

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
Coast Caregiver Resource Center
Community Action Partnership of SLO County
Community Health Centers / Services of the Central Coast
Hospice of San Luis Obispo County
Independent Living Resource Center
Linkages Care Management
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
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

Private Organizations

Bates Care Management
Client Care Consultants
Family Home Care
Morris & Garritano Insurance
Sierra Vista Medical Center
Trio

Public Agencies

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

www.slocounty.ca.gov/ASPC

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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
Second Vice Chair: Tiffany Alcantara, (805)773-3744 talcantara@homeinstead.com

AGENDA **December 7, 2012** **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:

- Kathleen Karle – Injury Prevention for Senior Centers
- Laura DeLoye & Rich Smucker – Mariposa Music Therapy

CORRECTIONS / ADDITIONS TO THE SYNOPSIS

ACTION ITEMS:

- Letter to Board of Supervisors

COMMITTEE UPDATES AS NEEDED: (10 minutes or less)

- IHSS Update
- Good Neighbor
- POLST Follow up
- Continuum of Care

MEETING LOCATION:

Department of Social Services
2975 McMillan Road, San Luis Obispo
Suite 164 (Big Conference Room)

NEXT MEETING:

1/4/2013 – LOCATION TBA

ASPC Meeting December 7, 2012
Chaired by Kathleen Karle

Attendees:

Edie Kahn, AIDS Support Network/SLO
Hep C Project
Meredith Bates, Bates Care
Management
Janet Amanzio, Behavioral Health
Krista Vega, CenCal Health
Kathleen Bellefontaine, Commission on
Aging
Diane Jay, CMSP
Sandra Pendell, Department of Social
Services
Kelley Sexton, DA/Victim Witness
Assistance
Rich Smucker, Mariposa Music Therapy
Laura DeLoye, Mariposa Music Therapy
Kathleen Karle, Public Health
Jerry Mihaic, Independent Living
Resource Center
Michelle Mason, Lifesteps Foundation
Sue Warren, North County Connection
Rick Gulino, Peoples Self Help Housing
Marie Brinkmeyer, RSVP

Mark Shaffer, Ride-On
Transportation/United Cerebral
Palsy
Virginia Sawyer, Senior Legal Services
Project
Elias Nimeh, Senior Nutrition Program
Barry Johnson, Transitions-Mental
Health Association
Rachel Cementina, United Way
Jessica Devereaux, Wilshire Community
Services
Kevin Drabinski, Field Representative
for Assemblyman Achadjian
Nancy Sutton, Alzheimer's Association
Kara Barbieri, Hospice SLO
Joyce Heddleson, Behavioral Health
Board
Sara Bartlett, Central Coast Hospice
Taylor Moore, Public Health
Alisa Welsch, Tri-Counties Regional
Center
Madelaine Arel-Davis, VTC
June Wilmer, North County Connection

Introductions and Announcements:

Kathleen Karle introduced Taylor Moore, Health Education Specialist, who is temporarily working with Public Health on various programs, including defensive walking and pedestrian safety for adults.

Sara Bartlett announced that she is returning to ASPC as representative for Central Coast Hospice.

Joyce Heddleson announced that she is also returning to ASPC. She is now representing Behavioral Health Board (previously known as the Mental Health Board). She facilitates a Huntington's Disease Support Group in North SLO County.

Sandra Pendell reminded the group that location for the ASPC meeting will be changing in near future. An announcement will be distributed via the e-mail list when the change date is known.

Sue Warren provided copies of the North County Connection's monthly calendar which includes information on research on recovery residences.

Nancy Sutton, Alzheimer's Association, reported that the agency is looking for locations where they can hold future community workshops and classes.

Jerry Mihaic gave information about the Sustain SLO program Sustain SLO gives students units for participating in community projects. Sustain SLO is looking for community members and partners to work with students. See <http://sustainslo.calpoly.edu/> for details.

Public Comment:

None.

Discussion/Information Items

Taylor Moore, Public Health, made a presentation on defensive walking techniques. He asked that attendees critique the presentation which will be offered at local senior centers and other locations. According to the 2010 Office of Traffic Safety Rankings SLO ranks #4 in the state for pedestrians over 65 who injured or killed in auto-accidents. SLO County has a rapidly growing senior population. These two factors show the need for safe pedestrian education in our community. Mr. Moore's presentation identified the most common situations that increase the chances of a pedestrian being hit by a car, explained ways to take control of potentially difficult situations, described the health benefits of walking, described the benefits of walking in groups, and identified appropriate agencies to contact when pedestrian-related problems arise.

Individuals wanting more information, or wanting to schedule a pedestrian safety presentation can contact Mr. Moore at 781-1157 or by e-mail at tmoores@co.slo.ca.us.

Mariposa Music Therapy: Laura DeLoye and Rich Smucker gave a presentation regarding professional training requirements and credentials. During the process of describing principles and process inherent in music therapy interventions, they engaged the entire group in a few activities demonstrating a few applications. Mariposa Music Therapy directs the "Arts for Living" organization, an affiliate of United Cerebral Palsy of SLO. They described a few of the psychological, biological and social benefits of success-based music interventions. Their primary focus is on working with adults, including those with dementia, post-stroke and other health conditions, those nearing the end of life and those with developmental disabilities. The group also offers programs and workshops for caregivers.

Music therapy interventions address specific physical and emotional issues and include stress management, development of social interactions and assists in maintaining or improving cognitive functions. Strategies include use of tailored exercises such as "fill in the blank" with lyrics and using melody to elicit responses. Music-based strategies promote emotional development.

Music therapists observe and assess a given person's physical and cognitive functioning, social interactions and design processes to facilitate each person's goals and objectives. A variety of actions involving integration of listening skills, motor skills, cognitive abilities and emotional homeostasis are considered in using a range of musical tools: instruments of immediate utility such as tone chimes, hand drums, voice work and piano are common.

Appropriate use of music from a patient's young adult years can create a powerful grounding experience for the patient and connection between the therapist and patient.

Therapists need to be aware of musical eras and appropriateness for the individual, since what is positive for one patient can trigger a negative or painful response in another patient of the same age and cultural background. Music and associated directed movements, promote physical responses such as deeper breathing and desirable heart rate variability patterns, improved peripheral blood flow and reflexes and sense of well being. Heart rate is impacted by sounds and rhythms as well as by emotions and a myriad of other factors.

The Arts for Living organization sponsors programs including Music Club, Community Performing Arts (CPArts). More information information regarding the Arts for Living organization is found at: www.ucp-slo.org/affiliates/arts-for-living .

Corrections/Additions to the Synopsis

The synopsis from the November 2, 2012 meeting was reviewed. A move to approve synopsis as written was made by Janet Amanzio and seconded by Diane Jay. The motion passed unanimously.

Action Items:

A letter to be submitted to the SLO County Board of Supervisors along with the Continuum of Care and Membership directory was reviewed. Janet Amanzio moved to approve the letter as written; the motion was seconded by Marie Brinkmeyer. The motion passed unanimously.

Committee Updates:

IHSS Update – None.

Good Neighbors – None

POLST Update – None

Continuum of Care – The Continuum of Care has been completed and posted to ASPC's. The Continuum of Care will be an agenda item in August each year and updated in conjunction with completion of the ASPC annual report.

The next meeting is January 4, 2012

9:00-11:00 a.m.

Location to be determined