

## SHASTA COUNTY COMMISSION ON AGING

Minutes for March 15, 2019

Shasta County Administration Center

1450 Court Street—Room 311

**Call to order/Pledge of Allegiance:** 10:00 am

**Commissioners Present:** Betty Harrison Smith, Richard Kern, Barbara Kern, Larry Mower, Janet Tyrrel, Lupe Arness & Tom Watson. Also present was Shasta County clerical support, Lisa Fisher.

**Guest Speaker:** Terri Moravec, is a volunteer with the Redding Police Department Neighborhood Watch Program. Terri goes out to chat with people and helps them set up new neighborhood watches in their neighborhoods. She spoke about “Crime Prevention Through Environmental Design.” This program is designed to help the citizens of Redding and surrounding areas make their homes and ultimately the city and county as safe as possible through preventative measures. Are we doing all we can to prevent crime in our lives? Seniors tend to be the hardest groups because they can be stubborn and are hard pressed to change their way. No longer are the good old days when we could leave our doors unlocked.

**Review Handouts:** Commissioner Terms & Contact List -Betty is getting the term dates and an updated contact list will be sent with the term dates added to it.

**Approve minutes of the September 21, 2019 meeting:** Approved

**Correspondence:** Received board appointment letters for Betty, Larry, Richard and Janet. Copies were mailed. An email was received from Jami Hanna about a new movement program “Active Choices” for people 60+.

### **Upcoming Events:** 2019

March 21-Workshop-Making Room-Housing. By AARP

April 3-Alzheimers Workshop in Chico-By PSA2

May 2019-Older Americans’ Month-Power Senior Award Event-date TBA

May 10- Healthy Aging Fair, 9AM-2PM, Mt. Shasta Mall.

June 2019 is Elder Abuse Prevention Month-Many events happening that month.

June 5: Gatekeeper Conference, 9AM-4PM, Win River Casino, Speaker Paul Greenwood-cost= \$25.00

June 6: Safety for Seniors Conference.

August 24-Relay for Life-cut to 12 hours.

## Reports from Commissioners:

**Lupe Arness**-Had a couple of phone calls from people who got her # from the website. Regarding housing in the Redding area. She gave one person a tour of her complex and the other was interested in moving to Redding and wanted information on senior services in our area.

**Janet Tyrrel**-1) 211 is an important # to give out. They have great information. 2) This commission should request time on the Board of Supervisors calendar to give a yearly report so that we are visible and it's important to keep the Supervisors informed of what we are doing.

**Richard Kern**-Went to an event about senior fraud at the Elk's lodge. There is a tremendous amount of good information there. Got some good information about how to handle fraud callers. Keep them on the phone and when they ask for your SS# say 555 and then hang up.

**Barbara Kern**-They are breaking ground on the Veterans Apartment Complex in Shasta Lake City. There will be more than 60 apartments for veterans. At this time, the information is sketchy. More information as it becomes available.

## Possible topics/speakers for future meetings:

**April 19, 2019**-Senior Insurance needs

**May 17, 2019**-Shasta YMCA, resources for seniors

**TENTATIVELY- June 21, 2019**-Tom Watson, MD-The importance of advanced directives for seniors

**November 15, 2019**-What's new with Shasta Co DA, re seniors

Complete tour of Good News Rescue Mission

Senior Dentistry needs

Senior Bankruptcy issues

Senior eye care needs

Shasta County Library, resources for seniors

Physical Therapy for seniors

Redding Electric Utility, programs that benefit seniors

Latest in hearing-assistance instruments

Hill Country Care Center (Mobile Crisis Team)

**Next meeting date and location:** April 19<sup>th</sup>, 2019 at the Shasta County Administrative Center, 1450 Court St, Room 311, Redding, CA 96001

**Adjournment:** 11:25am