

PLEASE FIND THE FOLLOWING ENCLOSURES

Submitted by Kathleen Bellefontaine, SLOCOA Chair,
on behalf of the members of the SLO County Commission on Aging
Approved by Commissioners, June 19, 2015

2014-2015 Part One

- SLO County Commission on Aging Annual Summary
- ATTACHMENT A—GOALS:
 - * Actions taken in 2014-15 to achieve goals:
 - #1 Learning about Senior issues through
Community Outreach
 - #2 Communication with Supervisors
- ATTACHMENT A – PRIORITIES:
 - * Presentations and other Actions in 2014-15 to
inform Commissioners and Public about County
resources related to top priorities of concern

2015-2016 Part Two

- SLOCOA Projected Goals & Priority Senior Issues
- ATTACHMENT B:
 - * Plan of Action to reach Projected GOALS
- ATTACHMENT C:
 - * PRIORITY Ranking Tool showing member votes



SAN LUIS OBISPO COUNTY COMMISSION ON AGING

PO Box 8119 San Luis Obispo, CA 93403-8119
June 19, 2015

*Kathleen Bellefontaine, Chair
Member at Large*

*Maryanne Zarycka
District 1 Representative*

*Alice York, Vice Chair
District 2 Representative*

*Anita Shower
District 3 Representative*

*Judy Mishoulam
District 4 Representative*

*Shirley Summers
District 5 Representative*

*Gari Cave
Area Agency on Aging,
Council*

*Karen Jones
Long Term Care Ombudsman*

*Elias Nimeh
Senior Nutrition Program*

*Brittany Carraway
Senior Service Provider*

*Marie Pounders
Member at Large*

*Carol Schmidt
Member at Large*

*Marilyn Hamilton
Member at Large*

*Myra Lathrop
Member at Large*

*Roger Randall
Alternate Member at Large*

*Leonard Milstein
Alternate Member at Large*

*Peta Rimington
Alternate Member as Large*

SLO County District Attorney

SLO County Mental Health

SLO County Social Services

San Luis Obispo County Board of Supervisors
County Government Center
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 2014-15 (July-June) year and Goals and Priority Issues for 2015-16.

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 the 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, Senior Nutrition and most recently the County Long Term Care Ombudsman. Our members at large are Senior advocates informed about a variety of senior concerns including, but not limited to, housing matters, delivery of senior support services, senior centers, volunteerism, senior mental & physical health, scams and ID theft. Our members serve without pay for travel and time.

SLOCOA Goals

Progress in achieving two major COA goals in 2014-2015:

1) [Continue to collect information from Seniors about their concerns and their solutions through:](#)

MEDIA: The **SLOCOA website** continues to provide current information about monthly meetings, membership and annual reports. Our newest additions i.e. inquiries from the public on the website and the COA Speakers Bureau list of topics on the site are being utilized. The **SLOCOA** rack card is reviewed and revised on a regular basis. **Tribune** posts SLOCOA presentations and meetings in the Senior Section. **Senior Centers, Libraries and Members of the public** (upon request) are sent notice of upcoming Presentations, electronically.

SENIOR CENTERS: COA members volunteer or interact at Centers and keep up to date with their member's concerns. This year SLOCOA presented a panel made up Directors from Templeton Active Senior Club, SLO Newcomers Club, South County Seniors, Atascadero Fun Club to discuss the variety of ways our Centers retain their existence financially and through providing activities that draw younger & older seniors.

Seek to learn about Senior Concerns from COMMUNITY AGENCIES: Please see **Attachment A—GOALS** for full details of interaction with these numerous agencies.

2) [Continue to provide relevant and timely information to the Board of Supervisors through:](#) SLOCOA website that publishes our agendas, minutes, and annual report; communication between Appointees and their Supervisors; sharing our input on legislative issues important to seniors. **See Attachment A—GOALS.**

SLOCOA Priority Issues

2014-2015 issues followed by Commissioners were 1) Investigating current Affordable Senior Housing; 2) Accessibility Features Needed in current & future housing; 3) Caregiver Needs; 4) Affordable Care Management; 5) Future of Senior Centers/counteracting isolation. **See Attachment A --PRIORITIES** for details about how these issues were addressed throughout the year.

SLOCOA Chair's Summary 2014-15

As I review the Attachments in Part One, look over the list of the many presentations, long and short reports presented on the SLO County Commission on Aging "platform" over the last 11 months, on the 3rd Friday of the month, I am amazed at how much information COA has been able to provide to the public and its members. I am deeply thankful to our Speakers and their willingness to give of their time and energy for the good of others. Without the help of COA members Marie Pounders, Alice York, Carol Schmidt, and Brittany Carraway in recruiting our speakers, this achievement could not have been so successful.

Our members, **including the representatives from County Offices**, have remarked how much they have learned and passed on to their peers, colleagues, families, and clients. Our attendance by members of the Public has increased substantially. Therefore, I am satisfied in this fiscal year that we have fulfilled our purpose, which is to provide a forum for information sharing and its dissemination.

Another mission, advisement to the Board of Supervisors, is still a work in progress. We are striving to fulfill that purpose in the following ways: attending Board of Supervisor meetings, posting of Minutes on the COA website, and encouraging interaction of Supervisors with Representatives.

In general, my advisement to the Supervisors is that the list of our top priorities is long (see Part Two Attachment C), the needs are many, and even though COA has recently narrowed our "Areas of Concern" to Senior Housing, Safety for Seniors, Affordable Services to maintain independence, Senior isolation & depression, we continue to find that the available and affordable services and solutions are in short supply. But that is no excuse for not seeking them!



Part One includes this 2014-15 summary and the Attachments provided to help clarify our activities in the past fiscal year. **Part two** includes the 2015-16 projected goals and priority issues for the next fiscal year and attachments to clarify aspects of the decision making process. 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

PART ONE:

ATTACHMENT A -- GOALS

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

Actions taken during this fiscal year 2014 – 2015 (July thru June) to continue fulfilling our long term Goals.

<p>GOAL #1 Continue to collect information from Seniors about their concerns and their solutions.</p>	<p>GOAL #1 Continue to collect information from Seniors about their concerns and their solutions.</p>
<p style="text-align: center;">ACTION</p>	<p style="text-align: center;">ACTION</p>
<p><u>Senior Center Collaboration:</u> <i>Liaisons:</i> <u>Zarycka</u> –Paso; <u>York</u> -- Morro Bay, Cayucos; <u>Mishoulam</u> – Nipomo; <u>Shower</u> – Central Coast (Oceano); <u>Bellefontaine</u>--SLO</p> <p><i>Senior Friendly Community Groups-- Panel</i> (May 15, 2015 COA meeting) Directors from Templeton Active Senior Club, SLO Newcomers Club, South County Seniors, Atascadero Fun Club</p> <p><u>Collaboration with other Senior-focused Agencies, Councils & Commissions:</u> such as</p> <ul style="list-style-type: none"> ➤ <i>Adult Services Policy Council:</i> Meetings attended by COA Chair or alternate when possible. ➤ <i>Housing Authority of SLO;</i> ➤ <i>Peoples Self Help Housing (PSHH)</i> ➤ <i>Housing Trust Fund</i> <p><u>Outreach to Community:</u> Electronic publicizing: <ul style="list-style-type: none"> • County Libraries • County Senior Centers • COA Website Available for public through: <ul style="list-style-type: none"> ➤ Website • Rack Card • 211 referral </p>	<p><u>Speaker Bureau Presentations to community:</u></p> <ul style="list-style-type: none"> ➤ <i>What the Commission on Aging Can Do for You?</i> SLO Senior Center Nov, 2014 ➤ <i>Alzheimer’s Assoc:</i> Caregiver Resource Fair ➤ <i>Planning for the Future</i> Morro Shores Feb 2015 ➤ <i>Joy Workshop</i> Templeton Senior Club May, 2015 <p><u>Commissioners gather info from other County venues:</u></p> <ul style="list-style-type: none"> ➤ Consolidated Trans Services Agency Focus Group: July 23, 2014 ➤ Mobility Mgmt Workshop: Oct 23, 2014 ➤ Injury Prevention Coalition Nov 14, 2014 ➤ AAA Listening Sessions Jan 2015 ➤ PSHH: National Affordable Housing Changes; March 13,2015 ➤ SLO County Coordinated Human Services Transportation Plan April 29, 2015 ➤ Wilshire Community Services (Mental Health) May 2015 ➤ Hearing Loss Association of America: SLO Branch Meetings <p><u>Informed about Senior Needs through Advocates:</u></p> <ul style="list-style-type: none"> ➤ SLO Access for All & CA for Disability Rights ➤ SLO Hearing Loss Association ➤ Q & A re: Scams ➤ California Senior Legislature
<p>GOAL #2 Continue to provide relevant and timely information to the Board of Supervisors</p>	<p>GOAL #2 Continue to provide relevant and timely information to the Board of Supervisors</p>
<p style="text-align: center;">ACTION</p>	<p style="text-align: center;">ACTION</p>
<p><u>2014-15 Annual Report presented to BOS:</u> July 22, 2014</p> <p><u>Invitations to Supervisors to attend COA meetings.</u> 2014 Christmas note (Photograph by Dennis Eamon Young, 2013).</p> <p><u>Attendance at SLOCOA by Legislative Assistants.</u> Always appreciated.Special thanks this year: Liz, Joycelyn, Cherie</p>	<p><u>Visits with Supervisors:</u> Gibson & York Rae & Mishoulam Compton & Mishoulam Compton & Bellefontaine & York Feb, 2015</p> <p><u>Chair attendance at BOS meetings for advocacy:</u> Older American Month “SeniorFriendly” Proclamation, May 19,2015 CDGB Housing Grant support: Oct 21, 2014 Approval of Debbie Arnold’s SLOCOA Rep: Nov 4,2014</p>

PART ONE: ATTACHMENT A -- PRIORITIES
SAN LUIS OBISPO COUNTY COMMISSION ON AGING
Actions taken during this fiscal year 2014 – 2015 (July thru June) to inform Commissioners
and Public about COA Priority Senior issues.

PRIORITY SENIOR ISSUES	ACTIONS TO KEEP INFORMED
<p>1) Follow: Continue investigating current Affordable Senior Housing</p>	<p><u>Presentation:</u> <i>Home Share. What it is. How it works: budget & getting it started.</i> Anne Wyatt, Sept 2014</p>
<p>2) Follow: Accessibility Features needed in current & future housing</p>	<p><u>Presentation:</u> <i>Accessibility Features in Senior Housing.</i> Sandra Bourbon, Brittany Carraway, Tod Hansen, Peta Rimington. Feb, 2015</p> <p><i>Universal Design & Accessibility in Housing: How it relates to City/County Housing Elements.</i> Paul Wolff, AFA; Susan Chandler, CDR; Tyler Corey, City Housing Program Mgr. Mar 2015</p> <p><u>Members sent email link to:</u> <i>“Aging Boomers strain cities built for the young.” Lauran Neergaard AP medical writer.</i></p>
<p>3) Follow: Caregiver Needs—available in the County—Respite & Adult Care</p>	<p><u>Presentation:</u> <i>Respite & Beyond for Caregivers of Loved Ones with Dementia:</i> Alyce Crawford Nov 2014</p> <p><i>DSS Adult Services Programs (IHSS and APS): “Services and Limitations - What you need to know.”</i> Kat Lauterback, Adult Services Program Manager. June 2015</p> <p><u>Participation in</u> Alzheimer’s Association: Empowering the Caregiver Resource Fair June 2015</p>
<p>4) Follow: Future of Senior Centers to counteract isolation</p>	<p><u>Presentation:</u> <i>Senior Friendly Community Groups: Keeping Seniors Active and Engaged.</i> May, 2015 Panel: Directors from Templeton Active Senior Club, SLO Newcomers Club, South County Seniors, Atascadero Fun Club</p>
<p>Follow: Learn about South County multi-level (of care) Senior housing</p>	<p><u>Senior Housing Tour</u> March 14, 2015 Merrill Gardens; Cortina d’Arroyo Grande: Hillside Villa (AG); Alder House (AG). Four members attended</p> <p><u>Special Report: SoCounty Senior Housing Tour:</u> Marie Pounders Apr 2015</p>

<p>Other Presentations:</p>	<p><i>Wills, Trusts, Probate & Estate Planning:</i> John Sachs, Atty. Aug 2014</p> <p><i>Preventing Fires & Falls for Seniors.</i> Joyce Pardue, SLO City Fire Dept. Sept 2014</p> <p><i>Medicare Open Enrollment: 2015 Choice & Changes.</i> Buff Lawson, HICAP Registered Counselor. Oct 2014</p> <p><i>Regional Plan for Age-Friendly Communities.</i> Jeff Brubaker, SLOCOG Oct 2014</p> <p><i>Essence of the Commission: Foundation & Future</i> Members Discuss COA Oct-Nov 2014</p> <p><i>CA Senior Legislature is for ALL Seniors.</i> Gari Cave, CSL Assemblywoman. Jan 2015</p>
<p>Special Reports:</p>	<p><i>Top Ten Tips for Reducing Risk of Becoming a Victim:</i> Angela Viles, July 2014</p> <p><i>Latest Scams:</i> Kelley Sexton Monthly Q&A</p> <p><i>Housing & Economic Development Survey:</i> Suzan Ehdaie Oct 2014</p> <p><i>Veteran Services for Seniors.</i> (brief intro) Dana Cummings, Veterans Service Office Apr 2015</p> <p><i>Update Housing Bills (State):</i> Marie Pounders May 2015</p> <p><i>Mobility Management Changes:</i> Sara Sanders June 2015</p>
<p>Advocacy and Outreach:</p>	<p><u>Review and Update of Commission’s Advocacy Role:</u> Members discuss views on their Advisory Role <i>July 2014</i> Update of Advocacy Guidelines <i>Finalized Oct 2014</i></p> <p><u>Special article:</u> (Thank you Lynn Compton) Nipomo Chamber Newsletter: Why do we need a SLO County Commission on Aging? March 2015</p> <p><u>Letters of Support-- COA or Individual members:</u> <i>Transit Planning:</i> Support grant Oct 2014 <i>County Housing needs:</i> Survey responses submitted by members to support Consolidation planning for CDGB funding. Oct 2014 <i>Maintain Regional Mobility Mgmt Prog:</i> Nov 2014 <i>Hearing Loss Assoc SLO Branch:</i> Grant for Captioning Mar 2015 <i>Restoration of CA funding levels for Caregiver Resource Centers</i> Mar 2015 <i>White House Conference on Aging Summer 2015:</i> to Capps. Highlights of SLO County Older American needs. April 2015</p>

PART ONE:

ATTACHMENT A -- PRIORITIES

	<p><u>Meetings attended by COA members:</u> <i>* Adult Services Policy Council</i> (Monthly) <i>*Senior Scam Stopper.</i> July 9, 2014 <i>*Consolidated Trans Services Agency Focus Group.</i> July 23, 2014 <i>*Housing Authority of SLO.</i> Meet Director, Scott Smith. Voice COA concerns. Aug 13, 2014 <i>*Mobility Management Workshop</i> Oct 23, 12014 <i>*Working Together to Prevent Elder Financial Abuse</i> Nov 3, 2014 <i>*Injury Prevention Coalition Meeting:</i> Spoke to need for funding for grab bars. Nov 14, 2014 <i>*Board of Supervisors Meetings</i> <i>*Hearing Loss Association of America:</i> Meetings attended: Nov 2014, Feb 2015 <i>*Area Agency on Aging Listening Session.</i> Spoke about Adult Day Care needs. Jan 2015 <i>*40th Anniversary Celebration Area Agency on Aging</i> Mar 13, 2015</p>
<p>Distribution of Information to Members</p>	<p><i>Top Ten Tips for Reducing the Risk of Becoming a Victim.</i> July 2014 <i>HASLO Public Notice—Interest List Opening.</i> Aug 2014 <i>A California solution for a Medicaid quirk</i> Oct/Nov 2014 <i>In Nursing Homes, Eyes that Never Turn Away</i> Oct 2014 <i>Grandparent Scam</i> Nov 2014 <i>SLO Legal Alternatives Newsletter.</i> Stephanie Barclay Dec 2014 <i>IRS & Tax related Identity Theft.</i> Distributed by Kelley Sexton DA Ofc. Jan 2015 <i>Emergency Survival Guide.</i> Central Coast Commission for Senior Citizens. June 2015</p>



PART TWO:

2015-2016 Goals & Priorities

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

PO Box 8119 San Luis Obispo, CA 93403-8119

June 19, 2015

*Kathleen Bellefontaine, Chair
Member at Large*

*Maryanne Zarycka
District 1 Representative*

*Alice York, Vice Chair
District 2 Representative*

*Anita Shower
District 3 Representative*

*Judy Mishoulam
District 4 Representative*

*Shirley Summers
District 5 Representative*

*Gari Cave
AAA Advisory Council*

*Karen Jones
Long Term Care Ombudsman*

*Elias Nimeh
Senior Nutrition Program*

*Brittany Carraway
Senior Service Provider*

*Marie Pounders
Member at Large*

*Carol Schmidt
Member at Large*

*Marilyn Hamilton
Member at Large*

*Myra Lathrop
Member at Large*

*Roger Randall
Alternate Member at Large*

*Leonard Milstein
Alternate Member at Large*

*Peta Rimington
Alternate Member at Large*

*SLO County District Attorney
Representative*

*SLO County Mental Health
Representative*

*SLO County Social Services
Representative*

To: San Luis Obispo County Board of Supervisors

From: Kathleen Bellefontaine, Chairperson
SLO County Commission on Aging

**Projected Goals and Priority Senior Issues for
2015-2016**
Agreed upon by the membership of the SLO County Commission on Aging

Goals:

1) Collect information from Seniors about their challenges and explore ideas for solutions.

2) Continue to provide relevant and timely information to the Board of Supervisors and to the Public

Attachment B details Action Plan for each goal.

Priority Senior Issues:

1) Explore New Ideas & Update Past Ideas for Affordable Senior housing

2) Update on Mental Health Services for the Aging

3) Disaster Preparedness for Seniors

4) Look Into Outreach for those who may feel Isolated & Lonely

5) Look Into Care Management provided by Insurance Companies

6) Investigate Availability of Emergency Alert Systems

Attachment C is the record of member's votes for these issues.

cc: DSS

Projected GOALS AND PLAN OF ACTION for 2015-16

Addendum: Although the most current update to this information is March 21, 2014 these plans will be continued in fiscal year 2015-16.

COA GOALS	PLAN/ACTION
<p>1) Continue to collect information from Seniors about issues of concern to Older Adults and their solutions</p>	<p>PLAN: Collect information about Senior concerns through direct contact ACTION: ♦ Speaker Bureau venues where members discuss purpose of COA at community group meetings and request input on senior concerns. ♦ Members share issues at Commission meetings derived from <u>direct contact</u> with peers. ♦ COA Supervisor Reps & members coordinate efforts to become more acquainted with Senior Center directors and their needs.</p>
	<p>PLAN: Seek information already gathered by others ACTION: ♦ Create ad-hoc committee to review and incorporate Survey results collected by other agencies in the Community in advance of April, 2015 meeting.</p>
	<p>PLAN: Increase & maintain COA visibility. ACTION: ♦ Increase distribution of Rack Cards. ♦ Continue to publicize COA as platform for Senior input through electronic and print media and at Board of Supervisor meetings. ♦ Advertise meeting on the KCBX on-line Event calendar ♦ Revisit Hearing Advocacy outreach</p>
<p>2) Continue to provide relevant and timely information to Board of Supervisors (BOS) and the Public</p>	<p>PLAN: Define best practices for communication with BOS ACTION: ♦ District Representatives will continue to find unique ways to give input to BOS in order to pinpoint priority issues and/or solutions that COA discovers through Outreach. ♦ Commissioners will demonstrate support on current or pending legislation intended to improve quality of life for Seniors. ♦ District Reps communicate with their Supervisor prior to COA advocating at a Board Meeting.</p>

COMMISSION ON AGING PLANNING TIME 2015-2016

At the April COA meeting, members discussed and defined the needs that their peers are most concerned about. Ranking sheets with those topics were sent out to the members and returned to the Chair. The data from those sheets has been totaled. Results are as shown.

Priority THEMES	Topics to Focus on	Ranking Order	Top 5
Senior Housing	EXPLORE NEW IDEAS & UPDATE PAST IDEAS FOR AFFORDABLE SENIOR HOUSING	81	1
Isolation & Depression	UPDATE ON MENTAL HEALTH SERVICES FOR THE AGING	75	2
Safety for Seniors	DISASTER PREPAREDNESS FOR SENIORS	74	3
Isolation & Depression	LOOK INTO OUTREACH FOR THOSE WHO MAY FEEL ISOLATED & LONELY	74	4
Affordable Services for independence	LOOK INTO CARE MGMT PROVIDED BY INSURANCE COMPANIES	73	5
Safety for Seniors	INVESTIGATE AVAILABILITY OF EMERGENCY ALERT SYSTEMS	69	
Affordable Services for independence	INVESTIGATE CURRENT OPPORTUNITIES FOR NON-DRIVING SENIORS	65	
Senior Housing	INVESTIGATE UNIVERSAL DESIGN ELEMENTS IN NEW HOUSING DEVELOPMENTS	64	
Safety for Seniors	FIND OUT ABOUT THE PURPOSE & NEED FOR PUBLIC GUARDIANS & CONSERVATORS	64	
Isolation & Depression	ADDRESS ALCOHOL & DRUG ADDICTION IN THE SENIOR POPULATION	55	
Senior Housing	INVESTIGATE ZONING ISSUES AS THEY CURRENTLY INFLUENCE SENIOR HOUSING	51	
Isolation & Depression	EXPLORE THE LACK OF EMERITUS PROGRAMS AT LOCAL COLLEGES	33	

First choice for COA presentations 2015-16 will be based on the top 5 ranked topics but the other topics can be addressed when there is new and timely information available.

Based on Member Ranking Results @ 5-15-2015 by 15 members & 3 alternates.

Current membership is comprised of 16 (of 17) full members; 3 alternates