

# ADULT SERVICES POLICY COUNCIL

Working together to meet the health and human service needs of adults and seniors.  
Our vision is safe and supported adults & seniors with access to a full continuum of  
resources & independence wherever they reside.

## Members

### Boards, Commissions and Community Groups

Adult Abuse Prevention Council  
Commission on Aging  
County Board of Supervisors  
Drug and Alcohol Advisory Board  
Health Commission  
Mental Health Advisory Board  
SLO Supportive Housing Consortium

### Non-Profit Agencies

AIDS Support Network & SLO Hep C Project  
Alzheimer's Association  
Area Agency on Aging  
CenCal Health  
Central Coast Hospice  
Coast Caregiver Resource Center  
Community Action Partnership of SLO County  
Community Health Centers / Services of the  
Central Coast  
Hospice of SLO County  
Independent Living Resource Center  
Lifesteps Foundation  
LTC Ombudsman Services of SLO County  
North County Connection  
Peoples' Self Help Housing  
Retired Senior Volunteer Program  
Ride-On Transportation  
Senior Legal Services Project  
Senior Nutrition Program  
Transitional Food & Shelter  
Transitions/Mental Health Association  
Tri-Counties Regional Center  
United Cerebral Palsy  
United Way of San Luis Obispo County  
Wilshire Community Services / Caring Callers /  
Creative Mediation / Senior  
Peer Counseling / Good Neighbor

### Private Organizations

Bates Care Management  
Bella Vista Transitional Care  
French Hospital - Dignity West  
Home Instead Senior Care  
Mariposa Music Therapy/Arts for Living  
Senior Living Consultants  
Sierra Vista — Tenet Healthcare

### Public Agencies

San Luis Coastal Adult School  
San Luis Obispo County  
Board of Supervisors  
San Luis Obispo County Departments  
District Attorney / Victim Witness Assistance  
Health Agency: Public Health / Public  
Guardian / Medical Services / Behavioral  
Health / Health Promotion  
Probation Department  
Sheriff  
Department of Social Services / Adult Services  
Veteran's Services

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Chair: Kathleen Karle, kkarle@co.slo.ca.us, (805) 781-4929  
Immediate Past Chair: Janet Amanzio, jamanzio@co.slo.ca.us, (805) 781-4732  
First Vice Chair: Marie Brinkmeyer, (805) 544-8740, [rsvpslo@svolunteer.org](mailto:rsvpslo@svolunteer.org)  
Second Vice Chair: Tiffany Alcantara, (805)773-3744 [talcantara@homeinstead.com](mailto:talcantara@homeinstead.com)

## AGENDA

12/06/2013

9.00 – 11.00 a.m.

### INTRODUCTIONS and ANNOUNCEMENTS

(New developments for the population, agency or program changes  
that affect other agencies or programs)

### PUBLIC COMMENT (5 minutes or less)

### DISCUSSION / INFORMATION ITEMS:

**ASPC Members** - To bring donations for various charities - Share a few sentences  
about the charity and why they chose it.

**Ideas:** Canned goods, gift card, (grocery stores), little MC and VISA cards that can  
be used anywhere.

### CORRECTIONS / ADDITIONS TO THE SYNOPSIS

### ACTION ITEMS:

### COMMITTEE UPDATES AS NEEDED: (10 minutes or less)

- **IHSS Update**
- **Good Neighbor**
- **POLST Follow up**

### MEETING LOCATION:

CAPSLO

1030 Southwood Drive, San Luis Obispo

### NEXT MEETING:

01/03/2014

## **Adult Service Policy Council**

**12/6/2013**

**9:00 am – 11:00 am**

### **I. Introductions and Announcements**

Marie Brinkmeyer – (RSVP) Senior Volunteer Services - I'm heading to Lake Tahoe to celebrate my 40<sup>th</sup> wedding anniversary, other than that, I don't have any announcements. Today's meeting is a social gathering; we will introduce ourselves and talk about the non-profits we are here to honor with a donation.

Barry Johnson – Transitions Mental Health Journey of Hope, A Community Forum on Living Mentally Well is set for Wednesday, January 29, 2014 5 – 8 pm at New Life Church in Pismo Beach. It's a Health and Human Services Fair, full evening of speakers, people telling their stories of wellness with Mental Health, we are providing CEUs and it is open to the public. Our poinsettias and Christmas tree programs are a big success this year. Trees are still available at the Growing Grounds. We distributed 1700 poinsettias this year. Today – there's a free poinsettia to whomever has a flyer with the magic word on back (It went to Cindy Marie Absey).

Tiffany Alcantara – Home Instead Senior Care. Secret Santa going well.

Carol Rose – Home Instead

Laura DeLoye – Mariposa Music Therapy. We began Arts for Living Glee Club – It's open to everyone, if you want to join; we have some adults and younger people, some with developmental challenges. The Glee Club meets Wednesdays 5:30 – 6:30 pm at the UCP office in SLO. You can contact Laura for more information. We've had Cal Poly Kinesiology students working with us. We're doing Facilitated Expressive Thoracic Training (FETT) to help those in wheelchairs, like clients in the LEAP Program who are in wheelchairs, with cerebral palsy who need to strengthen their core. We do vocalization exercises and breathing, yoga movements to give strength to their diaphragm. Water exercises too. Student from Cal Poly working with us for her senior project

Fred Munroe – Ridership Development, SLO Transit - If you have any clients who use SLO Transit there are NEW schedules SEPT/OCT 2013, readily available on all the buses, but some folks have the 2012 schedules and there are a few changes. I am also host of Central Coast Voices on KCBX every other week – today, Friday Dec 6 at 2 pm NPR is doing a retrospective of Nelson Mandela. One of his philosophies that I hope we all hear more, which I've heard a lot in the last 24 hours is "If we pay attention to reconciliation instead of revenge, we'll all do better."

Debra Vallely- District Attorney/Victim Witness Assistance- New, replacing Cindy Marie Absey.

Cindy Marie Absey - District Attorney/Victim Witness Assistance - Retiring after 30 years. Debi Vallely is with our economic crime Dept. The transition will be relatively seamless.

Cindy Marie Absey - Our elder abuse advocacy program is expanding to include crimes against those with disabilities (flyer about that process). We'll convene an expert subject matter panel. This population isn't that visible and there's fear and reservations about reporting crime. There are challenges in reaching this underserved group in the community. With the state's blessing with the grant monies we have already, we are aiding those developmentally disabled who are victims of crimes. Two staff members are assigned to this project and will be reaching out and working with these populations and their families. I think we're the only victim witness program in the state working with this population – we may be the pilot program in the state.

Marie Brinkmeyer – Thank you so much for your involvement here, congratulations on your retirement.

Mark Shaffer - United Cerebral Palsy and Ride On – first of all, we could help get the word out about this new Victim Witness Program.

Mark Shaffer - Senior shuttle is being well used, that's great. We provide Medi-Cal and CenCal transportation for those who cannot use public transportation to get to their medical appointments. For approved Medi-Cal riders, we provide transportation to medical appointments at no cost. Just call Ride On, we'll take care of the paperwork.

Mark Shaffer - The Veteran's Express, in November we raised money to transport Veterans locally and to Santa Maria, so that they can get to LA and wherever they need to go. If you know of a veteran who could use these services for doctor's appointments, contact us.

Gail Tutino - Community Health Centers of the Central Coast. We have assistants who can help people sign up for the Affordable Care Act Coverage. We have a new building in Nipomo. Our hub of specialty services is in SLO with primary care and dental care. We have specialty services-cardiology, neurology, gastro, rheumatology, nephrology (kidney) optometry ophthalmology and Ob Gyn. Open to everybody not just low income.

Jerry Mihaic - Independent Living Resource Center. Cal Poly's SUSTAIN project meets this afternoon at the Vets Hall from 2-4 pm. It's a project to involve students from different disciplines, to get them involved with non-profit organizations. They get credits toward their degree. They "learn by doing good" method. I had 3 engineering students two years ago. Last year our program did not get picked because most of the students were Ag based. Hopefully this year we'll be picked. The Professors are learning what the community needs, what works and what doesn't work. Some of your programs may benefit from Cal Poly's SUSTAIN project.

Kathleen Bellefontaine - Commission on Aging. We've been concerned about getting younger people on board to take over what some of us have done for 7 years; some new people are coming in. We almost have full membership; we've been helped by RSVP. Today I have two kinds of Applications for new people. One is a "Senior Provider" Application for a one year term. It's important for us to hear how you're serving seniors and hear the stories. Our website is an asset, and is due to Dept of Social Services, Sandra Pendell we're becoming better known by way of the website.

I also have a flyer for our speaker's Bureau to refer people to the community for speakers. IF you have a need for your groups, church or Rotary, etc. pick up a flyer.

Sonnie Brown Hospice SLO – Light Up A Life Ceremonies are happening this week with 10 in the county, 4 in collaboration with Wilshire Hospice. We are sponsoring the community discussions called “Death Café” where a casual conversation about death and dying can be offered to everyone. These are not support groups, but provide a forum for discussion; the next one is Thursday, January 23, 2014, 6:30-8:00 pm at our offices, 1304 Pacific St, San Luis Obispo, light refreshments available. Website: [www.deathcafe.com](http://www.deathcafe.com) Hospice SLO provides in-home respite with volunteers, one-on-one counseling and Grief Support Groups and Community Education (like Death Cafes). Also the next POLST meeting is at the Long Term Ombudsman's office Wed. Dec. 11 at 3:30 pm.

Sonya Laputz - Alzheimer's Association. I'm brand new. I was recently hired as the Alzheimer Educator and Care Specialist.

Stephanie Nemke - Bella Vista Care Director of services, new attendee here.

Angela Nelson, SLO Regional Rideshare – We're working on our next Mobility Summit in July. We'll send emails out in January. We're launching a new SLO Cogs website, which goes up at the end of January.

Marie B. - This Agency, (RSVP-Senior Volunteer Service) has a wonderful FB Page, we can help you publicize your events, if you want to send us your announcements, please do and we'll post it.

Fred Munroe: Tribune published a tabloid on Social Security; they have them at the Tribune Office on S. Higuera. This data you can get off the Internet but it's all gathered here in this one newspaper insert. If you have seniors with social security questions, this is a handy resource. Action Healthy Communities puts out a report every 3 years about status of the county, compiling 1200 surveys and about 300 face-to-face surveys. It's called “Vital Signs, Understanding San Luis Obispo County” and is available at this website: [www.actionslo.org](http://www.actionslo.org). You can download the entire thing and keep a copy of it. Deals with everything from how safe children feel at school to employment issues, 400 pages.

Kevin Drabinski – Field Rep for Katcho Achadjian - Holiday greetings. Things are very busy at the state office. The radio show that is still at KCBX archives was well received. Our representatives working together from Assemblyman and Senator's offices are making a lot of progress. <http://kcbx.org/mp3archive/ccv131031.mp3>

Kathleen Bellefontaine - The commission on Aging has had Katcho's representative to our meetings, that's a first with that kind of representation, it is invaluable and we appreciate it.

Marie Brinkmeyer – Please make sure that you signed in.

## **II. Public Comment**

None

## **III. Discussion/Information Items**

### **DONATIONS FOR VARIOUS CHARITIES:**

Marie Brinkmeyer – I made my donation to the transitional food and shelter habitat in Atascadero as representative of ASPC, Pearl Munak runs this program on faith alone, it's amazing what she gets done.

Barry Johnson donating to AIDS Support Network, particularly the Food Pantry. They provide over 2000 meals/month to their clients. I wasn't even aware this Food Pantry existed. I was able to get my teenage daughter involved too, she is interested in advertising and even developed a poster for a food drive we are now hosting at Transitions, to help the AIDS Food Pantry. For any of you interested in helping out, they will also take your garden produce.

Tiffany from Home Instead – Donating to Prado Day Center. I recently read a book called "The Survivor's Club" there was a chapter about the importance of the numbers 3 and 98.6. Of course 98.6 is the normal human temperature. The number 3 is about how the human spirit can't survive 3 seconds w/o hope, 3 hours without appropriate shelter in severe weather, 3 days without water, 3 weeks without food and 3 months without love. While all of the Non Profits represented today are amazing and serve their own purpose, The Prado day center provides that hope and shelter to meet someone's most basic needs. We know it could be any one of us needing their services and we are thankful that we have never needed them personally.

Laura DeLoye & RichSmucker chose Hospice SLO – we helped with their volunteer program. Hospice SLO's space is so comforting I'm glad we have this resource in our community.

Fred Munroe to Hospice SLO. We have a number of Hospices. Wilshire is a Medical Hospice program and it focuses on that 6 months end of life. But there's a span of time that doesn't fall into that. Hospice SLO chose not to be part of the medical model and some of us need support for grief related issues that are only served by a volunteer hospice.

Cindy Marie Absey - our donation is to Community Action Partnership because they have allowed us to meet here and the host of services they provide to our community. I have so much admiration for the work they do, as demonstrated in the banner on the wall in this room.

Mark Shaffer donating to Alzheimer's Association. We see people that can't even use our shuttle services at some point due to this disease. My family has been impacted by Alzheimer's.

Gail - It's interesting as you go around the room, my family has been impacted by Alzheimer's and has been helped by Hospice. We are donating to the Maxine Lewis

Memorial Shelter and we chose to focus on socks. This time of year it's cold, I can't imagine what it would be like outdoors all night long and not have warm socks.

Jerry M donating to Women Aid – it's a local organization, for women who need specific help like gas money to travel to appointments. They work on referrals from a reputable agency, then they can help women with utilities, gas, paying rent, whatever they may need.

Kathleen – I'm so impressed by this meeting – to hear all of you speak about the non-profits I may know about and those I've never heard of before. We are donating to Hospice SLO – My mother was in a nursing home and could have used volunteer services but I didn't know that was possible. Anyone can use their grief counseling even if a loss happened years ago and you need to talk about it.

Sonnie B. [not announced at the meeting: donating to Mariposa Music Therapy from Hospice SLO.]

Kevin D. We are donating to the DeGroot Home. If anybody has been inside there you know how valuable their work is – when I walked in there it changed my whole attitude. That day they were asking for donations of formula, the work done there is amazing. Also, personally, I am donating to the Homeless Shelter in January.

Angela - donating to Mariposa Music Therapy. Music is important, I have a personal connection as a singer. In any way that people can make sound, it's therapy, whether it's singing or on an instrument or making any sound. I treasure seeing Laura at this meeting every month and am glad for their involvement in the community.

Marie – Thank you all in this holiday season, this group and all of your generosity. I think we all celebrate the “**holiday of humanity**”. I am grateful for working with this agency and I guarantee I was dropped here on purpose.

#### **IV. Corrections/Additions to the Synopsis**

Copies of the November minutes were not distributed will review and revise/approve at the January meeting.

#### **V. Action Items:**

November and December Minutes to be reviewed at our January 3, 2014

#### **VI. Committee Updates as Needed**

- POLST -Meeting Dec. 11, 2013 3:30 pm at the Long-term Ombudsman's Office on S. Higuera Street.

Meeting Adjourned 10:10 a.m.

**Next Meeting:  
January 3, 2014 9:00 a.m.**