



**COMMUNITY SERVICES AGENCY**

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**STANISLAUS COUNTY  
IHSS ADVISORY COMMITTEE MEETING  
MINUTES  
01/22/10**

|                                 |                                                       |                                                           |                                          |
|---------------------------------|-------------------------------------------------------|-----------------------------------------------------------|------------------------------------------|
| Committee Members Present:      | Joan Blackwell<br>Rose Martin<br><br>Valerie Mitchell | Connie Muller<br>Robbyn Ferraro-<br>Foster<br>Linda White | Rose Martin                              |
| Committee Members Absent:       | Marie Cochran<br>Jose Cisneros                        |                                                           |                                          |
| IHSS & Link2Care Staff Present: | Jeff Lambaren<br>Egon Stammler                        | Robert Taylor                                             | Christina Applegate                      |
| Other Guests:                   | Commission on Aging                                   | Tamir Luqman -UDW                                         | Supervisor Jim<br>DeMartini – District 5 |

**OPENING REMARKS by Chair Robbyn Ferraro-Foster**

- Meeting called to order at 10:00 am.

**PUBLIC COMMENT**

- No public comment.

**ACCEPTANCE OF MINUTES**

- December 11, 2009 minutes: Motion to accept minutes, motion to accept made by Rose Martin, Linda White seconded, motion passed.

**WELCOME AND INTRODUCTIONS**

- Jeff introduced himself to the group and welcomed the Commission on Aging (COA), and the IHSS Advisory Committee to the Leadership Planning Day.

**FUTURE SEARCH EXERCISE**

- Jeff introduced the “Future Search” exercise and asked the group to divide into 4 and work on the exercise for 40 minutes and then report out to the whole group.

**WELLNESS**

- Cynthia Chapa, LCSW from Work Place Wellness presented information about mental wellness and lead the group through a couple of mentally uplifting exercises.



## **SENIOR NUTRITION**

- Maricela Torres, Registered Dietitian presented information on senior nutrition including a PowerPoint presentation on the MyPyramid nutritional guide, and handed out a recipe book and pedometer for all attendees.

Meeting adjourned @ 2:00 PM,  
Jeff Lambaren, Recorder

# Future Search

## Scenario:

We have all seen articles in the newspapers and on the television about the harsh economic times that face California. Last year both the In-Home Supportive Services and Senior programs were reduced or eliminated. This year it is predicted that more economic hardship will impact social programs that serve seniors and disabled adults. Given the likelihood that more service cuts will occur, please discuss the following issues with your table group.

## Instructions:

Discuss the questions below.

Select a scribe to record your recommendations on the flip chart.

Select a report who will explain your ideas to the whole group.

**You have 40 minutes to complete your group discussion.**

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1. What does the program or service mean to you?
  - Personalize and quantify your response, explain what the program means to you.
2. What would happen if the service was dramatically reduced or eliminated?
  - Explain how you would cope with the reduction?
3. What suggestions would you offer to make the program or services better?
  - How would you make the program or service more cost effective?
  - What suggestions would you recommend to improve the delivery of service to the end user (consumer)?