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# Welcome To Our Community



Welcome to the 5th Annual Our Community – Aging and Disability Conference! This event is hosted by the ADRC of Nevada County, a collaboration between FREED Center for Independent Living, and the Agency on Aging Area 4 in cooperation and collaboration with over twenty local partner organizations and individuals working together to streamline the process of meeting the long-term-services and support and safety-net needs of individuals in Nevada County. There are currently eight ADRC's in California. The Nevada County ADRC, formed in 2012, was the first formed to serve a rural county.

Disasters, man-made or natural, can happen at anytime, anywhere, and vary in magnitude. Older adults and people with disabilities have specific needs during a disaster and are disproportionately impacted. These conditions increase a person's vulnerability during periods of time without food, water, shelter, and adequate rest. People with disabilities have some of the same needs as older adults, sometimes requiring more supports, many of which could likely be in short supply during a crisis event. This year's conference is focused on two main themes: Emergency Preparedness, both community and individual preparedness, and long-term-services and support. It is critical that individuals, service providers, and communities actively engage in planning to meet the every-day needs of life as well as planning for dealing with emergency conditions that may arise. It is also critical that individuals understand that each person has a responsibility to "Be The Hero" during times of crisis and make a plan for how to respond to a disaster situation. The goal of this conference is to provide you with an opportunity to gather information and gain experiences that will make a positive difference in your life, in any emergency or crises situation, as well as help you find the support you may need when making any critical or complicated life decision.

We are so thankful that you are part of Our Community and that you are here with us today.



Supported by a grant from The SCAN Foundation - advancing a coordinated and easily navigated system of high-quality services for older adults that preserve dignity and independence. For more information, please visit: [www.TheSCANFoundation.org](http://www.TheSCANFoundation.org).

**Ana Acton**  
Executive Director,  
FREED

**Pam Miller**  
Executive Director,  
Agency on Aging  
Area 4



# Our Schedule

## SCHEDULE

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Time	Session	Room
8:00-9:00am	<b>Registration / Vendor Booths</b>	Lobby / Patio
9:00-9:50am	<b>Plenary Speakers</b> <ul style="list-style-type: none"><li>• Welcome to “Our Community”</li><li>• “Be the Hero” – Emergency Preparedness in Nevada County</li><li>• Meet a Real Superhero!</li></ul>	Ballroom Ballroom Ballroom
9:50-10:00am	<b>Break / Vendor Booths</b>	Lobby / Patio
10:00-10:50am	<b>Workshops</b> <ul style="list-style-type: none"><li>• PG&amp;E - The Power of Being Prepared</li><li>• Stay Connected! – Travel Training and Riding the Gold Country Stage!</li></ul>	Ballroom Room A/B
10:50-11:00am	<b>Break / Vendor Booths</b>	Lobby / Patio
11:00-12:00pm	<b>Workshops</b> <ul style="list-style-type: none"><li>• Scams &amp; Fraud – What’s Going on in Your Neighborhood</li><li>• Nutrition – Eating Healthy on a Budget</li></ul>	Ballroom Room A/B
12:00-12:30pm	<b>Lunch / Vendor Booths</b>	Ballroom / Lobby / Patio
12:30-1:30pm	<b>Panel Discussion</b> Master Plan on Aging and Disability – A Question & Answer Session on Disability and Aging Public Policy in Our Community.	Ballroom
1:30-2:30pm	<b>Afternoon Keynote Address</b> Personal Emergency Preparedness: How to Be Your Own Hero!	Ballroom
2:30-3:00pm	<b>Wrap-up &amp; Raffle</b> Must be present to win	Ballroom

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# Our Workshops

## All Day

Room: Lobby

### Community Vendors

Visit local organizations and agencies that serve Nevada County:

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Anthem Blue Cross

California Health & Wellness

Pacific Gas & Electric

Agency on Aging Area 4

Cal Fresh

Cascades of Grass Valley

Connecting Point – 211  
Nevada County

Food Bank of Nevada County

FREED

Golden Empire Nursing and  
Rehab Center

Hospice of the Foothills

Nevada County Elections

Nevada County Senior  
Outreach

Nevada County Transit

One Source Empowering  
Caregivers

Paratransit Services – Gold  
Country Lift

Partners in Care

Pathway Labs

State Council on  
Developmental Disabilities

Westamerica Bank

## 9:00 - 9:50am

Room: Ballroom

### Plenary Session

#### Welcome:

**Lisa Swarthout,**  
Mayor of Grass Valley

**Ana Acton,**  
Executive Director, FREED

**Pam Miller,**  
Executive Director, Agency  
on Aging Area 4

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**Captain Jeff Pettit,**  
Program Manager,  
Nevada County Office of  
Emergency Services

Title: **Be the Hero!**  
There is now a greater need for the Office of Emergency Services to partner and coordinate closely with Fire, Police, Sheriff, State OES, FEMA, and other first responder agencies year-round. It is also critical that individuals, service providers, and communities actively engage in emergency planning.

Today, Jeff will be introducing a true “Superhero: and will be talking about the extensive planning and preparation that the County and Our Communities are working on together to ensure that we are prepared to be Our Own Heroes.

## 10:00 - 10:50am

Room: Ballroom

### The Power of Being Prepared

Speaker:

**James Monninger,**  
Local Customer  
Experience Manager  
Pacific Gas & Electric

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This workshop will provide suggestions for how to prepare for emergencies, including power outages and Public Safety Power Shutoff.

10:00 - 10:50am

Room: A/B

### **Stay Connected! Travel Training - Riding the Gold Country Stage!**

Speakers:

**Robin VanValkenburgh,**  
Transit Services Manager  
County of Nevada

**Daniela Fernandez,**  
Community Engagement  
Specialist, Connecting  
Point

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If you don't ride the Gold Country Stage bus system but would like to- this is the workshop for you! Join Connecting Point & Nevada County Transit Services for an introduction to travel training . We'll discuss the basics of how to use the Gold Country Stage bus system and how the travel training program at Connecting Point can support you in feeling confident and independent in getting around town.

11:00 - 12:00pm

Room: Ballroom

### **Scams & Fraud - What's Happening in Your Neighborhood?**

Speaker:

**Tamaran Cook,**  
Program Manager &  
Public Guardian  
Nevada County Adult  
Services

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Scams and scam artists have been around for centuries. Many of today's scams are perpetrated by criminals who are bent on stealing people's money. These criminals often live in other states or countries and use modern technology. However, frauds and scams can also be perpetrated by someone closer to home, a friend, a neighbor or even a relative of the victim. What are the red flags to watch for, how can you avoid such scams and what should you do if you become a victim of this abuse? These are just a few issues that will be covered in today's presentation.

11:00 - 12:00pm

Room: A/B

### **Nutrition - Eating Healthy on a Budget**

Speaker:

**Julie Tharalson, RDN**  
Dietitian, Agency on Aging  
Area 4

Adjunct Professor,  
Sacramento City and  
Folsom Lake Colleges

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Eating healthy doesn't have to break the bank! Come to this session and learn how to stock your kitchen with inexpensive, nutrient packed foods that will help you create simple nutritious meals. In this session we will explore the expanded Cal Fresh Benefits – how to use them and how to sign up, and how to stretch your food dollars by utilizing the Foodbank as a source for preparing healthy meals. Participants will also receive resources including recipes, low cost shopping and cooking strategies and a listing of computer applications that will connect participants to internet resources on easy recipes and food budgeting strategies.

12:30 - 1:25pm

Room: Ballroom

**Informing The California Master Plan on Aging:  
A Question and Answer Session on Disability  
and Aging Public Policy in Our Community**



During this session led by **Janice Bedayn**, President of the League of Women Voters, we will have the opportunity to discuss critical local, state and public policy issues pertaining to the California Master Plan on Aging, and the critical issues that affect older adults and people with disabilities that must be addressed in the development of this plan.

Questions we will be asking our legislative panelists, and the insights upon which they were based, are below. We encourage you to add your own thoughts and questions by writing them on the index cards at your table and submitting them to the moderator.

**Insight Regarding our General Physical Environment**

The physical places older adults and people with disabilities live in matter. They can be supportive, providing safe, easy access to food, transportation, and healthcare and encourage social interactions, or be withering, limiting their mobility, social connectivity, and overall well-being.

**Question:**

As cities of Nevada City, Grass Valley, and Truckee grow, change and require renovation and repair, how might we redesign them so that older adults and people with disabilities can maintain healthy, active, and social lifestyles?

(Continued Next Page)

**Our participating  
elected officials:**



**Heidi Hall,**  
Supervisor, District 1, Nevada  
County Board of Supervisors



**Jan Arbuckle,**  
Grass Valley City Council  
Member, Former Grass  
Valley Mayor



**Erin Minnett,**  
Vice Mayor, City Council of  
Nevada City

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**Insight Regarding: Transportation Needs**

The well-being of older adults and people with disabilities can become compromised when they are not able to access basic needs and amenities due to a lack of transportation options that are safe, reliable, flexible, and/or affordable.

**Question:**

How might we provide older adults and people with disabilities with a variety of transportation options that are safe, affordable and accessible?

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**Insight Regarding: Housing Issues**

The need for high quality, accessible and affordable housing is dire: those that have it, struggle to keep it; those that don't have it, search and wait for years and navigating confusing housing rules and lengthy processes is so arduous that even social service providers have difficulty.

**Question(s):**

How might we think creatively about making housing more affordable for older adults and people with disabilities?

How might we ease the process for navigating housing options and regulations for older adults and people with disabilities?

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**Insight Regarding: Supportive Services**

Personalized and dignified supportive services can make the difference between care that helps and care that hurts.

**Question:**

How might we provide all older adults and people with disabilities with services and care that are accessible, affordable, personalized and dignified?

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**Insight Regarding: Social and Emotional Wellbeing**

Even though no one can escape aging, we have deprioritized it as a society, characterizing it as something to be feared, burdened by, or simply ignored, rather than something to elevate and celebrate; the same can be said for people with disabilities. If you live long enough, everyone will experience disability at some time in their life, either temporarily or permanently, yet disability is still stigmatized. There are many older adults and people with disabilities with important skills and experiences in our community that are socially and physically isolated.

**Question:**

How might we support and provide services that will better connect older adults and people with disabilities to jobs, volunteer, and social opportunities in our communities?

1:30 - 2:30pm

Room: Ballroom

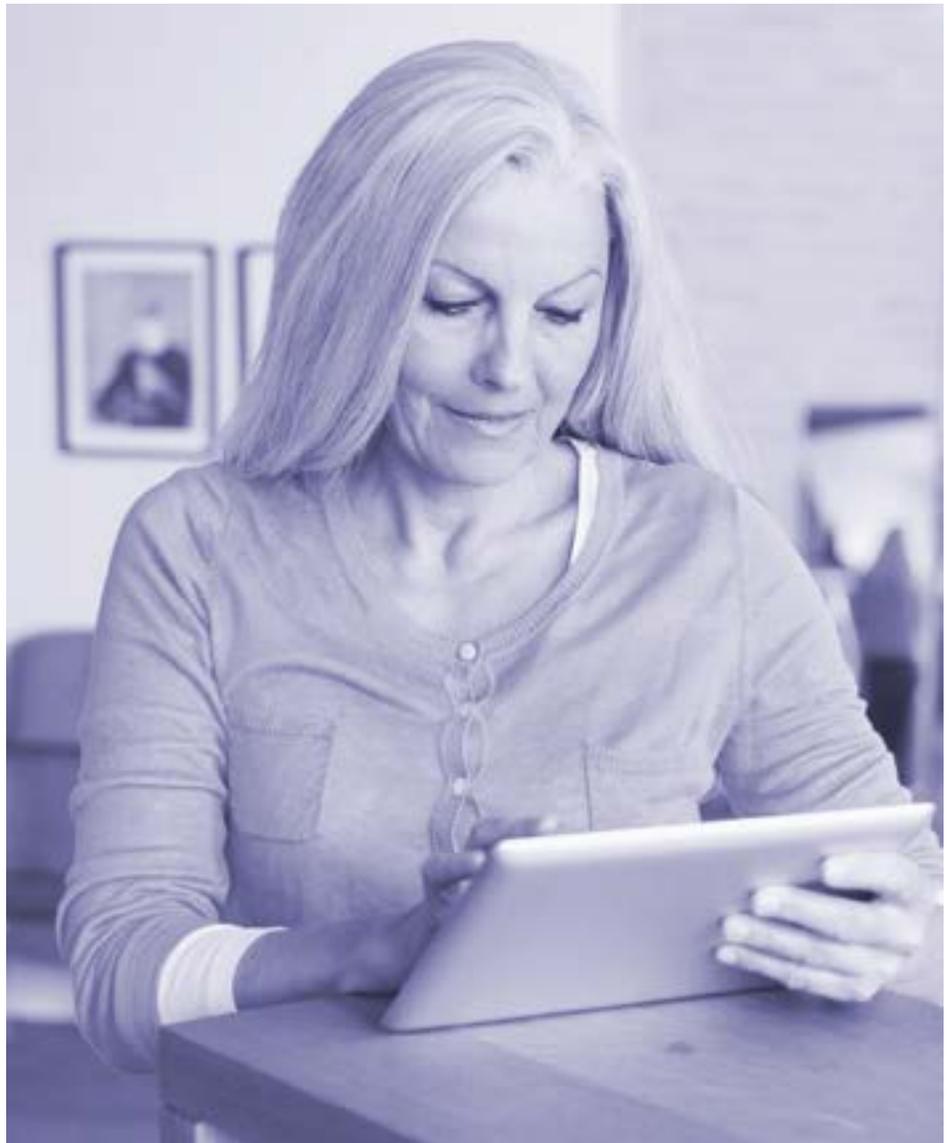
**Afternoon Keynote  
Address:  
Personal Emergency  
Preparedness or “How  
to Be Your Own Hero”**

Speaker:

**Ana Acton**  
Executive Director, FREED

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Emergency action plans keep you and your family calm and safe in case of a natural disaster, during a wildfire, or even when there is no electricity due to a Public Safety Power Shutoff. Planning for these events is not just for institutions and business; it’s just as important for individuals to know how to “be the hero” in an emergency. What you do now can help you better respond to, and recover from, any disaster. In addition, for older adults and people with disabilities, mobility, hearing, learning, or vision disabilities can create specific needs that individuals need to address to be able to respond safely to an emergency. The focus of this workshop is on identifying and anticipating what your needs may be in an emergency and developing a plan for meeting them, however individualized they may be.





# Our Speakers



**Ana Acton**  
Executive Director,  
FREED

Ana Acton is a native of Nevada City and is the Executive Director of FREED, serving Nevada, Yuba, Sutter, Colusa, and Sierra counties.

As a non-profit Independent Living Center, FREED's goal is to empower people with disabilities to exercise their civil rights in becoming active, productive members of our community. As a core partner of the Aging & Disability Resource Connection (ADRC) of Nevada County, FREED serves people of all ages and with any type of disability including seniors.

Ana started her career as a Systems Change Advocate at FREED, worked at the Department of Rehabilitation as the Chief of the Independent Living and Assistive Technology Section, and the chairperson of The California Association of Traumatic Brain Injury.



**Tamaran Cook**  
Program Manager and  
Public Guardian,  
Nevada County Adult  
Services

Tamaran Cook is the Program Manager and Public Guardian for Nevada County Adult Services. Adult Services includes the Public Guardians Office, Adult Protective Services, In Home Supportive Services, QA and the Senior Outreach Nurse Program. She holds a degree in Social Work and has worked with seniors and individuals with disabilities for 25 years. She has worked in several long term care facilities and for the County of Nevada in several capacities. She was the Deputy Public Guardian and also served as an Adult Protective Services Investigator. When Tamaran is not working she enjoys spending time with her family, camping and playing with her rescue dogs.



**Daniela Fernandez**  
Community  
Engagement Specialist,  
Connecting Point

In her position with Connecting Point, Daniela has created a travel training curriculum and is excited to assist folks in learning how to navigate the Gold Country Stage bus system. She has 16 years of experience facilitating groups and working with people with disabilities in a variety of capacities. Daniela is passionate about connecting people with the tools to access greater independence.



### **Pam Miller**

Executive Director,  
Agency on Aging Area 4

Pam Miller is currently the Executive Director of the Agency on Aging Area 4, serving Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba counties. She has always had a passion for working in the aging community. She began her career as a social worker in Adult Protective Services in 1983. For several years, she was the Deputy Director over Adult Services in Riverside County. In 2005, Pam came to Northern California as the Director of Yolo County Employment and Social Services, where she served for 7 years.

Pam has a Masters Degree in Social Work from California State University, San Bernardino. She taught Gerontology in the social work program at La Sierra University in Riverside.



### **James Monninger**

Local Customer  
Experience Manger  
Pacific Gas & Electric

James Monninger is a customer focused Manager who has over 14 years' experience in the utility industry. He spent 3 years at SoCalGas and the past 11 years at Pacific Gas & Electric Company (PG&E) working with customers to achieve critical efficiency and safety milestones. James has his MBA from Pepperdine University and BE (Bachelor of Engineering) from California State Polytechnic University – Pomona. He currently serves El Dorado, Nevada, Placer, Sacramento, and Sierra Counties as the Local Customer Experience Manager for PG&E.



### **Captain Jeff Pettit**

Program Manager  
Nevada County Office of  
Emergency Services

Captain Jeff Pettitt began his career with the Sheriff's Office in 1999 after spending six years in the military. He has worked in a variety of positions including Patrol, Major Crimes Unit, Truckee substation, and the Personnel and Training Unit. Pettitt promoted to Captain in 2012 as the Jail Commander overseeing the Corrections division. Since promoting to Captain, Jeff has commanded each division within the Sheriff's Office. In March of this year, he was assigned as the Program Manager for the Office of Emergency Services (OES).

Jeff is trained in peace officer leadership, is a graduate of the FBI's National Academy, and has a strong foundation in Office of Emergency Services (OES) based incident command practices.



**Lisa Swarthout**  
Mayor, Grass Valley

Lisa Swarthout was elected to her first term on the Grass Valley City Council in November of 2004. She was appointed to Council on August 23, 2016 and appointed Vice Mayor on December 13, 2016. Previous to her elected position she spent nine years on the Grass Valley Planning Commission.

Some of Lisa's duties on the City Council have included:

- Liaison to the City Park and Rec Commission
- Liaison with the Grass Valley Downtown Association
- Member of the City's budget committee

Lisa is also the past Chairman of the Grass Valley Downtown Association, and past Chairman of the Nevada County Economic Resource Council.



**Julie Tharalson**  
Dietitian, Agency on Aging Area 4

Adjunct Professor,  
Sacramento City and Folsom Lake Colleges

Julie Tharalson is a Registered Dietitian with over 20 years experience in clinical nutrition. She has been with the Agency on Aging, Area 4 for 5 years and her current area of focus is working on programs to help relieve the problem of senior hunger in the 7 county area AAA4 serves.

In addition to her training as a clinical nutritionist, Julie is also trained as a chef and received education at the Culinary Institute of America in Hyde Park, NY. She uses her unique background to educate low income seniors to prepare better, healthier and more inexpensive meals for themselves in order to improve their odds of living healthier and more independent lives.



**Robin VanValkenburgh**  
Transit Services Manager, County of Nevada

Robin has been with the County for about one year as the Transit Services Manager, Robin oversees the daily operations of Gold Country Stage and is the contract manager for the ADA complementary paratransit services operated by Gold Country Lift.

Robin brings 15 years of diverse transit experience to the Transit Services Division. He has worked as operations manager, assistant general manager and general manager for two of the three largest private transportation contracting companies; running local Dial-a-Ride, ADA paratransit, Regional Center programs, local fixed route and commuter bus services in suburban and urban areas. He has also held planning and management roles with El Dorado County Transit Authority and the Butte County Association of Governments.

Personal Preparedness  
Tips From James the  
Superhero  
Life Saver, Paradise, CA

EAT

Don't Panic  
Communicate

PRATICE Evacuation

Procedures (ready set GO)

STOP drop roll

STAY informed

Logic & Compassion

Phone numbers

Medicines

Flashlight

PEE BOTTLE

Breathing mask

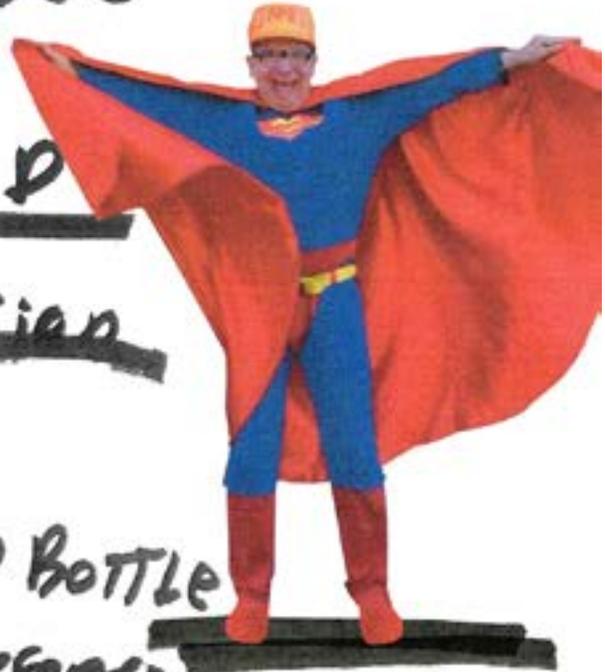
1. Prefers  
GET OUT  
Early

Cane

Wear coat

3. Stay Put

2. Stay open area



**FREED** ABILITY REDEFINED

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# Get Engaged. Get Connected. **VOLUNTEER TODAY!**

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**FREEDs Friendly  
Visitor and Phone  
Reassurance Programs**

utilize volunteers to visit or provide phone calls to seniors facing isolation. Our volunteers provide a caring connection and social interaction that is vital to the well being of seniors in Nevada County. Our volunteers report that they receive a huge benefit from this connection with the people they visit or call.



**FREEDs Fix It Program**  
Volunteers provide  
minor home repairs

such as replacing door handles and modifications such as installing grab bars in a shower. This critical service allows many seniors to continue living safely in their homes and prevent unnecessary falls or injuries. Volunteers work together or in teams and FREED provides needed equipment and supplies.

**Reach out to sign up or learn more about volunteering at FREED.**

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[www.FREED.org](http://www.FREED.org)

**530-477-3333**



# Our Partners And Sponsors

What is the ADRC of Nevada County?

The ADRC of Nevada County is a collaboration between FREED, and the Agency on Aging Area 4 in cooperation and collaboration with over twenty local partner organizations and individuals working together to streamline the process of meeting the long-term-services and support and safety-net needs of individuals in Nevada County.

How can the ADRC of Nevada County Help You?

- By providing in-person or online information about a wide range of services and resources.
- By presenting options for long term services and supports so that informed choices can be made about care planning.
- By offering short-term services (up to 90-days) to address urgent needs and prevent unnecessary admission to a nursing facility or hospital.
- By coordinating relocation from hospitals or nursing facilities back to a home or the community and arranging for needed support.

Call 211 or visit FREED at 435 Sutton Way, Grass Valley to get connected! All member agencies in the ADRC of Nevada County can assist you with applying for and receiving needed services and benefits.

### **ADRC PARTNER ORGANIZATIONS**

FREED Center for Independent Living  
Agency on Aging Area 4  
Alta California Regional Center  
Anthem Blue Cross  
California Health and Wellness  
Chapa-De Indian Health  
Community Beyond Violence  
Community Legal  
Connecting Point – 211 Nevada Count  
Falls Prevention Coalition of Nevada County  
Gold Country Community Services  
Gold Country Lift  
Helping Hands Adult Day Activity Center  
Hospice of the Foothills  
Nevada County Department of Transportation  
Nevada County Social Services, Adult Services  
One Source Empowering Caregivers  
Partners in Care  
River City Medical Group  
Sierra Nevada Memorial Hospital  
State Council on Developmental Disabilities

### **CONFERENCE SPONSORS**

Thank you to our sponsors for making this conference possible!

#### **EVENT SPONSOR**

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Pacific Gas & Electric  
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#### **GOLD SPONSOR**

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*Thank you to the Food Bank of Nevada County for providing healthy snacks.*

LiveHealth<sup>®</sup>  
ONLINE

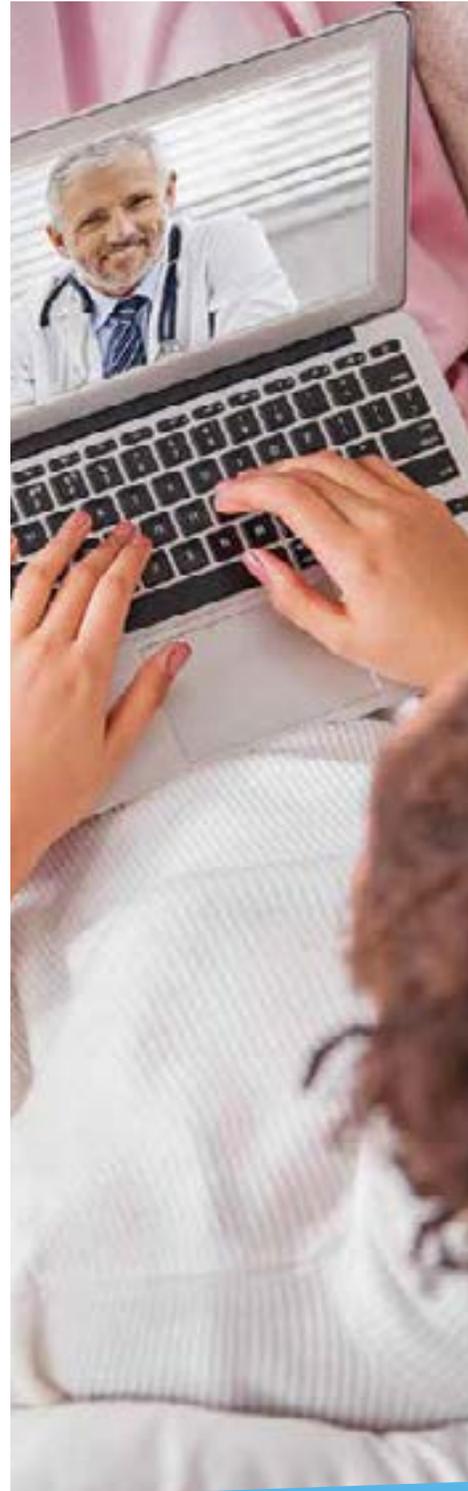
Anthem<sup>®</sup>   
BlueCross<sup>®</sup>

## Members can now visit a doctor 24/7 using LiveHealth Online.

Using LiveHealth Online, Anthem Blue Cross Medi-Cal members talk to a board-certified doctor through live video on their smartphone, tablet or computer, for **\$0 per visit**.

Anthem Blue Cross Medi-Cal is dedicated to increasing access to care for our members. Learn how at [livehealth.com](https://livehealth.com).

**Download the free app:**



LiveHealth Online is the trade name of Health Management Corporation, a separate company providing telehealth services on behalf of Anthem.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Blue Cross of California Partnership Plan, Inc. are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc. Blue Cross of California is contracted with L.A. Care Health Plan to provide Medi-Cal Managed Care services in Los Angeles County.

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california  
health & wellness™

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Our Community: An Aging & Disability Conference

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*"Creating and supporting opportunities that enhance the lives of older adults and their families to be safe, healthy and independent."*

Funding services for persons 60+ to help maintain their health and independence.



AGENCY  
ON AGING  
AREA 4

Nevada | Placer | Sacramento | Sierra | Sutter | Yolo | Yuba Counties



916.486.1876 | 800.211.4545

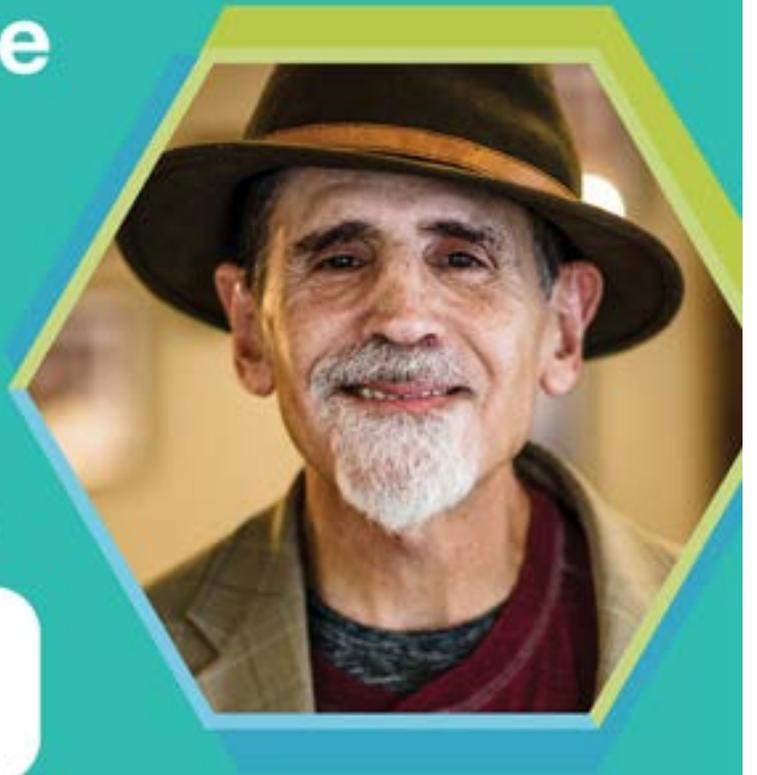
1401 El Camino Avenue, 4th Floor  
Sacramento CA 95815

[www.agencyonaging4.org](http://www.agencyonaging4.org)

# Got Medicare + Medi-Cal?

Free resource makes  
finding coverage  
options easy.

[MyCareMyChoice.org](http://MyCareMyChoice.org)



## Supporting the community Because we're part of the community

When it comes to building stronger communities, there's strength in numbers. PG&E proudly supports FREED's "Our Community: An Aging and Disability Conference."



Together, Building  
a Better California

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