

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

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AGENDA

Meeting Date: Friday, February 21, 2014 **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.

9:45 am Snacks and Farewell Wishes

10:00 am Call for a Quorum

Call to Order

- Flag Salute
- Roll Lists
- Approval of January Minutes
- Approval of Agenda
- Guest and Public Comment [2 minute limit]

Introductions: Guests & Members

Presentation:

Traci Mello, M.A., Director of Senior Services, Wilshire Community Services; **Kris Kington-Barker**, Executive Director, Hospice of San Luis Obispo County; and **Julie Macedo**, LCSW, Older Adult Full Service Partnership will inform our members and guests about the emotional and mental health services provided by their agencies.

Special Guest Report:

Jim McNamara: Senior Home Repair

Unfinished Business:

- Slate of appointments for 2014-2016 terms—**Action Item**. Carol Schmidt, Member at Large; Kathleen Bellefontaine, Member at Large; Sharon Roberts, Alternate Member at Large. Appointments begin in March.

New Business:

- AAA Council appointee: Gari Cave
- Candidates for new membership: Introductions
- Senior Housing Tour

Updates:

- **District Attorney's Office, Victim/Witness Assistance**
- **Department of Social Services**
- **Department of Mental Health for Older Adults**
- **Outreach Committee: Speakers Bureau; Hearing Advocacy; COA Corner**
- **Supervisor Representatives**

Chair Report:

Other Announcements:

Adjournment:

Next Meeting, March 21, 2014

SLO COUNTY COMMISSION ON AGING
Veterans Memorial Hall
801 Grand Avenue
San Luis Obispo
Minutes February 21, 2014

Members Present: Alice York, Maryanne Zarycka,, Jo Dennison, Diane Maiorano, Marie Pounders, Kathleen Bellefontaine, Marilyn Hamilton, Myra Lathrop, Carol Schmidt, Cindy Deibert, Deborah Bayles, Julie Macedo, Angela Viles, Gari Cave

Absent: Anita Shower, Judy Mishoulam, Rosa Fernandez, Elias Nimeh

Guests: Anne Gilles and Stephanie Yurchak (Atas Christian), Kathie Asdel, Christine Moser, Bill Knowlton (senior peer counselors), Brittany Carraway (People Self Help Housing), Roger Randall, Leonard Milstein, Fred Munroe (SLO Transit), Trace Mello (Wilshire), Kris Kington Barker (Hospice of SLO)

10:00 AM Quorum Established.

Call to Order: by Chair Bellefontaine. Flag Salute. Circulation of roll lists.

Minutes from last month accepted.

Agenda approved as written.

Public Comments: none

Introductions of all members and guests.

Presentations:

Traci Mello (Director of Senior Services at Wilshire Community Services) – Today, seniors are dealing with medical issues, changing family relationships, intense emotional issues, and changing living situations. Families are more disconnected than ever. As a result, older adults have to look for resources outside the family unit. Older adults are more receptive to receiving counseling than their predecessors. Seniors in SLO County are experiencing a great deal of isolation. Certain areas of the County, especially in North County, are very remote. Public transportation does not reach all of these areas. Services provided by Wilshire like Caring Callers, Good Neighbor Program and Senior Peer Counseling address these issues of isolation.

Kris Kington-barker (Executive Director at Hospice of SLO County) –Hospice of SLO is a Volunteer Hospice as opposed to a Medical Hospice. It provides emotional, social and spiritual support services to persons who have been diagnosed with life limiting illness and to their families. The amount of support provided is determined on an individual level. Hospice of SLO aims to improve quality of life during and after the dying process, providing grief counseling and encouraging more conversations about end of life issues, providing a variety of programs from Wellness Support Groups to “Death Cafes” a forum for questions and discussion regarding death, funerals, life after death, etc. These conversations also need to happen early on within the family. Communication is necessary to keep the family strong. Medical professionals are geared towards finding a cure. They often do not know how to have a conversation about death. We need to teach the people who are providing care that it is ok to be honest and patients to ask the hard questions. Hospice of SLO provides a conduit for asking these questions.

Julie Macedo (LCSW at Older Adult Full Service Partnership FSP) –There are full service partnerships for all age groups but Julie works with older adults who have severe mental health issues. Clients are referred from all different areas - doctors, clinics, low income housing units in the county. All services are free, but must have an open mental health case. The client becomes part of the team when they decide they want help. The first step with the team is a meeting with the client to identify personal strengths. These strengths are a vital part of the recovery to build back a person's life. Family members are also an important part of recovery as older adults need the support of their families in order to recover. Julie has found that her clients have less problems with impulsivity and taking their medicine but more problems with stigmatization. Julie teaches clients how to reduce internal stigma by working with primary care services. She helps with all types of different needs - housing, daily tasks, getting out, and simple hygiene. Homeless outreach team works to stabilize homeless individuals in the community. Individuals, who are over 65, or 55 and older with medical problems, can go through older adult FSP Program. Julie continues to advocate for housing for seniors with mental illness.

Special Guest Report:

Jim McNamara (CAPSLO) – He discussed ‘Senior Home Repair Program.’ Program is designed to assist seniors in their homes with minor repairs and renovation work. They have a \$250 max budget for each client. Initial grant was in 1994 for \$3000. Today they receive roughly \$120, 000 a year. Every year they run out of money. They do not have the resources to promote the program. Largest request is installing grab bars and toilet seat cushions. Right now there are 179 seniors on the waiting list in SLO County alone. They have already run out of money for this fiscal year. Program could easily work on 2 to 3 times the budget and it still wouldn’t meet the need. They work with Kiwanis, Rotary Club, Habitat for Humanity, and Cal Poly. CDBG gives some money to the program – very limited.

Unfinished Business:

ACTION ITEM: Approval of reappointments. Marilyn Hamilton announced the slate: Carol Schmidt, and Kathleen Bellefontaine for member at large positions.

Marie Pounders made a motion to approve the slate. Diane Mariano seconded. Slate was approved.

New Business:

Introduction: Gari Cave (AAA Council appointment to COA) – Gari spoke briefly about her history of work for seniors in our community. She started the Active Care Agency which is an in-home care service similar to CAPSLO Senior Home Repair. She also created “Garden House,” a 15 bedroom home for people with Alzheimer’s and other forms of dementia. Currently she is the CSL assembly person for our County. She spoke about the need to raise \$250,000 by April for the CA Senior legislature to remain in place. She encouraged members to mark the 402 box on the State Tax form to allow a donation to CSL. She also discussed HR 1179. Bill to count "observation time" in the hospital as time eligible for Medicare coverage. This Bill is sponsored by Lois Caps.

Introductions: three applicants for Commission on Aging positions: Brittany Caraway, Roger Randall, and Leonard Milstein. These applicants will be put on the slate for approval at the March meeting.

Brittany Carraway – Graduate of UCLA with a masters in Gerontology and Social Work. Moved from Saudi Arabia to San Luis Obispo when she was in high school. She worked as an in home senior care provider during college and loved her experience working with elders. She believes that the senior community needs a lot of help. Planning to be appointed for the Senior Service Provider position.

Roger Randall – Graduate of Yale Law School many years in private practice, 20 years as a judge in the Superior Court, and 10 years as an assigned judge. Volunteer for food pantry and Hotline. Planning to be appointed for an alternate at large position.

Leonard Milstein – Worked in State Attorney General’s office, LA county DA’s office, and private practice. He retired in 2002. His interest in senior care started with caring for his mother. Wants to help educate seniors about the issues that affect them. Currently on AAA Council. Planning to be appointed for an alternate at large position.

House Tour– council will tour senior housing projects in the south county that could meet the needs of baby boomers. On March 29, they are going to view housing projects in South County and Merrill Gardens in Santa Maria. Starts in Arroyo Grande at 10:00 AM and ends around 3 PM.

Updates:

District Atty Office – Angela Viles discussed “One Ding Ring” scam. Individual calls your phone for one ring, if you call the number back they place you on hold and for every minute that you are on hold your account is charged. Seniors are advised to check their phone bill

Department of Mental Health – Julie Machado announced fall prevention workshop

Chair Report:

Special Thank you to: Jo Dennison and Diane Maiorano for their many years of service on the Commission; and to Deborah Bayles and Cindy Deibert for their service to the Commission during the last 2 years.

Ranking of priority senior issues to follow for the next fiscal year will be done at the April meeting. This is an important part of determining the topics that will be presented at each meeting. **Your top senior issue concerns will be collected at the March meeting. Please come prepared.**

Other Announcements:

Fred Munroe, SLO Transit – Senior Shuttle which is a part of Ride On program is looking to improve their senior shuttle program. The program is looking for feedback from the senior community about locations that need Shuttle service (phone number to contact is 781 4362).

Carol Schmidt – encourages everybody to send interested people to Wilshire Community Services for senior peer counselor training. Next training is coming up in Paso Robles. Call Wilshire for dates.

Adjournment: 11:59 – Marilyn Hamilton made a motion. Moved and seconded – unanimous.

Minutes submitted by Maddy (District Atty Ofc). Reviewed by Chair