



## **Draft MINUTES**

### **JOINT MEETING**

**WASHOE COUNTY HUMAN SERVICES AGENCY SENIOR ADVISORY BOARD  
(WCHSASAB) &  
CITY OF RENO SENIOR CITIZEN ADVISORY COMMITTEE (SCAC) &  
SPARKS SENIOR CITIZENS ADVISORY COMMITTEE (SSCAC)**

**Wednesday – October 2, 2019**

**3:00 P.M. – Evelyn Mount Northeast Community Center  
1301 Valley Road, Reno, NV 89512  
Tuscarora Room**

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#### **1. Call to Order/Roll Call**

Meeting called to order at 3:00pm by Donna Clontz.

**WCHSASAB Present:** Dr. Larry Weiss, Stan Dowdy, Jennifer McMenomy, James Doyle, Rick Sorensen, Donna Clontz, Barbara Korosa

**SCAC Present:** Donna Clontz, Chair, Barbara Deavers, Vanessa Dixon, Robert Mulvana, Linda Musselman (late), Mac Rossi, Francisco “Paco” Poli, Dorismae Weber

**SSCAC Present:** Andrea Pelto, Kyle Waxman, Margie Hermanson, Barbara Stirling (alternate), Marsy Kupfersmith

**Absent: WCHSASAB:** Sarah Deardorff

**SCAC:** -

**SSCAC:** David Hall Sr. (alternate), LaMerne Kozlowski, Rosemary Padgett (alternate), Marjorie Ball (alternate), John Sebastian, Martin Roberto

**WCHSASAB Advisor Present:** Connie McMullen (left at 4:23pm)

**Staff Present:** Brad Fitch – Community Liaison, Herbert Kaplan-Deputy District Attorney, Donald Abbott, Steve McBride, Sandra Vasquez

#### **2. Public Comment –**

Kathy Lester comments. There is an issue with the Thanksgiving turkey dinner. The dinner has always taken place at the Evelyn Mount building but this year is taking place at the California Building. Transportation will be an issue. Lester requests some help.

Betty Manson comments. Manson would like to express concern towards senior citizens activities. There has been a downturn in what is available over the holiday season. Activities for seniors is very important during this time as many don't have family.

### **3. Member Announcements**

Donna gives a welcoming to Commissioners Kitty Jung and Jeanne Herman.

Dr. Larry Weiss comments. The new elder services/resources guide (see attached) is out but has one mistake – the Neighborhood Network of Northern Nevada has a wrong phone number printed. The correct phone number is 453-4774.

Donna Clontz comments. The new Senior Connect is out, which has senior recreational activities. The Senior Connect is also available online.

### **4. Approval of the Agenda: October 2, 2019 (For Possible Action)**

**WCHSASAB** Rick Sorensen makes a motion to approve, seconded by Stan Dowdy. All in favor, motion passes.

**SSCAC:** Marsy Kupfersmith makes a motion to approve, seconded by Kyle Waxman. All in favor, motion passes.

**SCAC:** Francisco "Paco" Poli makes a motion to approve, seconded by Mac Rossi. All in favor, motion passes.

### **5. Approval of the Minutes: July 3, 2019 (For Possible Action)**

**WCHSASAB:** Stan Dowdy makes a motion to approve, seconded by Jennifer McMenemy. All in favor, motion passes.

**SCAC:** Vanessa Dixon makes a motion to approve, seconded by Doris Mae Weber. All in favor, motion passes.

**SSCAC:** Marsy Kupfersmith makes a motion to approve, seconded by Margie Hermanson. All in favor, motion passes.

### **6. Presentations:**

#### **a. Regarding Washoe County Regional Behavioral Services and MOST Team – Dorothy Edwards, Regional Behavioral Health Coordinator**

Summary includes (see attachment for PowerPoint presentation):

-Addressing mental health and substance abuse is better left to each individual region as each region has its own problems, needs and resources.

-‘Substance abuse’ is now referred to as ‘substance use disorder’.

-As the regional behavioral health coordinator Edwards attempts to increase the capacity of the behavioral health system, collaborates, supports the board and works as part of the internal behavioral team.

-The idea crisis stabilization center would be to help hold off unnecessary drop offs to jails, emergency rooms or psychiatric hospitals.

-One issue concerns rural areas and the inability to transport someone suffering from the above issues to a place where they can get help.

-There was a UNR intern who put together a behavioral health profile for Washoe County.

-2013 – 2017 alcohol related deaths in Washoe County for ages 49 – 70 plus years were more than double the United States.

-In Washoe County meth use is a major issue.

- Suicide and self-harm in seniors is more than five times the rate of younger residents.
- Veteran suicide accounts for 17% of Nevada total suicides.
- The Washoe County Mobile Outreach Safety Team are mental health counselors that work with law enforcement with the idea of crisis response working hand in hand with law enforcement.

**b. Regarding Reno Behavioral Health Hospital Transitions Program – Don Butterfield, Director of Business Development**

Summary includes (see attachment for PowerPoint presentation):

- Mental health in Nevada is poor, as it ranks last in the nation.
- The hospital opened in 2018, is a regional provider and offers twenty-four hour free assessment for people of all ages.
- Nevada also ranks poorly in mental health for seniors.
- They also give referrals.
- If anyone is struggling or knows someone who needs help their phone number is 775 – 393- 2201.
- They accept Medicare/Medicaid.
- They have six psychiatrists and two hundred employees and are open 24 hours.
- They are working closely with the UNR School of Medicine.
- Isolation in seniors is a large issue, which leads to depression and mental issues.
- There are 124 beds available.

**7. Business:**

**a. Discussion and possible recommendation to co-host a community seminar regarding current senior mental health issues and services, including topics relating to suicide prevention, elder abuse, law enforcement programs and policies in dealing with crimes against elders, training seniors and staff in techniques to prevent, and de-escalate and defuse negative social interactions with others (For Possible Action)**

Marsy Kupfersmith presents.

There have been incidents throughout Washoe County that indicated there may be need for the necessity of bully/conflict prevention for seniors.

There is the idea of getting a committee of first responders and those who have experience for a presentation for feedback concerning this issue.

Dowdy states they planned on working with different people who are not on boards and they will return after the New Year with suggestions on how to move forward.

WCHSASAB: Stan Dowdy makes a motion to have the community group come back and give information, seconded by Rick Sorensen. All in favor, motion passes.

SCAC: Barbara Deavers makes a motion to support a community group that will work on the issue and come back to the January meeting with suggestions for a seminar, seconded by Doris Mae Weber. All in favor, motion passes.

SSCAC: Margie Hermanson makes a motion to approve to support a community group that will work on the issue and come back to the January meeting with suggestions for a seminar, seconded by Marsy Kupfersmith. All

in favor, motion passes.

**b. Reports, updates and possible recommendations on advisory board and committee members' shared issues and goals worksheet for Housing, Advocacy, Communication, Data Planning, Transportation, Food, Social and Recreation, Senior Law, Volunteers, Financing and Social and Health Services (For Possible Action)**

Donna Clontz summarizes.

Rick Sorensen states under 'communications & info' there is a department at TMCC called Disabilities & Services that also serves seniors. There is a handout concerning computer technology education for seniors and volunteering.

Sorensen recommends the book 'The Thirty-Six Hour Day'.

Dr. Larry Weiss states under 'planning data' there is currently an effort to recreate an elder's count, compiling data on seniors throughout the state. It is in need of funding; with the data, legislation can be created to promote certain services for seniors.

Marsy Kupfersmith states under 'advocating for seniors' she has been active for advocating for seniors within the Sparks community.

Clontz asks for an update at the next joint meeting.

Barbara Deavers states she recently attended the Truckee Meadows Regional Planning Commission meeting and the 2019 plan is ready and will be presented at the Washoe County Complex October 10th.

Vanessa Dixon states in July she will be training for Medicare counseling, supporting Access to Healthcare.

**c. Discussion, update, and possible recommendations regarding Older Americans Month 2020 event (For Possible Action)**

Donna Clontz summarizes.

(Connie McMullen leaves at 4:23 pm)

If the collective groups choose 20 – 25 activities for the 2020 Older Americans Month, each group can take about five or six activities.

They can also involve community groups such as HOPES to come and give presentations about their organization.

WCHSASAB: Rick Sorensen makes a motion to move forward with each group planning five to seven events, seconded by Jennifer McMenemy. All in favor, motion passes.

SCAC: Francisco "Paco" Poli makes a motion to move forward with each group planning five to seven events, seconded by Mac Rossi. All in favor, motion passes.

SSCAC: Kyle Waxman makes a motion to move forward with each group planning five to seven events, seconded by Barbara Stirling All in favor, motion passes.

Clontz suggests only having an information fair and no dignitaries.

Poli states previously the event was boring, there was interest in food but not the information; the more simple the event, the better.

WCHSASAB: Stan Dowdy makes a motion to keep the opening ceremonies simple for Older Americans Month, seconded by James Doyle. All in favor, motion passes.

SCAC: Francisco "Paco" Poli makes a motion to keep the opening ceremonies simple for Older Americans Month, seconded by Barbara

Deavers. All in favor, motion passes.

SSCAC: Marsy Kupfersmith makes a motion to keep the opening ceremonies simple for Older Americans Month, seconded by Margie Hermanson. All in favor, motion passes.

Clontz states for the closing ceremony the ice cream social/sock hop was a success. They can do the same or something similar for the next Older Americans Month.

WCHSASAB approval: Jennifer McMenemy makes a motion for each group to decide what to take on for the next meeting and bring it back for the January joint meeting, making a decision at that time, seconded by James Doyle. All in favor, motion passes.

SCAC approval: Francisco "Paco" Poli makes a motion for each group to decide what to take on for the next meeting and bring it back for the January joint meeting, making a decision at that time, seconded by Barbara Deavers. All in favor, motion passes.

SSCAC approval: Marsy Kupfersmith makes a motion for each group to decide what to take on for the next meeting and bring it back for the January joint meeting, making a decision at that time, seconded by Barbara Stirling. All in favor, motion passes.

**d. Discussion, update, and possible recommendations regarding Stuff-A-Bus for Seniors 2020 event (For Possible Action)**

Donna Clontz summarizes.

Clontz proposes that each group go back to their individual media person and ask if there is interest in continuing and if so to be the lead and come to at least one meeting.

WCHSASAB: Rick Sorensen makes a motion to approve, seconded by Barbara Korosa. All in favor, motion passes.

SCAC: Linda Musselman makes a motion to approve, seconded by Francisco "Paco" Poli. All in favor, motion passes.

SSCAC: Kyle Waxman makes a motion to approve, seconded by Margie Hermanson. All in favor, motion passes.

**e. Update on legislation affecting seniors at the Nevada Legislature and discussion and possible action regarding advocacy for senior issues with policymakers, including identification of issues and dates for future advocacy training and workshops (For Possible Action)**

Donna Clontz states there is not much of an update at this time.

**f. Report, discussion and possible recommendations regarding age-friendly communities throughout Washoe County, Reno and Sparks (For Possible Action)**

Donna Clontz summarizes. It is time to get the action plan on paper and there is an outline of the major areas the Reno group wants to concentrate on that will make Reno more age friendly.

**g. Discussion and possible recommendations regarding calendar of joint meetings, locations, topics and hosts for 2020-2021 (For Possible Action)**

Donna Clontz summarizes.

The next joint meeting will be January 8th, 2020 in Sparks, April 1st, 2020 in Washoe, July 1st, 2020 in Reno, October 7th, 2020 in Sparks.

(Vanessa Dixon leaves at 4:49 pm)

WCHSASAB: Rick Sorensen makes a motion to approve, seconded by Stan Dowdy. All in favor, motion passes.

SCAC: Francisco "Paco" Poli makes a motion to approve, seconded by Dorismae Weber. All in favor, motion passes.

SSCAC: Kyle Waxman makes a motion to approve, seconded by Barbara Stirling. All in favor, motion passes.

**8. City of Reno Staff Report – Update and discussion of Reno issues and activities relating to seniors**

Brad Fitch states he had a conversation with the Parks & Rec director regarding the Senior Connect, as there was a printing error.

There will be a new revised Senior Connect out on October 15th.

Donna Clontz states the SCAC is working hard on a strategic plan for things they want to get done in the coming years.

**9. Washoe County Human Services Agency Staff Report – Update and discussion on Nutrition**

Steve McBride summarizes.

The Washoe County Senior Advisory Board September meeting made recommendations for member appointments to the board and recommendations are going to the BCC. There are still vacancies left.

Valley Services was awarded a contract for operations. The nutritional program is looking at expansion and also looking for feedback.

**10. City of Sparks Report – Update and discussion on Sparks issues and activities relating to seniors**

Donald Abbot summarizes.

They had a recent goal workshop that went well.

They are looking into providing computers for seniors who don't have them.

They are looking into more activities for seniors and seniors who are in need of friendship.

**11. Agenda items for the next Joint Board meeting in January 2020(For Possible Action)**

Everything in the above discussion will have to come back for the January 8th meeting.

Barbara Deavers states she would like to see a report on how the \$10,000 provided for the food program was spent.

**12. Public Comment - None.**

**13. Adjournment (For Possible Action)**

WCHSASAB: Stan Dowdy makes a motion to approve, seconded by James Doyle. All in favor, motion passes.

SCAC: Francisco "Paco" Poli makes a motion to approve, seconded by Mac Rossi. All in favor, motion passes.

SSCAC: Margie Hermanson makes a motion to approve, seconded by Marsy Kupfersmith. All in favor, motion passes.