

# SAN LUIS OBISPO COUNTY COMMISSION ON AGING

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

**Meeting Date:** Wednesday April 26, 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 to establish Quorum)

**Approve Minutes:** March 22, 2023

**Presentation:** **Strength and Balance Techniques for  
Fall Prevention and Healthy Aging  
*Demonstration and Group Participation!***

**Presenter:** **Michelle Zulim-Clark, M.S. Kinesiology  
Health Education Specialist II**

***Break 10 minutes***

**Reports:**

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

**Unfinished Business:**

Suggestions for COA webpage – Discussion – Live demo

**New Business:**

Outline and preparation talk for BRAINSTORMING Meeting in June

**Next Meeting: May 24, 2023 – *Bring a Senior!***

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

***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 3433 South Higuera St Room #101**  
**San Luis Obispo**  
**April 26th, 2023 Minutes**

**In attendance:** Anita Shower, Mike Bossenberry, Kristin Allen, Louise Justice, Anne McCracken, Maryanne Zarycka, Jerry Mihaic, Paulina Flores Jimenez, Wendy Fertschneider, Sue Gibson, Alexis Okamura

**Guests:** Michelle Zulim-Clark, Charmain Peterson, Nancy Puder, Elizabeth Potter, Jamie Moothart, Sam Graves, Ashley Kokes, Haley Spikesma, Danielle Raiss,

**Absent:** Shirley Summers, Mara Whitten, Dill Degnan, Diana Votaw

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

Flag Salute

Announcement - Meeting is Being Recorded

**Public Comment:**

- Mike Bossenberry: May is Mental Health Awareness Month. Hope Walks Here event is on Saturday at Cal Poly to support suicide prevention efforts. Monday May 1<sup>st</sup> is Journey of Hope event with a focus on youth psychosis and mass trauma. Annual art show "Opening Minds" begins on May 5<sup>th</sup> at The Bunker coffee shop.
- Nancy Puder: SeaCoast Seniors has free educational seminars to help homeowners age in place.
- Jerry Mihaic: The Film Festival is ongoing in SLO and hopefully more seniors will be involved in these cultural events.

**Introductions: Guests & Members**

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

**Approve 03/22/23 Minutes:** Motion by Anita Shower was made to accept minutes with corrections as noted. Paulina Flores Jimenez seconded the motion. All in favor – passed unanimously.

**Presentation:** Michelle Zulim-Clark - Strength and Balance Techniques for Fall Prevention and Healthy Aging

- Fall prevention program was a new program for County Public Health as of 2016/17
- Initially it was a four-week program, but has since been expanded to a six-week program to include more topics
- Community indicated a desire for more movement and exercise in these classes and Public Health was able to fulfill this in their program

- The Fall Prevention Program can be either six-weeks or single workshops and covers topics such as: home safety, medication management, stress, nutrition for bone health, sleep, brain health, vision and hearing loss
- Scheduling is best accomplished by reaching out directly to Michelle Zulim-Clark, as it is not a reoccurring course but is organized as needed
- Free home assessments are provided to identify areas around the house which can be improved for safety
- A greater emphasis on brain health will be added to fall prevention classes
- Some program materials will be available in Spanish as well
- A monthly newsletter provides tips and updates on brain health and healthy aging
- Michelle provided a hands-on demonstration of strength and balance techniques, including: balancing on one foot, walking heel to toe both forwards and backwards, “sneaky” walk, back leg raises, side leg raises, front leg raises, “clock” taps, heel raises, sit-to-stand, arm circles, wall pushups, ankle circles, and more.

### **Co-Chair Updates:**

- Maryanne: Any website links, flyers, etc should be emailed to [slocommissiononaging@gmail.com](mailto:slocommissiononaging@gmail.com). Starting September the Commission on Aging will be moved to the Empleo Street Conference Room.
- Alzheimer’s Association will be next month’s presentation.
- June will conclude the COA’s first year back after Covid
- Anita hosted a bonus raffle at the meeting. Winners received Starbucks gift cards.

### **Reports:**

Jerry Mihaic – ASPC

- Carmen Garcia with California Phones is offering one-on-one training onsite
- Meals that Connect has a new executive director
- SLO Village has \$500 scholarships available for seniors
- THMA is hosting the Journey of Hope in May
- Karen Jones presented on Long Term Ombudsman in SLO County
- ASPC has a new Strategic Planning Ad Hoc Group

### **Unfinished Business:**

- Encouraged members to review COA page on County Website and make suggestions for revisions
- COA is close to having a full member slate

### **New Business:** N/A

### **Next Meeting: May 24<sup>th</sup>, 2023 – Bring a Senior!**

Minutes submitted by Sam Graves. Reviewed by Co-Chairs