

Tuolumne County Committee on Aging

Agenda for Meeting on Monday, March 11, 2023, 1:30 PM

Location: Tuolumne County Senior Center

540 Greenley Rd, Sonora, CA 95370

1. Call to Order **Ryan Campbell**
 - a. Establishment of Quorum
 - b. Introductions (If needed)
2. Public Comments
3. Minutes: Approval of the February 12th minutes
4. Chairman's Report (5 minutes) **Ryan Campbell**
5. Treasurer's Report (5 minutes) **Ted Michaud**
6. CAO Staff Report (5 minutes)
 - a. Consideration of vacating COA seat due to absences **Mark Fischer**
7. Presentation by Area 12 Agency on Aging –
A12AA – 2023 Community Needs Data Analysis (30 minutes) **Doreen Schmidt**
8. Reports from Workgroups (30-45 minutes)
 - a. Health
 - b. Assistance Programs **Cathie Peacock (and**
 - c. Technology **workgroup leaders)**
 - d. Event Planning
 - e. COA Operations / Communication
9. Additional Comments / Questions (5-10 minutes)
10. Adjournment

Tuolumne County Committee on Aging

Minutes of Meeting on Monday, February 12, 2024, 1:30 pm

Meeting held via Zoom

1. Call to Order / Introductions

A. Establishment of Quorum

- i. Quorum established – 9 members present
- ii. COA Alternate Chairman Ryan Campbell, Zandra Bietz, Melody Brotby, Kristi Conforti, John Featherstone, Tim Gillespie, Ted Michaud, Cathie Peacock, Jackie Sample
- iii. Meeting called to order at 1:49 pm

B. Introductions

- i. Committee members gave introductions

2. Public Comments:

A. None.

3. Approval of Minutes:

- A. COA Member Cathie Peacock motioned to approve the minutes from the November 13th meeting. Second from COA Member John Featherstone.

4. Chairman's Report:

- A. COA Alternate Chairman Ryan Campbell summarized noteworthy items on the upcoming (2/13) BOS Agenda.

- i. Resignation by Britne Gose from the COA.
- ii. Approving a resolution proclaiming the week of 2/11 – 2/17 as grand jury awareness month.
- iii. AT&T's petition to drop their position as a carrier of last resort. The Board of Supervisors is submitting a letter of opposition to this action.
 - 1. COA Member Cathie Peacock asked what options existed for continued land line coverage. Discussion ensued.
- iv. Behavioral Health presentation on continuum of care

- B. COA Alternate Chairman Campbell led a general discussion on how the COA can approach their goals. Rather than focusing on a large list of items, he suggested that the committee focus on one or two items for the year.

5. Treasurer's Report:

- A. The current COA balance is \$9,738.18

6. New Business

A. Presentation from Adventist Health Sonora

- i. Adventist Health is expanding the scope of their cardiac services, but still cannot perform major cardiac surgeries.
- ii. COA members asked a series of questions of the Adventist Health representative. Discussion ensued.
- iii. COA member Kristi Conforti left the meeting at 2:16pm (returned at 2:20pm)
- iv. The committee asked Adventist Health if they would be willing to contribute information to the committee on an ongoing basis. Discussion ensued, eventually leading to the suggestion that Adventist select a staff member to join the COA officially. Adventist stated that they would select a candidate to join the COA.

7. Reports from Workgroups

- A. It was generally discussed that the workgroups had only just had their initial meetings, and a detailed report on progress would come at a future meeting.
- B. Discussion ensued connected to earlier comments regarding narrowing the scope of work for the COA. The group reached a loose consensus that the focus should be on:
 - i. Health
 - ii. Assistance Programs
 - iii. Event Planning
 - 1. Specifically, it was suggested that the COA should focus on a presence at the Health Faire and the Centenarian Event at the end of the year.

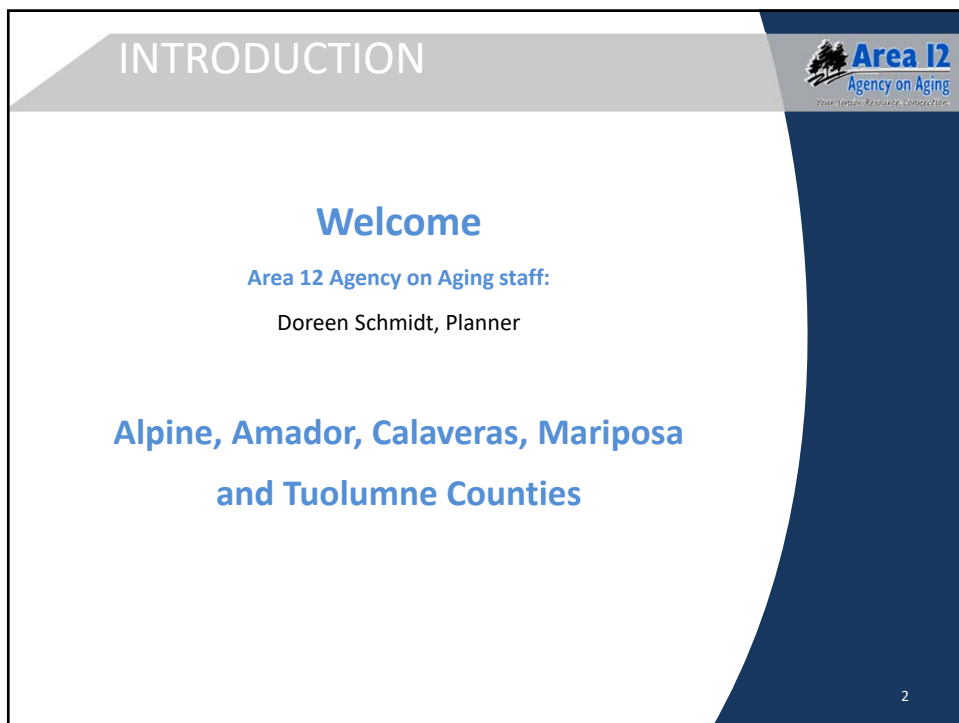
8. Additional Comments / Questions

- A. Discussion on having speakers at each COA meeting. More clarity is needed on who would arrange the guest speakers.
 - B. The COA agreed that the next COA meeting would be in person instead of Zoom.
- 9. Adjournment
 - A. Meeting adjourned at 3:07 pm

DRAFT



1



2

EXECUTIVE SUMMARY

- **Planning & Service Area – PSA 12**
- **Requirement by California Department of Aging - CDA**
- **Summary:** Supporting older adults in our communities requires a broad range of services. The results of this survey identified individuals experiencing the most difficulty with home repairs and yard maintenance. Others needed help with paying for dental care and were having difficulty with household chores. 39% expressed concerns with having enough money to live on, 28% concerned with falling and one quarter had crime concerns.
- **Technology**
- **Health**
- **Caregiving**



3

3

INTRODUCTION

- **The Blue Zones Project** – Partnered with the Blue Zones Project in Tuolumne County focus groups in rural pocket communities.
- **CASOA** – Community Assessment Survey for Older Adults; Survey was customized for the California Department of Aging (CDA).
- **Data Sources include:** US Census Quick Facts, American Community Survey, Community Health Assessment: Mariposa County, Calaveras County, Tuolumne County, Elder Index, UMass, Boston, AARP Livability Study



4

4

DEMOGRAPHICS

SURVEY RESPONDENTS

Age 60-84 majority Age 75+ 24%
635-A12AA survey 718-CASOA survey
Return by County: Alpine-2; Amador-82;
Calaveras-99; Mariposa-134; Tuolumne-308



5

5

DEMOGRAPHICS

ORGANIZATIONS –

49%	Family/Friend	25%	Internet search
42%	Senior Center	17%	Faith based; Doctor
36%	Area 12 Agency on Aging		

Specific demographics:

Gender, Ethnicity, Sexual Orientation, Marital Status

Employment, Income, Education

Health Insurance, Veterans, Technology

6

6

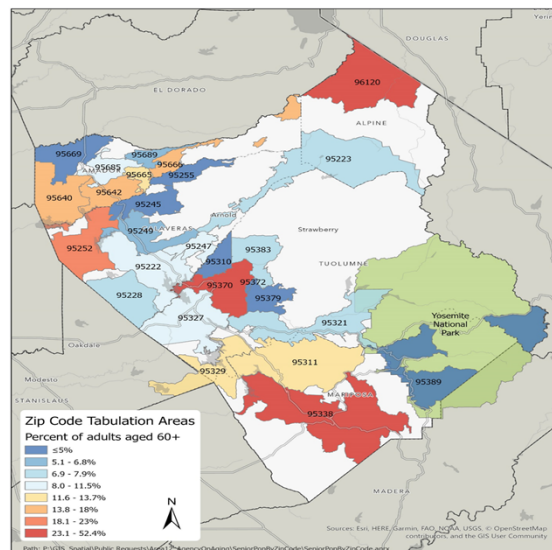
DEMOGRAPHICS

Economic Contribution:

CASOA Survey stated: *Productive activities include many types of paid and unpaid work. Older adults make significant contributions both paid and unpaid to the communities in which they live. In addition to their paid work, older adults contribute to the economy through volunteering, providing informal helps to family and friends, and caregiving. Unpaid contribution: \$731,178,842; Paid contribution: \$750,035,102; Combined: \$1,481,213,944*.*

*The calculations of the economic contributions of older adults are rough estimates using data from the US Department of Labor Bureau of Labor Statistics.

DEMOGRAPHICS



DEMOGRAPHICS



Geographic Distribution

- Amador County – older adult population is concentrated in zip codes 95640 and 95642.
- Calaveras County – older adult population concentrated in zip codes 95222 and 95247.
- Mariposa County – older adult population in zip code 95338.
- Tuolumne County – older adult population in zip code 95370 with 95327 and 95383 coming in behind that.

9

9

HEALTH & WELLNESS



- Overall health: More than 68% responded their health was good or excellent.
- Health & the Mind: 23% felt lonely and depressed; 14% felt fearful; 17% felt isolated; 16% felt left out.
- Health & Disability: 26% rated their health as good; 46% fair; 26% poor
- Community Health & Wellness: Sidewalk accessibility, park safety, walking trails, and benches for resting in public areas; 44% - 65% need improvement.
- Health & Housing: Rated accessibility and affordable housing. Accessible – no step entry, single floor living, wide hallways, doorways, grab bars or handrails.

10

10

OVERALL HEALTH ISSUES

SECONDARY DATA

- Access to care was ranked as the leading concern
- Increase in chronic disease – diabetes, cardiomyopathy, and hypertensive heart disease.
- Increase in Alzheimer's disease
- Tobacco use and adult smoking major contributor



11

11

ISSUES & CONCERNS

A12AA Survey Data

- Home repairs
- Paying for dental care
- Performing household chores
- Dealing with depression
- Having enough money to live on
- Falling in or out of the home



As adults desire to age in place, a healthy community should include home repair programs, fall prevention programs, meal programs, access to mental health services and in-home support services.

12

12

SERVICES



Service Utilization

Exercise programs

Handyman services

Chore services

Minor home repair program

Home delivered meals

Utilities assistance

These services were used by respondents. A12AA provides some services, some are provided by other organizations, and some are paid for privately. A12AA makes every effort to attend in person community events, Zoom events, or presenting at Service Club Organizations.

13

13

SERVICES



Info on Community Resources - A12AA makes every effort to attend in person community events, Zoom events, presenting at Service Club Organizations, present at Senior Centers, present at congregate lunches, sending information out with hdm.

Transportation Chart

Services individuals would use if available

Blue Zones Project – incorporate several healthy habits into each pocket community – walking clubs, healthy eating choices, exercise classes, improve walking options,

14

14

COMMUNITY HEALTH & WELLNESS



Overall Community livability score – 77%

Remain in Community - *A strong testament to the quality of a community is the likelihood of residents recommending and remaining in the community. CASOA Survey*

Quality of life – 76% **A place to retire – 63%**

Community livability – 77%

Personal quality of life – 84% positive

Blue Zones Project – incorporate several healthy habits into each pocket community – walking clubs, healthy eating choices, exercise classes, improve walking options, and other healthy choices for the community.

15

15

COMMUNITY HEALTH & WELLNESS



How would you rate your community for livability?

Community Livability score – *The most livable places have features and amenities such as places to exercise and socialize, access to job opportunities, a variety of housing options, access to health services and affordable and convenient transportation options. Livable communities can provide opportunities for people to remain active and engaged in the community at every stage of life. AARP Livability study.*

What choices would influence a move?

Cost of home maintenance

Access to services

Smaller house

Closer to family

Access to social interaction

Single story home

Nutrition

16

16

COMMUNITY HEALTH & WELLNESS



How would you rate your community for livability?

How would you rate your community for livability?	Amador	Calaveras	Mariposa	Tuolumne
Accessible homes for older adults – needs improvement	60.3%	57.0%	77.0%	68.0%
Affordable homes for adults of varying income levels – needs improvement	80.7%	75.0%	80.0%	78.7%
Accessible sidewalks – needs improvement	44.6%	65.0%	51.4%	52.9%
Safe parks and walking trails - fair	47.6%	29.7%	39.8%	48.0%
What choices would influence a move?				
Cost of home maintenance	40.9%	40.5%	55.5%	37.0%
Access to services	50.0%	46.4%	59.4%	41.0%
Want a smaller house	39.4%	31.0%	30.7%	31.9%
Closer to family	38.0%	28.6%	30.7%	35.0%
Need a single story	19.7%	26.2%	22.0%	27.2%
Access to social interaction	18.2%	21.4%	25.7%	26.0%

17

17

CAREGIVERS



CAREGIVERS

Support system for caregivers

With the dramatic aging of the population and the limited funds for these services, our communities rely more on families to provide regular care for their aging parents, relatives, friends, spouses, or partners for months or years at a time.

Services Caregiver paid for: prescription drugs, home modifications, transportation, in-home services, and respite.

Hours per week spent Caregiving

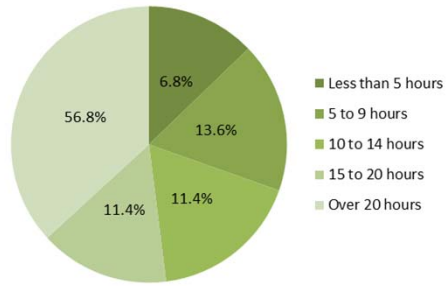
Caregiver Information requests: caregiver stress, in-home services, legal issues, emotional support, support groups, Alzheimer's/Dementia

18

18

CAREGIVERS

Hours per week spent caregiving:



19

19

CAREGIVERS

CAREGIVERS

Caregiving is a unique journey that few understand who have not experienced it themselves. It's an emotional roller coaster full of highs and lows.



20

20

CONCLUSION

- Knowing older adults' issues and concerns is critical.
- Affording home repair, yard maintenance, affordable home insurance, and affordable health insurance.
- Communication is vital to align efforts in the pursuit of goals, gain trust, inspire positive change, and break down barriers.
- High Community Livability marks show a strong relationship between the lifestyle choices of older adults in our communities.
- Service utilization confirms a strong connection between the services the Agency provides and the communities we serve.

21

21

CONCLUSION

*To know how
to grow old
is the master
work of
wisdom . . .*



*. . . And one of the
most difficult
chapters in the
great art of living.*

Herman Melville

22

22

CONTACT



**Area 12 Agency on Aging contact information –
209-532-6272 or 800-510-2020**

www.area12.org

Thank you for your participation.