

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

Meeting Date: Wednesday February 22, 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 and brief agency description)

Member rollcall: (Chair to establish Quorum)

Approve Minutes: January 25, 2023

Presentation: **Healthy Living makes an immeasurable difference in people's lives, particularly healthy living activities offered through volunteering and participation in programs at Senior Centers**

Presenters: **Alexis Okumura, Executive Director, Senior Volunteer Services
Michele Wright, Program Coordinator Paso Robles Senior Center**

Break 10 minutes

Reports:

2023 Regional Transportation Plan (RTP) – SLOCOG Presenter (15 min)
ASPC (5 min) – Jerry Mihaic

Unfinished Business:

Update on filling the member slate – Maryanne & Anita
Looking for Legislation Liaison, AAA, District 2 Rep Update

New Business:

COA Webpage Review Request - Maryanne

Next Meeting: March 22, 2023 – *Bring a Senior!*

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

***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
February 22nd, 2023 Minutes

In attendance: Maryanne Zarycka, Anita Shower, Anne McCracken, Jerry Mihaic, , Louise Justice, Sue Gibson, Thomas Clough, Savannah Gil, Gabriela Garcia, Danielle Raiss, Mike Bossenberry, Dianna Votaw

Guests: Diana Boton, Alexis Okamura, Michelle Wright, Kris Allen, Linda Loebes, Isaac Schick, Sonya Jackson, Ron Torres, Elizabeth Potter

Absent: Shirley Summers, Mara Whitten, Bill Degnan, Paulina Jimenez, Angela Viles, Wendy Fertschneider

Call to Order: 10:00 am

Flag Salute.

"Meeting is Being Recorded" Announcement

Public Comment:

Louise Justice

- Attended SLOCOG Unmet Transportation Needs Meeting and SLOCOG Board Meeting

Sue Gibson

- Reminder of Decluttering / Downsizing Workshop held by Nancy Puder on March 2nd at Hilton Garden Inn in Pismo Beach

Jerry Mihaic

- Has been participating in SLO City Climate Coalition subcommittee and recommends any interested parties to get involved

Introductions: Guests & Members

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

Approve 01/22/23 Minutes: Corrections noted. Motion by Anne McCracken to accept minutes with corrections notated, a second motion by Michael Bossenberry. All in favor – passed unanimously.

Presentation: Hope for Senior Healthy Living – Senior Volunteer Services

Presenters: Alexis Okamura, Executive Director, Senior Volunteer Services
Michele Wright, Program Coordinator Paso Robles Senior Center

Senior Volunteer Services

- Mission statement is to improve the overall health and wellbeing of older adults in our communities by providing and promoting opportunities for volunteerism, social interaction, recreation, services and education.
- Approximately 500+ volunteers involved with the program
- Offering Hope through Healthy Living Programs
 - Harvard Research Program found that more hopeful seniors had better physical health, better social support, better health behaviors, and a longer life
- Volunteering improves brain function, emotional stability and physical health, and decreases feelings of isolation and depression
- Multiple categories for volunteer opportunities are available
- SVS is committed to Senior Health Living and providing hope through its programs:
 - Americorps Seniors
 - Volunteer Benefits: Protection while volunteering: \$1 million personal liability, \$50k supplemental personal accident, \$1 million excess auto liability and property damage, mileage reimbursement, and an annual volunteer recognition brunch
 - Central Coast Community Volunteers (3CV)
 - 3CV is a mirror of RSVP but lowers age requirement to 50+
 - Project Lifesaver
 - Gives peace of mind to those caring for individuals who suffer from Alzheimer's, Autism, or other cognitive issues
 - Clients are provided with a bracelet that helps track and locate missing individuals. Trained responders (in partnership with San Luis Obispo Sherriff's Department) locate the individuals
- Paso Robles Senior Center
 - The Senior Center is a community-wide resource for older adults providing information, socialization, events and activities to improve the overall health and wellbeing of older adults in our communities
 - The Senior Center facility is 5000 sq ft with self-serve library/activity room, meeting room, dining room
 - Center is open from 8:00 – 5:00 with staff coverage five days a week, eight hours a day
 - The Center records 1500-1700 visits per month, 300 phone calls per month, and 140 activities per month
 - City of Paso Robles has contracted with SVS to manage the Senior Center
 - A strong collaboration with Cuesta College and community partners allows for development of classes for members. The Center is always looking to facilitate more events and activities
 - Programs for Healthy Living promote brain health, exercise, socialization, and community services

Reports:

2023-2045 Regional Transportation Plan – Savannah Gil

- SLOCOG's prime responsibilities include planning and funding for transportation in the region and serve as a forum for the study and resolution of regional issues
- Regional Transportation Plans must be updated every four years and are mandated by State and Federal governments in order to receive State and Federal funding. The RTP must align with regional and local plans as well.
- RTP public outreach efforts were started in March 2021 and included: online surveys, creation of a fuel tax tool, creation of a budget tool, creation of a completed and current projects map, hosted eight steering committee meetings, and shared progress of the plan with Board and advisory committees. SLOCOG is now presenting a public review draft plan.
- RTP is composed of:
 - Policy Element: structured around the goals of improving and maintaining infrastructure; improving intermodal mobility and accessibility; supporting a resilient economy; improving public safety and security; fostering healthy communities, protecting and enhancing the environment; practicing financial stewardship
 - Financial Element: \$3.1 billion is projected to be available for transportation investment through the year 2045. RTP stays within this budget but leaves many projects unfunded.
 - The Sustainable Communities Strategy is required to plan for growing population, home development and job creation. Projections based upon general plans allow for new growth, improvement to the jobs-housing imbalance, protection of farmlands and open space, and achievement of targeted greenhouse gas reductions
- SLO County does not have a sales tax for the regional transportation projects, but depends upon local cities, the county, state and federal budgets for support
- Draft plan and Regional Transportation Outlook map can be found at slocog.org/2023rtp. SLOCOG is accepting comments on the plan until April 6th and the Board of Directors will consider the adoption of the 2023 RTP on June 7, 2023.

ASPC – Jerry Mihaic

- Rick Gulino of People's Self Help Housing announced new housing developments and assistance with "lottery" system for new homeowners
- Carmen Garcia of California Phones announced smartphones training

Unfinished Business:

- Update on filling the member slate:
 - Looking for Legislation Liaison for Area Agency on Aging

- District 2 Rep Update – Sue Gibson
- Open positions available for alternate member at large
- Kristen Allen has submitted an alternate member at large application. Will review and vote in March
- Savannah Gil will be leaving SLOCOG. Information about replacement to follow.

New Business:

- Maryanne reviewed COA Webpage
 - Request to redo sections of webpage to highlight senior centers
 - Roster to be updated in March
 - Annual Report will be submitted in June 2023
 - Requesting feedback from Commission for webpage changes

Next Meeting: March 22nd, 2023 – Bring a Senior!

Minutes submitted by Sam Graves. Reviewed by Co-Chairs



Hope for Senior Healthy Living

To improve the overall health & wellbeing of older adults in our communities

by providing and promoting

opportunities for volunteerism, social interaction, recreation, services, and education.

Offering Hope Through Healthy Living Programs

Harvard's Human Flourishing Research Program

Researchers examined the impact of hope on nearly 13,000 seniors
Findings - Hope has a positive impact on seniors:

Better Physical Health

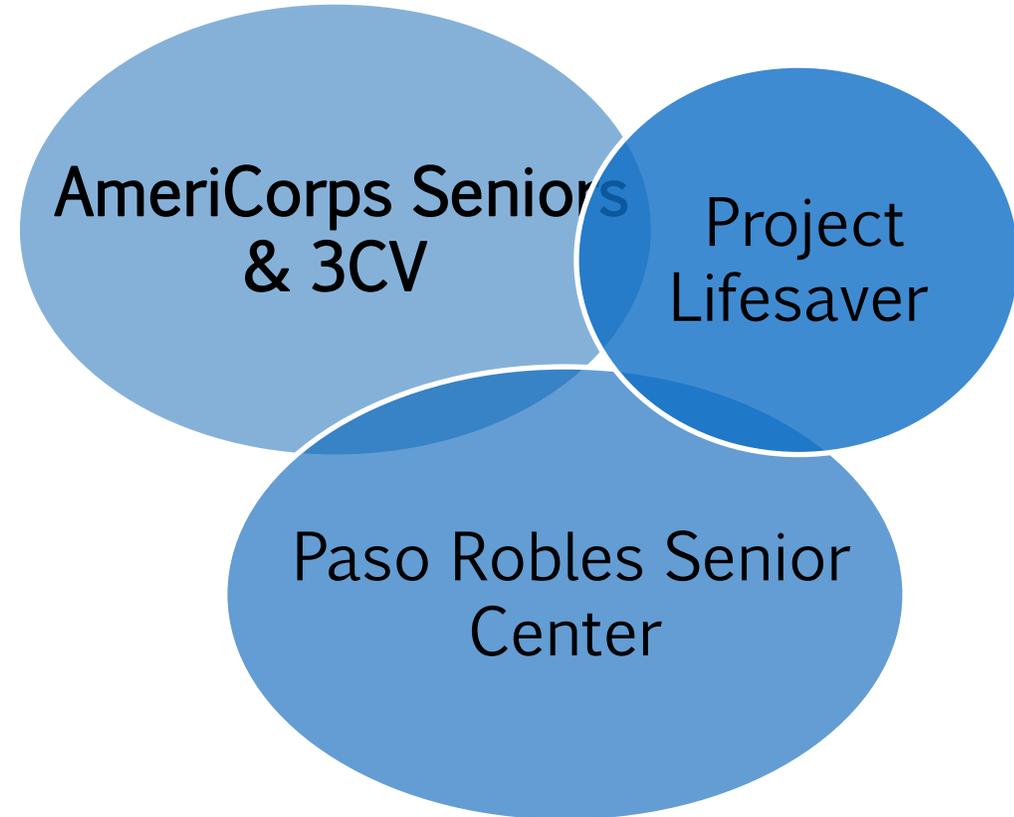
Better Health Behaviors

Better Social Support

And a Longer Life

SVS is committed to Senior Healthy Living through its programs

- Americorps Seniors
Recruiting Senior Volunteers
- 3CV
Recruiting Volunteers under 55 years
- PRSC
Providing a variety of services & programs to local seniors



Importance of Volunteering for Healthy Living

RESEARCH Shows that Seniors Who Volunteer

Decreased Depression/Feelings of Isolation

Improved Physical Health

Enhanced Emotional Stability

Improved Brain Function

Gain New Friendships

Volunteer Opportunities by Category

- Animals
 - Arts & Culture
 - Food Insecurity
 - Homelessness & Housing
 - Law & Law Enforcement
 - Literacy & Libraries
 - Museums
 - Mental Health
 - Veterans
 - Youth Services
 - Thrift Stores
-

Americorps Seniors (RSVP)

Volunteer Benefits

Protection while volunteering

- \$1 million personal liability
- \$50K supplemental personal accident
- \$1 million excess auto liability and property damage

Mileage reimbursement

Annual Volunteer Recognition Brunch

Making Friends

- Giving peace of mind to those caring for individuals who suffer from Alzheimer's, Autism, or other cognitive issues.
- Tracking and locating missing individuals through technology.
- In partnership with the San Luis Obispo Sheriff's Department

Project Lifesaver



Paso Robles Senior Center



Welcome to Our Community

1500-1700 Visits per Month

300 Phone Calls per Month

140 Activities per Month

SVS Contract with the City
of Paso Robles to Manage

Collaboration with Cuesta
College

Staff Coverage 5 days a
week, 8 hours a day

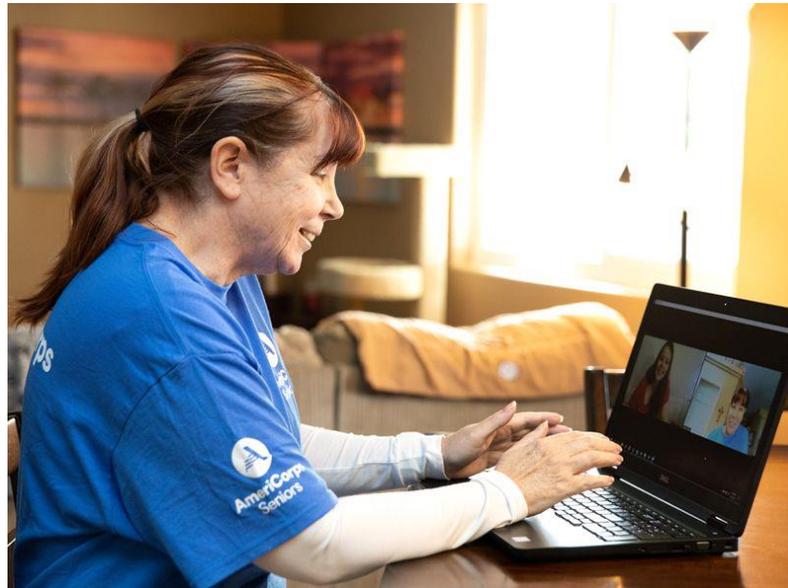
**Elements of our
Success**

Paso Robles Healthy Living Programs

To improve the overall health & wellbeing of older adults in our communities

Programs for Healthy Living

Promoting Brain Health



Promoting Exercise



Programs for Healthy Living

Promoting Socialization/Leisure

Promoting Community Services



Thank You!!!

For More Information

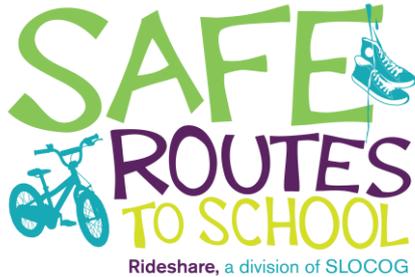
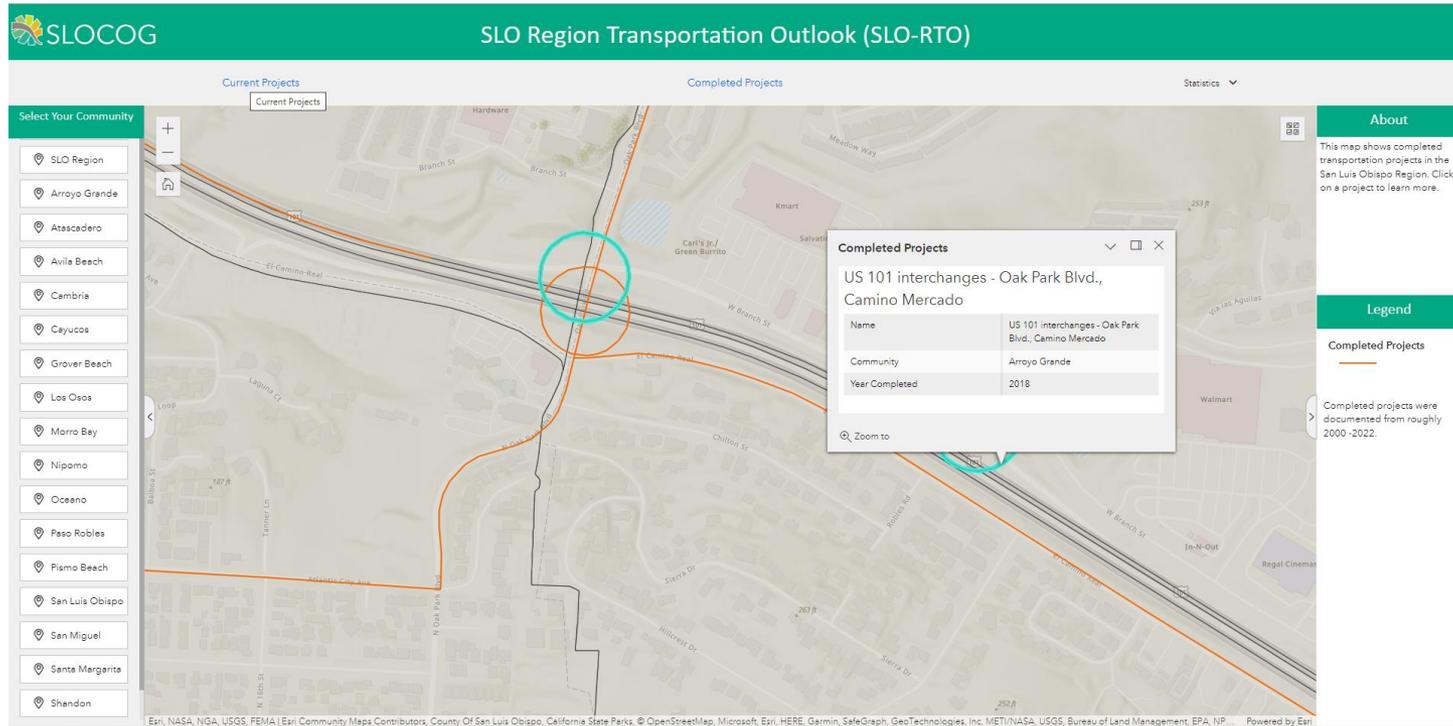
www.seniorvolunteers.org
805-544-8740



2023-2045
Regional Transportation Plan

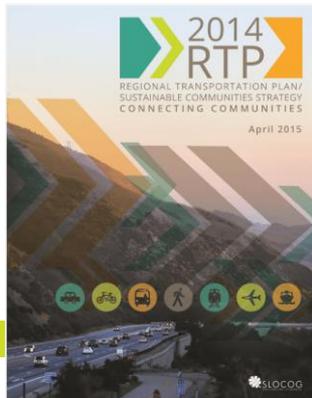
Feb/Mar 2023

What is SLOCOG? What have we done for you?



What is a Regional Transportation Plan?

- Per California Government Code Section 65080, an RTP is a plan that outlines transportation system investments, financing, and makes policy recommendations for 20+ years.
- RTPs must be updated every 4 years.



Alignment with Other Plans

- **Regional Plans**
 - SLOCOG's Strategic Plan
 - US 101 Corridor Mobility Master Plan
 - RHNA
- **Local Plans**
 - General Plans (Land Use, Circulation, and Housing Elements)
 - Transit Plans
 - Airport Land Use Plans
- **State Guidance and Plans**
 - SB 375 and CARB Targets for SCS
 - RTP Guidelines
 - California Transportation Plan
- **Federal Guidance and Agencies for Consultation**
 - Infrastructure Investment and Jobs Act
 - FHWA, FTA, EPA, FAA, etc.

What outreach have we done to prepare this plan?

Your Budget

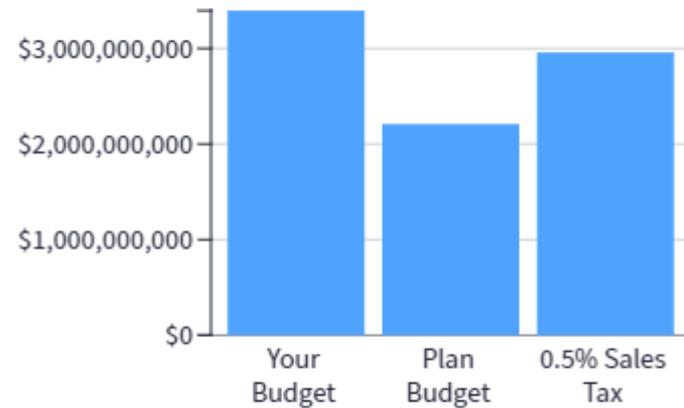
Here is how your budget stacks up.

Your Breakdown



- Highways
- Transit
- Active Transportation, Safety & Livable Communities

Comparison



You are...
Over Budget!

Reset Budget

What is in our RTP?

- Policy Element
- Financial Element
- Action Element
- Sustainable Communities Strategy

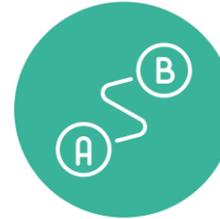
Policy Element - Goals

Infrastructure



1. Maintain and improve the effectiveness of the existing transportation system.

Mobility



2. Improve intermodal mobility and accessibility for all people

Economy



3. Support a vibrant, resilient economy

Safety



4. Improve public safety and security

Healthy Communities



5. Foster livable and healthy communities and promote equity

Environment



6. Protect & enhance the environment

Fiscal Responsibility



7. Practice financial stewardship

Financial Element

Available Revenues through 2045

Federal \$676 Million

State \$934 Million

Regional \$0

Local \$1.5 Billion

Total \$3.1 Billion

Total Need \$5.4 Billion

Financial Element

Funding Shortfalls

Investment Type	Projected Revenue	Projected Need	Deficit
Highways	\$910M	\$1.6B	\$687M
Major Roads	\$268M	\$640M	\$372M
Local Road Maintenance	\$823M	\$1.2B	\$400M
Public Transit	\$930M	\$1B	\$100M
Active Transportation	\$184M	\$898M	\$714M
Totals	\$3.1B	\$5.4B	\$2.3B

Financial Element

Available Revenues through 2045

Federal	\$676 Million
State	\$934 Million
Regional	\$0
Local	\$1.5 Billion
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Total	\$3.1 Billion
Total Need	\$5.4 Billion



Sustainable Communities Strategy





2023-2045
Regional Transportation Plan



**PUBLIC REVIEW DRAFT
FEBRUARY 2023**



slocog.org/2023rtp

Questions?

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SLOCOG

SAN LUIS OBISPO COUNCIL OF GOVERNMENTS