



## **Minutes**

Riverside County  
Advisory Council on Aging

Regular Meeting  
**Tuesday, November 9, 2021**  
10:00 a.m. – 12:00 p.m.

# Advisory Council on Aging Meeting

November 9, 2021  
10:00 a.m. – 12:00 p.m.

**Virtual Meeting Access:**  
Zoom

<https://us06web.zoom.us/j/84022387413?pwd=alBRV3d4clNXMEsrb3d1MkMrYVBHUT09>

**Join by Phone:**  
(720) 707-2699 US Toll

**Meeting ID Number:**  
840 2238 7413

**Meeting Passcode:**  
547740

Meeting Details

# Brown Act

## Virtual Meeting Notification

Pursuant to Government Code Section 54953, Subdivision (b), and Executive Order N-15-21 released on September 16, 2021, this RIVERSIDE COUNTY ADVISORY COUNCIL ON AGING meeting includes teleconference participation by some or all of the Advisory Council members.

**PLEASE NOTE THAT NO IN-PERSON LOCATION IS AVAILABLE FOR THIS MEETING.**

Any member of the public requesting to call in to speak on an item or to speak during Public Comment must first register at the Riverside County Office on Aging 24 hours in advance of the meeting. Once registered, further information will be provided. Please contact Office on Aging staff to register: [AC@rivco.org](mailto:AC@rivco.org) or (951) 867-3895.



*Please mute your screen or \*6 by phone until called on by the meeting moderator*

Virtual Meeting  
Notification

To access and participate in the meeting, please follow the guidelines below:

Join Zoom Meeting

<https://zoom.us/j/97496105460>

*Via video conference:*

*Click on the link.*

Meeting ID: 974 9610 5460

One tap mobile

+16699009128,,97496105460# US (San Jose) 12532158782,,97496105460# US  
(Tacoma)

Dial by your location

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 301 715 8592 US (Washington D.C)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Meeting ID: 974 9610 5460

Find your local number: <https://zoom.us/u/abKOAY7nJH>

*Join the meeting.*

Click **Open Zoom Meetings** on the dialog shown by your browser

If you don't see a dialog, click **Launch Meeting** below.

Launch Meeting

## Zoom Access Participation Guidelines



*Please mute your screen or \*6 by phone until called on by the meeting moderator*

# Agenda Overview

1. First Order of Business  
1.9. Public Comment
2. Action Items
3. Presentations
4. Department/ADRC Reports
5. Discussion Items
6. Committee Reports
7. Liaison Reports
8. Ambassador Reports
9. Closing Comments
10. Adjourn

## Agenda Overview



*Please mute your screen or \*6 by phone until called on by the meeting moderator*

# 1. First Order of Business: Steve Mehlman, Chair

1.1. Called to order at 11:09 a.m.

Advised any requests for public comment during the meeting should be made through private message chat to *Stacie Catlin*.

1.2. Established a quorum – Barbara Mitchell, Parliamentarian

Members	
<input checked="" type="checkbox"/> Anita Johnson	<input checked="" type="checkbox"/> Mark Cox
<input checked="" type="checkbox"/> Barbara Mitchell	<input type="checkbox"/> Marquita Black
<input checked="" type="checkbox"/> Bev Greer	<input checked="" type="checkbox"/> Steve Mehlman
<input type="checkbox"/> Cynthia Lemus*	<input checked="" type="checkbox"/> Teresa Chappell
<input type="checkbox"/> Debbie Franklin	<input checked="" type="checkbox"/> Vacant
<input checked="" type="checkbox"/> Donald Brock	<input checked="" type="checkbox"/> Vacant
<input checked="" type="checkbox"/> Javier Lopez	<input checked="" type="checkbox"/> Vacant
<input type="checkbox"/> Luella Thornton	<input checked="" type="checkbox"/> Vacant
<input checked="" type="checkbox"/> Lynda House	* <b>Joined the meeting at 10:21 a.m.</b>



# 1. First Order of Business: Steve Mehlman, Chair

## 1.3. Resolution Authorizing Remote Teleconference Meetings



### 1.3.1. APPROVE A RESOLUTION AUTHORIZING REMOTE TELECONFERENCE MEETINGS FROM NOVEMBER 13, 2021, THROUGH DECEMBER 13, 2021.

**Quorum:** 7

**Must abstain:** None.

**Motion:** B. Mitchell

**Second:** J. Lopez

**Notes:** C. Lemus; D. Franklin; L. Thornton; and M. Black were absent.

**Roll Call Vote:** Motion unanimously approved.

#### Members

<input checked="" type="checkbox"/>	Anita Johnson	<input checked="" type="checkbox"/>	Mark Cox
<input checked="" type="checkbox"/>	Barbara Mitchell	<input type="checkbox"/>	Marquita Black
<input checked="" type="checkbox"/>	Bev Greer	<input checked="" type="checkbox"/>	Steve Mehlman
<input type="checkbox"/>	Cynthia Lemus	<input checked="" type="checkbox"/>	Teresa Chappell
<input type="checkbox"/>	Debbie Franklin	<input checked="" type="checkbox"/>	Vacant
<input checked="" type="checkbox"/>	Donald Brock	<input checked="" type="checkbox"/>	Vacant
<input checked="" type="checkbox"/>	Javier Lopez	<input checked="" type="checkbox"/>	Vacant
<input type="checkbox"/>	Luella Thornton	<input checked="" type="checkbox"/>	Vacant
<input checked="" type="checkbox"/>	Lynda House		



# 1. First Order of Business: Steve Mehlman, Chair

## 1.4. Reviewed ADA Guidelines.

Advised any ADA-related requests or issues during the meeting should be directed through private message chat to *Stacie Catlin*.

## 1.5. Invocation – Donald Brock, Member

## 1.6. Pledge of Allegiance – Steve Mehlman, Chair

## 1.7. Self-Introductions

### Members

<input checked="" type="checkbox"/>	Anita Johnson	<input checked="" type="checkbox"/>	Mark Cox
<input checked="" type="checkbox"/>	Barbara Mitchell	<input checked="" type="checkbox"/>	Marquita Black
<input checked="" type="checkbox"/>	Bev Greer	<input checked="" type="checkbox"/>	Steve Mehlman
<input checked="" type="checkbox"/>	Cynthia Lemus	<input checked="" type="checkbox"/>	Teresa Chappell
<input checked="" type="checkbox"/>	Debbie Franklin	<input checked="" type="checkbox"/>	Vacant
<input checked="" type="checkbox"/>	Donald Brock	<input checked="" type="checkbox"/>	Vacant
<input checked="" type="checkbox"/>	Javier Lopez	<input checked="" type="checkbox"/>	Vacant
<input type="checkbox"/>	Luella Thornton	<input checked="" type="checkbox"/>	Vacant
<input checked="" type="checkbox"/>	Lynda House		





# 1. First Order of Business: Steve Mehlman, Chair

## 1.7. Self-Introductions - Continued

### Riverside County Office on Aging Staff

- Jamiko Bell, Administrative Services Manager
- Jared Katchmar, Senior Program Specialist
- Stacie Catlin, Program Specialist II

### Guests

- Miriam Jorge, City of Menifee Senior Center
- Renato de Moraes, Outreach Coordinator, Council on Aging – Southern California
- Rita Thompson, Temecula
- Tony Ortego, Behavioral Health Administrator, Riverside University Health Systems

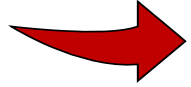


# 1. First Order of Business: Steve Mehlman, Chair

## 1.8. Chair Reports and Reminders

### 1.8.1. Next Advisory Council General Meeting:

#### **Rescheduled**



Monday, December 13, 2021

10:00 a.m. – 12:00 a.m.

Riverside County Office on Aging

3610 Central Avenue, Ste. 102

Riverside, CA 92506

Additional locations are included in the meeting packet.

Announced members opted for a hybrid meeting for December and if a member did not submit a physical location, that member must attend the meeting in person.

Advised a flyer for the White Elephant Gift Exchange will be sent out soon.



# 1. First Order of Business: Steve Mehlman, Chair

## 1.8.2. Quorum Calls

- This reminder was not made during the meeting.

## 1.8.3. Member Birthdays

- Cynthia Lemus
- Lynda House
- Teresa Chappell

## 1.9. Public Comments – None



# 2. Action Items: Steve Mehlman, Chair

## 2.1. Action Items



### **2.1.1. APPROVE THE MINUTES OF THE OCTOBER 13, 2021, MEETING.**

- Quorum:** 7
- Must abstain:** B. Greer; C. Lemus; J. Lopez; and M. Black
- Motion:** D. Brock
- Second:** M. Cox
- Notes:** B. Greer; and J. Lopez abstained.  
C. Lemus; D. Franklin; L. Thornton; and M. Black were absent.
- Roll Call Vote:** Motion unanimously passed with seven votes.



## 3. Presentations:

### 3.1. HICAP

#### *Health Insurance Counseling and Advocacy Program*

*Comments:*

*Lynda House: Expressed gratitude for the program information.*

*Anita Johnson: Explained HICAP needs to obtain additional advertising funding to allow HICAP to compete with for-profit health insurance companies' advertising.*

*Steve Mehlman: Advised Radio and TV stations offer public announcement opportunities that HICAP could explore.*

*Jared Katchmar: Advised HICAP is now being invited to all Office on Aging outreach events to increase HICAP's awareness and reach.*



*Renato de Moraes  
Outreach Coordinator  
Council on Aging – Southern California*

### 3. Presentations:

#### 3.2. Health Promotion Activities

##### Comments:

***Donald Brock:** Requested a class schedule and Jared agreed to forward a list to Stacie Catlin for distribution.*

***Lynda House:** Asked whether classes are in-person or virtual. Jared advised most of the classes are now being held in person.*

***Steve Mehlman:** Advised prior to COVID, the Beaumont Senior highest participation in Fit After Fifty in the county.*

*Jared Katchmar  
Senior Program Specialist  
Riverside County Office on Aging*



## 4. Department/ADRC Reports:

### 4.1. Directors' Report

- **Call Center update:**

*Reported the following:*

*As of November 1<sup>st</sup>, the Call Center opened back up to provide vaccine booster calls. The Office on Aging is working in conjunction with Riverside County Public Health on this project.*

*Sent out 126,000 RoboCalls and texts to clients, including Great Plates consumers, SCSEP Participants, Volunteer base, etc., to advise seniors can set up their vaccine booster appointments through the Office on Aging.*

*Currently receiving approximately 43 calls per day for appointments*

*Working on a vaccine booster outreach campaign in which 10,000 vaccine booster reminder flyers will be distributed throughout the county.*

*Also working in conjunction with DPSS, which made 896 appointments, so far.*

- **Aging and Disability Resource Connection (ADRC):**

*The ADRC is coalition work in which the Office on Aging collaborates with with other County of Riverside agencies and non-profit organizations to provide No Wrong Door service.*

*The Council can expect to see ADRC logos in agendas to highlight ADRC work moving forward.*



**Jamiko Bell**  
*Administrative Services Manager  
Riverside County Office on Aging*

## 4. Department/ADRC Reports:

### 4.2. Planning Report

- **Senior Holiday Gift Drive Opportunities (SHGD)**

*Reminded members that the SHGD is still in progress and gifts are still being collected until December 3<sup>rd</sup>.*

*Advised members who wish to be involved should contact Stacie Catlin.*

*Reported 300 Home-Delivered Meals clients have been identified as recipients.*

*Announced the Foundation on Aging pledged \$1,000 to cover funding gaps.*

- **Community Assessment Surveys**

*Advised members surveys are still being collected. Members may turn in surveys at the December meeting. Members should contact Stacie Catlin to arrange for staff to pick up surveys and deliver blank surveys, if needed.*

*Reported the Outreach Team has a goal of collecting 2,000 surveys and has collected 675, thus far.*



**Jared Katchmar**  
Senior Program Specialist  
Riverside County Office on Aging



## 5. Discussion Items:

### 5.1. Member Assignments

- *Member assignments have been made and are included in the meeting packet.*

### 5.2. Committee Definitions, Scope of Work , and Top Three (3) Action Items due February 1, 2022

*The Executive Committee asked:*

- *Committee Chairs to convene their respective committees*
- *Develop committee descriptions, scopes of work, and a list of the top three action items their committees will pursue through June 2022.*
- *Committee Chairs submit committee work plan to Stacie by February 1, 2022.*



## 5. Discussion Items:

### 5.3. Add Advisory Council Public Health Liaison

*The Executive Committee proposed adding a Liaison for Public Health and explained it had hoped M. Black would accept the position as she has expertise in that area.*

#### 5.3.1. APPROVE MOTION TO ADD AN ADVISORY COUNCIL PUBLIC HEALTH LIAISON.

**Quorum:** 7

**Must abstain:** None.

**Motion:** J. Lopez

**Second:** C. Lemus

**Notes:** D. Franklin, L. Thornton, and M. Black were absent.

**Roll Call Vote:** Motion unanimously approved.

## 5. Discussion Items:

### 5.4. Member Reports

- *Member Reports are due the first Monday of every month by 5:00 p.m. Reports that are not submitted timely will not be included in that month's agenda.*



## 6. Committee Reports:

### 6.1. Membership Committee - Anita Johnson, Chair

#### Riverside County Advisory Council on Aging

3610 Central Ave., Third Floor, Riverside, CA 92506

Local: (951) 867-3800 • Toll Free: (800) 510-2020 • TRS/TTY: 711

The mission of the Riverside County Advisory Council on Aging is to advocate for all older persons and adults with disabilities to improve their lives.

#### Member Report

- Committee Report
- Liaison Report
- Senior Center Ambassador Report

**Report Deadline Submission:** *The first Monday of the month.*

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<b>Assignment:</b>	Membership Committee
<b>Name:</b>	Anita Johnson
<b>Title:</b>	Chair
<b>Report Date:</b>	November 9, 2021

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#### **Report:** Membership

#### **Main Points:**

- Membership Status-Currently three member vacancies and one appointee vacancy (D2)
  - Advisory Council Evaluation-via Survey
  - OoA Service Award- Suspend award for year 2022
- 

#### **Handouts/Flyers:**

None.

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# 6. Committee Reports:



## 6.1.1. MOTION TO SUSPEND THE OFFICE ON AGING SERVICE AWARD FOR 2022.

- Quorum:** 7
- Must abstain:** None.
- Motion:** D. Brock
- Second:** L. House
- Notes:** D. Franklin, L. Thornton, and M. Black were absent.
- Roll Call Vote:** Motion unanimously approved.





## 7. Liaison Reports:

*7.1. Health Insurance Counseling and Advocacy (HICAP) and Long-Term Care Ombudsman Program (LTCOP) - Anita Johnson, Liaison*



## Riverside County Advisory Council on Aging

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Local: (951) 867-3800 • Toll Free: (800) 510-2020 • TRS/TTY: 711

The mission of the Riverside County Advisory Council on Aging is to advocate for all older persons and adults with disabilities to improve their lives.

### Member Report

- Committee Report
- Liaison Report
- Senior Center Ambassador Report

Report Deadline Submission: *The first Monday of the month.*

---

Assignment: HICAP/Long-Term Care Ombudsman  
Name: Anita Johnson  
Title: Liaison  
Report Date: November 9, 2021



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Report: HICAP/LTCOP

#### Main Points:

##### HICAP

- 9 AEP clinics for Riverside County
- 4 AEP clinics at the Rancho Office
- Due to COVID-19, we decided to limit our in-person clinics.
- There are currently 57 plans available for Riverside County, along with one PPO. We see a cost decrease in most of the plans this year.
- We have information tables at a few locations in Riverside, along with Zoom presentations to promote AEP. HICAP has resumed in-person counseling at the senior centers and can-do on-site presentations by request.

##### LTC Ombudsman

- New Acting State Ombudsman
- Ombudsman have returned fulltime to regular unannounced and complaint visits
- Resident Rights trainings for facility staff
- Companion Pets
- Smile Makers Event-23 of 53 SNF facilities participating

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#### Handouts/Flyers:

Electronic version will be emailed to members.

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## ORANGE COUNTY REGISTER

### Robotic cats and dogs bring battery-powered comfort to some seniors

Council on Aging's man-made animals prove popular with elderly, especially those in memory care.



Amazing Grace and Care resident, Taeko Ota, 90, left, pets Ombi the robotic cat as her husband Frank holds the pet during a visit with his wife in Fullerton on Thursday, September 23, 2021. (Photo by Leonard Ortiz, Orange County Register/SCNG)

By [THERESA WALKER](#) | [thwalker@scng.com](mailto:thwalker@scng.com) | Orange County Register

<https://www.ocregister.com/2021/09/28/robotic-cats-and-dogs-bring-battery-powered-comfort-to-some-seniors/>

Ota's husband Frank Ota, also 90, sits with his wife during a recent afternoon visit. He knows the cat isn't real. Still, his wife only has eyes for the cat.

"Go to sleep," Taeko Ota croons with each stroke. "Go to sleep."

That calm response is exactly what the Council on Aging-Southern California hoped for when it purchased 200 robotic pets — cats and dogs — to bring comfort to older people at the assisted living homes it serves around Orange County.

The [pandemic](#) has been particularly tough for people who live in long-term care. Initially, older people suffered the brunt of COVID-19 fatalities. As other age groups were hit by the pandemic, older people struggled with loneliness and depression because of the isolation that came with strict health-and-safety protocols. Then, a few months ago, the Ombudsman from the Council on Aging stumbled upon the website [Joy For All Companion Pets](#), created by members of a team originally formed under toy manufacturer Hasbro.



*8. Ambassador Reports:  
None.*





9. *Closing Comments:*  
*None*

# 10. Adjourn



## 10.1. APPROVE MOTION TO ADJOURN MEETING.

**Quorum:** 7

**Must abstain:** None.

**Motion:** D. Brock

**Second:** M. Cox

**Notes:** D. Franklin, L. Thornton, and M. Black were absent.

**Roll Call Vote:** Motion unanimously approved. Meeting adjourned.

# 10. Adjourn

**Jewel Lee, Director**

Gary Robbins, Deputy Director for Administration

Jamiko Bell, Administrative Services Manager I

Stacie Catlin, Program Specialist II

## Board of Supervisors

Kevin Jeffries	Supervisor, District I
Karen Spiegel	Supervisor, District II
Chuck Washington	Supervisor, District III
V. Manuel Perez	Supervisor, District IV
Jeff Hewitt	Supervisor, District V

## Office on Aging

Jewel Lee	Director
Gary Robbins	Deputy Director for Administration
Jamiko Bell	Administrative Services Manager I
Stacie Catlin	Program Specialist II



## Advisory Council

Steve Mehlman	Chair
Javier Lopez	Vice Chair / Appointee, District IV
Barbara Mitchell	Parliamentarian
Lynda House	Appointee, District I
Vacant	Appointee, District II
Marquita Black	Appointee, District III
Debbie Franklin	Appointee, District V
Anita Johnson	Member
Cynthia Lemus	Member
Donald Brock	Member
Luella Thornton	Member
Mark Cox	Member
Teresa Chappell	Member
Vacant	Member
Vacant	Member
Vacant	Member
Vacant	Member



## Committees

Committee	Chair	Members
<b>Executive</b>	Steve Mehlman	Javier Lopez, Vice Chair Barbara Mitchell, Parliamentarian
<b>Advocacy</b>	Teresa Chappell	Anita Johnson Mark Cox Steve Mehlman
<b>Annual Report</b>	Steve Mehlman	N/A
<b>Bylaws</b>	Barbara Mitchell	Anita Johnson Debbie Franklin
<b>Community Connections</b>	Cynthia Lemus	Javier Lopez Lynda House Marquita Black
<b>Healthy Living</b>	Lynda House	Barbara Mitchell Debbie Franklin Luella Thornton
<b>Membership</b>	Anita Johnson	Donald Brock
<b>Planning</b>	Debbie Franklin	Lynda house



## Liaisons

California Senior Legislature	Donald Brock, Senior Senator
California Senior Legislature	Mark Cox, Senior Assembly Member
California Senior Legislature	Steve Mehlman, Senior Senator
California Senior Legislature	Vacant, Senior Assembly Member
California Senior Legislature	Vacant, Senior Assembly Member
California Senior Legislature	Vacant, Senior Assembly Member
Continuum of Care	Javier Lopez
Foundation on Aging	Steve Mehlman
Grandparents Raising Grandchildren (GRG)	Lynda House, Lead; Mark Cox, Support
HICAP	Anita Johnson, Lead; Debbie Franklin, Support
Housing	Javier Lopez
IHSS Advisory Council	Barbara Mitchell, Co-Lead; Donald Brock, Co-Lead
Long-Term Care Ombudsman Program (LTCOP)	Anita Johnson, Lead; Teresa Chappell, Support
Older Adults System of Care	Barbara Mitchell
Transportation Services	Steve Mehlman
Triple A Council of California (TACC)	Steve Mehlman
Veterans Services	Cynthia Lemus; Co-Lead; Donald Brock, Co-Lead



# Advisory Council Guidelines

**Materials Distributed:** In compliance with the Brown Act and Government Code Section 54957.5, agenda materials distributed 72 hours prior to the meeting, which are public records relating to open session agenda items, will be available for inspection by members of the public prior to the meeting at the following email address: [AC@rivco.org](mailto:AC@rivco.org). To view a hard copy of the materials, please contact Stacie Catlin at phone number: (877) 932-4100.

**ADA:** In compliance with the Americans with Disabilities Act and Government Code Section 54954.2, if special assistance is needed to attend an Advisory Council on Aging meeting, please contact Stacie Catlin at: (877) 932-4100 or TTD 711. Notification of at least 48 hours prior to meeting time will assist staff in assuring that reasonable arrangements can be made to provide accessibility at the meeting.

**Public Comments:** Each speaker may be limited to speak two (2) minutes or less depending on the number of speakers. At the direction of the Chair or by majority vote of the Council, the two (2) minute time limitation may be waived, increased or reduced. The maximum time for public comment for any individual item or topic may be limited to fifteen (15) minutes. The Council may terminate public comments if such comments become repetitious or disruptive. Any written documents to be distributed or presented to the Council shall be submitted to the Council's assigned staff. This policy applies to Public Comments and general comments on agenda items. Under the Brown Act, the Council will not take action on or discuss matters raised which are not posted 72 hours in advance. Council members may refer such matters to staff for factual information or to be placed on the subsequent agenda for consideration.



**Advisory Council on Aging  
Meeting Schedule  
2021/2022**

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>
December 13, 2021	Monday	10:00 a.m. – 12:00 p.m.	<p>Riverside County Office on Aging 3610 Central Avenue, Suite 102 Riverside, CA 92506</p> <p><b>Additional Meeting Locations:</b></p> <p>8 Odom Drive Schroon Lake, NY 12870 (951) 809-3729</p> <p>1077 E. Hoffer Street Banning, CA 92220 (951) 849-6045</p> <p>18839 Deer Trail Road Banning, CA 92220 (951) 205-6854</p> <p>Virtual Public Access: Zoom <a href="#">Click Here to Access Meeting</a></p>



**Advisory Council on Aging  
Meeting Schedule - Continued  
2021/2022**

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>
January 12, 2022	Wednesday	10:00 a.m. – 12:00 p.m.	TBD
February 9, 2022	Wednesday	10:00 a.m. – 12:00 p.m.	TBD
March 9, 2022	Wednesday	10:00 a.m. – 12:00 p.m.	TBD
April 13, 2022	Wednesday	10:00 a.m. – 12:00 p.m.	TBD
May 11, 2022	Wednesday	10:00 a.m. – 12:00 p.m.	TBD
June 8, 2022	Wednesday	10:00 a.m. – 12:00 p.m.	TBD

2  
3 **RESOLUTION NO. 2021-002**

4 **A RESOLUTION OF THE RIVERSIDE COUNTY ADVISORY COUNCIL ON AGING**  
5 **RE-AUTHORIZING REMOTE TELECONFERENCE MEETINGS**  
6 **OF THE LEGISLATIVE BODIES OF RIVERSIDE COUNTY ADVISORY COUNCIL ON**  
7 **AGING**

8 **FOR THE PERIOD NOVEMBER 13, 2021, TO DECEMBER 13, 2021**

9 **PURSUANT TO THE RALPH M. BROWN ACT.**  
10

11 **WHEREAS**, all meetings of **RIVERSIDE COUNTY ADVISORY COUNCIL ON AGING** and  
12 its legislative bodies are open and public, as required by the Ralph M. Brown Act (Cal. Gov. Code 54950  
13 – 54963), so that any member of the public may attend, participate, and view the legislative bodies conduct  
14 their business; and

15 **WHEREAS**, the Brown Act, Government Code section 54953(e), makes provisions for remote  
16 teleconferencing participation in meetings by members of a legislative body, without compliance with the  
17 requirements of Government Code section 54953(b)(3), subject to the existence of certain conditions and  
18 requirements; and

19 **WHEREAS**, a required condition of Government Code section 54953(e) is that a state of emergency  
20 is declared by the Governor pursuant to Government Code section 8625, proclaiming the existence of  
21 conditions of disaster or of extreme peril to the safety of persons and property within the state caused by  
22 conditions as described in Government Code section 8558(b); and

23 **WHEREAS**, a further required condition of Government Code section 54953(e) is that state or local  
24 officials have imposed or recommended measures to promote social distancing, or, the legislative body  
25 holds a meeting to determine or has determined by a majority vote that meeting in person would present  
26 imminent risks to the health and safety of attendees; and

27 **WHEREAS**, on March 4, 2020, Governor Newsom issued a Proclamation of a State of Emergency  
28 declaring a state of emergency exists in California due to the threat of COVID-19, pursuant to the California

1 Emergency Services Act (Government Code section 8625); and,

2       **WHEREAS**, on June 11, 2021, Governor Newsom issued Executive Order N-07-21, which  
3 formally rescinded the Stay-at-Home Order (Executive Order N-33-20), as well as the framework for a  
4 gradual, risk-based reopening of the economy (Executive Order N-60-20, issued on May 4, 2020) but did  
5 not rescind the proclaimed state of emergency; and,

6       **WHEREAS**, on June 11, 2021, Governor Newsom also issued Executive Order N-08-21, which set  
7 expiration dates for certain paragraphs of the State of Emergency Proclamation dated March 4, 2020 and  
8 other Executive Orders but did not rescind the proclaimed state of emergency; and,

9       **WHEREAS**, as of the date of this Resolution, neither the Governor nor the state Legislature have  
10 exercised their respective powers pursuant to Government Code section 8629 to lift the state of emergency  
11 either by proclamation or by concurrent resolution the state Legislature; and,

12       **WHEREAS**, the California Department of Industrial Relations has issued regulations related to  
13 COVID-19 Prevention for employees and places of employment. Title 8 of the California Code of  
14 Regulations, Section 3205(5)(D) specifically recommends physical (social) distancing as one of the  
15 measures to decrease the spread of COVID-19 based on the fact that particles containing the virus can travel  
16 more than six feet, especially indoors; and,

17       **WHEREAS**, on November 9, 2021, the RIVERSIDE COUNTY ADVISORY COUNCIL ON  
18 AGING previously adopted Resolution No. 2021-002, finding that the requisite conditions existed for the  
19 RIVERSIDE COUNTY ADVISORY COUNCIL ON AGING and its legislative bodies to conduct remote  
20 teleconference meetings without compliance with Government Code section 54953 (b)(3), as authorized by  
21 Section 54953(e); and,

22       **WHEREAS**, as a condition of extending the use of the teleconferencing provisions for another 30  
23 days beyond the Resolution No. 2021-001 adopted on October 13, 2021, pursuant to Government Code  
24 Section 54953(e), the RIVERSIDE COUNTY ADVISORY COUNCIL ON AGING must reconsider the  
25 circumstances of the state of emergency that exists and find that either the state of emergency continues to  
26 directly impact the ability of the members to meet safely in person or state or local officials continue to  
27 impose or recommend measures to promote social distancing; and,

28       **WHEREAS**, the RIVERSIDE COUNTY ADVISORY COUNCIL ON AGING has reconsidered

1 the circumstances of the state of emergency and finds that state or local officials continue to impose or  
2 recommend measures to promote social distancing, based on the California Department of Industrial  
3 Relations regulations related to COVID-19 Prevention, specifically, Title 8 of the California Code of  
4 Regulations, Section 3205(5)(D), continuing to remain in effect; and,

5 **WHEREAS**, as a consequence, the RIVERSIDE COUNTY ADVISORY COUNCIL ON AGING  
6 does hereby find that it and its legislative bodies may continue to conduct their meetings by teleconferencing  
7 without compliance with Government Code section 54953 (b)(3), pursuant to Section 54953(e), and that  
8 such legislative bodies shall comply with the requirements to provide the public with access to the meetings  
9 as prescribed by Government Code section 54953(e)(2).

10 **NOW, THEREFORE, BE IT RESOLVED, FOUND AND ORDERED** by the Board of  
11 Supervisors, County of Riverside, State of California, in regular session assembled on \_\_\_\_\_,  
12 2021 does hereby resolve as follows:

13 Section 1. Recitals. All of the above recitals are true and correct and are incorporated into this  
14 Resolution by this reference.

15 Section 2. Reconsideration of the State of Emergency. The RIVERSIDE COUNTY  
16 ADVISORY COUNCIL ON AGING has reconsidered the circumstances of the state of emergency that  
17 continues to exist and was proclaimed by the Governor through a State of Emergency Proclamation on  
18 March 4, 2020.

19 Section 3. State or Local Officials Continue to Impose or Recommend Measures to Promote  
20 Social Distancing. The RIVERSIDE COUNTY ADVISORY COUNCIL ON AGING hereby proclaims  
21 that state officials continue to impose or recommend measures to promote social (physical) distancing based  
22 on the continuance of California Department of Industrial Relations regulations related to COVID-19  
23 Prevention through Title 8 of the California Code of Regulations, Section 3205(5)(D).

24 Section 4. Remote Teleconference Meetings. The RIVERSIDE COUNTY ADVISORY  
25 COUNCIL ON AGING and any of its legislative bodies are hereby authorized and directed to take all  
26 actions necessary to carry out the intent and purpose of this Resolution including, conducting open and  
27 public meetings in accordance with Government Code section 54953(e) and other applicable provisions of  
28 the Brown Act.

1           Section 5.     Effective Date. This Resolution shall take effect immediately upon its adoption and  
2 shall be effective until the earlier of (i) December 13, 2021, or (ii) such time the RIVERSIDE COUNTY  
3 ADVISORY COUNCIL ON AGING adopts a subsequent resolution in accordance with Government Code  
4 section 54953(e)(3) to extend the time during which its legislative bodies may continue to teleconference  
5 without compliance with Section 54953(b)(3).

6           ADOPTED this 9<sup>th</sup> day of November 2021 by the RIVERSIDE COUNTY ADVISORY COUNCIL  
7 ON AGING, by the following vote:

8  
9 YES: A. Johnson; B. Mitchell; B. Greer; D. Brock; J. Lopez; L. House; M. Cox; S. Mehlman; and T.  
10 Chappell.

11 NO: None.

12 ABSENT: C. Lemus; L. Thornton; and M. Black

13 ABSTAIN: None.

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# RIVERSIDE COUNTY OFFICE ON AGING

## ***Health Promotion Programs:***

- **Fit After 50 Exercise Program**
- **Walk With Ease Workshop**
- **Bingosize**

*Get Strong & Live Long!*

*877-932-4100*

# Fit After 50 Exercise Program

## Volunteer Trainer Led Programing



## Evidenced Based Programing

- ▶ Fit after 50 is a exercise program with emphasis on improving strength, balance and mobility using stretching, upper and lower body resistance and core exercises to prolong independence, prevent falls and prevent or decrease the effects of chronic illnesses.
- ▶ Volunteer trainers receive focused training on issues facing older adults: functionality, balance, mobility and flexibility with sensitivity to joint replacement, arthritis, and balance limitations.



# Fit After 50 Exercise Program

The program uses resistance cords with graduated resistance levels to build muscle tissue and strength, specific balance exercises to improve balance and stretching of the upper and lower body for flexibility, mobility and by incorporating proper abdominal breathing exercises.





Fit after 50 is an evidenced based exercise program to increase strength, balance and mobility. As fall risks increase with age; Fit after 50 helps to prevent falls by restoring or strengthening muscles and increasing balance. You must have lower body strength and flexibility in order to maintain balance.



# Benefits of Fit After 50

## Physical Fitness + Social Engagement

- ▶ In addition, older adults benefit by living active, healthier lives. A growing body of research points to mental and physical health through exercise, including lower injury and mortality rates, decreased rates of depression and fewer physical limitations.



# Walk with Ease Program

- ▶ An Arthritis Foundation evidenced-based exercise program that encourages walking in our daily lives
- ▶ Walking can help you gain all the benefits of exercise, from weight loss to stress control and can improved the client's overall health.
- ▶ **Fun & Easy 6 week Program**



**Sponsored by the  
Riverside County  
Office on Aging  
Best of all it's FREE !**



# Walk with Ease Program

## ▶ Program Offers:

- ▶ Tips for walking safely and comfortably
- ▶ Stretching and cooldown exercises
- ▶ Health education information
- ▶ Personalized walking routines

*Get Strong & Live Long!*

*877-932-4100*



**WALK WITH EASE**  
Calimesa



**WALK WITH EASE**  
Riverside

# Bingocize

- ▶ Evidence-based, SNAP-Ed approved exercise program
- ▶ The program combines the game of bingo with physical exercise through the use of resistance bands, walking in place and gentle stretching.
- ▶ The program focuses on improving cardiovascular/cardiorespiratory fitness, muscular strength, flexibility, and balance.





# HICAP

## Health Insurance Counseling & Advocacy Program



**HICAP**

a Program of Council on Aging

# Agenda

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- Who We Are-What We Do-How We Help**
- Geographic's and Demographics of Riverside County**
- Counseling sites we cover**
- What is Medicare**
- How to enroll**
- Healthcare Options**
- Q&A**



**HICAP**

a Program of Council on Aging<sub>2</sub>



# Our Mission & Vision

- HICAP is one of several programs within Council on Aging - Southern California, a nonprofit that promotes the independence, health and dignity of older adults through compassion, education and advocacy for all the communities we serve.
- HICAP provide seniors “FREE” unbiased Medicare counseling that will “maximize” their health care needs at the “lowest possible cost.”



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a Program of Council on Aging

# The Council on Aging – Southern California & HICAP

- In 1998, the Council on Aging services were expanded to include the Orange County, volunteer-based Health Insurance Counseling and Advocacy Program (HICAP).
- In 2012-13 the Council on Aging was awarded the contracts to run the HICAP's, Riverside, Inyo and Mono Counties.



**HICAP**

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# HICAP Program Description

- HICAP is part of the national network of State Health Insurance and Assistance Programs (SHIP) which helps older and disabled adults understand Medicare
- HICAP is supported by state certified trained volunteers
- HICAP provides “FREE” unbiased, individualized Medicare counseling and group seminars about:
  - Benefits and enrollment assistance
  - Medicare Advantage plans
  - Medicare Medigap plans
  - Prescription drug plans coverage
  - Low income assistance programs
  - Long-Term Care insurance



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# HICAP Provides Free, Unbiased Medicare Counseling

- **State Health Insurance and Assistance Program (SHIP)**
- **Community Outreach**
  - Presentations
  - Fair Booths
- **One-on-One Assistance**
  - In Person
    - ✓ Senior Centers
    - ✓ HICAP Office
  - By Phone – Call Center
  - Annual Enrollment Clinics



**HICAP**

a Program of Council on Aging

# Riverside County Profile

- Inyo, Mono and Riverside County snapshot:
  - 2.3+ million population.
  - Largest land area county in the U.S.
  - 7, 309 square miles.
  - (17) rural areas to service.



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# HICAP Counseling Sites

- Calimesa Senior Center
- Cathedral City Senior Center
- Corona Senior Center
- Desert Hot Springs Senior Center
- La Quinta Argyros Center
- Menifee Senior Center
- Moreno Valley Senior
- Norco Senior Center
- Palm Desert Joslyn Cove Senior Center
- Palm Springs LGBT- The Center
- Palm Springs Mizell Senior Center
- Janet Goeske Senior Center
- Temecula- Mary Philips
- Palm Springs SSA Office
- Perris Senior Center



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# MEDICARE



## *Health Insurance Counseling & Advocacy Program **HICAP***

**Providing free, unbiased  
Medicare Counseling**



**HICAP**

a Program of Council on Aging

# What Is Medicare and Who is Eligible?

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## Government Health Insurance:

### Eligibility

#### Age

- 65 or older
- Under 65 with
  - certain disabilities (SSDI)
  - diagnosed with End Stage Renal Disease (ESRD)
  - diagnosed with Amyotrophic Lateral Sclerosis (ALS)

#### Citizenship

- U.S. citizen or
- Lawful permanent resident (5 consecutive years)



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# How To Enroll

---

## Automatic

- Already receiving Social Security benefits at 65
- Receive Medicare card prior to 65<sup>th</sup> birthday
- Automatically enrolled in Part A & B
  - Option to Delay Part B

## Not Automatic

- On-line
  - [www.socialsecurity.gov](http://www.socialsecurity.gov)
  - [www.medicare.gov](http://www.medicare.gov)
- By phone
  - Appointment with SSA
  - 1-800-772-1213
- In person

# Your Medicare Card

**New Card! New Number!**

**Mailing in 2018**

**NEW Medicare Card**

**Current Medicare Card**

**MEDICARE HEALTH INSURANCE**

1-800-MEDICARE (1-800-633-4227)

NAME OF BENEFICIARY  
**JANE DOE**

MEDICARE CLAIM NUMBER  
**000-00-0000-A**

SEX  
**FEMALE**

IS ENTITLED TO  
**HOSPITAL (PART A) 07-01-2016**  
**MEDICAL (PART B) 07-01-2016**

SIGN HERE → *Jane Doe*

**MEDICARE HEALTH INSURANCE**

Name/Nombre  
**JOHN L SMITH**

Medicare Number/Número de Medicare  
**1EG4-TE5-MK72**

Entitled to/Con derecho a  
**HOSPITAL (PART A) 03-01-2016**  
**MEDICAL (PART B) 03-01-2016**

Coverage starts/Cobertura empieza

CMS Product No. 12000-P  
September 2017

**Treat your Medicare Card like a Credit Card**



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# Beneficiaries Making Changes

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**Medicare Annual Election Period**  
**October 15 – December 7**



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# You Can

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**Medicare Advantage → Medicare Advantage**

**Original Medicare/PDP → Original Medicare/PDP**

**Original Medicare/PDP → Medicare Advantage**

**Medicare Advantage → Original Medicare/PDP**

- **Consider all potential impacts**
- **Deadline** for making changes: December 7
- **Effective date** of new plan: January 1



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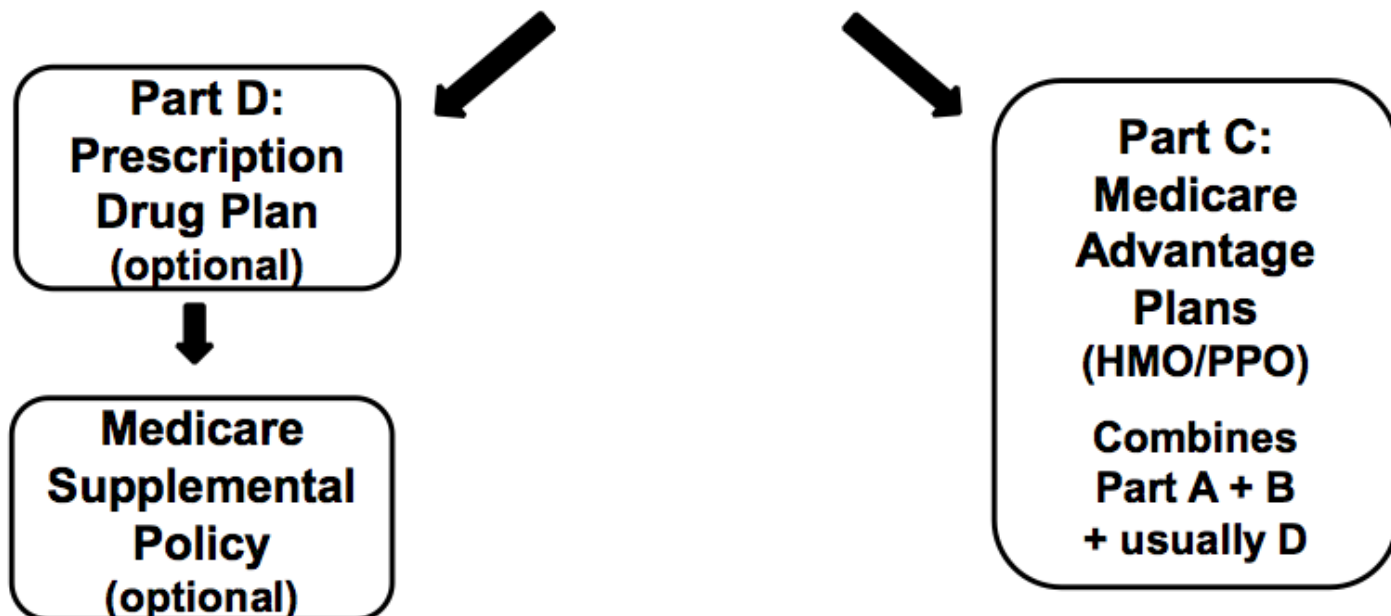
# Your Pathway to Medicare Benefits

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## Step 1: Enroll in Original Medicare



## Step 2: Choose Your Path



# **Medicare Plans**

- Medicare Advantage Plans (HMO) In-Network
- 42 Plans in Riverside County
- Most include Part D
- May have basic extra benefits:  
(hearing, vision, or dental services)
- 56 Supplemental Medigap Plans 64 & 65 yrs.
- 32 Part D Plans in Riverside County



**HICAP**

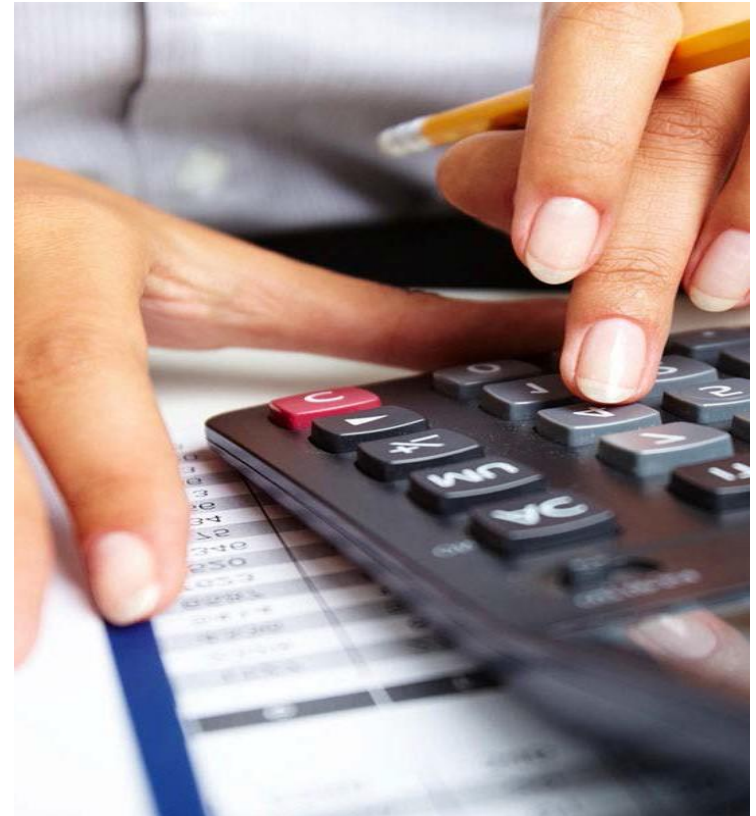
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# Medicare Savings

## Get Help with Medicare Costs

*Income and resource (asset) limits apply*

- **Medicare Savings Program (MSP)**
  - Pay for Medicare A & B premiums
  - Pay for co-payments/insurance
  
- **Extra Help (LIS)**
  - Also called **Low Income Subsidy**
  - Prescription drug related costs
  - Reduced or no deductibles/plan premiums
  - Reduced co-payments



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# Resources

## HICAP

909-256-8369  
[www.coasc.org](http://www.coasc.org)

## Medicare

1-800-MEDICARE  
[www.medicare.gov](http://www.medicare.gov)

## Social Security Admin.

1-800-772-1213  
[www.ssa.gov](http://www.ssa.gov)

## Veterans Services

951-955-3060  
[www.veteranservices.co.riverside.ca.us](http://www.veteranservices.co.riverside.ca.us)



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TOGETHER  
EVERYONE  
ACHIEVES  
MORE



**HICAP**

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# HICAP

a Program of Council on Aging



**909.256.8369**

**760.267.1191**

**800-434-0222**

**[www.coasc.org](http://www.coasc.org)**

***Health Insurance Counseling & Advocacy Program***



## HICAP

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**HICAP**

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HELPING SENIORS REMAIN  
HEALTHY, CONNECTED  
& PROTECTED



**Council on Aging**  
Southern California

# Questions for us!



# Riverside County Advisory Council on Aging

3610 Central Ave., Third Floor, Riverside, CA 92506  
Local: (951) 867-3800 • Toll Free: (800) 510-2020 • TRS/TTY: 711

The mission of the Riverside County Advisory Council on Aging is to advocate for all older persons and adults with disabilities to improve their lives.

## Member Report

- Committee Report
- Liaison Report
- Senior Center Ambassador Report

**Report Deadline Submission:** *The first Monday of the month.*

---

**Assignment:** Membership Committee  
**Name:** Anita Johnson  
**Title:** Chair  
**Report Date:** November 9, 2021

---

**Report:** Membership

**Main Points:**

- Membersip Status-Currently three member vacancies and one appointee vacancy (D2)
  - Advisory Council Evaluation-via Survey
  - OoA Service Award- Suspend award for year 2022
- 

**Handouts/Flyers:**

None.

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# Riverside County Advisory Council on Aging

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## Member Report

- Committee Report
- Liaison Report
- Senior Center Ambassador Report

**Report Deadline Submission:** *The first Monday of the month.*

---

**Assignment:** HICAP/Long-Term Care Ombudsman  
**Name:** Anita Johnson  
**Title:** Liaison  
**Report Date:** November 9, 2021



---

### Report: HICAP/LTCOP

#### Main Points:

#### HICAP

- 9 AEP clinics for Riverside County
- 4 AEP clinics at the Rancho Office
- Due to COVID-19, we decided to limit our in-person clinics.
- There are currently 57 plans available for Riverside County, along with one PPO. We see a cost decrease in most of the plans this year.
- We have information tables at a few locations in Riverside, along with Zoom presentations to promote AEP. HICAP has resumed in-person counseling at the senior centers and can-do on-site presentations by request.

#### LTC Ombudsman

- New Acting State Ombudsman
- Ombudsman have returned fulltime to regular unannounced and complaint visits
- Resident Rights trainings for facility staff
- Companion Pets
- Smile Makers Event-23 of 53 SNF facilities participating

---

#### Handouts/Flyers:

Electronic version will be emailed to members.

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## Robotic cats and dogs bring battery-powered comfort to some seniors

Council on Aging's man-made animals prove popular with elderly, especially those in memory care.



Amazing Grace and Care resident, Taeko Ota, 90, left, pets Ombi the robotic cat as her husband Frank holds the pet during a visit with his wife in Fullerton on Thursday, September 23, 2021. (Photo by Leonard Ortiz, Orange County Register/SCNG)

By [THERESA WALKER](#) | [thwalker@scng.com](mailto:thwalker@scng.com) | Orange County Register

<https://www.ocregister.com/2021/09/28/robotic-cats-and-dogs-bring-battery-powered-comfort-to-some-seniors/>

Ota's husband Frank Ota, also 90, sits with his wife during a recent afternoon visit. He knows the cat isn't real. Still, his wife only has eyes for the cat.

"Go to sleep," Taeko Ota croons with each stroke. "Go to sleep."

That calm response is exactly what the Council on Aging-Southern California hoped for when it purchased 200 robotic pets — cats and dogs — to bring comfort to older people at the assisted living homes it serves around Orange County.

The [pandemic](#) has been particularly tough for people who live in long-term care. Initially, older people suffered the brunt of COVID-19 fatalities. As other age groups were hit by the pandemic, older people struggled with loneliness and depression because of the isolation that came with strict health-and-safety protocols.

Then, a few months ago, the Ombudsman from the Council on Aging stumbled upon the website [Joy For All Companion Pets](#), created by members of a team originally formed under toy manufacturer Hasbro.