

## COMMITTEE MEETING MINUTES

**COMMITTEE:** Aging Issues Committee (AIC)

**DATE:** October 11, 2021

**LOCATION:** Zoom

### **COMMITTEE MEMBERS PRESENT:**

Drs. Ken Dellefield, Cynthia Cotter, Darlene Townes, Elsa Alanis, Debra Halliday, Andrea Karp, Nicole Karst, Deneé Lougeay, Hugh Pates, and Katherine Quinn, Katrin Seifert. Dr. Rika Tanaka was also present as an observer. Members present represented a quorum.

### **COMMITTEE MEMBERS ABSENT:**

Dr. Ruth McKercher.

### **PROCEEDINGS:**

As this was the inaugural AIC meeting, there were no minutes from a prior committee meeting to present.

### **INTRODUCTION OF CO-CHAIRS**

Dr. Cotter presented her background. She is in private practice (since 2011) as a clinical psychologist specializing in older adults. She provides not only supportive therapy to older adults and their families but also conducts neuropsychological evaluations of older adults. Dr. Cotter earned her doctorate in clinical psychology from CSPP San Diego but did her dissertation in conjunction with The 90+ Study at UC Irvine with principal investigator Claudia Kawas, M.D. as her chair. For ten years she did neuropsychological evaluations for a prominent geriatric neuropsychologist in Irvine. For a number of years, she consulted with Dr. Dellefield.

Dr. Dellefield presented his background. He has been working with older adults since the 1970s. He has a bachelor's degree in nursing from Georgetown University, a master's degree in gerontological nursing from UCLA and a Ph.D. in clinical psychology from CSPP San Diego. He has participated in the development of clinical programs for older adults in Los Angeles, Chicago and San Diego. These programs have been in various settings including hospitals, skilled nursing facilities and residential facilities. He has helped develop older adults specialists in clinical settings throughout San Diego. In addition, he has been a key player in the development of community programs in San

Diego. He was the first chair of the San Diego County Mental Health Advisory Council for Older Adults.

## MEETINGS

The Committee Co-Chairs have initially established the second Monday of each month from 5:00 PM – 6:30 PM as the regular meeting time. This regular meeting time may be changed as the Committee determines is best for its members. A new policy at SDPA is to record on the SDPA website members of committees as well as chairs. It is presumed that those attending AIC meetings wish to be considered and recorded as members. Please notify the Co-Chairs if this is not the case. There is technically no responsibility (including meeting attendance) attached to membership in the AIC. It is the hope that AIC members will be inspired to contribute as they participate. Attendees at this inaugural meeting indicated support.

The Committee Co-Chairs suggested that there might be a general structure to each meeting that includes the presentation of a Did You Know? segment in which brief information about aging and older adults is presented to the Committee. In addition, the Co-Chairs suggested that there might be a case presentation each month for discussion. The Committee would then discuss the status of various programs/activities in progress. Attendees at this inaugural meeting indicated support.

## DID YOU KNOW?

Dr. Cotter made the first DYK presentation that included basic statistics related to the populations of older adults (over the age of 65) in various settings. It included statistics related to the number of psychologists who treat older adults and who specialize in older adults. Finally, she presented information related to how many active members in SDPA are over the age of 70 and how many practitioners treat older adults. Dr. Cotter's DYK presentation would be included in detail in the November Office E-News.

## COMMITTEE MEMBERS AND AGING INTERESTS

The inaugural meeting attendees took turns describing their interests in aging and in the AIC and also commented on how many older adults each sees in practice. They each described their education and training, if any, in older adults. Besides the Co-Chairs, only one of the eleven attendees reported presenting themselves to the public as having expertise in older adults. Besides the Co-Chairs, only three reported having some focused education/training in geriatrics. All but one attendee reported having OA as clients. In addition to the Co-Chairs, five reported interest in support for themselves as aging practitioners. Many of the attendees spoke of involvement in the care of older family members that was very instructive for them.

## AIC PURPOSES/PROGRAMS

The Co-Chairs made a brief presentation of possible programs/activities for the AIC for discussion by the group.

### SDPA Office E-News/Website

It was suggested that the AIC set a goal of publishing one article per month in the Office E-News entitled Aging Issue: *Insert Topic*. The Co-Chairs committed to doing the first article on Communicating Effectively with Older Adults. It was also suggested that the AIC maintain their committee page on the SDPA website with material/resources for the membership and public at large to read.

### Consultation

It was suggested that the AIC provide opportunity for AIC committee members and SDPA members in general to obtain consult re older adults. Opportunity for consult would be advertised in the Office E-News under Member Perks.

### Geriatric Specialty Training

It was suggested that the AIC provide information for SDPA members on how to gain specialty training in older adults, initially or later in their careers. The AIC would further set a goal of contributing to the development of additional training opportunities in San Diego.

### Geriatric Professionals in Community

It was noted that San Diego does not currently have a “hub” for professionals (of various types) in the community who work with older adults to network and collaborate. It was suggested that AIC might work to become this “hub”.

### Government and Older Adults

It was suggested that an important role for AIC would be to advocate for legislation that benefits older adults. In this regard, it would be important to coordinate with the Government Affairs Committee. It was also suggested that the AIC work to gain representation on government councils and the like related to older adults and aging.

### Aging Psychologists

It was felt that an important role for the AIC would be to provide support for psychologists over the age of 65 related to, among other issues, maintenance of professional skills over time, when and how to retire, etc. It was suggested that there might be a subgroup formed composed of only those over 65 to share and provide support to each other.

### Discussion

It was commented that continuing education topics should include material related to cultural diversity in older adults. Another current topic is increasing STDs in the older adult population. The new movies (2020-2021) Queen Bees and Here Today were recommended. It was suggested that aging for members of the LGBTQ community was an issue that should be addressed. Caregiver stress was mentioned as a possible topic.

#### PRIORITIES AND VOLUNTEERS

It was determined that the focus for the first month would be to develop the AIC section of the Office E-News Committee Updates. The Co-Chairs would produce the first article on Communicating Effectively With Older Adults. It was emphasized that Committee members need not necessarily volunteer to edit an article. They could submit topics that they find compelling for others to edit. They might also decide to take on editing an article on a topic in which they are not well versed to receive training and feedback from the Co-Chairs or others on the Committee.

There being no further business to come before the meeting, the meeting was adjourned.

The next AIC Committee Meeting is scheduled for Monday, November 8, 2021 at 5:00 PM on Zoom.

Respectfully submitted,

Cynthia A. Cotter, Ph.D.  
AIC Co-Chair