

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

Meeting Date: Friday, October 21, 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 September, 2016 Minutes
- Approval of Agenda
- Public Comment -2 minutes

Introductions: Guests & Members; Agency introductions & updates

Presentation: "Medicare Open Enrollment for 2017 Plans: Navigating the Medicare Maze" with the help of Buff Lawson, registered HICAP counselor.

Special Guest: Thank you for your service: Lee Collins, Director of Social Services for San Luis Obispo County. Preview of Hidden Poor COA/SVS Power Point.

Unfinished Business:

- Nominating Committee Update
 - Officer Slate
 - Members at Large status
- Priority Presentations and Advocacy: Ideas
 - Field Trip suggestion by Karen Jones

New Business:

- Proposal for Maryanne Zarycka to create a Facebook page for COA outreach. **ACTION ITEM**
- Proposal to work with Adult Services Policy Council on Case Mgmt Grant: Karen Jones

Chair Report:

Committee Reports: OUTREACH, HEARING

Member Reports:

- Scam experiences: Peta, Judy, Kathleen, others

Other Announcements:

Next Meeting: November 18, 2016-- Presentation by Judy Vick, Division Manager of Adult Mental Health Services

Don't miss the October 6-19 Tolosa Press Edition – Modern Senior Section
"Navigating the Medicare Maze"

SLO COUNTY COMMISSION ON AGING

Veterans Memorial Hall
801 Grand Avenue
San Luis Obispo

Minutes October 21, 2016

Members Present: Anita Shower, Maryanne Zarycka, Judy Mishoulam, Marilyn Hamilton, Roger Randall, Kathleen Bellefontaine, Karen Jones (LTCOMB), Teri Elliott (Mental Health), Julie Cox (AAA), Tina Solomon (Senior Nutrition), Brittany Carraway (PSHH), Angela Viles (DA Ofc), Misti Simms (DSS), Peta Rimington, Tom Clough, Rick Cohen

Absent: Shirley Summers, Alice York, Myra Lathrop

Guests: Martina Tovar (DSS), Edward Merson, Millie Welling, Lynn Nordhus, Bobbye Thompson, Paula Westbrook, Bonnie Wamsley, Leslie Wamsley, Marvin Morton, Scott Smith-Cooke (HICAP), Buff Lawson (HICAP), Anne Wyatt (HomeShare), Lee Collins (DSS).

CALL TO ORDER: Quorum Established

Meeting called to order at 10:04 AM by Kathleen Bellefontaine Flag Salute

September 2016 minutes: approved as written Agenda: approved

Public comment: none

INTRODUCTIONS: Guests, Members & Agencies

Judy Mishoulam-Nipomo Senior Center needs Board members. If anyone is interested, please contact Judy. Julie Cox (AAA Board) brought senior information guides for anyone who would like one.

PRESENTATION: Buff Lawson, registered HICAP counselor.

“Medicare Open Enrollment for 2017 Plans: Navigating the Medicare Maze.” Buff Lawson presented a summary of the Medicare Advantage and Part D plan changes for 2017 and explained the importance of reviewing current plans during the Open Enrollment Period from Oct 15 to Dec 7.

HICAP volunteers offer free assistance with this process. They have presence in every county. They explain and troubleshoot Medicare issues through individual counseling and Medicare seminars. They are unbiased. To become a volunteer, go to centralcoastseniors.org

Prescription Drug Plans through Medicare Part D--2017

- There are 24 standalone plans in California
- Some with deductible up to \$400
- Monthly premium as low as \$17.00 Humana Walmart RX
- Monthly premium as high as \$159.80 Anthem Blue Cross 60 RX Gold
- Premium calculate late enrollment penalty \$35.63
- Income related premium additions: Single and income over \$80,000. Couple and income over \$170,000
- Major items to check in comparing drug plans: Company Formularies (list of prescription drugs they cover) can change every year. Co-pays may increase substantially. It's a federal law that Congress cannot regulate cost of Medicare prescription drugs.

Non Renewing Plans 2016

- Trans America Medicare RX Classic .United America Enhanced .United America Essential .United America Select . Wellcare Classic . Wellcare Extra

Choosing the right plan: Buff described the tools available: 1) Finder tool www.medicare.gov; 2) complete your own online search at medicare.gov; 3) have HICAP complete and search for you; 4) complete simple form online www.centralcoastseniors.org/hicap and mail paperwork in.

Ways to Lower Drug Costs

- Consider switching to generic prescription drugs
- Use mail order pharmacies
- Prescription drug discount cards
- Pharmaceutical assistant programs

- Alliances for Pharmaceutical Access: Office in Santa Maria, San Luis Obispo, Arroyo Grande, Solvang and Lompoc. Call for locations closest to you 805-614-2040

Low Income Assistance Program

- Extra help with part D costs
- Social Security program that provides assistant to Medicare beneficiaries who have countable monthly income below 150% of federal poverty levels. \$1,485 individuals and \$2,002.50 couples

Medicare Part C, Medicare Advantage Plans

Buff explained that Medicare Advantage plans are alternatives to original Medicare A and B fee for service. There are three plans available to all zip codes in San Luis Obispo County in 2017.

- AARP Medicare Complete/Secure Horizons-MA-PD
 - \$46 a month
 - Max out of pocket costs \$5,900
 - Part D deductible \$350-not applied to tier 1 and 2 drugs
- Golden State Medicare Health Plan-MA-PD
 - \$4.40 a month
 - Max out of pocket costs \$3.400
 - Available in only specific zip codes
 - Dental and vision benefits
- BlueShield 65 Plus -MA-PD
 - \$0 a month
 - Available to San Luis Obispo county south of the grade
 - Have to go through primary care provider for services

Important Contacts

- HICAP 800-434-0222 or 805-928-5663
- Senior Connection 800-510-2020
- Medicare 800-633-4227
- Social Security 800-772-1213 San Luis Obispo Office 855-207-4865

SPECIAL GUEST: LEE COLLINS, DIRECTOR OF SOCIAL SERVICES FOR SLO COUNTY

Thank You for Your Service

- A card of appreciation was presented to Lee Collins for all his years of service and support to the Commission on Aging. Lee Collins recalled that the Commission was nearly disbanded about 10 years ago. He urged Commission members to continue their role as THE voice for vulnerable seniors and to push back if anyone questions that role.

Update re: Power Point that DSS will add to the SLO Commission on Aging website:

- A quick review of the PowerPoint. "The Hidden Poor, The Economically Challenged and Insecure, The Struggling to Get By" put together by member, Tom Clough, COA Chair, Bellefontaine, and Buff Lawson (visual design) was presented to Commissioners. Mr. Collins has approved and this PPT will be featured on the Commission on Aging website. Tom Clough has already arranged its viewing on the Senior Volunteer Services website. The purpose of the PowerPoint is to bring awareness to the community about the severity of the economic struggle in this County for our most vulnerable senior citizens.

UNFINISHED BUSINESS:

Nominating Committee Update:

- Slate of officers: Roger Randall and Kathleen Bellefontaine for co-Chairs. Maryanne Zarycka and Marilyn Hamilton for co-Vice Chairs. Vote at November meeting.
- Openings for members: We have one opening for member at large and three openings for alternates
- Agency Representation change: Tom Clough has agreed to represent Senior Volunteer Services/ RSVP in the COA Agency position which was formally covered by a representative from the Senior Nutrition Program.

Priority Presentations and Advocacy (Ideas)

- Karen Jones suggested that we take a field trip to senior citizen providers and meet the staff and employees so we can be familiar with them when needed to call them. She suggested visit to places such as, Alzheimer's Association, Senior Nutrition, Department of Social Services, Social Security Office, Victim Witness. Tina Solomon suggested members on that trip include a meal at a SNP site!
 - Kathleen will send out an email to seek interest in the idea and volunteers to help arrange.

NEW BUSINESS:

- **Facebook Page:** Maryanne Zarycka proposed an idea to create a Facebook page for the Commission on Aging and described the kind of content that she envisions. Discussion ensued about who would keep up the page, need for policy about content, etc. It was agreed that Maryanne should go forward with creating the page and Lee Collins also agreed with this idea.
A Motion was made by Roger Randall that "Maryanne Zarycka is authorized to create a Facebook page for COA outreach, subject to approval and review of proposed contents by the Executive Committee." The motion was seconded by Marilyn Hamilton and approved by unanimous voice vote. Later, procedures for upkeep of site will be addressed.
- **Case Management research:** Proposal to work with Adult Services Policy Counsel on researching Case Management solutions in the County was proposed by Karen Jones. Discussion ensued and agreement that more information was needed on the role the Commission would have in this effort.

CHAIR REPORT:

None

COMMITTEE REPORTS:

- Rick Cohen reported the monthly column in Tolosa Press continues on. The October 6th edition features an article written by Buff Lawson. "Navigating the Medicare Maze." If anyone has anything they'd like in the newspaper please get in contact with him.
- Tom Clough, Outreach Chair, reported that they have received five stories from Senior Nutrition and they are heartbreaking stories. Tom wants to meet with more sites and meet with people on site and get more stories. Wilshire wants Tom to do a presentation.

MEMBER REPORT:

- Scam Experiences: Peta Rimington shared with us the success to her email scam experience. When she called the local police department a gentleman from the fraud department showed up within 20 minutes and helped her look into her computer and they were done within 20 minutes and left a card for future issues and was extremely nice about it.
- Angela Viles (Victim Witness Program) intends to bring monthly reports about current scams that are going on and best practice for dealing with them.

OTHER ANNOUNCEMENTS:

None

NEXT MEETING:

November 18th, 2016

MEETING WAS ADJOURNED AT 12:03 PM