

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

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AGENDA

Meeting Date: Friday, November 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.

10:00 am **Call for a Quorum**

Call to Order

- Flag Salute
- Roll Lists
- Approval of Oct Minutes (Nov Minute Taker, Julie Macedo)
- Approval of Agenda
- Public Comment (2 minutes)

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

Presentation: Speaker: Alyce Crawford, Family Consultant with Coast Caregiver Resource Center.
Respite and Beyond for Caregivers of Loved Ones with Dementia

Unfinished Business:

- **Wrap up Discussion:** Essence of the Commission: Foundation & Future
- Vote for Officers & Hospitality Person: Slate. Kathleen Bellefontaine, Chair. Alice York, Vice Chair. Anita Shower, Hospitality. **ACTION Item**

New Business:

- Nominating Committee Report: Applications for February Re-Appointments and New Membership

Member Reports/Updates

- Chair
- Committees
- Peta Rimington
- Q&A re: Scams

Member & Guest Concerns/Questions

Other Announcements:

Next Meeting, January 16, 2015

SLO COUNTY COMMISSION ON AGING

Veterans Memorial Hall
801 Grand Avenue
San Luis Obispo
Minutes, November 21, 2014

Members Present: Maryanne Zarycka, Anita Shower, Judy Mishoulam, Shirley Summers, Alice York, Kathleen Bellefontaine, Marilyn Hamilton, Marie Pounders, Myra Lathrop, Roger Randall, Julie Macedo, Kelley Sexton, Brittany Carraway
Absent Peta Rimington, Carol Schmidt, Gari Cave, Elias Nimeh, Kianna Jackson, Leonard Milstein (unexcused)

Guests: Bill Knowlton, Mary Woodson, Dan Woodson, Dr. Richard Snodey, Liz Ruth (Rae's Representative)

Quorum established. Call to Order: 10:03 a.m. **Flag Salute.** Circulation of roll lists. **Oct Minutes:** Approved as written. **Agenda:** approved as written. **Public Comment:** none

Introductions of all members and guests. Julie Macedo of SLO County Behavioral Health announced her concern regarding the lack of affordable assisted living for poverty level income clients. She spoke about the creation of the County Behavioral Health crisis team that coordinates crisis care in the emergency rooms of local hospitals on a 3-11 PM shift. Finally, she announced she is retiring from County Behavioral Health this December and thus as representative to this Commission.

Presentation: Speaker Alyce Crawford, Family Consultant with Coast Caregiver Resource Center (CCRC).

Topic: *Respite and Beyond for Caregivers of Loved Ones with Dementia*

Alyce Crawford has worked for the CCRC for 24 years. She is a resident of SLO County and received her Gerontology Certificate from Cal Poly after receiving her BA from CSU Northridge in Sociology. The CCRC is one of 11 units in various regions of the State of California. Beginning in 1986, it is funded by the CA State budget through the Department of Health Care Services. It was begun to serve middle class families that are ineligible for poverty level services. Its services are offered free of charge to caregivers to reduce depression, increase social support, the competency of caregiver skills and allow the caregiver to take appropriate steps for self-care. Mary Sheridan, Executive Director of the CCRC in Santa Barbara, sees the caregiver as the invisible lynchpin that holds everything together in all brain impairment conditions. This Grant has been cut by 74% in the last few years.

CCRC's goal is to provide individual interventions targeting specific problems of care giving using assessment tools to gauge the level of support needed. Self-care is considered not selfish but necessary to the health of all care givers. CCRC interventions include:

1. A Respite Grant is available to all families and consists of 48 hours of care per client per fiscal year. This can be provided by health care agencies and take place in the home, for outings or activities. It can also be used at an Adult Day Center. When this grant ends, the CCRC will refer families to additional programs including the AAA Senior Homemaker Program where clients receive one visit per week for bathing and other personal chores. Alyce noted that there is a long wait list. Another option for a referral is Hospice of SLO where volunteers can provide respite care, but no personal care. Alzheimers Association currently has a Respite Grant through 2015, based on low income qualification.
2. Professional counseling is offered to those caregivers who score high on the assessment for depression and for burden overload. This service is contracted with local providers by the CRCC and is often times used at times of transitioning care.
3. Support Groups are offered to allow exchange of mutual conditions, offer support and information sharing. Meeting others on the same journey is a normalizing and helpful experience.

The CRCC is sponsored by the non-profit Rehabilitation program of Cottage Hospital. It is sponsored by grants from the CA Department of Health Care, SLO Foundation and by Dignity Health. She encourages others to

consider the increasing needs of elders with the current level of less than adequate funding and advocate for more financial support.

Alyce ended her talk describing caregiver supports that the Alzheimer's Association offer including education about caregiving, disease process and especially the dementia care education program called the "Savvy Caregiver". She also mentioned that President Obama had designated November as the National Caregiver Month to recognize those who heroically give of their lives to support other as their services are invaluable.

The Chair pointed out there is only one Adult Day Care facility in SLO County. It is located in Paso Robles. Alyce advised that PathPoint also offers adult day care for Vets and disabled.

Unfinished Business:

Wrap up Discussion: Essence of the Commission: Foundation and Future

Time at Oct meeting did not allow Anita Shower to summarize her perspective about COA hearing advocacy. She strongly suggests that work be continued to make SLO a hearing friendly community and especially focus on reducing sound levels.

Kathleen summarized the October discussion by emphasizing that the foundation for the importance of the Commission on Aging in our community consists of the representation of the following entities: SLO County Behavioral Health, Department of Social Services who manages IHSS and APS, People Self Help Housing and other housing programs, Area Agency on Aging, Senior Nutrition, Representative of each County Supervisor, members at large and their alternates who represent the community geographically. The future of the COA depends on these members to be present at meetings with their contributions of information and needs and to listen to the needs of Senior community members who contact COA or attend COA meetings.

Vote for Officer & Hospitality Offices:

The slate of officers was asked for statements. A vote was taken.

The slate of Kathleen Bellefontaine for Chair Alice York for Vice Chair, and Anita Shower, Hospitality was unanimously approved

New Business:

Nominating Committee Report: Applications for March Re-Appointments and New Membership

Marilyn Hamilton, Chair of the Nominating Committee, stated that there are 5 members at large and their alternates. Three of these positions are expiring in March 2015 and she said that this is the time for those interested to complete applications so that in January they can be presented; February voted on. Office terms begin in March of 2015.

Member Reports/Updates

Chair Report: Chair announced decision by exec committee that when a Member at large and their Alternate are both absent from a meeting when an ACTION vote is planned the Chair will choose another available Alternate to vote in their place.

Kathleen reported that she has attended several meetings this past month. *Adult Services Policy Council (ASPC)* (representatives from approx forty agencies). At the Nov meeting a discussion was held regarding the increasing need for more affordable senior housing. Chair hopes that COA will work with ASPC in this advocacy. Other information from the ASPC meeting included: Mark Shafer, Ride On director, announced that a new AP for smartphones is in development so that RTA riders may use their cell phones to determine schedules and arrival times. Joyce Ellen Lippman announced that the Area Agency on Aging will be gathering updated information for the 2015 Senior Information Guide in Jan 2015.

Other meetings attended: *Hearing Loss Association for America (HLAA)* October 14 meeting held in San Luis Obispo. Noni Smyth, President, announced that HLAA has enough volunteers in SLO County to establish a new county wide-resource center. COA Vice Chair will attend their meetings. Chair made available a handout regarding free phones with captioning and mentioned that the State has passed legislation for theaters to have

captions. *Mobility Management Workshop* (Oct 23) attended with Julie Macedo and Peta Rimington. *Prevent Elder Financial Abuse Training* Nov 3. *Injury Prevention Coalition* (Nov 14) meeting at the *Public Health Department*. Kathleen pointed out the need for affordable grab bar installation. *Board of Supervisors* Oct 21 meeting to support the HUD Grant. *Board of Supervisors* Nov 4 meeting to thank Supervisor Arnold for appt of Shirley Summers.

Chair distributed COA Meeting 2015 calendars and Guidelines for Advocacy to be placed in board member's binders.

Committees. No Committee Reports.

Peta Rimington: Unable to attend. Report will be postponed to future meeting.

Q & A re: Scams

Kelly Sexton of the District Attorney's Office spoke about the new Tech Support and Grandfather scams and passed out a handout to post or distribute in other venues. She discussed ways to prevent becoming a victim including not clicking on an email link, and to call instead. She spoke about package safety due to increasing theft on doorsteps and also about the "Green Dot" and Pay Pal money scams.

She encourages people to remember, if you didn't initiate the call, "just say 'No'," to agencies calling for donations or offers of freebies. Some of these should be reported to your local jurisdiction, either the local Police or Sheriff's office. At the SLO Sheriff's office Marsha Mann is the Officer in Charge of taking reports.

Lastly, she mentioned an upswing in mail theft especially in regard to taking checks and erasing the name and replacing it with the scammer's name. She suggested using gel pens as these are more difficult to erase than ball point ink. Drop mail in the post office rather than your mailbox.

Kelly also is making presentations with Stephanie Barclay regarding calling scams.

Member & Guest Concerns/Questions none

Other Announcements: none

Minutes submitted by Julie Macedo and reviewed by the Chair

Next Meeting: January 16, 2015