



ASSEMBLYMEMBER

Monique Limón

DISTRICT 37

COVID-19 TELE-TOWNHALL

RESOURCES FOR OLDER ADULTS, THEIR FAMILIES AND CAREGIVERS

Welcome remarks from Members

Senator Hannah-Beth Jackson- SD19.senate.ca.gov

- Aging population have been challenge with the COVID-19 pandemic.
- Causing the older population to have issues accessing medication, groceries.
- Ventura County/Santa Barbara are providing support and resources for the elderly community
- Older adults that are shelter in place are experiencing social isolation
- Governor Newsom signed an executive order that provides additional resources for older adults, people with disabilities and children it is a 60-day waiver for in home supportive services caseworkers, to continue their work and provide care.

***Assemblymember Monique Limón – Assembly.ca.gov/Limón**

- COVID-19 is a public health emergency and challenging issue especially for older adults
- Elderly community being aware of online scams targeting individuals
- SB/VC targeting and providing resources to aging individuals not able to take care of their selves.
- Focus is on older adults, to be accurate sources of information
- State Attorney General Becerra issues a consumer alert brought in charities amid the COVID-19
- Be aware of online emails and people asking for money. When in doubt contact local authorities

***Congressman Salud Carbajal- Carbaja.house.gov**

- Shelter at home seniors, family members and caregivers are in a difficult position
 - Amount of money will be determined by household size
 - Direct relief provides money by way of direct deposit from your 2018 tax return or a paper check will be mailed.
 - Three relief packages:
 - Provided funding for public health systems and expanding healthcare for Medi-Cal recipients



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- Second Family First Corona Virus Response Act, which provided testing free for those who need testing.
- Provided resources to expand our food bank to have more abundant food for everyone in our community
 - Third 2.2 Trillion Corona Virus Relief package providing direct relief to persons with disabilities and on SSI. With a direct payment of \$1200 dollars for individual. This payment will arrive via direct deposit or a mailed check; seniors do not have to file a 2019 tax return to receive the payment.

Speakers

Dr. Lanyard Dial, MD, Geriatric Medicine specialty, Ventura County Ventura County President and CEO of Non-Profit Living Star Memorial specializing in homecare and hospice.

- COVID-19 Virus leaves it difficult to get into facilities.
- Washing hands and keeping a safe 6 feet from each person will help control the spread of this virus.
- Taking care of seniors in home care so they do not have to go to hospitals
- Watching diabetes, blood pressure and medicine are extremely important at this time.
- Contact primary care physician for all health needs, patients in long-term care are being socially isolated.
- High Risk are people are 65 and older, have a underlining illness and people with respiratory issues

Ms. Victoria Jump, Director of Ventura County Area Agency on Aging

- County wide senior nutrition program, making sure the older adults have access to groceries
- www.vcemergency.com current list of food pantries, online services are available on this website
- Community senior food program available for seniors
- Panty opened 3 weeks ago, offering 2 week food supply for older adult community
- (805) 477-7300
- Two one one (211) system in place to connect residents with resources in Ventura County.
- 3 weeks ago, opened a pantry in extension of the senior food program. Currently providing a two-week supply of meals to older adults and people with disabilities.
- Meal sites where older adults typically are still operational and is offering pick up meals
- Volunteer opportunities through United Way
- Non-Profit agency, Caregivers is working with United Way and 211 to recruit volunteers to provide shopping for people who have the funds to pay for groceries.
- Call 211 to resource for Caregivers to provide these services
- Help is available for caregivers from the Alzheimer's Association



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Ventura County three centers: Thousand Oaks in Ventura County, Camarillo health care district and Ventura County Area Agency on Aging which provides services to monolingual Spanish speakers.

Local transit is still running in Ventura County they are still available to take people to the store and appointments.

County line to help with mental support for seniors the number is- 1-800-235-9980

Ms. Joyce Lippman- Executive Director, Central Coast Commission for Seniors- Area Agency on Aging

- United Way is accepting volunteers for the older adult community to assist with grocery shopping and picking up medications.
- Non-profit Caregivers Association Centers
- Ventura County Caregivers resource centers
- Resources in Ventura County also exist in Santa Barbara County as well.
- Any patients in the adult health center are able to receive calls to speak with family when isolation occurs.
- Information, accurate reliable and trustworthy information is key for family members, health care workers and patients 1-800-510-2020. This is for local area on aging for most accurate and reliable source in the local community.
- Calls are wide range on different issues. Payments, Mortgages, food, grocery shopping, rent.
- Currently expanding agencies to accommodate the needs of the community
- Primary services are the family service agencies in Santa Barbara, support groups, one on one counseling which have changed to tele health.
- Centralcoastseniors.org is a source to find family resources

Q&A

Q: As a senior, I am told I am more at risk and I do not have any underlining issues. What does that mean? Even if I do not have any underlining medical conditions? If so, then why? Should I take more precautions to protect myself? What precautions should those me do to protect themselves and me?

A: As you age immune systems become less capable of fighting off viruses. There is a decline in all organ function, as we get older. Wash your hands and avoid touching you nose, mouth or eyes. The virus cannot penetrate your body through your hands it can only affect you if bring your hands in contact with a mucus membrane. No matter what age the older adult is they are high risk. More at risk by the age of 60. For underlining conditions, any illness you get will be more serious for you. Do your best to avoid social contact, congregations of people and keeping yourself at home. Protect yourself if you go outside and keep a safe six feet distance.

Q: My Aunt lives in a senior living center in Oxnard, I visit her every day to give her medications. Although there are safety measure in place, this comes at a high price. All visitors wear a mask, no social gatherings are allowed in the center I am concerned for my



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Aunt's emotional wellbeing. What can we do to support these communities with emotional issues during this time?

A: Seniors thrive being social people and having no contact with their family is a tremendous loss to the elderly. Relying on new technology could help like zoom, face time etc. In addition, caregivers that are working with these patients can help them use those devices. We must rely upon the technologies we have to keep our distance yet communicate. Family and friends are a great resource; even though you are separated, you can always call or write to the people that are in the facility.

Q: What about resources?

A: Elderly is most at risk using family and friends for a support system and the senior support line is available.

Q: If I did not receive a 2018 tax return with no refund and collects SSI with no direct deposit, will the treasury make the payment am I still eligible for the relief payment?

A: Yes, if you have direct deposit set up it will be automatically deposit into your account. If you do not a paper check will be issued. In addition, there is going to be a website so people can check their statuses. There is a number people can call to provide bank account information (Will post the number once Joyce Lippman gets ahold of it.)

Q: I am the sole caretaker of my wife who has bone cancer. Who do I call to help me if I fall ill?

A: Adult protective services can help and should start thinking about a long-term plan when things like this happens.

Q: Where does the elderly go for help regarding housekeeping, pharmacy or over the counter medication?

A: Homemaker services available by calling 211 or using shopping assistance programs.

Santa Barbara -1-800-510-2020 (direct way to get into the office)

Q: Why are people over 60 with diabetes at a higher risk?

A: Age and illness causes you to be higher risk. Organs start to decline as a person ages. Medication DOES NOT put you at higher risk =, continue to take your medication as directed. Underline conditions takes a toll on the immune system.

Q: What are ways to cope with stress? Unable to use rec centers and do regular exercise activities that I use to do.

A: The County is trying to find other ways the aging population can get regular activities. Development of activity kits in Santa Barbara and Ventura counties. Social workers are reaching out to provide meals. Walking outside is fine, it is very important to keep exercising. Keep the



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muscles active and good for stress relief. Exercising is so important to the senior population it will help immune system, stress relief. It is extremely important for your health.

Q: Are there or will there be any legal protection for the disabled regarding evictions or unlawful detainer action? Particularly applicable protections, which may not have been caused by COVID-19 pandemic, which could cause health and safety, risk to a class of persons particularly vulnerable.

A: Santa Barbara County Board of Supervisors recently passed an ordinance to prevent evictions until May 31, 2020.

Ventura County has an executive order as well. Property owners cannot evict tenants of nonpayment of rent and law enforcement cannot remove property.

Q: I have a homeless and mentally ill brother. My husband is 70 and is concerned about taking anyone in during this pandemic. Is there immediate housing in Ventura or Santa Barbara County for him? He needs his own place and will not stay in a shelter.

A: A homeless shelter may be the quickest help. The current low cost housing is multiple years on a waiting list. If the brother is high risk, Ventura County can place him in a hotel if he meets the criteria.

In addition, if someone rents a room they may be covered under the eviction ordinance.

CLOSING

Assemblymember Limón- All three offices are open Mon-Friday to answer any questions or direct you to the right resource. Thank you! Please visit Assembly.ca.gov/Limon

Senator Hannah-Beth Jackson- SD19.senate.ca.gov Thank you for participating

Congressman Carbajal- Local Government and agencies are working together to make sure everyone has the resources they need. Continue to practice social distancing to stay at home. Seniors be aware of fraudulent calls if help is needed please call Congressman Carbajal's office at: 805-930-1710 or Carbajal.house.gov

Joyce Lippman, Executive Director, Central Coast Commission for Seniors-Area Agency on Aging

Victoria Jump, Director, Ventura County Area Agency on Aging

Dr. Lanyard Dial, MD