

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

Meeting Date: Friday, March 17, 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 Randall by email or 534-9726, if you are unable to attend this meeting.

10:00 am Call for a Quorum

Call to Order

- Flag Salute Roll Lists
- Approval of January 2017 Minutes and Approval of Agenda
- Public Comment -2 minutes

Introductions: Guests & Members; Agency introductions & updates

Presentation: "Caregiver Relief: Support and Services for Families Dealing with Dementia"
Sonya Branco, Director, Alzheimer's Association; Mara Whitten, Manager North County Adult Daycare Center

Unfinished Business:

- Nominating Committee:
ACTION ITEM: Vote for Slate of Member at Large and Alternate and *Senior Service Provider* appointments (see attachment).
- Planning Field Trip that supports goal to increase knowledge of COA Priorities

New Business:

- Leave of Absence:

Special Reports: (10 min)

- Suzan Ehdaie: Home and CDBG Funding proposals that affect Senior Housing
- Maryanne Zarycka—Facebook—LIVE experiment for Facebook deniers. Facebook users might wish to share your devices with these deprived fellow members...

Chair Reports:

Roger Randall
Kathleen Bellefontaine

Committee Reports:

HEARING COMMITTEE: Alice York

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

Member Reports: (3-5 min)

- Scams
- Other

Other Announcements:

Next Meeting: April 21, 2017

SLO COUNTY COMMISSION ON AGING

Veterans Memorial Hall
801 Grand Avenue
San Luis Obispo

MINUTES March 17, 2017

Members Present: Maryanne Zarycka, Alice York, Anita Shower, Shirley Summers, Judy Mishoulam, Marilyn Hamilton, Roger Randall, Kathleen Bellefontaine, Tom Clough (Senior Volunteer Services), Brittany Venia (PSHH), Lori Gomez (DA Ofc), Misti Simms (DSS), Rick Cohen

Absent: Teri Elliott (Mental Health), Karen Jones (LTCOMB), Myra Lathrop, Peta Rimington

Guests: Martina Tovar (DSS-Minutes), Kathleen Sullivan (Dignity Health), Don Ice, Deborah Bayles (Hospice of SLO), Hunter Snider (Monning Rep), Desiree Garcia (DA Ofc), Michelle Bechard (DSS), Tina Solomon (Meals that Connect), Anne Wyatt (HomeShare), Cindy Diebert (AAA), Sarah Trauger (Rideshare)

Photograph of Members for future Rack card. (Photographer, Dennis Eamon Young)

Call to Order: Quorum Established

Meeting called to order at 10:13 AM by Co-Chair Roger Randall.

Flag Salute. January 2017 minutes approved as written. Agenda approved.

Public Comment: None

Introductions:

Kathleen Bellefontaine, brought to our attention that Peta Rimington has resigned due to her being on hospice. A card was passed around to sign.

Anne Wyatt, announced that if anyone is in need of housing please visit www.homeshareslo.org. They currently have 5 homes ready to go.

Tina Solomon, announced that Senior Nutrition went through a rebranding. They are now called **Meals that Connect**.

Cindy Diebert, announced that Area Agency on Aging Older American Month Tea will be May 22, 2pm at Sierra Vista. She encouraged members to advocate for AB 859, AB728 and AB796.

Presentation: "Caregiver Relief: Support and Services for Families Dealing with Dementia"

Sonya Branco, Director, Alzheimer's Association,

Under Sonya's direction our local Alzheimer's Assoc. provides:

- 90 classes from Paso Robles to Nipomo. To be educated is very important with this disease.
- Provides 10 support groups--Two support groups offer respite
- A support group in San Luis Obispo that is for the newly diagnosed
 - This class is the 3rd Tuesday of every month

Sonya is an advocate for research & described most current facts

- Alzheimer's kills more people than breast cancer
- There are 54 different types of dementia
 - Alzheimer's is about 70% of it
- There is no such thing as a touch of Alzheimer's
- Dementia means the brain is literally shrinking
- 1 in 6 seniors *with dementia* will wander off
- #1 cause of dementia is caused by a stroke, 2nd is vascular dementia, 3rd is Parkinson's, 4th is Louie bodies
- Reversible Types
 - Thyroid
 - Alcohol and drug abuse
 - Vitamin

There are Respite funds available for caregivers. Contact her office for more info.

Mara Whitten, Manager CAPSLO Adult Daycare Center

- Mara explained the need for respite care and described the history of the only Adult Day Care in the County. 10,000 people in our county with Alzheimer's disease. The Center opened in Templeton in 2004 and is now located in Paso Robles. No medical staff. Only provides supervision and social. They are open Monday to Friday 8:00 AM to 5:00 PM.
- What is the Adult Daycare Center?
 - Opportunity to get out of house and receive mental and social stimulation
 - Giving caregivers a much needed break
 - Support for families
 - Provide respite, information and emotional support
- Mission: to provide a safe, caring and stimulating day program for older adults experiencing memory loss or dementia related to Alzheimer's disease. They evaluate each client before they enter daycare center
- Activities:
 - Arrange a schedule to what fit's best for client and care
 - Twice a month they have companionship and care therapy with dogs
 - They exercise every day and modified yoga class
 - Lunch is provided by Paso Robles Culinary School
 - They have art appreciation class
 - Try and go on walks every day or sit outside
 - Music is always part of every day
- Ability to pay: There is a suggested sliding scale donation based on the household income, but no one is turned away due to their inability to pay. Center has a contract with the VA and they pay for them to attend the daycare center.
- Staff ratio is 1 to 5

Kathleen Sullivan, French Hospital. Invited to comment about any possibility of more involvement by hospitals in Adult Day Care. Kathleen expressed that the need is understood and French would like to partner with COA in looking for solutions.

Unfinished Business:

Nominating Committee: Marilyn Hamilton, Nominating Committee chair stated the slate. Re-appointments to member at large: Randall, Hamilton, Lathrop. New member at large: Cohen. New Alternates: Wyatt and Venia. New service provider: Trauger.

There was a motion to accept the slate by Maryanne Zarycka and seconded by Judy Mishoulam. The slate was adopted by unanimous roll call vote.

Planning Field Trip: postponed due to no involvement

New Business:

Leave of Absence, it was approved to grant Myra Lathrop a 3 month leave of absence due to her husband's health. This will be effective as of March 17th, 2017

Annual Report, next meeting make sure to come with topics we think are most important to take action on.

Please bring a list of proposed top advocacies.

Special Reports:

Maryanne Zarycka: Make sure to go to Facebook page and "like" SLO Commission on Aging page. Maryanne also read the policy and procedure written for the Facebook page.

Chair Reports:

Roger Randall, Get information to Roger for annual report as soon as possible.

Kathleen Bellefontaine, Julie Cox has resigned from Area Agency on Aging and Cindy D. is representing the AAA, today. March 9th at the Workforce Housing Summit put on by HBA, EVC & Chamber of Commerce, Kathleen spoke about the housing needs of Seniors. Alice York volunteered to represent the Commission on Aging.

Committee Reports:

Hearing Committee, *Alice York*: Every 4th Saturday of the month, 10 AM at the Palms, the Central Coast Hearing Loss Association holds a meeting. Meeting room is looped for hearing aids with T Cells for better communication. This month's HLAA meeting featured information about how to set up reverse 911 on your LAN & Cell phones. There is also a special HLAA & Cuesta College program on cochlear implant procedures to be held Saturday March 25th from 9:00 AM-2:30 PM at Cuesta College.

Outreach, *Tom Clough* reports that he and Kathleen presented the COA PowerPoint at Wilshire Community Services. Good turn out and everyone was very interactive. Tom drafted a letter to French and Sierra Vista hospital regarding the Commission on Aging outreach. He proposed that we present the PowerPoint to their staff. In future Tom & Kathleen wish to present at BOS meeting. Tom reminded members that PowerPoint on the SLOCOA Website added photos (in 2016). Tom also contacted *New Times* in hopes of them considering doing an article on the Commission on Aging recent program on serious issues facing those with cognitive impairment.

Rick Cohen, announced if anyone has any articles or topics for the Tolosa press to please contact him. Kathleen circulated the latest article, "Be Cyber Savvy" for member review.

Member Reports:

Scams, *Lori Gomez*, from Victim Witness Ofc, described recent scam callers who tell victims there is a "gag order" and if they tell anyone or go to the police there will be repercussions. She also noted that if anyone is wrongly told to send money through *Western Union*, they have 48 hours to stop the funds from going through. The IRS never calls you. They only go through mail. There are two reporting sites you may go to, one is the FTC and the other is www.ic3.gov.

Lori reports that SLO DA's ofc is currently meeting quarterly with both Ventura and SB County DA's Office and community partners to discuss current SCAMS, ways that we can help reduce these type of crimes and protect our Elder and Dependent Adults.

Desiree Garcia, also from SLO VW office, mentioned that we are in need of ideas/partners to help form a support group **in our area**, for individuals who have fallen victim to the various SCAMS currently happening.

Other, *Sarah Trauger*, announced her event, Mobility Management Workshop, will be held on April 13th, 2017 at 11:00am at the Veterans Hall in San Luis Obispo.

Other Announcements: None

Meeting was Adjourned at 11:59 AM

Minutes Submitted by Martina Tovar and Reviewed by Co-Chair Roger Randall

Next Meeting: April 21st, 2017