SAN LUIS OBISPO COUNTY
COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

Meeting Date: November 18, 2026
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

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

Member rollcall: Chair establish Quorum

Approve Minutes: October 28, 2026

Presentation:

Stabilization, Fall Prevention, Strengthening Training for Seniors

Presenter/Trainer:

Sonya Yokes, MPT, CLT -Central Coast Home Health

Physical Therapist, Certified Lymphatic Therapist

New Alternate Member-at-Large Vote:

Nicole Bennett, MPH – Multiple Board memberships, supports MPA and transportation

Reports:

FSA (2 min) – Megan Young/Stephanie Quintanar
ASPC (2 min) – Jerry Mihaic
Latest Scam Report (2 min) – Michelle Zulim-Clark
Co-Chairs – Anita and Maryanne

No meeting for December. Openings for presenters March, April, August, and November

Next Meeting: NO MEETING IN DECEMBER – Happy Holidays!
January 27, 2027 – Family Services Agency (formally AAA)

SLOCOA Meets the 4th Wednesday of every month!
(November will be 3rd week 11/17 – No meeting in December 2027)

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