ADULT SERVICES POLICY COUNCIL

Working together to meet the health and human service needs of adults and seniors. Our vision is safe and supported adults & seniors with access to a full continuum of resources & independence wherever they reside.

Chair: Kathleen Karle, kkarle@co.slo.ca.us, (805) 781-4929
First Vice Chair: Marie Brinkmeyer, (805) 544-8740, rsvpslo@srvolunteer.org
Second Vice Chair: Tiffany Alcantara, (805)773-3744 talcantara@homeinstead.com

AGENDA
April 5 2013
9.00 – 11.00 a.m.

INTRODUCTIONS and ANNOUNCEMENTS
(New developments for the population, agency or program changes that affect other agencies or programs)

PUBLIC COMMENT (5 minutes or less)

DISCUSSION / INFORMATION ITEMS:
- Matthew Lysobey, Administrator, Arroyo Grande Care Center
- Grace McIntosh, CAPSLO

CORRECTIONS / ADDITIONS TO THE SYNOPSIS

ACTION ITEMS:
- Older American’s Month Proclamation

COMMITTEE UPDATES AS NEEDED: (10 minutes or less)
- IHSS Update
- Good Neighbor
- POLST Follow up

MEETING LOCATION:
Department of Social Services
1030 Southwood, San Luis Obispo

NEXT MEETING:
5/3/13
Adult Services Policy Council (ASPC) Meeting
April 5, 2013
Chaired by Marie Brinkmeyer

Attendees:
Karen Jones, LTC Ombudsman Services of SLO County
Edie Kahn, AIDS Support Network/SLO Hep C Project
Nancy Sutton, Alzheimer's Association
joyce ellen lippman, Area Agency on Aging
Meredith Bates, Bates Care Management
Krista Vega, CenCal Health
Grace McIntosh, CAPSLO
Gail Tutino, Community Health Centers
Kena Burke, Community Health Centers
Kat Lauterback, Department of Social Services
Emma Caballero, Department of Social Services
Kelley Sexton, District Attorney/Victim Witness Assistance
Jason Reed, Drug and Alcohol Advisory Board
Jean Raymond, French Hospital, Health Commission
Tiffany Alcantara, Home Instead Senior Care
Kelly Hannula, Independent Living Resource Center
Heidi McNichols, Probation Department
Marie Brinkmeyer, RSVP Senior Volunteer Services
Mark Shaffer, Ride-On Transportation, United Cerebral Palsy
Sally Ames, San Luis Coastal Adult School
Angie King, Senior Legal Services Project
Mike Bossenberry, Transitions-Mental Health Association, SLO Hotline
Jessica Devereaux, Wilshire Community Services
Martin Meltz
Theresa Merkle-Scott, CenCal Health
Carly Fox, Long Term Care
Angela Nelson, SLO Regional Rideshare
Kevin Drabinski, Field Representative for Assemblyman Katcho Achadjian

Introductions and Announcements
Marie Brinkmeyer Called the meeting to order by welcoming the group

Marie Brinkmeyer, RSVP Senior Volunteer Services
Announced a trip to the Huntington Library on May 18, 2013. The cost is $119.00, includes the trip and lunch. Bus pick up, SLO Veteran’s Hall. For additional information, please contact Marie at (805) 544-8740.

Angie King, Senior Legal Services
Announced Stephanie Barclay will be joining Sr Legal Services in June 2013
Meredith Bates, Bates Care Management
Announced the Water Aerobics program at Cuesta College. It’s currently going through some renovations. However, a “Grand Opening” is expected this summer. This is good for some non-impact exercises, muscle strengthening, cardiovascular, and socialization.

Nancy Sutton, Alzheimer’s Association
Announced the Brain Waves research symposium on 04/19/2013 at UCSB, 9a.m-5p.m. “Brain research so cutting edge NOVA will be filming"

Handed out “factsheet” - March 2013 Alzheimer’s disease Facts and Figures

Also mentioned for any of those that know Jessica, she is still pregnant. Baby was due two weeks from yesterday, 04/04/2013

Joyce Ellen Lippman, Area Agency on Aging
Announced Older Americans Month is May 2013

Handed out OAM nomination forms – If you would like to nominate someone, please turn in by 04/26/2013.

Awards will be presented at the Annual Older American’s Month Celebration Tea at the Embassy Suites in San Luis Obispo on Thursday, May 16, 2013 at 2:30 p.m. Cost: Nominee, plus a guest is FREE / Seniors $5.00 / Everyone else $15.00

Sally Ames, San Luis Coastal Unified School District
Handed out the Spring 2013 Older Adult Fitness Classes schedule

Cathy Villara Giumini, San Luis Coastal Unified School District
Announced - The Abilities Enhancement through Movement (AETM) exercise program. It’s designed for people who use canes, walkers, wheelchairs or scooter. Maximize your abilities, minimize your disabilities. Have fun while you learn movements from such disciplines as Tai Chi Easy, Yoga, Aerobics, and Strength training.

Kat Lauterback, Department of Social Services
Announced the state settled the lawsuit, and the settlement favors IHSS clients. Instead of a 20% reduction it will be 8%. This is good news for everyone. The 8% will go away over time, but no specific date. It will be across the board. It’s a win.

Also announced APS has been receiving substantial amounts of referrals. APS is requesting one new social worker.
Announced - The Annual Abilities Fair will be held May 31st from 10am-3pm at the Vets Hall. We need more vendors to participate, if interested, please contact Jason @ (805) 541-8747

Also announced the Senior Shuttle was approved for next year.

**Mark Shaffer, Ride-On Transportation/UCP**

**Martin Meltz (Marty)**

Handed out Benefits Advocacy and Resources Connections for Homeless (Benefits-ARCH) Community Service cards. The brochures are business card sized and contain referral information for various services. Agencies can purchase any quantity at cost from Burdine Printing in Arroyo Grande. Any organization can order for reasonable cost. A Spanish version will be coming out in a few weeks.

**Kena Burke, CHC**

Announced the Screening, Brief Intervention, and Referral to Treatment (SBIRT) Training by Dr. Thomas Freese, Ph.D. Director of Training - UCLA Integrated Substance Abuse Programs. This training will take place at the Embassy Suites in San Luis Obispo on **Friday, April 26, 2013 from 8:30am to 5:00 pm.** The cost is $30.00 per person.

**Elias Nimeh, Senior Nutrition Program**

Announced “The 6th Annual Night of a Million Meals” - Saturday May 11, 2013 at the Embassy Suites Hotel. The cost is $85.00 per person. Live and Silent Auctions

**Mike Bossenberry, Transitions-Mental Health**

Announced - The **Applied Suicide Intervention Skills training (ASIST).** It will be held on May 1 & 2 of 2013 (This is a TWO day training). There is a fee of $100 per person that covers cost of materials and lunch. He reminded the group that they can contribute to his Bowl-a-Thon team. He handed out flyers.

Announced the Mental Health First Aid Training, Saturday 05/18 & Sunday 05/19 from 10 am to 5pm at Transitions-Mental Health Association, 784 High Street, SLO. If you would like to register, please contact Jessica at (805) 540-6576

**Public Comment:**

None

**Discussion / Information Items:**
Matthew Lysobey, Arroyo Grande Care Center (AGCC).

Mr. Lysobey is an administrator at AGCC. He started off by saying; generally people do not want to go into nursing homes. The Arroyo Grande Care Center (AGCC) believes in making the nursing home a “home” for the residents. The facility is successful, in fact, they have received many awards. However, he still had concerns. He would observe residents slumped over in their wheel chairs, residents having trouble eating, and residents depressed. He then started asking why? What he learned was although the facility gives the residents the sense of ‘home’ they still needed meaning in their lives. They need to feel as they’re giving back. If you think about it, he said, people in nursing homes are just care receivers. The residents are just receiving and just thank us, as staff. So the Arroyo Grande Care Center decided to start a farm within their facility. At the farm, the residents grow their own produce by planting, watering, and harvesting. Once the produce is harvested, they take the produce across the street to Grandmothers Mobile Home Park and have a “free” farmers market. They hand our free produce to the residents of the Mobile Home Park. Matthew shared a video - In the video you would see residents in their wheel chairs watering and taking care of the vegetables. They interviewed a resident, and she shared how the garden made her happy. They interviewed Melissa, Director at AGCC. She shared how people take pride in doing everything for themselves. The residents plant the seeds and take care of them. The AGCC staff has seen a big difference in the residents. “They are happier”. This garden gives them an opportunity to do things for themselves. The residents from Grandmothers Mobil Park are appreciative too, as they are on a fixed income. Once the video was over, Matthew stated, life is more than being entertained. “It’s more meaningful to feel needed” Matthew shared an example of Gladys. She was a very depressed resident and did not want to leave her room. She would say, “I’m fine, just leave me alone”. About a month into the farm, Matthew let her know the “FREE” farmers market was coming up and they needed help. The Free farmers market was for the people that needed help. Matthew informed her they could use some help. She said, “Get me out of bed” Gladys’s daughter could not believe the change. Matthew shared how Velma Striker prompted the director to start this program. Now they even have adopted two pot belly pigs. He shared how there are other facilities doing similar things too. Mission View – They make soap and use the money for shelter. (Zero Cost) Bayside – Residents make dog biscuits – They sell and donate to Woods. Many from the group commended the Arroyo Grande Care center. One individual stated, this is what the country needs to do. Another member offered to donate seeds. She just happened to have some in her car. Matthew closed by saying, it’s not about the farm, it’s about the people.

Grace McIntosh, CAPSLO
As the County’s Community Action Agency, CAPSLO conducts a countywide Needs Assessment every two years to capture the economic and social factors impacting the wellbeing of low-income community members. In order to provide a comprehensive report, we need input from community stakeholders that directly serve the county’s low-income population. We need your input in terms of what you are seeing and hearing, and also what services are being provided, and where gaps in services exist. Please share any data, views, perspectives, ideas, and concerns that you think are relevant. Your name will not be used in the report, only your input and stories. Because of time she could not ask all the questions, but would ask a few.

How available are medical services for low-income individuals and families in the county?

**Theresa Merkle-Scott** - Stated the issue is specialty care. There is a need for Allergy, Orthopedic, Neurology, Dermatology, Endocrinology, and Gastroenterology

Feedback - No Detox facilities-It’s a huge issue.

Does SLO County need more Mental Health?

**Kena Burke** - Shared CHC screens for all Mental Health, as well as Drug & Alcohol. Its part of what the primary physicians do.

Feedback - Mental health, CenCal, Specialty Services, Primary to Specialty Care can be challenging.

Feedback – 2nd Tier that is not covered – Not yet disabled

**Grace McIntosh** - What are you hearing? – What are the issues? CenCal, Cuts to Medicare, No Shows, Non Compliance, Patients not being engaged, Dr's picking and choosing, Lack of resources.

**Kat Lauterback** – All age ranges, older and disabled. Accessibility to see a doctor or specialist. Do we have enough Dr’s that live and work in this area? Some conditions are chronic or just the flu

**Kena Burke** – Medicare reimbursements are very low in this area.

**Martin Meltz (Marty)** - Geographical profile limitations that require attention so that the reimbursement to San Luis Obispo County physicians for MediCare can be increased to be more competitive with other Co’s in Ca.

**Mark Shaffer** - $3000.00 more per month / Pay a penalty rather than pay employee benefits. What will the impact will be?

**Cathy Villara Giumini** – Suggested Grace talk to NAMI National Alliance on Mental Illness and get feedback from their Family to family program participants.
Cathy Villara Giumini - The reimbursement rates for rehabilitation services in this area are very low

Nancy Sutton – Not enough respect or care for dementia. Not meeting threshold for Medi-cal Cost of dementia surpassing Cancer/Heart

Grace McIntosh – Asked – How about for Seniors?

joyce ellen lippman from area of aging - Seniors are in denial. “I have no needs, I have a daughter”

Meredith Bates – Gay / Lesbian needs too

joyce ellen lippman – Attempting to obtain seniors information

Nancy Sutton – Showing signs of dementia – Sometime medical providers do NOT diagnose early on.

Kena Burke – Care coordination – Physician, electronic records will help. Health information exchange to share information.

Kat Lauterback – Need daycare centers / Specialties in geriatrics / Isolated, they cannot get out / Mental Health and Socialization

Grace Mcintosh - Said transportation is huge, $5.00 one way

Corrections/Additions to the Synopsis
March 2013 synopsis reviewed. Marie Brinkmeyer asked any corrections to minutes? Nancy Sutton - Corrections in spelling of name were identified. Teri’s last name is “Warkentin” not Warrentin

joyce ellen lippman – (Addition) - Add the theme “Unleash the Power of Age” into the proclamation. NOW, THEREFORE BE IT RESOLVED AND ORDERED by the Board of Supervisors of the County of San Luis Obispo, State of California, as follows: Proclaim May 2013 to be Older Americans Month and we embrace the theme “Unleash the Power of Age”. We urge every citizen to take time this month to recognize older adults and the people who serve and support them as powerful and vital citizens who greatly contribute to the community. Motion to approve the synopsis as corrected; Motion passed unanimously

Action Items:
Older American’s Month Proclamation

Committee Updates:
IHSS Update – None.
Good Neighbors – Mark Shaffer reported there continues to be a great need for volunteer drivers throughout the County.

POLST Update – Jean Raymond reported that quarterly POLST meetings will be held at Long Term Care Ombudsman’s office. June 12, September 11 and December 11. Additional information about POLST can be found on the Coalition for Compassionate Care in California website. POLST forms are available on-line and can be downloaded from http://www.capolst.org/.

The next meeting is May 3, 2013
9:00-11:00 a.m.
CAPSLO
1030 Southwood Drive, San Luis Obispo