

**SAN LUIS OBISPO COUNTY
HEALTH COMMISSION**

Minutes of Meeting

Monday, February 10, 2014 (County Board of Supervisors Chambers)

Members Present: Lynn Enns (Chair), David Clous, Tracy Del Rio, Anne Quinn, Jean Raymond, Mary Jean Sage, Susan Warren

Members Absent: Ed Guarena, James Pope, Scott Smith-Cooke

Staff Present: Dr. Penny Borenstein, Jean White

Speakers: Emily Reneau (American Heart Association); joyce ellen lippman (Central Coast Commission for Senior Citizens)

Agenda Item	Discussion	Action	Who/When
1. Call to Order	Meeting called to order by Chair Enns at 6:00 pm.	<i>Call to Order</i>	<i>Chair Enns</i>
2. Approval of Minutes	Minutes of January 13, 2014 were approved as drafted.	<i>January 2014 minutes approved.</i>	<i>All</i>
3. Public Comment	Chair Enns opened the floor to public comment with no response.		
4. Presentation: American Heart Association – Programs/Impact	<p>Emily Reneau, Business Development Director for the American Heart Association, American Stroke Association’s My Heart. My Life campaign in SLO County, advised that February is “Heart Month,” and presented a Power Point overview on the effects of heart disease, talking about the key focus areas of the American Heart Association (AHA) and the programs and initiatives they focus on in each of these areas to improve quality & systems of care, provide education, and to empower & engage people to take charge & improve their heart health. Statistics show that cardiovascular disease and stroke are the no. 1 killers of Americans; that nearly 1 in 3 children and teens in the US are overweight or obese; and that less than 1% of Americans are in “ideal” cardiovascular health. Their 2020 goal is to improve the cardiovascular health of all Americans by 20%. The AHA is the largest voluntary health organization fighting heart disease and stroke. In 2011, they introduced their My Heart, My Life platform to promote physical activity and healthy eating. Ms. Reneau advised of two upcoming heart walks in SLO County: The Wine Country Heart & Stroke Walk on June 7, 2014 at the Summerwood Inn & Winery and the SLO Heart & Stroke Walk on Oct. 11, 2014 at the Avila Beach Promenade & Bob Jones Trail.</p> <p><u>Commissioner Questions/Comments:</u> Commissioner Warren suggested venues for providing more outreach & education to the Latino community. <i>(Ms. Reneau advised that they would like to do more outreach, but are limited in funding.)</i> Commissioner Raymond asked if they work with the Promotores Program of SLO County. <i>(Ms. Reneau is unfamiliar with this program, but interested, and asked Commissioner Raymond to forward her information)</i> Commissioner Del Rio asked for definition of “ideal cardiovascular health.” <i>(Ms. Reneau advised that ideal health is based on health measures for cholesterol, blood pressure, glucose, body mass, physical activity, smoking & diet.)</i> Ms. Reneau distributed a flyer on an upcoming presentation “Workplace Wellness” presented by Julian Varela, MS, MA, Wellness Director Compass Health Wellness & Prevention. This is a free breakfast event on April 9, 2014, 7:45 am, at the Old Custom House. RSVP to (805) 544-1505.</p>		
5. Presentation: Needs and Resource for	joyce ellen lippman, Executive Director, Central Coast Commission for Senior Citizens , provided a Power Point overview of the responses to the “2013 Elder Needs Assessment,” a survey by the Central		

Seniors in SLO County

Coast Commission for Senior Citizens/Area Agency on Aging (AAA), that was distributed to individuals and agencies throughout Santa Barbara and SLO Counties. 2,081 surveys were received; 800 from SLO County. Ms. Lippman provided a “snapshot” of the typical survey respondent (average age 75 years), and explained that the survey results were consistent with the AAA’s FY 2013-14 Operational Plan. The only notable exception was “living alone,” with over half of those self-reporting living alone, compared with the AAA Operational plan which identified 19% living alone.

Survey respondents responded to 6 questions and key findings confirmed people want to stay in their homes and need help. Understanding Medicare is the top need for less vulnerable groups and “not knowing who to ask” is the top thing that makes it difficult for seniors to get help. Top concerns are staying fit, concerns about Alzheimer’s and dementia, becoming dependent upon others and not having transportation in the future. For more vulnerable groups, the needs and concerns were more basic and included meals & food, help with shopping & errands, and homemaker, chore and personal care support.

The focus of the AAA is to continue to work diligently with the community to meet the needs of seniors, making sure seniors are aware of the programs and services available and how to access them. The Area on Aging prepares two publications: Santa Barbara Senior Resource Directory and the San Luis Obispo County Senior Information Guide (a copy distributed to commissioners). Volunteers are always needed.

Commissioner Questions/Comments:

Commissioner Clous asked if any changes have been made based on the survey results. *(Ms. Lippman noted that food & meals were at the top of the needs assessment for the first time in two decades, and that will be a top focus area.)*

Commissioner Clous asked how many seniors their program serves. *(Ms. Lippman advised that they serve 9,000-10,000 seniors per year in SLO and SB Counties through their programs and services. There are approx. 133,000 seniors in the two counties.)*

Commissioner Raymond asked about problems with an Advantage plan vs. a traditional plan and if the percentage of those going to an Advantage plan was increasing. *(Ms. Lippman talked about the most basic problem with Advantage plans being not understanding how an HMO works. About 25% of the Medicare population has an Advantage plan, but that percentage hasn’t been increasing.)*

Commissioner Sage noted the importance of educating family members/caregivers who are involved in the decision-making process. *(Ms. Lippman agreed -- many are unfamiliar with HMOs in our area and/or may be accustomed to enriched HMOs in the area they live.)*

Commissioner Enns commented on the complexity of Medicare plans. *(Ms. Lippman advised of a 90 minute “New to Medicare” seminar they offer. Information available on their website.)*

Commissioner Del Rio commented on the high cost of in-home supportive services for seniors and that people are frightened that their money will run out. *(Ms. Lippman agreed about the concern and advised that there are some in-home supportive services available for low income seniors.)*

Commissioner Del Rio commented that some of the numbers on the survey appeared low; she believes people minimize some of the things they need help with when they really need more help.

Commissioner Warren asked Ms. Lippman to talk about needs in our county related to care facilities for seniors. *(Ms. Lippman advised that SLO County does not have affordable residential care and assisted living facilities. Some facilities cost \$7,000-\$8,000 per month and the average senior cannot afford that. The fastest growing population by percentage are those people over 85 years of age.)*

<p>6. Consideration of Resolution - SLO County Commitment to “Health in All Policies”</p>	<p>Commissioner Del Rio referred to the draft resolution that was emailed to commissioners for their review and the proposed revisions submitted by Commissioner Enns. She asked for discussion. Kathleen Karle was present to answer any questions.</p> <p>Commissioner Warren referred to the 5th paragraph and asked that the words “largely avoidable” be deleted in front of “chronic illnesses such as heart disease, stroke and diabetes” and that the words “mental health issues and substance use disorders” be added. After some discussion, Ms. Karle suggested a way to do this would be to incorporate the words “mental health” into the first paragraph: All agreed.</p> <p>Commissioner Warren also referred to the proposed changes in the 3rd paragraph and would like the words “agricultural land and affordable housing” to remain. Commissioner Quinn agreed these are important to health and should remain in the document. After discussion, it was agreed to simply use the words “agriculture” and “housing.”</p> <p>Commissioner Del Rio read the resolution as edited. <i>A motion was made by Commissioner Sage to accept the resolution with the edits as read. Seconded by Commissioner Raymond. No further discussion. All in favor. Motion passed 7-0.</i></p> <p>The resolution will be scheduled for presentation at the County Board of Supervisors.</p>	<p><i>Motion passed to approve the Resolution -- “SLO County Commitment to “Health in All Policies”</i></p>	
<p>7. Health Agency / Public Health Report</p>	<p>Dr. Penny Borenstein, Health Officer, reported on the following:</p> <p>Affordable Care Act: The Health Agency applied for a grant through the Department of Health Care Services to do outreach & education for MediCal expansion, but was only awarded \$100,000 of the \$500,000 applied for, with 20K required to go out to Community Based Organizations. Behavioral Health will take over the grant.</p> <p>Affordable Care Act Network Providers: There are two plans operating in SLO County – Blue Cross and Blue Shield, with some confusion about which providers are in the networks, creating frustration for providers & consumers, who sign up for a particular plan based on a provider. The next ACA stakeholder meeting will focus on this issue with medical directors from both networks invited to speak.</p> <p>Influenza: Somewhat stabilizing. There have been 13 hospitalizations in SLO County to date.</p> <p>Life Saving Kit: There is a (Behavioral Health) bill that went into effect on Jan.1, 2014 that allows for individual maintenance of a life-saving kit. Naloxone, the prescription medication that counteracts the effects of opioid drugs, can be prescribed by a physician to patients & family members who have this kit. The next step in this legislation is for pharmacies to be able to dispense the medication without prescription.</p>		
<p>8. Health Commissioner Updates</p>	<p>Commissioner Sage reported that the Community Based Organization (CBO) Preventive Health Grant committee will be meeting regularly over the next 6 weeks to review 53 applications. She and Commissioner Clous have done a couple of site visits over the past 2 weeks.</p> <p>No further reports.</p>		
<p>9. Committee Reports</p>	<p>No committee reports.</p>		
<p>10. Prospective Future Items</p>	<p><u>March 2014:</u> Invite hospital reps to talk about compliance with ADA Title 111 regulations.</p> <p><u>Future:</u> Commissioner Raymond reported that she spoke with Commissioner Warren who is going to investigate the possibility of inviting someone local to talk about the biotoxin issue, possibly in June.</p>		
<p>11. Adjournment</p>	<p>Meeting adjourned at 7:50 pm.</p>	<p><i>Adjournment</i></p>	<p><i>All</i></p>