**Summary, Regional Coalition Conference Call**

**Thursday, November 6, 2014 – 9:30 to 10:30 AM**

9: 30 AM **Nutrition**

Barbara Estrada, R.D.N., Public Health Nutrition Consultant, California Department of Aging, [Barbara.Estrada@aging.ca.gov](mailto:Barbara.Estrada@aging.ca.gov)

* The Older Americans Act is in crisis: funding is stagnant, the population in need is growing, and reauthorization is years overdue
* Nutrition programs can bring savings the Medicare and Medi-Cal
* A nutritious meal is not the same thing as a meal from a soup kitchen (the latter addresses food security, nutritious meals address health needs)
* Good nutrition reduces the occurrence of chronic disease
* Prevention of heart disease, cancer, and stroke all related to nutrition
* Nutrition equals long-term savings
* With seniors and persons with disabilities, good nutrition also reduces hospitalizations
* We should be able to find support of nutrition programs among providers of managed health care: reduce hospitalizations, reduce re-hospitalizations, reduce the number of doctor visits and visits to the ER.
* Local programs are addressing the funding crisis through business efficiencies and prioritizing among those who qualify for services
* Some brighter spots on the horizon: working with health plans, and disability outreach. Where supplementary funds become available, they may be used most efficiently by tying them to the administration of Older American Act nutrition programs – there may be a lower opportunity cost to add services.

Linda Copp, R.D., Instructor, San Diego State University; nutritionist for Meals on Wheels in San Diego [linda.copp@gmail.com](mailto:linda.copp@gmail.com)

* San Diego’s Meals on Wheels (Debbie Case is the executive director) has made changes in order to provide healthier meals: they’ve focused on sodium, fats, added sugars, and carbs to address chronic conditions – both to mitigate and prevent them
* San Diego has a “Meals on Wheels University” – bringing in students to see and participate in the operation
* There’s a Nutrition Hotline and ongoing distribution of information
* Linda provided a list of the various components of their approach to healthier meals: water and hydration, protein, calcium and vitamin D, potassium, B12, milk, homemade desserts, the challenges of balancing vitamin K, and the use of dark leafy greens

Paul Downey, President and CEO, Serving Seniors, San Diego; past-president, National Association of Nutrition and Aging Services Programs; Member, California Commission on Aging and chair of their legislative committee

[paul.downey@servingseniors.org](mailto:paul.downey@servingseniors.org)

* In the realm of advocacy, it’s important to note that in last month’s election, those 60 and older voted at twice the rate as voters under 30
* Voters 45 and older voted Republican 55 percent to 45 percent
* In talking with elected officials who are Republicans, we should seek “return on investment”
* In talking with elected officials, focus on data: how do nutrition services reduce Medicare and Medi-Cal costs, emergency room visits, days in hospital, the demand for police and other emergency services?
* There’s a need for analysis that connects the value of nutritious meals to reduced health care costs.
* Some recommendations for advocacy:
  + Get elected officials and their staff out to your site
  + Staff are important for various reasons including that they become elected officials
  + Make sure to start at lower levels: city council members become supervisors or Assembly members; they become State Senators and members of Congress.
  + Make sure to “get the photo” – when an elected official comes to visit, give them some publicity; use social media to give their visit attention
  + In the best of worlds, you’ve done these things before asking for something
  + Goal: we want them to call us for advice and for information or analysis
* Older Americans Act: it’s been five years awaiting reauthorization
* There’s some talk that there will be a continuing resolution with flat funding for senior nutrition programs

Discussion

Note: Alameda, Los Angeles, Orange, Riverside, and Yolo have a focus on nutrition

Question: are there funds available for data collection?

* Replies: There may not be a specific dedicated source. The California Department of Aging does have a pop tool kit on its website.
* The Los Angeles coalition is working with local universities to explore tracking and data collection.

Question: Is there movement toward ending the cash-out of SNAP (food stamp) benefits for SSI/SSP recipients? Is there anything newer than Mathematica’s study? See: <http://www.mathematica-mpr.com/~/media/publications/PDFs/nutrition/SNAP_CA_cashout.pdf>

* Replies: The administration (state) does not plan to propose a reversal of the cash-out of SNAP benefits for SSI/SSP recipients. This study was published in February 2010, and there may be little out there that’s more recent.

Comment: San Mateo has had positive response from two managed care plans using data on the connection of nutrition to reducing the rate of hospital readmissions. For more information, contact Marilyn Baker-Venturini:

[mbaker-venturini@pennisulavolunteers.org](mailto:mbaker-venturini@pennisulavolunteers.org)

Comment: In San Diego, 13 hospitals are working with community agencies to assist with discharge services, including connecting individuals to Older American Act services – for information, contact [brenda.schmitthenner@sdcounty.ca.gov](mailto:brenda.schmitthenner@sdcounty.ca.gov)

**Overview of coalitions’ 2014 goals and projects**:

Monterey Bay Aging and Disability Resource Coalition: their focus has been on networking and communication and on building capacity. One promising part of our work has been with health plans around managed LTSS in 2015

Contra Costa Council on Aging

Two projects this year have been to build our email list for distribution of materials and to complete and distribute four policy papers. The Council on Aging consists of 40 individuals. The TSF grant provides the Council a platform for sharing information broadly within the county

**Announcement**

Cynthia Benzler, Central Valley LTSS Coalition (Fresno, Madera, Tulare, Kings)

We learned recently of the unexpected death Cynthia Benzler, the founding director of Castle Keep Elder Abuse Prevention Program in Fresno, and the coordinator of the Central Valley LTSS Coalition. During the first year of the coalition’s participation in the TSF network, Central California Legal Services was the fiduciary organization for the grant. When CCLS decided not to pursue a continuation grant, Cynthia stepped in, virtually overnight, to write the proposal and to add all grant administrative responsibilities to the work she was already doing to coordinate the coalition’s activities. She led the process from building an elder abuse prevention project to turning it into a full-fledged regional coalition.

**SCAN Foundation Update**

* Reminder of the 2015 Conference Dates. The next Community of Constituents Conference is on April 2 in Sacramento, preceded by a networking dinner on April 1. SF, Ventura, Stanislaus and Yolo will have a meeting on long-term-care-integration planning during the afternoon of April 1. The 2015 LTSS Summit is October 27 and the next day is the semi-annual Community of Constituents Conference.
* At least two members from each Coalition – representing two different organizations – need to participate on the monthly calls.
* A new contact list will go out soon. The list should include those who may be on the monthly calls. Let Jack Hailey know if there are names on the current list that should be removed and names that should be added.

**Collaborative Update**

* Looking ahead to the release of the 2015-16 budget proposal, please help the Collaborative identify consumers who would be available to comment on their experiences with long term services and supports. We would let media in their area know that they can call these individuals for comments about the value and importance of these services. Please send names and contact information to Jack Hailey.
* Planning for the April 2 Community of Constituents Conference is under way: planning calls are on the third Friday of each month at 10:30 a.m. Use the same call-in number and PIN as for today’s call.
* December 12 county by county look at CCI rollout – at 9 a.m., during the weekly meeting of the California Collaborative. All are welcome to listen in. Phone number and PIN are same as for this call.

10:30 **Adjourn**

Participants:

Alameda County: Wendy Peterson, Sheri Burns, Tracy Murray, and Laura Calvert

Orange County: Christine Chow and Mallory Vega

San Francisco: Cindy Kauffman

San Diego: Brenda Schmitthenner and Louis Frick

Bay Area Senior Health Policy: Katherine Kelly and Angelin Barrios

Riverside: Renee Dar-Khan

L.A.: Carol Lee Thorpe, Dawn Lovelace, and Sherry Revord

Santa Clara: Marilou Cristina and Nayana Shaw

Yolo: Sheila Allen, Mardi Bagin, and Charlotte Dorsey

Chico: Forest Harlan and Sarah May

Central Valley: Marlene Hubbell

Stanislaus: Dianna Olsen, Linda Lowe, Erlinda Bourcier, and Barry Smith

Nevada County: Ana Acton

Monterey Bay: Sam Trevino and Elsa Quezada

Ventura County: Sue Tatangelo, Monique Nowlin, and Blair Craddock

San Mateo: Marsha Fong, Marilyn Baker-Venturini, Christina Ugaitafa, Lorelei

Bressler, Patrice Costa-Healey, and Greg McCollough

Service and Advocacy:

Co. Co. Co.: Debbie Toth

Santa Barbara: Yolanda Perez

GACI: Jack Hailey