

# SAN LUIS OBISPO COUNTY COMMISSION ON AGING

[www.slocounty.ca.gov/coa.htm](http://www.slocounty.ca.gov/coa.htm)

**Meeting Date:** Friday, January 15, 2016                      **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 November, 2015 Minutes
- Approval of Agenda
- Public Comment (2 minutes)

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

**Presentation:** Emergency and Disaster Preparedness - How Local Agencies Work Together.” Speaker: Ron Alsop, Emergency Services Manager for the San Luis Obispo County Office of Emergency Services.

### **Unfinished Business:**

- Outreach Committee Update

### **New Business:**

- Nominating Committee Report
- Annual Report
- Microphone Runners
- Rack Card distribution

### **Member Reports/Updates**

- Chair Updates
- Member Reports:
  - \* Julie Cox AAA news
  - \* Other
- Q&A re: Scams

**Concerns/Questions:** Members and GUESTS

### **Other Announcements:**

**Next Meeting:** February 19, 2016

## SLO COUNTY COMMISSION ON AGING

Veterans Memorial Hall  
801 Grand Avenue  
San Luis Obispo

Minutes January 15, 2016

**Members Present:** Anita Shower, Alice York, Shirley Summers, Kathleen Bellefontaine, Myra Lathrop, Marilyn Hamilton, Kiana Jackson, Brittany Carraway, Tina Solomon (Senior Nutrition), Julie Cox, Leonard Milstein, Roger Randall, Tom Clough, Rick Cohen

**Absent:** Judy Mishoulam, Maryanne Zarycka, Angela Viles, Karen Jones, Peta Rimington, Carol Schmidt, County Mental Health  
**Guests:** Fiona Phillips (PSHH), Louis Justice, Kasey Watson (Garden House), Gari Cave (CSL), Sue Preston (Cambria Connection), Susan Heineman, Anne Wyatt (Home Share), Marty O'Keefe, Deborah & Scott Smith-Cooke (HICAP), Anita Melvin and Dan O'Donoghue (Judson Terrace Admin), Francine Martinez (Judson Service Coordinator), Margie Shiffman, Rick London (United Way), Susie Fulton, Bill Beck, Bryan Colson, Priscilla Ko, Pam Munson, Ron Alsop.

### **Quorum Established:**

**Call to Order:** 10:03 am. Flag Salute. November Minutes and January Agenda approved.

**Public Comment:** Priscilla Ko shared her 2016 Wish List that included suggestions to increase affordable housing.

### **Introductions**

→Julie Cox, AAA Board member, announced that Senior Information Guides have been updated and are available for pick up today.

→Kiana Jackson from DSS announced that as of January 1 the caregivers of IHSS received a raise and are getting paid \$11.45/hour and with Fair Labor Standards Act, beginning February 1 they will be receiving overtime.

→Alice York announced the Hearing Loss Association of America has a Central Coast Chapter. Their meetings will always be held at the Villages in SLO and are meeting February 28 – Assisted listening devices will be available to test.

→Louise Justice from Mass Transit Committee announced they are looking for someone to volunteer time at SLOCOG meetings. Seeking seniors interested in meeting the 3<sup>rd</sup> Wednesday of the month starting at 12:15pm with pizza served. If interested, call 781-5711.

→Anne Wyatt announced there will be a home-share program informational free lunch on January 30 from 12pm-2pm at the Community Center in Morro Bay.

→Scott Smith Cook noted that Open Enrollment with Medicare did close in early December; however, you may still leave a Medicare Advantage plan if desired. Call HICAP if you would like assistance.

→Rick London from United Way announced the **Real Cost Measure** in California has been updated and estimates the actual amount of income required to meet basic needs for a household. United Ways of California did a study using the US Census and intends to do this every three years. Instead of basing their findings on the poverty level, they based it on the real cost measure. Rick distributed a fact sheet with graphic details of RCM findings. You can view a presentation or the report itself on [www.unitedwayslo.org](http://www.unitedwayslo.org). One of the most important findings is that around 30% of households in SLO County are living below the real cost measure.

### **Presentation: Emergency and Disaster Preparedness – How Local Agencies Work Together. Speaker: Ron Alsop, Emergency Services Manager for the San Luis Obispo County Office of Emergency Services.**

The SLO County Office of Emergency Services coordinates with various agencies in the County such as the school districts, hospitals, etc. Our operational area is all the seven incorporated cities and special districts. They are responsible for coordinating the general emergency planning and disaster recovery and preparedness. Their office creates a document that has reminders how to handle emergencies, such as earthquakes and distributes them out to the cities, etc.

There is 6 permanent staff in their office and 4.6 of those staff work on Diablo emergency planning. That leaves 1.4 staff available to do earthquake planning and tsunami planning, etc. They rely on the Disaster Volunteer Centers to coordinate volunteers during disasters. United Way, Salvation Army, and Woods Humane Society are some that are involved in those volunteer efforts. Funding is also received from homeland security.

One goal is to coordinate better with the cities and improve computer systems to communicate better. Another goal is to have additional staffing to provide more training. There is Public Health Emergency Planning – the LTCO keeps track of seniors in long-term care and hospitals. The Public Health Services Committee meets regularly to plan.

Ron answered a question about the increased amount of test alerts interrupting TV programs. He explained that the FCC requires emergency alert systems to be tested so every radio and television station and TV reception provider

must do this testing leading to multiplicity of alerts. Emergency Messages, Amber Alerts, and National Emergency Alerts are on your cell phone and you may turn off Amber Alerts and Emergency Messages, but not National Emergency Alerts.

Rick London from United Way recommended that seniors connect with younger individuals as well to have assistance during any time of need.

### **Unfinished Business:**

#### *Outreach Committee Update:*

→ Outreach Committee is putting together data and identifying key senior issues to have a position paper to use for advocacy and to raise awareness in the community.

Tom Clough also spoke about SLOCOA outreach at the Journey of Hope event on Wednesday, January 13. SLO Commission on Aging shared a table with Senior Volunteer Services at the event. Other senior service providers were also present. He noted that isolation and depression is a mental health issue impacting seniors that has overall effects on health.

→Rick Cohen reported that the Chair will join him for a meeting with Bret Colhouer at the Tolosa Press to see if they can agree to allow SLOCOA to provide monthly informational pieces regarding relevant senior issues for their publications.

→Kathleen reminded members that she has a PowerPoint to share information about SLOCOA with community groups. Title: "What the Commission on Aging Can Do for You."

### **New Business:**

→*Nominating Committee Report:* Applications for reappointment have been received for Member at Large from Kathleen Bellefontaine and Carol Schmidt, and for Senior Service Provider, from Brittany Carraway. These members have been chosen for the Slate and a vote will be taken at the February meeting for their continued service.

→*Annual Report:* Kathleen discussed annual report schedule for upcoming year. The Executive Committee is preparing to revise goals to be discussed in March. In April, SLOCOA will vote to accept goals and collect ideas for next fiscal year priorities. In June, the annual report will be prepared by the Chair and will be an action item on the agenda; submit to Board of Supervisors by July 1, 2016.

→*Microphone Runners:* Trying to find microphone runners to assist with hearing friendly meetings.

→*Rack Card:* Revised rack cards distributed.

### **Member Reports/Updates**

#### *→Chair Updates:*

- Chair announced that someone needing immediate information about warming centers can call [SLO Hotline 783.0607](tel:783.0607), per [Barry Johnson, TMHA Director](#). Warming Centers will open when the temperature is 32 degrees or below or when there is extreme rain. The South County center is located at the Conference Center at the Department of Social Services in Arroyo Grande. There are three locations where Ride-On is picking up people to take them to the Warming Center. CAPSLO is running the San Luis Obispo City Warming Center at Prado Day Center.
- Response from Federal Trade Commission regarding Chair inquiry about robo-calls shared with members.

#### *→Julie Cox AAA news:*

- AAA Board recently reviewed goals for SLO and SB County. These updated goals will be discussed at the Area Agency on Aging public hearings coming up in SLO County. Listening Sessions will be held on February 5 at the Paso Robles Senior Center and February 9 at the County Library in San Luis Obispo. Public Welcome
- *For senior resource guides, you may pick up at Fire Station 1 in SLO or at the Area Agency on Aging office in Santa Maria. Resource guides may also be found online.*

→*Alice York* reported that the Planning Commission has approved the Templeton Mental Health facility.

### **Member and Guest Concerns:**

→*Priscilla Ko* continued to share the remainder of her wish list to increase affordable housing; copy to be forwarded to Members by email.

**Other Announcements:** None

Meeting adjourned at 11:41am.

Minutes submitted by Brittany Carraway. Reviewed by Chair. Next Meeting: February 19, 2016