

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

Meeting Date: Wednesday April 24, 2024

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, events* - 2 min. max

Introductions: Members and Guests (please provide your name, Commission position, and brief agency description)

Member rollcall: Chair establish Quorum.

Approve Minutes: March 27, 2024

Presentation: Identifying Scams and Avoiding Fraud
Am I being scammed? What to do?

Presenter: Tristan O'Neil, Office of the District Attorney
San Luis Obispo Victim Witness Assistance Center

Break 10 minutes

Reports:

ASPC (5 min) – Jerry Mihaic

AAA (5 min) – Ron Torres

Legislation Report (5-10 min) – Anne McCracken

Unfinished Business:

Nominations for 2024-2026 Membership (April task) - Expiring Terms: Co-Chairs, Members at Large, Alternate Members at Large, Senior Service Provider

New Business:

Introduce and vote for two new Member at Large applicants:

Ilene Brill, Retired Social Services and **Kristi Edwards**, Home Care Services

Next Meeting: May 22, 2024:

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

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

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

Department of Social Services Building, Conference Room #101 3433 South Higuera,
San Luis Obispo, CA 93401

April 24th, 2024 Minutes

Members Present: Maryanne Zarycka, Mike Bossenberry, Danielle Raiss, Anita Shower, Louise Justice, Anne McCracken, Jerry Mihaic, Kristin Allen, Paige Anderson, Paul Worsham, Charmaine Petersen, Frank Triggs, Sue Gibson, Dianna Votaw,

Members Absent: Ron Torres, Angela Viles, Alexis Okumura, Tristan O'Neil, Paulina Flores Jimenez

Call to Order: 10:00 am

Flag Salute.

"Meeting is Being Recorded" Announcement

Public Comment:

Louise Justice

- Unmet Transit Needs study is created by SLOCOG and it informs about any unmet transit needs that are found reasonable to meet and are met before Transportation Development Act (TDA) funds for non-transit uses, such as streets and roads. Visit the website and reports to be informed!

Rod Brown

- Feedback for the initiative to have Senior Resource Fair coming back to SLO County has been very high. A date will be looked into and it will be hosted at the South County Regional Center (South County Chamber of Commerce). Please contact Rod for more information.

Mike Bossenberry

- May is Mental Health Awareness month nationally. Transitions Mental Health Association Wellness Center will have an "open house" all month, more information found in their website.
- Skin cancer screening at Sierra Vista Medical Center/Hospital on May 6th 8am-5pm free to the public.

Jerry Mihaic

- Autism Walk at Mission Plaza in SLO 12am-4pm ILRC will be present
- 5 de Mayo event hosted by Latino Outreach Council at the public market in SLO

SLOLAF 9th Annual Fundraiser Saturday, April 27th 2024. "Boggie Fever"

Laura DeLoye

- Education Classes May 17th Community Center in Morro Bay
- Flyers of the sessions/training were placed in the table to grab

The Hidden Creek Film

- Local movie filmed in the central coast
- Rancher who is diagnosed with Lewy Body Dementia
- Support the film and buy your ticket!

Ilene Brill

- Homeland security through the United Way has a grant being offered for emergency food and shelter
- If interested in applying Danielle Raiss will make copies of the form/application for members to take

Shellie Schaffer

- Flyer on more of the skin cancer screening offered at Sierra Vista Medical Center/Hospital

Laura Deloye

- The Hidden Creek a story about a rancher whom is diagnosed with Lewy Body Dementia
- Local movie filmed in the central coast
- May 23rd screening of the movie
- \$25/ticket
- A trailer of the movie was played during the meeting

Introductions: Guests & Members

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

Approval of March 2024 Minutes: Motion was made by Anne McCracken to approve minutes as written, Michael Bossenberry seconded the motion.

Presentation (Scheduled Presenters canceled short notice, so all members and guests at the meeting presented (1) their personal or professional passion, and (2) their biggest senior challenge:

- Passion:
 - Service to others and creatures
 - Foster and work with a local dog rescue agency
- Challenge: Being able to bring and provide support systems for seniors in need in rural areas

Ilene Brill

- Passion: Connecting the community with resources
- Challenge: Finding the right resources

Maryanne Zarycka

- Passion: Healing the planet one person at a time specially seniors
- Challenge: Everything being digital now is specifically difficult for seniors

Anita Shower

- Passion:

- Plastic waste
- Housing Seniors
- Challenge: Affordable housing

Attendee

- Passion: Seniors and children
- Challenge: Affordable assisted living for seniors

Sue Gibson

- Passion:
 - Monthly North County New Commerce Wine Club for seniors
 - Helping seniors
- Challenge: Seniors leaving their homes

Mike Bossenberry

- Passion:
 - Mental Wellness
 - Involved with the community
- Challenge: Seniors being understood

Jerry Mihaic

- Passion:
 - Sharing information that makes people's life better
 - Wine industry
- Challenge: Lack of communication and access to communication

Attendee

- Passion: Coaching
- Challenge:
 - Affordability and access for senior housing
 - Barriers to understanding technology for seniors

Laura DeLoye

- Passion:
 - Sharing gratitude
 - Helping to make connections
- Challenge: Affordability in housing

Kristin Allen

- Passion:
 - Being a service and healer to others
 - Art, teaching it and having fun

Louise Justice

- Passion:
 - Transportation specially for seniors
 - Activist for transportation needs, changes etc...
 - Learning

Rod Brown

- Passion:
 - Live music and dance

➤ Traveling

- Challenge: Public speaking, small talks begin and end quickly, would like to continue with communication to know of all the resources out there

Attendee:

- Passion: Helping people specifically seniors
- Challenge: Digital stressors, everything is online now this is very difficult for seniors

Attendee:

- Passion: Working in adult day center specifically with seniors with dementia
- Challenge: Public speaking, asking for monetary assistance etc...

Attendee

- Passion: Helping seniors specifically bringing joy to their life
- Challenge: Lack of educational resources

Shellie Schaffer

- Passion: Helping people face their "end of life time"
- Challenge: Spreading awareness to hospice and "end of life time"

Diana Votaw

- Passion: Connecting with people, being a support system for seniors
- Challenge: Seniors facing mental health issues

Paul Worsham

- Passion: An evolved passion overtime to be a mentor in Veterans Treatment Court

Anne McCracken

- Passion: Serving the people
- Senior Rally day May 8th 9am-3pm held in Sacramento, Zoom meeting contact Anne McCracken

Reports:

ASPC

- Friday, April 5th, 2024
- Member Spotlight: Laura DeLoye
- Guest Speaker: Nell Bennett & Karen Florian – Central Coast Caregiver Resource Center
- Committee Updates:
 - MPA Advisory Committee
 - Healthy Brain Initiative

AAA

N/A

Scam Report

N/A

Legislation Report

N/A

New Business:

- Motion to accept two applications for alternate members at large Kristie Edwards and Ilene Brill. Anne McCracken made the first motion, Louise Justice and Jerry Mihaic seconded motion to accept. All in favor, none opposed.
- Nominations of Expiring positions for 2024-2026 Term - Voting in June 2024
 - Co-Chairs are expiring: Members nominated current Co-Chairs. Anita Shower and Maryanne Zarycka – agreed to continue with their positions
 - Current members at large are expiring: All current members at large agreed to continue with their positions
 - Alternate members large members are expiring: All alternate members at large agreed to continue with their positions
 - Senior Service Provider current member will be contacted to ask if she will continue with her position

Next Meeting: May 22nd, 2024 at Conference Room #101 3433 South Higuera, San Luis Obispo, CA 93401

Minutes submitted by Gabriela Garcia. Reviewed by Co-Chairs