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

Meeting Date: Friday, November 16, 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 October 19, 2018 Minutes
• Public Comment -2 minutes

Introductions:  Guests & Members; Agency introductions & updates

Presentations:  Independent Living Residences & Care Facilities With Nicole Pazdan, CSA-
Elder Placement Professionals; and Charmaine Petersen, CSA-Senior Living Consultants

Special Reports: (5-10 min)
• Executive Committee Meeting of October 22, 2018
• Membership changes

Unfinished Business:  None

New Business:
• Leadership transition

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:  January 18, 2019
Call to Order: 10:00 am
Flag Salute. Approval of October 2018 Minutes. Minutes adopted as written.

Public Comment:
None.

Introductions: Guests & Members-- Agency introductions & announcements
Introductions from all present. Some announcements from: Sarah Woolsey introduced Anna Devers, new SLOCOG Planning & Public Affairs Director, Meredith Bates --announcement about Los Osos Cares, Emi Chandler-- AAA Council updates, Paul Garth has contacted Bruce Gibson about becoming his COA Representative, Scott Smith-Cooke reminded group that he is a HICAP Long Term Care adviser, Paula Westbrook representing SLO Senior Center, Jerry Mihaic updates on Independent Living Resources, Juliane McAdam latest re: Meals that Connect, Laura Jamieson, PHN, Meredith Bates (Los Osos Cares)

Presentation:
Charmaine Petersen, CSA Senior Living Consultants
Office in San Luis Obispo, CA 805 545-5901 Coverage from Paso Robles, CA to Santa Ynez, CA
There are three different types of assisted living

Independent Living
Independent Living is ideal for seniors who are looking for companionship and freedom from housekeeping, laundry, transportation, and preparing meals. The larger apartment style communities have a hotel feel.

Assisted Living
Assisted Living is probably the most popular choice among seniors and their families. Assisted Living communities come in either apartment style living, or smaller board and care type of homes.

Alzheimer’s Care
Alzheimer’s Care homes are especially designed, maintained, and staffed for people who have Alzheimer’s or other forms of Dementia. These facilities have a unique design including alarms on all windows and doors to prevent wandering.

Base rate for facilities in San Luis Obispo, CA with 24-hour care and all meals include $4,000.00 per month.
Base rate for facilities in Santa Maria, CA with 24-hour care and all meals included $2,500.00 per month.

All small home facilities are private pay

Senior Living Consultants is a free referral and placement agency. Guidance that we give will be based on consultation.

- We will discuss your finances to help fit you with the appropriate community that fits your budget. We will also discuss financial resources that can save you money if you qualify.
- We will talk about the area you were most interested in living. Together we will choose 3-4 communities to tour.
- We will schedule a tour and drive you to see the options we have chosen.
Nicole Pazdan, CSA

Elder Placement Professionals: Assisted Living Specialist in San Luis Obispo  (805) 546-8777

Nicole Pazdan founded Elder Placement Professionals after having a very difficult experience finding a family member an assisted living San Luis Obispo care facility. Prior to this experience, she didn’t realize all the different service options available and didn’t know where to begin to get her family member placed. Nicole took a lot from this overwhelming emotional experience and decided to dedicate her work to helping families in similar situations. Nicole always makes the effort to personally meet with all the families she works with. She will take the time to display all the assisted living options that are available. This ensures your loved one will be comfortable in the perfect nursing home and elder care facility that meets their budget, comfort and needs. It’s Nicole’s trust, honesty, and integrity the has her clients raving about the help they have received from her. Elder Placements Professionals are your go to source for assisted living. It’s a free service for all clients.

Let us do all the leg work
•Our Experienced San Luis Obispo assisted living advisors will help you in finding the very best resolution and care setting for your loved one.
•It starts with an assessment of your loved ones Medical, Social and Financial needs.
•We will take you on a personalized tour to the appropriate facilities, facilitate the Medical paperwork, and guide you through the entire placement process.

The Bottom Line
With our knowledge of the industry, we can find the best options available, save you time and frustration, help you negotiate the costs to fit your budget … and our services are Free.
•Home Care
•Nursing Homes
•Residential Care Homes
•Retirement Communities
•Alzheimer’s, Dementia, Parkinson’s Care
•Assisted Living in San Luis Obispo

Special Presentations:
Oct 22, 2018 Executive Committee Meeting Report: (members present: Bellefontaine, Rogers, Hamilton, Venia. Guest, Michelle Blanc.): Kathleen reported on the business discussed at that meeting.

>>Future leadership – no applications. Marilyn has contacted some people about this. 2018 expiration of member at large terms (see below).

>>Programs to be arranged:
• Brittany, Nov 16 finding independent living residences & care facilities
• Kathleen, Jan 18, 2019, Senior Nutrition needs
• Brittany, Feb 15, affordable in home services

Membership Changes: Roster with dates of term expiration were distributed to members. Nominating Committee Chair, Marilyn, reports that she will send forms to those members whose terms expire at the end of February and would like to be re-appointed. There are two member at large positions and 3 alternates that will be open. Shannon McOuat and Michelle Blanc are interested in becoming members at large. The slate for those new members and re-appointments will be announced in January and voted on in February, 2 year terms begin, March 1st.

Unfinished Business:
None

New Business:
Leadership Transition: Marilyn reports that Maryanne Zarycka and Anita Showers have applied to be co-chairs next year. The vote will be taken in January. Maryanne spoke about her vision and goals for getting more community input for the Commission.
Co-Chair Reports:
Roger Randall

Kathleen Bellefontaine announced that this would be her last chance to speak about the ending of her 12 year career on the Commission. She described how it has been grown from a 10 member body in 2006 to double that. She thanked the members of the Executive Committee for the extra time that they put in to provide leadership, discuss changes & improvements & organize programs. Thanked Roger Randall for the 2 years that he has served as Co-Chair and how well they have worked together. Thanked the Commissioners whose attendance provides a platform for the members of the community to gather and learn about community resources and express their personal concerns and needs. Thanked Tom Clough for the 2 power points he has produced about Critical Senior Needs in SLO County and the many presentations that he has done with Kathleen to advocate on behalf of the most vulnerable elders in our community.

Committee Reports:
Outreach: Any information or flyers to post on Facebook, please contact Maryanne
PPT News: Tom is going to be very busy come December. He and Kathleen have been working tirelessly on a new power point that they will be presenting to the Board of Supervisors on December 11th
Tolosa: Tom Clough appeared in the November issue. Kathleen will be topic of January’s issue.

Member Reports:
Scams:
>>Kathleen shared email note that he received supposedly from the Bank of America re: overdue bill.
>>Paul Garth, Gibson Rep, reported scam prevention methods from the Elder Abuse Unit, within the County of San Luis Obispo District Attorney’s office. In general, the scammers use threats to intimidate and bully a victim into paying, such as the frequent bogus call from the IRS. In this holiday season of giving, be aware if you sense an emotional tone from an unfamiliar caller, do not give out any information, and hangup. If you feel you have been scammed, contact the District Attorney’s office at (805) 781-5000, or review their website at https://www.slocounty.ca.gov/Departments/District-Attorney/Victim-Witness-Assistance-Center/Elder-Abuse-Unit.aspx

Karen Jones: CenCal Health decided that people in nursing homes with certain aid codes did not need annual approvals. Now, effective September 1st, they do need annual approvals. Therefore, facilities were not keeping paperwork and now people are receiving discharge notices.

Other Announcements:
Meeting Adjourned:
11:38 AM
Minutes submitted by Martina Tovar. Reviewed by Co-Chairs

Next Meeting: January 18th, 2019