

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

Meeting Date: Wednesday September 27, 2023

Time: 10:00 am - Noon

Location: **Empleo Building, 3563 Empleo Street, Conference Room 1, 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: August 23, 2023

Presentation: **Know How to GO! Navigating Senior Transportation**

Presenter: **Paige Anderson, Rideshare Program Coordinator SLOCOG**

Break 10 minutes

Reports:

ASPC (5 min) – Jerry Mihaic

AAA (5 min) – Ron Torres

Legislation Report (5 min) – Anne McCracken

Unfinished Business:

Brainstorming results and Annual Report – Maryanne

Mention from BOS at 0912 meeting (video minute marker 8:31-10:12)

Discussion and comments on reports

New Business:

Open Position – Alternate Member at Large

Review of Officer and Member Terms 2024

Call for any other new business for next meeting?

Next Meeting: October 25, 2023 – HICAP Medicare Info – Buff Lawson

Fall Location September through December 2023:
Empleo Building, 3563 Empleo Street, Conference Room 1, 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 Empleo Conference Room 1
3563 Empleo St, San Luis Obispo
September 27th, 2023 Minutes

Member Present: Maryanne Zarycka, Anita Shower, Ann McCracken, Jerry Mihaic, Mike Bossenberry, Louise Justice, Kristin Allen, Paulina Flores Jimenez, Dianna Votaw, Paige Anderson, Danielle Raiss, Paul Worsham

Members Absent: Sue Gibson, Frank Triggs, Mara Whitten, Ron Torres, Bill Degnan, Charmaine Petersen, Nancy Puder, Aracely Maldonado, Alexis Okumura

Call to Order: 10:00 am

Flag Salute.

“Meeting is Being Recorded” Announcement

Public Comment:

Kristin Allen:

- Wants to bring awareness about having a will or trust. Due to personal situation.
- Kristin is retiring from being a notary as of December 30th 2023, but will continue to support senior citizens.

Guest

- SLO Public Harvest Festival October 7th, 2023 in San Luis Obispo Public Market. Event is free.

Jerry Mihaic

- Save the date Día de los Muertos October 29th, 2023 2pm-6pm at Mission Plaza in San Luis Obispo

Laura DeLoye

- Flyers were placed in conference room with more information on support groups associated with Alzheimer’s Association
- Walk to End Alzheimer’s November 4th, 2023 Mission Plaza San Luis Obispo, start time 10:30am

Rod Brown

- Walk to End Alzheimer’s October 7th, 2023 in Waller Park Santa Maria, start time 9:45am
- 32nd Santa Barbara Senior Expo October 4th, 2023 9am-1pm

Guest

- Smart and Share Housing Solutions
- 3 programs:
 - HomeShareSLO: connect people with rooms
 - ADU-SLO: convert backyard, garages, infill lots etc... into living spaces
 - Co-Living Collaborative: ownership opportunities to provide affordable housing

Introductions: Guests & Members

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

Approval of 08/23/23 Minutes: Motion was made to accept minutes with corrections notated. Motion was seconded. All in favor – Flores = abstention (was absent that day).

Presentation:

**Paige Anderson, Rideshare Program Coordinator SLOCOG
Know How to GO! Navigating Senior Transportation**

Know How to GO

- Shuttles
- Biking
- Volunteer Driver
- Carpool
- On-Demand
- Public Transit

Shuttles

REGIONAL

- Senior Go! Program
- Ride-On Transportation
- SLO Safe Ride

VOLUNTEER

- Cambria Community Bus
- Wilshire's Good Neighbor Program
- SLO Village
- Cayucos Van

LOCAL

- Dial-A-Rides
 - Atascadero
 - Morro Bay
 - Nipomo
 - Paso Robles
 - Shandon
 - Templeton

SPECIALIZED

- Runabout (ADA-compliant)
- Access for All Program (ADA-compliant)
- Ride-On Vets Express (Veterans)
- Veterans Shuttle (to VA clinic)

- CenCal, CHC Shuttle (Medical)
- Amdal, Care Connections (NEMT)

Senior GO

- Is a transportation service available Door-to-Door for seniors 65+ in the in San Luis Obispo County
- Monday-Friday 7am-5pm and 10am-3pm on Saturdays
- Seniors may book up to eight on-way trips per month
- Users may take up to four (4) round-trips per month at a rate ranging from \$2.50 to \$10 per trip
- Rides are priced based on the length of the trip each way
- It's important to know that there IS a limitation on how many times a person can utilize this service in a given month. This means riders can either make 8 one-way trips or 4 round-trips per month.
- Vehicles are wheelchair accessible, and a caregiver is allowed to accompany the passenger for the same fare.
- DESTINATION: Anywhere in the County

Ride-On

- Ride On is a non-profit that offers various door-to-door transportation programs throughout SLO County.
- **The Access Shuttle** is for qualified low-income riders
 - To qualify you need to fill out a form on the Ride-On website OR submit a tax return for review.
 - Up to 2 round trips per month
 - Access operates 24/7
- **The Community Interaction Program** is for adults with developmental disabilities
 - Operates M-F after 5pm, Saturday and Sunday
- **Veterans Express** goes to VA clinics in SLO and Santa Maria
 - Schedule 2-3 days ahead of time
 - Show your VA card upon pick-up
 - 1 round trip per month
- **Express Shuttle** is a same-day service available for those who have missed the reservation window for other services. Try not to rely on this! There is a driver shortage, but Ride-On is planning to hire more drivers and purchase more vans within the next year.
- DESTINATION: Anywhere in the County (Veterans Shuttle to VA clinics in SLO & Santa Maria)

SLO Safe Ride

- Is shuttle service that specializes in transportation for large groups.
 - Wine/Brewery tours
 - Weddings
 - Field trips
 - Concerts
 - Nightlife
 - Airport/Amtrak Shuttle
- They operate 24/7 and offer transportation to/from the nearby airports and Amtrak stations, and are willing to go anywhere on the Central Coast, not just SLO County.
- DESTINATION: Anywhere in the Central Coast

RTA DIAL-A-RIDES

- Each of these Dial-A-Rides are local, meaning they only service the city they are in.
- Pay in cash on board the shuttle – Punch passes available in Nipomo and Paso.
- Vehicles are wheelchair accessible.
- The City of Atascadero manages their own Dial-a-Ride.
 - They have a unique pricing structure that splits up the city into two zones
 - Reserve 2 hours ahead of time
 - Currently very busy in the mornings and afternoons with school back in session!
 - Cannot go down dirt roads
 - Operates within Atascadero + 'Doctor's Row' in Templeton off Las Tablas/Posada, and Trader Joe's.
 - Will wait 15 minutes at your destination, will count as a second trip
 - Schedule ahead of time! Can set up recurring rides for recurring appointments.
 - Pay with cash on board (exact change!) or use a punch pass.
 - If you're traveling as a couple or in a pair, one person can get off at a stop, leaving the second on the bus and you'll only be charged for the extra stop once!
- Morro Bay also has their own Dial-a-Ride.
 - Will pick up and drop off within $\frac{3}{4}$ mile of a regular bus route
 - Pay with cash on board (exact change!) or use a punch pass.
 - Reserve 2 hours ahead of time

Go-go grandparent

- Membership service
- \$11 - \$500 / month
- \$0.27 per mile
- Uber & Lyft vehicles
- Offers door-to-door transportation service, meal and grocery delivery, prescription drop-off
- DESTINATION: Anywhere in California!

Volunteer Driver Programs

- For locals, seniors, and/or individuals with disabilities
- These are door-to-door services
- Based on driver/vehicle availability
- Wilshire is understaffed on drivers at the moment, they are already booked out for the month!
- Cambria Community Bus needs a day notice. **Multiple stops encouraged!** Call M-F 9-11am to reserve, bus operates locally M-F 8 – 4:30; second bus goes to SLO first and third Tuesdays of each month, and to Paso and Templeton second Tuesday of each month. Wheelchair accessible. Drivers will assist into the bus, and with packages/groceries into your home. Volunteer drivers needed!
- Cayucos Senior Van operates M-F 9-4, need 48 hours' notice
- SLO Village has tiers of membership options and offers not only rides, but handyman services, in-home care, social events, and more. Slovillage.org

Specialized Shuttles

- For Veterans, Medical Appointments & Non-emergency Medical Transport

RTA RUNABOUT

- Runabout is RTA's county-wide ADA (*) service!
- *The Americans with Disabilities Act (1990) is one of America's most comprehensive pieces of civil rights legislation that prohibits discrimination and guarantees that people with disabilities have the same opportunities as everyone else.
- Being of a certain age or having a disability does not automatically qualify a person for ADA certification.
- ADA certification is based on a person's functional (physical or cognitive) limitations in riding or reaching the fixed route system. That means you need to meet the eligibility requirements and then apply for a special ADA ID Card
- Runabout services all of the same cities as the RTA public transit routes, but fares range from \$2.50 to \$11 each way, depending on your destination and starting location. Punch passes are available.
- Submit application
- Schedule in-person interview *(805) 781-1170
- Reservations can be made between 8 a.m. – 5 p.m.
- Runabout is currently overburdened, so encourages those who are able to use another service to do so.
- One caregiver is included in the fare
- Wheelchair accessible

Access for All Programs

- For individuals with disabilities that find Lyft and Uber inaccessible
- 24/7 on-demand transportation

- \$2.50 per mile
- Call for a reservation: 805-519-0009

Veteran Shuttles

- There are two veteran shuttles, one is free and run by the U.S. Department of Veteran Affairs for Veterans needing transportation to the SLO or Santa Maria VA Clinic. The other is offered by Ride-On and costs \$3 each way from either VA Clinic.
- Contact your VA for the Veterans shuttle
- Ride-On Veterans Express shuttle 805-541-8747

Medical Appointment Shuttles

- **CenCal Patient Shuttle**
 - The CenCal Shuttle is for MediCal patients needing transportation to their medical appointment and do not have access to public transit
 - Must have a valid CecCal ID card
 - Must call at least 3 business days on advance 855-659-4600
- **CHC Patient Shuttle**
 - Must be CHC patient
 - A minimum of 48-hours' notice is required to secure a ride 866-614-4636

Non-Emergency Medical Shuttles

Amdal Transportation Services

- Pricing varies on Service Area
 - **Zone 1:** *Atascadero, Arroyo Grande, Lompoc, Oceano, Santa Maria, and Templeton.*
 - **Zone 2:** *Avila Beach, Los Osos, Morro Bay, Nipomo, Pismo Beach, Shell Beach, San Luis Obispo, and Paso Robles*
- Charges extra for after-hours service (before 7am, after 6pm, weekends)
- 844-464-7250

Care Connections

- Pricing is the same throughout the central coast
- Charges extra for after-hours service
- If used for personal outings, there is no charge per mile if within the same city
- 805-934-0592

Fixed-Route Transit

There are five major transit agencies that operate within SLO County:

- Monterey-Salinas Transit (aka MST)
- Morro Bay Transit
- Regional Transit Authority (aka RTA)
- SLO Transit, &
- South County Transit (aka SoCo Transit)

- Each of these agencies are featured in the KHTG transportation guide, which details hours of operation, bus fares, and route information.

Transit Pass Outlets

RTA & SCT Transit Pass Outlets

- Alan Hancock College
- Arroyo Grande City Hall
- Atascadero City Hall
- Grover Beach City Hall
- Morro Bay Public Works Office
- Paso Robles City Annex
- Pismo Beach Chamber of Commerce
- Regional Transit Authority (RTA)
- Santa Maria Transit Center
- SLO Public Works

MOBILE Transit Passes

- Bus Passes on your phone

Travel Training

- Travel Training is a one-time ride-along with a SLOCOG staff member!
 - Get comfortable riding the bus
 - Identify bus stops near you
 - Try out a typical route
- TravelTrainer@slocog.org

Unmet Transit Needs

- Every year, SLOCOG solicits requests for new and/or expanded transit services in the county and evaluates them for implementation.
- Public Hearing for Requests:
9 am, February 7th, 2024
County Board of Supervisors Chambers:
1055 Monterey St., San Luis Obispo
- Online survey coming in October!
 - [Slocog.org/TransitNeeds](https://slocog.org/TransitNeeds)
 - Unmet_Needs@slocog.org

Reports:

ASPC (5 min) – Jerry Mihaic

- Spoke about September National Preparedness month
- Healthy Brain UPDATE by Public Health
- October speaker will be Victoria Jump via Zoom: Ventura Master Plan on Aging
- Meeting had its first in-person in September

AAA (5 min)

- Finishing out with certificate for Farmers Market food
- Finishing up needs assessment
- Will not continue sponsorship with a state wide program

Unfinished Business:**Chair Report - Maryanne Zarycka**

- Brainstorming results and annual report are done
- The results and report are available in the COA website

New Business:

- None

Next Meeting: NO MEETING IN NOVEMBER! October 25, 2023–Bring a Senior!

Minutes submitted by Gabriela Garcia. Reviewed by Co-Chairs

**KNOW
HOW TO**



MOBILITY OPTIONS WORKSHOP

Paige Anderson
Rideshare Program Coordinator
panderson@slocog.org
805-597-8022



SHUTTLES

REGIONAL

- Senior Go! Program
- Ride-On Transportation
- SLO Safe Ride

LOCAL

- Dial-A-Rides
 - Atascadero
 - Morro Bay
 - Nipomo
 - Paso Robles
 - Shandon
 - Templeton

VOLUNTEER

- Cambria Community Bus
- Wilshire's Good Neighbor Program
- SLO Village
- Cayucos Van

SPECIALIZED

- Runabout (ADA-compliant)
- Access for All Program (ADA-compliant)
- Ride-On Vets Express (Veterans)
- Veterans Shuttle (to VA clinic)
- CenCal, CHC Shuttle (Medical)
- Amdal, Care Connections (NEMT)

SENIOR



A program of SLOCOG

- Door-to-Door transportation service for seniors 65+ in the County
- Users may take up to four (4) round-trips per month at a rate ranging from \$2.50 to \$10 per trip
- **DESTINATION:** Anywhere in the County

SENIORGO!

(805) 473-3333

Transportation for Seniors
throughout SLO County.

Senior Go! is a transportation service available to all Seniors 65+ in San Luis Obispo County, Monday-Friday, 7 AM to 5 PM; and 10 AM to 3 PM on Saturdays. Seniors may book up to eight one-way trips per month.



Senior Go! can be used to get to the doctor, run errands, visit friends and family, and more!

Rides are priced based on the length of the trip each way.

Trip Length	Fare Amount
0-5.0 miles	\$2.50
5.1-10.0 miles	\$4.00
10.1-20.0 miles	\$5.00
20.1+ miles	\$10.00

Learn more at SLOSeniorGo.org



- Various Programs
 - Access Shuttle for Low-Income
 - Community Interaction Program for adults with developmental disabilities
 - Veterans Express
 - Ride-On Express

DESTINATION: Anywhere in the County (Veterans Shuttle to VA clinics in SLO & Santa Maria)

Ride-On is Proud to Continue Providing Transportation Services in SLO County for Over 20 Years!



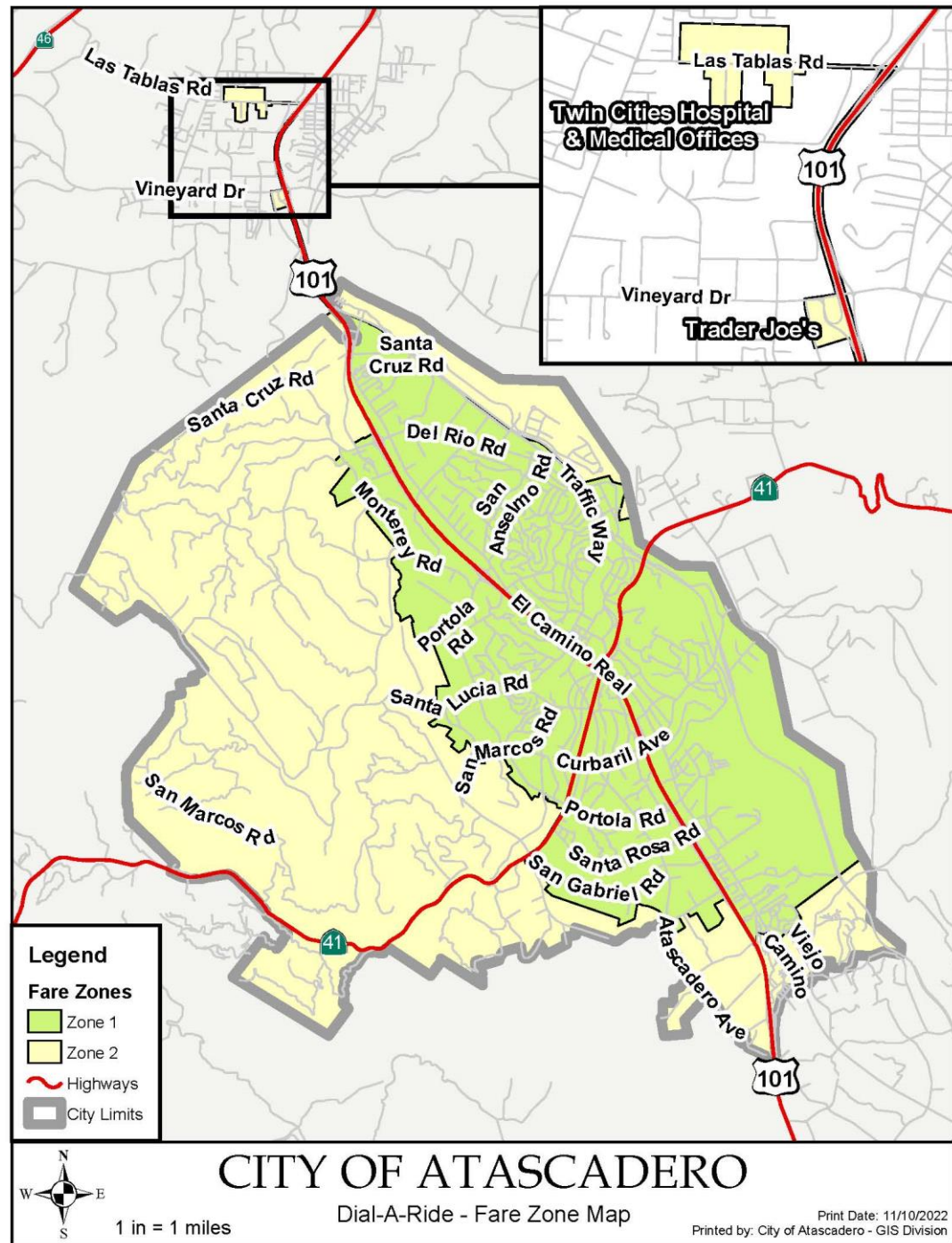
Established, Proven, Safe, Comfortable, & Reliable
Call us for more information at
(805) 541-8747

RTA DIAL-A-RIDES

CITY	HOURS	FARE	SAME DAY SERVICE?	PHONE NUMBER
Templeton	Tues., Thurs. 8AM–5PM	\$2.50 Regular	No, call the day before by noon.	(805) 541-2544
Paso Robles	Mon.–Fri. 7PM–1PM	\$5.00 Regular \$2.50 Discount	Yes	(805) 239-8747
Shandon	Mon., Wed., Fri. 8AM–5PM	\$5.00 Regular	No, call the day before by noon.	(805) 541-2544
Nipomo	Mon.–Fri. 7AM–6:30PM	\$2.25 Regular \$1.75 Discount	Yes	(805) 929-2881

ATASCADERO DIAL-A-RIDE

- Hours
 - Monday-Friday
 - 7 a.m. – 3:30 p.m.
- Cost
 - Zone 1: \$5/\$2.50
 - Zone 2: \$8/\$5
- (805) 446-7433



MORRO BAY DIAL-A-RIDE

- Hours
 - Monday-Friday
 - 8 a.m. – 10 p.m.
- Operates within $\frac{3}{4}$ mile of a bus route
- Cost
 - \$2.50 Regular
 - \$0.75 Discount
- (805) 772-2744



GO-GO GRANDPARENT

- Membership service
 - \$11 - \$500 / month
- \$0.27 per mile
- Uber & Lyft vehicles
- Offers door-to-door transportation service, meal and grocery delivery, prescription drop-off



DESTINATION: Anywhere in
California!

Volunteer Driver Programs

For locals, seniors, and/or individuals
with disabilities

January 2023



VOLUNTEER DRIVER PROGRAMS

VOLUNTEER DRIVER PROGRAM	FOR WHOM?	FEE?	WHERE CAN THEY TAKE ME?	PHONE NUMBER
Wilshire Good Neighbor Program	Seniors, Individuals with disabilities	No	SLO County	(805)547-7025
Cambria Community Bus	Seniors 60+, Individuals with disabilities	No	Cambria/San Simeon Area	(805) 927-4173
Cayucos Senior Van	For all Cayucos residents	Yes, small fee	SLO County, Medical Appointments, Airport/Amtrak, other as available	(805)995-3543
SLO Village	Seniors who pay a membership	Yes, for membership	SLO, Morro Bay, Los Osos	(805)242-6440

Specialized Shuttles

For Veterans, Medical Appointments
& Non-emergency Medical Transport

January 2023





- A county-wide ADA paratransit program
- Riders must be ADA-certified*:
 - Submit application
 - Schedule in-person interview
 - *(805) 781-1170
- Reservations can be made between 8 a.m. – 5 p.m.

Runabout Paratransit

- Service for ADA certified passengers only
- To qualify for Runabout a completed application and an in-person interview is required for all new applicants
- Available 7 days a week
- Pickups/drop-offs are within $\frac{3}{4}$ miles of regular bus routes
- Fares range from \$2.50-\$11 each way
- At a minimum, reservations must be made the day before you need the ride
- Call (805) 541-2544 for reservations

ACCESS FOR ALL PROGRAM

- For individuals with disabilities that find Lyft and Uber inaccessible
- 24/7 on-demand transportation
- \$2.50 per mile
- Call for a reservation: 805-519-0009



VETERAN SHUTTLES



Vet Express

\$3 each way

Will take a Veteran to and from
the SLO or SM VA Clinic

Can call to schedule same-day
rides, but better to schedule in
advance!

805-541-8747



VA

U.S. Department
of Veterans Affairs

FREE, provided by the U.S.
Dept. of Veteran Affairs

Will take a Veteran to and from
the SLO or SM VA Clinic

Request a ride through VA
Clinic at least 5 business days
in advance

MEDICAL APPOINTMENT SHUTTLES



CenCalHEALTH®
Local. Quality. Healthcare.

Patient Shuttle

Must have a valid
CenCal ID card.

Must call at least 3
business days in
advance

855-659-4600



Community Health Centers

Patient Shuttle

Must be a CHC patient

A minimum of 48-hour
notice is required to
secure a ride

866-614-4636

NON-EMERGENCY MEDICAL SHUTTLES



Pricing varies on Service Area

- **Zone 1:** *Atascadero, Arroyo Grande, Lompoc, Oceano, Santa Maria, and Templeton.*
- **Zone 2:** *Avila Beach, Los Osos, Morro Bay, Nipomo, Pismo Beach, Shell Beach, San Luis Obispo, and Paso Robles.*

Charges extra for after-hours service (before 7am, after 6pm, weekends)

844-464-7250



**CARE
CONNECTION**
TRANSPORT SERVICES

Pricing is the same throughout the central coast

- Charges extra for after-hours service

If used for personal outings, there is no charge per mile if within the same city

805-934-0592

Fixed-Route Transit

PUBLIC TRANSIT IN SLO COUNTY



Monterey-Salinas Transit

- Paso Robles
- Monterey County
- Salinas County

Morro Bay Transit

- Morro Bay

Regional Transit Authority

- North County
- South County
- North Coast
- Cuesta/SLO

SLO Transit

- San Luis Obispo

South County Transit

- Five Cities area

TRANSIT FARES

Fares	SLO Transit	RTA	South County	Morro Bay
Regular	\$1.50	\$1.75-\$3.25	\$1.50	\$1.50
Senior (65–79)	\$0.75	\$0.85-\$1.70	\$0.75	\$0.75
Senior (80+)	Free w/ VIP Card	Free w/ VIP Card	Free w/ VIP Card	Free w/ VIP Card
ADA Cardholders	Free w/ ADA Card	Free w/ ADA Card	Free w/ ADA Card	Free w/ ADA Card
Disabled*	\$0.75	\$0.85-\$1.70	\$0.75	\$0.75
Medicare Cardholders*	\$0.75	\$0.85-\$1.70	\$0.75	\$0.75
Children	Free under age 5 w/ adult	Free under 44” w/ adult	Free under 44” w/ adult	Free under age 5 w/ adult

TRANSIT PASS OUTLETS

VIP PASS must be acquired at
RTA HQ or SLOCOG



MOBILE
APPS

SLO Transit Pass Outlets

- SLO Chamber of Commerce
- SLO City Hall

RTA & SCT Transit Pass Outlets

- Alan Hancock College
- Arroyo Grande City Hall
- Atascadero City Hall
- Grover Beach City Hall
- Morro Bay Public Works Office
- Paso Robles City Annex
- Pismo Beach Chamber of Commerce
- Regional Transit Authority (RTA)
- Santa Maria Transit Center
- SLO Public Works

MOBILE TRANSIT PASSES

Bus Passes On Your Phone



Get the Token Transit App



Text "TOKEN" to 41411
for a download link



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TRAVEL TRAINING

- Travel Training is a one-time ride-along with a SLOCOG staff member like me!
 - Get comfortable riding the bus
 - Identify bus stops near you
 - Try out a typical route
- TravelTrainer@slocog.org



Unmet Transit Needs

UNMET TRANSIT NEEDS

- Every year, SLOCOG solicits requests for new and/or expanded transit services in the county and evaluates them for implementation.
- **Public Hearing for Requests:**
 - 9 am, February 7th, 2024
 - County Board of Supervisors Chambers:
1055 Monterey St., San Luis Obispo
- Online survey coming in October!
 - [Slocog.org/TransitNeeds](https://slocog.org/TransitNeeds)
 - Unmet_Needs@slocog.org