

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

Meeting Date: Friday, September 18, 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 August Minutes (September Minute Taker, Marilyn)
- Approval of Agenda
- Public Comment (2 minutes)

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

Presentation: **Mental Health Resources for an Aging Population.”** Speakers: Traci Mello, Wilshire Community Services, Judy Vick, County Mental Health Services, and Cami Statler, Transitions-Mental Health Association.

Unfinished Business:

- Committees: Reorganizing Outreach, Speakers Bureau
- COA Survey of County Seniors

New Business:

- Nominating Committee: Election of 2016 Officers
- Decreasing paper work

Member Reports/Updates

- Chair Updates
- Committees: Hearing, Speaker's Bureau
- Q&A re: Scams

Concerns/Questions: Members and GUESTS

Other Announcements:

Next Meeting October 16, 2015

IF YOU ARE HAVING DIFFICULTY HEARING, PLEASE DON'T HESITATE TO GIVE US A SIGNAL.

SLO COUNTY COMMISSION ON AGING

Veterans Memorial Hall

801 Grand Avenue

San Luis Obispo

Minutes September 18, 2015

Members Present: Alice York, Shirley Summers, Kathleen Bellefontaine, Myra Lathrop, Marilyn Hamilton, Esmeralda Garcia, Karen Jones, Angela Viles, Brittany Carraway, Roger Randall, Leonard Milstein, Tom Clough

Absent: Anita Shower, Judy Mishoulam, Gari Cave, Marie Pounders, Maryanne Zarycka, Tina Solomon (Senior Nutrition), Rick Cohen, Peta Rimington

Guests: Traci Mello, Wilshire Community Services, Cami Statler, TMHA, Susan Eckes (District Atty Ofc), Scott Smith-Cooke (SLO Health Commission), Dick Umphrey (HLAA), Jason Flanagan (PSHH), Liona Melendez (PSHH), Catherine Manning (PSHH), Ginny Randal, Jim & Susan Taylor, Bill Knowlton, Brian Palmer, Megan Richert, Susan Warren (No County Connection), Andrew Jackson (Amdal), Jodi Tellier, Cecilia Dutton, Shelly Jackson (Bates Care), Julie Cox (AAA Board)

Quorum Established

Call to Order 10:05am. **Flag Salute.** August Minutes-**Approved.** Agenda-**Approved**

Public Comment: Susan Warren with North County Connection shared that September is National Recovery Month to increase awareness of behavioral health conditions.

Introductions of members and guests: Dick Umphrey announced topic at Sept 26th meeting of HLAA in Santa Maria will be "So You and Your Hearing Loss are Going on a Trip?" Also asks for COA support of Hearing Bill HR2748. Alice York, Vice Chair, announced that Transportation Coordinated Plan will be topic for next month's presentation.

Presentation: "Mental Health Resources for an Aging Population." Speakers Traci Mello, Wilshire Community Services and Cami Statler, Transitions-Mental Health Association.

Traci Mello, Director of Senior Services for Wilshire Community Services, described the changes that are occurring to Senior Mental Health Services in San Luis Obispo County due to the formation of Full Service Partnership. FSP will offer maintenance, guidance and organization of all service areas i.e. medical, psychological, etc. through collaboration of Wilshire Community Services, County Mental Health, and Transitions-Mental Health Association (TMHA). FSP will offer case management and wrap around service for the severely mental ill at risk for incarceration or institutionalization. The process will begin with referrals of Elderly patients from the County to Traci at Wilshire.

Traci described Wilshire's current services that are directed to helping Seniors retain their quality of mental health when in need of support due to family dynamics, changes that occur due to major health issues, physical conditions, isolation. These programs include Creative Mediation, Caring Callers, Senior Peer Counseling, Good Neighbor and a new professional intervention program called Clearings.

Cami Statler described the services that TMHA offers such as Hotline and 211, Family Services, Wellness Centers, Support Groups, supportive employment (Growing Farms), housing programs.

Judy Vick, County Mental Health, was unable to attend but plans to provide information about the County's role in the new Partnership at the October COA meeting.

Unfinished Business:

COA current committees: Kathleen announced that Tom Clough & Rick Cohen met with her to discuss the function and effectiveness of the Outreach and Speaker's Bureau Committees. Speaker's Bureau has not been functioning as originally intended. Discussion ensued about whether the Speakers Bureau should be discontinued or modified. No action taken at this time.

Survey: Tom Clough spoke about how COA can better determine the needs of our Senior population. Look at County demographics. Look at other Commissions in California. Look at history of AAA's most recent Survey in 2013. Look at trend lines. Partnership with other groups with similar goals.

New Business:

Nominating Committee: Marylyn Hamilton is taking applications for Chair and Vice Chair for COA; applications are due October 8, 2015. October 16 meeting the Slate will be announced. The vote will take place in November. January meeting term begins.

Decreasing Paper Copies: A member suggested that distribution of revised paper copies of the member roster isn't necessary. Members can view the roster on the COA website at any time and more detailed rosters can be emailed to members. Vote was unanimous to make this clerical change.

Member Reports/Updates:

Chair Report: Announcements: >Bylaws will be updated by Executive Committee in the near future.

Suggestions for revisions can be emailed to the Chair.> HICAP Counselor, Buff Lawson, will speak at Oct meeting about Medicare changes. > Chair distributed a CalPERS Long-Term Care cost sheet from their annual 2015 Cost of Care Study.>Chair updated members on health status of Marie Pounders, Gari Cave and Carol Schmidt.

Q&A re: scams: Angela Viles advised that the Skimming devices are trending again, beware when using ATM's or gas station pumps.

Peta Rimington: Represented SLOCOA at the No County Public Needs Workshop re: 2016 Federal funding grants. Sent report in. Not present on this day.

Member & Guest Concerns/Questions: none

Other Announcements: Health Fair in Shandon on September 17, 2015 at the high school.

Adjournment 11:53: moved & seconded. Unanimous agreement

Next meeting: October 16, 2015.

Minutes submitted by Esmeralda Garcia. Reviewed by the Chair.