

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

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AGENDA

Meeting Date: Friday, January 16, 2015 **Time:** 10:00 am - Noon
Place: Veteran's Memorial Hall
801 Grand Avenue
San Luis Obispo, CA 93401

Please RSVP to Chair by email or 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 Nov Minutes (Jan Minute Taker, Brittany)
- Approval of Agenda
- Public Comment (2 minutes)

Introductions: Guests & Members; Agency introductions & updates; Guest Comment (2 min)

Presentation: Speaker: Gari Cave, California Senior Legislature (CSL) Assemblyman. **California Senior Legislature is for ALL Seniors.**

Unfinished Business:

- Nominating Committee Report

New Business:

- Senior Housing Tour. March 14. Who will be attending?

Member Reports/Updates

- Chair: Rack card revision (see attachment); ASPC report; Supervisor Rep meeting
- Peta Rimington
- Committees: Hearing, Speaker's Bureau, Outreach
- Q&A re: Scams

Member & Guest Concerns/Questions

Other Announcements:

Next Meeting, February 20, 2015

SLO COUNTY COMMISSION ON AGING

Veterans Memorial Hall
801 Grand Avenue
San Luis Obispo
Minutes, January 16, 2015

Members Present: Maryanne Zarycka, Anita Shower, Judy Mishoulam, Alice York, Kathleen Bellefontaine, Marilyn Hamilton, Myra Lathrop, Carol Schmidt, Roger Randall, Gari Cave, Kianna Jackson, Kelley Sexton, Brittany Carraway, Tina Solomon (Senior Nutrition)

Absent Peta Rimington, Shirley Summers, Marie Pounders, Leonard Milstein

Guests: Cherie McKee (Gibson's Representative), Kevin Bommarito (Senator Monning), Susan Heinemann, Elinore Cottrell, Carolie Coffey, Karen Jones (LTC OMB), Audrey Hooper, Tom Cough, Judi Moltzan, Nancy Grant, Louise Justice, Rich Cohen, Julie Carlin

Quorum established. Call to Order: 10:03 a.m. **Flag Salute. November Minutes:** Approved as written.

Agenda: Approved as written. **Public Comment:** None.

Introductions of all members and guests. Kathleen Bellefontaine, Chair, explained that some guests at today's meeting are here in response to advertising for new members. Interested applicants are encouraged to attend at least three meetings before applications are considered.

Guest, Tom Clough, from the Board of RSVP & Project Lifesaver announced that there is a new program being developed as an extension of RSVP. Mission is to connect volunteers to organizations in SLO County and Santa Barbara.

Judy Mishoulam shared idea to bring car keys to bed as a safety measure. Push panic key to deter intruder. Karen Jones brought attention to how senior needs were mentioned in the Governor's inaugural address on Monday.

Chair advised that Pocket Talker that amplifies sound is available for use during meetings.

Presentation: Speaker Gari Cave, "California Senior Legislature is for all Seniors"

CSL was created in 1980 and is comprised of 120 elected volunteers. There are 40 senior legislators in the state and 80 Assemblyman that are each elected through the Area Agency on Aging. Gari is the assemblyman representing SLO County. They work to find needs among the aging population and write proposed legislation to fulfill those needs. Attorneys in Sacramento assist with putting proposals into legal terms. CSL members study all proposals that have been mailed in and then in October, all of the California Senior Legislatures go to Sacramento and break into 5 different committees to listen to the different authors, who speak to the group they want to represent them. They explore issues such as purposes of the proposal and fiscal impacts. On the last day of the week in Sacramento, a secret ballot takes place and the top 10 proposals for California are selected to work on in the coming year, as well as the top four federal proposals. Distributed list of the ones they will work on this year. Gari has two proposals that she wrote. A listing of selected proposals can be found on their website: www.4csl.org

Top Ten Proposals for California:

- 1. Proposal for the purpose of medication** to be listed on the label.
- 2. The Personal Income Tax: Voluntary Contribution Proposal:** Would allow filers of corporate tax return form 100 and partnership return form 565 to contribute amounts in excess of their tax liability for the support of the California Senior Legislature Fund. *Must raise \$250,000 each year on tax form by checking a box to donate to remain on that Franchise Tax Board fund.
- 3. Silver Alert Program:** Proposal would permanently delete the repeal of the existing Silver Alert program.

4. The California Death with Dignity Act: Proposal would authorize California residents who are mentally competent and terminally ill to make a request and receive medication for the purpose of ending their lives in a humane and dignified manner as specified.

5. The Health Care: Dementia Training Proposal: This would require paramedics, Emergency Medical Technicians and hospital staff to receive, as part of their continuing education, dementia training from specified entities

6. Fall Risk Screening Education for Health: This proposal would require the Public Health Department to develop and implements a fall risk screening education program.

7. A proposal related to Identity Theft would impose a 2-year punishment enhancement for a felony conviction of these provisions when the crime is against a victim who is 65 years of age or older

8. Elder Friendly Courts proposal would require an elder-friendly court to be established in each county in California. Kelley Sexton mentioned that the Victim/Witness program in SLO helps advocate for senior victims of crime. Roger Randall commented that accommodations, rather than a special court, could address elder needs.

9. The Medi-Cal Long Term Care: Personal Needs Allowance proposal would increase the personal needs allowance from \$35 to \$80 per month and annually adjust the personal needs allowance by the same percentage as the Consumer Price Index.

10. The Alzheimer Disease: Prevention and Early Intervention Program would require funds to be made available or clarify that mental health services act funds be used for programs that provide education, prevention and early intervention programs and services with respect to Alzheimer's Disease.

For \$10 you can join "Friends of CSL" and get updates on what the CSL is doing.

Discussion ensued about concern of being unable to live at home and inappropriate for a nursing home. Comment made that in Washington, Medicaid pays for assisted living facilities. Karen Jones, SLO County Long Term Care Ombudsman, informed that the Assisted Living Waiver Program exists in only 8 counties in California. It is not able to expand to all regions mostly due to funding, as well as the need for staffing to monitor the program. There are recommendations to expand that program out, however, it is not likely to happen soon.

Chair referred to the guest comment about positive measures taken by the State of Washington and shared her concerns about how COA can address community concerns and have more influence in the planning for changes needed in the community, such as getting attention to the lack of adequate help for Alzheimer's patients and caregivers? There is only one Adult Day Center in SLO County in Paso Robles. The next closest ADC is In Santa Maria, the Wisdom Center. The Chair also mentioned that efforts to get community support for a hearing friendly community and work to get rack cards distributed has slowed down considerably. Encouraged member suggestions.

Unfinished Business

Nominating Committee Report

Myra Lathrop, Marie Pounders, Marilyn Hamilton & Brittany Carraway have applied to be re-appointed. Vote will take place in February. Two alternate spots are available.

New Business: Senior Housing Tour, March 14.

Anita Shower announced that a Senior Housing Tour has been arranged for March 14, 2015. So far 3 properties will be visited: Alder House, Merrill Gardens, Cortina de Arroyo. Lunch at Merrill. Transport in member's vehicles. So far, Kathleen Bellefontaine, Alice York, Anita Shower, Judy Mishoulam and Marie Pounders will be on the tour. Room for more. These trips are meant to be an educational tour for members

to learn about models of living for seniors. Karen Jones (LTCOMB) stated that she can provide compliance reports for any licensed facilities on the tour and also would suggest adding a 6 Bed assisted living home.

Member Reports/Updates

Chair: Rack card revision (see attachment): Exec Committee revised "Areas of Concern" on rack card to: Senior Housing, Safety for seniors, Affordable Services to maintain independence, Senior isolation & depression. Positive feedback from members in attendance. No suggestions offered.

ASPC report: Need volunteer drivers for Wilshire's Good Neighbor Program. Dementia: Current Trends training on April 30 in Santa Barbara. Caregiver workshops through the Alzheimer's Association with details available online.

Q&A re: Scams: IRS phone scam - calls are happening in our County in which an individual claims to be with the IRS demanding immediate payment.

Handouts distributed with information how to spot a government imposter and what to do if you are the victim of tax related identity theft. If you are a victim, contact law enforcement and go to the FTC website or call Kelly Sexton to get information on how to correct these things.

Member & Guest Concerns/Questions

IHSS discussion about finding caregivers. IHSS recruits caregivers. Collecting needed documents and background checks makes this a lengthy process. Individuals who have IHSS hours can hire someone that they know to be their caregiver. Any person on the program that feels they need more hours can be reassessed by their social workers. The cost to become a caregiver is free except for the live scan.

For persons needing to hire a Caregiver, with or without IHSS hours, Guides, "How to Hire In Home Care Workers" were available to all present.

Discussion about difficulty finding physicians that are accepting seniors. Guest commented that she had to try around 20 different doctor offices.

Service provider, Brittany Carraway discussed difficulty in accessing health care and community resources to meet dementia needs.

Other Announcements: None

Adjournment: 11:41am

Minutes submitted by Brittany Carraway and reviewed by the Chair

Next meeting: February 20, 2015