**SHASTA COUNTY COMMISSION ON AGING**

**Minutes for October 21, 2022**

Shasta County Administration Center

1450 Court St, Rm 311, Redding, CA 96001

10:00 AM

**Call to order**- 10:01 am

**Commissioners Present:** Betty Harrison Smith, Kristie Mathews, James Berg, Barbara Ghidinelli

**Commissioners Absent:** Bonnie Giles, Cindy Dodds

**Approve the minutes**: September 16, 2022-Motion to approve-Kristie, seconded-James. Approved

**Guest Speaker:** Maggie McNamara, Family Caregiver Consultant, Passages Caregiver Resource Center:We have been around for almost 40 years, and we cover 10 counties in Northern California. We are part of a caregiver resource system in California, and we are a grant funded nonprofit. We are grant funded federally through the older American act as well as the California Department on Aging. The caregiver resource centers were created to help family members, who are not being paid, caring for someone with cognitive impairment that occurred over the age of 18. We also help family members who are caring for a loved one who is 60+ and has a debilitating illness or are frail and need help with at least 2 ADL’s. The services we provide are lots of classes and trainings, support groups and emergency respite. We do classes on dementia and Alzheimer’s. We also do an annual retreat for the caregivers so they can just get away. We hire respite caregivers so they can relax and not worry. 40-60 percent of caregivers caring for a person with dementia will die before the person they care for because of the high amount of stress and the fact that caregivers tend to be so busy, they do not take care of themselves. We can help with legal consultation concerning power of attorney and long term MediCal, and we can help with placement if that is the case. Approximately 97% of caregivers are caring for family members with Alzheimer’s disease or some other kind of dementia.

**Election of Vice Chair:** Kristie Mathews has accepted the nomination. Submitted for approval by Barbara and seconded by James. Approved

**Preparation for November 18th meeting with speaker Bruce Ross, District Director of the Office of Senator Brian Dahle.** Have information on topics and issues that are of concern for seniors and be prepared to do a 5-minute presentation for him to take information back to the Senator.

* Housing/Homelessness-Barbara Isolation
* Elder Abuse-Kristie Family Support
* Veterans Affairs-Jim Other topics?
* Scams-Betty
* Transportation-Betty
* Health related issues-Kristie

**Reports from Commissioners:**

**Betty Harrison Smith:** Her term is expiring December 2022 and she will not be seeking re-appointment.  She has served on the Commission for 8 years, 5 of those as Chair.  Her last meeting will be November 18, 2022.

**Adjournment**: 11:00 am  **Next meeting date:** November 18, 2022