



Aging Services Advisory Council (ASAC)

April 15th, 2025

Aging, Disability, and Veterans
Services Division

Department of County Human Services

Main features
of using Zoom
on a
computer.

Zoom
application
features in the
works, as
requested.

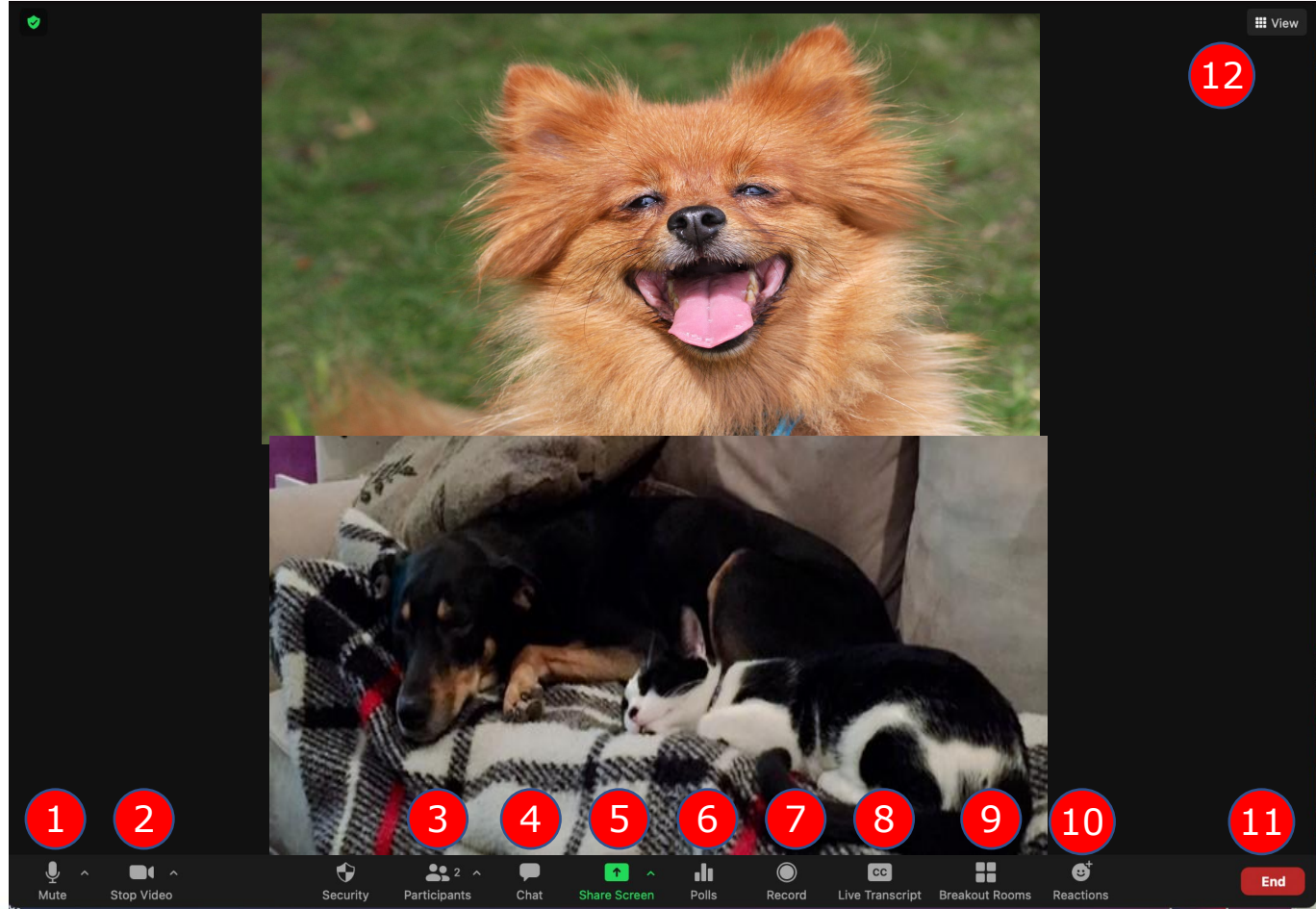


Image of a Zoom platform screen with two dogs in the participant boxes and red circles with white numbers above each of the Zoom button icons.

Land acknowledgement

We are located in Portland, Oregon, Multnomah county.

Today, we honor the Indigenous people whose traditional and ancestral homelands we stand on—the Multnomah, Kathlamet, Clackamas, Tumwater, Watlala bands of the Chinook, the Tualatin Kalapuya and many other Indigenous nations of the Columbia River.



Land acknowledgement, continued

It is important we acknowledge the ancestors of this place and to recognize that we are here because of the sacrifices forced upon them.

In remembering these communities, we honor their legacy, their lives, and their descendants.

Accessibility statement

We will (imperfectly!) model accessible presentation techniques such as:

- Using a minimum of 20 point font on slides.
- Limiting reliance on words and images.
- Orally describe visual presentation elements.
- Taking time on slides.



Accessibility statement, continued

- ✓ Ask ahead of time if anyone needs accommodations.
- ✓ Use a virtual platform with auto-generated closed captioning.
- ✓ Include alternate text or image descriptions.



Accessibility statement, continued

- ✓ Accommodations were requested and met.
- ✓ In use—voice amplification.
- ✓ Not in use—ASL interpretation, CART services.



Meeting goals

- Welcome and accessibility
- Land and labor acknowledgements
- Presentation from Family Caregiver Support Programme (FCSP)
- Introductions
- Guest Time
- Bylaws
- Council updates and public testimony
- Future meetings



CS - Family Caregiver Support Program (FCSP)

- Lynn Schemmer-Valleau - CS Program Manager
- Jenn Foreman, Program Specialist and Coordinator of the FCSP (*not able to be here today*)



CS - Family Caregiver Support Program (FCSP)

- Title III E of the Older Americans Act:
- National Family Caregiver Support Program *(ie provides a variety of services to address the needs of informal, unpaid family caregivers).*

support for caregivers or other individuals who are "informal" providers to an older individual.

Services and supports will deter placement in a long-term care setting and promote continued care within the home



CS - Family Caregiver Support Program (FCSP)

Who is served in the program?

- Family Caregivers are the clients
 - Those caring for older family members
 - Elders raising youth family members (Relatives as Parents Program or RAPP)



CS - Family Caregiver Support Program (FCSP)

Services provided

- Assessment to determine needs and gaps
- Information and referrals
- Support, case management, system navigation
- Support groups, classes, workshops, training
- Access to support funds, when available and when qualified, to help provide some relief



CS - Family Caregiver Support Program (FCSP)

- Types of events, activities and assistance:
 - Powerful Tools for Caregivers
 - Savvy Caregiver
 - Memory Cafe
 - Support Groups
 - Many resource fairs, referrals and other events with our community partners



Quick introductions

Please share:

- Your name
- Pronouns
- Prompt — What is a hobby you just started, or have been doing for a while?





**I'M TAKING
A BREAK**

15-minute break

Community for Positive Aging

- The Community for Positive Aging was founded as The Hollywood Senior Center in 1973. The last 50+ years have been a winding road as we've endured changes of all kinds within our organization, our city, and our world, all the while giving and receiving support from our growing community of members and volunteers along the way.
- In 2019, we changed our name and expanded our services to better support our community.



Our Vision

- Our mission is to create a healthier, more inclusive, and deeply connected Portland where adults 55 and older thrive through innovative programming, compassionate support services, and person-centered care.



Our Vision

- Our vision is a fully intergenerational, age-positive, age-inclusive future in which older adults are seen and celebrated, invited, included, and connected in community.



Who We Serve

- In 2025 we will provide critical support to more than 4,650 participants through our wraparound services, including transportation, food, health navigation, healthy aging solutions & wellness, housing stability and community support.
- More than 90% of our clients are low-income; over half living at the poverty guideline. 65% of clients and 95% of our case-managed clients are living with disabilities including chronic health disease, mobility and cognitive impairments.



Who We Serve

- Our programs and services are designed for adults 55 and older, with a focus on those living on low or fixed incomes. We provide direct support to residents at Marshall Union Manor, Alder House, The Morrison, Hollywood East, Dawson Park, and Helen Swindells.
- Through our community work (including food security and wellness programs) we also serve the broader public, offering access to food and community support for anyone in need.
- There are no membership fees or income requirements for many of our programs—just a warm welcome for everyone we serve.

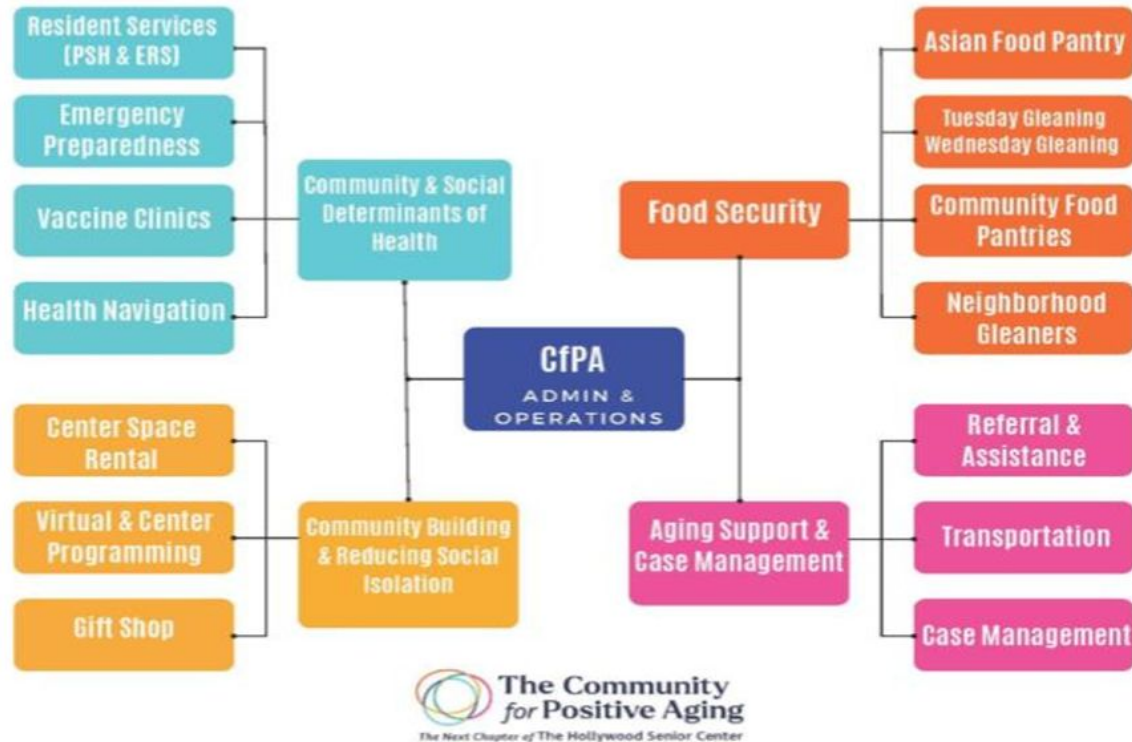


Our Team

We currently have 17 full-time and part-time staff members who bring heart, dedication, and diverse expertise to our work every day.



Our Program and Services



Programming at the Center

While our work and services take place across the city, The Center is our physical location and the heart of CFPA. It's where our members come together to learn, connect, attend events, get involved, and receive support and services.



Case Management & Aging Support

The Community for Positive has proudly contracted with Multnomah County Aging and Disability Services as a District Center since 1975. We serve as the N/NE District Center. District Senior Centers are spread throughout the county and provide a core menu of services including:

- Information about and connections to local services
- Options Counseling to help make a plan for the future
- Case Management for County clients
- Recreation activities
- Support for Family Caregivers
- [Oregon Project Independence](#) which provides services such as housekeeping, personal care, grocery shopping, and adult respite services that support older adults to maintain their independence



Transportation

CfPA provides transportation coordination services for older adults in the N/NE service area. We provide HOP passes for eligible participants who use traditional Tri-Met and those who use LIFT paratransit. We also provide special services such as cab rides and premium rides to eligible participants in the N/NE service area.

Eligibility requirements for incoming clients:

- Resident of service area (for County-funded programs)
- Income is at or below 150% of FPL

How to Get Started

- Fare Assistance Assessment
- Wait list for Honored Citizen



Enhanced Resident Services & Permanent Supportive Housing

Through our county contracts and culturally-specific programming we provide varying services, resources, insight and facilitated programming at the following senior and low-income residential buildings:

- Alder House
- Helen Swindells
- The Morrison
- Dawson Park

We also work with other agencies to better assist the communities we serve while making a difference with the work we do.



Permanent Supportive Housing at Alder House Apartments in Downtown PDX

Permanent Supportive Housing (PSH) is an approach to supporting people exiting chronic homelessness consisting of deeply affordable housing paired with services tailored to the person's needs.

PSH helps those with the highest barriers to housing both secure housing and address the other challenges they face that contribute to those barriers. Information and referral to other community resources.

Our PSH Case Managers at Alder House:

- Develop a housing plan that addresses short-term and long-term housing needs and client goals.
- Help advocate with current or potential landlords and provide eviction prevention services.
- Help to build community and a sense of belonging.



Food Security at CfPA

Guiding Values and Beliefs

- Food and access to food are universal human rights. CfPA strives to address food scarcity in the community by facilitating six different food pantries.
- Our Asian Food pantry is the first culturally specific pantry for Asian seniors in the state and the largest.
- Four of the pantries are facilitated for the low-income residents in ERS & PSH.
- CfPA provides a weekly food pantry held at the Senior Center for anyone in the N/NE boundary area (same as case management boundaries).

Our pantries are low barrier and supported by the Oregon Food Bank. Pantries strive to allow people to acquire food in the least traumatizing way possible, with equitable access for all.



Community Health

Climate Resilience

- Resilience Hub in the works; Cooling/ Warming/ Safer Air space during extreme climate events

Resource Navigation

- Support for individuals to access care and community resources to meet their basic needs

Emergency Preparedness

- Trainings, material resources and network building at the Center and in broader community



Building Climate Resilience in Our Community

We are creating a stronger, more climate-resilient community by prioritizing those most vulnerable to extreme weather and environmental stress. Our efforts include:

- Establishing a Resilience Hub to provide shelter, food, and support during climate emergencies
- Expanding local food access through gleaning programs and culturally specific pantries
- Integrating health navigation and emergency preparedness education into senior services
- Investing in clean transportation to ensure safe, sustainable mobility for older adults
- Strengthening community partnerships to share resources and amplify impact



Proud of Our Evolution

- We're proud of how we've grown from a traditional senior center to responsive, direct service organization that meet people where they are.
- By listening to our community and adapting to changing needs, we've made our programs more accessible, flexible, and impactful.
- None of this would be possible without the dedication and creativity of our team, who bring compassion and commitment to every challenge and every person we serve.



Proud of Our Evolution

Thank you!



ASAC - Bylaws

- Review of existing files



Public testimony

- Please feel free to provide comments.



Reminders

- Please remember to answer to Deric on the requested timeline, since there are considerations for in-person meetings that have to be completed several days in advance.



Wrap-up

- Thanks for attending!
- Next Meeting— June , 2025
 - 10am-noon

