

# SAN LUIS OBISPO COUNTY COMMISSION ON AGING

<https://www.slocounty.ca.gov/coa>

**Meeting Date:** Wednesday November 20, 2024  
**Time:** 10:00 am - Noon  
**Location:** **DSS Building, 3433 South Higuera Street, Room #101, SLO**

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

**Introductions:** Members and Guests (please provide your name, Commission position, and brief agency description)

**Member rollcall:** Chair establish Quorum.

**Approve Minutes:** October 23, 2024

**Presentation:** ***Latest SCAM Report and FRAUD Updates  
And... How D.A. Victim Witness Program  
Reduces Trauma for Senior Crime Victims***

**Presenter:** ***Tristan O'Neil, Victim Advocate, SLOCO District Attorney's Office***

***Break 10 minutes***

**Reports:**

ASPC (5 min) – Jerry Mihaic  
AAA (5 min) – Susannah Fenton  
Membership Update (5 min) – Anita Shower

**Action Item: Second Annual COA Holiday Group Activity!!**

**Have a Safe and Happy Holiday! See you next year!**

**Next Meeting: January 22<sup>nd</sup>, 2025 (NO DECEMBER MEETING)**

***Please submit agenda and program items, ideas, and feedback to  
[slocommissiononaging@gmail.com](mailto:slocommissiononaging@gmail.com)***

## **SAN LUIS OBISPO COUNTY COMMISSION ON AGING**

**Department of Social Services Building, Conference Room #101 3433 South Higuera, San Luis Obispo, CA 93401**

**November 20<sup>th</sup>, 2024 Minutes**

**Members Present:** Maryanne Zarycka, Ilene Brill, Louise Justice, Paul Worsham, Bill Degnan, Anita Shower, Jerry Mihaic, Danielle Raiss, Sue Gibson, Charmaine Petersen, Tristan O'Neil, Mike Bossenberry, Jamie Moothart, Paige Anderson, Alexis Okumura, Kristy Edwards, Susannah Fenton, Claryce Knupper

**Members Absent:** Paulina Flores Jimenez, Jessica Yates, Kristin Allen, Dianna Votaw,

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

Flag Salute.

"Meeting is Being Recorded" Announcement

### **Public Comment:**

#### **Ilene Brill**

- SLO Community Holiday Feast
- This Christmas for the 28<sup>th</sup> consecutive year, the San Luis Obispo community will provide our county's unhoused population and food insecure families with a wonderful home-cooked holiday feast and essential warm winter clothing care packages at the Odd Fellow's Hall at 520 Dana Street in downtown San Luis Obispo. Doors open at 2:45pm
- They will provide a delicious holiday dinner along with live musical entertainment. This occasion is used as a means of gifting those who are unsheltered with much needed winter clothing care packages to help them survive our cold wet winters. These care packages typically contain brand new: sleeping bags, hooded sweatshirts, winter jackets or rain ponchos, socks, scarves, gloves, beanies and toiletries.
- You can sign-up or donate on the San Luis Obispo Community Cares website <http://www.slocommunitycares.org>

#### **Louise Justice**

- This year Chirofeed will be held at the Prado Day Center, San Luis Obispo on Saturday, December 14 from 9:00am-1:30pm.
- The day consists of providing:
  - Chiropractic Care
  - A visit with Santa
  - Manicures
  - A delicious meal
  - Massage
  - Health education
  - Gifts for everyone
  - Haircuts
- Chirofeed is funded solely through donations and fund-raisers.

- The chiropractic doctors provide free chiropractic care and muscle therapy to help these folks relax, feel better and function better.

### **Paul Worsham**

- December 5<sup>th</sup> from 10am-2pm at The San Luis Obispo Vet Hall, 801 Grand Ave. in San Luis Obispo
- Free donuts, opening ceremony, free lunch for Veterans
- Raffling off gift cards and certain vendors will be raffling off their own prizes

### **Anita Shower**

- A traditional home-cooked Thanksgiving meal for anyone needing or simply wanting a hot turkey dinner will be served in Nipomo from 11:30 a.m. to 4 p.m. Sunday in the St. Joseph's Catholic Church Parish Hall, 298 S. Thompson Ave.
- Anyone interested in volunteering to assist with the event should contact Geaslen at 805-598-6083
- The meal is free to everyone, but we will run out of food!

### **Bill Crewe**

- Central Coast Veterans Helping Veterans
- Funding is needed from various organizations
- A service is provided by various organizations and receive referrals, but there is an unmet need
- 805-285-5526 for more information

### **Jerry Mihaic**

- New peer support group for low vision, or vision issues
- Vision Insiders Peer Support Meeting
  - Held every 3<sup>rd</sup> Wednesday of the month
  - Talk about vision issues/problems

### **AAA**

- Open house December 10<sup>th</sup> in Santa Maria office

### **Elizabeth Potter**

- St. Stephen's Episcopal Church "Blue Christmas Service"
- December 15<sup>th</sup> 3pm in person at 1344 Nipomo St., in San Luis Obispo
- "This is a time to acknowledge hurt, sadness, anger, losses, confusion and loneliness that some experience near Christmas time, and to look toward hope."

### **Rod Brown**

- Shared the great experience and success with the SLO County Senior Fair
- <https://slocountyresource.com>

### **Sue Gibson**

- Workshop titled "Key Conversations" held with Sue Gibson senior consultant, a state planning attorney and financial planner

- Paso Robles at Rustic Pizza
- Key conversations with seniors during holiday time
- A registration link will be available through Eventbrite

### **Member**

- Thanksgiving dinner at the Elks Lodge in San Luis Obispo, Wednesday 12:00pm-5:00pm, November 27<sup>th</sup>
- Thanksgiving dinner at the Centennial Park Activity Center in Paso Robles, Thursday 12:00pm-2:00pm, November 28<sup>th</sup>

### **Laila**

- Flyers provide with some communication classes offered on behalf of Alzheimer's Association

**Approval of October 2024 Minutes:** First motion was made by Mike Bossenberry to accept **October 2024** with corrections second motion made by Susannah Fenton.

### **Presentation:**

#### **Latest SCAM Report and FRAUD Updates**

#### **How D.A. Victim Witness Program Reduces Trauma for Senior Crime Victims**

Tristan O'Neil, Victim Advocate of SLOCO District Attorney's Office

Grace Norris, Crime Prevention Specialist District Attorney's Office

#### **2022 Data of scams towards seniors (obtained from FBI)**

- 88,000 complaints received from scams targeted to individuals age 60 and older
- Over 3 billion dollars in financial loss
- Compared to previous year 2021 there was a 82.35% increase
- Raised increase in the sophisticated way scams are being developed
- Seniors are seen as a population with a higher income due to retirements, life-time savings, 401K etc...

### **Prevention Methods**

- Education empowerment
- Presentations to providers, family members etc...

### **Recent and Local Scams**

- Pop-ups in computer of seniors, stating the computer has been compromised with confidential information asked to call a certain #
- Seniors called a scammer without realizing it and banking information was compromised
- Senior was told they would be sent an individual to their home
- Scammers went over to seniors' houses and used "code words"
- Biggest loss was of an individual handing over money \$120,000
- "Pig butchering scam" fattening up the scams
  - Building up a relationship between and scammer and senior

- Offer to help invest your \$
- Create fake sites to trick individuals into investing and thinking they are increasing their money

### **Common Scams Targeted to Seniors**

- Government impersonation scam
- Sweepstakes
- Phone scam
- Computer tech scam
- Grandparent scam
- Romance scam
- Charity/donations imposter scam
- Investment scam
- Health insurance scam
- Daily internet and email frauds

### **What to do if you suffer from a scam?**

- If you have a financial loss due to a scam report it to your local authorities
- Report it to the FBI <https://www.ic3.gov/>

### **Reports:**

### **ASPC**

Friday November 1<sup>st</sup>

Presentation CalAIM Panel

- CalAIM on the Central Coast
  - Gisela Taboada, Provider Relations Manager, CenCal Health
  - Cathy Slaughter, Provider Relations Director, CenCal Health
- Improving Community Health: An Overview of SLO County Public Health's ECM Program
  - Sarah Montes Reinhart, Whole Person Care Program Manager, SLO County Public Health Department
- CalAIM's Personal Care, Homemaker & Respite Services
- Madison Griffin, Community Development Director, 24 Hour Home Care

Updates

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

Reviewed the letterhead created with all agencies part of the ASPC

### **AAA**

- Seniors Connections Program
- Call state line 1-800-510-2020 and it'll send you to the appropriate local office

### **Membership Update**

- 2 opened member slots for Supervisor District 4 and Supervisor District 5

### **Action Item**

- Second Annual COA Holiday Group Activity!!

**Next Meeting: January 22<sup>nd</sup>, 2025 at Conference Room #101 3433 South Higuera, San Luis Obispo, CA 93401**

Minutes submitted by Gabriela Garcia. Reviewed by Co-Chairs.