



CITY OF OAKLAND MAYOR'S COMMISSION ON AGING

Wednesday November 2nd, 2022

10:00 a.m. – 12:00 p.m.

Teleconference

**Please see the agenda to participate in the
meeting**

CITY OF OAKLAND
MAYOR'S COMMISSION ON AGING

Teleconference
Wednesday November 2nd, 2022
10:00 a.m. – 12:00 p.m.

Pursuant to California Government Code section 54953(e), Board Members/Commissioners, as well as Citystaff, will participate via phone/video conference, and no physical teleconference locations are required.

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Webinar ID: 916 6101 1924

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To comment by Zoom video conference, click the “Raise Your Hand” button to request to speak when Public Comment is being taken on the eligible Agenda item. You will then be unmuted, during your turn, and allowed to make public comments. After the allotted time, you will then be re-muted.

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<https://support.zoom.us/hc/en-us/articles/205566129-Raising-your-hand-in-a-webinar>

To comment by phone, please call on one of the above listed phone numbers. You will be prompted to “Raise Your Hand” by pressing “*9” to request to speak when Public Comment is being taken on the eligible Agenda Item. You will then be unmuted, during your turn, and allowed to make public comments. After the allotted time, you will then be re-muted.

Instructions of how to raise your hand by phone are available at:

<https://support.zoom.us/hc/en-us/articles/201362663-Joining-a-meeting-by-phone>

If you have any questions, please email Marshay Boyd at Mboyd@oaklandca.gov



City of Oakland Mayor's Commission on Aging

Wednesday November 2nd, 2022

10:00 a.m. – 12:00 p.m.

Teleconference

*Issues that the public wishes to address that **are not** published on the agenda will be heard during the Public Forum section. Raise your hand if you are viewing by video or dial *9 if you are joining by phone. You will have 2-minutes to speak on the item.*

AGENDA

- 1. Call to Order**
- 2. Roll Call**
- 3. Re-adopt the Teleconference Resolution** (*Adopt Resolution 21-10-02 Determining that Conducting In-Person Meetings of the Mayor's Commission on Aging and its Committees would Present Imminent Risks to Attendees' Health and Electing to Continue Conducting Meetings Using Teleconferencing in Accordance with California Government Code Section 54953(e), a Provision of AB-361*)
- 4. Adoption of Agenda**
- 5. Approval of Minutes: October 5, 2022**
- 6. Public Forum** (*Limit to 2 minutes*)
- 7. Group Agreements (Respecting each other in this space), Commissioner Beene-Clarke**
- 8. Age-Friendly Report: Health and Wellness & Housing Stakeholders Meeting**
- 9. Program Introduction Senior Centers, Senior Center Directors**
- 10. HSD Aging & Adult Services/COVID-19 update, Scott Means, Aging & Adult Services Manager**
- 11. Announcements**
- 12. Closing Remarks & Adjourn**

NOTE: THE COMMISSION MAY TAKE ACTION ON ANY ITEM ON THE AGENDA

Commission on Aging agendas are provided to subscribers at no charge. Meeting minutes are available to the public for review and copying at the Human Services Department, 150 Frank H. Ogawa Plaza, Suite 4340, Oakland, CA 94612.



This meeting location is wheelchair accessible. To request disability-related accommodations or to request an ASL, Cantonese, Mandarin or Spanish interpreter, please email smeans@oaklandnet.com or call (510) 238-6137 or TDD/TTY (510) 238-3254 at least five working days before the meeting. Please refrain from wearing scented products to this meeting as a courtesy to attendees with chemical sensitivities.



Mayor's Commission on Aging

City of Oakland – Human Services
Department Lionel J. Wilson Building
150 Frank H. Ogawa Plaza, Suite
4340 Oakland, CA 94612

Tel: (510) 238-3121 • Fax: (510) 238-7207 • TTY: (510) 238-3254

Wednesday, October 5, 2022
Held via Teleconference

MINUTES

THIS MEETING IS INFORMATIONAL ONLY DUE TO LACK OF
QUORUM

1. Call to Order

Scott Means called the meeting to order at 10:00 a.m. The meeting was held via teleconference.

2. Roll Call and Determination of Quorum

Present: Asha Beene-Clarke, Dianna Garrett, Jennifer Seibert, Lenore McDonald, Suzi Kalmus, Ristina Ingram, Tydia Hill, Patricia Osage

Absent: Blake Spears

Absent Excused:

Late:

A quorum was not established.

Staff: Scott Means (Aging & Adult Services Manager), Marshay Boyd (Administrative Assistant)

3. Re-adopt the Teleconference Resolution *(Adopt Resolution 21-10-02 Determining that Conducting In-Person Meetings of the Mayor's Commission on Aging and its Committees would Present Imminent Risks to Attendees' Health and Electing to Continue Conducting Meetings Using Teleconferencing in Accordance with California Government Code Section 54953(e), a Provision of AB-361)*

4. Public Forum

Audience member Assata Olugbala presented the commission with information about a new policy that has gone into effect, that will affect seniors and people who vote. Recommending that all seniors are aware of their voting rights and understanding what it on the ballads with these kinds of concerns.

5. Introduction of Appointed Commissioners

Scott Means opened this item with requesting each commissioner give an introduction of themselves

and the work they do, starting with the three returning commissioners. Each commissioner gave a great introduction of themselves.

6. Aging Veterans: Addressing the Crisis of Health and Housing Needs Presentation *by Amy Fairweather*

Scott and Marshay introduced Amy Fairweather and Mark Walker. Amy started this presentation with a brief background of what their organization is about. She proceeded with a slideshow presentation providing wonderful information about our Aging Veterans and resources to assist them. Amy answered questions along the way.

7. HSD Aging & Adult Services/COVID-19 update, *Scott Means, Aging & Adult Services Manager*

Scott Means decided to use this time for a presentation he created, that had all the information about the MCOA. Introducing the commission to some of the work the commission has been doing, as well as getting them prepared for what's to come. Scott, Marshay, and Jessi went through all the information in the presentation and answered any questions the new commissioners may have. Jessi presented a walk through of how to use myactivecenter.

OPED: Program is open and continues to serve the community. They are working to expedite the Taxi Script Service and launching the Go-Go Grandparent Platform that will provide Uber and Lift rides to seniors.

MSSP: Seniors are still opting into televisits, will continue to maintain cases with porch visits until they're comfortable letting people into their homes again.

SCP/FGP: The program is staffed by 1.5 FTEs. The program will continue to sufficiently serve the community while in the recruitment process.

ASSETS: We are hiring! If you know any older adults (strong need for bilingual) who would like to participate, send them our way. The senior aide TPT positions are minimum wage \$14.36/hour at 20hrs/week. There are also employment opportunities for Physical Fitness Instructors to apply as Recreation Specialists that will service the senior centers.

SENIOR CENTERS: Despite this, the Senior Centers continue to provide critical services that includes food distribution, membership registration and virtual/limited-indoor programming. Have upcoming events to RSVP for any upcoming events, presentations, or classes go to MyActiveCenter.com or call (510) 238-3284 M-F 9am-3pm. We have activities at all our centers. Introducing new Senior Center newsletter. A membership into an Oakland Senior Center is not a key into the city, but a membership into a community. Working on making our Senior Centers a community benefit, improving seniors experience.

8. Announcements

Patricia Osage mentioned LifeElderCare is hiring a part time worker

Marshay Boyd mentioned a Free Health Fair called "It Takes A Village" November 19, 2022
11am-4pm

Free COVID testing is available at the following locations:

- East Oakland Senior Center – Parking Lot | 9255 Edes Ave, Oakland, CA 94603

To schedule an appointment: <https://curative.com/sites/31207>

Date/Time: Tuesdays | 8:00am -2:00pm

- Downtown Oakland Senior Center – Parking Lot | 200 Grand Ave, Oakland, CA 94610

To schedule an appointment: <https://curative.com/sites/31197>

Date/Time: Thursdays | 8:00am -2:00pm

9. Closing Remarks & Adjourn

The meeting was Adjourned at 11:55 a.m.

Date and Time of Next Meeting

The next meeting will be held on Wednesday, November 2, 2022, at 10 a.m. via teleconference.



AGING VETERANS:

ADDRESSING THE CRISIS OF HEALTH AND HOUSING NEEDS

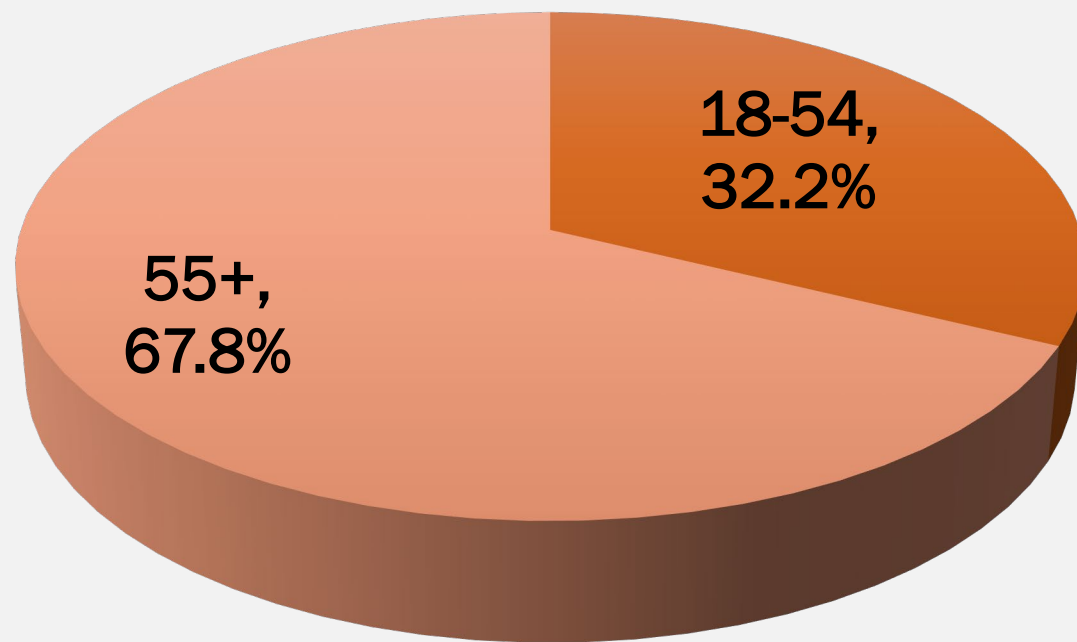
CITY OF OAKLAND MAYOR'S COMMISSION ON AGING

SWORDS TO PLOWSHARES

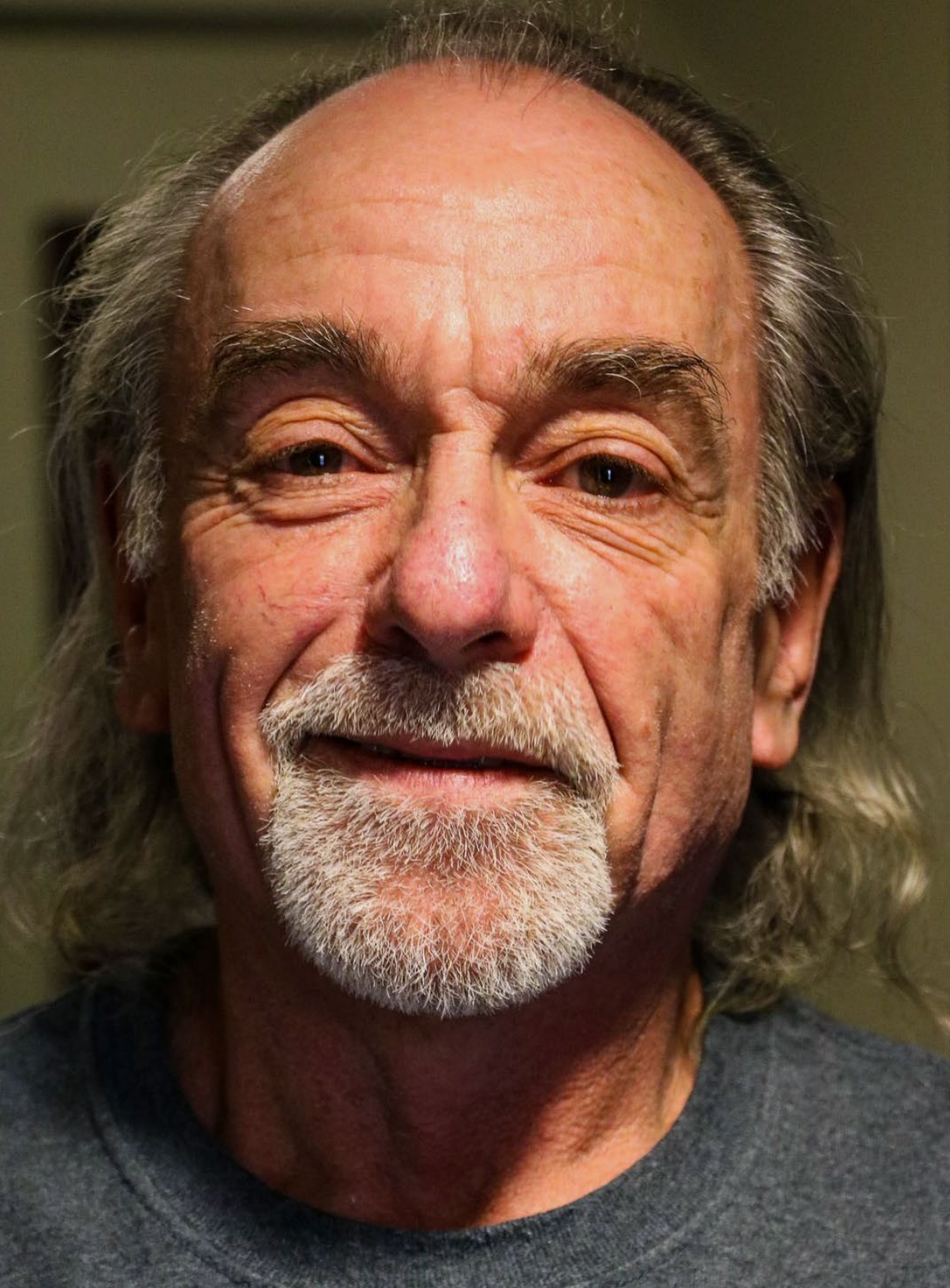
AMY FAIRWEATHER, DIRECTOR OF POLICY

OCTOBER 2022

OLDER VETERANS IN THE US



- Nationally, veterans aged 55+ represent approx. 68% (12.17 million) of the veteran population (18 million).
- Approximately 24% are over 75 years old.



HEALTH CHALLENGES OF OLDER VETERANS

- Older than chronological age.
- Pre-disposed for a variety of health issues impacted by their service-related injuries.
- Life-limiting illness, frailty, or disability associated with chronic disease, aging, or injury.
- 50% of homeless veterans are >50.
- **NOT ALL ARE ELIGIBLE for VA CARE.**

CRISIS OF CARE

FOR AGING AND HIGH ACUITY VETERANS

- Researchers estimate 423,000 new dementia cases in veterans by the end of this decade.
(Veitch, Friedl, and Weiner 2013)
- As veterans age, we will see a continued increase in the prevalence and severity of several common health conditions, including:
 - Diabetes
 - Ischemic heart disease
 - Hypertension
 - Mental health conditions

CRISIS OF CARE

SOME AGE-RELATED OUTCOMES ARE MORE SEVERE IN VETERANS:

CHRONIC PAIN:

- 50% of older veterans have chronic pain (compared to 30% non-veteran peers).
- Heavy loads or injuries during training or combat-related activities.
- Associated with long-term disability.

DISABILITY:

- Percent of veterans with service-connected disabilities has more than doubled over past few decades.
- 25% of Vietnam veterans claim a service-connected disability.



TRAUMATIC BRAIN INJURY (TBI)

- TBI is linked to earlier onset or acceleration of Alzheimer's.
- TBI can disrupt sleep-wake cycle and lead to post-traumatic dementia and transient psychotic symptoms at night.
- In addition to TBI risks during service, older veterans are prone to falls and age-related injuries which can result in a TBI.

MENTAL HEALTH AND AGING VETERANS

POST TRAUMATIC STRESS DISORDER (PTSD)

Older veterans with PTSD symptoms are more likely to experience adverse physical health outcomes including:

- Cardiovascular disease
- Diabetes
- Gastrointestinal disease
- Fibromyalgia
- Chronic fatigue syndrome
- Autoimmune disease

MENTAL HEALTH AND AGING VETERANS

LATE-ONSET STRESS SYMPTOMATOLOGY (LOSS)

Found in older veterans who experienced highly stressful combat events.

- Decades later experience combat-related thoughts, feelings, memories.
- No stress-related disorders throughout most of their lives.
- Comparable to changes and challenges of aging.



MENTAL HEALTH AND AGING VETERANS

11% of veterans over 65 have a major depressive disorder diagnosis.

- > twice % in general population of adults aged 65+.

The actual rate may be higher because not all veterans receive a diagnosis from a healthcare provider.

MENTAL HEALTH AND AGING VETERANS

CO-MORBIDITIES WITH DEMENTIA

○ PTSD:

- More than 2x as likely to develop dementia.
- Exacerbated upon onset of cognitive impairment.

○ TBI:

- Increases the risk of dementia in veterans aged 55 and older, as well as has earlier onset.
- Brain injury may cause earlier onset or acceleration of Alzheimer's Disease.

○ DEPRESSION:

- Two times as likely to develop incident dementia compared to those with no depression.

Plassman et al, 2000; Johnson et al, 2012; Weiner, et al, 2013; Barnes et al, 2015.

MENTAL HEALTH AND AGING VETERANS

SUICIDAL IDEATION

- 2/3 of veterans who die by suicide are age 50 or older.
- Twice % in general population of adults aged 65+.
- Vietnam and WWII veterans have greater odds of suicidal ideation than other veterans.
- Veterans who have both PTSD and depression have a substantially higher risk of suicidal ideation.
- Lack of social support and community connection is a risk for suicidal ideation.
- Moral injury has been found to be a risk for suicidal ideation.

Dobscha et al, 2016; Nahin 2017; SFVAHCS Geriatrics and Palliative Care, 2018; Bundy et al, 2018; Nichter et al, 2021)

AGING VETERANS: **HOMELESSNESS AND RESOURCES**

VETERAN HOMELESSNESS **in Alameda County**

- California has the highest distribution (30%) of the national homeless veteran population.
- Oakland-Berkeley/Alameda County Continuum of Care (CoC) has the 4th highest number of homeless veterans, and second highest (78.8%) percentage of unsheltered homeless veterans.
- Mental health issues are the primary cause cited for homelessness among unsheltered veterans.
- Psychiatric or emotional conditions were the number one health condition among the county's homeless veterans (at 50% of unsheltered and 63% of sheltered veterans).
- The most frequently experienced conditions also included post-traumatic stress disorder (43% of unsheltered and 21% of sheltered) and substance use (36% of unsheltered and 15% of sheltered).



HOMELESSNESS IN OLDER VETERANS

- Homelessness is a risk for early death in older veterans.
- Veterans aged 55 and older accounted for 53% of those using shelters in 2018.
- Hardest to place: Unsheltered, chronically homeless and those with severe medical and mental health issues present VA and community providers with the greatest challenges in ending homelessness.

(HUD, 2018; Schinka and Byrne, 2018)

VA HOUSING RESOURCES AND ASSISTANCE

- HUD/VASH - general and projected-based Permanent Supportive Housing
- SAFE HAVENS and low barrier housing
- GPD - Grant and Per Diem – transitional supportive housing, including special needs
- HCHV - Healthcare for Homeless Veterans (formerly chronically mentally ill)
- SSVF - Supportive Services for Veterans and Families, rapid rehousing, eviction prevention and other supports

Note: alternatives such as CoC are needed for ineligible veterans

VA DISABILITY AND PENSION BENEFITS

- Pension - served during wartime and is unable to work. Higher monthly benefit than SSI, may include some or all healthcare eligibility
- Service Connected Disability Compensation – Injury or illness which occurred or was exacerbated during service.
 - Must be demonstrated through claims process (not automatic).
 - Presumptive Service Connection - some conditions require lower burden of proof (Agent Orange, some PTSD claims, Burn Pits).
 - Secondary Service Connection – ratings may be increased based on later onset conditions stemming from service-time injury/illnesses.
 - Refer veterans to CVSO.

QUESTIONS?

Amy Fairweather

Director of Policy

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Mark Walker

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Swords to Plowshares Policy Team

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THE VETERANS WELLNESS WATCH 2022



SPONSORED/SUPPORTED BY:

The Veterans Community Media Network



**MASKS ARE
REQUIRED**

GATHER TOGETHER. TAKING CARE OF OUR OWN. TOGETHER.

TO KICK OFF THIS Veterans Day weekend, on November 10, 2022, join us for an exciting day commemorating the brave soldiers who have served our country. The event is call **VETERANS WELLNESS WATCH 2022**. It is sponsored by TVCMN, OAKSTOP, VFW (East Bay Police & Fire VFW Post 2727), and Kaiser Permanente. Our event is particularly looking for unhoused veterans, especially in the encampments of our community. We'd like to give out backpacks filled with hygiene essentials to the homeless: so, if you know of a veteran who can **verify** their vet status, please help us spread the word!

This will be a day of **REST, RELAXATION** and **RESOURCES**! Want to find out about your bennies and how to apply? Need to put in a claim? Talk to our Veterans Service Officers and National Service Officers from DAV. Kaiser Permanente representatives will be on hand talk to you about Medicare, Medi-Cal, and how to keep your VA health benefits! Refreshments will be served. There will be informational booths on a variety of vet related topics, demonstrations of techniques that will help veterans with health issues and even free haircuts!

DATE: 10 NOVEMBER 2022

TIME: 10A-4PM

**WHERE: 200 Grand Ave Oakland, CA 94610
THE VETERANS MEMORIAL BLDG.**




REGISTER FOR THIS EVENT WITH ART BUTLER, JR. AT
abjr65@gmail.com
PLS PUT VWW2022 IN SUBJECT LINE

MORE INFO? CALL DIANE AT 510.925.4051/510.435.7266/diane.w@tvcmn.org



The City of Oakland
Salutes Its
Community Veterans





IT TAKES A VILLAGE

NOVEMBER 19, 2022 • 11AM - 4PM

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