SAN LUIS OBISPO COUNTY
COMMISSION ON AGING
www.slocounty.ca.gov/coa.htm

Meeting Date: Friday, May 18, 2018    Time: 10:00 am - Noon
Place: Veteran’s Memorial Hall
       801 Grand Avenue
       San Luis Obispo, CA 93401

Please RSVP to Co-Chair Roger Randall by email or 805 534-0726, if you are unable to attend this meeting.

10:00 am    Call for a Quorum
Call to Order
• Flag Salute    Roll Lists
• Approval of April 20, 2018 Minutes
• Public Comment -2 minutes

Introductions: Guests & Members; Agency introductions & updates

Presentations: Just the Facts: Agencies that Help Seniors Age in Place. Elaine Clark, Owner, Monarch Care; Mary McLusky, Senior Helpers; Kelly, Allchin, Visiting Angels

Special Reports: (5-10 min)
• Executive Committee Meeting of May 7, 2018
• Membership changes

Unfinished Business:
• Circulation of Draft of Annual Report for comment
• Future Programs
• Publicity: Rack Cards

New Business:
• Binders

Chair Reports: Kathleen Bellefontaine; Roger Randall

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

Member Reports:
• Scam Report
• Members are welcome to report on current affairs in the Senior community that are of interest to all.

Other Announcements:

Next Meeting:
       June 15, 2018
Call to Order: 10:01am
Flag Salute.

Vote to approve April 2017 Minutes. Minutes adopted as prepared. Sarah Trauger abstained due to her absence in April.

Public Comment: None

Introductions: Guests & Members-- Agency introductions & announcements
Kathleen Bellefontaine
- Reminder: AAA Older American Month Tea, May 31st. Make reservation $5.00 dollars. Event @Sierra Vista
- Announcement: Alzheimer’s Fair Caregiver June 26. COA will be sharing a booth w/someone. Please email Kathleen if you would like to represent COA at a table-- @Avila Beach Community Center
- Shingles & Pneumonia Shots-- available at the SLO Senior Center, June 14th from 10-12-- (whether you’re a member or not). But you need to call the Senior Center and get on a list with your name and phone number only. Rite Aid will check on the Insurance coverage for these shots and contact patient.

Laura Jamieson, Health Care Access Navigator w/ County of San Luis Obispo
- Helps people who are having trouble accessing care, getting coverage, provides insurance coverage applications through Covered California. Can help with Medical or Covered California, ages 19-64 (if you know someone who doesn’t have insurance between this age range please have them contact Laura)
- Also helps people that have special needs such as mental health or other disabilities in the process of signing up for Medi-Cal. Laura provides one on one interviews to clients.
- ISP-Program that helps uninsured people pay for medical treatment they received after an emergency. (Must be citizens of the United States or Permanent Residents, Must be low-income adults)

Presentation: Agencies That Help Seniors Age in Place
Elaine Clark, Owner of Monarch Care
Contact Information: 3220 South Higuera St., Ste 225, San Luis Obispo, CA 93401(PH) 805-542-9740.
(Email) info@MonarchHomeCare.net (Web) www.MonarchHomeCare.net
Services Provided:
- Bathing, Dressing, Grooming, Transferring in and out of bed, Assistance with walking, Preparing and serving meals, Laundry and linen change, Light Housekeeping, Medication Reminders, Light Exercise, Shopping/Errands, Doctor Visits/Appointments, Transportation/Entertainment, Facility Sitting.

Safety and Convenience:
- Screens all employees prior to hiring
- Background Check performed on all employees
- All caregivers are trained, insured and supervised to assure consistent high quality services.
- Does all the necessary paperwork for employment, payroll, withholding and workers compensation insurance.

Cost Rate:
- $23.00 dollars an hour*
- Minimum Care Hourly: 4 hours per visit
- Mileage Costs: 75 cents per mile when you use a Caregivers car versus your own vehicle
- Medicaid and Medicare does not cover any expenses.

Long Term Care Rate* Special Rate is provided for clients who need 24 hour in home assistance.
Kelly Allchin (Client Care Manager), Amy Goff (Memory Care Manager), Visiting Angels  
Contact Information: 1317 Broad Street, Suite B, San Luis Obispo, Ca 93401. (PH) 805-546-2080 ext 203.  
(Email) kallchin@visitingangels.com / agoff@visitingangels.com (Web) www.visitingangels.com/slo  
Services Provided:  
• Bathing, Dressing, Walking Assistance, Grooming, Medication Reminders, Errands, Shopping, Light  
  Housekeeping, Meal Preparation, Friendly Companionship, Flexible Hourly Care, Respite Care for Families,  
  Facility Sit In. Does Not Provide Case Management. Works directly with family.  
Select Your Caregiver:  
• You will have the opportunity to interview and make the final decision on selecting any caregiver we refer to  
  you, before care begins.  
Peace of Mind:  
• Comprehensive Background screenings on every caregiver, including State, County, and Federal searches.  
Cost Rate:  
• Flat rate $26.50 an hour.  
• Minimum Care Hourly: 4 hour shift (once a month)  
• Mileage Costs: 75 cents per mile when you use a Caregivers car versus your own vehicle  

Mary McCurdy, Care Resources Director w/Senior Helpers  
Contact Information: 7305 Morro Road, Suite 204 Atascadero, Ca 93422. (PH) 805-461-5892.  
(Email) mmccurdy@seniorhelpers.com (Web) www.seniorhelpers.com/sanluisobispo  
Services Provided:  
• Alzheimer's & Dementia Care, Disease Management, Companion Care, General Shopping and Errands,  
  Transportation and Appointments, Housekeeping, Personal Care, Parkinson’s’ Care, Senior Gems, Surgery  
  Assistance and Sitter Services, Veterans Services and Wellness Watch. (Does Not Provide Case Management.  
  Works directly with family).  
Caregiver Credentialing & Training:  
• Caregivers thoroughly screened before being hired  
• Senior Helpers complies with all national and licensing requirements to ensure their caregiver is properly  
  credentialed to perform the level of care that your senior loved one needs.  
• Ongoing Training Program for Caregivers.  
Cost Rate:  
• $27-30 an hour depending on the level and skill level needed.  
• Minimum Care Hourly: 9 hours a week  
• Mileage Costs: 75 cents per mile when you use a Caregivers car versus your own vehicle  

Special Reports:  
Executive Committee Meeting--May 7 2018  
Maryanne’s brainstorming results from the April COA meeting were used for planning future Programs.  
Roger Randall reports the top priorities determined from Brainstorming Sheets:  
• Scam Education  
• Alcohol and Drug Abuse Awareness and Education  
• Affordable In Home Care Services  
• Senior Nutrition Program  
• Senior Long Term Care  
Kathleen Bellefontaine reports future program plans  
• July: Dementia Care Options  
• August- Services for Seniors Challenged by Alcoholism and Drug Addiction  
• September- Scam Reporting and Awareness Meeting with District Attorney Office  
• October- Best Practice for Commission to Affect Change with working with Supervisors.  
• November-Finding assistance Living Choices in the County.  
Member Changes-  
• Alice York is retiring from the Commission. Alice’s last meeting will be in June.
Marilyn Hamilton-Member At Large. Last Year with COA
Kathleen Bellefontaine-Leadership will be up at the end of the year.

Unfinished Business:
--Circulation of Draft of Annual Summary for Comment--No comment by members.
--Future Programs--Kathleen covered future programs in Special Reports segment listed above.
--Publicity: Rack Cards--Roger stated Commission needs to refresh supply of Rack Cards. Anita will assist in this regard. Some members have suggested that the card should be modified. Anita and Kathleen created the current style of Rack Card in 2009.
Discussion ensued:
   • Rick: Does the commission still want the picture on the Rack Card? Rack Cards have limited space. Members are not sure if having a picture on the Rack Card is what draws the attention of the consumer. Rack Card looks busy. Rick suggested possibly adding a “tag line” to the Rack Card.
   • Maryanne Zarycka would like to see bigger font on the Rack Card so it is easier for people to read. Maryanne volunteered to be in charge of creating, modifying and printing new Rack Card. Maryanne will make 3 or 4 different versions of the new Rack Card and present it to the Commission for review and approval.
   • Anita volunteered to cover the cost of Rack Cards to hold commission over until the new Rack Card is approved
   • Maryanne questioned whether the COA website (www.slocounty.ca.gov/coa.htm) that appears on Facebook (same as COA Rack Cards, Stationery and Flyers) is correct. Kathleen had also been asked about this recently and verified with the DSS Webmaster (who updates COA information on the site) that the link we provide to the public directly opens up the COA site.
   • Kathleen Bellefontaine-can provide County Seal for printing on Rack Cards.

New Business: Binders-less
   • Roger—discussion is if we really need to continue the binders for the new members. Consensus at the executive meeting is that we do not have to continue with the binders.
   • Kathleen reports— she consulted with DSS Regional Manager for Adult Services, Christina Chow, who is responsible for Commission’s compliance regarding formalities such as Bylaw & Brown Act. Ms. Chow agreed with dispensing the use of binders and adding the Brown Act & Bylaws to the COA website instead of supplying paper copies. She advised that members who have binders can keep them.
   • Maryanne— announced that she has a proposal for implementing a 1-year face out of binders. Going paperless.

Chair Reports:
Roger: No chair reports
Kathleen: Vets Hall set up is a concern. Kathleen would like to find a volunteer/member to help with the meeting set up of tables and chairs.

Committee Reports:
Outreach Committees:
   • Facebook-reminder to send any information or events to Maryanne Zarycka so she may post them on our Facebook page, Email Address: mzco12@gmail.com
   • PPT News-Tom Clough –IHSS is available for those who are medical or SSI eligible. Wilshire Community Services. Tom will gather data from Meals on Wheels and Wilshire Community Services with the percentage amount of our elderly community members who are denied in home support services and will present it in a PowerPoint at the meeting.
   • Tolosa- Rick Cohen-June -Meals to Connect, Habitat for Humanity July -Hearing Loss Association.

Member Reports:
Note of Interest-Trend going on at all hospitals. Memory challenged patients are being abandoned at the hospital. Families are dropping off their family members that need medical assistance at the hospital and leave them there without providing contact information. When patient is, discharged hospitals are having a difficult time locating the patient’s family members due to this. It is believed that the hospital drop offs/abandonment is being done purposely.

Other Announcements: None
Meeting Adjourned: 11:32 AM
Minutes submitted by Reyna Montoya. Reviewed by Co-Chairs