MINUTES
SENIOR CITIZENS COMMISSION

Commissioners Present
Antonio Rodella, Chair
J. “Kitty” Preston, Vice-Chair
Henry De La Mora
Judy E. Huitt
Madeline Jensen
Robert Kuehn

Commissioners Absent
Connie Dunay

STAFF
Cathy Glasgow, Recreation Services Manager
Beth Lapkowski, Sr. Secretary

A G E N D A

ACTION TAKEN

1. CALL TO ORDER
The Senior Citizens Commission meeting for March 13, 2008, was officially called to order by Chair Rodella at 1:34 p.m.

2. PLEDGE OF ALLEGIANCE
Vice-Chair Preston led the commission in the Pledge of Allegiance.

3. INTRODUCTION OF VISITORS & PUBLIC COMMUNICATION
A. Scheduled Public Oral Communication
B. Unscheduled Public Oral Communication
Charlene Williams, 2240 W. Lincoln, Apt. 204, Anaheim, was present in the audience.

4. CORRESPONDENCE
A. Incoming
A letter was received from Carol Morrow, past member of the Senior Citizens Commission, thanking the Commissioners for coming to Linbrook Court and making a presentation.

B. Outgoing
None.

5. PRESENTATION:
Ellen Lopez, City of Anaheim Disaster Preparedness Manager, was present and shared information with the Commission about disaster preparedness and the City’s CERT Program.

6. APPROVAL OF MINUTES OF 2/14/08:
Commissioner De La Moya made a motion to approve the February 14, 2008, minutes as presented; Commissioner Huit made a second and all voted in favor.

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7. UNFINISHED BUSINESS

A. Advertising SCC Meetings: None.

B. Future Presentations: Cathy Glasgow reported that Debbie Schultz from Paint Your Heart Out will do a presentation for the commission at the May 10th meeting, and they also received an offer from Special Access Dental, which is a mobile hygiene service, to present to the commission. She also indicated that it would be very difficult to plan presentations for a whole year as requested by the commission, but they will attempt to plan for three to four months at a time.

8. NEW BUSINESS None.

9. REPORTS

A. Senior Transportation - Commissioner De La Mora: Commissioner De La Mora reported they received a letter from the Office on Aging regarding the Senior Non-Emergency Medical Transportation (SNEMT) Program and their reduction in funding. They indicated that they will be enforcing the requirements of the program and will require clients to register for ACCESS and be denied by them before they are eligible for the Senior Non-Emergency Medical Transportation Program. They must submit the denial letter within 60 days of denial. He also reported that they stayed within budget in December, but that they expect significant cutbacks in the future. They also had a guest speaker from OCTA who indicated that 537 funds could not be used for existing programs, and that other than Measure M money, OCTA does not plan to provide other funding for the SNEMT Program.

B. OC Roundtable - Commissioner Kuehn: Commissioner Kuehn reported that Lee Ann Godfrey, a nurse, spoke about hospice care and Medicare guidelines. She said that only 30% of eligible people avail themselves of hospice care, and the average time for people who use hospice is two to three weeks. She indicated that Medicare patients who use hospice actually live longer than those who don’t. She also talked about some of the myths of hospice, and explained that it is paid for by Medicare, Medi-Cal and most private health insurance, and many hospices won’t turn away a patient based on lack of funds for payment.

C. Housing Committee - Commissioner Dunay: Commissioner Dunay was absent.

D. Senior Citizen Advisory Council - Commissioner Jensen: Commissioner Jensen reported there hasn’t been a meeting since February.

E. Human Services Network – Vice-Chair Preston: Vice-Chair Preston reported the meeting was held at the Family Justice Center and indicated that they would be happy to make a presentation to the commission if they would like. She reported that they receive approximately eight cases per week of elder abuse, ranging from financial, physical, mental abuse, isolation, forced feeding or withholding of food, and threatening to send them to a home. The economic crimes are transferred to the police.
department, but they work together. Financial institutions are mandated to report financial abuse if they become aware of it, and Adult Protective Services are also mandated to follow up on reports. They meet weekly with the Ombudsmen and the police department to share information. They do not do 5150s, or 72-hour holds, unless necessary because many hospitals don’t have a geriatric facility. She also reported that juvenile crimes against grandparents and youth committing crimes against the elderly are increasing.

She reported that Second Harvest Food Bank has the brown bag program for seniors with incomes of $1,015 per month for one person or $1,930 per month for two people. The food is distributed twice a month at five locations in Anaheim: St. Anthony Claret, Anaheim Christian Church, St. Boniface, Anaheim United Methodist Church, and West Anaheim United Methodist Church. She also reported that the YMCA had a seminar for balancing career and cancer; and ROP is now focusing less than 10 percent on seniors, and is mandated to be focusing on high-school aged kids. The Anaheim Workforce Center does have vocational rehab and older worker employment programs.

She reported about mental health homeless outreach for seniors, and FaCT (Family and Communities Together) at the Family Resource Centers. She also said that Access Orange County offers low-risk outpatient surgery at no cost to the receiver for low-income residents; their number is (949) 553-1347. California Safe at Home is for victims of senior abuse. If you qualify, you can have your mail forwarded to a safe address in lieu of a P.O. Box, suppress your DMV and voter’s registration records, and enroll with 325 cooperative agencies.

F. Health & Nutrition – Commissioner Huitt: Commissioner Huitt reported about an article from the Orange County Office on Aging that included a test to determine your nutritional health. After you take the test, you add your score, and there is information regarding what to do if you’re at risk for poor health due to poor nutrition. This article will be included in the April Courier.

G. Legislative Committee – Chair Rodella: Chair Rodella reported that six of the approved bills were discussed and given to members to investigate further, including: AB-18, which would allow a disabled person who is unable to write their signature to use a signature stamp to sign documents whenever a signature is required for elections-related documents; AB-106, which requires acute care hospitals to offer immunization for influenza prior to discharge to inpatients 65 or older between October 1 and April 1 of each year; AB-949, which establishes procedures and duties for residential care facilities for the elderly prior to transferring a resident to another facility or living arrangement due to forfeiture of a license or change of the use of a facility; SB-611 would extend ability to freeze assets of a perpetrator of financial abuse against an elder dependent adult in order to create an opportunity for the victim to regain their wrongfully taken property; SB-66 would authorize a private
hospital to conspicuously post its hospital discharge planning policy and provide patients with information relating to community-based long-term care options; and SB-868 would authorize the investigation of certain potential personnel by non-profit consortium or public authority to include criminal background checks conducted by the Department of Justice upon the request of the non-profit consortium or public authority.

10. INFORMATION ITEMS

A. Commissioner De La Mora

None.

B. Commissioner Dunay

Commissioner Dunay was absent.

C. Commissioner Huitt

Commissioner Huitt reported about an article regarding the latest findings on Alzheimer’s, including a suggestion that to help keep your brain active, then if a person is more analytical, they should exercise the right brain, which is associated with art and spirituality, and vice-versa. The article also mentioned a test drug that was pulled off the market because of a dangerous side-effect, brain inflammation. They suggest a combination of 1,000 mg of Vitamin C and 400 IU of Vitamin E daily as a preventative measure, and for Alzheimer’s patients they recommend 200 mg. of Vitamin C and 2,000 IU of Vitamin E daily. Another vitamin that might be helpful is CoQ10; and they also recommended reducing saturated fats, eating fish twice weekly, exercising every day, and gingko – 240 mg. per day. They cautioned that they shouldn’t take gingko if taking a blood thinner because it also has a blood-thinning effect.

D. Commissioner Jensen

None.

E. Commissioner Kuehn

None.

F. Vice-Chair Preston

Vice-Chair Preston reported about “Living Pictures,” that will be presented at Our Redeemer Lutheran Church, which is like the Pageant of the Masters, a dramatic recreation of the life of Christ with posed scenes and musical accompaniment. It will be held on Friday, March 15 at 1 and 4 p.m. and Saturday, March 16 at 3 and 6 p.m. She also indicated that Carol Morrow has invited the commissioners to an Easter potluck at their community center at Linbrook Court.

G. Chair Rodella

Chair Rodella reported on the visit he and Jan Branich made to Linbrook Court Apartments on March 10 which was coordinated by Erin Donovan, the Resident Services Coordinator. They were very interested in the presentation and the question-and-answer period lasted over one hour. One resident asked about lifeline telephone service and the digital converter for older model televisions. The companies were trying to get the seniors to sign up for the whole package, including computer, cable, etc. that they did not need. He sent information to Erin to pass out to them regarding the $40 rebate for those who want to keep their old televisions.
H. Staff

Cathy Glasgow reported that the Second Annual Anaheim Health Fair will be held at Brookhurst Community Center on Sunday, April 6 from 9 a.m. to 4 p.m. They will have a screening process, meet with a primary care physician, and do standard tests, as well as more detailed screenings tailored to the patient’s needs. Last year they had over 800 participants and they are hoping for 1,000 this year. She distributed flyers to the commissioners and asked them to share the information with others. They will be having a shuttle bus service with six stops, including: Sunkist Library, Haskett Library, Ponderosa Family Resource Center, and the Downtown Senior Center.

11. ADJOURNMENT:

Chair Rodella adjourned the meeting at 2:40 p.m.