



RFP, OTO, ARRA, AND MIPPA

*By Deanna Lea
Executive Director*

All the abbreviations above have something in common – money! That is the current focus of Area 4 – how to get it, keep it, and get it out to service providers.

Request for Proposals (RFP) and one-time-only (OTO) are addressed inside this Bulletin, so I will comment on the American Recovery and Reinvestment Act (ARRA) and the Medicare Improvements for Patients and Providers Act (MIPPA). ARRA funds, better known as stimulus funds, arrived at Area 4 in June 2009. The temporary funds have been distributed to the Agency's nutrition providers who are under contract to use these monies for job retention/expansion and for maintaining or expanding senior meals. With significant budget cuts by State, county, and city governments, many nutrition programs were able to maintain or increase their current staffing levels and meals with ARRA funds. All monies must be spent by June 30, 2010.

The Centers for Medicare and Medicaid Services awarded a grant called Medicare Improvements for Patients and Providers Act (MIPPA) to the California Department of Aging. It in turn distributed grant funds to the State's area agencies on

Aging and the Health Insurance Counseling & Advocacy Programs (HICAP) to support outreach for Medicare's Part D low income subsidy program. The grant is designed to educate and enroll hard to reach Medicare beneficiaries who qualify for prescription drug savings. Area 4 has titled its program "Every Dollar Counts." MIPPA is a two-year, nationwide program which began in September 2009.

We know that seniors in our 7-county service area are benefiting from the ARRA and MIPPA funds, and that is good news. The administration of the ARRA funds, though, is complex and ever changing, so I wanted to thank the nutrition service providers and Area 4's staff for taking on the extra work that is involved with the regulations and documentation of this federal program.

Staff Recognition

Speaking of staff, I want to acknowledge two staff members who were recently recognized for their longevity of service by the Governing Board and Advisory Council at their joint December meeting: Pat McVicar and Dave Soto.

Pat has completed 15 years of employment with Area 4 as its Assistant Director. She has a Master's Degree in Community Education and is a former elementary grade teacher.

When asked about what she is most proud of regarding her own accomplishments, Pat first mentioned the caregiver drop-in respite program. Pat initiated this new and innovative program which was the first of its kind in California.

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REQUEST FOR PROPOSALS 2010-2013

Area 4 Agency on Aging issued a Request for Proposals (RFP) on January 4 for the 2010-2013 contract period. The RFP covers programs under Title III B Supportive Services, Title III C-1 Congregate Nutrition, Title III C-2 Home Delivered Meals, Title III D-1 Disease Prevention and Health Promotion, Title III D-2 Medication Management, and Title III E Caregiver Services.

Services are funded through the Older Americans Act for adults 60 years of age and older who live within A4AA's seven county service area: Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba.

Completed proposals by applicant agencies were due in the A4AA office on February 5. The proposals are currently going through the review process which culminates on April 9 at the joint meeting of the Governing Board and Advisory Council. The Board will vote on applicant recommendations provided by the Area 4 staff, Grants Review Committee, Community Review Teams, and the Advisory Council. Services under the new contract agreements begin July 1, 2010.

ONE-TIME-ONLY FUNDING FOR SERVICE PROVIDERS

Every year, Area 4 receives one-time-only (OTO) funding from the California Department on Aging (CDA). These funds originate from a pool of money that is returned to CDA by contracted service providers across the state who were unable to expend all of their prior year's allocated monies. The State then reallocates the funds back to California area agencies.

This year, the funds available also include previously unallocated supplemental federal funds. Both OTO and the supplemental funds can be used for operating costs as well as for equipment or special projects. All funds must be expended by June 30. A cash or in-kind match is required by the provider.

An OTO notice, guidelines, and the proposal form will be e-mailed the last week in February. Applicants will have a short turn-around time with proposals being due in the Area 4 office on Friday, March 26.

Some examples of items OTO has funded in the past are wheelchairs, wheelchair ramps, caregiver respite, kitchen equipment/supplies, defibrillators, computers, printers, faxes, copiers, software upgrades, fireproof file cabinets, shredders, wireless phone headsets, tables/chairs, brochures, promotional materials, disaster preparedness information sheets, etc.

Grandfamilies Conference *Free!* A Kinship Gathering

Are you raising a grandchild or other relative child? Join us for a day of information, education, and encouragement!

Friday, May 14, 2010
9:30 am—3:00 pm

Boys and Girls Club
5512 Lemon Hill Avenue
Sacramento, CA 95824

Breakfast and lunch are included.
Childcare available on site.

For more information, contact Jane Stan,
A4AA, (916) 486-1876

NEW FOCUS AREAS FOR AREA 4

A4AA has identified four priority focus areas for the 2010 Request for Proposals and the updated 2009-2012 Area Plan. Service providers are required to identify one or more of the following focus areas for special attention during the course of their regular service provision.

Health & Wellness

As the senior population grows, the numbers of seniors with chronic disease, obesity, and disabilities also grows. Activities under this focus area include participating in health fairs, workshops, or other appropriate activities which directly promote healthy aging.

Injury Prevention

Providers who offer services in the home such as In-home Services and Caregiver Respite must consider ways they can facilitate injury prevention activities, including fall prevention, in their provision of services. An example of an injury prevention activity would be to conduct a home safety checklist as part of a client assessment.

Chronic Disease Management

Chronic disease such as diabetes and hypertension require on-going client self management of the condition. Nearly one in two Americans has a chronic medical condition which requires prolonged interventions and behavioral change. Activities under this focus area could include patient education, particularly education over an extended period of time that is aimed at reducing or eliminating risk factors such as smoking and obesity.

Financial Security

More and more older people find themselves without sufficient financial resources in their later years. Some may face foreclosures or the inability to pay for medicines or food. Service providers under this focus area should outline strategies to inform, educate, and promote resources to assist elders to maintain and

improve economic security.

Besides the focus areas, Disaster Preparedness remains an operational requirement for providers who are to develop and maintain an agency plan which incorporates the following:

- enables uninterrupted services to seniors, when possible;
- provides training to all program personnel on the disaster plan at least annually;
- ensures that staff is familiar with the plan and can execute the plan in an emergency; and
- designates an Emergency Services Coordinator and alternate.

SERVICE PROVIDER HIGHLIGHTS

Cordova Neighborhood Church

Cordova Neighborhood Church's caregiver drop-in respite program The C.L.U.B. was featured on the front page of the Grapevine Independent newspaper. The newspaper covers Rancho Cordova, Mather, and Gold River.

The C.L.U.B. stands for caring, laughing, understanding, and belonging. The program offers respite to caregivers and socialization and care to recipients on Monday, Tuesday, and Wednesday. The program is open to seniors with memory loss (Alzheimer's or other dementias), stroke, or Parkinson's disease.

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A recognition luncheon is held twice a year to honor the many devoted volunteers of The C.L.U.B.!

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Another program that is near and dear to her is the Agency's Senior Employment Program. Pat expanded the criteria which initially was just for low income seniors, to having it be available to all seniors. A4AA has witnessed significant growth in the program and many successful outcomes as a result.

Pat was also the driving force for redesignating all of Area 4's Focal Points in 2006 and having the Focal Points qualify for one-time-only monies for the first time. Another innovation was the inclusion of service providers in promoting focus areas such as Fall Prevention in their daily service provision.

The challenges she has experienced are the increasing regulations from the State and federal governments, and funding that simply doesn't keep up with the need. But these challenges are offset by working with staff who have a high level of professionalism, dedication, and who really care about seniors and the mission of the organization.

Congratulations, Pat, for your high achieving years working on behalf of seniors and their families! We appreciate your level of commitment, hard work, and the innovative ideas that you bring to A4AA.

Dave Soto, Senior Program Manager, was acknowledged for his 35 years of service to Area 4! His longevity with the Agency began in 1974 when the number of seniors in the 7-county service area was just one third of the 300,000 it is today. The office then consisted of 6 staff members compared to 26 now. Dave referred to the quality and friendliness of staff as one of the reasons he has stayed with the Agency for so long. He has also enjoyed the variety of responsibilities and meeting the challenges of responding to different needs of counties and service providers.

With Dave's background, a Master's Degree in



Assistant Director Pat McVicar and Senior Program Manager Dave Soto

Psychology, he is especially interested in mental health programs. He has played an active role in this area since mental health was first funded by Area 4 in 1976.

Dave has also gladly witnessed a greater recognition of Alzheimer's Disease. He has gained great satisfaction from working with the Alzheimer's Day Care Centers over the years.

Transportation is another area of expertise for Dave. He commented, "Transportation services have improved, but it continues to be a primary unmet need for seniors." Dave is one of the instructors for A4AA's Driving Wellness classes and a technician for CarFit.

Dave became a celebrity when he appeared in a California Highway Patrol video, *Taking Charge, Driving Choices for Older Drivers*. In his own community, he most recently served on the Citrus Heights Healthy Cities Project Committee.

Our hats off to Dave for his very productive and dedicated 35 years! He has represented A4AA and what we stand for in the best way possible.

Other long term staff and their years of service are: Charlene Bumgarner 17, Anne Israel-Connelly 13, Nancy Vasquez 12, and Sara Morrison 10. Congratulations to all of you for your many years of hard work for Area 4!

A4AA CALENDAR OF EVENTS



- March 11** *Growing Old in the New Era of Longevity*, Multipurpose Senior Center, Auburn, 10:00 am
- April 9** Joint meeting of Advisory Council and Governing Board to determine RFP and OTO funding awards. A4AA Office, Sacramento, 10:30 am
- April 20** A4AA Service Provider Training, *Lesbian, Gay, Bi-sexual, and Transgender/Transsexual Elders*, Sierra Health Foundation, Sacramento, 9:30 am
- April 28** Driving Wellness Class, High Noon Café at Nevada City Senior Apartments, Grass Valley, 2:00 pm
- May 4** CarFit Event, Davis Senior Center, Davis, 9:00 am
- May 14** Grandfamilies Conference: *A Kinship Gathering*, Boys and Girls Club, Sacramento, 9:30 am
- May 18** Family Caregiver Event, *Preparing for an Emergency for You and Your Loved One*, A4AA Office, Sacramento, 9:30 am

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The newspaper article has already brought in several new members to the program, and it is hoped that more families will look into this very beneficial program for both care receivers and caregivers.

FREED Center for Independent Living

This Marysville provider was also part of a story in their local newspaper, The Appeal Democrat. The article, Volunteer of the Week, featured one of their own fix-it program's volunteers, Keith Steffen. Steffen has been with the program since May of last year, visiting the elderly and handicapped in their homes to install any equipment they might need such as grab bars, bedside poles, and wheelchair ramps. FREED's minor home modification program helps to keep homes safe and secure for frail seniors in Sutter and Yuba counties.

Sierra Senior Services

Located in Truckee, Sierra Senior Services provides congregate and home delivered meals. As an extension of the lunch program, a crafts class is offered every Tuesday and Wednesday. Many of the lunch attendees also stay for the popular creative crafts program.

Class participants make and sell crafts to bring in some extra funds for the meals program and to buy materials for the next project. For the holidays, they made wreaths from donated tree branches from the Optimist's Christmas tree lot, and sold them on site.

The seniors also sell their crafts at monthly pancake breakfast fundraisers that are sponsored by different community organizations for the benefit of the nutrition program. It's wonderful to see the seniors, the service provider, and the community all working together to bring in additional funding.

CHANGING FACES AT AREA 4

Betty Burt, whose tenure was exceeded only by that of Executive Director Deanna Lea, retired in October after working for 37 years for A4AA! We sent her off with quite a celebration including family members, current and former staff, and other friends and well wishers. Betty was a bi-lingual secretary and was the first employee to be hired by Deanna when Area 4 was established in 1973.

Jodi Mesa began her employment with Area 4 this past July as an Administrative Assistant I. Jodi had worked for the Milwaukee County Area Agency on Aging for ten years prior to coming to California. Jodi is impressed with the friendly staff and enjoys the variety of her job duties. She finds it very satisfying to help seniors find resources.

Ruth Ann Darriella, the friendly voice who answered phones and provided information and assistance to seniors resigned in November for medical reasons. She is recovering from a bad fall that resulted in a broken ankle with complications. Ruth Ann was with Area 4 for nine years.

Taking over the front desk is **Teja Payne**. Teja was hired as an Administrative Assistant II in November. When asked what she likes best about her job, she said, "I like being interactive with seniors and having the chance to work with multiple staff members." Teja moved to the United States from Slovenia in September 2008. If anyone is from Slovenia or Croatia, she would love to hear from you.

There have been several changes in Area 4's Senior Employment Program. **Linda Yamamoto**, who participated in the Employment Program, was hired for the Office Assistant position. Linda's background was with high-tech companies, but she also enjoyed working with seniors at Jewish Family Services. She moved to Sacramento in 2006 to be closer to her son and other family members.

Retiring from the Senior Employment Department is **Gloria Parker**, who developed the very successful senior employment program for Area 4. Gloria is a wonderful example of staying active and working well into your golden years. First on her agenda for retirement is to finish writing a book on her life experiences. With Gloria's retirement, **Tanja Poley** has been promoted to Program Manager. Congratulations!

With Tanja's former position opened, we recently welcomed **JoAnne Mahaney-Buehler**. JoAnne's prior experience has been working at community colleges with special populations and re-entry students looking for work. JoAnne has been around seniors all her life and is happy to be part of Area 4. JoAnne, a Sacramento native, lives here with her husband and three daughters.



From l. to r.: JoAnne, Teja, Jodi, and Linda



Area 4 Agency on Aging
2260 Park Towne Circle, Suite 100
Sacramento, CA 95825-0416
(916) 486-1876 ■ FAX (916) 486-9454
www.a4aa.com

Governing Board Chair Tom Dahill
Advisory Council Chair Al Blum
Executive Director Deanna Lea
Editor Lori Howton