



**NOTES FROM MIDDLE INCOME SENIOR OPPORTUNITIES (MISO) COMMITTEE MEETING**

**April 26, 2021**

**Commissioners Present: Dimas-Kahn (Chair), Barr, McMullin, Uhl, Hastie**

**Staff Present: Anna Sawamura      Board of Supervisors Liaison: Ann O'Brien**

**Public: Sandra Lang**

1. Call to Order	Chair Commissioner Dimas-Kahn called the meeting to order at 8:30 a.m.
2. Public Comments	<p>Ms. Lang spoke about the increase costs for medical, housing and food due to COVID-19 for older adults. In turn, older adults are suffering because of job loss and losing their social connections to increase their opportunities.</p> <p>She also asked how much of the American Recovery Plan funds will be allocated for older adult programs? How much goes to CA and funding stream to San Mateo County?</p>
3. Notes Taker	Chair Dimas-Kahn volunteered to take meeting notes.
4. Add other Agenda Items	None
5. Approve Agenda	Moved by Commissioner Barr; Commissioner McMillian seconded. Approved as corrected.
6. Approve January Minutes	Moved by Commissioner Barr; Commissioner Haste seconded with corrections to Board of Supervisor Liaison, Ann O'Brien last name.
7. Update about the GPD Program	<p>Chair Dimas-Kahn asked Ms. Sawamura to provide an update on the Great Plates Delivered (GPD) program:</p> <ul style="list-style-type: none"> <li>• 2.1 million meals served to older adults since GPD has begun x 1 year ago</li> <li>• 62,000 meals per week are delivered to GPD recipients</li> <li>• #80 restaurants participating in program</li> <li>• The highest number of recipients served #3,490 since the program began. The number has decreased because recipients have cancelled their participation in the program due to the COVID-19 vaccinations. They feel comfortable grocery shopping for themselves and preparing their own meals.</li> <li>• Update on the phone survey to GPD "sample group" in the past month:             <ul style="list-style-type: none"> <li>✚ Asked the "sample group" four questions</li> <li>✚ Aging &amp; Adult Services (AAA) called and surveyed #80 recipients</li> <li>✚ AAA used the MISO questions suggested by committee members in GPD survey</li> <li>✚ Half of the recipients stated they have significant medical conditions, mobility issues, transportation challenges and no</li> </ul> </li> </ul>



	<p>family/friends to provide them support after the program ends</p> <ul style="list-style-type: none"> <li>✚ AAA will continue calling GPD recipients until the end of the month</li> <li>• AAA contacted four congregate meal providers to determine whether they have the capacity to accept GPD recipients after the program ends. At this time, it is unclear what providers can accept more clients.       <ul style="list-style-type: none"> <li>✚ At this time, contractors are providing “Grab – N – Go” meals and home delivered meals. The “Grab – N – Go” program is popular with older adults because they drive-up to the senior center to pick-up their lunch. Providers have signed up new congregate recipients after the program begun. Good idea to advocate for a hybrid program “Grab-N-Go” or something like it to continue.</li> <li>✚ Congregate meal providers receive \$6.50-\$9.00 reimbursement per meal compared to the GPD program (FEMA funded) providers receive \$22.00 reimbursement per meal.</li> <li>✚ AAA is currently working with providers on re-opening their sites</li> </ul> </li> </ul> <p>Ms. Sawamura continued her detailed report by notifying committee members about the actions being taken by County:</p> <ul style="list-style-type: none"> <li>• Submitted a request to CAL OES to give the AAA a three-month advance notice of termination for the GPD instead of continuing the current contract month to month.</li> <li>• Identify on a state level what options are available for older adults who need support after GPD ends.</li> </ul> <p>Chair Dimas-Kahn stated more funding needed for congregate meal providers and we need to continue to identify funding resources.</p> <p>Ms. Sawamura will share the final survey results next month. She suggested for the MISO committee to present our suggestions about food insecurity to Board of Supervisor (BoS) meeting on May 18 when the Commission on Aging (CoA) gives them a presentation.</p>
<p>8. Discussion about the work plan action items due under Goal I</p>	<p>Chair Dimas-Kahn referred back to the MISO work plan to address two action steps in it: “After the GPD program ends, what is San Mateo County’s plan to provide meals for the GPD recipients?” and “Advocate for more funding for the congregate and home delivered meals contractors” and requested suggestions from the committee.</p> <p>Questions and Suggestions from MISO Committee members:</p>



- Commissioner Uhl posed the following question: Is anyone advocating on a state level to provide more funding for food insecurity?
  - ✚ Ms. Sawamura said GPD is a program offered in CA only. It is not a nationwide program and not all of the counties offer the program. Some counties started the program but stopped soon afterwards.
- Commissioner McMillian asked would the county continue to cover the GPD through the end of the month after FEMA terminates it.
  - ✚ Ms. Sawamura said yes and after the program terminates the GPD recipients will have a choice to transition to home delivered meals.

Ms. Sawamura said the AAA offers nutritional balanced meals through home delivered meal providers to clients once a day. The program requires a comprehensive assessment to determine the client is homebound by a social worker and what other services they may need. When a client deemed eligible after the initial assessment, the client will have a follow-up visit every three months. The GPD recipients will provide a self-attestation whether they are interested in receiving home-delivered meals. She stated it would take time to transition the GPD recipients to one of the AAA programs.

Commissioner McMillian reiterated what Ms. Sawamura stated to make sure he understood the process. Ms. Sawamura said he was correct and there is no charge for the program because it is an entitlement program.

Chair Dimas-Kahn suggested to Ms. Sawamura to create a cover letter for the GPD recipients that explains the nutrition options available through the AAA, so it will give them time to consider what program is most suitable for them. It turn, the GPD recipients will understand the requirements and conditions for each program. Commissioner McMillian agreed it was a good idea to create a cover letter and include it with the Emergency Resources Sheet.

Commissioner Hastie asked Ms. Sawamura what is the GPD provider reimbursement rate. Ms. Sawamura said \$22.00 per meal.

Ms. O'Brien suggested to focus on the needs -

- i. Who really needs it? Who is homebound?
- ii. How much can the clients afford?
- iii. Can they afford to pay for an alternative service/hybrid program?



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	<p>Ms. Sawamura stated there is a need to determine long-term solutions vs. traditional methods (home delivered meals, Grab-N-Go and congregate lunch programs)</p> <p>Chair Dimas-Kahn stated there is a need to think outside of the box - traditional ways to meet the needs of food insecurity. She also asked Ms. Sawamura whether her previous suggestions and ideas emailed to the GPD committee. The suggestions in her email, included previous programs offered in other counties, like the CHAMPS program offered by Self-Help for the Elderly and innovative programs. Ms. Sawamura said yes but there is no funding to start new programs because of COVID-19. In turn, it is more difficult to fundraise right now.</p> <p>Chair Dimas-Kahn asked Ms. Sawamura how much more reimbursement is needed to fund the home delivered meal contractors at 100%. Ms. Sawamura said \$12.50 would be sufficient. Ms. O’Brien wanted to know the same information. She said what about a program that offers delivered groceries vs. meal delivery. Ms. Sawamura said that would be a difficult program to coordinate with volunteers to deliver groceries.</p> <p>The committee agreed with Ms. Sawamura about the CoA’s role for advocating for more funding for congregate meal providers and emergency preparedness funding.</p> <p>Chair Dimas-Kahn asked Ms. Sawamura whether the MISO committee could attend the GPD meeting again. Ms. Sawamura said there is an open invitation for the MISO committee to attend the meetings.</p>
<p>Continued Discussion on work plan items due under Goal II</p>	<p>Chair Dimas-Kahn stated that Action Steps A &amp; C (b) are completed. Let us focus on the following action items: B &amp; D.</p> <p>Five minutes for discussion and will continue at the next meeting –</p> <p>Commissioner McMullin suggested partner with the Age Friendly Cities to help us educate older adults how to prepare for an emergency. The same with senior centers but it depends on the leadership.</p>
<p>Action Items:</p>	<ul style="list-style-type: none"> <li>• Ms. Sawamura offered to share the final GPD telephone survey results with committee in May</li> <li>• Chair Dimas-Kahn will prepare MISO accomplishments for the annual BoS presentation.</li> <li>• Chair of CoA, Hastie, will present to BoS in May.</li> <li>• Chair Dimas-Kahn will update the work plan with completed items.</li> </ul>
<p>8. Adjournment</p>	<p>Meeting adjourned at 9:55 AM        Next meeting: May 24, 2021</p>