

# SAN LUIS OBISPO COUNTY COMMISSION ON AGING

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## AGENDA

**Meeting Date:** Friday, February 20, 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 **Members please review your contact information**
- Approval of Jan Minutes (Feb Minute Taker, Kelley)
- Approval of Agenda
- Public Comment (2 minutes)

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

**Presentation:** **Accessibility Features in Senior Housing.** Panel Speakers: Sandra Bourbon, Housing Authority, SLO; Brittany Carraway, Peoples Self Help Housing; Tod Hansen, Community Architect; Peta Rimington, COA alternate member-at-large and resident in affordable senior housing.

#### **Unfinished Business:**

- **ACTION ITEM:** Nominating Committee: Vote for Slate of member re-appointments. (see attachment)
- March 14<sup>th</sup> Senior Housing Tour: final sign up

#### **New Business:**

- Ranking plan & preparation

#### **Member Reports/Updates**

- Chair: New Rack Card; ASPC report; White House Conference on Aging—Summer 2015
- Committees: Hearing, Speaker's Bureau, Outreach
- Q&A re: Scams

#### **Member & Guest Concerns/Questions**

#### **Other Announcements:**

**Next Meeting,** March 20, 2015

**SLO COUNTY COMMISSION ON AGING**  
**Veterans Memorial Hall**  
**801 Grand Avenue**  
**San Luis Obispo**  
**Minutes, February 20, 2015**

**Members Present:** Maryanne Zarycka, Anita Shower, Judy Mishoulam, Alice York, Shirley Summers, Marie Pounders, Kathleen Bellefontaine, Marilyn Hamilton, Myra Lathrop, Gari Cave, Kianna Jackson, Kelley Sexton, Brittany Carraway, Tina Solomon (Senior Nutrition), Roger Randall, Leonard Milstein, Peta Rimington

**Absent:** Carol Schmidt

**Guests:** Susan Heinemann, Carolie Coffey, Tom Cough, Louise Justice, Sharon Whitney (League of Women Voters), Richard Umphrey (HLAA), PJ Crawford, Jerry Crawford, Sandy Stallings, Don Morris, Susan Chandler(SLO Access for all), Linnaea Phillips, Rick Cohen

**Quorum established. Call to Order:** 10:06 a.m. **Flag Salute. January Minutes:** 2 modifications. Approved as modified. **Agenda:** Approved as written. **Public Comment:** None.

**Introductions of all members and guest: Updates and Guest comment:**

Tina Solomon announced Senior Nutrition's upcoming fundraising event called Jeans and Jewels to be held Saturday May 30, 2015 at 5:30pm at The Cliffs Resort in Pismo Beach. Save the date cards were distributed.

Marilyn Hamilton announced that Wilshire Community Services is having 2 North County trainings on 2/21/2015 and 3/25/2015. Flyer passed around.

Richard Umphrey announced that the Hearing Loss Association of America's Central Coast Chapter is having a seminar at HLAA's meeting, February 28, 2015 at 10am. The Central Coast Chapter was recently developed and welcomes new members.

Gari Cave encouraged individuals to sign up to be a friend of the California Senior Legislature. Once signed up you can find out what proposals they are currently working on this year. There is a \$10 fee to sign up and Gari has applications available for anyone interested.

**Presentation: Accessibility features in senior housing panel. Panel speakers: Brittany Carraway, People's Self-Help Housing; Sandra Bourbon and Sandy Murray, Housing Authority SLO; Tod Hansen, Community Architect; Peta Rimington, COA alternate member-at-large and resident in affordable senior housing.**

Brittany Carraway is a social worker with People's Self Help Housing. They have affordable housing rentals in San Luis Obispo, Ventura and Santa Barbara Counties. There are 7 senior properties and Brittany works at 4 of them. Altogether there are 239 units for seniors. They provide counseling and case management to all residents as their goal is to have people move into their housing and stay in the housing as long as possible. Some waiting lists are longer than others for the various properties. They do have accessibility features, such as raised toilets and some walk in bath tubs. Units vary on features. The possible development of a new senior property in Santa Maria being explored. With new properties they are always looking to improve the design. Individuals can ask for modifications to their units. Property manager should be contacted regarding these requests. Most requests are approved. Most common requests are for grab-bars in restrooms, roll in showers, hearing and vision accommodations, etc. Brittany can inform residents about how to request modifications and can help advocate for residents requesting modifications. They suggested that COA can advocate for: zoning flexibility (offer incentives for senior housing to be built close to services/businesses), density increases (allowing more seniors per acre- would be more feasible to develop and finance) and parking requirement relief (allowing developments with less parking spaces). They also suggested that COA advocate for senior housing and senior housing issues at City Council Meetings and Board of Supervisors Meetings.

Sandra Bourbon is the Director Self Sufficiency at Housing Authority SLO County. Sandy Murray is the Special Programs Manager. They too offer affordable housing in San Luis Obispo County and offer rentals to seniors. They have 640 units total, with 243 of those units dedicated to seniors. Rents vary depending on a person's income/resources. Funding sources also dictate rents. Residents can request modifications to their units. Reasonable requests for modifications are usually approved. 5% of the units are handicapped accessible. Most senior units have grab bars and raised toilets. Features vary from site to site. Affordable housing in SLO County is limited and the rental market is very tight. They face many challenges when trying to build (such as zoning laws, limited land available, funding, etc.). They too suggested that the COA can advocate for: zoning flexibility, density increases and parking requirement relief. They recommended reaching out to the Home Builders Association and advocating to all jurisdictions for affordable housing.

Tod Hanson is an architect with RRM Design Group in SLO and has worked with both People's Self Help Housing and Housing Authority. They provide ideas on how to make things work. Informed the group that senior based housing is currently being developed locally, but it is market based (so not necessarily affordable). Agreed that they too see development issues. Architects have requirements regarding codes. It can be challenging to make a certain percent of housing accessible and others adaptable. They want to keep costs low, but this requires that they make units smaller which means that they may not be accessible. In order to make units accessible they must make them larger which increases costs. Another challenge is that people don't necessarily want to accept that they may need something such as grab bars. So they are now designing multi-use items, such as towel bars that also serve as grab bars.

Peta Rimington resides in North County and has a section 8 housing voucher. There are features of her unit that could be changed to increase accessibility. An example that she provided is recommending half size dumpsters for complexes. The lid is easier to lift and the trash is easier to place in the dumpster. This is a small change, but it has really made a difference for her. Garbage companies can be contacted regarding requests such as these. In Peta's case there was a small fee increase for this change in service. She also stated that accessibility into buildings is an issue. Some individuals cannot use entries with stairs. The last thing mentioned was that many people only have one door in and out of their unit. This is a safety issue and needs to be looked at.

Sandy and Brittany distributed affordable housing lists for Housing Authority and People's Self Help Housing.

#### **Unfinished Business:**

- **Action Item: Nominating Committee: Vote for Slate of Member Re-Appointments.** Slate of candidates was distributed. The three At Large 2 year Re-Appointments (for Myra Lathrop, Marie Pounders, Marilyn Hamilton) and 1 Senior Service Provider 1 year Re-appointment (for Brittany Carraway with People's Self Help Housing) were approved unanimously.
- **March 14<sup>th</sup> Senior Housing Tour:** Last call for members to attend tour. Anita distributed information about the tour to members who are planning to attend.

#### **New Business:**

- **Ranking plan and preparation:** Requesting that all members come to the April meeting with an idea to present regarding an area of concern that falls into one of the categories listed on the COA Rack Card. Each idea will be voted on and 4-6 ideas selected will be used to arrange future speakers for 2015-16.

#### **Member Reports/Updates:**

##### ***Chair:***

- **Rack Card:** Updated Rack card distributed
- **ASPC Report:** No report

- **White House Conference on Aging- Summer 2015:** Chair encouraged individuals to start thinking about ideas we may want to submit to Lois Capps for this conference. At a future meeting, ideas can be presented and a list of items can be developed to provide to Lois Capps.

**Committees:**

- **Hearing:** Richard with the Hearing Loss Association of America's Central Coast Chapter elaborated on their upcoming seminar on February 28, 2015 at 10am. The topic will be hospital stays: how to advocate for yourself and prepare for a hospital visit. Please RSVP to Kathleen or Alice if you are planning to attend. Richard also encouraged hearing impaired individuals to look into Bluetooth hearing devices.
- **Speaker's Bureau:** Speakers list is being updated. Consists of members of the Commission and other experts in the community.
- **Q&A re: Scams:** Kelley Sexton announced that the SLO County Sheriff's Department issued a press release recently regarding two suspects who were arrested and found to be in possession of stolen mail belonging to 117 separate victims. Handout was distributed. Kelley recommended individuals collect their mail from their mailbox as soon as possible or even consider looking into locking mail boxes. Another scam discussed was one in which individuals receive a check in the mail from an unknown subject and are told to cash the check. Usually, the sender will then ask for some of the money to be sent back to them for one reason or another. The check is not legitimate and any money sent back to the sender will be lost. Another scam discussed was one in which individuals receive text messages or emails from scammers who are pretending to be with their bank. Beware of these sorts of scams.

**Member & Guest Concerns/Questions:** none

**Other Announcements:** Gari Cave announced that Area Agency on Aging is having an event to celebrate their 40<sup>th</sup> anniversary. The celebration will be at the Santa Maria Inn on Friday March 13 from 10am-2pm. Gari also encouraged individuals to check box #427 on their state tax form and donate funds to the CA Senior Legislature.

**Adjournment:** 11:59am

**Next meeting:** March 20, 2015

Minutes submitted by Kelley Sexton and reviewed by the Chair