**SHASTA COUNTY COMMISSION ON AGING**

**Minutes from November 18, 2022**

Shasta County Administration Center

Via GoTo Meeting

10:00 AM

**Call to order**- 10:00 am

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

**Commissioners Absent:** Bonnie Giles, James Berg

**Approve the minutes**: No Quorum, hold until next meeting

**Visitor/Guest Speaker:** Bruce Ross, District Director, Office of Senator Brian Dahle. Commission members brought information on topics of interest affecting seniors in our community.

**Kristie Mathews: Senior Health Issues and Elder Abuse-** There are 10 common health issues associated with the elderly. The most significant, that can contribute to chronic issues, are cognitive health, mental health, physical injury. These can lead to other issues such as substance abuse. Many times, some of these are made worse due to lack of care due to lack of funds. It melds into elder abuse issues. Physical, financial, self-neglect are the most prominent abuse issues. Seniors regularly feel like they can’t say anything because the person who is abusive will stop helping them or leave them alone. There is some degree of neglect by the hospitals when they release them before they should go home or send them home to an empty house without proper care.

**Barbara Ghidinelli: Senior Housing and Homelessness**-Homeless housing through the Good News Rescue Mission, there are no qualifications. You get in line at 7pm and you get in. The 30 days in and 30 days out, but if you are 65+ you can work with the mission, and they will help you apply for housing and you can stay longer until your HUD is approved. Pathways is a medical respite for those requiring surgery or after surgery. They have 15-20 beds available. City of Redding currently has 1,784 vouchers are administered for housing monthly and there are still 93 vouchers available. There are currently 11,784 applications for housing. There are annual income restrictions. The priority is for the seniors and disabled persons and people who are living in the City of Redding. 2/3 of the vouchers go to seniors and disabled adults. Subsidized senior apartment list is put out but they all have a waiting list from 1-5 years. There are a few projects in construction.

**Betty Harrison Smith: Senior Transportation**-The first thing to talk about is isolation of Seniors. We are so spread out in Northern California this is a huge issue. Often, seniors live alone and don’t drive or even have a car. They may live with someone who also has these issues. They may not have anyone to turn to when they need transportation to shopping, medical appointments, or just to get out to spend time with friends. They are, for the most part, technology challenged and don’t have access to setting up transportation. All of this relates to social isolation. We are fortunate to have some transportation resources but it’s mostly for those in and around city limits and the seniors living more rurally suffer. Transportation needs to be accessible and affordable. Quality of life is related to transportation, not just to medical appoints or shopping, but if seniors are unable to get to church, visits with friends/family, other social events, etc.

**Reports from Commissioners:** Betty is retiring from the Commission on Aging.Her leadership and wealth of knowledge will be missed.

**Adjournment**: 11:25  **Next meeting date:** January 20, 2023