

# SAN LUIS OBISPO COUNTY COMMISSION ON AGING

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## AGENDA

**Meeting Date:** Friday, April 17, 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.

### **Special Meeting: Discussion of 2015-16 Priorities**

**The Question:** What does the Commission on Aging want to know about services (or lack thereof) provided to the Senior Population Re: Housing; Safety for Seniors; Affordable Services to maintain independence; Isolation & Depression?

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

#### **Call to Order**

- Flag Salute
- Roll Lists
- Approval of March Minutes (April Minute Taker, Kiana)
- Approval of Agenda
- Public Comment (2 minutes)

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

#### **Unfinished Business:**

- COA participation in the County Housing Element. (Chair)
- March 14<sup>th</sup> Senior Housing Tour—Report (Pounders)
- ANNUAL REPORT
  - Revised Goals 2015-16: **ACTION ITEM**
  - [Priority Issues Discussion](#)
  - Ranking process completed by May meeting

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

- Chair: White House Conference on Aging—Summer 2015 **ACTION ITEM**
- Committees: Hearing, Speaker's Bureau
- Q&A re: Scams
- Other member reports ([please arrange with Chair](#))

**Concerns/Questions:** Members and GUESTS

#### **Other Announcements:**

**Next Meeting** May 15, 2015

## SLO COUNTY COMMISSION ON AGING

Veterans Memorial Hall  
801 Grand Avenue  
San Luis Obispo  
Minutes, April 17, 2015

**Members Present:** Maryanne Zarycka, Alice York, Anita Shower, Judy Mishoulam, Shirley Summers, Kathleen Bellefontaine, Marilyn Hamilton, Myra Lathrop, Carol Schmidt, Marie Pounders, Kiana Jackson, Kelley Sexton, Karen Jones, Leonard Milstein, Gari Cave, Tina Solomon

**Absent:** Brittany Carraway, Roger Randall, Peta Rimington

**Guests:** Carol Coffey, Tom Cough, Louise Justice, Dick Umphrey (HLAA), Danijela Dornan (CAPSLO), Julie Cox (AAA Board), Cheri Jump, Rick Cohen, Kevin Bommarito (Monning Field Rep), Dana Cummings (VA Services)

**Quorum established. Call to Order:** 10:07 a.m. **Flag Salute. March Minutes:** approved as written. **Agenda:** Approved as written.

**Public Comment:** Louise Justice talked about the lack of disabled parking spaces for JUDSON Terrace and also stated that as of June 1<sup>st</sup> the kitchen at Judson Terrace will be closed. Senior Nutrition and Meals On Wheels will be the only options.

**Introductions of all members and guest/Updates and Guest comment:** Judy Mishoulam has been appointed COA Rep by Lynn Compton, District 4; Tina Solomon Senior Nutrition fundraiser May 30<sup>th</sup>; Tom Cough described new program with Central Coast volunteer program lowering the age to 50 from 55; Cheri Jump announced seminar on 25<sup>th</sup> at the Village Palms

**Guest Report:** Mr. Dana Cummings, the County Veterans Services Officer spoke on Veterans benefits and services for senior veterans and families. There are programs such as service connected disability for all veterans, and VA Pension and Aid & Attendance available for Veterans that have served during war time (do not need to have been in combat) and their spouses. Aid & attendance provides funds to help with; long term care, hire a care giver in the home, or pay for an assisted living facility. There are some income and net worth requirements and anyone who thinks they may be eligible should contact the County Veterans Services Office at 805-781-5766 to set up an appointment with a veterans Services representative.

### **Unfinished Business:**

- *COA participation in the County Housing Element-* (Kathleen Bellefontaine). Chair pointed out that Commission members Marie Pounders, Peta Rimington and Chair met with Dana Lilly, Jerry Rioux, Terry Wahler at County Planning Department to take part in 5 year Housing Element plan. Past wording that includes “senior friendly” came from a former member of COA, Charles Carson. The influence from COA that can be found in Section 4 of this five year plan include more support for homeowners and landlords in making accessibility changes to accommodate needs of aging. COA advocacy for universal design features to be included in all new houses.
- *March 14th Senior Housing Tour Report:* Marie Pounders provided detailed description about South County tour to members. Four COA members visited: **Alder house** 32 bed facility for assisted living housing community described as homey. The average age of residents is 80. **Merrill Gardens** (Santa Maria) several different types of housing options on same property including dementia care. One member noticed that the facility appears to have good socialization opportunities but they do not have a social worker or nutritionist. Staff includes CNA or less experience. **Cortina d’Arroyo Grande** very well maintained affordable housing 3 floors. There was a large presence of pleased tenants. Western Seniors Housing manages these apartments. **Hillside Villa** (private 6 bed facility) offers 24 hour care. Same owner has two facilities. There was minimal training for caregivers, licensing requires 20hrs of training. Marie recommends that before choosing, research and visitation of the private homes is very important. Thank You letters sent to all the places.
- **ANNUAL REPORT**
  - Revised Goals 2015-16: ACTION ITEM motion to accept goals by Anita showers 2<sup>nd</sup> by Marilyn Hamilton. Roll call vote completed accepted by all members present.
  - Priority Issues Discussion-finding what the problems are in our community when it comes to the needs of seniors in our County. There were 4 themes: 1) Senior housing 2) Safety for

Seniors 3) Affordable Services to Keep Independence 4) Isolation and Depression (recorded by Kelley Sexton). May 4<sup>th</sup> the executive committee will summarize the list and there will be a ranking sheet that will need to be returned before the May meeting.

- All members are responsible for returning Ranking Sheet so that the results of the Ranking can be announced at the May meeting

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

- **Chair:** White House Conference on Aging—Summer 2015 – Conference takes place once every 10 years. Several Commission members contributed to a list comprised of issues facing the senior population of SLO County. Chair composed a letter to be sent to Lois Capps. Draft of letter and list was circulated to members in advance of the meeting. Discussion ensued about the wording of one statement. Members agreed that Chair could finalize the wording. Motions were made by Judy Mishoulam and Shirley Summers to approve letter and list for mailing to Lois. Passed by unanimous vote.
  - **Other Advocacy this month:** to State, Support Caregiver Resource Centers. To BOS, support Grant for HLA SLO Branch
- **Committee Reports:**
  - **Hearing:** Richard Umphrey with the Hearing Loss Association of America's Central Coast Chapter elaborated on their upcoming seminar on February 28, 2015 at 10am.
  - **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 distributed flyer about prepaid money scams or green dot money card. Her office is currently going around to all businesses in the county which sell pre-paid money cards and are requesting that each business post a flier and distribute bookmarks to those purchasing the money cards.
  - Member described what she thinks is a scam. People with disabled placards are vulnerable to being **falsely** accused of causing damage to another car in a parking lot. This happened to member. If you have been falsely accused, *2 suggestions about how to handle this:* tell person that you will call police so a report can be filed. If it is a scam they will probably drop it. Or give person your name and Insurance Company phone number (nothing else!) and tell them to file the claim. **DON'T GIVE THEM MONEY!**
- **Marie Pounders update:** There is a new Housing Bill package which Marie is going to investigate. She will attempt to contact the SLO County lobbyists to see if they are recommending support of the bills. Marie will also be following SB 128, the California version of the Oregon Death with Dignity law. On a different topic, Marie has discovered that SB County is now able to provide personal alert systems at no charge to selected very low income clients.

### **Other Announcements:**

- \* North County animal shelter new program seniors for seniors will let a senior adopt a cat 7 years or older
- \* Fire Station 1: seniors can get smoke detectors and smoke detector batteries. There is also assistance with installing but they need to call the Fire Marshall to set-up appointment.

**Meeting Adjourned:** 12:05 PM

**Next meeting: May 15, 2015**

Minutes submitted by Kiana Jackson and reviewed by the Chair