

SAN LUIS OBISPO COUNTY COMMISSION ON AGING AGENDA

Meeting Date: Friday, August 16, 2013 **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 ([Update Roster](#))
- Approval of July Minutes
- Approval of Agenda
- Guest and Public Comment [[2 minute limit](#)]

Presentation: “Medical Home Health Care: When and what does it cover?” presented by Wilshire Home Health (formerly known as Best Care Home Health).

Introductions, Announcements and Updates:

Guest Speaker:

- United States Representative, Lois Capps, 23rd District
Latest updates regarding Medicare and the Affordable Care Act

Special Report:

- Diane Maiorano: RSVP Volunteers

Adjournment:

Next Meeting, September 20, 2013

**SLO COUNTY COMMISSION ON AGING
Veterans Memorial Hall
801 Grand Avenue
San Luis Obispo
Minutes for August 16, 2013**

Members Present: Deborah Bayles, Kathleen Bellefontaine, Cindy Deibert, Jo Dennison, Rosa Fernandez, Marilyn Hamilton, Myra Lathrop, Julie Macedo, Diane Maiorano, Judy Mishoulam, Elias Nimeh, Marie Pounders, Carol Schmidt, Kelley Sexton, Anita Showers, Alice York, Maryanne Zarycka.

Absent: None

Guests: Wilshire Home Health Services representatives: Anthony Riso and Helen Bowen, RN; United States Representative, Lois Capps, 24th District and Betsy Umhofer; Molliee Culver; Chris Meagher; Camas Frank; Alice Loh; Kathee Glenn; Bernice Werner; Sharon Roberts; William Pate; Meredith Bates; Patrick Klemz

Quorum Established.

Meeting Called to order at 10:00

Roster circulated and request for final corrections

Minutes from last month accepted with a correction per Maryanne Zarycka.

Approval of Agenda accepted as written.

Forum Opened to Public/Guest Comments. No public/guest comment made.

Presentation: “Medical Home Health: What and when does it cover?” Anthony Riso and Helen Bowen, RN with Wilshire Home Health Services formerly known as Best Care Home Health defined home health services provided by Wilshire as skilled nursing, wound care and rehabilitation services. Helen Bowen, RN further stated that their services can be utilized in the home, board and care as well as assisted living. She explained that Wilshire Home Health can teach primary caregivers how to care for their family member and that assigned medical social workers can aid the family with resources to support and manage the client’s needs in the home. Both Mr. Riso and Ms. Bowen made it clear that custodial care such as housekeeping is not covered by Medicare. Bathing may be covered but only with special a doctor’s order. Mr. Riso reported that the clients that can benefit from their services are individuals recovering from illness, surgeries, chronic illness, falls, weakness, homebound individuals, and new diabetics. Ms. Bowen added that they also have wound care specialist, IV specialist and can provide services to cancer patients with lab draws and infusion administration.

Requests for home health services can be made by the hospital, doctor or rehabilitation facility. Home health services are paid for by Medicare, Medi-Cal, Private or Supplemental insurances. Pre-authorization is needed along with the physician’s referral or order. Some insurance may have co-pay but Medicare and Medi-Cal covers 100% with no co-pay. There is no local coverage for Kaiser members in this area. There may be emergency coverage with a plan for services once patient is back in their own member area.

Helen Bowen, RN stated that according to federal law it is the patient who determines which Home Health Agency is used. Ms. Bowen stated that the patient has a right to choose from whom they receive home health care.

Mr. Riso stated that all Home Health Agencies are not the same. He clarified that that Wilshire Home Health is a community based, not for profit home health agency that has been serving the Central Coast for 15 years. Ms. Bowen stated that Wilshire Home Health offers Tele-Health services that monitor chronic

conditions by telephone. They are able to monitor Chronic Heart Failure, Chronic Obstructive Pulmonary Disease, End Stage Renal Disease, and Diabetes. Information is taken and monitored through the telephone.

Ms. Bowen also stated that they cover Hospice and Palliative Care to manage acute, chronic and end of life comfort care. Pain Assessments can also be completed. For further information contact at Wilshire Home Health Agency can be reached at (805) 782-8600 or www.wilshirehcs.org Wilshire Hospice can be reached at (805) 782-8608 or www.wilshirehcs.org

Introductions: Members and guests introduced themselves as usual. Additional comments are listed.

Kathleen Bellefontaine reported on the Area Agency on Aging Farmer's Market Coupon out reach. Ms. Bellefontaine stated income qualification is required and that the coupons are for \$20.00 and can be used at any certified farmer's market. The coupons are being handed out on Saturday, August 17, 2013 at the farmer's market in San Luis Obispo. Ms. Bellefontaine also reported that Gary Fowler, representative to District 5 Supervisor Debbie Arnold passed away. Ms. Bellefontaine stated that she has contacted the Ms. Arnold's office to inquire about a replacement. Ms. Bellefontaine also reported that Dorothy Schlitz and Mike Suddarth resigned from the Area Agency on Aging and that she has been in touch with Joyce Ellen Lippman about choosing their replacements.

Kelley Sexton representative from the San Luis Obispo District Attorney's office stated that there has been a \$7.5 million settlement levied by the Federal Trade Commission against violators of the Do Not Call list.

Meredith Bates, independent geriatric care manager, reported that the Cuesta pool has reopened and is Accessible through the Cuesta Community Programs office.

Marie Pounders, member-at-large, representing Affordable Housing and Mobile Home Parks, reported on the Home and Jobs Act, SB 391, passed two committees and an accountability amendment is being made. Once that is completed it will go to the Appropriation Committee and then go to vote in the Senate.

Maryanne Zarycka, representative to District 1 Supervisor Frank Mecham, stated she has met with Supervisor Mecham to support the bill.

Judy Mishoulam, representative to District 4, formally covered by deceased Supervisor Paul Teixeira. Introduced a newspaper article from the Santa Maria Times regarding the \$67 million to be allocated from the federal government to states for Affordable Care Act negotiators.

Carol Schmidt, alternative-at-large, spoke about the Commission on Aging providing support for SB391 to the individual supervisors.

Jo Dennison, member-at-large, reported that free movies are being offered 2nd Weds of month at the Central Coast Senior Center in Oceano. She also stated that Rite Aid gives 20% discount on the first Wednesday of every month.

Diane Maiorano, representative to the RSVP Volunteers reported that RSVP has a list of all the places that give senior discounts.

Deborah Bayles, independent geriatric care manager, reported that Senior Nutrition now has a pantry for pet food. She reported that the money for the pantry was raised through donation and is serving 95 dogs and 65 cats in the San Luis Obispo city area.

Elias Nimeh, Senior Nutrition director, reported that the Feed Pets pantry start to roll out services on 08/01/2013 in San Luis Obispo and will roll out county wide by 10/01/2013

Anita Showers, representative to District 3 Supervisor Adam Hill, reported that she is working with a group that is also raising funds to provide a mobile pet pantry to the south county.

Guest Speaker: United States Representative, Lois Capps, 24rd District, speaking on the latest updates to the Affordable Care Act (ACA).

Lois Capps started by thanking the Commission on Aging for inviting her to speak on the ACA. She then stated that there are going to be major changes to the health care nationwide. She reported that both political parties contributed to the Act but that it was rolled out as a partisan bill.

Ms. Capps stated that the bill is not taking anything from seniors. It was actually modeled on Medicare and the ACA is expanding that model to others in all age ranges. The program will strengthen Medicare and work to close the “Donut Hole” for medication by 2022. The ACA promotes prevention and rewards providers for meeting prevention goals. California’s version of the ACA, Covered California will start taking early enrollment applications on October 1, 2013 and will begin to provide services to enrollees on January 1, 2014.

The ACA focuses on preventive care by providing yearly exams with \$0 co-pay and early screening for many illnesses to catch problems as they emerge. There will be incentives for coordinated care amongst health care providers, doctors, and hospitals for tests and medications. Reimbursements to health care providers, doctors and hospitals will be based on individual outcomes rather than services rendered. Hospitals will be given incentives for avoiding readmissions. Currently 10% of Medicare recipient’s use 60% of the benefits.

Medicare Advantage programs will be incentivized by setting up a rating system for potential consumers to use during the selection process. Enhanced fraud prevention programs are underway to provide information and report fraud. The program changes have already recovered \$15 billion in fraud. The website for general information is Medicare.gov. [The State of California Call Center phone number is \(800\) 318-2596. \(For info about the exchanges: Covered California is 1-800-402-0737\)](#)

QUESTIONS & ANSWERS:

Bill Pate, formerly with HICAP, stated that there is still confusion in the community regarding the bill.

Lois Capps responded that there are going to be local personnel through the Department of Social Services to help with questions.

Alice York, representative to District 2 Supervisor Bruce Gibson. Stated that there are fewer doctors willing to take Medicare and Medi-Cal.

Lois Capps agreed and stated that they are working with the Federal Health and Human Services office to change the reimbursement rate which will bring more doctors into this area.

Marie Pounders, member at large, announced the book Healing of America by T.R. Reid discussed global health care and compares it to health care in the United States.

Kathleen Bellefontaine, chair of the Commission on Aging, asked how mental health coverage will work. Lois Capps responded that mental health is to be treated with equity but that the Federal government is allowing states to determine how mental health will be covered.

Judy Mishoulam, representative to District 4, asked how the ACA is going to manage undocumented aliens. Lois Capps stated that undocumented aliens will not be eligible for services under the ACA.

Elias Nimeh, Director of Senior Nutrition, asked how Senior Nutrition and like programs are going to be impacted by the Sequester.

Lois Capps responded that programs are being impacted by reducing funding from federal programs to the states. She also stated that there is a movement in Congress to make the sequester cuts permanent.

Patrick Clem reporter from New Times asked about the 22 people recently hired by the Department of Social Services.

Lois Capps stated that those people were hired to help people get enrolled. The money for that program is funded by federal, state and county money but will not be a permanent program for enrollment.

Patrick Clem stated that there is a general feeling that no one knows what they are doing in reference to these programs.

Lois Capps responded that questions regarding the ACA or any other questions can go to Betsy Umhofer at the San Luis Obispo Office. The phone number is 546-8348.

Unfinished business: Tabled due to lack of time.

Meeting Adjourned. Motion by Judy Mishoulam and seconded by Diane Maiorano. 12:00pm

Respectfully submitted by Rosa Fernandez

-- Reviewed by Chair