



**SAN LUIS OBISPO COUNTY  
COMMISSION ON AGING  
Presents...**

**Disaster Preparedness  
for Aging Populations**

**Presenters:**

**Elizabeth Merson & Denise Yi, CoSLO Health Agency  
Kelly Van Buren, SLO Office of Emergency Services**

**10:00 a.m. Friday, August 16, 2019**

**We are BACK AT THE VET'S HALL!!**

**SLO Veteran's Hall**

**(Side Meeting Room – ADA entrance through the front)**

**801 Grand Avenue, San Luis Obispo**

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

**Questions? Please email:  
[slocommissiononaging@gmail.com](mailto:slocommissiononaging@gmail.com)**

# SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

**Meeting Date:** Friday, August 16, 2019

**Time:** 10:00 am - Noon

**Location:** **We are BACK AT THE VET'S HALL!!**  
**SLO Veteran's Hall, 801 Grand Avenue**  
**(Side Meeting Room – ADA entrance through the front)**

- ✓ 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:** July 19, 2019

**Presentation: Disaster Preparedness for Aging Populations**

**Presenters:** Elizabeth Merson & Denise Yi, CoSLO Health Agency  
Kelly Van Buren, SLO Office of Emergency Services

*Break 10 minutes*

**Reports:**

**Legislation Report (5 min)** – Paul Garth

**ASPC (5 min)** – Jerry Mihaic

**Membership Committee (5 min)** – Anne Wyatt

**Unfinished Business:**

**Update on Archives** – Maryanne

**New Business:**

**Critique Brainstorming Results to share with ASPC, AAA, BOS?**

**Senior Health Fair (AAA)** - Mara

**Next Meeting: September 20, 2019**

*Please submit agenda and program items, ideas, and feedback to  
slocommissiononaging@gmail.com*

## SAN LUIS OBISPO COUNTY COMMISSION ON AGING

Veterans Memorial Hall  
801 Grand Avenue  
San Luis Obispo

### Minutes August 16<sup>th</sup>, 2019

**Members Present:** Maryanne Zarycka, Paul Garth, Anita Shower, Shirley Summers, Brittany Venia, Mardi Geredes, Shannon McOuat, Anne Wyatt, Roger Randall, Teri Elliot, Lori Gomez, Tom Clough, Karen Jones, Eric Rounds, Mara Whitten, Jerry Mihaic

**Absent:** Anna Devers, Michelle Blanc, Meredith Bates

#### **Call to Order: 10:00 am**

Flag Salute. Approval of July 2019 Minutes. Minutes adopted with modifications

#### **Public Comment:**

*Carol Weiser*

Trying to get the word out about solutions to reduce heat in the houses that HASLO may be able to do. Some ideas we have are:

Installing double pane windows

Door stops in laundry rooms opposite open windows

Paint cement surfaces with heat repellent paint

Paint exterior walls facing south and east with mixed metal oxide heat repellent paint

Carol provided a list, which was passed out at the meeting, of what HASLO could do now to lower internal building temperatures.

*Shirley Summers*

A request for a presentation from Adult protective services on when is it appropriate for referrals? How to write referrals efficiently so things go forward? Also how to do an intervention?

*Karen Jones*

The state announced the Master Plan for Aging Stakeholder Advisory Committee. Will forward info to Chair for distribution.

#### **Introductions: Guests & Members-- Agency introductions & announcements**

Members went around introducing their role in the community as well as with the commission.

#### **Presentation:**

***Disaster Preparedness for Aging Populations***

***Elizabeth Merson and Denise Yi, County of San Luis Obispo Health Agency***

***Kelly Van Buren, San Luis Obispo Office of Emergency Services***

Public Safety Power Shutoff Program (PSPS)

Proactive shutoff of electric lines through high fire threat areas

Based on weather, fuels and fires

Includes distribution and transmission lines

PSPS Program

Forecast for extreme weather

Potential PSPS notifications

Conditions continue-power is shut off

Power off for a duration of weather event

PG&E inspect all lines

Power is restored

Triggered for PSPS

Red flag warnings

- Low humidity levels
- Forecasted sustained winds or gusts
- Condition of dry fuel
- Real-Time observations
- Actual fires
- Areas Affected
  - Potentially anywhere
- High Risk Areas
  - Tier 2 – elevated fire threat
  - Tier 3 – elevated fire threat
- PG&E Medical Baseline
  - A fulltime resident in your home requires use of qualifying medical devices to treat ongoing medical conditions
- Restoration of Power
  - Approximately 4-7 days
- Op Area Challenges
  - Food & water
    - Water distribution systems
      - Boil water alerts
    - Well pumps
    - Business closures
    - Loss of refrigeration, food safety
  - Shelter
    - Sheltering policies
    - Cooling center policies
  - Medical Care
    - In-home medical equipment
    - Refrigerated medicine
    - Hospital limitations
    - Care homes and dialysis centers
    - Heat related illnesses
- Secondary Disasters
  - Fires and fire suppression challenges
  - Civil unrest security and looting
  - Heat, food and water borne illnesses
  - Hazardous materials
- Communication Failures
  - Commercial and public sector
  - Public alert and notification
  - Media blackouts
- Transportation
  - Loss of traffic signals
  - Lack of fuel
  - Public transit
- Supply Chain Shortages
  - Fuel
  - Food
  - Medicine
  - Cash
- Business/Commercial Impacts

- Security
- Refrigeration
- Financial Loss
- County Wide Focus
  - Life safety issues
  - Limiting water system issues
  - Continuity of emergency replacement
  - Identifying medical/health challenges
  - Planning for safety & security
  - Encouraging personal preparedness
- What can you do?
  - Have a plan
    - Your plan cannot rely on your phone, VoIP, or internet
    - Request help from friends and neighbors
    - Do not plan on emergency responders
  - Stockpile supplies
    - Including food, water, medicine and cash
  - Stay informed
    - Stay tuned to local news
    - Have a battery-powered radio
    - Update your contacts with PG&E
    - Register for reverse 9-1-1
    - Sign up for PG&E medical baseline
    - Sign up for county evacuation assistance
- Consider Leaving the Area
  - Keep your gas tank full
- Individual Medical Needs during Disasters
  - They will assist the most vulnerable patients first
- Disasters exacerbate chronic illness
  - Disaster related stress
  - Interruption of care
    - Lack of food/water
    - Temperature extremes
    - Exposure to infection
  - Worsened chronic illness of death
- Advance Preparations
  - Recommendations vary
  - Access to health care
  - Supply chain disruption
  - 7-14 days on hand of medicine
  - Home and go bag
- Patient knowledge of medications
  - Written summaries of medical history and medications
  - Educate yourself on medical history and medicines
  - Know your medication resume
- Coordination of Aid
  - Family/friends/neighbors support network
  - Local registries
- DMC/Medical supplies
  - Same concept of medications

7-14 days on hand  
Home and go bag  
Unique circumstances for medical supplies  
Long-term power outages  
Inventory items you need which require electricity  
Oxygen concentrator/ventilators/suction units  
CPAP  
Wheelchairs/scooters  
Refrigerated medicine  
Power Outage Kit  
Batteries for medical devices and flashlights  
Create a backup power plan  
Remember hospitals and fire stations are not designed to supply power  
For more information  
Readyslo.org  
Redcross.org  
Prepareforpowerdown.com

**Reports:**

Legislation – Paul Garth

The state announced the Master Plan for Aging Stakeholder Advisory Committee.

ASPC – Jerry Mihaic

Transitions Mental Health was presenter at last month’s meeting. They provided great information on services and locations available, as well as workgroups. They also showed a wonderful movie called the shaken tree, which was written and produced here locally by a local producer. Donna Hayes from Behavioral Health will be producer at next month’s meeting.

Membership Committee – Ann Wyatt

We have open positions in alternate member at large, as well as the position for Lynn Compton’s district representative is open. Please let us know if you are interested.

**Unfinished Business:**

Update on Archives - MZ

Stay tuned.

**New Business:**

Critique brainstorming results to share with ASPC, AAA, BOS? - MZ

Shannon McOuat is working on consolidating the themes and working on the document. It was suggested to present to ASPC first, once the document is ready.

Senior Health Fair (AAA)

The fair will be held sometime in May 2020 (?) at the Twin Cities Hospital. The goal is to have non-profit supportive services for seniors. Possibly, we could have or chair a table there? Action: MZ contacting Kathleen for COA poster and table materials. New fliers/handouts need to be designed and printed.

**Meeting Adjourned:**

12:00 PM

Minutes submitted by Martina Tovar. Reviewed by Co-Chairs

**Next Meeting:**

September 20<sup>th</sup>, 2019