

SAN LUIS OBISPO COUNTY COMMISSION ON AGING AGENDA

Meeting Date: Friday, September 20, 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 Lists
- Approval of August Minutes [Maryanne, Sept Minute Taker]
- Approval of Agenda
- Guest and Public Comment [2 minute limit]

Presentation:

"Certified Professional Geriatric Care Managers: The Most Impartial Advocates for the Elderly." Presented by Meredith Bates, MA, CMC, Founder and CEO, BatesCare; Deborah Bayles, MA, CMC, Founder and CEO, Age Alliance.

Introductions, Announcements and Updates: Member & guest introductions. Members take time for brief announcements, updates, comments on current senior issues.

Unfinished Business:

- Last chapter: anything that you would like the Commission to do differently? How do you like the changes so far? Your ideas will be discussed at Exec Committee meeting, Oct 7.

New Business:

- Election in November of Officers
- Senior Center Panel

Committee Reports:

- Speaker's Bureau

Chair Report:

ASPC, Projector purchase

Adjournment:

Next Meeting, October 18, 2013

SLO COUNTY COMMISSION ON AGING
Veterans Memorial Hall
801 Grand Avenue
San Luis Obispo
Minutes for September 20, 2013

Members Present: Deborah Bayles, Kathleen Bellefontaine, Cindy Deibert, Jo Dennison, Marilyn Hamilton, Myra Lathrop, Julie Macedo, Diane Maiorano, Elias Nimeh, Carol Schmidt, Kelley Sexton, Anita Shower, Alice York, Kevin Edmonds IHSS Supervisor for Northern SLO County (for Rosa Fernandez), , joyce ellen Lippman, Area Agency on Aging
Absent: Rosa Fernandez, Judy Mishoulam, Marie Pounders, Maryanne Zarycka

Guests: Joyce Dever; Maria O'Reilly; Kathee Glenn from Davies and Glenn Fiduciary Associates; Margaret Hennessy; Sierra Cadena, Katcho Achadjian's Office; Karla Esquivel, Transitions Mental Health; Mike Bossenberry, SLO Hotline Program w/Transitions Mental Health; Elfrieda Blond; Meredith Bates and Shelly Herdman, Bates Care

Quorum Established. Meeting called to order at 10:04.

Flag Salute.

Roster circulated.

Minutes from last month accepted as written.

Approval of Agenda accepted as written. (Kelley Sexton noted as the Sept. Minute taker)

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

Presentation: "**Certified Professional Geriatric Care Managers: The Most Impartial Advocates for the Elderly.**" Presented by Meredith Bates, MA, CMC, Founder and CEO, BatesCare; Deborah Bayles, MA, CMC, Founder and CEO, Age Alliance.

Meredith Bates' business is now called BatesCare. Her assistant Shelly was present and helped to distribute brochures and business cards. Meredith explained that Certified Geriatric Care Managers are required to have a Bachelor's Degree, Master's Degree, experience and a certificate from taking classes. Certified Care Managers can be located on caremanager.org. Their job is to oversee and manage the care of their clients. Their clients are mostly elders, but they also assist some disabled individuals as well. They want to help people remain safely in their homes and help organize services for the clients. They complete comprehensive assessments which include meeting with the client and gathering information about the client's social life, legal situation, medical status, medications and family situation. With this information they are able to complete a report and make recommendations for a care plan. Then, they can help organize services for the client. Assessment by a third party can be extremely beneficial for a family that may be struggling to agree on a care plan.

Meredith stated that sometimes people only want Geriatric Care Managers to complete the initial assessments and sometimes they want more (including assistance with coordinating and managing care plans). Sometimes they are called into a crisis. Meredith then explained that Care Managers can coordinate services with doctors/medical providers, attend medical appointments, can update family members, and can assist with bill pay. Overall, their role is to work with clients and their families to help keep people safely and securely in their homes or assist them in transitioning into a care facility.

Deborah stated that they can supervise caregivers. Home care agencies send caregivers out, but Care Managers can supervise the caregivers. Guides on "How to Hire In-Home Care Workers" were distributed to commissioners. Care Managers can advise clients to obtain devices that may be able to help them in emergency situations and they can complete home safety inspections. Their services can help clients to save money as well. They can eliminate the duplication of resources (provided medication as an example), can be the eyes and ears for the adult children (which saves the children lost wages), and can help to identify free resources in the community. Geriatric Care Managers can also coordinate social outreach, help with insurance, help to discover hidden assets, review bills, assist with the VA, advocate for lost dentures or glasses and more.

Deborah Bayles stressed **that the elder is the client and they advocate for them**. They are also mandated reporters. They do not take commissions or fees from outside agencies. This really distinguishes them from elder placement professionals. Deborah commented that they have hourly rates and a flat fee for the initial assessment and care plan. They are often sought out during emergency situations. If possible it is best to try to plan ahead and hire early.

Meredith commented that Geriatric Care Providers are not paid for by Medicare. Some long-term care insurance will cover costs, but they are usually privately paid. They work on a sliding scale in some cases and also provide some pro-bono work. Contact information for both Care Managers was provided to members.

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

Kathleen Bellefontaine, chair, distributed updated COA rosters for members. Chair's correspondence was passed around. joyce ellen lippman was welcomed. She is representing the Area Agency on Aging Board and Council, today.

Carol Schmidt, alternative-at-large, announced that Wilshire Community Services is always looking for volunteers. She also encouraged volunteering for RSVP.

Kelley Sexton, representative from the San Luis Obispo District Attorney's Office, distributed materials from the Federal Trade Commission. These items included information on identity theft, telephone scams, money wiring scams, etc.

joyce ellen lippman discussed some legislation, including HR1179 which is about how hospitalization for less than 3 days adversely affects Medicare beneficiaries. She also stated that she had Senior Information Guides available for anyone interested.

Julie Macedo, County Mental Health, talked about case management for people who are mentally ill and stated that she appreciates the services that the guest speakers provide.

Karla, with Transitions Mental Health and SLO Hotline, commented that they are looking for volunteers.

Mike, Transitions Mental Health and SLO Hotline, commented that SLO Hotline is a crisis and suicide prevention line. He distributed business cards with the new number for the SLO Hotline:800 783-0607. He encouraged everyone to visit their website and view "Know the Signs" to learn more about how to help someone who may be suicidal. He also mentioned that NAMI (National Alliance on Mental Illness) is having a walk on October 5.

Jo Dennison, member-at-large, mentioned the book "Beautiful Minds". She also commented that NAMI is an organization of people (including parents and friends) in support of the mentally ill.

Diane Maiorano, representative for RSVP, reported that RSVP encourages anyone 55 or older to join and handed out applications. Their next trip is to the Winchester Mystery House on October 12.

Elias Nimeh, Senior Nutrition director, reported that at their recent fundraiser a dinner for 8 at McPhee's Grill was auctioned off. It was bought and donated back to the program so eight Senior Nutrition clients can enjoy the meal.

Unfinished Business:

- Kathleen asked how we are doing as a Commission and if there is anything that we would like the Commission to do differently. Kathleen commented that we represent the people of the community. SB 391 is an example of our advocacy as a Commission. SB 391 also helped us to realize that we would like

to be more informed about what issues are going to be coming up at the Board of Supervisors meetings, as we would have liked to inform the Board of our position on SB 391. Kathleen also mentioned that the Commission continues to work on hearing advocacy, the speaker's bureau, and encouraged comments on what we can do better.

Discussion ensued:

Carol Schmidt supported the notion to be informed of the BOS agenda, but questioned how we are going to accomplish this.

Alice York noted that there are so many issues that arise on the agendas that it is very difficult to be informed of everything.

Kelley Sexton questioned if we were going to continue to advocate on bills directly, rather than go to the BOS first.

Kathleen commented that the Commission will work to first inform the BOS then continue with further advocacy, or will do both simultaneously. The commission will continue to provide advocacy letters to the BOS and beyond on important issues. She commented that she understands that some members of the Commission may need to abstain during voting on various issues because of the organization that they represent. Discussion on this issue was welcomed.

Jo Denison asked if we have someone on the Commission that is following legislation.

Kathleen commented that Marie Pounders offered to do so.

Jo then commented that she would like to be informed about what is happening with legislation in the state and wants to be kept informed about issues arising on the BOS agenda.

Marilyn Hamilton asked if she wanted another committee to be created to accomplish this.

Jo commented that she thought this was in the bylaws.

Kathleen commented that Colleen used to report on what was happening in Sacramento. We will look into these issues.

New Business:

- Election in November of Officers for Chair and Vice Chair (both can be co'ed). Please email Diane Maiorano if you wish to be considered. Positions begin in January.
- Senior Center Panel: Carol and Kathleen have been working on this. They would like to create a panel with people from various organizations that deal with senior life. Want participants on the panel to come talk about what they do, what they would like to do, etc. The goal is to inform the commission about each organization and help to revitalize places like the senior centers.

Committee Reports:

- Speaker's Bureau: Anita Shower distributed form to be completed to receive fliers. She wants to know how many fliers you are requesting and where you are taking them. Marilyn coordinates the speakers. A link to a list of speaker's bureau topics is located on the SLOCOA website.*

Chair Report:

ASPC: Kathleen attends this monthly meeting. As she circulated a clipboard with flyers from the recent ASPC meeting she reminded members that these are made available for their review. Used **Projector purchased** from DSS. This projector is intended for SLOCOA speaking engagements in the community. **211:** Kathleen commented that the COA number is listed on 211. **ACA** handouts from Lois Capps' presentation are available.

Meeting Adjourned. Motion by Julie Macedo and seconded by Diane Maiorano. 11:44pm

Respectfully submitted by Kelley Sexton and reviewed by Chair

* www.slocounty.ca.gov/coa.htm