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: Fred Munroe  (805) 461-4150 fred@ridershipdevelopment.com
Immediate Past Chair: Sarah Woolsey  (805) 781-1385 swoolsey@slccog.org
First Vice Chair: Kim Chartrand  (805) 544-2266 Ext. 117 kimchartrand@hospiceslo.org
Second Vice Chair: Laura DeLoye  (805) 342-0956 ladeloye@alz.org

AGENDA
Friday, January 3rd, 2020
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)
• End of Life Doula Program
  Presenter: Shannon McOuat
  Volunteer Director at HSLO

MEMBER COMMENT: (5 Minutes)

CORRECTIONS / ADDITIONS TO THE SYNOPSIS:

ACTION ITEMS: (10 Mins)

COMMITTEE UPDATES AS NEEDED (10 minutes or less)
• Health Decision Making and Care
• Transportation

MEETING LOCATION:
Veterans Memorial Building
801 Grand Ave
San Luis Obispo, CA

NEXT MEETING:
Friday, February 7th, 2020
**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>Kim Chartrand</th>
<th>Meeting Called By:</th>
<th>Fred Munroe</th>
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<tbody>
<tr>
<td>Facilitator:</td>
<td>Kim Chartrand</td>
<td>Time: From:</td>
<td>9:00</td>
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<tr>
<td>Recorder:</td>
<td>Martina Tovar</td>
<td>To:</td>
<td>11:00</td>
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**Time:** From: 9:00 To: 11:00

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

**Date:** Friday, January 3rd, 2020

**Members Present:**

1. Sarah Lindeman
   Access Support Network

2. Laura DeLoye
   Alzheimer’s Association

3. Joyce Ellen Lippman
   Central Coast Commission for Seniors

4. Sandra Maez
   Home Instead Senior Care

5. Kim Chartrand
   Hospice of San Luis Obispo County

6. Jerry Mihaic
   Independent Living Resource Center Inc.

7. Karen Jones
   LTC Ombudsman Services of SLO County

8. Julieane McAdam
   Meals That Connect

9. April Lewallen
   Peoples’ Self-Help Housing

10. Oscar Martinez
    County of San Luis Obispo Probation Department

11. Michelle Shoresman
    County of San Luis Obispo Public Health

12. Elissa Feld
    Transitions-Mental Health Association

13. Paul Garth
    District 2 Representative

14. Sharon Coronado
    County of San Luis Obispo Libraries

15. Natalie Markis
    County of San Luis Obispo Public Health

16. Martina Tovar
    County of San Luis Obispo Department of Social Services

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<th><strong>AGENDA ITEMS</strong></th>
<th><strong>COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)</strong></th>
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| Introductions and Announcements | **ELISSA FELD**  
TWO OPPORTUNITIES TO ATTEND "JOURNEY OF HOPE!" ONE TAKING PLACE ON WEDNESDAY, FEBRUARY 5TH FROM 6:00 PM-8:00 PM AT NEW LIFE COMMUNITY CHURCH. THE SECOND EVENT TAKING PLACE, THURSDAY FEBRUARY 6TH FROM 6:00 PM-8:00 PM AT CUESTA, NORTH COUNTY CAMPUS.  
**MICHELLE SHORESMAN**  
OPEN ENROLLMENT IS STILL GOING ON. DEADLINE FOR APPLICATION IN ORDER TO START INSURANCE EFFECTIVE FEBRUARY 1ST!  
WE HAVE A NEW NURSE NAVIGATOR, NATALIE MARKIS!  
OUR COUNTY WAS AWARDED A FIVE-YEAR GRANT INITIATING WHOLE PERSON CARE.  
**JERRY MIHAIC**  
HAVE RECEIVED TWO GENERATORS, WHICH MAY BE LOANED OUT IF NEEDED.  
HOUSING PERSON IN OFFICE MOVED TO SANTA MARIA OFFICE, SO NOW THERE IS AN OPENING FOR ONE IN SAN LUIS OFFICE.  
**LAURA DeLOYE**  
SAVVY CAREGIVER WORKSHOP AND CONFIDENT CAREGIVER WORKSHOP AVAILABLE IN NORTH AND SOUTH COUNTIES!  
IF INTERESTED OR FOR MORE INFORMATION, CONTACT LAURA DeLOYE.  
SPACE IS LIMITED!  
**KAREN JONES**  
INTERVIEWS START TODAY FOR A NEW STAFF OMBUDSMAN COORDINATOR.  
**JOYCE ELLEN LIPPMAN**  
COME SHARE YOUR IDEAS AT THE 2020 LISTENING SESSION ON THURSDAY JANUARY 30 AT THE SLO CITY/COUNTY LIBRARY AND ALSO FRIDAY JANUARY 31ST AT THE SENIOR CENTER, 270 SCOTT STREET, PASO ROBLES, CA.  
FOR MORE INFORMATION, [WWW.CENTRALCOASTSENIORS.ORG](http://WWW.CENTRALCOASTSENIORS.ORG) OR CALL 805-541-0384  
**SHARON CORONADO**  
WE CURRENTLY HAVE A GAP IN SERVICE FOR ADULTS WITH DISABILITIES. PLEASE CONTACT ME IF YOU KNOW ANYONE WHO COULD BENEFIT.  
**KIM CHARTRAND**  
HOSPICE VOLUNTEER TRAINING IS STARTING SOON. IF YOU KNOW ANYONE INTERESTED, PLEASE SEND MY WAY. |
| Public Comment | **NONE** |
### Agenda Items

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<th>Guest Speakers</th>
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**End of Life Doula Program**  
*Presented by: Shannon McQuat, Volunteer Director of Hospice San Luis Obispo*

**Our Vision**  
We envision a community that recognizes death as a part of life; where dying and grieving are embraced as natural; where all have access to support services without charge; where no one dies or is left to grieve without comfort.

**Our Mission**  
We recognize death as a natural and personal event. In this spirit, we support the community in working with those near the end of life and the people who love them by providing in-home support, caregiver respite, grief counseling, support groups, community response and education. All services are offered free of charge.

They are completely volunteer based  
Do not charge for anything or work with insurance  
Rely on donations and grant funding  
Been around for 40 years  
1 out of 23 volunteer hospice left in the nation  
No limitations with condition

**Services**  
Provide in home services  
- Respite and companionship  
- Do not do personal care or anything related to nurse care  
- Do pet care, so they can stay with the owner until they pass  
- Provides music therapy support through Threshold Singers  
- Offers end of life doula program  
  - Modeled by a birth doula  
  - What music to listen to  
  - What picture to look at  
  - Identify all undone things that person would like done and help in all possible ways to assist them in completing them  
  - Talk about rituals  
  - Sit bedside during active vigil  
    - Active vigil is last 48-72 before passing  
  - Essential oils  
  - Some personal care  
  - Also will assist with after death care  
  - Guided imagery  
    - Create wonderful images and scenes of their favorite places or favorite things to make things easier for them to go at act of dying

**Grief Counseling**  
- Offer one on one grief support  
- Have a community response team  
- Anyone can receive anticipation of grief counseling  
- Serve 100 clients monthly

**Care Management Services**  
**Community Education**

**Funded**  
- Donations  
- Grants  
- Fundraising

**Contact**  
- 1304 Pacific Street  
- San Luis Obispo, CA 93401  
- Phone: (805) 544-2266  
- Fax: (805) 544-6573
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<tr>
<th>AGENDA ITEMS</th>
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<tbody>
<tr>
<td>Member Comment</td>
<td>NONE</td>
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<tr>
<td>Corrections/Additions to the Synopsis</td>
<td>TO REMOVE COMMENT UNDER SANDRA MAEZ STARTING WITH “NEW READY TO MEET…”</td>
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<tr>
<td>Action Items</td>
<td>SYNOPSIS WAS ACCEPTED WITH CORRECTIONS NOTATED</td>
</tr>
<tr>
<td>Committee Updates as Needed</td>
<td>HEALTH DECISION MAKING AND CARE</td>
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<td>WILL BE HAVING A MEETING THE OMBUDSMAN OFFICE ON JANUARY 15TH AT 3:00 PM,</td>
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<td>EVERYONE IS WELCOME!</td>
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<td>TRANSPORTATION</td>
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<td>HUGE THANK YOU AND SHOUT OUT TO AMDAL TRANSPORTATION FOR THEIR DONATED TIME AND SERVICES WHEN</td>
</tr>
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<td></td>
<td>NEEDED FOR A RECENT EVENT.</td>
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**The next meeting is:** **Friday February 7th, 2020**  **Time:** 9:00 AM  **Location:** Veterans Memorial Building-801 Grand Ave, San Luis Obispo, CA 93401