

# ANNUAL REPORT 2006-2007



## Bringing Integrity, Values, and Dedication in Service to Seniors

Reflecting on the fiscal year 2006-07, we are proud of our achievements, quality of service, fiscal accountability, and the ongoing professionalism of staff. Area 4's integrity, dedication, and credibility have been firmly established in our work supporting older adults.

A4AA continues to receive an unqualified, or clean, opinion and "low-risk" rating by the independent auditor. The clean opinion is a reflection of sound financial management practices demonstrating that the Agency properly accounts for its revenues, expenditures, assets and liabilities, and complies with regulations.

Area 4 sustains an enhanced and respectful relationship throughout the Agency and with the individuals we work with in the seven counties. Serving seven areas diverse in economies, cultures, senior populations, and geography - from urban to frontier - offers challenges that we work hard to meet.

Thank you to the Governing Board, Advisory Council, and committees for their active participation and to dedicated staff who work diligently to meet the Agency's annual objectives and goals. We also wish to express sincere appreciation to Supervisor Mariko Yamada whose efforts were integral to the success of the Yolo County Working Caregiver Study.

In addition to the Caregiver Study, Area 4 also focused attention on the Aging Boomer Study; the *Live Strong and Safe Falls Prevention Program*, winner of a National Aging Achievement Award; CarFit and Driving Wellness events; and the *Second Time Around Kinship Care Conference*.

With respect to fiscal year 2007-08, we will see more aging boomers turning 60 and the rapid expansion of our senior population. More than ever, we need to count on you to help us search and advocate for additional resources and to build strong coalitions. As always, thank you for your involvement, your commitment, and your support of Area 4 Agency on Aging.

Lynn Davis, Governing Board Chair  
Jacque Brown, Advisory Council Chair  
Deanna Lea, Executive Director

# About Area 4

## Introduction

Area 4 is one of 33 area agencies on aging (AAAs) in California responsible for administering a wide variety of Older Americans Act and Older Californians Act programs. Area 4 is a separate public entity with non-profit status created by a Joint Powers Authority Agreement in 1983. Our service area is comprised of Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba counties and covers more counties than any of the other 11 multi-county agencies. Covering 6,578 square miles, Area 4 is also one of the largest geographical area agencies in the state.

## MISSION STATEMENT

*To provide leadership on issues which affect the quality of life for all older persons, and to promote citizen involvement in the planning and delivery of programs and services necessary to ensure maximum independence and dignity for older individuals and functionally impaired adults.*

## Contracted Service Providers (67 programs, 37 providers)

**Alzheimer's Day Care Resource Centers** Health for All, Inc.; City of Sacramento Triple "R", Woodland Healthcare/Yolo Adult Day Health Center

**Brown Bag Program** Community Resources Council, Inc.

**Comprehensive Assessment & Case Management** U. C. Davis Care Management/Linkages

**Congregate & Home Delivered Meals** Gold Country Community Council, Inc.; Senior Citizens of Sierra County; People Resources Inc.; QuEST; Senior Nutrition Services; Seniors First, Inc.; Sierra Senior Services;

**Disease Prevention & Health Promotion** Easter Seals Superior CA, Placer County Health & Human Services

**Elder Abuse Prevention** Legal Services of Northern California

**Family Caregiver Support** Del Oro Caregiver Resource Center

**Friendly Visitor/Senior Companion** County of Sacramento, Department of Human Assistance

**Health Insurance Counseling & Advocacy (HICAP)** Legal Services of Northern California

**Health Services** Nevada County Human Services Agency

**Home Modification/Security & Safety** FREED, Placer Independent Resource Services, Rebuilding Together

**Information & Assistance** City of Davis Parks and Community Services; Community Services Planning Council/InfoLine, Inc.; Senior Citizens of Sierra County; Seniors First, Inc.; Yuba-Sutter Legal Center for Seniors

**In-Home Services** Personalized Homecare and Homemaker Agency

**Kinship Care Services** Legal Services of Northern California

**Legal Services** Legal Services of Northern California, Yuba-Sutter Legal Center for Seniors

**Medication Management** Home Health Care Management, Inc.

**Mental Health** Asian Pacific Community Counseling; Catholic Charities of Sacramento, Inc.; Yolo County Department of Mental Health

**Ombudsman** Legal Services of Northern California

**Respite Services** Asian Community Center; Cordova Neighborhood Church; Del Oro Caregiver Resource Center; Home Health Management, Inc.; Jewish Family Service; Personalized Homecare and Homemaker Agency; Woodland Healthcare/Yolo Adult Day Health Center

**Transportation** Asian Community Center; County of Sacramento Department of Human Assistance; Gold Country Telecare, Inc.; Inc. Senior Citizens of Sierra County; QuEST; Sacramento Lao Family Community, Inc.; Seniors First, Inc.; South County Services; Stanford Settlement, Inc.; Woodland Healthcare/Yolo Adult Day Health Center

# Program Highlights

## Focal Point Designations

A total of 16 organizations serving seniors were designated as Focal Points during May 2007 in celebration of Older Americans Month. A Focal Point is a well-known, comfortable, and accessible place which is trusted by community residents and offers nutrition services, information and assistance, and transportation.

These designations were the culmination of several years of work by the A4AA Advisory Council and staff. Beginning in January 2007, Area 4 Agency on Aging provided an opportunity for organizations serving seniors in their community to apply as a Focal Point. The process was open, and there was no limit set on the number of Focal Points designated in each county.

A4AA worked in conjunction with the local county commissions on aging to determine the need and appropriateness of the Focal Point designations within each county. Designated agencies received official endorsement by each of their county Board of Supervisors, with the final designations made on May 11, 2007 by the A4AA Governing Board.

The following organizations were designated as focal points: Asian Community Center; City of West Sacramento Senior Center; Cordova Senior Activities Center; Davis Senior Center; Ethel McLeod Hart Multipurpose Senior Center; Gold Country Community Center; Inc. Seniors of Sierra County; North San Juan Senior Services Center; Samuel Pannell Meadowview Community Center; Senior Center of Elk Grove, Inc.; Sierra Senior Services; South County Services; Stanford Settlement, Inc.; Woodland Community and Senior Center; Yuba City Senior Center; and Yuba County Senior Center.

## CarFit Helps Drivers Stay Safe On The Road

To celebrate Senior Safe Mobility Week in October 2006 and Older Americans Month in May, A4AA teamed up with The Safety Center, Paratransit, the AAA, the Department of Motor Vehicles, Sacramento County Adult and Aging Commission, and the Older Californians Traffic Safety Task Force to present two CarFit events. Area 4 staff and partners screened 56 drivers at The Safety Center in Rancho Cordova on October 26, 2006 and May 24, 2007.

CarFit is a program designed to give older drivers a quick but comprehensive check of how well the driver and car fit together. A trained CarFit technician asks each driver simple questions and completes a 12-point CarFit checklist with them.

Drivers learn to locate emergency flashers, how to adjust rear and side mirrors to reduce the vehicle's blind spot, and proper techniques behind the steering wheel for maximum protection in case of air bag deployment. Drivers also have the opportunity to review their CarFit checklist with an occupational therapist at the check-out table.

Each driver leaves with a copy of the checklist, recommendations for adapting the vehicle for a better fit, and a gift bag with resources and information.



*Sr. Program Manager David Soto reviews a 12-point checklist with a senior driver to ensure his safety in his own vehicle.*

## Program Highlights

### The Future of Aging Services

The aging of the Baby Boom Generation brings unprecedented challenges that will force us all to pay attention, no matter what our age or our profession. The senior population is already mushrooming, and more people than ever before will need in-home, community-based, and institutional care. Without radical changes, far deeper gaps will emerge between what families can do for themselves in the way of elder care and what government can provide for them. Individuals can do better to prepare themselves and the public sector can do better too. But, only local communities (businesses, service groups, and faith-based organizations) can fully bridge the divide.

Area 4 Agency on Aging is answering the call for preparedness. This year, we convened a small workgroup of local experts, and we began looking at how to forecast future demands on the aging services network in our seven-county region. The preliminary results of our year-long study of the Aging Boom are scheduled to be released in March 2008. The report will form the basis for a broader collaborative effort with key stakeholders to identify and draft recommendations.

### Falls Prevention Program, *Live Strong and Safe*

More than 1/3 of older adults fall each year with 10% to 20% of these falls causing serious injury such as fracture or head trauma. Because falls, and the fear of falling, affect the ability of older persons to remain independent, A4AA's 4-year Area Plan identified falls prevention as a priority issue. Several strategies were implemented that focused on falls prevention.

The Request For Proposals issued for fiscal years 2006 through 2010 required that all applicants proposing to provide services in the home, such as personal care, home delivered meals, and visiting, incorporate falls prevention activities in their program planning. In order to assist funded agencies with falls prevention planning, a workshop was held where ideas, best practices, and resources on falls prevention were presented. Additionally, A4AA identified falls prevention as a priority for one-time-only funding.

The Agency is also an active partner with the Northern California Falls Prevention Coalition. With funding from the Archstone Foundation, the Coalition put on a Falls Prevention Summit featuring Dr. Laurence Rubenstein, an internationally known expert on falls prevention. Over 100 organizations responded to a survey regarding their falls prevention activities, conducted by A4AA on behalf of the Coalition.

With Title III-D funding, A4AA developed a multi-dimensional falls prevention program, entitled *Live Strong and Safe*. The four-part curriculum focuses on environmental assessment and home modification/safety, medication management, exercise, and nutrition. *Live Strong and Safe* can be easily adapted from four distinct workshops for seniors, to one 4-hour session for service providers, or to single topic presentations. The program can be presented by staff or by trained service providers and even presented in mini-format as part of a larger event. An original logo was designed to showcase each of the four curricula.

A4AA received an Aging Achievement Award from the National Association of Area Agencies on Aging (N4A) for *Live Strong and Safe*. The Aging Achievement Award is given to outstanding programs which have made a "notable contribution to the quality of life of older adults and their caregivers."



*A newly developed logo identifies the Live Strong and Safe program.*

### Catholic Charities

Area 4 has funded a new mental health services program named the Downtown Senior Outreach Program (DSOP) to serve a vulnerable senior population who live in the 14 single-room occupancy (SRO) hotels in downtown Sacramento. Many of these seniors live alone with no family or community support. Catholic Charities and Transitional Living and Community Support, Inc., (TLCS) have formed a unique partnership to provide case management services and to promote successful independent living for residents of SROs.

During its successful first year of operation, the program completed assessments and referred community services to 24 older adults, ages 60 to 85. Additionally, 879 visiting and assessment service hours were provided to this underserved area of Sacramento.

### Placer Independent Resource Services

PIRS Minor Home Modification/Repair Program assists older adults living in Placer County to increase access, safety, and independence with an emphasis on falls prevention.

Services include installation of grab bars, ramps, levered faucets, handles, or other controls, as well as minor home repairs such as leaking faucets, minor electrical repairs, or reinforcing steps.

In addition to implementing a new Home Modification/Repair program from the ground up, PIRS provided 107 hours of service to 18 older adults. The photos to the right depict work on the front and back steps of a Placer County home.



### South County Services

A small amount of Title III-B Older Americans Act funding has made a big difference for 60 people in Fiscal Year 06-07. A4AA funds helped to provide 2,501 rides to and from medical appointments for residents of Galt, a rural area in the southern end of Sacramento County.

A small army of sixteen volunteer drivers transport seniors to doctor appointments, chemotherapy treatments, and kidney dialysis. Many trips are made to downtown Sacramento, and other trips are made to medical facilities in Stockton.

Ongoing recruitment of volunteers is needed to offer rides to current and new riders. Volunteer drivers come in all ages with some retired and others who work and provide rides on their day off.

South County Services was previously known as Galt Concilio.

### Placer County Health and Human Services

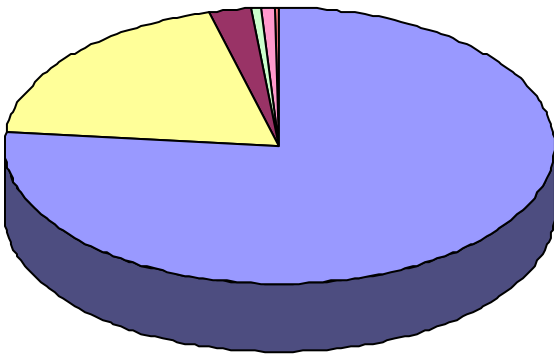
The Community Health Division of Placer County Health and Human Services was granted funding to provide nursing risk assessments and education in fall prevention to elderly individuals. A part-time public health nurse conducts in-home physical health assessments, including personal risk factors, a home safety/fall risk assessment and checklist, an individualized fall prevention action plan, counseling, education referrals and linkages, follow-up, and evaluation of progress towards fall reduction.

During 2006-07, 59 in-home risk assessments were completed and 24 presentations were given at different senior events and sites in Placer County.

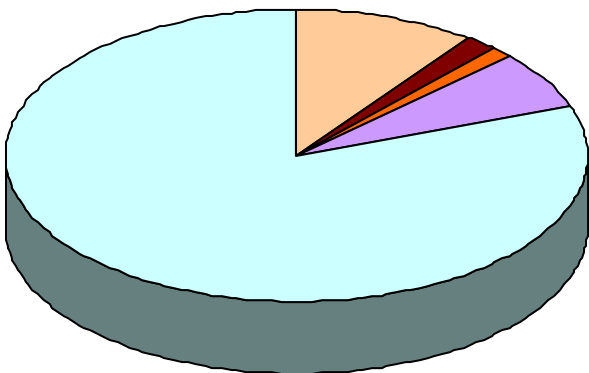
# Financial Management

During fiscal year 2006-07, Area 4 administered more than \$8.6 million in operating revenues. The agency's expenditures funded important services to help seniors and caregivers. The agency receives governmental funding comprised of federal, state, county, and city dollars. Additionally, grants and contributions are received from organizations, private donors, and fundraising activities.

We take seriously our responsibility for accountability and to promote cost efficiencies. Area 4 practices effective financial management of the public monies it administers by conducting fiscal monitoring and requiring annual independent audits of its subcontractors. The agency also engages a certified public accounting firm to audit its financial operations and has enjoyed a history of audit reports reflecting unqualified opinions. For fiscal years 2004-05 and 2005-06, we qualified as a low risk auditee.



2006-07 Total Revenues \$8,606,226	
Federal Funds	76.7%
State Funds	19.0%
County Match	2.5%
City Funds	0.7%
Other Grants & Contracts	0.9%
Donations & Fundraising	0.2%
<b>TOTAL</b>	<b>100%</b>



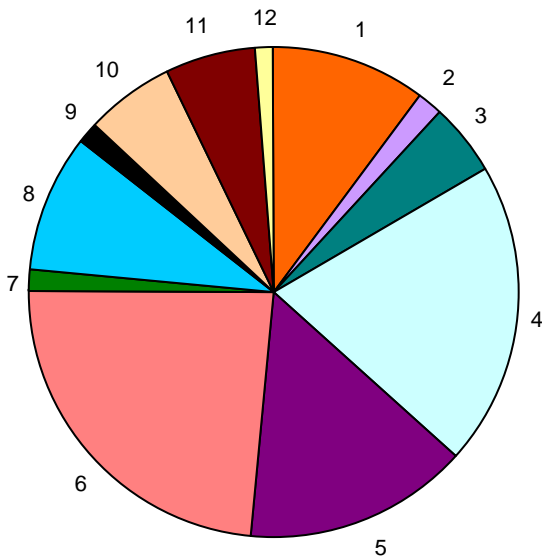
2006-07 Total Expenditures \$8,606,226	
Contracted Services	80.7%
Direct Services	6.3%
Program Devel. & Coord.	1.7%
RSVP (Nevada County)	1.1%
Administration	10.2%
<b>TOTAL</b>	<b>100%</b>

# Financial Management

Thank you to our  
2006-07 Grantors:



Revenue Comparison	2005-06	2006-07	Change
Federal Funds	\$6,718,545	\$6,598,129	-1.8%
State Funds	1,633,806	1,632,608	-.1%
County Match	219,522	219,522	0%
City Funds—Sacramento Ombudsman Services	56,100	56,100	0%
Other Grants & Contracts	68,433	70,011	2.3%
U.S. Bank	7,500	7,500	0%
United Way	6,000	6,000	0%
Donations & Fundraising (includes United Way contributions)	17,527	16,356	-6.7%
<b>TOTAL</b>	<b>\$8,727,433</b>	<b>\$8,606,226</b>	<b>-1.4%</b>



2006-07 Expenditures by Program		
1. Administration	\$878,288	10.2%
2. Program Devel. & Coord.	157,421	1.8%
3. Direct Services	409,209	4.8%
4. Support Services	1,714,891	19.9%
5. Nutrition-Congregate	1,257,196	14.6%
6. Nutrition-Home Delivered	2,036,032	23.7%
7. Disease Prevention	130,147	1.5%
8. Caregiver Service	771,367	9.0%
9. Ombudsman & Elder Abuse	121,258	1.4%
10. CBSP*	519,540	6.0%
11. HICAP*	516,491	6.0%
12. RSVP*	94,386	1.1%
<b>TOTAL</b>	<b>\$8,606,226</b>	<b>100%</b>

\*CBSP — Community Based Services & Programs, \*HICAP — Health Insurance Counseling & Advocacy Program

\*RSVP — Retired and Senior Volunteer Program

## 2006-2007 Leadership

### GOVERNING BOARD

**Nevada County** Supervisor Nate Beason; Terry Edwards, Alternate; Mary Tucker

**Placer County** Supervisor Jim Holmes; Alice Gonzales, Alternate (Treasurer); Sue Dings (Secretary)

**Sacramento County** Supervisor Illa Collin; Miko Sawamura, Alternate; Supervisor Roger Dickinson; Greta Cannon, Alternate; Supervisor Roberta MacGlashan; Tom Dahill, Alternate; Supervisor Don Nottoli; Supervisor Susan Peters; Lynn Davis, Alternate (Chair)

**Sierra County** Supervisor Patricia Whitley; Supervisor Brooks Mitchell, Alternate; Jackie Mitchell

**Sutter County** Supervisor Larry Montna; Tonya Rhoades, Alternate; Arvid Crabtree

**Yolo County** Supervisor Mariko Yamada; Timothy P. Murphy, Alternate; Lynn Mullen (1st Vice Chair)

**Yuba County** Supervisor Hal Stocker; Sally F. Lix, Alternate (2nd Vice Chair)

*(In Memoriam—With sorrow, we bid farewell to our friend and former Governing Board and Advisory Council member and officer Larry Lutz, who passed away in September of 2007.)*

### ADVISORY COUNCIL

**Nevada County** Jacque Brown (Chair), Shirley Lyon, Don Mabon

**Placer County** Marion Faustman, Esther Hogans, Kitty Hollitz

**Sacramento County** Al Blum, Peggy Forseth-Andrews, Becky Naman, Bill Young, Lola Young

**Sierra County** Josie Marie Silver (Secretary)

**Sutter County** Ellen Addison, Alban Byer, Mary Lou Byer, William Dombo, Frances Greenwood, Judith Stout

**Yolo County** Jenise Cardwell, Raymond Cardwell (Treasurer), Mary Jane Large (Vice Chair)

**Yuba County** Gary Arlington

### STAFF

**Leadership** Deanna Lea (Executive Director), Pat McVicar (Assistant Director), Carl Lewis, (Director of Financial Management)

**Program** Ron Clyma, Lori Howton, Anne Israel-Connolly, Patty Orozco, Lila Shelton (Nutritionist), David Soto, Amy Springmeyer, Jane Stan, Will Tift (Planner), Nancy Vasquez

**Fiscal** Kim Brown, Herman Gallegos, Ernie Mariano, Sue O'Banion, Jan Vaughan

**Employment** Gloria Parker, Tanja Poley

**Information Systems** Steve Mowles

**Support Staff** Betty Burt, Ruth Ann Darriella, Emma Leseñana, Taiheisha "Tai" Love

**Grass Valley Office** Lucy Becker, Charlene Bumgarner, Jackie Finley, Sara Morrison, Susan Stratman



*Deanna Lea, Executive Director*



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