this objective was not accomplished in 2008-09. **No Program Development Funds were expended for this objective in 2008-09.**

Coordination Objectives:

Objective 1.4- Depression screenings continued at nutrition sites during October 2008. Over 200 seniors were screened for depression at nutrition sites.

1.6- Beginning in early 2009, AAA staff and Commission on Aging members coordinated to publicize and choose a senior from each supervisor's district to be honored at a special reception and Board of Supervisors meeting. A committee from the Commission selected the 5 honorees and the celebration was held Tuesday, May 19, 2009 at the Board of Supervisors meeting. The honorees received commemorative albums with letters and proclamations from various elected officials.

1.8- The 6th Annual Healthy Aging Summit was held October 10, 2008. The Summit included health screenings for diabetes, cholesterol, bone density, depression, and stroke risk. The Stanislaus County Health Services Agency administered a flu shot clinic. AARP partnered with Walgreens Pharmacy to provide information about safe Medication Management. Vendors included agencies and companies that offered free information about a variety of health related issues. Approximately 1300 seniors and caregivers attended the event.

1.11- A major addition to the Summit in 2008 was the involvement of the Senior Fall Prevention Coalition. The Coalition was formed to highlight the need to educate seniors and caregivers about the conditions that can contribute to falls and how to alleviate those conditions, and prevent debilitating falls. Funding for the Coalition and their efforts came through a grant from the Archstone Foundation and required the Coalition to plan an event centered on fall prevention. The Fall Prevention section of the Summit included risk assessment, screening for vision and balance issues, resources, and demonstrations of exercises and home modification. Approximately 400 participants stopped in to the Fall Prevention section.

1.13 & 1.14- The AAA staff participated with BHRS staff in developing proposals for new programs under the Prevention and Early Intervention (PEI) efforts with older adults. The programs have been approved by the State and will be implemented in the coming year. These programs include the possibility of the AAA staff developing and maintaining programs that will assist seniors with peer counseling and to prevent conditions such as depression and substance abuse. These Coordination Objectives will continue in the new Area Plan.

2.7 – The AAA staff participated in events sponsored by SEAPA, giving out information about senior services and endorsing the efforts to prevent elder abuse. The Director and other staff members participate with the provider to plan and accomplish elder abuse prevention events during

the year throughout the County. The AAA will continue to be involved with SEAPA and this Coordination Objective will continue in the coming years.

2.9 – The Speed Networking Event did not happen in fiscal year 2009. No Coordination funds were used in 2008-09.

3.5 - The AAA staff assisted the staff of Catholic Charities and the local transportation authorities with a county-wide survey of potential un-met needs for seniors and disabled persons. Expansion of routes and availability of specialized transportation are under consideration for the future.

Section VI – Summary of Activities for the Year:

In addition to the accomplishments stated earlier and the system-building goals and objectives, the AAA staff and the Commission on Aging members have worked to maintain a significant presence in the larger and smaller communities that make up Stanislaus County. The staff has continued to serve with other County employees on the following committees: Death Review Team; Local Implementation Group for HIV/STD Prevention Committee; the Community Health Assessment Committee; and the Stanislaus Council of Governments (StanCOG). Committees outside of the County system include: the Stanislaus Elder Abuse Prevention Alliance (SEAPA); the Stanislaus Senior Foundation; the Senior Fall Prevention Coalition; the Hispanic Leadership Council; and the United Way of Stanislaus and the Mother Lode.

The AAA staff participated in a number of events throughout the County, using the Info Van and the HICAP staff. Many of the events were in the rural areas of the County and involved persons in the Hispanic communities, Stanislaus County's largest minority group. These events included health fairs, community anniversaries, the SEAPA Safe Banking seminar, fund raising events, and visits to assisted living facilities. In addition, AAA staff members made presentations to seniors and other citizens in venues such as one of the Soroptomist clubs, the staff of the United Way 211 service, and through the annual HICAP/HMO plan presentation.

The AAA staff continues to partner with local utility companies to assist persons with limited income. This partnership has included AAA staff assisting in completing applications for discounts on utility bills, the distribution of donated compact fluorescent light bulbs to low income seniors, the donation of night lights for the Fall Prevention portion of the Healthy Aging Summit, and collaboration to identify and assist persons that could greatly benefit from their discount programs.

A new benefit from the presence of the AAA in the community is an opportunity for seniors to receive free tickets to events at the Gallo Center for the Performing Arts. A wide variety of performances from dance, orchestra, big band, and popular music are being featured at the Gallo Center and seniors have been given tickets for many of these performances. This has been particularly true for cultural events and efforts have been made to give tickets to members of the Hispanic communities. These opportunities have helped seniors maintain a better quality of life through enjoying these artistic expressions.

Though some services have been curtailed or eliminated, the AAA staff has diligently attempted to inform the general public and seniors in particular of the many services that are still available. The AAA staff has continued to promote the Information and Assistance Program in the AAA office as the first contact to access services that are funded through this office and many other services from a wide variety of agencies and organizations.

Section VII – Final Report to Conclude the Area Plan:

The last four years have been challenging and rewarding for the staff of the AAA and the Stanislaus County Commission on Aging. The national and state budget crises and the growing senior population have necessitated changes to some programs and expansion of others. In general, the AAA staff has begun to place a greater emphasis on collaboration with outside agencies and volunteer opportunities. We have used the Info Van and the Information and Assistance Program to get out into the communities, giving information about various services and how seniors, disabled persons and caregivers can access these services.

AAA staff coordinated the production of a DVD that featured Older Americans and Older Californians Acts services and particularly the availability of the Information and Assistance telephone numbers. In addition, the staff has provided information at a wider variety of community events and to interested groups of seniors and caregivers. These groups include Rotary and Soroptimist clubs, church and retirement groups.

The annual Healthy Aging Summit has provided an avenue for groups involved in encouraging healthy lifestyles to meet and greet more of the seniors and caregivers in the community. The Summit has sought to give seniors the opportunity to have free health screens that a senior might not access in the usual clinic setting either due to cost, availability, or an attitude that a particular test would be inconvenient or undesirable.

The staff of the AAA has assisted providers with seeking funding beyond the grants from the federal and state governments. This assistance came in the form of a grant writer, through referrals to various grant possibilities, and with endorsement letters. In addition, the staff has promoted and participated in fund raising events, further establishing the AAA in the community.

Collaboration with other agencies to inform the public of services has included a Speed Networking Event, the publication of an Elder Care Directory, and assisting with the establishment of the local 211 Information System. The Speed Networking Event was aimed at assisting a wide variety of staff from providers to understand the other services available for their clients through city, county and non-governmental agencies. The Elder Care Directory was the result of collaboration with a variety of local service providers and was published by the *Modesto Bee* staff. Because of the greater variety of providers, the Directory was distributed to a different audience, thus spreading information about senior services beyond those seniors and caregivers who were already informed of those services. The United Way has successfully implemented the 211 Information System in Stanislaus County. The staff of the AAA participated in the formation of the System and continues to encourage citizens to access the information available through it.

The Behavioral Health and Recovery Services Department of Stanislaus County has been a partner with the AAA for many years, doing depression screening and attending outreach events with the staff. As the statewide focus has turned towards prevention of mental illness and early intervention when needed (PEI), BHRS staff has developed priorities that involve coordinating with the AAA staff to identify and assist seniors before their mental health needs become acute. Anecdotal and survey data show that many seniors either don't need concentrated mental health services or are unable to access the current services. Plans that have resulted from this data will include programs that will assist seniors in their homes. In addition to these potential programs a new support/discussion group was started by a member of the BHRS staff to address the needs and concerns of the Lesbian, Gay, Bisexual and Transgender community.

The Healthy Aging Association, the provider for the Health Promotion/Disease Prevention programs, received a grant from the Archstone Foundation to form the Stanislaus Fall Prevention Coalition. The Coalition includes staff from the AAA and other County agencies, CSU Stanislaus, the Public Authority, home health agencies, Modesto Fire Department, and non-profit agencies assisting seniors and disabled persons. The grant provided the means to sponsor and conduct an

event and to distribute information about fall prevention. The Coalition continues to meet to further address the on-going need to increase awareness about the potential effects of falls for senior citizens.

The AAA staff continues to seek ways to enhance the lives of senior citizens, by assisting them to remain as independent as they can and want to be. With the recent budget crisis in California that resulted in the elimination of certain programs, the AAA has begun to find ways to meet the needs of the senior citizens through other avenues. In the next Area Plan cycle, the AAA staff and members of the Commission on Aging will partner with a variety of agencies to continue the available programs and plan new ones as the needs are discovered.