

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

Meeting Date: Friday, January 20, 2017 **Time:** 10:00 am - Noon

Place: Veteran's Memorial Hall
801 Grand Avenue
San Luis Obispo, CA 93401

Members please RSVP to Co-Chair Roger Randall by email rogerdar@aol.com, if you are unable to attend this meeting.

10:00 am Call for a Quorum

Call to Order

- Flag Salute Roll Lists
- Approval of November, 2016 Minutes and Approval of Agenda
- Public Comment -2 minutes

Introductions: Guests & Members; Agency introductions & updates

Presentation: “Are there affordable legal, home maintenance and health screening services?”
Speakers, Grace McIntosh, Deputy Director, Community Action Partnership of SLO County and Stephanie Barclay, Directing Attorney, Senior Legal Services Project.

Unfinished Business:

- Planning Field Trip that supports goal to increase knowledge of COA Priorities

New Business:

- Nominating Committee:
Slate for Member at Large and Alternates appointments. Changes in position of 2 members.
Introduction of New Member applicant.
- Advocacy planning re: Caregiver Respite. March meeting

Special Reports: (5-10 min)

- Co-Chairs and Vice Chairs: Duties defined

Chair Report:

Committee Reports:

HEARING COMMITTEE: Alice York

OUTREACH: Maryanne Zarycka—Facebook; Tom Clough--PPT news; Rick Cohen--Tolosa

Member Reports:

Other Announcements:

Next Meeting: February 17, 2017

Don't miss COA article in the January 12-26 edition of Tolosa Press
“Who are you going to call?” Care Manager Cheryl Kippen, MS

SLO COUNTY COMMISSION ON AGING

Veterans Memorial Hall
801 Grand Avenue
San Luis Obispo

MINUTES January 20, 2017

Members Present: Maryanne Zarycka, Alice York, Anita Shower, Shirley Summers, Marilyn Hamilton, Roger Randall, Kathleen Bellefontaine, Karen Jones (LTCOMB), Teri Elliott (Mental Health), Tom Clough (Senior Volunteer Services), Brittany Venia (PSHH), Angela Viles (DA Ofc), Kiana Jackson (DSS), Rick Cohen

Absent: Judy Mishoulam, Myra Lathrop, Julie Cox (AAA), Peta Rimmington

Guests: Martina Tovar (DSS-Minutes), Lori Gomez (Victim Witness), Scott Smith-Cooke (HICAP), Sue Brigham, Anne Wyatt (HomeShare)

CALL TO ORDER: Quorum Established

Meeting called to order at 10:07 AM by Co-Chair Roger Randall

Flag Salute. November 2016 minutes: approved as written. Agenda: approved

Public Comment:

Anne Wyatt from Homeshare SLO announced that after three years in the process they are ready to operate.

The press release will be going out in the next week or so. For more information, you may go to

www.homeshareslo.org

INTRODUCTIONS:

Karen Jones, brought our attention to a new volunteer training that they are holding. More information will be going out. Also, there are new Federal Regulations to prevent nursing homes from requiring residents to sign binding arbitration agreements. The regulation is currently blocked by a Federal judge in Texas. *Maryanne Zarycka*, the new Facebook page is up under "SLOCOA". Please like and share. Angela Viles announced that Lori Gomez will be alternating with her as SLOCOA representative from the District Attorney Victim Witness Program.

PRESENTATION:

Grace McIntosh, Deputy Director, Community Action Partnership of SLO County

- Established in 1965
- SLO County's federally designated community action agency
- Part of America's poverty fighting network
- Serving 300,000 low income individuals and family
 - 2,072 are adults over the age of 55

Adult Day Center

- Only non-profit full day adult day care program in county
- Located in Paso Robles, CA
- Open Monday thru Friday 8:00 AM to 5:00 PM
- Social model day program for older adults with memory loss due to Alzheimer's and other types of dementia
- Nutritionally complete lunch provided by Paso Culinary Academy
- A variety of daily activities that promote socialization, physical movement and mental stimulation
- Open to everyone regardless of ability to pay

Energy Services:

- Licensed general contractor
- Free weatherization and minor home repair services to lower income households and services
- Services intended to:
 - Consume energy

Health and Safety Measures:

- Duct testing and sealing
- Combustion Air

Home Septic Services:

- Available at no cost to people age 60 or over throughout San Luis Obispo county and Santa Maria Valley
- Services are funded by the area on aging

Free Preventative Health Screening. Services Include:

- Blood Pressure, Pulse, Weight, Screening for Anemia, Blood Sugar, Cholesterol
- Nutrition and Healthy Lifestyle Counseling
- Call 805-544-2484 Option 1 with Any Questions or to Schedule A Lipid Panel
- Monthly Schedule can be accessed on line

Stephanie Barclay, Directing Attorney, Senior Legal Services Project

- Senior Legal Services Project serves San Luis Obispo County residents
- Provide free Legal Services to Seniors
- Grant from Area Agency on Aging
- Have 10-12 Attorneys
- Go to Senior Centers twice a month to take appointments
- See clients by appointments only
- Biggest areas they help with:
 - Elder Abuse
 - Housing issues such as eviction
 - Low-income estate planning

UNFINISHED BUSINESS:

Anyone who would like to organize a field trip to visit Senior Service Providers, please contact Kathleen by email.

NEW BUSINESS:

- Nominating Committee announced the Slate to be voted on at the February meeting
 - Reappointments for Members at Large: Myra Lathrop, Marilyn Hamilton, Roger Randall
 - Appointment to Member at Large: Rick Cohen
 - Appointments to Alternate Member at large: Anne Wyatt, Brittany Carraway
 - Openings: Two vacant Alternate positions, Senior Service Provider
- Advocacy Planning Regarding Caregiver Respite March Meeting:
 - Invite Supervisors, state senator and assemblyman to come meet in March
 - We really need county and state funding's to support our needs.
 - Commissioners who have sources in community that can help with this discussion please contact Chairs.
 - Karen Jones stated that we need to come to them with an action plan. She also stated, as of right now, there is not really any state funding.

SPECIAL REPORTS:

Duties of the co-Chair and vice-chair were passed around to review.

CHAIR REPORTS:

- Roger communicated with Vet's building management to confirm January COA room reservation and will continue to do so before each monthly meeting.
- Kathleen and Meredith Bates were interviewed by Yale research team in March 2016. She distributed brief update of their findings re: strategies for managing populations with complex, high-cost needs. SLO County was one of 16 communities in the Nation to participate.
- Kathleen Bellefontaine will be a speaker at the Home Builders Assoc Housing Summit, March 9th at Embassy Suites.

COMMITTEE REPORTS:

Hearing Committee:

-Alice York is trying to plan things in the community to promote hearing loss. Every month on a Saturday at the Palms at 10:00 AM they have a meeting. At this meeting they have an inner loop for people with hearing aids that can connect their speakers and hear better. What is being spoken is also being projected onto the screen word for word to read. At the next meeting, there will be a speaker talking about the latest hearing equipment. For more information, you may email, HLAACCC@gmail.com

Karen Jones received a grant for 11 new pocket hearing aids for individuals to borrow and use. She will bring one to meeting for us all to see and test out.

Outreach:

-*Maryanne Zarycka*, noted that the Facebook page is up and running and everyone please take the time to like the page and share it with your family and friends.

-*Tom Clough*, referred to the cover story in the Dec 1st edition of the New Times, "The Invisibles," which included interviews with several members of the Commission and cover picture of Senior Volunteer Services volunteer, Bernadine Barrow. He and Kathleen recently presented SLOCOA's power point, "Vulnerable Seniors" to about 60 people at a Housing Builders Association breakfast, December 11th. On January 25th they will be showing the PowerPoint to Wilshire Community Services. A revision of the SLOCOA PowerPoint which includes pictures has been posted on the Commission on Aging website. Tom is still currently looking to present PowerPoint to Board of Supervisors.

-*Rick Cohen*, is still submitting monthly SLOCOA article to the Tolosa press. The latest, "Who Are You Going to Call," written by Cheryl Kippen, offers in depth information about Care Management. Members who would like to submit or suggest a topic, please contact Rick.

MEMBER REPORTS: None

OTHER ANNOUNCEMENTS: None

MEETING WAS ADJOURNED AT 11:37 AM

MINUTES SUBMITTED BY MARTINA TOVAR AND REVIEWED BY CO-CHAIR ROGER RANDALL
NEXT MEETING: FEBRUARY 17TH, 2017