

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.

Chair: Laura DeLoye (805) 225-6101 mariposamusictherapy@gmail.com
Immediate Past Chair: Marie Brinkmeyer (805) 544-8740 rsvpslo@srvolunteer.org
First Vice Chair: Kathleen Bellefontaine (805) 235-5779 kbellefont@charter.net

AGENDA

01/09/2015

9:00 a.m. - 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)

GUEST SPEAKER:

- **Sonya Laputz, Alzheimer's Association**
- **Kasey Watson, Garden House Assisted Living**

MEMBER COMMENT:

CORRECTIONS / ADDITIONS TO THE SYNOPSIS:

ACTION ITEMS:

- **Housing Committee**

COMMITTEE UPDATES AS NEEDED: (10 minutes or less)

- **IHSS**
- **POLST**
- **Transportation**

MEETING LOCATION:

CAPSLO

1030 Southwood Drive, San Luis Obispo

NEXT MEETING:

02/06/2015

Boards, Commissions and Community Representatives/Volunteers

Adult Abuse Prevention Council
Behavioral Health Board
Commission on Aging
County Board of Supervisors
Health Commission
SLO Supportive Housing Consortium
Martin L. Meltz, PhD

Elected Officials

CA Assemblyman Katcho Achadjian, 35th District
CA Senator Bill Monning, 17th District

Non-Profit Agencies

211 Hotline
AIDS Support Network
Alzheimer's Association
Area Agency on Aging
CenCal Health
Central Coast Hospice
Community Action Partnership of SLO (CAPSLO)
Community Health Centers (CHC)
Dignity Health-French Hospital Medical Center
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 (RSVP)
Ride-On Transportation
Senior Legal Services Project
Senior Nutrition Program
SLO Hep C Project
SLO Regional Rideshare
Transitions-Mental Health Association
Tri-Counties Regional Center
United Cerebral Palsy
United Way of SLO County
Wilshire Community Services

Private Organizations

Bates Care Management
Bella Vista Transitional Care
Home Instead Senior Care
Mariposa Music Therapy/Arts for Living
Maxim Healthcare Services
Ridership Development Consultants
Senior Living Consultants

Public Agencies

San Luis Costal Adult School

San Luis Obispo County Departments of:

Behavioral Health /Mental Health Services
District Attorney / Victim Witness Assistance
Public Health
Probation Department
Sheriff Department
Social Services/Adult Services

Adult Services Policy Council

01/09/15

9:00 a.m. – 11:00 a.m.

ATTENDEES:

Sonya Laputz, Alzheimer's Association
Gail Tutino, Community Health Centers
Kris Kington-Barker, Hospice of SLO County
Cynthia Collins, Lifesteps Foundation-CCAS
Kathleen Karle, Public Health
Fred Munroe, Ridership Development
Barry Johnson, Transitions-MHA/SLO Hotline
Jessica Devereaux, Wilshire Community Services
Martin Meltz,
Stuart MacDonald, SLO Co. Sheriff's Dept.
Rayleen Moran, Alzheimer's Association

Kathleen Bellefontaine, Commission on Aging
Kelley Sexton, DA/Victim Witness Assistance
Lisa Tapia, Lifesteps Foundation-CCAS
Laura DeLoye, Mariposa Music Therapy/Arts for Living
Mark Shaffer, Ride-On Transportation/UCP
Sara Sanders, SLO Regional Rideshare
Dee Rittenhouse, Tri-Counties Regional Center
Brittany Carraway, People's Self-Help Housing
Jason Flanagan, People's Self-Help Housing
Kasey Watson, Garden House
Margie Alita, DSS Synopsis

INTRODUCTIONS AND ANNOUNCEMENTS:

Chairwoman Laura DeLoye welcomed the group.

Mark Shaffer announced that Ride-On will be hiring ten drivers and will provide training. He also stated a small-size wheelchair van was recently donated and is available for purchase at a very reasonable price. Contact him for more information.

Martin Meltz stated Paso Cares passed a resolution yesterday calling on HSOC to immediately establish a county-wide emergency warming center committee so that by next winter all jurisdictions in the county will have a warming center, rather than having just one city provide one.

Gail Tutino of CHC announced she will be taking a leave of absence and that Craig Wood would be replacing her in the interim. Mr. Wood is the director of the ACA Program.

Larry Johnson of Transitions Mental Health provided a flyer for the Community Forum Journey of Hope announcing a free event on January 28, 2015, from 6 p.m. to 8 p.m. at New Life Church in Pismo Beach. The theme is Living Mentally Well, with a Focus on Military Families.

Cynthia Collins stated LifeSteps Foundation has many employment opportunities throughout the county. These positions will focus on working with developmentally disabled adults.

Kathleen Karle stated she and Marie Brinkmeyer are the new representatives for the grant committee. Ms. Karle said the application period is now open and applications are due at the end of the month. It is anticipated that between 60-80 applications will be reviewed.

PUBLIC COMMENT:

Fred Munroe stated that the Area Agency on Aging will be updating their SLO Directory. Please review it and send corrections/updates to joyce ellen lippman by the middle of February.

GUEST SPEAKERS:

Sonya Laputz, Alzheimer's Association

Sonya Laputz from the Alzheimer's Association gave a presentation on local resources available to individuals living with dementia and their caregivers. Ms. Laputz is a consultant and teaches classes throughout the county. All classes are free, open to the public, and are usually an hour and a half in duration. These classes are provided to educate families on resources as well as the emotional aspects of the disease. The Savvy Caregiver series is also provided and costs \$25 to cover the cost of materials; registration is required. In the Paso area, respite care may be provided during the class. Ms. Laputz also announced an event, Dementia: Current Trends & Future Directions, to be held April 30, 2015, at the Montecito Country Club in Santa Barbara. The event will include break-out sessions, think tank sessions, and presentations by leading neurologists and neuropsychologists.

Ms. Laputz also stated a respite grant is available through the Mary Oakley Foundation which will pay up to \$900 for an individual caring for a family member to allow for respite care. The grant is a one-time grant and is income-based but a person may not necessarily be disqualified for being at or a bit above income requirements. As a reminder, respite retreats aren't being held due to staffing issues at this time, but volunteers are always welcomed. Ms. Laputz concluded by stating she is available to come speak to any group; please contact her at 800-272-3900.

Kasey Watson, Garden House Assisted Living

Kasey Watson stated Garden House it is a unique non-medical residential care facility in San Luis Obispo County. It is the first Delayed/Degressed RCFE for dementia-specific care in the county and is licensed to care for 15 residents. Garden House was opened in July 2000 by Gari Cave and Ann Keys and is a non-profit corporation and provides community outreach. Many community groups come to Garden House to provide services, including CalPoly students. Garden House is a teaching facility for CalPoly's Food Science and Nutrition Program as well as a clinical site for Cuesta College's Psych Tech Program.

Ms. Watson, a former art teacher, wanted to continue using her skills after being laid off from a teaching job. She trained with Art Without Boundaries, an art-based brain therapy developed by Noell Hammer who was the director of an Alzheimer's chapter in Ohio. Ms. Hammer developed and patented Mneme Therapy, a technique to help alleviate symptoms found in many dementia patients. This therapy focuses on cognitive issues; dementia, Alzheimer's, strokes, brain damage, etc., and provides stimulation to a patient's brain. Ms. Watson purchased Garden House in Morro Bay and employs another Mneme Therapist. Residents are able to engage in this therapy and enjoy creating their works of art. Garden House produces a fundraising calendar featuring works made by the residents during therapy sessions. Ten art pieces made by the residents were displayed at the State Capitol during the meeting of the California Assisted Living Association. A documentary produced by Celia Zanta, a retired film producer, was offered to the group to help promote Garden House and Mneme Therapy. The group thanked Ms. Watson for her presentation.

MEMBER COMMENTS:

N/A

CORRECTIONS/ADDTIONS TO THE SYNOPSIS:

Krista Vega amended her previous statement to "Enrollment continues at a steady rate. In fact, 5000 new members were added in the month of December".

The synopsis was approved unanimously.

ACTION ITEMS:

Housing Committee – Marty Meltz provided a list of various kinds of housing options that could potentially be areas for the committee to start researching, including: multi-family residential units, boarding houses/group homes, home sharing, tiny home communities/villages, assisted living facilities, and independent living facilities. The purpose of the committee would be to find what is available for seniors as well as what is needed for seniors. It would also advocate for change of policy and building codes where they prevent the development of these types of housing. It was suggested that it could be helpful to have a representative from HASLO and the Builders' Association join the group. After hearing several members speak on the subject, it was agreed that the group would hold off until it learns more about resources that are currently available as well as what next month's speaker has to present on the issue of housing in this county.

COMMITTEE UPDATES:

IHSS – None.

SLO Coalition for Compassionate Care/POLST – Kris Kingston-Barker announced the SLO Coalition for Compassionate Care will hold a meeting on Tuesday at 3 p.m. at Hospice of SLO. Areas of discussion include: how to coordinate services and education regarding Advanced Healthcare Directives, where they are appropriate and how to make those more available to the community at large. Advanced Healthcare Directives have great value in that a person's wishes are aligned with their personal beliefs and what they want to have happen in their own healthcare. The State Coalition on Compassionate Care is working on a grant to coordinate education and training with the ministries association with different church groups.

Transportation – Mr. Shaffer provided flyers announcing the need for volunteer drivers for the Good Neighbor Program. Drivers must be at least 21 years old, attend an orientation, and have a good driving record. As of today there 62 drivers, but the goal is to have 100 volunteers by June 30, 2015. It is a flexible program that allows individuals to volunteer when and as they can.

Mr. Munroe stated that the cost for RunAbout services is increasing and that there will be a more extensive screening process. He also said training on fixed route transportation is offered to seniors or groups throughout the county. Sara Sanders stated an RFP is out to bid for the Coordinated Services Plan, a federally mandated requirement that identifies gaps in transportation services.

Ms. Kingston-Barker stated The Diversity of Grief, a free training, is scheduled for Friday the 23rd of this month at Sierra Vista at 9 a.m. It will be lead by Doug Bing and will include a panel. The training is for individuals who are not grief therapists but who deal with clients dealing with periods of grief, how to identify when more assistance may be needed, and the referral process for free grief counseling.

Meeting adjourned at 10:55 a.m.