

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

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

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

Please RSVP to Co-Chair Kathleen Bellefontaine 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 September 2017 Minutes and Approval of Agenda
- Public Comment -2 minutes --Senior needs

Introductions: Guests & Members-- Agency introductions & announcements

Presentation: Buff Lawson, Registered HICAP Counselor. “Medicare Open-Enrollment, Tips and Changes for 2018.”

Special Report: "Improving access to Life-Saving medications" Sarah Montes Reinhart, Executive Director Alliance for Pharmaceutical Access.

Unfinished Business:

Nominating Committee:

- Election of Officers for 2018
- Discussion of the need for new member applicants

New Business: none

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:

- Members
- Consumer Fraud alerts

Other Announcements:

Next Meeting: November 17, 2017

SLO COUNTY COMMISSION ON AGING

Veterans Memorial Hall
801 Grand Avenue
San Luis Obispo

Minutes October 20, 2017

Members Present: Maryanne Zarycka Dist 1, Anita Shower (Dist 3), Judy Mishoulam (Dist 4), Shirley Summers (Dist 5), Marilyn Hamilton, Kathleen Bellefontaine, Roger Randall, Tom Clough (SVS), Lori Gomez and Angela Viles (DA Ofc), Teri Elliott (Mental Health), Michelle Bechard (DSS), Sarah Trauger (RideShare), Brittany Venia,

Absent: Alice York (Dist 2), Myra Lathrop, Rick Cohen, Cindy Deibert (AAA), Karen Jones (LTCOMB), Anne Wyatt

Guests: JoDee Bob (DSS-Minutes), Mardi Geredes, Jan Hastings & Paula Westbrook & Sandy Stallings (SLO Senior Center), Caitlin Cox (Carbajal Field Rep), Cosima Hopper, Stephanie Teaford (HomeSahreSLO), Whitney Gordon (FCPP), Jocelyn Brennan (Assemblyman Cunningham Rep), Scott Smith Cooke (HICAP), Kathleen Ruiz **SPEAKERS:** Buff Lawson (HICAP), Sarah Reinhart (APA Meds)

Call to order by Kathleen Bellefontaine: 10:02am

Flag Salute. Approval of September 2017 Minutes as amended with a change in the minutes to include Sarah Trauger's email address.

Public Comment:

Gentleman did not give his name. Stated that he was homeless and was here to find out how to get a piece of land. He can build his own home, just needs a place to do so.

Special Report:

Jocelyn Brennan, district representative for Assemblyman Jordan Cunningham. SB17 bill passed. The bill requires drug companies to notify the public and those people buying prescription drugs 60 days ahead of time that an increase of at least 16% is taking place.

Introductions:

Brittney Venia, People's Self-Help Housing, -Distributed Area Agency on Aging needs assessment surveys for older adults ages 60 and older. Can be mailed or completed on line at Centralcoastseniors.org

Tom Clough, Senior Volunteer Services, - Fundraiser Tea and Fashion Show Sunday, November 5 from 2-4pm at Mindbody, SLO.

Presentation:

Medicare Open-Enrollment, Tips and Changes for 2018," presenter Buff Lawson, HICAP Certified

Counselor. Open Enrollment October 15 to Dec 7, 2017. Buff explained that the sole purpose of HICAP is to help people understand Medicare. HICAP does not sell anything. There are no agents, brokers, insurance companies or HMO's. Confidential counseling available by appointment by a network of local volunteers trained and registered by California Department of Aging. Buff explained in great detail essential information to understand the current choices and changes. That explanation can be found in the **PowerPoint slides—see attachment.** Buff announced that new Medicare cards will start being sent out in April of 2018. Medicare must have recipients' current mailing address.

Sarah Reinhart, Director of Alliance for Pharmaceutical Access, explained that this Program is open to anyone of any age that might be jeopardizing their health because they can't afford their medication. This program can assist those in the donut hole found in Medicare. APA will search to see what is out there that can help people during this time in their coverage. This program works in conjunction with local doctors. It requires a letter from your doctor or a prescription. These programs can be searched on your own computer. (www.apameds.org) (805)614-2040 APA is a Non-profit and currently looking for volunteers.

Unfinished Business:

Marilyn Hamilton – Announced the slate for officers for the coming year: Kathleen Bellefontaine and Roger Randall for co-chairs, Maryanne Zarycka for vice chair. The Commissioners will vote on the slate at the November 17th meeting. Marilyn also announced that Mardi Geredes has been nominated for alternate member at large and that vote will also take place at the November meeting. There are openings for two alternates.

Mardi introduced herself and spoke about her professional and volunteer background.

New Business: None

Chair Reports:

Roger Randall attended ASPC meeting in October heard speaker from “Meals that Connect”. Serves shut-ins and group dining. There is no age limit in some cases and no cost, no matter the income level. Donations are accepted.

Kathleen Bellefontaine distributed a roster for the binder that includes member appointment information. Kathleen attended Board of Supervisors meeting in September where the annual report was presented. She was given 3 minutes to speak of what is on the agenda for COA. Kathleen also participated in the SLOCOG meeting to discuss Regional Senior Shuttle Options. Sarah Trauger mentioned that senior transportation is undergoing some changes currently. A draft of various senior transportation options was reviewed at that meeting. This draft memorandum was shared with COA members, and can be made available to anyone with a call or e-mail to Sarah: (805) 781-1385 or strauger@rideshare.org.

Committee Reports:

Hearing Committee -Alice absent, Kathleen passed out information regarding the October 21st Hearing Loss Association meeting with a topic of “Let’s talk about hearing tests.”

Tolosa-- Rick absent. Kathleen commented that COA has a monthly article in the Modern Senior Section of Tolosa Press. She circulated a copy of the October article, “Affordable Housing and More for Seniors” written by Brittany Venia of Peoples’ Self Help Housing.

Facebook-- Maryanne Zarycka – Facebook commercial. Like our page. Search SLOCOA.

Outreach Chair-- Tom Clough –Will be providing article for Tolosa Press in December targeting the financial insecurity of the senior population.

Member Reports:

Judy Mishoulam, Supervisor Compton’s COA Representative. Nipomo Senior Center is having flooring installed at no cost by a group of carpenters that pick a few businesses to do free work for. January 13, 2018 they will be installing the floor at the Senior Center for free.

Anita Showers – Anderson Hotel offers lunch Monday through Friday beginning at 11:30am. Meals that Connect provide those meals.

SCAMS:

Lori Gomez, District Attorney’s Office.

- People selling pets on Craigslist and then the pet never arrives after they have been paid for.
- Disaster Fundraising, be cautious and check the information well. Latest: Compassion Fund for the Las Vegas shooting

Kathleen- When opening her desktop computer, message on computer took over the screen stating that Microsoft cannot open. Unplugged computer and turned it on a few days later, message was gone and computer operating normally. Found out that it was a scam that wanted people to pay money to fix it. Unplugging the computer and waiting a while is recommended.

Robo call – Emergency Response system saying that they have a package for you.

Other Announcements:

Alzheimers Walk, October 28.

Roger Randall – Congress passed a law effective November 11, 2017 people separated from the service with honorable discharge can now purchase items at PX’s/ VX’s. Go online search PX fill out the form to verify that you qualify. Once confirmed you can now order from PX’s online, not in the stores themselves. No taxes assessed. Lower prices.

Meeting adjourned: 11:37am

Minutes Submitted by JoDee Bob (DSS). Reviewed by Co-Chairs