

# SAN LUIS OBISPO COUNTY COMMISSION ON AGING

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**Meeting Date:** Wednesday January 24, 2024

**Time:** 10:00 am - Noon

**Location:** **DSS Building, 3433 South Higuera Street, Room #101, SLO**

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

**Introductions:** Members and Guests (please provide your name, Commission position, and brief agency description)

**Member rollcall:** Chair establish Quorum.

**Approve Minutes:** December 27, 2023

**Presentation:** **Wilshire Health & Community Services**

*Serving the Central Coast with 70 years of Healthcare Experience*

**Presenters:**

**Mark Wilson**, Vice President of Business Development

**Steve Willey**, Director of Volunteer & Community Education

**Kevin Parzych M.D.**, Chief Medical Officer

**Break 10 minutes**

**Reports:**

ASPC (5 min) – Jerry Mihaic

AAA (5 min) – Ron Torres

Scam Report (10 min) – Tristan O’Neil DA’s office

Legislation Report (5-10 min) – Anne McCracken

**New Business:**

Current Membership and upcoming elections process – establish Nominating Committee Article VI, Sec 5 of bylaws – Maryanne

Presenters and suggestions for 2024 – Group discussion

**Next Meeting: February 28, 2024**

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

***Please submit agenda and program items, ideas, and feedback to [slocommissiononaging@gmail.com](mailto:slocommissiononaging@gmail.com)***

## **SAN LUIS OBISPO COUNTY COMMISSION ON AGING**

**Department of Social Services Building, Conference Room #101 3433 South Higuera,  
San Luis Obispo, CA 93401  
January 24<sup>th</sup>, 2024 Minutes**

**Members Present:** Maryanne Zarycka, Anita Shower, Anne McCracken, Frank Triggs, Jerry Mihaic, Mara Whitten, Kristin Allen, Louise Justice, Ron Torres, Paulina Flores Jimenez, Alexis Okumura, Dianna Votaw, Paige Anderson, Paul Worsham, Danielle Raiss, Charmaine Petersen, Mike Bossenberry, Angela Viles

**Members Absent:** Sue Gibson.

### **Call to Order: 10:00 am**

Flag Salute.

"Meeting is Being Recorded" Announcement

### **Public Comment:**

Louise Justice:

- Sinsheimer Elementary School is hiring a Crossing Guard paying 15.72/hr
- City Council meeting discussed public transit as their priority during this short term transit plan, this will start may and end of this year or beginning of next year

Kristin Allen:

- National Weather Prediction Center has posted 2 potential atmospheric rivers
- February 8<sup>th</sup> 9:00am – 11:00 am at the Paso Robles Senior Center quilting classes only requirement to join is to "have fun while learning" ,all supplies are provided and are allowed to take them with you.

Jerry Mihaic:

- Brought over "Senior Guide" brochure

Anita Shower:

- Housing Authority structure/building will be finished early 2025

Leah:

- Brought over flyers from the Alzheimer's Association informing of supports groups offered in the county

Mara Whitten:

- Caregivers Retreat March 23<sup>rd</sup> 10:00am – 2:00pm at the St. James Church in Paso Robles

### **Introductions: Guests & Members**

Members and guests introduced their role in the community and with the Commission.

**Approval of December 2023 Minutes:** Motion by Jerry Mihaic was made to accept minutes with corrections noted. Louise Justice seconded the motion. Paulina Flores Jimenez abstains.

## **Presentation:**

### **Wilshire Health & Community Services**

#### ***Serving the Central Coast with 70 years of Healthcare Experience***

#### **Steve Willey, Director of Volunteer & Community Education**

- Community Services
  - Senior Peer Counseling
  - Age 55+
  - Trained to support older adults in their transition of older age
  - Support includes giving resources, tools
  - No clinical background, but are very skilled at listening
- Caring Callers
  - Social program
  - Primarily for home bound people in the community
  - Can take people for walks, do visits etc...
  - Can provide referrals, resources
  - More involvement socially
  - These volunteers are assigned to clients and are able to develop relationships
- Good Neighbors
  - More task oriented/based
  - Check in once or a twice a week for a specific task
  - Taking trash out, pulling weeds, going to the grocery store etc...
  - Couple of drivers that work specifically under this program helping clients with transportation
- Loan Closet
  - Preferably accessed by appointment
  - Various durable medical equipment free for loan

All members in these programs are volunteers, always looking for new members  
Brochures left of these programs were left in the room

#### **Kevin Parzych M.D., Chief Medical Officer**

- Wilshire provides in-home healthcare services
- Clinical services are what fund their community services
- Home health is a Medicare paid or insurance paid service wherein specific needs are evaluated by visits from nurses/physical therapists to the home
- Hospice services are another very important service provided by Wilshire
- Wilshire and Dignity Health are the only non-profit hospices in SLO
  - Hospice programs include music centers, advanced bereavement, etc
- Wilshire provides a geriatric-only primary care practice
  - This started in assisted-living facilities

- The vision is that eventually this will be non-concierge house call practice
- A brand-new addition is that Wilshire now offers mental health services
  - This is also available through Medicare billing
- A potential project in the future is to leverage local services to provide a dementia-specific consult service to the community
- Wilshire uses a telehealth product that is person-focused rather than data-focused
- An identified need by Wilshire is to find funding outside of Medicare/insurance in order to meet the needs of the organization and expand

### **Reports:**

#### ASPC– Jerry Mihaic

- ASPC met on January 5<sup>th</sup>. The presentation was given by David Goss with EMS concerning how EMS responds by age groups, locations, etc. The data focused on statistics of ground-level falls in older adults. Karen Jones provided a presentation on legislative processes and funding.

#### AAA – Ron Torres

- HICAP presented on funding to CAPSLO for repair and modifications from various agencies. The committee recommended to Meals that Connect a budget of \$567,000 for provision of 48,000 meals in SLO County among other recommendations for funding for other agencies.

#### District Attorney Victim Witness – Angela Viles

- Will start presenting at upcoming ASPC meetings for information about financial exploitation. There is a reported rise in check fraud which affects older populations.

#### Chair Report - Maryanne Zarycka

- Reminded all of the timeline according to bylaws for upcoming expiration of terms, recruiting, establishing new slate, and voting for new (or reinstate current) members.

### **Unfinished Business: Out of time**

### **New Business: N/A: Out of time**

**Next Meeting: February 28<sup>th</sup>, 2024 at 3433 S. Higuera St, Conference Room #101 – Bring a Senior!**

Minutes submitted by Gabriela Garcia. Reviewed by Co-Chairs