Happy, Healthy Seniors - A Model

Presenter: Alexis Okumura, E.D.
Senior Volunteer Services
Joined by Thomas Clough and Kathleen Bellefontaine
10:00 a.m. Friday, July 19, 2019

Where: Special Note! New Temporary Location!!
DSS Building, 3433 South Higuera Street, Room #101, SLO. Big 3-story building on the corner of Higuera and Prado Road. Parking at front of building - Entrance to room is on the left side.

Public is welcomed and encouraged to participate in Q&A following the presentations.

Questions? Please email: slocommissiononaging@gmail.com
SAN LUIS OBISPO COUNTY
COMMISSION ON AGING
www.slocounty.ca.gov/coa.htm

Meeting Date:  Friday, July 19, 2019
Time:  10:00 am - Noon
Location:  DSS Building, 3433 South Higuera Street, Room #101, SLO.

✓ Call to Order
✓ Flag Salute (please stand if able)
✓ Public Comment and Member/Agency Updates – burning desires from members or guests about current concerns, issues, scams - 2 min. max

Introductions:  Members, and Guests (please provide brief agency description)
Member rollcall:  (Chairs establish Quorum)
Approve Minutes:  June 21, 2019

Presentation:  Alexis Okumura, SVS E.D “Happy, Healthy Seniors, a Model”
Including 1) an overview of programs at the Paso Robles Senior Center and why they’re necessary, 2) the benefits of program participation/socialization: physical and cognitive + a few specifics, 3) examples of specific programs that enhance these benefits and 4) the participation numbers and success.

Break 10 minutes

Action Item:  Vote to approve support letter for HLAACCC – Noni Smyth, HLAA
Grant Request to the Board of Supervisors for $400 to supply the captioning services for ‘hearing and user friendly’ meetings (to support the current meeting room which is looped and captioned for several programs – see attached programs list), and computer help. (COA supports with letter each year.)

Reports:
   Legislation Report (5 min) – Paul Garth
   ASPC (5 min) – Jerry Mihaic
   Bylaws Update and Timeline Plan (15 min) – Anna Devers

Unfinished Business:
   Update on Archives – Maryanne

New Business:
   Review results from May 2019 Brainstorming Session – next steps?

Next Meeting:  August 16, 2019:  Karen Jones – Ombudsman
(NOTE:  We will be at a different temporary location across the parking lot - Empleo Building, located on the corner of 3565 Granada Drive and Empleo)

Please submit agenda and program items, ideas, and feedback to slocommissiononaging@gmail.com
SAN LUIS OBISPO COUNTY COMMISSION ON AGING  
DSS Building, Room 101  
San Luis Obispo  
Minutes July 19th, 2019  

Members Present: Maryanne Zarycka, Paul Garth, Anita Shower, Brittany Venia Shannon McOuat, Anne Wyatt, Roger Randall, Teri Elliott, Tom Clough, Karen Jones, Jerry Mihaic, Alma Calzada, Michelle Blanc, Mara Whitten  
Absent: Shirley Summers, Mardi Geredes, Meredith Bates, Bill Degnan, Emi Taylor, Anna Devers, Viles/Gomez  

Call to Order: 10:00 am  
Flag Salute. Approval of June 2019 Minutes with corrections from Jerry Mihaic. Minutes adopted with modifications  

Public Comment:  
Carol Weiser  
• Concerned with the city. Trying to pass a heat code. All buildings were built without a heat code. They are designed to keep the heat in. This is a huge concern, especially for seniors and with our weather reaching the triple digits. A suggestion is to get HASLO thermostats from HASLO and install them in all houses. We have made presentations to the Board of Supervisors and they did not seem concerned at all. I am trying to find a way to get the word out to seniors and disabled agencies with clients who are HASLO tenants.  
Anne Wyatt  
• We are approaching 100 clients matched in HomeShareSLO!!  
• Working on tiny house expo to be coming October 11th-13th at the Madonna Expo Center. For more information visit tinyfootprintexpo.com  
Karen Jones  
• It became official; 5.2 million was received to the general fund.  
• Really excited to see what this increase will bring to residents and facilities!  
• PG&E announced the Public Safety Power Shutoff (PSPS) program, which would preemptively shut down power, under certain conditions, to reduce the risk of large-scale fires. In a worst-case situation, we could see days without power in SLO County.  

Introductions: Guests & Members-- Agency introductions & announcements  
Members went around introducing their role in the community as well as with the commission.  

Presentation:  
Alexis Okumura, SVS E.D.  
Paso Robles Senior Center  

As of right now, 26% of people are over the age of 60  
4% are over the age of 80  
By 2030 1 out of every 5 people will be out of retirement  

Who are we?  
• We have been around for 47 years  
• 12 years have been under our name  
• We have over 600 volunteers  
• We have memorandums and contracts with over 200 non-profits  

What do you get when you volunteer?  
• A million dollar insurance policy for coverage  
• You receive mileage reimbursement
What is the purpose?
   To enhance successful aging of our citizens.

Successful Aging – Volunteering
   Lower disability rate relative to non-volunteers
   Shorter causes of depression
   Preservative of cognitive abilities

Engagement of Social Activities
   Senior Center
   Accessible
   Friendly
   Inexpensive

Researchers and studies show, successful aging is most successful when individuals are actively engaged in life!

Paso Robles Senior Center
   Established in 2002
   In 2013 Senior Volunteer Services took over day-to-day operations

Our Facility
   5,000 square foot facility
   It includes:
      Banquet hall
      Meeting rooms
      Industrial kitchen
   Receive over 5,000 visits per month

Have 40 programs a week
There are two paid part-time staff
   Staff must be CPR certified
   Must complete and pass a background check

Activities
   Bingo
   Puzzles
   Parties
   Craft Fairs

Nutrition
   Daily lunches
   Nutrition wellness program
      Offer classes
      Have speakers
   Provide food delivery to homebound seniors

Health Services
   Offer support groups
   Have monthly health screenings

Exercise Classes
   Brain aerobics
   Arthritis exercises
   Yoga

We encourage a big emphasis on health and wellness in our seniors!

Cuesta Emeritus
   History classes
   Art classes
   English classes
   Computer classes
Joann Drake  
San Luis Obispo Senior Center  
To provide a place for seniors to socialize  
All centers play a very important role in our aging society

**Action Item:**  
The group heard from, Noni Smyth, a brief statement on the grant request she is asking from the commission.  
**Motion was made by Karen Jones to approve the request. Anne Wyatt seconded the motion.**  
**Member Vote taken: Motion Passed**  
To see more information regarding Hearing Loss Association, visit hearingloss.org or visit their facebook page, Hearing loss Association Central Coast Chapter.

**Reports:**  
*Legislation Report-Paul Garth*  
California eliminated the serve penalty.  
On June 10, order SB228 was signed.  

*ASPC – Jerry Mihaic*  
There was no meeting in July to report on.  

*Bylaws Update and Timeline Plan – MZ*  
It is taking a bit more time with the corrections than expected.  
Draft is set to be ready to review in September.

**Unfinished Business:**  
*Update on Archives - MZ*  
Stay tuned! Still waiting on responses.

**New Business:**  
*Review Results from May 2019 Brainstorming Session – Next Steps?*  
The commission reviewed the results from brainstorming session, provided by Maryanne.  
Next Steps?  
Possible present to ASPC  
Fine tune and present to Board of Supervisors  
Health commission website has great information on transportation on it  
Hartford Foundation has great information on it  
Talk with Area on Aging regarding working with them on the health fair next year!  
Work with the census and do some outreach! Information and numbers are very important to have

**Meeting Adjourned:**  
12:00 PM  
Minutes submitted by Martina Tovar. Reviewed by Co-Chairs

**Next Meeting:**  
August 16th, 2019  
SLO VETS HALL!!