

PLEASE FIND THE FOLLOWING ENCLOSURES

Submitted by

*SLOCOA Co-Chairs Kathleen Bellefontaine and Roger D. Randall
on behalf of the members of the SLO County Commission on Aging*

Approved by Commissioners, June 15, 2018

PART ONE: 2017-2018

- **Annual Summary** written by Co-Chair Roger D. Randall

- **Actions taken in 2017-18 to achieve Goals & Priorities** history collected by Co-Chair Kathleen Bellefontaine
 - ❖ **Attachment A – GOALS**
 - #1 Increase public awareness of critical issues facing an expanding senior population; communicate information on Senior services
 - #2 Advocate for Seniors on critical issues with Board of Supervisors, private and government sectors and through partnerships with service organizations

 - ❖ **Attachment A—PRIORITIES**
 - * Learning and presenting information about County resources of top concern to Commissioners and Public.
 - * Focus on advocating for high priority issues

PART TWO: 2018-2019

- **SLOCOA Projected Goals & Priority Senior Issues**
- **Attachment B:** Plan of Action to reach Projected Goals



SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

PO Box 8119 San Luis Obispo, CA 93403-8119

June 15, 2018

*Maryanne Zarycka, Vice Chair
District 1 Representative*

*Alice York
District 2 Representative*

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Area Agency Aging Council

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*Brittany Venia, LCSW
Member at Large*

*Anne Wyatt
Alternate Member at Large*

*Mardi Geredes
Alternate Member at Large*

SLO County District Attorney

SLO County Mental Health

SLO County Social Services

San Luis Obispo County Board of Supervisors
Government Building
1055 Monterey, Room D430
San Luis Obispo, CA 93408

Dear Supervisors:

We are pleased to submit to you the annual report for 2017-18 of the San Luis Obispo County Commission on Aging, together with the Projected Goals and Priority Issues for 2018-19.

Throughout the current fiscal year the Commission continued to meet monthly except in December at the SLO Veteran's Building, and has been aided in its mission by the Department of Social Services, which has provided administrative support and electronic assistance as needed.

As you know, our Commissioners serve without pay or reimbursement and are chosen for their ability to represent diverse groups of seniors throughout the county. Additionally, we are pleased to have as members, representatives appointed by each Supervisor to reflect the senior needs of their districts, and to be joined by representatives of the Area Agency on Aging, Senior Volunteer Services, the Long Term Care Ombudsman and other similar groups. Our members at large are senior advocates who keep abreast of the needs of our growing senior population.

Pursuant to our mandate, we are able to report to you our progress in achieving the SLOCOA Goals and Priority Issues which we pursued for 2017-18.

GOAL 1: INCREASE PUBLIC AWARENESS OF CRITICAL ISSUES FACING AN EXPANDING SENIOR POPULATION; COMMUNICATE INFORMATION ON SENIOR SERVICES.

OUTREACH: Our Facebook account provides current information about Commission activities, and also serves as a resource to keep seniors informed about educational as well as practical opportunities to learn about programs and services available throughout the county offered by various private and public

agencies. As more and more seniors become internet savvy, we feel our Facebook account affords access to more and more of our target audiences. We also regularly review our website to be certain it is up to date, and appreciate that Tolosa Press continues to allow us space for our Modern Senior articles, vetted by Rick Cohen. In addition to monthly submissions regarding our meetings carried in The Tribune's electronic website, Senior Centers, public libraries, and members of the public, upon request, are also sent notices of upcoming programs electronically.

INFORMATION GATHERING: Our members are regularly in contact with Senior Centers to assure we are taking the pulse of the community we serve. At our monthly meetings we strive to provide a variety of speakers who address the issues we learn are of primary interest to the senior community. At the April COA meeting Vice Chair, Maryanne Zarycka, led a brainstorming exercise to gather the basis for our 2018-19 priorities. **Attachment A-Goals** contains more details about our outreach and contact with the senior demographic.

GOAL 2: ADVOCATE FOR SENIORS ON CRITICAL ISSUES WITH THE BOARD OF SUPERVISORS, PRIVATE AND GOVERNMENT SECTORS AND THROUGH PARTNERSHIP WITH SERVICE ORGANIZATIONS.

Members of our Executive Committee have met with each supervisor to offer explanations of our functions, to outline what we see as the most pressing issues facing the SLO senior community, and to seek input from supervisors regarding their ideas about the manner in which local government can react to these issues. Kathleen Bellefontaine has attended Supervisorial meetings and other community planning meetings to advocate for affordable senior housing and maintenance-related issues. Tom Clough and Kathleen Bellefontaine have continued to show their Power Point: *SLO County Vulnerable Seniors* to non-profit agencies. The presentation is now available on our website to anyone wishing to view the presentation. **Attachment A-Goals** contains more detail in this regard.

PRIORITY ISSUES:

As in the past, our Priority Issues were divided into two sections: Priority Senior Issues to Focus On, and Priority Senior Issues to Advocate For.

FOCUS ISSUES:

- Learn more about other county's solutions for Affordable Senior housing
- Learn more about services that allow seniors to remain safely in their homes
- Learn more about affordable services for door to door transportation
- Learn more about connecting vulnerable seniors to services

ADVOCACY ISSUES:

- Advocate for funding to render existing homes age safe
- Advocate for need of volunteers for programs that help seniors remain in their homes

Again, **ATTACHMENT A-PRIORITIES** contains more details.

We as a Commission remain grateful for the support of the Board of Supervisors in our endeavors.

Respectfully submitted,

Roger D. Randall
Co-Chair, SLOCOA

Kathleen Bellefontaine
Co-Chair, SLOCOA

ACTIONS TAKEN DURING THIS FISCAL YEAR 2017 – 2018 (JULY THRU JUNE)
to continue fulfilling SLOCOA long term Goals.

<p>GOAL #1 Increase public awareness on critical issues facing an expanding senior population; communicate information on senior services.</p>	
<p style="text-align: center;">ACTION</p> <p style="text-align: center;">Increase public awareness critical issues</p>	<p style="text-align: center;">ACTION</p> <p style="text-align: center;">Communicate info about senior services</p>
<p><u>“Vulnerable Elders” power point presentation</u> <i>Can be viewed: Commission on Aging website</i> www.slocounty.ca.gov/coa.htm</p> <p><u>COA Participation as voice for senior needs:</u></p> <ul style="list-style-type: none"> ➤ <i>CenCal Health Focus Group</i> July 2017 Bellefontaine ➤ <i>55+ MB Health & Wellness Faire</i> Jan 2018 (Alice York& Roger Randall) ➤ <i>Creative Mediation --Foundation Grant</i> Feb 23 & Mar 23,2018 (Bellefontaine) ➤ <i>SLO Public Health Dept: Planning for Health (Syr plan):</i> Feb 2018 (Bellefontaine) ➤ <i>SLO County Workforce Housing Summit</i> Mar 2018 Bellefontaine ➤ <i>Alzheimer’s Caregiver Resource Fair</i> June 2018 Anne Wyatt 	<p>Tolosa Press (Modern Senior). COA provides informative articles for public (Coordinator: Rick Cohen)</p> <ul style="list-style-type: none"> ➤ “Healthy Aging” July 2017 ➤ “Watchful Advocates” Aug 2017 ➤ “Vital County Services” Sept 2017 ➤ “Affordable Housing & More for Seniors” Oct 2017 ➤ “The Importance of Good Nutrition” Nov 2017 ➤ “Don’t Be Fooled” Dec 2017 ➤ “ Help Is Just A Phone Call Away” Feb 2018 ➤ “ What You Need to Know—Call to Action” Mar 2018 ➤ “Can You Afford to Live Here?” Apr 2018 ➤ “Food for the Soul” May 2018 ➤ “ "Habitat" Forming” June 2018 <p><u>Outreach to Community:</u> Electronic Meeting notification:</p> <ul style="list-style-type: none"> ➤ County Libraries ➤ County Senior Centers ➤ COA Website ➤ Tolosa Press ➤ Tribune Event Calendar ➤ Senior Volunteer Services in weekly e-blasts ➤ FACEBOOK --COA page maintained by Vice Chair Maryanne Zarycka

PART ONE:

ATTACHMENT A--GOALS

<p>GOAL #2 Advocate for seniors on these critical issues with Board of Supervisors, private and government sectors and through partnerships with service organizations.</p>	
<p>ACTION--Advocacy</p>	<p>ACTION--Partnerships</p>
<p><u>2016-17 Annual Report presented to BOS:</u> Sept 2017</p> <p><u>Advocacy for senior critical issues with Supervisors: at BOS meetings & other:</u></p> <ul style="list-style-type: none"> ➤ BOS: COA Annual Report Sept 2017 <i>Co-Chairs: Randall & Bellefontaine</i> ➤ BOS: CDGB Proposals. <i>Nov 14, 2017am Bellefontaine spoke</i> ➤ County Planning—2018 Action Plan <i>Nov 14, 2017pm Bellefontaine spoke</i> ➤ BOS: Nexus Study re: Inclusionary Fees <i>Dec 12, 2017 Bellefontaine spoke</i> ➤ SLOCOG: Contract for Senior GO <i>June 6, 2018 Bellefontaine spoke</i> <p><u>through Letters to Supervisors:</u></p> <ul style="list-style-type: none"> ➤ Repercussions to County seniors due to House proposed changes to ACA. <i>Request for Supervisors to advocate against.</i> Aug 2017 ➤ <i>Support Grant to HLAA for meeting technology.</i> Mar 2018 ➤ <i>Support SLO Public Health Dept 5 yr Priority issue: Lack of Housing</i> April 2018 <p><u>Communicate senior needs to private & government sectors:</u></p> <ul style="list-style-type: none"> ➤ <i>SLO City community development Avila Ranch—advocate-affordable senior housing.</i> <i>Sept 2017 (Letters Mike Codron, Heidi Harmon)</i> ➤ <i>SLO City community development San Luis Ranch—advocate - affordable senior housing.</i> <i>Sept 2017 (Letter Heidi Harmon)</i> ➤ <i>County Planning & Building 2018 Action Plan</i> <i>Oct 2017 (Survey done at COA meeting)</i> ➤ <i>SLOCOG: Senior Trans CTSA funding</i> <i>Oct 2017 (Bellefontaine)</i> ➤ <i>Dave Congalton Show</i> (Senior Health Issues) <i>Aug 2017 (Bellefontaine)</i> ➤ <i>SLOCOG: Senior Trans Survey.</i> COA meeting <i>Nov 2017 (Sarah Trauger)</i> ➤ <i>Home Builders Association</i> <i>June 2018 (Bellefontaine)</i> 	<p><u>Senior Center Collaboration:</u> <i>Liaisons: Zarycka –Paso; York -- Morro Bay and Cayucos; Mishoulam – Nipomo; Shower – Central Coast (Oceano); Bellefontaine—SLO</i></p> <p><u>Collaboration with other Senior-focused Service Agencies, Councils & Commissions:</u> such as</p> <ul style="list-style-type: none"> ➤ <i>Adult Services Policy Council:</i> Meetings attended by COA Chair or alternate when possible. ➤ <i>Department of Social Services: In Home Support Services</i> ➤ <i>Area Agency on Aging</i> ➤ <i>Senior Volunteer Services</i> ➤ <i>Peoples Self Help Housing (PSHH)</i> ➤ <i>Housing Trust Fund</i> ➤ <i>Housing Authority of San Luis Obispo</i> ➤ <i>Meals that Connect</i> ➤ <i>Long Term Care Ombudsman</i> ➤ <i>Hearing Loss Association</i> ➤ <i>Cuesta Emeritus Program</i> ➤ <i>HomeShare</i> ➤ <i>SLO Village</i> ➤ <i>RideOn</i> <p><u>Meetings with Supervisors:</u></p> <ul style="list-style-type: none"> ➤ Meeting with Debbie Arnold. <i>Aug 25, 2017 (Summers & Bellefontaine)</i> ➤ Meeting with John Peschong <i>(Zarycka)</i> <p><u>COA Attendance by</u> Mayors: Heidi Harmon <i>Sept 2017</i> State Assemblyman: Jocelyn Brennan <i>Oct 2017</i> State Senator Office: Hunter Snider <i>Nov 2017</i></p>

ACTIONS re: 2017 – 2018 (JULY THRU JUNE) PRIORITY SENIOR ISSUES**PROGRAMS that inform Commissioners and Public about COA PRIORITIES**

PRIORITY SENIOR ISSUES	<i>ACTIONS TO KEEP INFORMED</i>
<p>1) Learn more about other County solutions for Affordable Senior Housing</p>	<p><u>Presentations:</u> “ONE of SLO County’s Affordable Senior Housing Solutions—Peoples’ Self-Help Housing.” Brittany Venia, PSHH Service Coordinator and Jane Renahan, Duncan Group <i>August 2017</i></p> <p>“Senior Housing Opportunities & Challenges Ahead.” Xzandrea Fowler, City Development. Scott Smith, HASLO Exec Director. <i>Jan 2018</i></p> <p><u>Reports:</u> Mayor Heidi Harmon. San Luis Ranch development plans <i>Aug 2017</i> <u>Conversation with:</u> John Fowler, PSHH re: In Lieu Fees how do they help? <i>Jan 2018</i></p>
<p>2) Learn more about services that allow seniors to remain safely in their homes</p>	<p><u>Presentation:</u> “Community Services to Aid Senior Independent Living.” Elias Nimeh, Meals that Connect & Cathy Portugal, Director of Operations, Ride-On Transportation. <i>Feb 2018</i></p> <p>“Aging in Place means Home Preservation.” Julia Ogden, Habitat For Humanity. <i>Mar 2018</i></p> <p>Just the Facts: Agencies that Help Seniors Age in Place. Elaine Clark, Owner, Monarch Care; Mary McLusky, Senior Helpers; Kelly, Allchin, Visiting Angels. <i>May 2018</i></p> <p><u>Reports:</u> Alliance for Pharmaceutical Access. Sarah Reinhart <i>Oct 2017</i> Medicare Changes for 2018. Buff Lawson <i>Oct 2017</i> CalFresh: Kat Lauterback, DSS Program Manager <i>Sept 2017</i></p>
<p>3) Learn more about affordable services for Door to Door transportation</p>	<p><u>Presentation:</u> Obtaining input in the development of SLOCOG’s 2019 Regional Transportation Plan (RTP) and Sustainable Communities Strategy (SCS). Sarah Trauger, Coordinator Rideshare, <i>Sept 2017</i></p>

Programs cont.

<p>4) Learn more about connecting vulnerable seniors with services</p>	<p><u>Presentation:</u> “County Adult Services Update.” Speaker: new Department of Social Services Director, Devin Drake. <i>July, 2017</i></p> <p>“211 As Part of the Community Resource Project.” Monica Anderson, Resource Specialist/ United Way SLO. <i>Nov, 2017</i></p> <p>“Still a Person – Your Rights in a Care Facility” Karen Jones, Long Term Care Ombudsman SLO County. <i>June, 2018</i></p>
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ADVOCACY for these Priority Senior Issues. 2017-18 (July thru June)

<p>Advocate for funding to render existing homes to be Age Safe</p>	<p>* Board of Supervisors meeting Nov 14, 2017 CDGB Funding</p>
<p>Advocate for need of volunteers for Programs that help seniors remain in their homes</p>	<p>* SVS Representative Tom Clough calls for COA members to seek Volunteers especially for North County throughout the year.</p>



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To: San Luis Obispo County Board of Supervisors

From: Co-Chairpersons Kathleen Bellefontaine & Roger D. Randall
SLO County Commission on Aging

Projected Goals and Priority Senior Issues for 2018-2019

Agreed upon by the membership of the SLO County Commission on Aging

Goals:

- 1) Increase **public** awareness on critical issues facing an expanding senior population; communicate information on senior services, working to inform the senior community of services available to them
- 2) Advocate for seniors on these critical issues with Board of Supervisors, private and local government sectors, through partnerships with service organizations and in the community

Attachment B details Action Plan for each goal.

Priority Senior Issues to Focus on:

- 1) Scam Education
- 2) Alcohol and Drug Abuse Awareness and Education
- 3) Affordable In-Home Support Services
- 4) Availability of Senior Nutrition Programs
- 5) Affordable Housing and Long-Term Care

All five of the priorities will lend themselves to both education and advocacy in the upcoming year.

cc: DSS

Projected GOALS AND PLAN OF ACTION for 2018-19

COA GOALS	PLAN/ACTION
<p>1) Increase public awareness on critical issues facing an expanding senior population: communicate information on Senior services, working to inform the senior community of services available to them.</p>	<p>PLAN: Increase public awareness on critical issues facing an expanding senior population</p> <p>ACTION:</p> <ul style="list-style-type: none"> ◆ Outreach with critical senior needs information stating facts re: elder income limitations in this county for essentials.... ◆ Outreach to Tolosa Press for “Senior Moments” page, including a call to action. ◆ Continue to publicize COA as platform for Senior input through electronic and media at Board of Supervisor meetings and other venues.
<p>2) Advocate for seniors on these critical issues with Board of Supervisors, private and local government sectors and through partnerships with service organizations and in the community.</p>	<p>PLAN: Define best practices for communication with BOS, private & government sectors and through partnerships with service organizations</p> <p>ACTION BOS:</p> <ul style="list-style-type: none"> ◆ District Representatives will continue to find unique ways to give input to BOS in order to pinpoint priority issues and/or solutions that COA discovers through Outreach. ◆ Commissioners will demonstrate support on current or pending legislation intended to improve quality of life for Seniors. ◆ District Reps communicate with their Supervisor prior to COA advocating at a Board Meeting.
	<p>ACTION: Private & Government Sectors:</p> <ul style="list-style-type: none"> ◆ Advocate to improve the quality of life for Seniors ◆ Attendance by some Commission member at City Council and County planning meetings
	<p>ACTION: establish partnerships with service organizations to improve the quality of life for Seniors</p> <ul style="list-style-type: none"> ◆ Regular attendance by some member of the Commission at key meetings including the Adult Services Policy Council.