



2021 Master Plan for Aging - Yolo County Town Halls Report 6/17/21

**Meetings occurred weekly on every Friday morning starting April 30th to May 21st, 2021
Funded by a grant from The SCAN Foundation**

The series of four town hall meetings in each incorporated city in Yolo County served as an opportunity for the community to come together, via Zoom, to focus on aging in our community, and talk more specifically about the California Master Plan for Aging. In these town halls, elected officials and community leaders alike had a chance to voice their concerns and ideas about aging in our community. Each of the four town halls was city specific but shared a common goal of making the broader Yolo County more age friendly. The town halls began on April 30th 2021 at 10AM with our Woodland town hall and ended this last Friday on May 21st with the West Sacramento Town Hall. The series of meetings was effective in cultivating genuine discussion about the issues surrounding aging in our community. The topics discussed at each town hall, including which elected officials spoke and what the community members suggest for the future, are outlined below in a city- specific format.

WOODLAND TOWN HALL:

*April 30th, 2021 10am-12pm
Attendance: 45 People*

Elected officials speaking: Supervisor Gary Sandy and Congressman John Garamendi

Breakout Room Facilitators: Valerie Olsen, Maria Sandhu, Terry Kelly, Sue Tarleton

Issues Discussed in breakout rooms:

Housing is not age appropriate or friendly. This is an issue for residents when they are looking to move or relocate.

- Homes that were all on one floor are sometimes harder to find and more expensive
- Not available or too pricey
- Caregivers are also old so they also cannot go to second floor - difficulty
- Caregivers and housing are linked
- Caregivers not getting the support that they need - support group - high stress situations - don't get a chance to speak about and find solutions for

Caregiver reform needed due to a growing need, and majority of caregivers currently are unpaid, being informal caregivers and family members

- Subsidy for caregivers that are informal - paid for their services
- Nutrition - pandemic - food insecurity - rose to the top of the list - huge need
- Food banks and meals on wheels are overwhelmed

There is a **digital divide** that was made even more evident during the pandemic. Not only are many not comfortable with technology, but there are many gaps in coverage too.

- Push for digital banking - calls for a lot of patience and tutorials
- Problems with accessible devices
- Solution could be to walk constituents through technology and how to use it.
- Discussion on affordable fiber optics, particularly in rural areas, and also access to computers and education to teach senior users how to access tele-med. The digital divide can be addressed by both giving seniors access to devices, and by helping them learn how to adequately use these devices.
- Alternate transportation like buses was discussed and whether there was a phone mobile app for the Yolo bus. Any way to make the bus accessible and easier to navigate would be a solution to transportation issues in the community.
- A service in the home for older people to take care of their pets including vet services and dog walking. We also discussed affordable housing, and the high cost of long-term care not covered by Medicare. Specifically long-term care that is a direct result of medically based mobility and memory issues.
- This question was also asked of Garamendi who had no answer.
- Also need for more in-home properly trained care workers. One member took a more client specific approach to evaluate the gaps in care for each individual, like food insecurity, disability issues.

DAVIS TOWN HALL:

May 7th, 2021 10am-12pm

Attendance: 49 People

Elected Officials Speaking: Supervisor Provenza, Supervisor Saylor, Mayor Partida, Assemblymember Aguiar-Curry

Breakout Room Facilitators: Elizabeth Lasensky, Lisa Miller, Seth Brunner, Shelia Allen

Issues Discussed in breakout rooms:

General accessibility and transportation issues need to be addressed. This includes fixing the greenbelts, doing a sidewalk assessment and telling the city. Suggestion to make this a volunteer activity

- **Transportation issue**, on demand we need to go to. Many don't like to use paratransit
- Unitrans is University centric and not designed to be senior-friendly, many find it confusing and especially hard to use during peak university weeks
- **Street lights** could be better for safety-especially when walking at night or alone
- **Transportation**-One resident takes the bus because tied to school so during finals and breaks it is a problems because it is so busy
- Phone Friend went to the emergency via ambulance. Kaiser called the lift to get her home. She fell between the apartment and her apartment door. Follow up with Kaiser.
- Proposed solution to transportation issue: identify helpers and guides in Davis that can help people become familiar with the bus system. These helpers can also help take the senior on their first ride and help them become familiar with their route.

An issue brought to our attention: A **diversity** group is being ignored. Outreach to the community by people of color and a part of that specific community. For example, for Black people, send a Black person to do outreach, find key informants, gain trust of the community.

- Transportation-kept coming back to this issue throughout the meeting. It is a great concern of many people in the community

Diversity issue, includes age issue. Diversity includes being inclusive of people of all ages. As we return from COVID have the conversations. Increase community conversations surrounding these issues.

Housing-increase the number of voucher programs already there.

Once you get into home-supports on ways to get things you need at low ways to stay in the home to have it be as economically affordable as possible.

- Project Room Key made a big difference for access to nutrition and safety.
- Paul's Place – opportunity
- Galileo Place and Adult Day Health
- Frequent request for screened caregivers.

There is more support needed for our caregivers, both financially and emotionally. **Caregiver support** can also include helping with home and yard maintenance when the caregiver is too busy providing care to get to home maintenance.

- Caregivers are stretched thin, have a lot to do and so little time. They sometimes cannot adequately care for themselves.

WINTERS TOWN HALL

May 14th, 2021 10am-12pm

Attendance: 41 People

Elected Officials Speaking: Assemblymember Aguiar-Curry, Supervisor Saylor, Mayor Cowan

Breakout Room Facilitators: Debra Palmer, Marianne Boyer, Marlene Bell

Issues Discussed in breakout rooms:

They group engaged in topics that were top of the mind for them and not necessarily in line with the agenda though very much related. Specific focus on engagement and involvement in the Winters community

- The first topic supported the involvement of all seniors in the Winters community. Our group very much wanted to identify the methods for **inclusion of the Latino community** of Winters. Often, activities designed for all doesn't mean that seniors of the Latino community will feel connected to the mission or programs offered.
 - For example, the organizing committee for the Winters Senior Center has reached out to the Hispanic Advisory Council, HAC. Council members will translate the letter of introduction into Spanish, but more is needed.

The following suggestions were made to be more inclusive:

1. Getting information/invitations out via text messaging trees in Spanish. This is the most effective and efficient way to ensure the best possible engagement.
2. Face to face communication – reach out in a face-to-face manner to ask an individual if they would like to be involved.
3. Communication needs to be in both languages with engaging the HAC a. be informed and respect the multiplicity of cultures within a race.
4. Tap into all levels of communication-face to face, phone text, flyers and with all groups and organizations with Winters. Identify individuals of all groups to help make “the ask.” People are more likely to engage if they know the person who is asking.

5. The city newsletter is in English and Spanish and posted on the website. The city could expand the access to formation by using multiple platforms
 - Also discussed accessibility in the city, including more possible funding for Sidewalk repairs and increasing walkability
 - Money has always been limited. However, there's a City Council budget workshop coming up in the next week or two.

On the agenda:

Improve the crossing for Highway 128

The Safe Routes to Schools programs

- Infrastructure funds and their potential could be coming soon and would provide tremendous revenue for both
- Bill Biasi thanked the County for their work on a safe crossing to the HHS building

WEST SACRAMENTO TOWN HALL

May 21st, 2021 10am-12pm

Attendance: 33 people

Elected Officials Speaking: Supervisor Villegas and Mayor Guerrero

Breakout Room Facilitators: Maria Sandhu, Charlotte Dorsey, Suzanne Reed

Issues Discussed in breakout rooms:

- The 2019 priorities we identified for West Sacramento might have shifted to place more emphasis on challenges of aging in place, isolation, and transitions to care in the home.
- Members gave props to the Area Agency on Aging programs that stepped up during the pandemic. One member participated in YHAA phone friend program to talk everyday with a 65-year-old woman who lives on SS. Pandemic didn't change her life, but the pandemic has brought her issues to light as something that affects the senior population in general all of the time, including isolation and accessibility issues. The phone friend through YHAA helped connect the senior to services, e.g., dentist appointment plus transportation to get there.
- West Sac Community Center/Parks & Rec Dept. has Sunshine programs e.g., Sunshine Drops and calls to seniors, virtual programs, mail outs with activities and information. Programs started in the pandemic could be continued and expanded. Call 916.617.5320 (Main line) to connect to services navigator. List for calls is by request & anyone that has participated in the past was identified.
- Could expand service for calls and establish dedicated call lines. Now hiring a navigator.
- There is a **digital divide** that has emerged as a major issue post-pandemic, which includes affording it (technology), and how to use it.

Overall, there was agreement that **safe sidewalks and good lighting** are needed to get seniors out of their homes.

- Opportunities for creating West Sacramento network for mutual assistance along the lines of the Village concept and time bank type models were discussed. Fire Dept is working on a list of vulnerable residents.

A possible solution presented: We could start pilot programs in neighborhoods where people know each other to identify and assist vulnerable residents before institutionalizing a more complex program.

Christine and Suzanne will connect to talk about mutual support systems and potential to work with the Fire Dept.