

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

Meeting Date: Wednesday September 28, 2022
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 brief agency description)

Member rollcall: (Chair to establish Quorum)

Approve Minutes: August 24, 2022

Presentation: **Suicide Prevention for Older Adults
Warning Signs, How to Help, and Resources**

Presenters: **Michael Bossenberry, Crisis Line Specialist -Relief worker
Brita Connelly, Program Manager Training and Outreach,
Suicide Prevention Coordinator**

Break 10 minutes

Reports:

ASPC (5 min) – Jerry Mihaic

Unfinished Business:

Update on filling the member slate – MZ

Looking for Legislation Liaison, District 2 Rep, AAA, District Attorney
Membership drive! Applications available here or online!

Review 'Focusing Our Vision for 2020' and establish what is still relevant,
pick one for discussion and action possibilities

New Business:

Introduce New Member Applicant and Vote – MZ
Applicant Louise Justice SLO

Next Meeting: October 26, 2022 – *Bring a friend! HICAP Presenter - Medicare*
DSS Building, 3433 South Higuera Street, Room #101, SLO

NO MEETING NOVEMBER 23, 2022 (Day before Thanksgiving)

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

SAN LUIS OBISPO COUNTY COMMISSION ON AGING
Department of Social Services 3433 South Higuera St Room #101
San Luis Obispo
09/28/2022 Minutes

Members Present: Maryanne Zarycka, Gabriela Garcia, Robert Diaz, Thomas Clough, Jerry Mihaic, Bill Degnan, Matthew Thompson, Anna Devers, Wendy Fertschneider, Mara Whitten, Karen Jones, Paulina Flores Jimenez,

Absent: Anita Shower Dist 3 Rep, Shirley Summers Dist 5 Rep, Dist 2 Rep, Dist 4 Rep, AAA Rep, D.A./V.W. Rep,
Others: Brita L. Connelly, Louise Justice, Savannah Gil, Paige Masson, Elizabeth Potter, Evelyn Guest (Intern at Las Brisas), Sonya Jackson, Michael Bossenberry, Jean Raymond

Call to Order: 10:00 am

Flag Salute.

Approve Minutes: Approval of August minutes. A motion by Anna Devers was made to accept the minutes. Thomas Clough seconded the motion. Minutes approved unanimously

Public Comment:

Savannah Gil - SLOCOG

- Veterans Resource Fair Nov 5th, Elks Lodge in San Luis Obispo, 10:00 am - 2:00 pm

Introductions: Guests & Members-- Agency introductions & announcements

Members and Guests each introduced their role in the community and with the Commission.

Presentation:

Presenters:

Michael Bossenberry, Retired Program Manager for Central Coast Hotline Transitions Mental Health Association (TMHA)

Brita L. Connelly, Program Manager Training and Outreach and Suicide Prevention Coordinator

Suicide Prevention for Older Adults Warning Signs, How to Help, and Resources

Accurate Language and Concepts about Suicide

- Died of/by suicide
- Fatal or non-fatal attempt
- Person with lived experience
- Loss survivor
- Suicidal ideation (passive or active)

Data (2020)

- Estimated 12.2 million American adults seriously thought about suicide
- 3.2 million planed a suicide attempt
- 1.2 million attempted suicide
- No single cause of suicide

Local Statistics

- Less than 18 age group: lower numbers
- 18-29 age group: some fluctuations, a peak in 2019
- 30-39 age group: has been skipping and seeing a larger shift in deaths by suicide
- 40-49 age group: evened/leveling out
- 50-59 age group: decline
- 60-69 age group: peaked in 2015 and leveling out again
- 70+ age group: lowest at 2015 and currently going back up
- In San Luis Obispo County age groups from 50 to 70+ have the highest rates of suicide. Older adults in the community are highly impacted by suicide

California Violent Death Reporting System (CalVDRS)

- Usually all California counties volunteer in this participate in this system
- This is what the systems is noticing in older adults suicide circumstances males vs. female

Male	Female
➤ 50% males had a contributing physical health problem	➤ 60% females had a contributing physical health problem
➤ 33% males had a mental health problem	➤ 53% females had a mental health problem
➤ 14% males had a treatment for a mental health or substance abuse problem	➤ 39% females had a treatment for a mental health or substance abuse problem
➤ 31% males had a history of suicidal thoughts or plans	➤ 49% females had a history of suicidal thoughts or plans
➤ 10% males had a history of a suicide attempt	➤ 31% females had a history of a suicide attempt

Suicide & Stigma

- Suicide is stigmatized across all age groups
- Often being “weak”
- Selfish
- Older adults were often times raised in a time where suicide was considered “sin” or “illegal”
- Higher rates in males vs females

Risk Factors

- Depression and other mental health problems
- Substance use disorder (alcohol, prescription medication etc...)
- Physical illness, disability, and pain (chronic)
- Social isolation and loneliness
- Loss of a loved one (specially to suicide)
- Financial insecurity
- Exposure to a traumatic event
- Robert Diaz mentioned an additional factor: Difficulties in navigating the medical system

Protective Factors

- Strengthen economic support
- Strengthen access and delivery of suicide care
- Create protective environments
- Promote connectedness
- Teach coping and problem solving-skills
- Identify and support people at risk

The 5 “Ds” of Late Life Suicide

- Disease
- Disability
- Disconnectedness
- Depression
- Deadly means

Warning Signs about Suicide

- Talking about wanting to die
- Talking about feeling hopeless
- Looking for ways to kill one self
- Loss of interest in activities that were enjoyable
- Cutting back on self-care
- Being alone for long periods of time
- Breaking medical regimens
- Feeling hopeless and worthless
- Giving things away or making changes to will

When to reach out...

- When you see one or more of these warning signs its time to reach out
- Start the conversation
- Ask about suicide, be direct
- Listen

Local Support

- County Behavioral Health/Drug
- Crisis Stabilization Unit CSU
- Habitat for Humanity
- Wilshire Health and Community Services
- Friendship Line in California 1-888-670-1360
- Central Coast Hotline 1-800-783-0607
- Transitions Mental Health Assassination
- Area Agency on Aging
- Hospice of SLO County

Reports: ASPC (5 min) –

Jerry Mihaic

- Is held virtually via Zoom every first Friday of the month from 9:00 am -11:00 am
- SLO Food Bank was the topic presented for this month
- Covered various food Senior Food Programs
- Next one held will be Oct 7th via Zoom 9:00 am -11:00 am

Unfinished Business:

- Update on filling the member slate
- Looking for Legislation Liaison, District 2 and District 4 representative, AAA, District Attorney
- Applications are available during the meeting or online
- ‘Focusing Our Vision for 2020’ will try to pick up next meeting
- Looking for presenters through the end of fiscal year

New Business:

- Introduce new Member at Large applicant Louise Justice and vote
 - Louise Justice has been in County of San Luis Obispo for over 25 years, has worked in District Attorney's Office, County Council, Animal Shelter, Women's Shelter Program, served on 3 Advisory Committees for the city
 - Interested in transportation with SLOCOG, currently uses Senior Go.
- Vote: Louise Justice new Member at Large. Motions made, all in favor, accepted unanimously.

Next Meeting: October 26, 2022 - Buff from Hicap and Medicare 2023
November meeting cancelled for Thanksgiving holiday

Minutes submitted by Gabriela Garcia. Reviewed by Co-Chairs