

# SAN LUIS OBISPO COUNTY COMMISSION ON AGING

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

**Meeting Date:** Wednesday May 22, 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) ***Thank you for the amazing new flag!***
- ✓ 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:** April 24, 2024

**Presentation:** **Trends in Senior Care for 2024;**  
*A Geriatric Care Manager's View*

**Presenter:** **Alexandra Morris**  
*Certified Geriatric Care Manager*

***Break 10 minutes (if time allows)***

**Reports:**

ASPC (5 min) – Jerry Mihaic

AAA (5 min) – Ron Torres

Legislation Report (5-10 min) – Anne McCracken

**Unfinished Business:**

Present the slate for 2024-2026 Election: Co-Chairs, Members at Large, Alternate Members at Large, Senior Service Provider – Anita S and Mike B

**New Business:**

Holiday schedule options (members vote) – Maryanne Z

June meeting options (members vote) – Brainstorm vs. Mini Senior Network/Fair

**Next Meeting: June 26, 2024**

**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 Building, Conference Room #101 3433 South Higuera,**  
**San Luis Obispo, CA 93401**  
**May 22<sup>nd</sup>, 2024 Minutes**

**Members Present:** Maryanne Zarycka, Danielle Raiss, Anita Shower, Louise Justice, Jerry Mihaic, Paige Anderson, Paul Worsham, Charmaine Petersen, Frank Triggs, Sue Gibson, Dianna Votaw, Ron Torres, Paulina Flores Jimenez, Ilene Brill, Kristy Edwards, Jamie Moothart

**Members Absent:** Angela Viles, Alexis Okumura, Tristan O'neil, Mike Bossenberry, Kristin Allen, Anne McCracken

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

Flag Salute.

"Meeting is Being Recorded" Announcement

**Public Comment:**

Louise Justice

- "Welcome Home Village" project for the homeless project was approved by the board of supervisors
- Asking for a housing assistance contact for an elderly in Monterey County
- Donate a "boot" brace/walking boot, what agency will accept it as a donation?

Ilene Brill

- June 5<sup>th</sup> homeless forum from 8:30am-12:00pm at Ludwick Community Center
- June 7<sup>th</sup> de-escalation training from 1:00pm-3:00pm at the library
- June 21<sup>st</sup> resource fair, providers to share information with the homeless at the library
- Contact Ilene directly for more information

Paul Worsham

- June 21<sup>st</sup> resource fair VA San Luis Obispo Open House
- Fri. Jun 21, 2024, 10:00am-1:00pm  
Veterans Memorial Building  
801 Grand Ave San Luis Obispo, CA

**Introductions: Guests & Members**

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

**Approval of March 2024 Minutes:** Motion was made to accept minutes as written by Louise Justice, Paul Worsham and Jerry Mihaic seconded the motion.

## **Presentation:**

### **Trends in Senior Care for 2024 A Geriatric Care Manager's View**

**Presenter: Alexandra Morris** *Certified Geriatric Care Manager*

## **Intro**

- Only 3 active geriatric care managers taking new cases in San Luis Obispo county
- 2 of these are specialized in dementia
- At this moment these 3 care managers are not taking cases whose primary issue is mental illness such as bipolar, schizophrenia, personality disorder etc...
- One of the geriatric care manager is an RN, Paul

## **Statistics**

- Currently about 17% of the population in the United States is 65+ older
- This percentage is quickly shifting to a much larger percentage
- Less young and middle age population and much larger percentage of 65 + older
- Japan has the largest 65+ older population, almost 30%
- Currently 22% of the population in San Luis Obispo county is 65+ older

## **Who are we? What do we do?**

- 30 years ago certified geriatric care was not a known career
- Currently society/community is still puzzled at what exactly this career is or does including health care professionals
- Nursing homes back then were the only service available to help
- Most come into the profession from other disciplines such as, SWs, nurses, other health professionals
- Younger population have started to show an interest
- Most have a master's degree
- To be a member of the national organization you will need to:
  - Have another credential
  - Do the work for at least 2 years, full time, paid and supervised
  - Testing process
- Strict code of ethics and standards of practice process
- Hourly fees between \$100-\$200/hour
- Very limited long term care insurance policies pay for this care
- Medicare does not pay for this care

## **Working with Fiduciaries**

- When there is no one to make decisions on behalf of the senior and no family members involved, fiduciaries are brought in
- When existing trustees are unable to do what they are supposed to
- When the caregiver becomes incapacitated or dies and no one else is available

## **How is the help offered?**

- Create a care plan with a professionally written report
- Links to services offered
- Sometimes crisis intervention
- Evaluate
- Talk to family
- Share responsibilities with families and determine time frames
- Connecting people to primary care physicians
  - Capacity declarations
  - Medical prescriptions, refills
- Embrace technology
- Blue Zones (5)
  - A blue zone is a region in the world where people are claimed to have exceptionally long lives beyond the age of 80 due to a lifestyle combining physical activity, low stress, rich social interactions, a local whole-foods diet, and low disease incidence
  - Loma Linda, United States
  - Nicoya, Costa Rica
  - Sardina, Italy
  - Icaria, Greece
  - Okinawa, Japan
- Documentary recommendation Alive Inside Documentary

## **Q&A**

- Geriatricians
  - Only breed of doctors that do extra training of 2 years and get paid less
  - Not too many are going into this profession
  - This career has evolved over time with support and consult with primary care internist
- Suggestions for those that can't afford services?
  - The services you get are the services you are able to pay
- VA does not pay for these services

## **Unfinished Business:**

- Present the slate for 2024-2026
  - Election for Co-Chairs, will remain the same
  - Members at Large, will remain the same
  - Alternate Members at Large, will remain the same with an addition of Jamie Moothart official voting will be next month
  - Senior Service Provider – will remain the same
  - Motion was made to accept and all voted in favor

## **New Business:**

- Holiday schedule options
  - November meeting will be moved to the third Wednesday of the month  
November 20<sup>th</sup>, 2024
  - December 2024 meeting will be canceled due to Christmas holiday
  - All voted in favor
- June meeting decision
  - Mini Senior Network/Fair
  - Time frame 10:00am – 1:00pm
  - Open to the public

## **Reports:**

### **ASPC**

Jerry Mihaic

- Member spotlight - Kim Chartrand – Hospice SLO County
- Guest Speaker Carolyn Berg – County Public Health Project: Climate Resilience
- Committee Updates - MPA Advisory Committee and Healthy Brain Initiative
- Agenda and minutes are available in the county website

### **AAA**

Ron Torres

- The commission is losing their Contracts Manager, interviews are taking place
- Report on program monitoring a few minor things

### **Scam Report**

N/A

### **Legislation Report**

- 4 pages of legislative information left in the back table for those who wish to review

**Next Meeting: June 26<sup>th</sup>, 2024 at Conference Room #101 3433 South Higuera, San Luis Obispo, CA 93401** Minutes submitted by Gabriela Garcia. Reviewed by Co-Chairs