

ADULT SERVICES POLICY COUNCIL

Boards, Commissions and Community Representatives/Volunteers

Behavioral Health Board
Commission on Aging
SLO Health Counts

Elected Officials

CA Senator John Laird, 17th District
U.S. Congressman Salud Carbajal, 24th District
County Board of Supervisors

Non-Profit Agencies

Alzheimer's Association
Area Agency on Aging
CenCal Health
Coast Caregiver Resource Center (CCRC)
Community Action Partnership of SLO (CAPSLO)
Community Health Centers (CHC)
Dignity Health
Gala Pride and Diversity Center Senior Advocacy
Hospice of SLO County
Independent Living Resource Center (ILRC)
Los Osos Cares Senior Program
LTC Ombudsman Services of SLO County
North County Connection
PathPoint
Peoples' Self Help Housing
Ride-On Transportation
San Luis Obispo Legal Assistance Foundation
Senior Nutrition Program / Meals that Connect
Senior Volunteer Services (RSVP/3CV/PLS)
SLO Village
Transitions-Mental Health Association / Central Coast
Hotline
Tri-Counties Regional Center
United Cerebral Palsy
Veterans Affairs Supportive Housing (VASH)
Wilshire Community Services

Private Organizations

Home Instead Senior Care
Senior Living Consultants
SLG Senior Care
SeaCoast Seniors
Care Connection Transport & Home Services
Geriatric Care & Dementia Consulting

Public Agencies

San Luis Obispo Council of Governments

San Luis Obispo County Departments of:

Public Health
Social Services/Adult Services
Library

Working together to meet the health and human service needs of adults and seniors. Our vision is safe and supported adults & seniors with access to a full continuum of resources & independence wherever they reside.

Chair: Paulina Flores Jimenez
Immediate Past Chair: Karen Jones
First Vice Chair: Kim Chartrand
Second Vice Chair:

pfloresjimenez@co.slo.ca.us
karenjones@ombudsmanslo.org
kimchartrand@hospiceslo.org

AGENDA

Friday, December 6th, 2024

9:00 a.m. - 11:00 a.m.

INTRODUCTIONS (15 Minutes or less)

Name and position within respective organization.

ANNOUNCEMENTS: (15 Minutes or less)

GUEST SPEAKERS: (60 Minutes)

- **Meals That Connect**
 - **Laura Edwards, Executive Director**

CORRECTIONS / ADDITIONS TO THE SYNOPSIS

ACTION ITEMS: (10 Mins)

- **Vote on January 2025 ASPC Meeting Date**

COMMITTEE UPDATES

- **Healthy Brain Initiative**
- **SLO MPA**
- **Commission on Aging Report**

MEETING LOCATION:

DSS Conference Room #101

3433 S. Higuera St, San Luis Obispo

NEXT MEETING: TBD

MEETING MINUTES

COMMITTEE NAME: ADULT SERVICES POLICY COUNCIL

Meeting Purpose(s): Working together to meet the health and human service needs of adults and seniors. Our vision is safe and supported adults and seniors with access to a full continuum of resources and independence wherever they reside.

Leader: Paulina Flores Jimenez
Facilitator: Paulina Flores Jimenez
Recorder: Danielle Raiss

Meeting Called By: Paulina Flores Jimenez
Time: From: 9:00 AM To: 11:00 AM
Date: December 6th, 2024

Location: 3433 Higuera St, San Luis Obispo, CA 93401 Conference Room #101

Members Present:

Jean Raymond – SLO Health Counts / French Hospital

Robert Diaz – SLO DSS

Jessica Devereaux – Wilshire Community

April Lewallen – PathPoint

Kim Chartrand – Hospice SLO

Rod Brown – GCM

Sarah Covert – Santa Maria Wisdom Center

Isabella Hagwood – SLO Public Health

Bernie Rubio – SLO Public MISP

Lilah Harvery – Alzheimer’s Association

Laura DeLoye – Alzheimer’s Association

Nicki Edwards – SLO Village

Laura Edwards – Meals that Connect

Jerry Mihaic – ILRC

Juliane McAdam – Meals that Connect

Mara Whitten – CAPSLO Adult Day Center

John Peschong – SLO County

Jeffrey Smith -THMA

Danielle Raiss – DSS

Sally Kruger – SLO Village

Angela Frank – Los Osos Cares

Amelia Grover – Dignity Health

Clint Weirick – Office of John Laird

Sue Gibson – SLG Senior Care

Francine Levin – SLO Public Health

Karen Florian – CCRC

Linda Beck – SLOMPA

Eugenio Venegas – Wisdom Center

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)
Introductions	
Public Comment	<p>SUE GIBSON</p> <ul style="list-style-type: none"> • DECEMBER 11TH WORKSHOP WILL BE SPEAKING IN PASO ROBLES REGARDING WILLS, LONG TERM CARE, HOUSING, ETC. <p>LAURA DELOYE</p> <ul style="list-style-type: none"> • “LONGEST DAY” MEMORIAL EVENT ON DECEMBER 19TH • IN COLLABORATION WITH CAPSLO ADULT DAY CARE CENTER NEXT CAREGIVER RETREAT IS ON JANUARY 11TH REGARDING RESPITE CARE • SANTA BARBARA COUNTY ADULT AGING NETWORK WEBSITE HAS RELEASED SUMMARY FROM THEIR SURVEY (SBCAAN.ORG) <p>LOS OSOS CARES</p> <ul style="list-style-type: none"> • FUNDRAISER SCREENING OF “CHRISTMAS STORY” ON DECEMBER 23RD <p>JOHN PESCHONG</p> <ul style="list-style-type: none"> • SUPERVISOR ARNOLD IS RETIRING, SUPERVISOR DAWN ORTIZ LEGG WILL BECOME CHAIR OF THE BOARD. RECOMMEND MEETING NEW SUPERVISOR HEATHER MORENO FROM 5TH DISTRICT. BUDGET WILL BE ANALYZED PROGRAM-BY-PROGRAM.
Member Spotlight	N/A
Guest Speakers	<p>LAURA EDWARDS – MEALS THAT CONNECT</p> <ul style="list-style-type: none"> • MEALS THAT CONNECT IS THE SENIOR NUTRITION PROGRAM OF SAN LUIS OBISPO COUNTY. EVERY WEEKDAY, MEALS THAT CONNECT PROVIDES FREE, HEALTHY, NOONTIME MEALS TO 1,690 SENIORS 60+ THROUGHOUT SAN LUIS OBISPO COUNTY - OVER 200,000 MEALS EACH YEAR. • OUR MISSION TO ENHANCE HEALTH, REDUCE ISOLATION, AND INCREASE SOCIALIZATION FOR ALL SLO COUNTY SENIOR RESIDENTS BY PROVIDING FREE, NOONTIME MEALS THROUGH AREA DINING ROOMS AND DELIVERING MEALS TO HOMEBOUND SENIORS. • OUR VISION TO REDUCE HUNGER AND FOOD INSECURITY IN OUR SENIOR POPULATION; PROMOTE MOBILIZATION AND SOCIALIZATION OF OLDER INDIVIDUALS; PROMOTE THE HEALTH AND WELLBEING OF OLDER INDIVIDUALS AND DELAY ADVERSE LIFESTYLE CONDITIONS. • PROGRAM GOALS: <ul style="list-style-type: none"> ○ REDUCE HUNGER, FOOD INSECURITY, AND MALNUTRITION. BE ABLE TO SAY YES TO EVERY SENIOR WHO NEEDS A MEAL. ○ SUPPORT CAREGIVERS BY PROVIDING DAILY MEAL SERVICE FOR THEM AND PATIENT . ○ OFFER OPPORTUNITIES FOR SENIORS TO SOCIALIZE, FORM NEW FRIENDSHIPS, AND CREATE INFORMAL SUPPORT NETWORKS. ○ SERVE OLDER ADULTS WITH THE GREATEST ECONOMIC OR SOCIAL NEED, WITH PARTICULAR ATTENTION TO LOW-INCOME, MINORITY OLDER INDIVIDUALS, AND OLDER INDIVIDUALS LIVING IN ISOLATED CIRCUMSTANCES (SUCH AS RURAL COMMUNITIES). ○ PROVIDING DAILY WELLNESS CHECK-INS & SHARING RESOURCES AS NEEDED. • MEALS THAT CONNECTS SUPPORTS THESE FOUR PILLARS IDENTIFIED THROUGH THE MASTER PLAN ON AGING: <ul style="list-style-type: none"> ○ <i>AGING IN PLACE SAFELY WITH DIGNITY</i>: PREPARED MEALS DELIVERED TO THE HOME HELPS SENIORS AGE IN PLACE

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)
	<ul style="list-style-type: none"> ○ <i>PROMOTING SOCIAL CONNECTIVITY:</i> HUMAN CONNECTIONS OFFERED DURING HOME VISITS & DINING ROOM EVENTS CURB ISOLATION AND PROVIDE MEANINGFUL INTERGENERATIONAL SOCIALIZATION. ○ <i>EXPANDING AWARENESS AND OPTIONS:</i> MEALS OFFERED [TO CAREGIVER AND CLIENT] LESSENS BURDEN ON CAREGIVER(S). MTC STAFF & VOLUNTEERS OFFER A WEALTH OF RESOURCES/INFORMATION TO CAREGIVERS WHO ARE OFTEN TOO OVERWHELMED TO LOCATE RESOURCES ON THEIR OWN. ○ <i>NUTRITION IS FOUNDATIONAL TO MENTAL/EMOTIONAL/PHYSICAL HEALTH:</i> LOW SODIUM, HEART HEALTHY & BALANCED MEALS ARE DESIGNED FOR THE 70-YEAR-OLD CLIENT <ul style="list-style-type: none"> • SAN LUIS OBISPO COUNTY HAS A NOTABLY HIGHER PROPORTION OF SENIORS, WITH 25% OF ITS POPULATION AGED 60 AND ABOVE, COMPARED TO 17% STATEWIDE AND 16% NATIONALLY. PROJECTIONS INDICATE THAT BY 2030, NEARLY 29% OF THE COUNTY'S RESIDENTS WILL BE OVER 60. IN CAMBRIA, AN IMPRESSIVE 57% OF WOMEN ARE 60 OR OLDER, WHILE IN LOS OSOS AND MORRO BAY, OVER ONE-THIRD OF THE FEMALE POPULATION IS IN THIS AGE GROUP. • THE <i>CONGREGATE MEALS PROGRAM</i> SERVES NUTRITIOUS HOT MEALS TO OLDER ADULTS IN A CAFÉ TYPE SETTING. SINCE ADEQUATE NUTRITION IS CRITICAL TO HEALTH, MOBILITY, AND THE QUALITY OF LIFE, THE CONGREGATE MEALS PROGRAM IS AN IMPORTANT HEART HEALTHY COMPONENT OF COMMUNITY BASED SERVICES FOR OLDER ADULTS. <ul style="list-style-type: none"> ○ ELIGIBILITY: ADULTS 60+, OR SPOUSE OF AN OLDER ADULT PARTICIPATING, OR LIVES WITH AND ACCOMPANIES AN OLDER ADULT WHO PARTICIPATES ○ PROGRAM FEATURES: PROVIDES NUTRITIOUS MEALS THAT MEET DIETARY GUIDELINES AND PROVIDED A MINIMUM OF 1/3 OR DIETARY REFERENCE INTAKES IN EACH MEAL ○ PROVIDES NUTRITION EDUCATION AND NUTRITION RISK SCREENING • HOME DELIVERED MEAL PROGRAM: 85% OF CLIENT ARE SERVED IN THIS PROGRAM WHICH SERVES NUTRITIOUS MEALS AND PROVIDES NUTRITION EDUCATION AND NUTRITION RISK SCREENING TO INDIVIDUALS 60 YEARS OF AGE OR OVER WHO ARE HOMEBOUND BY REASON OF ILLNESS OR DISABILITY, OR WHO ARE OTHERWISE ISOLATED. <ul style="list-style-type: none"> ○ ELIGIBILITY: ADULTS 60+, OR SPOUSE OF AN OLDER ADULT PARTICIPATING, OR LIVES WITH AND ACCOMPANIES AN OLDER ADULT WHO PARTICIPATES ○ PROGRAM FEATURES: QUARTERLY HOME VISIT ASSESSMENT, PROVIDE A SAFETY NET FROM ACCIDENTS OF FINANCIAL/PHYSICAL ABUSE • MEALS THAT CONNECT SERVED A TOTAL OF 1,609 SLO COUNTY SENIORS IN FY 2023-24 <ul style="list-style-type: none"> ○ 60% WOMEN, HALF OF WHOM LIVED ALONE ○ 1 IN 3 AGED 85+ ○ 75% AGED 75+ ○ 85% HOMEBOUND ○ 38% BELOW POVERTY LINE • FUNDING SOURCES: 74% GRANTS, 14% DONATIONS, 8% IN KIND WITH 22,800 VOLUNTEER HOURS AND 458 ACTIVE VOLUNTEERS • GROWTH TRENDS OVER LAST YEAR SHOW INCREASE IN DINE-IN PARTICIPATION BY 67% AND HOME DELIVERY BY 3% • LOOKING FORWARD: <ul style="list-style-type: none"> ○ IMPLEMENT 'ADOPT A ROUTE,' PARENTS' TEAM UP WITH THEIR CHILDREN TO DELIVER MEALS TO SENIORS. BUT IT'S NOT JUST ABOUT FOOD—IT'S ABOUT FOSTERING

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (If Any)
	<p>INTERGENERATIONAL CONNECTIONS.</p> <ul style="list-style-type: none"> ○ REACHING OUT TO LOCAL ELEMENTARY SCHOOLS AND HIGH SCHOOLS TO COLLABORATE BY SENDING STUDENTS TO READ, SING OR DO ART WITH OUR CLIENTS. CAL POLY ALSO SENDS STUDENTS TO OUR DINING SITES TO HELP US BUILD COMMUNITY WITH OUR SENIORS. THESE PARTNERSHIPS NOT ONLY ENRICH THE LIVES OF OUR SENIOR CLIENTS BY PROVIDING THEM WITH ENGAGING ACTIVITIES AND COMPANIONSHIP BUT ALSO OFFER VALUABLE COMMUNITY SERVICE EXPERIENCES TO THE STUDENTS INVOLVED. ○ TEAMING UP COUNTY AGENCIES AND FELLOW NONPROFITS TO CREATE IMPACTFUL EVENTS. TOGETHER, WE AMPLIFY OUR REACH AND IMPACT. WE HAVE PARTNERED WITH PAULINA FLORES JIMENEZ FROM THE COUNTY HEALTH DEPARTMENT TO BETTER REACH THIS POPULATION <ul style="list-style-type: none"> • GET INVOLVED BY VOLUNTEERING AT MEALSTHATCONNECT.ORG OR MAKE A REFERRAL BY CALLING 805-541-3312
Corrections/Additions to the Synopsis	<ul style="list-style-type: none"> • SYNOPSIS ACCEPTED WITH NOTED CORRECTIONS.
Action Items	VOTE WAS PUT FORWARD WHETHER TO HOLD ASPC MEETING IN JANUARY. MAJORITY PASSED, MEETING SCHEDULED FOR JANUARY 3 RD .
Committee Updates as Needed	<p>HEALTHY BRAIN INITIATIVE</p> <ul style="list-style-type: none"> • HEALTHY AGING COURSE IS BEING BROUGHT TO ATASCADERO AND NIPOMO. PAULINA HAD A SUCCESSFUL MEETING IN CAMBRIA. THE MORE-EXTENSIVE WORKSHOPS ARE BEING DELIVERED IN SHORTER FORMATS TO POSITIVE RESULTS. A MEDIA CAMPAIGN WILL BE LAUNCHED IN THE SPRING. <p>SLOMPA</p> <ul style="list-style-type: none"> • COMMITTEE DISCUSSIONS WERE HELD REGARDING THE FOUR IDENTIFIED PILLARS AND SPOKE WITH COMMUNITY FOUNDATION LAST MONTH TO INCREASE PUBLIC AWARENESS. THE COMMUNITY FOUNDATION HAS INDEPENDENTLY IDENTIFIED OLDER ADULTS AS A FOCUS FOR PHILANTHROPY MOVING FORWARD. <p>COMMISSION ON AGING</p> <ul style="list-style-type: none"> • MEETING WAS HELD ON NOVEMBER 20TH INCLUDING ANNOUNCEMENTS ON SENIOR RESOURCE FAIR AND VETERANS FAIR. BRIAN WEAVER, DIRECTOR OF AREA AGENCY ON AGING, DISCUSSED UPCOMING OPEN HOUSE. PRESENTATION WAS PROVIDED BY SHERRIFF'S OFFICE REGARDING SENIOR SCAMS AND CITING EDUCATION AND EMPOWERMENT IS NECESSARY TO PREVENT SUCH SCAMS. THE COMMISSION NEEDS REPRESENTATIVES FOR DISTRICT 4 AND 5.

The next meeting is: January 3rd, 2025

Time: 9:00 AM

Location: 3433 South Higuera St, San Luis Obispo, CA 93401 Conference Room #101