



The Unified Voice for Older Adults in Yolo County

**Collaboration, Coordination,
Information & Assistance Committee**

MINUTES

Monday, May 20, 2019 9:00AM-11:00AM,

Community Room, Yolo Co. Gonzales Building

25 N. Cottonwood St., Woodland 95695

PRESENT: Alysa Meyer (Legal Services Northern CA and chair), Rachel Foster (Senior Link of Yolo Co./LSNC), Teresa Ogen (Multi-purpose Senior Services Program-MSSP), Teja Payne (Agency on Aging-Area 4), Michelle Nevins (Del Oro Caregiver Resource Center), Liz Romero (Yolo Hospice), Lupita Vital (Yolo County HHS-A-Infected Disease), Isaac Blackstock (Yolo Housing), Rosanna Vigil (Yolo IHSS Public Authority), Maggie Fry (Yolo National Alliance on Mental Illness-NAMI), Cindi Unger (YHAA Board/ApexCare),Carolynn Washington (Health Insurance Counseling and Advocacy Program-HICAP), Kellymarie Chen (Yolo Co. HHS-Healthy Yolo), Guadalupe Lugo (Yolo Co. Children's Alliance), Laura Prosser-Horsch (Yolo Co. Adult Protective Services), Elizabeth Stevens (HICAP),

1). Introductions and announcements (Alysa Meyer, chair)

2). Approval of Agenda and Approval of Minutes of 3/25/19 MOTION: Move approval of agenda: Cindi Unger, Isaac Blackstock 2nd, passed. Moved approval of minutes as written: Rachel Foster, Cindi Unger 2nd, passed.

3). Presentation-Medicare 2019 updates and enrollment (Carolynn Washington, HICAP)

NOTE: See attached Powerpoint presentation

HICAP is the "Health Insurance Counseling and Advocacy Program" for Yolo County it is implemented through Legal Services of Northern CA (LSNC)

- Each person should start looking at their coverage beginning at age 50
- Each person has choices and each person needs depends on the individual and where you live.
- Social Security office can only answer very limited information.
- What is covered?
 - Part A-Hospital
 - Part B-Medical (outpatient MD office) \$135 per person per month-most people get it taken out of social security payments
 - Part C-Medicare Advantage programs (there are 5 plans that cover Yolo)
 - Part D – prescription medication-premium for this also

Yolo Healthy Aging Alliance - The Voice for Older Adults in Yolo County

Supervisor Jim Provenza, Chair - Sheila Allen, Executive Director

600 A Street, Suite C, Davis, CA 95616 530-757-5583 www.yolohealthyaging.org

- Medicare makes yearly changes-so need to check coverage every year
 - Penalties can be assessed if you didn't sign up on time or with lapses
 - Website: Kaiser Family Foundation for neutral information <https://www.kff.org/medicare/>
 - "MEDICARE and You 2019"- mailed to every Medicare beneficiary each year
 - Affordable Care Act added preventative care to Medicare
 - Part A is free if you paid into Social Security at least 10 years
 - Medigap insurance-to be used with classic Medicare to cover co-pays and non-covered care.
 - Medigap information www.insurance.ca.gov
 - Insurance agents and brokers are not certified to be Medicare advisors
 - This year all Medicare recipients received a new card that does not have your social security number.
 - There are scams about this be careful.
 - Review your Medicare Summary Notice (MSN) summary-not a bill but will provide information on what services were provided.
 - NOTE: when people are on MediCal at 45 month they will automatically be enrolled in Medicare.
 - "MediCal Estate recovery" there were changes with ACA to make even more exceptions.
- ACTION:** Send people to HICAP-veterans, state workers, etc. to work through their specific situation.

4) Roll out of CalFresh "Cashout"

For the first time in California, as of June 1 persons who receive SSI may be eligible for CalFresh (supplemental food program).

Participants provided with fliers and informational pamphlets to share with their patients/clients.

Can sign up on-line, over phone or in person at Yolo Services Centers or through select non-profits. All persons will then have a phone interview with a county eligibility worker.

For more information see: <https://wclp.org/wp-content/uploads/2018/10/SSI-SSP-Recipients-Will-be-Eligible-for-CalFresh-in-Summer-2019.pdf>

5). Provider spotlight: New Programs-National Alliance for Mental Illness NAMI (Maggie Fry)

NAMI provide a variety of classes for persons experiencing mental illness in the family.

- Basics – under age of 12 (8 week class)
- Family to Family program-caring for people as they age-how to care for self
- Peer to Peer from perspective of people experiencing mental illness. Davis and Woodland, now expanding to West Sacramento, Winters and Clarksburg.
- Support groups-in Davis and Woodland and West Sacramento.
- "In our own Voice" presentation to public to hear from person with mental illness.
- "Ending the Silence" for high school age students
- "Mental health 101" opportunity to discuss mental health that is culturally competent.

NAMI also provides advocacy around mental health.

Main group meeting: 1st Wed. of each month is informational meeting and potluck.

Request to the Collaboration Committee: There is a need for services and supports for persons with mental health conditions as they age and for their care providers. NAMI is developing a community survey to assess these needs and is asking for assistance to help get the survey out. Electronic and paper will start in June.

6). Round table discussion from participants-report on services from new members and updates from continuing members (all)

HICAP (Elizabeth Stevens) Reach out and ask clients/patients to contact HICAP to talk about their individual issues. Liz is the regional coordinator. Have people at Woodland, Davis and West Sacramento Senior Centers and will go out to Winters and Esparto.

Yolo Co. Mental Health (Kellymarie Chen) Digital Stories event at Wellness Center in Davis, Mental Health participants art show and Gardening Classes at Bauer Building in Woodland. County Cultural Competence Committee to create trainings-providers are welcome.

Yolo County Health Preparedness Coalition everyone is invited and welcome and encouraged to join.

Healthy Yolo (Kellymarie Chen) A collaborative effort to work on a community health collective impacts.

Current project is getting people more people enrolled in CalFresh.

Yolo Co. Children's Alliance (Guadalupe Lugo) Continuing to provide free tax assistance in West Sacramento (can call 211 for additional assistance and locations). Also assisting with CalFresh applications.

Yolo Co. Immunization program (Lupita Vital) Not offering TB and travel immunizations anymore, will provide resource information.

Del Oro Caregiver Resource Center (Michell Nevins) Caregiver support program-still enrolling through June 30 for this year. "Being Mortal" short being shown today in West Sacramento through the Yolo Coalition to Honor Choices coalition.

AAA4 (Teja Payne) Starting to provide CalFresh applications beginning in Aug. They will be looking for places in Yolo Co. to send staff for this outreach. AAA4, Resources for Independent Living and YHAA continue to work to develop an Aging and Disability Resource Connection (ADRC) in Yolo County. Next ADRC Advisory Committee meeting is June 4 2p-4p, at 600 A St. in Davis. Yolo Commission on Aging is electing new AAA4 Advisory Council members contact.

MSSP (Teresa Ogen) Open slots for service in Yolo County with no wait. Case Management and supports for Medi-Medi "dual enrolled" and eligible for placement in a skilled nursing facility.

Senior Link (Alysa Meyer) On June 30 LSNC will no longer provide this service. (NOTE: contract extended through August). Will not be providing Information and Assistance (I&A). Agency on Aging-Area 4 is funder for this program and is seeking an organization to take over the contract. LSNC ending contract mid-cycle. YHAA will be taking over the Yolo Senior Resource Guide updates and printing and distribution.

Yolo 211 is interested in possibly providing this I & A service. Have 2 dedicate staff in Yolo Co. now.

7). Yolo DA Elder Abuse Prevention grant update (Kevin Clark not in attendance). Will have an update at next meeting. Grant will provide additional support to persons who have experience elder abuse.

8). Update on Yolo Healthy Aging Alliance activities (Sheila Allen)

Davis Odd Fellows Bingo this Sunday will support YHAA. Everyone is invited to attend.

May is Older American month. Resolution going to Board of Supervisors on Tuesday.

9). Future agenda items (all)

- MSSP (July)
- Public Guardian (November)

10). Next regular meeting-Monday, July 22, 9am-11am Community Room, 20 N. Cottonwood St., Woodland

11). Annual Cross Training-Sept. 23, 8:30am-11:30am, Woodland Community and Senior Center, 2001 East Street, Woodland