**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: Sarah Woolsey (805) 781-1385  swoolsey@slocog.org
Immediate Past Chair: Andrew Jackson (805) 464-0108 ajackson@amdalinhome.com
First Vice Chair: Fred Munroe (805) 461-4150 fred@ridershipdevelopment.com
Second Vice Chair: Nicole Bennett (805) 541-7097 nbennett@cencalhealth.org

**AGENDA**

11.2.18
9:00 a.m. - 11:00 a.m.

**INTRODUCTIONS and ANNOUNCEMENTS:** (30 Minutes)

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

**PUBLIC COMMENT:** (5 Minutes or less)

**GUEST SPEAKERS:** (60 Minutes)
- Coast Caregiver Resource Center – Kendra Webster
- Central California Legal Services: Tashara Kuspa

**MEMBER COMMENT:** (5 Minutes)

**CORRECTIONS / ADDITIONS TO THE SYNOPSIS:**

**ACTION ITEMS:** (10 Mins)
- Approve October 5th, 2018 Minutes

**COMMITTEE UPDATES AS NEEDED:** (10 minutes or less)
- End of Life - Decision Making and Care
- Transportation
- Case Management

**MEETING LOCATION:**
Veteran’s Hall 801 Grand Avenue, San Luis Obispo

**NEXT MEETING:**
12.7.18
# Meeting Minutes

**Committee Name: Adult Services Policy Council**

**Meeting Purpose(s):** Working together to meet the health and human service needs of adults and seniors. Our vision is safe and supported adults and seniors with access to a full continuum of resources and independence wherever they reside.

<table>
<thead>
<tr>
<th>Leader:</th>
<th>Sarah Woolsey</th>
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<tbody>
<tr>
<td>Facilitator:</td>
<td>Sarah Woolsey</td>
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<td>Recorder:</td>
<td>Martina Tovar</td>
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**Meeting Called By:** Sarah Woolsey

**Time:** From: 9:00 To: 11:00

**Date:** Friday, November 2nd, 2018

**Location:** Veterans Memorial Building: 801 Grand Ave, San Luis Obispo, CA

**Members Present:**

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<tr>
<td>1.</td>
<td>Teresa Scott</td>
<td>8.</td>
<td>Fiona Phillips</td>
<td>15</td>
<td>Monica Anderson</td>
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<td>4.</td>
<td>Kendra Webster</td>
<td>11.</td>
<td>Nanci Lovelace</td>
<td>18</td>
<td>Citlaly Santos</td>
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<td>5.</td>
<td>Kathleen Bellefontaine</td>
<td>12.</td>
<td>Angela Viles</td>
<td>19</td>
<td>Sarah Woolsey</td>
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**Agenda Items**

- **Introductions and Announcements**
  - Members went around introducing their role in the community and organization. Laura Jamieson
  - Covered California has open enrollment now though January 15th
  - Free to apply
  - Contact Laura for more information
  - Jay Wells
  - Promoting into different position of Commander
  - Will get someone new to replace him
  - Joyce Ellen Lippman
  - 1of 10 contestants for Senior Valley Contest
  - Purpose of entering contest is to secure $5,000 grand prize to buy 1600 viles of life.
  - You can vote everyday
  - If you have Medicare clients HICAP is helping enroll clients for free
  - Jessica Devereaux
  - Like to invite everyone tomorrow at the plaza between 10:00AM-3:00 PM
  - Kathleen Bellefontaine
  - This will be our last year as chair of the Commission of Aging
  - As always looking for new members if interested
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<th>AGENDA ITEMS</th>
<th>COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)</th>
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| Barry Johnson | Poinsettias sales are here!  
$12.00 each  
All orders done online |
| Gina Hambly  | Public Authority has a wage increase for public providers  
In December it goes up to $12.00, but in January it goes up to $13.00  
California is really pushing the sign up for electronic timesheet system, great for providers! |
| Sarah Woolsey | Looking for member on transportation Social Services Advisory Council, contact Sarah if interested.  
SeniorGo! Is up and running.  
Full time travel trainer available, Peter. |
| Public Comment | NONE |

**Guest Speakers**

**KENDRA WEBSTER**

**COAST CAREGIVER RESOURCE CENTER**

*We provide caregiver support services in Santa Barbara, Ventura and San Luis Obispo Counties. We offer individualized consultations, and can often assist with short term respite and/or counseling costs.*

**MOST SERVICES ARE FREE OR PROVIDED AT LOW COST TO FAMILY CAREGIVERS.**

**CONSULTATION SERVICES**

- Support on caregiving issues, and impact of diagnosis
- Information regarding care options and community resources
- Short- and long-term care planning
- Respite and/or counseling grants
- Education programs
- Caregiver retreats
- Support groups

**COUNSELING SERVICES**

- Stress & fatigue due to unrelenting demands
- Anxiety or depression
- Self-care
- Frustration
- Understanding dementia-related behaviors
- Difficulties speaking with doctors
- Communicating with other family members
- Conflict about caregiving at home vs. in a facility
- Recovering from a loved one’s stroke
- Your loved one nearing the end of life
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</table>
| **RESPIE GRANTS AVAILABLE FOR UNPAID CAREGIVERS** | **RESPIE CARE INCLUDES BRIEF PERIODS OF TIME WHEN AN AIDE CAN COME INTO YOUR HOME TO PROVIDE SUBSTITUTE CARE, OR, WHEN THE PERSON YOU CARE FOR ATTENDS AN ADULT DAY CARE PROGRAM.**  
**RESPIE SERVICES INCLUDE IN-HOME CARE OR ADULT DAY PROGRAM SERVICES, AND ALLOW THE CAREGIVER TO ATTEND TO PERSONAL NEEDS WHILE ENSURING CARE FOR THEIR LOVED ONE.**  
**SHORT TERMS GRANTS ARE OFTEN AVAILABLE TO HELP PAY FOR THESE SERVICES.**  
**SUPPORT GROUPS**  
**SUPPORT GROUP MEETINGS ARE HELD IN A VARIETY OF VENUES IN THE TRI-COUNTIES AND OFFERED AT NO CHARGE.**  
**TO SCHEDULE A CONSULTATION, PLEASE CALL AERON HART AT THE COAST CAREGIVER RESOURCE CENTER AT (805) 569-8950, EXT. 1. SE HABLA ESPAÑOL**  
**TOLL FREE: OUTSIDE OF SANTA BARBARA (888) 488-6555, EXT. 1.**  
**E-MAIL: info@coastcrc.org.**  
**ADDRESS: 2415 DE LA VINA ST., SANTA BARBARA, CA** |
| **CONTACT** | **• OLGA REUENEZ (SAN LUIS OBISPO COUNTY) - (805) 451-2450**  
**• CAROL BRESS (SANTA BARBARA COUNTY) - (805) 569-8950, EXT. 4**  
**• BRENDA BIRDWELL (VENTURA COUNTY) - (805) 370-8711** |
| **TASHARA KUSPA** | **CENTRAL CALIFORNIA LEGAL SERVICES**  
**BY MAINTAINING A FOCUS ON ITS CLIENTS’ LEGAL NEEDS AND INTEGRITY OF ITS SERVICES, AN EXPERT STAFF SERVES THOUSANDS OF ELIGIBLE CLIENTS IN THE COUNTIES.**  
**PURPOSE**  
**THE PURPOSE OF CCLS IS TO FIGHT SOCIAL INJUSTICE, TO PROVIDE EDUCATION AND REPRESENTATION TO THE DISADVANTAGED AND TO MAINTAIN ACCESS TO THE LEGAL SYSTEM.**  
**SERVICES**  
**HEALTH**  
**HOUSING**  
**FAMILY VIOLENCE-HUMAN TRAFFICKING-GUARDIANSHIP**  
**UTILITIES**  
**EMPLOYMENT**  
**SENIORS**  
**VETERANS**  
**IMMIGRATION AND NATURALIZATION**  
**BENEFITS**  
**CHARITY CARE**  
**WORKING ON IMPACT LITIGATION** |
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<tr>
<td>DO DEAL WITH ANY INSURANCE PROBLEMS!</td>
<td>NOT JUST ACA/MC</td>
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<td>LEGAL ADVICE LINE</td>
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<td>1.800.675.8001</td>
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<td>Member Comment</td>
<td>MEMBERS NEEDED FOR SOCIAL SERVICES TRANSPORTATION COMMITTEE</td>
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<td>MEETS WEDNESDAYS FROM 12:15 PM-1:30 PM</td>
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<td>MEETS ABOUT 8 TIMES A YEAR</td>
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<td>Corrections/Additions to the Synopsis</td>
<td>NOTED. SYNONOPSIS APPROVED WITH CORRECTIONS.</td>
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<td>Action Items</td>
<td>NONE</td>
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<tr>
<td>Committee Updates as Needed</td>
<td>END OF LIFE-DECISION MAKING AND CARE</td>
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<td></td>
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<td>CASE MANAGEMENT</td>
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The next meeting is: Friday December 7th, 2018  Time: 9:00 AM  Location: CAPSLO: 1080 Southwood Drive, San Luis Obispo, CA