Meeting Date: Friday, September 16, 2016  
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 August, 2016 Minutes  
- Approval of Agenda  
- Public Comment -2 minutes

Introductions: Guests & Members; Agency introductions & updates

Presentation: “What to do if you feel sad and lonely?” Speakers Mike Bossenberry, Transitions Mental Health Association Coordinator of 211 and Traci Mello, Director of Senior Services for Wilshire Community Services

Concerns/Questions: Members and GUESTS

Unfinished Business:

- Nominating Committee  
  - Officers  
  - Members at Large  
- Priority Presentations and Advocacy Action  
  - Planning discussion

Chair Report:

Committee Reports: OUTREACH, HEARING

Member Reports:

Other Announcements:

Next Meeting: October 21, 2016  
Presentation: Medicare Enrollment Updates.  
HICAP Counselor Buff Lawson

Don’t miss the September 8 - 21 Tolosa Press Edition – Modern Senior Section  
“I Can’t Hear You!”
SLO COUNTY COMMISSION ON AGING  
Veterans Memorial Hall  
801 Grand Avenue  
San Luis Obispo  
Minutes September 16, 2016

Members Present: Anita Shower, Maryanne Zarycka, Shirley Summers, Marilyn Hamilton, Myra Lathrop, Kathleen Bellefontaine, Karen Jones (LTCOMB), Teri Elliott (Mental Health), Julie Cox (AAA), Brittany Carraway (PSHH), Angela Viles (DA Ofc), Misti Simms (DSS), Peta Rimington, Tom Clough  
Absent: Alice York, Judy Mishoulam, Roger Randall, Tina Solomon (Senior Nutrition), Rick Cohen  
Guests: Martina Tovar, Leann Booker, and Colleen Conway (DSS), Edward Merson, Millie Welling, Rev. Ian Delinger, Fiona Phillips (PSHH), Traci Mello (Wilshire), Mike Bossenbery (TMHA), Elinore Cottrell, Mary Lou & Rolf Railey, Luann Linquist, PhD.

Quorum Established:
Call to Order  
Flag Salute  
Roll Lists  
Approval of August, 2016 Minutes  
Approval of Agenda  
Public Comment: none

Introductions: Guests & Members; Agency introductions & updates
- Mike Bossenberry, Transitions Mental Health Association, TMHA
  - Walk to Fight Suicide: Out of the Darkness. Saturday October 8th 2016 Mission Plaza

Presentation: “What to do if you feel sad and lonely?”

Mike Bossenberry, Transitions Mental Health Association, TMHA
Coordinator of SLO HOTLINE:
- Mental Health Support  
- Resources and Referrals  
- Suicide Prevention  
- Crisis Intervention  
- Free & Confidential

80% of all adults have had thoughts of suicide at some point. Each one of us in the community can be a starting point/link to help others find resources. SLO Hotline helps individuals find resources. Staff has 70+ hours of training. Staff will assess if caller is in crisis and what kind of need. They also perform some follow up calls. SLO Hotline is contracted to receive AFTER-HOURS calls for County Mental Health Department (aka Behavioral Health). That agency answers their own calls during regular business hours, i.e. 8 am-5pm Monday through Friday. Substance abuse is considered a mental health condition, SLO hotline has resources for individuals needing detox and for families having to go through this process with the individual.

Traci Mello, Director of Senior Services for Wilshire Health & Community Services
Wilshire Community Services:
- Performs community service  
  - transportation  
  - minor home repair  
  - meal preparation  
  - housecleaning.  
- W.C.S. also provides Elder mediation  
  - this helps with guidance and navigation through difficult conversations with family.  
- Senior Peer Counseling:  
  - Counselors have 60 hours of training

There is a difference between sadness and depression. Sadness is a normal human expression and will get better. If you encounter individuals with sadness, talk to them (just say “how are you”). Sadness can sometimes be a loss of purpose. Volunteering can help. Participating at Senior Centers. If it seems to be getting worse, seek resources for depression.
Depression permeates every aspect of life. Symptoms may be Isolation, physical dishevelment, loss of interest in activities, change in weight, change in sleeping habits, excessive guilt. Thoughts of suicide five or more times. Symptoms may last two weeks or more. If you notice individuals not dressing anymore, in their pajamas a lot or not socializing. Talk to the them, reach out. It takes a community to support healthy aging. September 28th is national reach out to neighbor’s day.

**Concerns/Questions:**
- More volunteers needed for Wilshire Community Services in North County. How to reach newly retired Seniors? Put together a focus group on this need in North County?
- Millie Werling (Guest): Is there grief counseling for younger people?
  - Kathleen Bellefontaine informed that Hospice of SLO offers this service, even includes grief counseling for loss of pets

**Unfinished Business:**

**Nominating Committee Chair: Marilyn Hamilton**

**Officers:**
- Taking applications until October 8th for Chair and Vice Chair.
  - Vote in November
- Chairperson duties: Maryanne Zarycka asked Kathleen Bellefontaine how much time it takes to complete duties for this position
  - Kathleen responded around 40 hours per month. However, the COA is on her mind about 30% of the time. From April – July 1st the duties are most time consuming in preparing for annual report.
  - Karen Jones asked if a co-chair option is a possibility?
    - Kathleen responded that would be great
- Vice Chairperson duties:
  - Marilyn Hamilton responded that Vice Chair contacts presenters about need for Audio/Visual equipment two weeks before meeting. Also sends out thank you cards and sits on executive committee as Vice Chair once every three months for a 2-hour meeting. So a total of around 5 hours spent per month.

**Member Status:**
- One opening for member at large. Three openings for alternate member at large
  - So far 2 applications received. Applicants must have attended at least 3 meetings and be interviewed to be considered.
- Tom Clough is moving to position of community agency representative for Senior Volunteer Services

**Priority Presentations & Advocacy Action:**  

**Kathleen, Chair**
- Priority # 4 “Explore insurer’s role in Case Management for vulnerable seniors.”
  - Could use someone calling insurance companies to see if they have a case managing component for homebound patients
  - Suggestion made to invite speakers who sell supplemental insurance to present to COA about this
- Priority # 3: “Learn more about residential care facilities & alternatives.”
  - A presentation by our LTC Ombudsman, Karen Jones
- Opportunities for Advocacy: Bring ideas to meetings about
  - #1 Need for Medi-Cal assisted living waiver program in this County assistance to pay for residential care facilities.
  - #2 Promoting Accessibility
  - Karen Jones suggested that COA could use Tolosa press for a piece to reach out to public on advocacy

**Chair Report:** None

**Committee Reports:**

**Outreach Committee:**
Tom Clough (committee Chair) gave a report about our COA presentation to Senior Nutrition, August 16th, “The Hidden Poor; The Economically Challenged & Insecure; The Struggling to Get By.” The purpose was to get their critique about this presentation and we are looking for stories to include in the presentation. After the meeting, Wendy, Senior Nutritionist, put together a letter/outline for seniors to fill in and send out to all volunteer coordinators.
asking for stories. One of criteria looking at in stories, the senior in the story has to maintain dignity. Nothing to put them down.

Tom put together a handout for them with key elements of presentation about vulnerable seniors:

- Struggling to attain affordable housing caused by financial stress-high reservations
- Struggling with obtaining access to medical care, caused by lack of transportation or current medical condition
- Struggling to meet basic needs- food, shelter, medical, caused by limited financial resources
- Struggling to obtain In Home Supportive Services for personal care and home maintenance
- Struggling with living alone and the effects of Isolation and Loneliness

Tom met with Janna Nichols of the 5 cities *Homeless Coalition*. She is getting more requests from seniors that are having issues caused by financial insecurity, she is putting these stories together for us so we can consider them for our presentation. Janna also chairs the services committee for the Homeless Services Oversight Council and has approached Laurel Weir about us presenting our power point to the entire council. Also working with Wilshire to have a group meeting with staff that work for Traci, *Wilshire Community Services*. Hopefully they will participate with COA in critiquing the power point presentation and providing stories.

Julie Cox has suggested putting together a group of various *city departments* that we could present our power point to. Maybe illustrate some of the stories.

**Member Report:**

- Karen Jones, LTC Ombudsman:
  - County of SLO has a grant program through the Community Based Organization or Public Health Grant programs. That program may be a resource to fund free case management for seniors and disabled adults who cannot afford to pay privately for the service. The grants must be submitted by the end of January 2017. This opportunity is also being considered by the Adult Services Policy Council (ASPC) and it may be a chance for COA to partner with the ASPC on restoring this needed resource to SLO County. Currently, Hospice of SLO County is working on a separate grant for case management for some of their dementia clients. If they are successful in their efforts, they may be able to help partner on this effort as well. If COA wants to consider a partnership on this effort, it should be added to the agenda for a vote at a future meeting.

- Peta Rimington:
  - Attended meeting with action plan process
    - For people involved in development of properties, construction etc.
      - How to get grants
        - Matt Leaf County Planner and Ted Bench Senior Planner were there to answer questions

- Millie Worley (Guest):
  - Asked if there is such a thing as a mobile alert system. Resources for hearing aids.
    - Maryanne Zarycka Project Life Saver
    - Misti Simms offered to show Millie some of the handouts re: this question that COA has available to members and guests

**Meeting Adjourned** at 11:49am

**Next Meeting:** October 21st at 10:00am

Minutes respectfully submitted by DSS Admin Assts: Leann Booker & Martina Tovar and reviewed by Chair