Meeting Date: Friday, March 18, 2016  
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 February, 2016 Minutes
- Approval of Agenda
- Public Comment (2 minutes)

Introductions:  Guests & Members; Agency introductions & updates

Presentation: “Services for a safe transition from hospital to home.”  
Speakers: Jean Raymond RN, MSN, CHF Program Coordinator Dignity Health; Lisa Thornhill RN BSN, Interim Director Sierra Vista Regional Medical Center; Michelle Blanc & Teresa Baudanza, Clinical Social Workers Twin Cities Hospital.

Unfinished Business:

Annual Report: Goals revision: Please review before the March meeting.

- **Goals:**
  - 1) Collect information from Seniors about their challenges and explore ideas for solutions.
  - 2) Continue to provide relevant and timely information to the Board of Supervisors and to the Public

- Priority Senior Issues: #4,5,6--Need ideas for speakers
  - 1) Explore New Ideas & Update Past Ideas for Affordable Senior housing
  - 2) Update on Mental Health Services for the Aging
  - 3) Disaster Preparedness for Seniors
  - 4) Look Into Outreach for those who may feel Isolated & Lonely
  - 5) Look Into Care Management provided by Insurance Companies
  - 6) Investigate Availability of Emergency Alert Systems

New Business:

Chair Report:

- Chair Updates: Yale Research (Feb 29); Transportation Mgmt. Coordination Center(Mar7)

Committee Reports:  Nominating, Hearing, Outreach

Member Reports:

Kiana—DSS Semi-Annual Report; Anita –Dwellforward; Alice—Morro Bay Senior Center

Concerns/Questions: Members and GUESTS

Other Announcements:

Next Meeting: April 15, 2016
 Members Present: Maryanne Zarycka, Anita Shower, Alice York, Judy Mishoulam, Kathleen Bellefontaine, Marilyn Hamilton, Myra Lathrop, Roger Randall, Kiana Jackson, Angela Viles, Brittany Carraway, Karen Jones, Peta Rimington,  
Absent: Shirley Summers, Tom Clough, Carol Schmidt, Tina Solomon, Julie Cox, County Mental Health  
Guests: Noni Smyth (HLAA), Priscilla Ko, Shelly Jackson (Bates Care), Fiona Phillips (PSHH), Bill Knowlton (senior peer counselor), Jodi Tellier, James Franklin, Scott Smith-Cooke, Jo Ann Hunt, Andrew Jackson (Amdal Transport), Clarett Vines, Erica Garcia (Hospice of SLO)  
Quorum Established:  
Call to Order: 10:03 am. Flag Salute. February Minutes and March agenda approved.  
Public Comment: none  

Introductions: Guests & Members  
1. Scott Smith-Cooke announced the formation of a pilot program for Home Share. He has agreed to be the financial officer (volunteer). They are looking for homeowners with a room to rent to seniors who are looking for low rent housing.  
2. Erica Garcia, reminded members of end of life services provided by Hospice of SLO County  
3. Noni Smyth reminded that Hearing Loss Association will hold a meeting on 3/26/16 at the Villages regarding advocating for services and understanding of this population’s need.  

Presentation:  
Services for a safe transition from hospital to home  
1. Jean Raymond RN, MSN, CHF Program Coordinator Dignity Health. Jean Raymond explained that CHF is short for Congestive Heart Failure. She described the importance of close communication between case manager, social worker, patient and doctor. Her duties include preparing patients with CHF for their return home by assuring that they or the person who will help them at home understand how to follow the Doctor’s orders. She also follows up with phone calls after a patient is discharged. It is important for each patient to have an advocate that can go to appointments with the patient, keep all discharge instructions, and keep important contact numbers by the phone. The case manager will also discuss economic factors with the patient. Medicare suggests that the patient is seen within 1 week from discharge in the Doctor’s office. This is highly recommended. Top reasons for re-admission are mistakes with medication and being sent to the wrong site for post-acute care.  
2. Lisa Thornhill, RN, BSN, Interim Director Sierra Vista Regional Medical Center. Lisa Thornhill described the role of the Case Manager. From arrival at the hospital it is their job to find out the history of the patient’s home, support system, expectations of care, who their “care partner” is that will help with meals, transportation, shopping, etc when pt returns home. She stressed the importance of having an advocate that the patient trusts. The Case Manager is a part of the hospital team that determines how the patient can get back into the community-not necessarily home. Then help set up the services that are needed. The safe discharge of the patient is most important. She explained Medicare rules that affect medical coverage for hospital stays and skilled nursing care.  
3. Michelle Blanc & Teresa Baudanza, Clinical Social Workers Twin Cities Hospital. Teresa and Michelle described the role of the social worker. Their assistance is needed when the hospital team finds a problem with providing a safe discharge. The social worker does a psycho-social evaluation to understand in more detail the risks the patient may face from frailty, mental illness, or lack of a support system. It is their job then to find the resources to improve the home situation to which the patient will be returning or find an alternative placement. Mental illness is pervasive and the hospital team looks closely at the risks at home for seniors.  

During the discussion that followed, Andrew Jackson spoke about the non-emergency transportation that his company, Amdal, provides for transitions home or to other facilities. They also have a “tuck in” service that allows them to stay with the pt up to 2 hours after the transport to help them settle in.
Unfinished Business:
- **GOALS:** In advance of this meeting, members received a copy of the GOALS on the March Agenda for their review and to offer suggestions. Chair received no suggestions through email or on this day. Therefore Exec Committee will finalize the language and members will vote on goals for 2016-17 at the April meeting.
- Priority Senior Issues: Suggestions for speakers.
  4) Look into (kinds of) Outreach for those who may feel isolated. Karen Jones suggested seeking speakers from Morro Bay P&R, Cambria Cares, or from CCPN or CenCal.

**New Business:** None

**Member & Committee Reports:**
1. **Chair Report:**
   - Chair thanked the members of the Executive Committee Anita Showers, Alice York, Myra Lathrop, Marilyn Hamilton (also Vice Chair and Nominating Com Chair!), and Tom Clough for the extra hours that they contribute for the sake of advising the Chair and guiding the Commission in its choice of speakers and other decisions that are made throughout the year.
   - Chair gave short summary of 2/29/16 meeting with Leslie Curry, Masters Student from Yale University School of Public Health and Meredith Bates, Care Manager in the County to talk about how a community of our size manages a move from hospital to home.
   - COA Chair invited as “stakeholder” --interested in improving transportation options for seniors-- to join the Ride On Director, Mark Shaffer, on March 7th for a conference planning call regarding the creation of a County-wide Transportation Management Coordination Center. A follow up meeting will take place at end of April with more community Stakeholders.
   - Chair spoke to Tony Navarro, County Planning and Development Dept, about the decrease in Grant from HOME for maintenance assistance funds for low income home owners and landlords in the new ACTION 2016 plan. He explained that monies will be used to help low income Los Osos homeowners to hook up to the new sewer system. Monies for maintenance assistance will not be available until 2017 fiscal year!
   - Chair encouraged members who attend Senior Centers to ask that the COA notice of monthly meetings be included in their Newsletters. SLO and Paso Senior Centers already do this.
2. **Committee Reports:**
   - **Nominating Committee:** Marilyn Hamilton re-introduced the members who were re-appointed to their positions on the commission at the February meeting. Described the accomplishments in the last 2 yrs that contributed to this re-appt. Carol Schmidt, Member at large: put together several panels for COA presentations about Senior Center & Fun Clubs; Peta Rimington, Alternate Member at Large, attended community workshops and other meetings with Chair re: housing & transportation; Brittany Carraway, Senior Provider: provided presentation on Peoples Self Help Housing, assists with meeting duties i.e. Minute taking and mike running; Kathleen Bellefontaine, member at large: thanked for her dedication to the success of the Commission as Chairperson.
   - **Hearing Committee:** Alice York announced that she is now on the Board for new Central Coast chapter of Hearing Loss Association of America. Alice described the French Hospital kits for deaf and hard of hearing patients. HLAA hopes to have other hospitals in the County follow French Hospital example. COA members are encouraged to help in advocating for this.
     Noni Smyth, president of HLAA, described the need for grant money from the Board of Supervisors to provide closed captioning for HLAA meetings @ $100 per meeting. She asked for a support letter from COA to BOS. **Due to Brown Act vote to approve a support letter will need to take place as an Action Item on the April agenda.**
   - **Outreach Committee:** No report.
3. **Member Reports**
   - Kiana Jackson, Department of Social Services Representative, Adult Services: Distributed the DSS Semi-Annual Report (July 2015-Dec 2015). She pointed out sections that describe the increase of
Medi-Cal cases in the last 2yrs, adult services provided in IHSS, APS, changes to IHSS provider regulations and contact numbers for offices throughout the County.

- Alice York reported on changes to leadership and goals at Morro Bay Senior Center.

**Adjournment:** 12:05pm

Minutes respectfully submitted by Alice York and reviewed by Chair