



# COUNTY OF SAN LUIS OBISPO COMMISSION ON AGING

PO Box 8119 San Luis Obispo, CA 93403-8119  
June 15, 2012

*Kathleen Bellefontaine, Chair  
Member at Large*

*Marilyn Hamilton, Vice-Chair  
District 5 Representative*

*Maryanne Zarycka  
District 1 Representative*

*Alice York, Co-Vice Chair  
District 2 Representative*

*Anita Shower  
District 3 Representative*

*Judy Mishoulam  
District 4 Representative*

*Dorothy Schlitz  
AAA Advisory Council*

*Mike Suddarth  
Area Agency on Aging,  
Board of Directors*

*Elias Nimeh  
Senior Nutrition Program*

*Senior Service Provider*

*Marie Pounders  
Member at Large*

*Diane Maiorano  
Member at Large*

*Judy Salamacha  
Member at Large*

*Jo Dennison  
Member at Large*

*Margaret Ensminger  
Alternate Member at Large*

*Carol Schmidt  
Alternate Member at Large*

*Alternate Member at Large*

*Alternate Member at Large*

*Alternate Member at Large*

*SLO County District Attorney*

*SLO County Mental Health*

*SLO County Social Services*

San Luis Obispo County Board of Supervisors  
County Government Center  
1055 Monterey Street, Rm D430  
San Luis Obispo, CA 93408

Dear Supervisors:

In accordance with the Bylaws of the SLO County Commission on Aging, Section 3 f, I hereby submit the annual report for the 2011-12 (June-June) year and Goals and Priority Issues for 2012-13.

The Commission meets every third Friday of the month (except in December) at the Veteran's Building, 801 Grand Avenue in San Luis Obispo. Our liaison and Department of Social Services Director, Lee Collins, has provided SLOCOA with a Representative from Adult Services who attends COA meetings and keeps members updated on DSS ability to meet needs of the most vulnerable. Additionally, DSS administrative support electronically transmits COA affairs to the Supervisor's office, updates the SLOCOA website, and provides copy support when needed.

Our Commissioners serve and represent senior groups throughout the County. In addition to the Supervisors' appointees, we have representatives from local agencies such as the Area Agency on Aging, District Attorney's Office Victim Witness Program, County Mental Health and Senior Nutrition. Our members at large are Senior advocates informed about a variety of senior concerns including, but not limited to, housing and financial matters, delivery of affordable medical and social services, senior centers, volunteerism and senior mental health. Our members serve without pay for travel and time.

## SLOCOA Goals

Two major COA goals in 2011-2012 were

### **1) Continue to collect information from Seniors about their concerns and solutions.**

SLOCOA continues to reach out through:

**MEDIA:** The **SLOCOA website** offers information to residents about COA meetings; the **SLOCOA** rack card; **Tribune** postings in the Senior Section; the **Speaker's Bureau**; and, still in experimental stage, the **COA Corner** (short Dear Abbey type news piece available to newsletters and community newspapers).

**SENIOR CENTERS:** During this fiscal year, SLOCOA's outreach to Senior Centers has improved with active members of Cayucos and Nipomo Boards on the Commission and meetings with Morro Bay, SLO and Cambria membership by members. More to do in the next year!

**COMMUNITY AGENCIES:** Regular attendance by the Chair or alternate at the Adult Services Policy Council meetings; participation in the 2025 Symposium; hosting a Listening Session in conjunction with the Central Coast Commission for Senior Citizens.

### **2) Provide relevant and timely information to the Board of Supervisors.**

The SLO Commission on Aging website that publishes our agendas, minutes, and annual report provides timely communication between the Commissioners and the Supervisors. Supervisor or Legislative Assistant attendance at meetings offers firsthand knowledge about our performance. .

**See Attachment A—GOALS.**

## SLOCOA Priority Issues

2011-2012 issues followed by Commissioners were 1) affordable senior housing; 2) impact of current Health Care Reform; 3) impact of budget cuts on Seniors; 4) senior safety from abuse; 5) financial issues: Seniors in debt; 6) senior isolation and depression. **See Attachment A --PRIORITIES** for details about how these issues were addressed throughout the year.

**SLOCOA Chair's Summary**  
**A year of growth in advocacy and collaboration**

I believe SLOCOA's most significant achievement this year is becoming more efficient in connecting the SLOCOA **purpose** with its **action**.

The Executive Committee developed a strategy that correlates priority senior issues, chosen annually by the members, with the selection of presentations that educate members about these concerns. Then SLOCOA membership developed guidelines for action. We established levels of advocacy from letter writing to speaking at Board meetings to forming a committee to explore other appropriate actions.

One outstanding demonstration of this achievement is the work of the Hearing Advocacy Committee. Spreading the word about becoming a Hearing Friendly Community is SLOCOA's first attempt at conducting a course of action from start to finish; research to implementation.

Educational experiences included:

- Choosing a project appropriate to the uniqueness of our mission
- Choosing steps that were doable by an all volunteer, non-fundraising group
- Utilizing COA Speaker's Bureau and COA Corner for outreach
- Incorporating community agencies and Senior Centers to spread the word
- Seeking funding for COA Hearing Tips Rack Cards
- Creating a Power Point on this subject

Our Hearing Advocacy Chair, Alice York, spoke on behalf of the Commission at the Board of Supervisors Meeting, Rotary and Quota Club meetings to incorporate support for making SLO County a Hearing Friendly Community. Hearing Advocacy efforts included collaboration with community organizations: the Hearing Loss Association of America; Central Coast Assistive Technology Center; and the Independent Living Resource Center.

SLOCOA's goal, SLO County, a Hearing Friendly Community, addresses one of the Commission's top priority issues, the concern about Senior depression and isolation. Hearing loss has been proven to be a risk factor for these unhealthy outcomes.

We hope that this goal will get support from the Board of Supervisors as we ask our business community to turn down the volume of background noise and train employees in techniques that enable better communication.



This summary and the Attachments provided will help clarify our activities in the past year ( Part One). 2012-13 projected goals and priority issues for the next fiscal year can be found in Part Two. Please feel free to offer any suggestions or requests that would facilitate our communication with the Board.

Sincerely,

Kathleen Bellefontaine, Chairperson  
SLO County Commission on Aging

cc: DSS

**ATTACHMENT A – GOALS**  
**SAN LUIS OBISPO COUNTY COMMISSION ON AGING**  
**2011 – 2012 (July thru June) GOALS**  
**Actions taken to continue fulfilling our long term Goals.**

<p><b>GOAL #1 Continue to collect information from Seniors about their concerns and solutions through <i>Reaching Out to community groups.</i></b></p>	<p><b>GOAL #1 Continue to collect information from Seniors about their concerns and solutions through <i>Public Comment.</i></b></p>
<p><b>ACTION</b></p>	<p><b>ACTION</b></p>
<p><b><u>Presentations at SLO Senior Symposium 2025:</u></b>  <i>Empowering Seniors to Remain Independent &amp; Age in Place Through Creative Solutions.</i> Marie Pounders (COA), Dana Lilley (County), and Carol Hatley (HASLO). Oct, 2011</p> <p><i>Be Invisible No More:</i> Members Alice York &amp; Kathleen Bellefontaine introduce <u>Hearing Loss Rack Cards</u> at breakout session during SLO Senior Symposium. Oct 2011</p> <p><b><u>Speaker Bureau Presentations:</u></b>  <u>Quota Club, Morro Bay: Help needed</u>          Alice York introduced SLOCOA Hearing Loss Rack Cards. Club donated \$350 to printing of cards. Oct, 2011</p> <p><b><u>Hearing Friendly Community</u></b></p> <ul style="list-style-type: none"> <li>• Rotary Club, MB. Sept 2011</li> <li>• ASPC Apr 2012</li> <li>• SLO Senior Center May 2012</li> </ul> <p><b><u>Volunteer Opportunities &amp; Senior Services</u></b>          Morro Shores MHP, May 2012</p> <p><b><u>Preventing Financial Fraud &amp; Identity Theft</u></b>          Templeton Senior Club, June 2012</p>	<p><b><u>Senior Center Visits:</u></b> Cayucos, July, 2011. Cambria, Feb 2012. SLO, Apr 2012.</p> <p><b><u>Senior Newsletters using COA Corner:</u></b>          Cayucos and SLO Senior Centers; RSVP</p> <p><b><u>ASPC Meetings</u></b> attended by COA Chair or alternate when possible.</p> <p><b><u>Health Forum</u></b> sponsored by SLO County Commission on the Status of Women, Mar 2012</p> <p><b><u>Public Request for Advocacy:</u></b>  <b>Aug 2011. Member of the public. Anderson Smoking Policy</b>  <b>Action: Liaison with HASLO</b></p>
<p><b>GOAL #2 Provide relevant and timely information to the Board of Supervisors.</b></p>	
<p><b>ACTION</b></p>	<p><b>ACTION</b></p>
<p><b><u>Annual Report on BOS Consent Agenda.</u></b>          COA Chair, Kathleen Bellefontaine, &amp; COA Senior Service Provider, Carol Schmidt, represented COA members at BOS meeting that approved SLOCOA report. July 19, 2011</p> <p><b><u>Hearing Loss Rack Cards:</u></b> Members Alice York and Kathleen Bellefontaine presented rack cards and intent to advocate for SLO, a Hearing Friendly Community, at BOS meeting, Nov 8, 2011.</p>	<p><b><u>Invitations to Supervisors to attend COA meetings.</u></b> 2011 Christmas note; ( Photograph by Dennis Eamon Young). Nov 2011.</p> <p><b><u>Attendance at SLOCOA by Legislative Assistants.</u></b> Always appreciated.</p>

## SAN LUIS OBISPO COUNTY COMMISSION ON AGING

2011 – 2012 (July thru June) PRIORITY Senior Issues.

Actions taken to inform Commissioners and Public about COA Priority Senior issues.

PRIORITY SENIOR ISSUES	ACTIONS TO KEEP INFORMED
1) Follow: Affordable Senior Housing	<p><b><u>Presentations:</u></b>  <i>Senior Housing in SLO:</i> Carol Hatley, Exec Director, SLO Housing Authority, Aug 2011</p> <p><i>Affordable Housing Options for an Aging Population:</i> Morgan Torrel, SLO Dept of Planning&amp; Building; Rick Gulino, People’s Self Help Housing. April 2012</p> <p><b><u>Special Report:</u></b> Carol Schmidt <i>Santa Barbara’s Village to Village.</i> Feb, 2012</p> <p><b><u>Special Advocacy: Research</u></b>  Housing Tour: Del Rio Terrace, Judson Terrace, Atas Christian Home, Hidden Creek. Feb 25, 2012</p>
2) Follow: Impact of current Health Care Reform	<p><b><u>Presentation:</u></b>  <i>Future of Health Insurance Reform in SLO County.</i> Walther Heath, Nov. 2011</p> <p><b><u>Fact Sheet</u></b> (Sept 2011) SCAN: Stressed &amp; Strapped: Caregivers in CA. Feb 2012</p> <p><b><u>Fact Sheet</u></b> (Mar 2012) CA Healthcare Foundation: The Affordable Care Act: What Californians Should Know. Apr 2012</p>
3) Follow: Impact of Budget cuts on Seniors	<p><b><u>Presentation:</u></b>  <i>Senior Money Issues &amp; Cal PERS Retirement:</i> George Diehr, CSU San Marcos. Cal PERS Board Member. Feb 2012</p> <p><b><u>Fact Sheet</u></b> (July 2011) SCAN: Summary of CA 2011-12 Enacted Budget: Impact on Older Adults &amp; People with Disabilities. July 2011</p> <p><b><u>Fact Sheet</u></b> (May 2012) California Budget Project: Governor’s Revised Budget. June 2012</p>
4) Follow: Senior Safety from Abuse: avoiding fraud; recognizing physical, mental, & emotional abuse	<p><b><u>Presentation:</u></b>  <i>“Role of Family in Senior Abuse and Fraud Cases.”</i>Karen Jones, Long Term Care Ombudsman, and Angela Viles, Elder &amp; Dependent Adult Victim Advocate. Mar 2012</p> <p><b><u>Advocacy:</u></b>  Letter of support for changes to LTCOMB bills in CA Legislature , Mar 2012</p> <p>Elder Fraud Convention Fair: Represented by York. Aug 2011</p> <p><b>COA Corner. Senior Scams, Sept 2011</b></p>

<p><b>Follow: Financial Issues: Seniors in debt</b></p>	<p><b><u>Presentation:</u></b>  <i>“Whatever Happened to Emma Jean.”</i> Dean Goodlet, Fraud Investigations Mgr Rabobank. June 2012</p> <p><b><u>Special Report:</u></b> <i>Aid and Attendance Veteran’s Benefit</i>, Wendell Welter &amp; Kelly Hayes, Veteran’s Services. May, 2012</p>
<p><b>Follow: Senior isolation and depression</b></p>	<p><b><u>Presentation:</u></b>  <i>Assistive Technology for Individuals with Hearing Loss</i>, Josephine Black, Exec Director, Independent Living Resource Center, Inc. Sept, 2011.</p> <p><b><u>Special Guest:</u></b> Aleen Reid. <i>Ride On. What’s new with Senior Shuttle</i> Sept 2011</p> <p><b><u>Special Report:</u></b> Carol Schmidt, <i>Hoarding</i>, Feb 2012</p> <p><b><u>Special Report:</u></b> Kathleen Bellefontaine. <i>SLO Hearing Friendly Community</i> Power Point. May 2012</p> <p><b><u>Advocacy:</u></b> Fred Monroe. <i>Transit Options: COA</i> letter of support for Grant Request. Mar 2012</p> <p><b>COA Corner. Hot topic: Hearing Loss &amp; Senior Transportation options. July 2011</b></p>
<p><b>Other Presentations:</b></p>	<p><b><u>Special Guest:</u></b> Marie Wilson, former COA Chairperson. <i>History of past COA achievements.</i> Nov, 2011.</p> <p><b><u>Special Guest:</u></b> Area Agency on Aging Listening Session and Needs assessment. Exec Director joyce ellen lippman. Jan 2012</p> <p><b><u>Special Guest:</u></b> Liz Johnston, LCSW. <i>Surviving a severe illness.</i> Feb 2012</p> <p><b><u>Member Report:</u></b> California Senior Legislator (CSL) from SLO County: Dorothy Schlitz (Senator). <i>CSL purpose example of proposals.</i> Apr, 2012</p> <p><b><u>Special Guest:</u></b> Julie Cox, SLO Fire Department. <i>Fire Prevention Tips.</i> May 2012</p> <p><b>COA Corner: Hot Topics. Senior Nutrition, Nov, 2011</b></p>