

# SAN LUIS OBISPO COUNTY COMMISSION ON AGING

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**Meeting Date:** Friday, June 19, 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 April Minutes (June Minute Taker, Kelley)
- Approval of Agenda
- Public Comment (2 minutes)

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

**Special Guest Report:** Sara Sanders, Ride Share Program Coordinator

**Presentation:** **DSS Adult Services Programs (IHSS and APS): “Services and Limitations - What you need to know.”** Kat Lauterback, DSS Adult Services Program Manager

### Unfinished Business:

- ANNUAL REPORT: Final Step. **ACTION ITEM:** Approve Chair's Report
- Nominating Committee: **ACTION ITEM** :Approval of appointment of Tom Clough as Alternate Member at Large for Myra Lathrop
- Nominating Committee: announces final addition to the slate for Alternate Member at Large

**New Business:** None

### Member Reports/Updates

- Chair Updates:
- Vice Chair: Community Discussion on Mental Health & Aging
- Gari Cave: CSL
- 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** July 17, 2015

## SLO COUNTY COMMISSION ON AGING

Veterans Memorial Hall

801 Grand Avenue

San Luis Obispo

**Minutes June 19, 2015**

**Members Present:** Alice York, Anita Shower, Judy Mishoulam, Kathleen Bellefontaine, Myra Lathrop, Gari Cave, Kiana Jackson, Brittany Carraway, Karen Jones, Kelley Sexton, Leonard Milstein, Peta Rimington

**Absent:** Maryanne Zarycka, Roger Randall, Carol Schmidt, Marilyn Hamilton, Marie Pounders, Tina Solomon (Senior Nutrition), Shirley Summers

**Guests:** Kat Lauterback (DSS), Louise Justice, Tom Clough, Tauria Lanala, Julie Schmidt, Diane Olson, Jerry Lundstrom, Scott Smith-Cooke (SLO Health Commission), Rick Cohen, Shelly Jackson, Sara Sanders (RideShare)

**Quorum established. Call to Order:** 10:03 a.m. **Flag Salute. March Minutes:** Approved as written. **Agenda:** One correction, then approved.

**Public Comment:** None.

### **Introductions of all members and guests/Updates and guest comment:**

Alice York announced that on Sunday, June 28, Transitions Mental Health Association, Wilshire, and Festival Mosaic will be showing the film "Alive Inside" at the Palm Theater in San Luis Obispo. The film shows the effect of music on Alzheimer's patients. After the film will be a follow up discussion. Clipboard was passed around containing more information.

Judy Mishoulam discussed California Phones, which is a State funded program that provides free phones to seniors. To qualify, seniors must have a disability. Encouraged all to spread the word.

Karen Jones commented that the movie "Alive Inside" is available on Netflix. She also announced that the Ombudsman program received a \$2.4 million increase for the first time since 2007. Caregiver Resource Network (Coast Caregiver Resource Center in SLO) got a \$2 million increase.

### **Special Guest Report: Sara Sanders, Ride Share Program Coordinator**

SLO Regional Rideshare is the one-stop-shop for our County's transportation information. Mobility Management is one of Rideshare's programs which connects social service agencies and transportation providers. In San Luis Obispo, there are 5 transit systems, 9 shuttles, taxis, and a volunteer driver program. Rideshare works to make these transportation options easier to understand. Flyer was distributed. In 2014 the second annual Mobility Management Workshop was conducted, in which 55 social services agencies were represented. Input was provided at this workshop which helped them to update the Coordinated Human Services Transportation Plan. Within Mobility Management, Rideshare also offers trip trainings. These trainings give an overview of transportation options, get individuals comfortable using transportation and can include practice actually using the transportation. Through the program, Rideshare continued to streamline transportation information, using items such as their quick reference guide, to explain options. Individuals can always contact Sara at 511 (Mon- Fri from 8-5) to get trip planning assistance.

Sara asked for member comment. One recommendation for Rideshare was that it would be helpful if a chart was developed related to transportation options for what one needs to get to (such as a grocery store, doctor's appointment, etc). Discussion ensued about cyclists and the new law that states that vehicles must stay 3 feet away from cyclists, even when passing them on the road. Sara informed the group that bikes and cars have the same rights and responsibilities on the roads. Vehicles must wait to pass a cyclist until they can see around the cyclist and safely pass with the 3 feet between them. A recommendation made was to create trails for cyclists (such as the Bob Jones Trail) in other areas in the county to provide safer travel for both cyclists and vehicles. Grants are being looked at for funding for projects such as this.

**Presentation: DSS Adult Services Program (IHSS and APS): "Services and Limitations- What you need to know." Kat Lauterback, DSS Adult Services Program Manager:**

APS (Adult Protective Services) has 5 social workers right now, which cover the entire county. They will have 7 social workers as of August of 2015. They are charged with protecting adults who have been victims of abuse and or neglect. Adults have the right to self-determination. As adults, we have the right to make good and bad decisions. APS is not able to protect an adult from the consequences of a bad decision. APS is voluntary and adults can decline assistance. If services are declined, but another referral is received on that person, a social worker can go out again and keep trying to offer assistance. APS is geared to be a short term service which assists in getting adults hooked up with resources to help them get back on a good track. Social workers are not case managers. APS does a lot of problem solving and listening to what individuals want. They investigate abuse and neglect and work with law enforcement. APS is taking over their own after hour calls beginning July 1, 2015. The new toll free number to contact the APS Abuse & Neglect Hotline is 1 844-729-8011. Flyer was distributed.

IHSS's (In Home Supportive Services) goal is to keep people safe in their homes, rather than go into placement. It allows people to live at home longer. This service is for seniors and persons with disabilities of all ages. The maximum hours for an IHSS recipient is 283 hours a month. Hours approved vary depending on the person's abilities to care for themselves. Social workers make the assessments on how much time is needed. Each case is uniquely different. The two big categories of services include: 1. personal care and 2. home/domestic services. The largest percent of people on IHSS are people between the ages of 18 and 64. People who do the caregiving are the employees of the client. The client gets to choose their caregiver and they are the boss. The IHSS Public Authority has a small registry of people who are willing to work as a provider, but the majority of providers are friends or family members of the client. Both the county and the state review IHSS cases and does studies to see how the program is doing. IHSS is not currently advertising for providers, but it is in their plan to do so and expand their registry of providers. The wage for providers is \$11.05 right now in San Luis Obispo County. Both mileage and overtime pay are not provided at this time, based on a federal court order which is being appealed at the federal level.

**Unfinished Business:**

- Annual Report: Final Step. Action Item: Approve Chair's Report- Unanimously approved
- Nominating Committee: Action Item: Approval of appointment of Tom Clough as Alternate Member at Large for Myra Lathrop- Unanimously approved
- Nominating Committee: Announces final addition to the slate for Alternate Member at Large. Rick Cohen is on the slate for Alternate Member at Large for Kathleen. Rick provided a brief overview about himself and his background.

**New Business:** None

**Member Reports/Updates:**

- Chair Updates:
  - Kathleen announced that Gari Cave and she manned a booth recently at the Alzheimer's Caregiver Resource Fair. She was seeking feedback on whether or not individuals feel that San Luis Obispo is a senior friendly community. She did receive some input, with comments such as: the time provided to cross at crosswalks is too short and there are uneven walking areas.
  - The Board of Supervisors recently proclaimed May 2015 as "Older Americans Month" in San Luis Obispo County. The chair, representing SLOCOA and the Adult Services Policy

Council attended the May 19 Supervisors' meeting re: this Proclamation. She expressed her thanks to County Supervisors for continued support of the ASPC and the Commission on Aging, noting that our County Commission on Aging is one of the few in the State.

- As members of the Commission on Aging we are covered by county worker's compensation should a member be injured during participation in COA activities outside of meetings. Risk management can be contacted for further information.
- There may be a new COA picture taken at next month's meeting.
- Vice Chair: Community Discussion on Mental Health and Aging: Alice reported that in May she attended this discussion at Sydney Creek. The presenter from Transitions Mental Health Association spoke about his depression and his recovery from it. Keynote speaker Dr. Morrill spoke about aging, mental health and depression. She stated that those with mental illness tend to die at younger ages. She also commented that symptoms may be different in older adults.
- Gari Cave: CSL: The CSL is mandated to raise \$250,000 a year in order for them to remain in the check-off box section on the California Income Tax Return Form. The CSL also relies on these donations in order for them to keep performing their work. Gari urged individuals to donate to the CSL through the check-off box on the California Income Tax Return Form. She also encouraged individuals to join Friends of the CSL by completing a form and sending a \$10 check. If you do join during the month of July, put "GC" on the form so that the CSL will know how you came to hear about Friends of the CSL. During the month of July they will be seeing who encouraged the most people to sign up. The CSL has submitted proposals to the Governor to try and change the \$250,000 requirement, but it has been rejected both times. They are currently looking into corporate funding, but even with this they still want to get rid of the mandate. Gari requested contact persons for other senior organizations to see if they may be able to provide support in petitioning the Governor.
- Committees: Hearing, Speaker's Bureau: No reports.
- Q & A re: Scams: Kelley provided an update on their Prepaid Money Card Project. Victim/Witness staff are visiting businesses in the county which sell prepaid money cards (green dot cards) and are requesting that they participate in the effort to stop scams using the prepaid money cards. They are requesting that businesses post a flyer (which includes information about these types of scams) and distribute bookmarks to any consumers who purchase prepaid money cards (which alerts the consumer about these types of scams). So far, many of the businesses that they have approached are willing to participate in the project.

**Meeting Adjourned: 11:59 PM**

**Next meeting: July 17, 2015**

Minutes submitted by Kelley Sexton. Reviewed by Chair.