

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

Meeting Date: Wednesday August 24, 2022

Time: 10:00 am - Noon

One-time RE-Location this meeting ONLY:

**Empleo Building, Conference Room 2
3563 Empleo Street, San Luis Obispo**

- ✓ Call to Order
- ✓ Flag Salute (please stand if able)
- ✓ Public Comment and Member/Agency Updates – *burning desires from members or guests about current concerns, issues, scams* - 2 min. max

Introductions: Members, and Guests (please provide brief agency description)

Member rollcall: (Chair establish Quorum)

Approve Minutes: July 27, 2022

Presentation: Who Will Speak For You? The Importance of Having an Advance Health Care Directive

Presenter: Kim Chartrand R.N., Care Manager, Hospice of SLO County

Break 10 minutes

Reports:

ASPC (5 min) – Jerry Mihaic

Unfinished Business:

Update on filling the member slate – MZ

9 Vacancies and 4 TBD's, Legislation liaison

Nomination Committee – Anita, Thomas, Maryanne (as needed)

Membership drive! Applications available here or online!

New Business:

Introduce New Member Applicant and Vote – MZ

Applicant Wendy Fertschneider SLO

Review 'Focusing Our Vision for 2020' and establish what is still relevant, and ideas for moving forward with goals.

Next Meeting: September 28, 2022 – *Bring a friend!*

DSS Building, 3433 South Higuera Street, Room #101, SLO

***Please submit agenda and program items, ideas, and feedback to
slocommissiononaging@gmail.com***

SAN LUIS OBISPO COUNTY COMMISSION ON AGING
Department of Social Services 3563 Empleo St., San Luis Obispo
Empleo Building Conference Room #1
Minutes August 24, 2022

Members Present: Maryanne Zarycka, Anita Shower, Gabriela Garcia, Thomas Clough, Jerry Mihaic, Bill Degnan, Richie Reed, Anna Devers

Absent: Shirley Summers, Mara Whitten, Meredith Bates, Judy Vick, Karen Jones

Others: Mike Bossenberry, Paulina Flores Jimenez, Wendy Fertschneider, Michelle L. Zulim-Clark, James Gate, Elizabeth Potter, George Brezine, Louise Justice, Kim Chartrand, Sonya Jackson

Call to Order: 10:00 am

Flag Salute.

Approve Minutes: Approval of July 27th 2022 minutes. A motion by Tom Clough was made to accept minutes as written, Anita Shower seconded the motion.

Public Comment:

Mike Bossenberry – Retired Program Manager for Central Coast Hotline Transitions Mental Health Association (TMHA)

- September is Suicide Prevention Month
- Older adults particularly men after 75 are at the highest if risk of suicide
- September 10th will be Word Suicide Prevention Day
- September 30th will be Suicide Prevention Summit an annual virtual event. Fresno, SLO Kern, Tulare, Kings and Marin counties come together to offer free Suicide Prevention learning day, workshops and continuing education.
- October 1st – 10th is Older Adult Mental Health Awareness week

Introductions: Guests & Members—Agency introductions & announcements

Members went around introducing their role in the community as well as with the Commission.

Presentation:

Advance Directive Health Care Directive

Advance Planning

- Advance Health
 - 18 years or older
 - Specific to State
 - Versions: Online or Paper
 - Most important considerations: agent, not generally a guideline for care in hospital/clinic
 - Visit <https://prepareforyourcare.org>
- POLST: Physician Orders for Life Sustaining Treatment
 - In some states known as MOLST (Medical Orders for Life Sustaining Treatment)
 - For those with chronic, life limiting illness to record wishes
 - Not intended for those without chronic, life limiting illness
 - Most robust way to get your wishes observed by first responders, practitioners
 - POLST forms are available at your doctor's office or from <https://capolst.org>

- Vial of Life
 - A great “grab and go” option for EMS and families so that medical information is in one place. Families often post the POLST form under the Vial of Life.
 - Plastic container with magnet for the refrigerator contains the following information for emergency medical providers: medications, diagnoses, preferred hospitals/physicians, allergies, contact information.

- Optional: Dementia Directive
 - This process takes anywhere from 5 years to 20 years. The average time it takes dementia to progress to a severe form (of not being able to dress or feed oneself) is about 8 years.
 - One of the most important questions to consider is: What kind of medical care would you want if you were to develop worsening dementia?
 - Visit: www.dementiadirective.org
 - This directive was developed by Barak Gaster, MD with help from experts in the fields of geriatrics, neurology, and palliative care. Dr. Gaster can be reached at barakg@uw.edu.

Conversation Tools

- Go Wish
 - Visit: <https://codaalliance.org/go-wish/>
- Good to Go Toolkit
 - Read the Good-to-Go Resource Guide, a 16-page introduction to end-of-life planning with ideas, inspiration, information and answers. (Also, available at <https://www.compassionandchoices.org/userfiles/Good-To-Go-ResourceGuide.pdf>)
 - Complete the Values Worksheet.
 - Complete your State-Specific Advance Directive/Living Will (Available at <https://www.compassionandchoices.org/what-we-do/advance-directive/>)
 - Review Dementia Provision as possible addition to your advance directive.
 - Review My Directive Regarding Healthcare Institutions Refusing to Honor My Healthcare Choices as possible addition to your advance directive.
 - Complete My Particular Wishes as a helpful tool to promote conversations with your loved ones and medical providers. Consider adding this document to your advance directive.
 - Review Rider to Residential Agreement with Assisted-Living Facility as possible addition to your advance directive.
 - Complete the Hospital Visitation Form. This is especially important for people who are not traditionally recognized family members.
 - Talk to your healthcare provider. You can use Letter to My Healthcare Provider as an outline for conversation with your provider.
 - Visit: <https://compassionandchoices.org/resource/advance-planning-toolkit>
- The Conversation Project
 - Visit: <https://theconversationproject.org/>

Reports:

ASPC meeting first Friday of the month through Zoom. Two guest speakers in the month of August.

- First guest speaker, Sarah Woosley from SLOCOG
 - Presented about a program that started July 1st, 2022 called Access for All
- Second guest speaker, Star Graber from Drug and Alcohol Behavioral Health Department
 - Drug and Alcohol Services, Achievements and Goals

Unfinished Business:

Supervisor Reps

- Gibson District 2, spot is still vacant
- Compton District 4, spot is still vacant, if interested in filling this vacancy contact Jimmy Paulding
- Arnold District 5, Shirley Summers has confirmed she will continue her position for this district

Members at Large

- 2 open vacancies
- Wendy Fertschneider applied for one vacancy, application is being reviewed.
- Louise has just filled out an application to fill the last spot for Members at Large.

County Governmental Community Agencies

- Five governmental agencies required in the bylaws
- Area Agency on Aging are still being contact to fill in vacancy, however if agency is unable to participate the Commission is allowed to change to another governmental agency.
- Mental Health, Judy Vick is no longer available been working to get a representative from this agency.
- District Attorney, Angela Viles will be working in getting an alternate representative from this agency as she not is available.
- Long Term Care Ombudsman, Karen Jones still available to be a representative from this agency however, expressed she will have an alternate when she is not available.
- RSVP Senior Volunteer Services (aka CCCV), Tom Clough
- Senior Service Provider, SLOCOG
- DSS, currently alternating/rotating between APS/IHSS Supervisors

Alternatate Members at Large

- Currently all 5 vacancies are opened

Nomination Committee

- Anita Shower and Thomas Clough are the new Nomination Committee (Maryanne as needed)

New Business:

- Wendy introduced herself as a new member applicant for Members at Large. Voting will follow.
 - Jerry Mihaic made first motion to accept the nomination
 - Anna Devers seconded the motion
 - All in favor of bringing in Wendy Fertschneider as member of the Commission on Aging 'Member at Large'
- Louise's application will be reviewed and voted on to fill the last spot for Members at Large next month.
- Announcement made, NO meeting November 23rd, 2022 due to Thanksgiving being the next day
- Meeting will happening December 28th, 2022
- Raffle ticket activity for seniors discussed

Next Meeting:

September 28th, 2022 10:00am – 12:00pm – Bring a friend!

Minutes submitted by Gabriela Garcia. Reviewed by Co-Chairs