

SAN LUIS OBISPO COUNTY COMMISSION ON AGING AGENDA

Meeting Date: Friday, August 17, 2012 **Time:** 10:00 am - Noon
Place: Veteran's Memorial Hall
801 Grand Avenue
San Luis Obispo, CA 93401

Please RSVP to Chair (235-5779) if you are unable to attend this meeting.

10:00 am **Call for a Quorum**

Call to Order

- Flag Salute
- Roll List
- Approval of July Minutes [August Minute Taker]
- Approval of Agenda
- Guest and Public Comment [2 minute limit]
- Introductions

Presentation: Speaker: Traci Mello, Prevention & Early Intervention Service Coordinator of Wilshire Community Services presents “Issues Facing Older Adults: Depression and Hoarding.”

Special Reports:

- Outreach Committee Report: COA Corner, Outreach Flyer, Speaker's Bureau list
- Chair Report: New Rosters, ASPC report

Unfinished Business:

- **Senior Centers:**
 - * Review of suggestions from last COA meeting discussion i.e. holding a retreat with Center managers; having a panel presentation at COA meeting by Center managers; not be involved; get reports from an independent focus group (led by Jo Dennison)
 - * What is COA purpose for involvement with Senior Centers?
 - * What actions are recommended based on this purpose?

New Business:

- **New Edition of SLOCOA Rack Card:**
“Hearing Friendly Meetings” addition to card. Discuss asking for Supervisor support of microphone system for COA meetings.
- Election of officers for 2013 at Nov meeting: Requirements, tasks

Announcements and Updates:

Adjournment: **Next Meeting,** September 21, 2012 Minute Taker: Marie Pounders

SLO COUNTY COMMISSION ON AGING

Veterans Memorial Hall

801 Grand Avenue

San Luis Obispo

Minutes for August 17, 2012

Members Present: Anita Shower, Marilyn Hamilton, Alice York, Maryanne Zarycka, Marie Pounders, Kathleen Bellefontaine, Diane Maiorano, Jo Dennison, Myra Lathrop, Margaret Ensminger, Carol Schmidt, Elias Nimeh, Dorothy Schlitz, Rosa Fernandez, Kelley Sexton (District Atty ofc), Julie Macedo, Deborah Bayles

Absent: Judy Mishoulam, Mike Suddarth

Guests: Carolyn Wheeler, Carol Nulton, Marilyn Rodacka, Traci Mello, Arnold Ruiz, Cindy Deibert, Kelly Hannula (ILRC)

Quorum established

Call to Order

- Flag Salute
- July Minutes Approved
- Agenda excepted as presented
- No Public Comment
- Guest Comment: Carolyn Wheeler, SLO Senior Center Correspondence Secretary, recommended that SLOCOA send advance quarterly notification about Monthly Speakers to Centers to publish in their Newsletters.

Presentation: Speaker: Traci Mello, Prevention & Early Intervention Service Coordinator of Wilshire Community Services presents “Issues Facing Older Adults: Depression and Hoarding.”

Depression:

- Impacts ADL’s (activities for daily living); unable to live a ‘normal’ life.
- Treatable with psychotherapy and, in some cases, medication.
- Some causes of senior depression include loss, trauma, inability to cope (dysfunctional backgrounds), life style changes, health issues, fear, accumulation of baggage, economic, new relationship with children.
- Some signs: Anxiety and depression is situational or inappropriate grief.
- Medical history and medications being used are important information when dealing with older adults.
- Basic needs must be met (Maslow’s Hierarchy) so higher level of living can be achieved.
- Wilshire approach provides services and resources to individuals on the verge of crisis. Caring callers, senior peer counseling, clearings, and good neighbor program.

Hoarding:

- Recently recognized as its own disorder; professionals starting to research and study special behaviors.
- Hoarding is the excessive collection of items, along with the inability to discard them.
- Some causes/signs: Loss of control over life situations – hoarding gives them control over something. Situational issues can trigger hoarding. Hoarder denies it as a problem.
- Hoarding solutions require cross disciplines to approach and control the situation; and to provide ‘recovery’ for the hoarder.
- Unless deemed incompetent by the courts, they have the ‘right’ to live that way. Must be addressed on a psychological level.
- Hoarder needs to be handled with respect, compassion, care, and non-judgment. They need to be involved with the clean up.
- One approach: Discuss the positive aspects of the lack of clutter, ‘what would you do if the clutter wasn’t here?’

Special Reports:

- Outreach Committee Report:
 - COA Corner was distributed

- New Outreach Flyers for speakers bureau and posting were described
- Speaker's Bureau list was distributed for review and corrections
- **AAA:** Dorothy Schlitz gave dates for Coupon Distribution at Farmer's Markets. Seniors with \$1700 or less income and 60 years or older qualify for \$20 farmers market discount coupon (participating farmers markets).
 - * Spoke about her duties as California Senior Legislator Senator at the CSL meeting, 10/29 – 31. 84 proposals will be on the table to be reduced to top 10 for the state, and top 4 for federal.
 - * Invited COA members to attend the next AAA Council meeting in Santa Maria at the BOS Hearing room, Friday 9/14 10 a.m. Abel Maldonado and Lois Capps will address 12 pointed questions on senior issues in a Q&A forum.
- **Chair Report:**
 - Judy Salamacha resigned and her Alternate, Myra Lathrop, will move into Judy's position as Member at Large
 - Judy's mother, Pat McKaye, Board member for Cayucos Senior Center, passed away. COA members invited to Memorial, August 31.
 - Chair described that Alice York and the Chair attended the BOS meeting to speak on behalf of the Commission as the annual report was on the Consent Agenda. Carol Schmidt attended to show additional support for COA.

Unfinished Business:

- **Senior Centers:**
 - Reviewed suggestions from last COA meeting regarding options for COA's interaction and participation with senior centers.
 - Suggestion: Let community know we are here to speak and listen to issues; gather and disseminate information.
 - Suggestion: Not to be involved directly – no action required. SC's are independent and run differently.
 - Jo Dennison is forming a committee of citizens, independent from COA, to address Central Coast Senior Centers.

New Business:

- **New Edition of SLOCOA Rack Cards** were presented: "Hearing Friendly Meetings" has been added to the card. Members thanked Anita Shower for funding this endeavor. Distributed Cards to members.
- Motion approved to request BOS fund new **microphone system** for COA meetings. Julie Macedo and Chair will work on writing the Grant for this.
- **Elections of officers for 2013:** Information for officers' duties disbursed.

Schedule:
 Sept: Applications for new officers are available from Diane or Kathleen and need to be submitted to Diane before the October meeting.
 Oct: Present the slate of candidates for election
 Nov: Election of officers for 2013.

Announcements and Updates:

Adjournment 12:10 pm

Next Meeting, September 21, 2012 Minute Taker: Marie Pounders

Minutes submitted by Maryanne Zarycka Additions by Chair