

# SAN LUIS OBISPO COUNTY COMMISSION ON AGING

[www.slocounty.ca.gov/coa.htm](http://www.slocounty.ca.gov/coa.htm)

**Meeting Date:** June 28, 2023  
**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, scams - 2 min. max*

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

**Member rollcall:** Chair establish Quorum

**Approve Minutes:** May 24, 2023

**Reports:**

Co-Chair Updates (5 min) – Anita and Maryanne  
ASPC (5 min) – Jerry Mihaic  
Latest Top Legislation Regarding Seniors (5-10 min) – Anyone Updates?

**New Business:**

Introduce prospective new member for vacant Alternate Members at Large  
Applicant: Nancy Puder  
Call for vote – all members

**10 Minute Break (if time permits)**

**Presentation:** **Brainstorm Session for 2023-2024**  
**Hot Topics, Needs, Issues Facing Seniors**

**Presenters:** Anita Shower and Maryanne Zarycka, Co-Chairs

**Next Meeting: July 26, 2023 – Veterans Panel**

DSS Building, 3433 South Higuera Street, Room #101, SLO

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

**SAN LUIS OBISPO COUNTY COMMISSION ON AGING**  
**Department of Social Services 3433 South Higuera St Room #101**  
**San Luis Obispo**  
**June 28th, 2023 Minutes**

**In attendance:** Anita Shower, Mike Bossenberry, Kristin Allen, Louise Justice, Anne McCracken, Maryanne Zarycka, Jerry Mihaic, Paulina Flores Jimenez, Alexis Okamura, Mara Whitten, Nancy Puder, Sue Gibson, Paul Worsham

**Guests:** Sam Graves, Laura DeLoye, Ron Torres, Danielle Raiss, Jamie Moothart, Scott Smithcook, Rod Brown, Linda Quesenberry, Gabe Perkinale, Eddie Davin, Debbie Davin, Elizabeth Merson, Paul Chena, Elizabeth Potter, Alex Morris, Blake Fixler, Lynn Grey, Paige Anderson, Claire Herman, Tracy Smith, Robert Diaz

**Absent:** Mallory Jenkins, Shirley Summers, Dill Degnan, Charmain Peterson

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

Flag Salute.

"Meeting is Being Recorded" Announcement

**Public Comment:**

- N/A
- 

**Introductions: Guests & Members**

Members and guests introduced their role in the community and with the Commission.

**Approve 05/24/23 Minutes:** Motion by Anne McCracken was made to accept minutes with corrections as noted. Louise Justice seconded the motion. All in favor – passed unanimously.

**Co-Chair Updates:**

- *None to Report*

**Reports:**

Jerry Mihaic – ASPC

- ASPC met on Friday June 2<sup>nd</sup>. CenCal provided a presentation on CalAIM involving Enhanced Care Management. ILRC is a contract partner with CenCal under CalAIM

**Unfinished Business:**

- COA is close to having a full member slate. The Commission is still looking for an AAA Member to report and become a member. There is an opening for District 5 Supervisor's representative for Debbie Arnold.

## **New Business:**

- Motion made by Anne McCracken to vote on Nancy Puder's application to become an alternate member at large. Anita Shower seconded motion. Motion approved unanimously.
- Wendy has resigned from the position of member at large. Mike Bossenberry has been appointed to the member at large position to fill this vacancy.
- Bill Degnan has moved from a member at large position to an alternate position. Kris Allen has been appointed to the member at large position to fill this vacancy.

## **Presentation:**

### Maryanne Zarycka – Led Group Brainstorming Session

- The COA meeting was divided into multiple participating sessions to address hot topics, needs and issues facing seniors.
- The first brainstorming session was a broad overview inviting any and all issues that came to mind. Participants were free to shout out whatever issues they thought of, including:
  - housing, affordable housing, fear of technology, social isolation, suicide, cost of transportation, medical personnel available to geriatrics, elders & scams, in home support, language barriers, walking buddies, chronic disease, understanding medical aid, senior focused neighborhoods, homeless seniors and evictions, food insecurity, navigating options for services, denial of aging, assisted living waiver programs, low cost care management, legal counsel, personal safety, more funding for adult day care, mental health education for first responders, affordable respite care, accessibility to food and nutrition, facility cleanliness, more doctors, financial stability, loneliness, awareness of resources, legislation, robust senior centers, disaster preparedness, pet care, injury prevention, cannabis use, companionship, landlord/tenant rights, socialization, geographic consistency of resources, dental care, financial aid for mobility, grief management, help with insurance applications, utility assistance, support of business, dementia friendly, focused services for neuro-diverse seniors, affordable home modification, education for nutrition, outside home modification, needs assessment, physical activity programs, health advocacy, home support, support for family with aging, agism in the workplace, hospice vs palliative care, respecting individual stories, more senior centers with entertainment, caregiver support, age-friendly access within community, and education for youth
- From this point, the general ideas were grouped into more focused topics:
  - 1. Medical Support – 2. Health + Wellness – 3. Socialization – 4. County/Agency Support – 5. Legal Advocacy – 6. Housing – 7. Care Management Support – 8. Education to Navigate Resources – 9. Transportation and Public Access
- Once these nine topics were realized, they were posted on pages around the room and participants were invited to add sub-concerns for each of the topics

- *Medical Support:* Lack of MDs, access to regular primary care physicians, understanding whole person QPR, chronic disease prevention, access to specialty care, access to community health workers, educating medical personnel about dementia, health clinics in all areas, medical model adult day center, medical aid in dying, substance abuse awareness/treatment, VA system support
- *Health + Wellness:* Suicide prevention, access to back-up batteries for medical equipment, yoga/exercise classes, injury prevention, nutrition education, walking buddy, music intervention, podiatry support, dental care, RX management, mobile haircuts, cannabis education, advocacy for alternative treatments, access to free and accessible showers, health advocates, dementia support groups
- *Socialization:* technology education, loneliness, planned outings, peer support groups, suicide prevention, senior centers, transportation to centers, peer to peer communication, resources for low income seniors, volunteerism, pet care
- *County/Agency Support:* age-friendly neighborhoods, navigation of support agencies, hoarding help, legislation, support for senior centers, scam support, interagency communication, senior centers
- *Care Mgmt Support:* lower cost respite care for family caregivers, higher pay for IHSS workers, care giver support groups, low-cost care management, mentors for aging veterans, affordable after surgery care, care coordination services
- *Transportation/Public Access:* affordable transport, rural access, reliability and scheduling options, low cost direct services, more sidewalks, door to door transit for disabled
- *Legal Advocacy:* scam prevention, helps with wills, landlord/tenant rights, health insurance help, age discrimination issues, education about 211 resource
- *Housing:* Affordable housing, ALW program, senior housing, homeless seniors, evictions, congregate housing, in home support, bed availability, education about home-share options, smaller homes, downsizing and mobility, disaster preparedness
- *Education to Navigate Resources:* applications for support services, registry for business and non-profits, Medicare, end of life prep, dedicated navigation agency, mental health first aid, ongoing dementia education
- After this, participants went around the room and placed sticky dots on those topics which they found to be most worthy of immediate or greatest concern
- From these, a list will be compiled of the five main issues which were identified
- A raffle was held at the end of the meeting. Two participants were awarded Starbucks gift cards.

**Next Meeting: July 26<sup>th</sup>, 2023 – Bring a Senior!**

Minutes submitted by Sam Graves. Reviewed by Co-Chairs