

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

Meeting Date: Wednesday May 24, 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: April 26, 2023

Presentation: **Caring for a Person with Dementia
Presentation and Mini-Training**

Presenter: **Laura DeLoye, Program & Education Manager
Alzheimer's Association SLO County**

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 (request for feedback)
Outline for BRAINSTORMING Meeting in June - Maryanne

New Business:

Introduce 2 prospective new members and call for vote for vacant
Alternate Members at Large - Anita
Charmaine Petersen and Paul Worsham

**Next Meeting: June 28, 2023 – Annual BRAINSTORMING Meeting! Bring
Public and Seniors!!**

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
May 24th, 2023 Minutes

In attendance: Anita Shower, Mike Bossenberry, Kristin Allen, Louise Justice, Anne McCracken, Maryanne Zarycka, Jerry Mihaic, Wendy Fertschneider, Paulina Flores Jimenez, Diana Votaw, Sue Gibson, Sam Graves

Guests: Charmain Peterson, Jean Raymond, Jessica Odezma, Laura DeLoye, Ron Torres, Danielle Raiss, Jamie Moothart, Scott Smithcook, Nancy Puder, Mike Patrick, Paul Worsham, Cassie Bondi, Seth Romero, Rod Brown

Absent: Alexis Okamura, Mallory Jenkins, Mara Whitten, Shirley Summers, Dill Degnan

Call to Order: 10:00 am

Flag Salute.

“Meeting is Being Recorded” Announcement

Public Comment:

- Kris Allen: Recommends that elders freeze credit to avoid being taken advantage of by scams and fraud.
- Sue Gibson: On June 21st there will be a golf tournament fundraiser for the Alzheimer’s Association and silent auction from 2:30 PM – 4:00 PM.
- Mike Bossenberry: Opening Minds art show is ongoing at The Bunker coffee shop on Orcutt Road through the end of May.
- Jerry Mihaic: California Department of Aging is sending out flyers with available resources.
- Anne McCracken: Older Americans Month celebration was held on May 23rd and there was a great turn-out.

Introductions: Guests & Members

Members went around introducing their role in the community as well as with the Commission.

Approve 04/26/23 Minutes: Motion by Sue Gibson was made to accept minutes with corrections as noted. Anne McCracken seconded the motion. All in favor – passed unanimously.

Presentation:

Laura DeLoye – Alzheimer's Association: Caring for a Person with Dementia

- The mission of the Alzheimer's Association is a world without Alzheimer's and all forms of dementia
- Alzheimer's is a specific disease under the umbrella of "dementia"
- Dementia is term for loss of memory and other thinking abilities severe enough to interfere with daily life
- 2023 Statistics: 1 in 3 seniors dies with Alzheimer's or another dementia; it kills more than breast cancer and prostate cancer combined; the lifetime risk for Alzheimer's at age 45 is 1/5 for women and 1/10 for men; in 2023 Alzheimer's and other dementias will cost the nation \$345 billion
- 10 Warning Signs of Alzheimer's:
 - Memory loss that disrupts daily life
 - Challenges in planning or problem solving
 - Difficulty completing familiar tasks
 - Confusion with time or place
 - Trouble understanding visual images and spatial relationships
 - New problems with words in speaking or writing
 - Misplacing things and losing the ability to retrace steps
 - Decreased or poor judgment
 - Withdrawal from work or social activities
 - Changes in mood and personality
- Communication throughout the progression of dementia works through scales and stages (Early, Middle, Late). The Alzheimer's Association uses stages since dementia is not a linear disease
- Early Stage Communication & Behaviors:
 - Misinterpret what others are saying
 - Difficulty finding the right words
 - Make up new words to describe familiar things
 - Struggle with problem solving
 - Withdraw from conversations
 - Take longer to process and respond
- How to Connect in the Early Stage:
 - Ask directly how to help with communication
 - Leave plenty of time for conversations
 - Keep sentences clear and straightforward
 - Include the person in conversations that affect them
 - Avoid making assumptions
 - Communicate in the way that is most comfortable for the person
 - Be honest and stay connected
- Middle Stage Communication & Behaviors:
 - Being forgetful of events or personal history
 - Feeling moody or withdrawn

- Experiencing confusion about where they are or what day it is
- Having trouble controlling their bladder and bowels
- Changes in sleep patterns
- Showing an increased tendency to wander
- Demonstrating personality and behavioral changes
- How to Connect in the Middle Stage:
 - Join the person's reality
 - Assess their needs
 - Let the person know you hear their concerns
 - Keep it slow and basic
 - Give multiple cues and prompts
 - Respond empathetically and reassure
 - Respond to the emotions behind the statement
 - Take your time and watch your tone
- Late-Stage Communication & Behaviors:
 - Requires around the clock assistance with daily care
 - Lose awareness of recent experiences as well as their surroundings
 - Experience changes in physical abilities
 - Difficulty communicating
 - Vulnerability to infections
- Connect through the Five Senses:
 - Sound: listen to familiar music, sing along to favorite songs, read a book aloud, listens to songs or speeches in native language
 - Touch: feel different textured fabrics, identify shapes by touch, give hand massages, brush their hair, visit with gentle animals, cuddle with a plush toy
 - Taste: eat favorite sweets, serve their favorite foods, find their childhood favorites
 - Smell: let them smell familiar herbs/essential oils/teas/flowers, use fragrant lotions, bake cookies, light a candle
 - Sight: laminate brightly-colored pictures, watch videos of cute animals, flip through a photo album, paint a simple picture together, sit by an open window together
- Use what you know: Apply the same high standards of service you would to any other client, use insights and information about dementia to support your interactions, take your time and exercise patience, learn about the person and use the knowledge to inform your interactions
- Self-Awareness: be ware of your own fears and discomfort, recognize that a person with dementia may feel nervous too, keep the focus on the individual with dementia, be natural but sensitive to how the individual may be feeling
- Conversation Tips: give the person with dementia your full attention, make eye contact, when in groups be sure not to exclude the person from conversation, take pauses and be available for questions, summarize or confirm what was said
- Dementia Caregiver Education Programs are available at training.alz.org

- Alzheimer's Association helps families navigate through difficult decisions and uncertainties of dementia. They can assess, assist, refer to community partners and resources, and provide supportive listening.
- Dementia caregiver support groups provide peer-to-peer exchange of info, challenges, and possible solutions. Thirty-five support groups are facilitated throughout the California Central Coast, both virtual and in-person.
- Alzheimer's Association has a 24/7 Helpline: 800.272.3900
- Bring a sense of familial love and support to those who do not have family nearby and educate the next generation of healthcare providers and caregivers by volunteering for community education classes, awareness presentations, faith-based outreach, support group facilitation, event planning, etc.
- Join the Alzheimer's Association for the Longest Day on June 21st, 2023, and the Walk to End Alzheimer's on Nov. 4th 2023

Co-Chair Updates:

- Maryanne: September to December the Commission will meet at the Empleo Conference Room. The June meeting will be a "brainstorming" session in lieu of a presentation.

Reports:

Jerry Mihaic – ASPC

- ASPC met on Friday May 5th. The presentation was provided by Alexandra Morris on geriatric care management. There was a lot of involvement from the Ad Hoc Group.

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.

New Business:

- Motion made by Anne McCracken to vote on Charmain Peterson's application to become an alternate member at large. Anita Shower seconded motion. Motion approved unanimously.
- Motion made by Anita Shower to vote on Paul Worsham's application to become an alternate member at large. Paulina Flores Jimenez seconded motion. Motion approved unanimously.

Next Meeting: June 28th, 2023 – Bring a Senior!

Minutes submitted by Sam Graves. Reviewed by Co-Chairs

Caring for a Person with Dementia

An education program presented by the

ALZHEIMER'S  **ASSOCIATION**[®]



**Vision: A world without
Alzheimer's disease
and all other dementia.™**

2023 Alzheimer's Disease Facts & Figures

1 in 3
seniors dies with
Alzheimer's or another
dementia

It kills more than
breast cancer
+
prostate cancer
combined

The lifetime risk for Alzheimer's at age 45 is
1 in 5 for women
+
1 in 10 for men

Between 2000 and 2019, deaths from heart disease has
↓
decreased 7.3%

In 2023, Alzheimer's and other dementias will cost the nation
\$345 billion

By 2050, these costs could rise to nearly
\$1 trillion

↑
while deaths from Alzheimer's disease have
increased 145%



While only 4 in 10 Americans talk to their doctor right away when experiencing early memory or cognitive loss,



7 in 10 would want to know early if they have Alzheimer's disease if it could allow for earlier treatment.

These are the
facts about the
Alzheimer's crisis



TYPES OF DEMENTIA

Dementia is an umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life.

- Alzheimer's
- Vascular
- Lewy body
- Frontotemporal
- Other, including Huntington's
- * **Mixed dementia:** Dementia from more than one cause

10 Warning Signs of Alzheimer's



1
Memory loss that disrupts daily life

2
Challenges in planning or solving problems

3
Difficulty completing familiar tasks

4
Confusion with time or place

5
Trouble understanding visual images and spatial relationships

6
New problems with words in speaking or writing

7
Misplacing things and losing the ability to retrace steps

8
Decreased or poor judgment

9
Withdrawal from work or social activities

10
Changes in mood and personality



Communication

throughout the progression of dementia

Early Stage Communication & Behaviors

Abilities

- Use spoken and written language to communicate
- Make decisions about future care
- Contribute to important conversations
- Understand their diagnosis

Changes you may notice

- Misinterpret what others are saying
- Difficulty finding the right words
- Make up new words to describe familiar things
- Struggle with problem solving
- Withdraw from conversations
- Take longer to process and respond

How to Connect in the Early Stage

- Ask directly how to help with communication
- Leave plenty of time for conversations
- Keep sentences clear and straightforward
- Include the person in conversations that affect them
- Avoid making assumptions
- Communicate in the way that is most comfortable for the person – phone, email, and/or in person
- Be honest; laugh together; stay connected

Middle Stage Communication & Behaviors

Changes you may notice

- Being forgetful of events or personal history.
- Feeling moody or withdrawn, especially in socially or mentally challenging situations.
- Experiencing confusion about where they are or what day it is.
- Having trouble controlling their bladder and bowels.
- Changes in sleep patterns
- Showing an increased tendency to wander and become lost.
- Demonstrating personality and behavioral changes, including suspiciousness and delusions or compulsive, repetitive behavior like hand-wringing or tissue shredding.

How to Connect in the Middle Stage

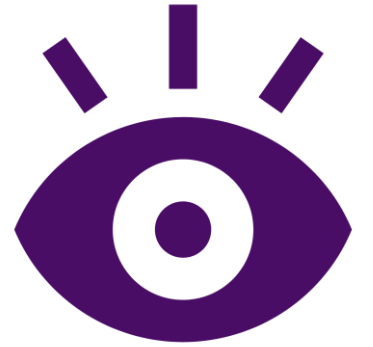
- Join the person's reality
- Assess their needs
- Let the person know you hear their concerns – whether they are expressed through words, behaviors, or both
- Keep it slow and basic
- Give multiple cues and prompts
- Respond empathetically and reassure
- Respond to the emotions behind the statement
- Take your time and watch your tone

Late Stage Communication & Behaviors

Changes you may notice

- Require around-the-clock assistance with daily personal care.
- Lose awareness of recent experiences as well as of their surroundings.
- Experience changes in physical abilities, including walking, sitting and, eventually, swallowing
- Have difficulty communicating.
- Become vulnerable to infections, especially pneumonia.

Connecting through the Five Senses



Connecting through the Five Senses



Sound

Listen to familiar music

Sing along to favorite songs

Read a book aloud

Listen to songs or speeches in their native language

Connecting through the Five Senses



Touch

Feel different textured fabrics

Identify shapes by touch

Give hand massages with lotion

Brush their hair

Visit with gentle animals

Cuddle with a plush toy

Connecting through the Five Senses



Taste

Eat favorite sweets

Serve their favorite foods

Find their childhood favorites

Connecting through the Five Senses

Smell

Let them smell familiar herbs,
essential oils, teas and flowers

Use fragrant lotions for hand
massages

Bake cookies

Light a scented candle



Connecting through the Five Senses

Sight

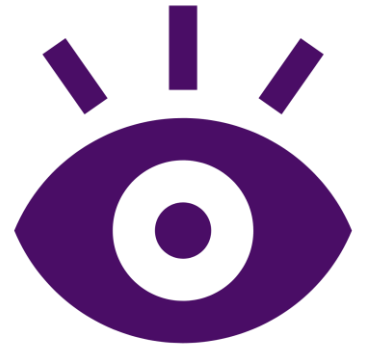
Laminate brightly-colored pictures

Watch videos of cute animals

Flip through a photo album

Paint a simple picture together

Sit by an open window together



Responding to Common Behavioral Issues



Strategies to Connect

Use what you know

- Apply the same high standards of service you would to any other client
- Use insights & information about dementia to support your interactions
- Take your time & exercise patience
- Learn about the person & use the knowledge to inform your interactions



Self-Awareness

- Be aware of your own fears and discomfort
- Recognize that a person with dementia may feel nervous too
- Keep the focus on the individual with dementia & the value they bring
- Be natural, but sensitive to how the individual may be feeling.
Put them at ease

Conversation Tips

- Give the person with dementia your full attention
- Make eye contact
- When in groups, be sure not to exclude the person from the conversation
- Take pauses and be available for questions
- Summarize or confirm what was said or done

A word about body language

- Body language can enhance conversations, or ruin them
- People living with dementia may use body language to enhance self-expression or help interpret your meaning
- Be mindful of your body language & your tone of voice.



People with dementia rely more heavily on these to communicate

Dementia Caregiver Education Programs

Free virtual and in-person classes
(pre-recorded at [training.alz.org](https://www.alz.org/training))

- 10 Warning Signs
- Understanding Alzheimer's & Dementia
- Effective Communication Strategies
- Money Matters
- Understanding & Responding to Dementia-Related Behaviors



www.alz.org/cacentralcoast/helping_you

Care Consultations and Information & Referral

- Help families navigate through difficult decisions and uncertainties of Alzheimer's and dementia at every stage of the disease.
- Assess, assist, refer to community partners & resources.
- Lots of supportive listening!



Dementia Caregiver Support Groups

- Peer-to-peer exchange of info, challenges and possible solutions
- 35 Dementia Caregiver Support Groups Total facilitated throughout the CA Central Coast (Both Virtual & In-Person)
 - 14 Virtual Support Groups
 - 12 Support Groups in-person Santa Barbara County
 - 5 Support Groups In-Person SLO County
 - 11 Support Group in-person Ventura County
- General Family & Friend Caregiver groups, as well as:
Spouse, Adult Children as Caregivers, Spanish Speaking, Young/Early Onset, LGBTQ+ Caregivers, Early Stage Social Support, Anticipatory Grief (with Hospice of SLO County)
Those with Memory Loss & Their Caregiver,
Those Who have Lost a Loved One to Dementia





24/7 Helpline

800.272.3900

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Website: alz.org

Volunteer!

You can:

- Gain insight into the aging process, help to mitigate fears & eliminate stigmas
- Bring a sense of familial love & support to those who do not have family near by
- Educate the next generation of healthcare providers, social workers, caregivers & helpful members of society!
- Lead Community Education classes, Awareness presentations, Faith-based outreach, Support Group facilitation, Event planning

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California Central Coast Chapter

Become a volunteer, contact:

bit.ly/volunteerwithalz

(Or talk with Laura)



THE LONGEST DAY[®]

alzheimer's  association[®]

June 21, 2023



Walk To End Alzheimer's San Luis Obispo Mission Plaza

Nov. 4, 2023





**ALZHEIMER'S[®]
ASSOCIATION**
CALIFORNIA CENTRAL COAST CHAPTER

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