



**Ensuring Equity in Aging Webinar:  
Culturally Responsive Programs and Services in Rural Communities  
June 7, 2021 | 10:00am - 11:00am  
Captioners Transcript**

10:03:28 >> GOOD MORNING EVERYONE. MY NAME IS AMANDA AND I AM THE PROJECT DIRECTOR FOR THE CALIFORNIA MATTER PLAN ON AGING PCH I AM HAPPY YOU DECIDED TO JOIN US FOR OUR SERIES, THIS IS OUR NINTH WEBINAR THIS THE SERIES.

10:03:36 TODAY WE WILL BE DISCUSSING CULTURALLY RESPONSIVE PROGRAMS AND SERVICES IN RURAL COMMUNITIES.

10:04:01 SO, TODAY YOU MAY HAVE OPTED TO JOIN US THROUGH THE WEBINAR OR PHONE. IF YOU ARE ON THE WEBINAR YOU WILL SEE WE HAVE LIVE CAPTIONING AS WELL AS AMERICAN SIGN LANGUAGE INTERPRETATION AVAILABLE TO YOU. TODAY'S RECORDING, SLIDES, AND TRANSCRIPTS WILL BE POSTED TO CDA ONLINE CALIFORNIA FOR ALL AGES EQUITY AND AGING RESOURCE CENTER.

10:04:14 WE ALSO POST THE VIDEO ON YOU TUBE, AND WE WILL E-MAIL EVERYONE THE COPIES AND LINKS TO ALL OF THESE ITEMS THROUGH THE NEWSLETTER NEXT WEEK.

10:04:22 SO, WE HAVE RESERVED THE FINAL FEW MINUTES FOR QUESTIONS AND COMMENTS FROM THE PUBLIC.

10:04:35 IF YOU ARE JOINING BY WEBINAR YOU CAN USE THE Q AND A FUNCTION ANY TIME DURING THE PRESENTATION, AND CLICK THE RAISE HAND BUTTON AND ASK YOUR QUESTION AT THE END OF THE SESSION.

10:04:55 IF YOU ARE ON THE PHONE, YOU CAN JOIN BY PRESSING STAR 9 ON YOUR DIAL PAD, WHICH WILL RAISE YOUR HAND SO THE

MODERATOR KNOWS YOU HAVE A QUESTION. WE WILL SHARE THESE INSTRUCTIONS DURING THE Q AND A SESSION.

10:05:10 AS I SAID THIS IS OUR NINTH, AND FINAL WEBINAR IN THIS SERIES, WE PROMISE WE WILL CONTINUE TO PROVIDE CONTENT AND RESOURCES FOR AGING AND DISABILITY SERVICES PROVIDERS AND THOSE IN THE PUBLIC HEALTH FIELD.

10:05:25 WE HAVE FEATURED SO MANY FANTASTIC STATE AND LOCAL SPEAKERS WITH EXPERTISE IN THE SUBJECTS OF CULTURAL COMPETENCY AND EQUITY, AND PROGRAMMING SERVICE DELIVERY OTHER THE LAST NINE MONTHS.

10:05:39 FOCUSED ON LATINO, BLACK AND TRIBAL, LGBTQ, ASIAN, PACIFIC ISLANDER, ALDZ, AND CULTURAL SERVICES.

10:05:45 TODAY WE WILL FOCUS ON RURAL ENVIRONMENTS AND HOW TO PROVIDE SERVICES IN THOSE COMMUNITIES.

10:05:56 AS I SAID THE EQUITY AND AGING RESOURCE CENTER IS WHERE WE SAVE IF SLIDES AND PRESENTATIONS AND TRANSCRIPTS, SO, THOSE WILL ALWAYS BE THERE AS A CONTINUED RESOURCE.

10:06:02 I MAY BE HANDING OVER FOR INTRODUCTIONS.

10:06:12 CAN YOU PLEASE MOVE KIM MCCOY WADE OVER, SHE IS THE CALIFORNIA DEPARTMENT OF AGING DIRECTOR. AND HAS JUST JOINED US, AND I WILL HAND IT OVER TO HER.

10:06:42 >> THANK YOU, I AM LOOKING FOR KIM ON THE LIST, THERE SHE IS.

10:06:51 >> GOOD MORNING. I AM THRILLED TO BE JOINING, MAY I ADD MY WORDS OF WELCOME?

10:06:53 >> YES, GO AHEAD.

10:07:03 >> GREAT, IT'S SO WONDERFUL TO SEE YOU IN THE SUMMER AND HOLIDAY WEEK FOR SOME SUCH A TERRIFIC TURNOUT.

10:07:12 A RECORD HIGH, TO HEAR FROM THE PANEL OF EXPERTS TO SHARE WITH US THEIR EXPERTISE ON SERVING A VERY IMPORTANT PART OF THE CALIFORNIA COMMUNITY.

10:07:37 OUR RURAL COMMUNITIES, WE ARE DELIGHTED THAT WE HAVE EXPERTISE HERE IN CALIFORNIA AND LUCKY TO BE ABLE TO SHARE WITH YOU. WE WILL HEAR TODAY FROM SHAN NONWHO I HAVE THE PRIVILEGE OF KNOWING AS DIRECTOR OF AGING IN KENTUCKY BEFORE SHE CAME HERE. FROM THE HEALTH AND HUMAN SERVICES AGEN SI.

10:08:01 A COLLEAGUE AND MENTOR TO ME IN RUNNING A STATE AGENCY ON AGING. ALSO THRILLED TO HAVE THE HMONG CULTURAL CENTER OF BUTTE COUNTY. I HAVE BEEN DELIGHTED TO SEE THE WORK WITH THE COMMUNITIES AND RURAL COMMUNITY AS WELL. AND DEB FROM BLUE LAKE.

10:08:14 AS WE AT THE DEPARTMENT OF AGING DEEPEN OUR HISTORIC AND MORAL AND LEGAL PARTNERSHIP WITH CALIFORNIA'S TRIBAL ORGANIZATIONS IN SERVING THOSE.

10:08:31 I AM DELIGHTED TO LISTEN AND LEARN AND LOOK FORWARD TO HEARING THE CONVERSATION WITH OUR COLLEAGUES AROUND HOW TO BUILD THAT BETTER FOR AND WITH RURAL COMMUNITIES.

10:08:54 >> HI, GOOD MORNING EVERYBODY. I AM SHANON THANK YOU FOR THAT KIND INTRODUCTION, CURRENTLY I AM THE HEALTH AND HUMAN SERVICES AGENCY DIRECTOR.

10:09:16 I STARTED IN THIS POSITION AND STARTED IN CALIFORNIA IN OCTOBER OF 2020. BEFORE THAT AS KIM SAID I WAS THE COMMISSIONER FOR THE KENTUCKY DEPARTMENT FOR AGING AND INDEPENDENT LIVING AND WORKING IN THE FIELD OF AGING FOR ALMOST 20 YEARS NOW.

10:09:34 KIM ASKED ME TO PROVIDE A OVERVIEW OF RURAL AMERICA. THEN I WILL TALK A LITTLE BIT ABOUT WHAT MARIPOSA IS ON THE CUSP OF DOING AND PLANNING AND HAND IT OVER TO OUR OTHER COLLEAGUES.

10:10:03 TO ORIENT US, TALK ABOUT WHAT IS RURAL. WHAT DOES THAT MEAN? IT MEANS DIFFERENT THINGS TO DIFFERENT PEOPLE. THE U.S. CITIZENS BUREAU HAD THE SAME DEFINITION OF RURAL SINCE 1910. THAT SIMPLY MEANS THE NONURBAN

POPULATION. BUT I THINK MOST OF US UNDERSTAND THAT RURAL DIFFERS GREATLY.

10:10:21 YOU KNOW, RURAL IS VERY DIFFERENT FROM THE SUBURBAN LA, THOSE COULD ALL BE CONSIDERED RURAL UNDER THE CENSUS DEFINITION.

10:10:28 IMPORTANT TO UNDERSTAND WE ARE PUTTING A LOT OF THINGS IN THE SAME BUCKET, AND HAVE TO THINK ABOUT THE COMMUNITIES INDIVIDUALLY.

10:10:36 KIND OF USING THE PERSON-CENTERED WORK WE DO WHEN WE TALK ABOUT RURAL COMMUNITIES.

10:11:02 THAT IS KIND OF AN ORIENTATION, ON THIS SLIDE, LOOKS YELLOW, YOU SEE THE MAP OF RURAL AMERICA. 97% OF THE NATION'S LAND IS CONSIDERED RURAL. SO THAT REALLY UNDERSCORES THE STRENGTH DEPTH WIDTH AND ALL THOSE THINGS OF RURAL AMERICA.

10:11:28 20% OF AMERICANS LIVE IN RURAL COMMUNITIES. AND OF THAT NUMBER YOU KNOW WE GENERALLY TEND TO THINK OF RURAL AMERICA AS YOUR STEREO TYPICAL MAJORITY-WHITE POPULATION. BUT, OUR RURAL COMMUNITIES ARE DIVERSE AND THAT DIVERSITY IS GROWING.

10:11:50 AS YOU SEE ONE AND FIVE RURAL AMERICANS IDENTIFY AS A PERSON OF COLOR. AND BETWEEN 2000 AND 2010, 83% OF THE GROWTH IN RURAL AMERICA WAS COMPRISED OF PEOPLE OF COLOR, I THOUGHT THAT WAS PRETTY ASTOUNDING. SO RURAL COMMUNITIES DO TEND TO SKEW OLDER.

10:12:44 THAT VARIES BY COMMUNITY. I KNOW WE ARE VERY ATTRACTIVE FOR RETIREMENT. THOSE RETIRING, THOSE INDIVIDUALS. WHICH IS GREAT, OUR POPULATION AS YOU SEE LATER SKEWS IN MUCH OLDER THAN CALIFORNIA. SO, ANOTHER NOTE THAT WAS NOT ON THE SLIDE, IS, THE LGBT POPULATION IN RURAL COMMUNITIES YOU KNOW, AGAIN, STEREO TYPE IS THERE AREN'T ANY. THAT IS NOT TRUE AT ALL. 3-5% DOES IDENTIFY AS LGBT. THE U.S. POPULATION IS 4.5%. AND RURAL YOUTH ARE JUST AS LIKELY.

10:13:04 TO IDENTIFY AS LGBT AS URBAN DO. AGAIN TO GET OUR MINDS SET ON REALITY AND REAL NUMBERS OF WHAT RURAL AMERICA LOOKS LIKE RATHER THAN THE STEREO TYPES. NEXT SLIDE.

10:13:24 OKAY, SO I THINK WE ASSUME ALL OF US KNOW ABOUT SOCIAL DETERMINANTS OF HEALTH. AND I WANTED TO TALK ABOUT HOW SOCIAL DETERMINANTS OF HEALTH, CHALLENGES THAT RURAL COMMUNITIES HAVE IN ADDRESSING THE SOCIAL DETERMINANTS.

10:13:37 DOMAINS ARE ECONOMIC STABILITY, PHYSICAL ENVIRONMENT, EDUCATION, AND FOOD ACCESS, AND COMMUNITY AND SOCIAL CONTEXT AND HEALTH CARE SYSTEM.

10:13:53 ALL OF THAT DO GETTER LEADS TO HEALTH OUTCOMES, TALKING ABOUT EQUITY OF COURSE, ALL OF US UNDERSTAND THAT THOSE THAT ARE CONSIDERED TO BE MINORITY POPULATION HAVE WORSE HEALTH OUTCOMES.

10:14:01 SOMETHING TO KEEP IN MIND AS WE TALK ABOUT RURAL AND THOSE MINORITIES WHO LIVE IN RURAL AREAS.

10:14:23 SO, NEXT SLIDE. SO, CHALLENGES RELATED TO ADDRESSING SOCIAL DETERMINANTS OF HEALTH, RURAL AREAS, FIRST OF ALL, RURAL AREAS ARE PREDOMINANTLY, MORE LIKELY TO BE POOR. 18% OF RURAL POPULATIONS VERSUS LESS THAN 16% URBAN.

10:14:50 WHEN WE ARE TALKING ABOUT MINORITIES I WAS ASTOUNDED BY THESE NUMBERS, 62% OF RURAL BLACK AMERICANS AND 53% OF RURAL LATIN AMERICANS LIVE IN POVERTY. THAT IS SHOCKING AND OR YENTS US TO CHALLENGES OF RURAL LIFE AND CHALLENGES OF THE MINORITY POPULATIONS WHO LIVE IN RURAL AREAS.

10:15:21 SO, MOVE ONTO PHYSICAL ENVIRONMENT, AGAIN THIS IS AN ASTOUNDING NUMBER. BUT FATALITY RATE FOR TRAFFIC ACCIDENTS IN RURAL AREAS IS MORE THAN TWO TIMES THAT OF URBAN AREAS. THERE ARE A LOT OF FACTORS THAT GO INTO THAT. BUT I KNOW THAT THE U.S. DEPARTMENT OF

TRANSPORTATION CONSIDERS 40% OF THE ROADS IN RURAL AREAS UNSAFE TO TRAVEL.

10:15:48 40%. THAT IS PRETTY INCREDIBLE. AND ONLY 60% OF RURAL COMMUNITIES IN AMERICA HAVE PUBLIC TRANSPORTATION. AND I KNOW WE HAVE PUBLIC TRANSPORT HERE, BUT IT'S DIFFICULT YOU KNOW, A FIXED ROUTE IN RURAL COMMUNITIES CAN BE VERY HARD, DEPENDING ON THE SIZE AND GEOGRAPHY OF THE COMMUNITY. SO EDUCATION.

10:16:11 I THINK YOU KNOW, PEOPLE IN RURAL AREAS ARE LESS EDUCATED IN URBAN AREAS, THAT DOES HOLD TRUE IN NUMBERS. I KNOW WE DON'T HAVE A COLLEGE OR COMMUNITY COLLEGE HERE. I WOULD LIKE THAT TO CHANGE. SO ACCESS TO EDUCATION IS DIFFICULT IN RURAL AREAS.

10:16:36 MOVING ON THE FOOD, RURAL COMMUNITIES MAKE UP 87% OF COUNTIES WITH THE HIGHEST RATES OF FOOD INSECURITY. AGAIN YOU HAVE FACTORS THERE, TRANSPORTATION, ACCESS TO HEALTHY FOODS, WE HAVE FOR EXAMPLE, FARMER'S MARKET HERE, BUT IT'S IN THE TOWN ABOUT AN HOUR OR MORE TO OUR COUNTY LINES.

10:17:01 SO NOT EVERYBODY HAS EASY ACCESS TO HEALTHY FRESH FOODS. THE COMMUNITY CONTEXT, RURAL WOMEN EXPERIENCE DOMESTIC VIOLENCE AT HIGHER RATES THAN THE URBAN COUNTERPARTS. VARIETY OF REASONS BUT SET CONTEXT.

10:17:34 SOMETHING TALKED ABOUT IN MEDIA AND CALIFORNIA QUITE A BIT IS ACCESS TO INTERNET. THAT BECAME STARKLY APPARENT IN THE PANDEMIC WHEN EVERYTHING HAD TO SWITCH ONLINE. AND YOU KNOW 53% OF RURAL AMERICANS LACK THAT VERY BASIC ACCESS TO INTERNET. AND I KNOW HERE I DID NOT HAVE ANY INTERNET OR CELL SERVICE WHEN I MOVED HERE.

10:17:53 THAT WAS SURPRISING, BUT IT'S EXTREMELY DIFFICULT TO CONNECT AND THERE IS A LOT OF BARRIERS, THE GEOGRAPHY, AND THE MOUNTAINS, VERY DIFFICULT TO MOVE A MOUNTAIN. CHALLENGES FOR ALL OF THE FOLKS WE SERVE.

10:18:26 IN THE HEALTH CARE SYSTEM, SIMPLY THE NUMBER OF PROVIDERS AVAILABLE IN RURAL AREAS IS TREMENDOUSLY SKEWED. THOSE NUMBER OF PHYSICIANS IS NOT A TYPO, 13 RURAL, VERSUS 31 URBAN. AND 65% OF RURAL COUNTIES DON'T HAVE A PSYCHIATRIST AT ALL. WHEN YOU THINK ABOUT MENTAL HEALTH IN RURAL COMMUNITIES, SUICIDE RATE IN RURAL COMMUNITIES IS 54% HIGHER.

10:18:40 THAN IN THE URBAN COMMUNITIES, SO, THERE IS A LOT OF WORK TO BE DONE THERE. SO, RURAL AREAS IN GENERAL FAIR WORSE THAN URBAN AREAS IN ALL OUTCOMES.

10:18:52 HIGHER MARITALTY AND MORBIDITY, LOWER LIFE EXPECTANCY, LIMITATIONS, SOUNDS DIRE, DOESN'T IT? .

10:19:11 BUT IT'S NOT, RURAL COMMUNITIES HAVE A LOT OF POSITIVE THINGS, BUT YOU KNOW, RURAL COMMUNITIES SUFFER FROM YEARS UPON YEARS OF BEING UNDERRESOURCED. THIS IS SOMETHING I ACTUALLY HAD PERSONAL EXPERIENCE IN.

10:19:30 BEING THE COMMISSIONER FOR THE KENTUCKY DEPARTMENT FOR AGING, I THINK IF WE ARE IN THE WEBINAR I THINK MOST PEOPLE KNOW ABOUT THE INTERSTATE FUNDING FORMULA UNDER THE OLDER AMERICANS ACT. PRESCRIBED WHAT THINGS CAN BE CONSIDERED IN THE FORMULA.

10:20:00 AND THE CHALLENGE I WAS PRESENTED IS OUR RURAL AREA AGENCIES ON AGING IN KENTUCKY WERE JUST HORRIBLY UNDERRESOURCED. AND I TRY JUST ABOUT EVERY CALCULATION I COULD THINK OF TO FIGURE OUT HOW TO SHIFT THAT FUNDING FORMULA TO PROVIDE MORE RESOURCES TO OUR RURAL COUNTIES IN KENTUCKY.

10:20:21 THERE WAS NOTHING I COULD DO TO MAKE IT HAPPEN. TO MAKE IT EQUITABLE FOR RURAL COMMUNITIES VERSUS URBAN, I TRIED, EVERYTHING I COULD THINK OF. BUT THE FUNDING FORMULAS THAT COME DOWN FROM THE FEDERAL GOVERNMENT THEY DON'T CONSIDER THE CHALLENGES OF RURAL LIFE.

10:20:39 AND THE CHALLENGES OF YOU KNOW BEING UNDERRESOURCED AND I KNOW, MANY RURAL COMMUNITIES HERE IN CALIFORNIA, HEALTH AND HUMAN SERVICES AGENCIES ARE THE BE ALL END ALL. THERE ARE NOT A LOT OF NONPROFITS AND CBO'S YOU CAN TURN TO.

10:21:01 SO, IT'S INCREDIBLY CHALLENGING. BUT THERE IS A LOT OF BEAUTY HERE IN THE PEOPLE AND IN THE LANDSCAPE. AND A LOT OF WORK TO DO. AND A LOT OF PEOPLE COMMITTED TO DO THAT WORK. SO, NEXT SLIDE. SO TO GIVE YOU AN EXAMPLE. THIS IS US.

10:21:17 OUR DEMOGRAPHICS, AGAIN COMMUNITIES ARE DIFFERENT. OUR DEMOGRAPHICS ARE 91% WHITE, AND 2% AFRICAN AMERICAN, AND SEE HOW THAT COMPARES TO THE REST OF THE STATE. 37% ARE 60 PLUS.

10:21:27 I TOLD YOU WE SKEW HIGHER WHEN IT COMES TO THE OLDER AGE RANGE. I LOVE WORKING IN THE AGING FIELD I AM EXCITED BY THIS.

10:21:40 36% ARE 60 PLUS AND 21% HAVE A DISABILITY. GIVES YOU ORIENTATION TO WHAT THE RURAL COMMUNITY LOOKS LIKE.

10:21:59 WE HAVE ALMOST DOUBLE THE NUMBER OR PERCENTAGE OF VETERANS AS DOES THE STATE. WE HAVE A SIGNIFICANT VETERAN POPULATION AS WELL. NEXT SLIDE. AS I SAID WE DON'T HAVE ANY FABULOUS PROGRAMS THAT OUR OTHER SPEAKERS HAVE, YET, IN ADDRESSING EQUITY.

10:22:22 BUT, IN YOU KNOW, 2019, THIS COUNTY CONSOLIDATED 3 DIFFERENT DEPARTMENTS TO BECOME HEALTH AND HUMAN SERVICES, I WAS NOT HERE FOR THAT, BUT I THINK THAT DOES POSITION US TO BETTER ADDRESS EQUITY. YOU KNOW, IT'S EASIER TO HAVE NO-WRONG DOOR WHEN YOU HAVE LESS DOORS FOR PEOPLE TO COME THROUGH.

10:22:32 THAT DOES POSITION US WELL TO LAUNCH FROM THERE. THE PANDEMIC DID PROVIDE US A LOT OF OPPORTUNITIES TO ENGAGE DIVERSE POPULATIONS.



10:22:59 YOU KNOW, I THOUGHT WITH THE VACCINATION CLINICS, WHEN DO WE HAVE THE OPPORTUNITY TO BE FACE TO FACE WITH NEARLY EVERYONE? IN OUR COMMUNITY. SO IN THAT WE DID SURVEYS IN EACH OF THE VACCINATION CLINICS, GOT FEEDBACK ON CHALLENGES AND NEEDS.

10:23:31 SO THAT WAS ONE THING THAT WE DID. WE DID HAVE MOBILE TEAMS TO GO VISIT OUR HOME BOUND POPULATION AND HOMELESS POPULATION. COLOCATED ELIGIBILITY STAFF WITH PUBLIC HEALTH TEAMS FOR ALL OF THE CLINICS AND CONTINUE TO DO SO. AMAZING AND THE NUMBER OF CONTACTS THE ELIGIBILITY STAFF HAD WITH AGAIN, ANYONE WHO ATTENDED VACCINATION CLINIC, NO MATTER THE BACKGROUND WAS IN THE THOUSANDS.

10:23:46 SO, YOU KNOW, WITH THAT 15 MINUTE WAIT AFTER BEING VACCINATED OUR ELIGIBILITY STAFF WERE ABLE TO PROVIDE PEOPLE INFORMATION AND GET THEM HOOKED UP WITH BENEFITS NEED BE.

10:23:52 ALSO HAD SPANISH SPEAKING CLINICS AND ELIGIBILITY STAFF AS WELL.

10:24:14 SO, WE COLOCATED THEM, VERY LUCKY TO IDENTIFY A COUPLE OF ADVOCATES IN OUR SPANISH SPEAKING COMMUNITY. MY UNDERSTANDING AND EXPERIENCE THAT WITH THE SMALL MINORITY COMMUNITIES IT'S FANTASTIC TO HAVE THOSE ADVOCATES WHO CAN BREAK DOWN WALLS AND BARRIERS.

10:24:27 YOU KNOW I AM ALWAYS COGNIZANT WE ARE GOVERNMENT COMING INTO A COMMUNITY THAT DOESN'T NECESSARILY HAVE A POSITIVE HISTORY WITH GOVERNMENT AGENCIES.

10:24:45 HAVING THAT CONNECTION WITH ADVOCATES WHO CAN YOU KNOW INTRODUCE US AND I THINK IT'S KEY. SO WE ARE FORTUNATE TO HAVE THAT AS WELL. ANOTHER OPPORTUNITY PRESENTED ITSELF RECENTLY IN OUR COUNTY'S FIRST EVER PRIDE EVENT.

10:25:04 THAT WAS JUST A COUPLE OF WEEKS AGO, ACTUALLY, I AM REALLY EXCITED ABOUT THAT. AND OUR TEAM SET UP A BOOTH. AND YOU KNOW, DID THE WHOLE VENDOR THING. AND TURNED OUT WE WERE THE ONLY GOVERNMENT AGENCY THAT ATTENDED THE PRIDE EVENT.

10:25:29 WHICH IS A LITTLE BIT OF A BUMMER. BUT, WE DID RECEIVE REALLY GREAT FEEDBACK FROM THE COMMUNITY WHO ATTENDED THE EVENT, THEY WERE, THEY WERE EXCITED THAT A GOVERNMENT AGENCY WAS THERE. AND FELT YOU KNOW, IT JUST HELPED US A LITTLE BIT MORE TO BUILD THAT RELATIONSHIP.

10:25:47 WITH THAT LGBTQ COMMUNITY, AND AGAIN, NOT, NO ONE EVENT IS GOING TO MAGICALLY CHANGE A RELATIONSHIP, I BELIEVE IT'S ALL OF THE LITTLE BUILDING BLOCKS, THAT WAS ONE OF THE BUILDING BLOCKS FOR THAT COMMUNE.

10:26:11 ONE THING I THINK OF WHEN I THINK ABOUT EQUITY, IS OUR MORE FRONTIER LOCATIONS, IN OUR COMMUNITY IN PARTICULAR, WE HAVE ABOUT 17 THOUSAND IN OUR COUNTIES. 17 THOUSAND POPULATION. AND ONLY 2 THOUSAND LIVE IN KIND OF THE TOWN PROPER WHERE ALL OF THE RESOURCES ARE LOCATED.

10:26:45 SO, THE VAST MAJORITY OF OUR COMMUNITY IS IN THE FAR FLUNG AREAS, I THINK ABOUT EQUITY FOR THEM. NORTH COUNTY, IF PEOPLE ARE FAMILIAR WITH THAT AREA. EL PORTAL. OUR SPANISH SPEAKING COMMUNITY IS LOCATED. I THINK ABOUT EQUITY FOR THEM. THEY DON'T HAVE GROCERY STORES THERE, THEY CERTAINLY DON'T HAVE SOCIAL SERVICES. THERE IS GOING TO BE A NEW CLINIC THAT IS OPENING UP IN NORTH COUNTY. I THINK ABOUT EQUITY.

10:27:10 AS FAR AS HOW THEY ARE ABLE TO ACCESS SERVICES, THAT IS SOMETHING WE ARE GOING TO CONTINUE TO LOOK AT. SO, THAT'S WHERE WE ARE IN THE BEGINNING OF THE EQUITY CONVERSATION. AND, I WILL TURN IT BACK OVER TO I GUESS MANDA IS GO WITH OUR OTHER PROGRAMS, SO, THANK YOU

EVERYBODY, AND GLAD TO BE HERE, AND HOPE THAT WAS HELPFUL FOR DISCUSSION.

10:27:25 >> THANK YOU SO MUCH SHANNON. SO WONDERFUL TO HEAR ABOUT THE PREVIOUS WORK, AND, STATS AND RURAL LANDSCAPE AND WORK TO COME. I AM GOING TO GO AHEAD AND PASS IT ONTO OUR NEXT SPEAKER.

10:27:34 THAT WILL BE DEB WINK L FROM BLUE LAKE RANCHARIA, IN HUMBOLDT COUNTY

10:27:44 >> GOOD MORNING, PLEASURE TO BE HERE. I HAVE BEEN THE TITLE 6 ELDERS FOOD PROGRAM DIRECTOR HERE FOR FIVE YEARS.

10:28:04 BUT I HAVE BEEN IN THE COOKING INDUSTRY FOR OVER 20. AND IT'S A REAL HONOR TO BE HERE TO BE ABLE TO HELP THE ELDERS AND OUR RURAL COUNTY HERE. SO, HERE IS A VIDEO ON SOME OF THE BACKGROUND OF THE TRIBE.

10:29:48 SORRY. THE PROGRAM THE ELDERS FOOD PROGRAM WAS DEVELOPED ABOUT 35 YEARS AGO WHEN THE TRIBE IDENTIFIED A NEED FOR THE RURAL AREAS TO BE ABLE TO HAVE CONSISTENT AND HEALTHY FOODS TO BE ABLE TO DELIVERED TO THEIR HOMES.

10:30:00 BECAUSE MANY ARE SHUT IN AND CAN'T GET TO THE GROCERY STORE OR THINGS LIKE THAT, SO, HERE IS ANOTHER SHORT VIDEO ON THE BACKGROUND OF THE FOOD PROGRAM.

10:30:07 >> FOOD IS PREPARED HERE IN THE TRIBAL COMMERCIAL KITCHEN AND WE USE STANDARDIZED RECIPE PEE.

10:30:32 RECIPES TO BE ABLE TO KNOW EXACT AMOUNT OF INGREDIENTS FOR THE AMOUNT OF MEALS, 150 MEALS PER DAY, 700 MEALS A WEEK WE PRODUCE. USING THE STANDARDIZED RECIPES CUTS DOWN ON THE FOOD WASTE OF EITHER ORDERING TOO MUCH OR HAVING TOO MUCH LEFT OVER.

10:30:50 YOU CAN FIGURE OUT EXACTLY HOW MANY SERVINGS THAT YOU NEED FOR AMOUNT OF FOOD YOU NEED TO PURCHASE,

SO THERE WILL BE LESS WASTE IN THE PRODUCTION OF THE FOOD AND ALSO AFTER WARDS. .

10:31:09 TEMPERATURES TAKEN DURING COOKING AND AFTER TO MAKE SURE THEY ARE IN THE SAFE ZONES AND AFTER COOKING THE LARGE PORTIONS WE SEPARATE THEM OUT INTO SMALLER CONTAINERS AND PUT THEM IN THE FRIDGE SO THEY CAN COOL DOWN.

10:31:29 AND THEN THE VOLUNTEERS I USUALLY HAVE WILL DISH THEM UP INTO THE SERVING TRAYS FOR THE FROZEN MEALS. AFTER WE DISH THEM UP WE SET THEM ON THE CONVEYER BELT, TEN FIT AT A TIME.

10:31:51 WHEN YOU TURN IT ON THERE IS A VOLUNTEER AT THE OTHER END THAT WILL TAKE THEM OFF AND PUT THEM ON THE TRAY SO THEY CAN BE PREPARED TO GO INTO THE FREEZER. DELIVERY OF THE MEALS FOR THE ELDERS THAT ARE HOME-BOUND.

10:32:20 WE HAVE A ICE TRUCK THAT WE TAKE OUT AND IT HAS ITS ICEBOX ON THERE TO MONITOR THE TEMPERATURE. SO IT STAYS AT ZERO. THE AREAS WE SERVE WERE FAIRLY RURAL IN ASPECT AND ELDERS ARE NOT ABLE TO GET TO THE STORE TO BUY GROCERIES. AND A LOT OF THE OLDERS ARE HOME-BOUND.

10:32:42 AND CAN'T GET OUT AS EASY OR IT'S VERY DIFFICULT FOR THEM TO GET TO WHERE THEY NEED TO GO TO GET SERVICES AND SOME OF THEM ARE NOT ABLE TO FIX THEIR MEALS THEMSELVES BECAUSE OF THEIR MEDICAL ISSUES OR THEY ARE FRAGILE AND FRAIL.

10:32:55 ELDERS MEALS THE PROGRAM HELPS CUT DOWN ON INSECURITY FOR ELDERS TO BE ABLE TO BRING THEM GOOD QUALITY FOOD DOOR TO DOOR FOR THOSE THAT ARE NOT ABLE TO GET OUT.

10:33:07 AND PROVIDES WELFARE CHECKS FOR THE ELDERS, THE DRIVER IS ABLE TO SPEAK WITH THEM AND HELP THEM WITH MEALS IN THEIR FREEZER FOR THEM, AND THINGS LIKE THAT.

10:33:21 PRIOR TO THE PANDEMIC WE WOULD DELIVER EVERY WEEK ON TUESDAY. BUT SINCE THE PANDEMIC HIT AND WE DID NOT WANT TO EXPOSE THE ELDERS TO ANY MORE THINGS THAN NECESSARY, AND ALSO THE DRIVER.

10:33:48 HE IS ALSO 60 PLUS, AND HE IS A VOLUNTEER. I WANTED TO KEEP HIM SAFE ALSO. SO, NOW, DURING THE PANDEMIC WE WENT TO DELIVERING 3 WEEKS OF MEALS EVERY 3 WEEKS, THAT WAY IT CUTS DOWN ON EXPOSURE TO EVERYBODY.

10:33:52 SEVERAL PEOPLE CALL THE OFFICE TO FIND OUT ABOUT THE FOOD PROGRAM.

10:34:03 OR SENIOR RESOURCE CENTER REFERS PEOPLE TO OUR PROGRAM IF THEY ARE NOT ABLE TO TAKE THEM ONTO MEALS ON WHEELS PROGRAM.

10:34:20 ALWAYS THE END OF YEAR ELDERS LUNCH, WE INVITE ELDERS TO COME AND BLESS THEM WITH TRADITIONAL MEALS. FROM TIME TO TIME WE GET DONATIONS OF CULTURAL FOODS.

10:34:40 VENISON OR ELK ALSO. AND SALMON, AND RECENTLY WE WERE PROVIDED WITH SOME BLACK COD FOR THE ELDERS AND CAME AT A TIME WE COULD SEND IT OUT WITH OUR MEAL DELIVERY. I GOT POSITIVE RESPONSES BACK WITH THAT.

10:35:05 THE ELDERS REALLY ENJOYED IT. REALLY IMPORTANT FOR THE ELDERS TO BE ABLE TO COME AND SOCIALIZE AND BE TOGETHER. BUT WHEN THE PANDEMIC HIT WE HAD TO CLOSE THE EATING, DINING FACILITY AT THE TRIBAL OFFICE.

10:35:24 BUT THAT'S A GREAT PLACE FOR ELDERS TO COME AND GET A HOT MEAL EVERY DAY OF THE WEEK, MONDAY THROUGH FRIDAY AND HAVE A TIME TO SOCIALIZE WITH THEIR COUNTERPARTS AND HOPEFULLY IN THE NEAR FUTURE WILL BE ABLE TO OPEN THE CONGREGATE SITE.

10:35:28 SO THE ELDERS CAN COME BACK AND HAVE A HOT MEAL EVERY DAY.

10:36:06 >> THE BLUE LAKE RANCHERIA WE HAVE A COMMUNITY GARDEN, AND WE ALSO HAVE A GOAL TO REACH ZERO CARBON EMISSIONS BY 2030. AND OUR FOOD PROGRAM USES THE FRESH

PRODUCE FROM THE GARDEN FOR THE ELDERS MEALS. AND THEN WHATEVER IS NOT ABLE TO USE, LIKE THE PEELINGS AND SUCH WE SAVE IT FOR COMPOST.

10:36:15 AND THEN SENT OUT OVER TO THE GARDEN TO COMPOST AND GROW MORE VEGETABLES. AND HERE IS SOME BACKGROUND ON THAT.

10:36:33 >> HERE WE GROW PRODUCE FOR THE TRIBE'S ELDERS NUTRITION PROGRAM. WE HAVE VARIETY OF PRODUCE. LEAFY GREENS, TOMATOES AND PEPPERS, FRUITS, GRAPES, APPLES, BLUEBERRIES AND STRAWBERRIES.

10:36:50 SO, LAST SEASON WE PRODUCED ABOUT 1500 POUNDS, WE GOT A DONATION OF VEG TABLE STARTS FROM A LOCAL FARM THAT HELPED US BUMP UP PRODUCTION. AND THIS SEASON WE GOT ANOTHER DONATION FROM THE SAME FARM. THAT IS HELPING US OUT.

10:37:11 WE ALSO STARTED A BUNCH OURSELVES HERE IN THE LITTLE GREENHOUSES. AND SO WE HAVE REALLY BEEN ABLE TO PRODUCE A LOT FOR THE NUTRITION PROGRAM. THIS SEASON WE ARE FOCUSSING ON MORE DARK LEAF GREEN. KALE. ALSO DOING LETTUCES.

10:37:36 SPRING MIX TO LARGER LOOSE LEAF. AND HIGH TUNNEL GREECE HOUSES IN PRODUCTION TO EXTEND OUR SEASON. WE ARE LOOKING INTO POTENTIALLY DOING MORE TOMATOES, PEPPERS, EGGPLANTS, I PERSONALLY LIKE TO GET IN ON CITRUS, AND FIGS.

10:37:45 SOME OF THE BENEFITS OF HAVING THE GARDEN HERE, RESOURCE FOR THE NEW TRIGS PROGRAM, ONE OF THE MAIN ONES IS CONTROL OVER THE MEANS OF PRODUCTION.

10:38:02 WE HAVE ABILITY TO SAY WE WANT TO FOLLOW THESE GROWING PRACTICES, WE WANT TO MAKE SURE WE ARE NOT USING ANY CHEMICAL FERTILIZERS OR PESTICIDES. WE ARE ABLE TO CHOOSE EXACTLY WHAT CROPS WE WANT. WE CAN GROW THEM AS WE NEED TO AMOUNT WE NEED.

10:38:13 AND THEN OF COURSE BENEFIT OF PROXIMITY TO THE NUTRITION. THE KITCHEN IS RIGHT ACROSS THE STREET WALKING DISTANCE.

10:38:43 I COME IN THE MORNING FIRST THING, HARVEST BAGS OF PRODUCE, WALK IT OVER, RINSED IN THE FRIDGE, AND READY TO GO. SO YOU KNOW, YOU ARE SAVING MONEY ON DELIVERY AND THEN YOU ARE REDUCING THE FOSSIL FUEL FOOTPRINT. WE ARE NOT SHIPPING PRODUCE FROM THE CENTRAL VALLEY OR SOMETHING.

10:39:08 BY HAVING THIS COMMUNITY GARDEN HERE, THAT DOES SUPPORT SOVEREIGNTY FOR THE TRIBE. THEY HAVE THE ABILITY TO GROW ITS OWN FOOD ON ITS OWN PROPERTY. TRIBE CAN CHOOSE WHAT IT WANTS TO GROW HERE, DECIDE TO FOCUS ON LARGER OR CHOOSE TO FOCUS ON HIGH VALUE CROPS LIKE TOMATOES.

10:39:43 OR AS I HAVE SAID MORE OF THE PRODUCE SPECIFICALLY FOR THE ELDERS NUTRITION PROGRAM. WE HAVE A BUNCH OF PROJECTS GOING ON. FROM THE COMPOST, AND RESTAURANTS, AND TURNS IT INTO SOIL FOR THE GARDEN. ONE OF THE MAIN BENEFITS OF COMPOSTING IS YOU ARE REDUCING THE WASTE STREAM OF THE PROPERTY.

10:40:04 REDUCING QUANTITY OF MATERIALS GOING TO LOCAL LANDFILLS, SO THAT IS A REALLY BIG PLUS. THE MORE WE KEEP THAT ON SITE, AND USEFUL, IT'S GOOD FOR US. AND THE ENVIRONMENT.

10:40:10 COMPOSTING IS GREAT FOR THE MORE VERY LOCAL ENVIRONMENT OF THE GARDEN ITSELF. .

10:40:33 WE ARE INCORPORATING THIS MATERIAL, AND IMPROVING THE SOIL HEALTH. ONE OF THE BIGGEST BENEFITS OF THE COMMUNITY GARDEN IS NOT JUST NEW TRIGSAL BUT THE COMMUNITY BENEFIT.

10:40:59 AS A GATHERING PLACE, AND PRODUCE THEIR OWN FOOD AND LEARN HOW TO DO SO. WE ARE STARTING TO OFFER WORKSHOPS HERE, AND WE REALLY WANT TO TURN THIS INTO A

LEARNING SPACE. GATHERING SPACE WHERE PEOPLE SHARE IDEAS. SHARE KNOWLEDGE AND DEVELOP SKILLS THAT REALLY ALLOW THEM TO SUPPORT THEIR OWN INDIVIDUAL FOOD SOVEREIGNTY.

10:41:14 >> A VIDEO THAT TALKS ABOUT THE FOOD PROGRAM STARTED 35 YEARS AGO WHEN THE NEED WAS IDENTIFIED BY THE TRIBE.

10:41:19 >> FOOD A PREPARED HERE--

10:44:14 >> DURING THE PANDEMIC WE WERE ABLE TO EXPAND SERVICES, HELPED THE NEIGHBORING TRIBES WITH MEALS, ABLE TO PROVIDE THEM WITH 500 FROZEN MEALS FOR THEIR AREA THERE. AND WE AND THERE IS A SHORT VIDEO SHOWING HOW WE WERE ABLE TO HELP OUT IN THE DEPARTMENT OF OES, ALSO ASKED FOR OUR HELP WITH MEALS.

10:44:49 >> DURING THE PANDEMIC WAS RATHER INTERESTING. LIKE OUR FOOD PRODUCTION INCREASED BECAUSE THERE WAS A LOT MORE NEED AND THEN WE WERE ALSO CONTACTED BY THE VALLEY TRIBE AS THEIR PROGRAM WAS SWAMPED WITH BEING ABLE TO FIX MEALS FOR ELDERS THEY NEEDED TO. .

10:45:33 SO WE WERE ABLE TO PROVIDE MEALS FOR THAT PROGRAM ALSO. THANK YOU, BEEN

10:46:04 >> BEEN A PLEASURE TO BE HERE, SOME TAKE AWAYS I GOT FROM BEING INVOLVED IN THIS IS A PLEASURE TO BE ABLE TO PROVIDE FOOD FOR ELDERS AND IN THE RURAL AREAS THAT ARE NOT ABLE TO GET THEIR OWN FOOD AND TOO FRAIL TO FIX IT THEMSELVES AND HAVING EFFICIENT SYSTEM TO BE ABLE TO DO THAT.

10:46:05 .

10:46:12 LESS CHANCE OF ELDERS GETTING SICK, AND THANK YOU FOR THE OPPORTUNITY TO BE HERE TODAY.

10:46:36 >> THANK YOU SO MUCH DEB. FANTASTIC, SO AMAZING TO SEE WORK NOT JUST PROMOTING NUTRITION, BUT ALSO SHOWING GREAT STEWARDSHIP OF THE LAND. I DON'T WANT TO WASTE TIME INTRODUCING THE NEXT SPEAKER.



10:46:43 WE WOULD LIKE TO WELCOME THE HMONG CULTURAL SEBTER OF BUTTE COUNTY.

10:46:54 >> THANK YOU AND GOOD MORNING EVERYBODY, THIS IS SENG WITH THE HMONG CULTURAL CENTER, THANK YOU FOR THE GREAT INTRODUCTION. .

10:47:19 THE CENTER IS ABOUT 60 MILES NORTH OF SACRAMENTO. AND I AM HERE TODAY TO PRESENT OR SHOW YOU OUR PROGRAM. WHICH IS A COMMUNITY DEFINED EVIDENCE PRACTICES FOR MENTAL HEALTH FOR THE HMONG COMMUNITY.

10:48:00 THIS IS OUTLINE OF WHAT I WILL SHARE TODAY. FUNDING FROM THE COUNTY BEFORE THE STATE AS WELL. I WILL SHOW YOU A LITTLE HISTORY. KNOW WHERE WE ARE AND WHERE WE CAME FROM AND WHO WE ARE. AND THEN THE PROGRAM. AND SHARE ABOUT THE EVALUATION WE HAVE AND SHARE ABOUT THE IMPACT OF THE PANDEMIC FOR THE COMMUNITY.

10:48:47 SO, THE PROGRAM STARTS BACK TO 2011, AND THEN WHEN THE DISABILITY PROJECT WAS SUPPORTED. THE MENTAL HEALTH AND DISABILITY, AND PHASE ONE OF THE KAUCH RAL CENTER. WE DEVELOPED A COMMUNITY AND STATEWIDE STRATEGY FOR THE POPULATIONS SUCH AS AFRICAN AMERICAN, ASIAN, PACIFIC ISLANDER, LATINO AND LGBTQ AND NATIVE AMERICANS.

10:49:10 THEN AFTER THAT FIRST PHASE, WE GO INTO THE SECOND PHASE OF THE CRDP AS TO DEMONSTRATE OUR COMMUNITY PARTICIPATORY EVALUATION PROCESS. SECT COMMUNITY DEFINED EVIDENCE PRACTICES FOR THE COMMUNITY.

10:49:39 AND VALIDATE THE PROGRAM FOR THE COMMUNITY TO GET SUPPORT FROM BOTH THE STATE AND ALSO THE LOCAL COUNTY. AND THIS ALSO SUPPORT WITH THE STATEWIDE SYSTEM POLICY, AND REDUCE MENTAL HEALTH DISABILITIES AMONG THE SERVED AND UNSERVED POPULATIONS OF THE COMMUNITY. NEXT SLIDE.

10:50:18 WITH THAT WHILE THE PROGRAM WAS FROM 2018 AND 2020, AND NEXT YEAR WE WILL HAVE THE DATA OUT THERE TO PARTICIPATE IN 2022. WITH THE FIVE FOCUS POPULATIONS WITH THE PILOT PROJECT.

10:50:51 THE CENTER OF BUTTE COUNTY IS ANOTHER PARTNER OF THE PROGRAMS OF OTHER PROJECTS. SO WE HAVE BOTH STATEWIDE AND STATEWIDE EVALUATORS, ALSO THE CLINICAL SUPPORT, AND ALSO HAVE THE ADVISORY COMMITTEE WITH THE AGENCY. AND ALSO LOCAL EVALUATORS, WHO IS HELPING US WITH THE LOCAL LEVEL.

10:51:16 AND THIS IS A PICTURE THAT WE TOOK BACK TO OUR FIRST ANNUAL CONVENING AND FIRST YEAR WE TOOK THE PHOTOOF THE IPP, OHE, LMU, TAP, AND EVALUATORS AS WELL. .

10:51:31 WELL YOU KNOW, BEFORE TALKING TO THE PROGRAM. I WANT TO TELL YOU A LITTLE ABOUT THE HMONG HISTORY AND BACKGROUND OF HMONGS SO YOU KNOW WHO WE ARE AND WHAT WITH WE CAME FROM. .

10:52:07 ORIGIN, WE DON'T KNOW MUCH ABOUT OURSELVES WE DON'T HAVE A REAL LANGUAGE. TRACE BACK TO OUR ANCESTOR FOR THE ROOTS, OUR ANCESTORS, WE HAVE THAT PATH, LATE 18TH OR EARLY 19TH CENTURY, HMONG IMMIGRATED TO CHINA TO SOUTHEAST ASIA, TO LAO, CHINA AND BER MA, AND IN THE 60, THE HMONG WAS IN THE WAR.

10:52:42 THE WAR IN LAOS WAS CALLED A SECRET WAR, IT WAS A SECRET NOT MANY PEOPLE KNOW OF. AFTER THE WAR THE HMONG CAME POLITICAL REFUGEES FROM 75-LATE 90'S. AND REALLY LAST WAVE WAS 2005-2010. THE GREAT LAST WAVE OF THE REFUGEES OF THE HMONGS THAT CAME FROM THE UNITED STATES.

10:53:07 PICTURES TO SHOW THAT WHAT YOU WOULD SEE FROM THE FIRST PICTURE. NUMBER ONE IS THE GENERAL WHO WAS CONSIDERED THE FATHER OF THE HMONGS. AND HE IS THE ONE OF THE CIA AGENTS DURING THE WAR. AND SECOND PICTURE YOU SEE IS THE BLUE LINE.

10:53:53 IS NORTH VIETNAMESE, THE MILITARY TO FIGHT AGAINST THE U.S. AND WHEN THEY COULD NOT GO THROUGH VIETNAM, PAST SOUTH TO NORTH AND THEY ENTER INTO LAOS, THAT IS WHEN THE SECRET WAR WAS STARTING AND BECAUSE HMONG WAS (INAUDIBLE), NUMBER ONE TO PROTECT AND FIGHT AGAINST IN A MILITARY SURPRISE.

10:54:27 AND NUMBER THREE IS TO PROTECT IS U.S. RADAR IN LAOS TO ENSURE WHAT WAS GOING ON FOR THAT WAR. AND PICTURE NUMBER 3 WAS WHEN THEY TOOK OVER LAOS. AND NUMBER 4 THE HMONG BECAME A REFUGEE TO MANY COUNTRIES, INCLUDING THE UNITED STATES.

10:55:08 AT FIRST THE HMONG IMMIGRATE FROM THE UNITED STATES. CAME FROM THAILAND WE ESCAPE FROM LAOS TO THAILAND AND LIVE IN THE CAMPS THERE, AND POSSESS PAPERWORK AND THEN GO TO MANY OTHER COUNTRIES. BUT FIRST CAME TO THE UNITED STATES IN LATE 1975-90. AND AFTER THE 80'S. THE FIRST, YOU KNOW WE CAME TO THE UNITED STATES AS REFUGEE TO WHEREVER OUR SPONSOR WAS.

10:55:40 MANY OF THE CHURCHES AND INDIVIDUALS WHO SPONSORED CAME TO ALL OVER THE UNITED STATES. BUT BECAUSE OF THE EXPERTISE AND EXPERIENCE WHAT WE HAVE IN BACKGROUND AND WHERE WE CAME FROM. WE WERE NOT ABLE TO YOU KNOW LIVE IN THE ENVIRONMENTS. SO WE BECAME A SECONDARY IMMIGRATION TO CALIFORNIA.

10:56:14 WE KNOW THAT CALIFORNIA IS GOOD WEATHER AND GOOD PLACE TO DO CROPS AND DO YOUR FARMING. FARMING EXPERTISE, WE HAVE IN LAOS, AND THAILAND, IN EARLY 80'S, A LOT OF MONK SZ HAVE SECONDARY IMMIGRATION FROM ALL OF THE UNITED STATES TO CALIFORNIA TO DO FARMING.

10:57:25 THIS PROGRAM WAS A PROGRAM THAT WAS CREATED BACK IN 2011. FUNDING FROM THE COUNTY MENTAL HEALTH. AND THE HMONG ELDER WHO IS 50 OR OLDER (INAUDIBLE). THE COMMUNITY SOCIAL ENGAGEMENT. THE THERE ARE SO MANY LAYERS I THEY CAN SOCIALIZE.

10:57:44 THIS IS THE ONLY PROGRAM THAT HAS THEM SOCIALIZE. SO IMPROVE THE GOALS. INCREASE ACCESS TO CULTURALLY AND LINK WISICLY APPROPRIATE MENTAL HEALTH.

10:58:57 AND THIS PROGRAM IS DESIGNED. WE HAVE OUR OWN BELIEFS AND TRADITIONAL BELIEFS. WE BELIEVE (INAUDIBLE). WE HAVE GONE TO MANY FIELD TRIPS, TAKE THEM TO PLACES THEY WANT TO GO. WE ALSO ARE CONNECTED TO THE COMMUNITY.

10:59:58 TRADITIONAL BELIEFS, WE BELIEVE IN LIVING. THERE ARE LIVING AND NONLIVING THINGS HAVE A SPIRIT. (ON SCREEN).

11:00:43 SO WE CAN GET HELP IN THE SPIRIT-SIDE. NEXT SLIDE. ACTIVITIES, WHAT WE HAVE IS TWO SITES. ABOUT 18 MILES APART. WE HAVE ACTIVITIES. PHYSICAL ACTIVITIES, CULTURAL, HEALTH, AND EDUCATION, AND LIFE SKILLS.

11:01:15 WORKING A LOT OF OUTDOORS ON THE THE FARM, AND HAVE A GOOD OUTDOOR OR PHYSICAL ACTIVITY, BUT BECAUSE WE LIVE IN THIS COUNTRY WE DON'T HAVE A PLACE TO DO ACTIVITY AND THEY STAY HOME. FAMILY WORKING AND ELDERLY STAY HOME ALL DAY LONG AND WEEK LONG AND MONTHS AND YEARS AND CAUSE A LOT OF STRESS.

11:01:47 AND HEALTH ISSUES, ALL THOSE. EACH SECTION. HAS ACTIVITY TO ENSURE.

11:02:45 >> THIS IS A PICTURE WE HAVE. (ON SCREEN) SO WE TOOK THEM TO THE SPACES THEY WANT TO GO AND SEE. WE HAVE A COMMUNITY GARDEN WITH THE STAFF.

11:03:18 OUR STAFF IS YOUNGER AND THEY DON'T KNOW MUCH ABOUT THE GARDEN. THE PARENTS GUIDE US AND HELP US TO DO THE GARDEN. WE HAVE ALL KINDS OF FOOD. WHEN IT'S TIME TO HARVEST WE HAVE OVER 80 ELDERLY PARTICIPANTS AND THEY COME AND DISTRIBUTE TO THEM AND D COMMUNITY.

11:03:38 AND ALSO WE COOK FOR 80 PEOPLE TO COME TO HAVE THEM YOU KNOW ENJOY THE FOOD. BECAUSE IN HMONG WE HAVE A NEW CROP EVERY YEAR WE GIVE BACK.

11:03:49 THIS IS SOMETHING THAT CURRENT PARTICIPANTS LIKE IT. AND REALLY WANT THIS TO CONTINUE.

11:04:13 >> THIS IS PHYSICAL ACTIVITY LIKE I MENTIONED EARLIER. BECAUSE YOU KNOW, THE ELDERLY DON'T HAVE A PLACE TO GO. THIS IS A PLACE FOR THEM TO ENSURE THEY ARE WORKING AS WELL. WHAT YOU SEE HERE IS THE PHYSICAL ACTIVITIES.

11:04:53 >> THIS IS A CULTURAL AK TUFTY. YOU SEE WE TALK ABOUT THE STORY AND HAVE THEM TRY FOOD. THE CUSTOM FOR THE YEAR. AND CULTURAL ALSO SHARE THE STORY OF THE CULTURAL. SHARE THE STORY OF THE PROGRAM TO THE GROUP.

11:05:24 LIFE SKILL BECAUSE BACK TO WHERE WE CAME FROM, LIFE SKILLS ARE DIFFERENT THAN HERE. WE TEACH THEM HOW TO WORK ON THEIR MEDICATION. TWO OR THREE MEDICATION, YOU TAKE IT EVERY DAY OR WEEK, THE KIND OF EDUCATION WE GIVE TO THEM.

11:05:42 EAT GOOD FOOD AND FOLLOW YOUR DOCTOR'S PRESCRIPTIONS, TAKING YOUR MEDICATION, AND MAKE SURE THE MEDICATION IS SAFE THAT YOU WILL BE ABLE TO REACH

11:06:53 AND THIS IS THE MENTAL HEALTH. MENTAL HEALTH IS OFTEN IN MANY HMONG WE DON'T HAVE MENTAL HEALTH. WHEN YOU TRANSLATE THE MENTAL HEALTH INTO HMONG YOU SAY IT MEANS CRAZY. WE DON'T TALK ABOUT THAT IN THE COMMUNITY, WE DON'T HAVE THAT WORD BEFORE COMING TO THE UNITED STATES. IT'S A NEW THING FOR US. OUR COMMUNITY DON'T TALK MUCH ABOUT MENTAL HEALTH, BECAUSE THAT IS A TERM THAT WE DON'T WANT TO TALK OR SAY CRAZY.

11:07:42 THAT IS PRETTY MUCH THE PROGRAM. WE HAVE THE EVALUATION OF STATE AND ALSO LOCAL PREAND POST FOR EACH PARTICIPANT, AND COLLECT THAT AND DO THE INTERVIEW FOCUS GROUP FOR THE ELDERLY FOR THE PROGRAM AND COMMUNITY AS WELL. HOW THEY SEE IT AND THINK ABOUT THIS PROGRAM. OTHER THAN THAT WE HAVE THE STORY. .

11:08:14 EACH INDIVIDUAL HAS A STORY. FROM LOAS TO THAILAND TO THE UNITED STATES. AND SOMETHING LIKE THAT, WE COLLECT THAT, TOO, AS A BOOK TO ENSURE WITH THE COMMUNITY AND SHOW HOW THE ORGANIZATION WORKS. THE PANDEMIC.

11:08:45 WE SEE FEAR, DEPRESSION, WORRY, TRIGGER THE PTSD, STIGMA, ISOLATION, LONELY, LANGUAGE AND TECHNOLOGY, TRANSPORTATION AND SERVICES, DURING THIS TIME. YOU KNOW, THIS WAS TOUGH. FOR EXAMPLE IF YOU HAVE A LARGE FAMILY, WE HAVE THE GRANDMA AND GRANDPA, CURRENT MOM OR DAD HAS FIVE OR SIX KIDS.

11:09:02 WHEN YOU ADD THE KIDS TO GRANDMA, AND TOTAL OF TEN PLUS YOU KNOW PEOPLE LIVING IN THE HOUSE THAT YOU KNOW THREE OR FOUR ROOM, IT'S TOUGH.

11:09:48 WHEN THE KID IS NOT GOING TO SCHOOL AND HOUSE IS SMALL AND CROWD, AND YOU KNOW, WE SAW AND HAVE OUR COMMUNITY AND FOR THE ELDERLY WE DO A LOT OF TRANSLATION FOR THE, SUCH LIKE THE COMMUNITY TO ENSURE THEY WERE PROTECTED. WE DISTRIBUTE A LOT OF MASK AND SANITATION TO THE COMMUNITY AND WANT TO COMMUNITY TO BE SAFE.

11:10:52 AND WE WANT THEM TO MAKE SURE THEY DON'T REALLY GO OUTSIDE OR YOU KNOW A LARGE GROUP AND ALSO DURING THE PANDEMIC WE ALSO KNOW THAT A LOT OF THINGS THAT HAPPEN TO THE ASIAN COMMUNITY WE DO. OUR ELDERLY DON'T HAVE TECHNOLOGY. WHEN THIS HAPPEN, WHEN THE FAMILY DON'T COME TO VISIT. THEY DON'T SEE FAMILY FOR MONTHS OR WEEK.

11:11:14 WHEN THE STAFF HAVE A CHANCE TO VISIT OR STOP BY OR SOMETHING THEY SAY THEY WANT TO SEE THE FAMILY, THEY WANT THEM TO COME VISIT BECAUSE THEY WERE SO LONELY, AND SOMETHING LIKE THAT. WELL YOU KNOW.

11:12:26 3 THINGS TO TAKE AWAY FROM TODAY, IT'S YOU KNOW, REMEMBER TO TAKE THE WORD HMONG AND THE PROGRAM MEANS HAPPY. (INAUDIBLE).

11:12:32 FEEL FREE TO VISIT OUR WEBSITE OR E-MAIL, THANK YOU FOR THE OPPORTUNITY TODAY.

11:12:36 >> THANK YOU. GO AHEAD.

11:13:17 >> THANK YOU. I AM VERY PLEASED TO SEE YOUR SERVICES AND PROGRAMS YOU PUT TOGETHER THAT ARE NOT JUST FOCUSING ON INDIVIDUAL HEALTH BUT ALSO COMMUNITY HEALTH, WELLNESS, AND PHYSICAL, AND MENTAL HEALTH. WE DO HAVE SOME TIME FOR QUESTIONS, WE ARE BEHIND WE ARE GOING TO STAY FOR A FEW MINUTES IF WE HAVE ANY WE HAVE NOT ANSWERED YET. WE HAVE RURAL SPECIFIC RESOURCES FOR AGE FRIENDLY PLANNING IN OUR MASTER PLAN FOR AGING LOCAL PLAYBOOK.

11:13:34 IF YOU VISIT THE MPA WEBSITE. YOU WILL FIND OUR LOCAL PLAYBOOK. I AM GOING TO HAND IT OVER TO CDA DIRECTOR KIM MCCOY WADE TO WRAP US UP AND FACILITATE QUESTIONS.

11:13:55 >> THANK YOU, I AM SO OVERWHELMED WITH GRATITUDE FOR PRESENTATIONS AND DISCUSSION. I WILL THANK YOU FOR THOSE WHO HAVE ASKED QUESTIONS IN THE Q AND A FEATURE, THOSE OF YOU WHO HAVE ANSWERED. I SEE A FEW MORE, IF YOU CAN STAY WITH US. .

11:14:04 HOW DO YOU RECOMMEND REACHING OUT TO HMONG FARM WORKERS IN RURAL COMMUNITIES FOR THINGS LIKE RESEARCH FOR NEEDS ASSESSMENTS?

11:14:51 >> YEA, THAT'S A SOMETHING THAT IS TOUGH TO DO. BECAUSE YOU KNOW, WE DO THAT WE TALK A LOT TO THE COMMUNITY. THAT IS SOMETHING WE TRY TO DO. PARTNERING WITH ORGANIZATIONS AND IN THE PROCESS OF WRITING A GRANT TO WORKING WITH THE FARMING. IN THE HMONG, BECAUSE EXPERIENCE AND EDUCATION WE HAVE AND BACKGROUND TO REACH OUT TO THE HMONG.

11:15:59 AND ALSO YOU KNOW TRUST IS SOMETHING THAT. (INAUDIBLE) IF YOU DON'T HAVE THAT EDUCATION IT'S A LITTLE TOUGH. FOR EXAMPLE THE HMONG CULTURE SAID WE WORK

MORE THAN OTHERS TO REACH OUT TO OUR COMMUNITY. NOT JUST WHAT WE PUT DOWN ON PAPER, WE HAVE TO WORK MORE THAN THAT.

11:16:16 >> THAT MIGHT LEAD INTO THE NEXT QUESTION, WHICH IS ABOUT HOW VAGS NATION EFFORTS HAVE BEEN GOING IN THE HMONG COMMUNITY, I WOULD FOLLOW UP FROM CDA, ARE THERE OTHER THINGS TO BE DOING TO SUPPORT YOUR WORK TO REACH EVERYONE IN VACCINATIONS.

11:16:54 >> YEA, FOR THE VACCINATIONS THAT'S TOUGH (INAUDIBLE)

11:17:46 WE WILL EDUCATE THE COMMUNITY REGARDING THE TECHNOLOGY AND LAPTOPS AND EDUCATE THEM HOW TO WORK WITH THAT. THE LANGUAGE WE HAVE HESITATION. WE NEED MORE EDUCATION.

11:17:56 >> DID YOU WANT TO SPEAK TO THE VACCINATION--I KNOW SHE JUST TEXTED SHE NEEDS TO GO TO BOARD OF SUPERVISORS.

11:18:02 >> VACCINATION AND HOW TO SUPPORT YOUR WORK IN

11:18:19 >> WE HAVE, OR HAD A VACCINATION CLINIC, BUT WE ALSO HAVE PARTNERED WITH UNITED INDIAN HEALTH. AND EVERY OTHER WEDNESDAY IT'S FREE, AND PEOPLE COME OUT TO TRAILERS WE HAVE HERE ON SITE AT THE OFFICE AND GET A VACCINE.

11:18:34 AND THEN WE ALSO HAVE MONDAY THROUGH FRIDAY TESTING, COVID TESTING FOR FREE FOR THOSE THAT WANT TO KEEP UP ON THAT AND MAKE SURE THEY ARE STILL NEGATIVE AND SUCH.

11:18:47 >> GREAT, THERE IS ANOTHER SET OF QUESTIONS HERE ABOUT ORAL HEALTH AND DENTAL HEALTH ASK CONNECTING WITH DENTAL HEALTH HYGIENISTS OR OTHER RESOURCES.

11:18:54 DO, OR CAN YOU TALK ABOUT HOW YOU MEET THE ORAL HEALTH NEEDS OF THE PEOPLE YOU SERVE.



11:19:34 >> WELL WE HAVE BEEN PARTNERED WITH A NUMBER OF YEARS, BACK TO PREVIOUS JOB AS A COMMUNITY WORKER. THREE OF THE FIVE KIDS HAVE A ORAL HEALTH ISSUE. THAT IS A CONCERN WE BROUGHT AGAIN. AND HAVING WORKED WITH THE FIRST FIVE AND SUPPORT TO EDUCATE THE HMONG PARENTS AND ALSO TO GET THEM TO TAKING CARE OF THAT.

11:20:11 AND NEEDS FOR THE ORAL HEALTH AND HAVE BEEN EDUCATING THE HMONG COMMUNITY FOR THE PAST COUPLE YEARS, FIVE OR SO YEARS. REGARDING FOR THE ORAL HEALTH. AND YES, THAT IS STILL SOMETHING THAT WE NEED GOING ON. EVEN THOUGH WE DO THAT WE ALSO HAVE ISSUE. AND, ALSO, A COUNTY, LIKE BUTTE COUNTY WE HAVE LIMITED OF THE DENTAL. BE ABLE TO FOR VIED FOR THE COMMUNITY.

11:20:54 BECAUSE YOU KNOW, YOU MIGHT HAVE APPOINTMENT TO TAKE A COUPLE OF MONTHS TO GET YOUR TIME. I OFTEN MENGES THAT TO THE COUNTY AS WELL. (INAUDIBLE)

11:21:13 >> WHAT'S THE PERSPECTIVE FROM THE RANCHERIA?

11:21:42 >> WE PARTNERED WITH INDIAN HEALTH AND THEY HAVE SERVICES THERE. THERE IS BASIC TRANSPORTATION AVAILABLE FOR THEM. THEY CAN ALSO CALL THE OFFICE HERE, WE HAVE A BUS WE CAN PICK THEM UP AND TAKE THEM TO AN APPOINTMENT