

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

Meeting Date: Wednesday August 28, 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: July 24, 2024

Presentation: San Luis Obispo Master Plan on Aging – Summary – Timeline - Q&A

Presenter: **Robert Diaz**, Program Manager, APS/Public Authority

Mini Presentation: County Services for our Seniors provided by CAPSLO

Presenter: **Loren Leidinger**, Outreach/Development Director, CAPSLO

Break 10 minutes

Reports:

ASPC (5 min) – Jerry Mihaic

AAA (5 min) – Ron Torres

Scam Report (10 min) – Tristan O’Neil DA’s office

Legislation Report (5-10 min) – Anne McCracken

Special Report: Updates and new developments for Seniors and Veterans presented by Paul Worsham (10 min)

Next Meeting: September 25, 2024: Suicide Prevention Panel!

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 Building, Conference Room #101 3433 South Higuera,
San Luis Obispo, CA 93401
August 28th, 2024 Minutes

Members Present: Maryanne Zarycka, Anita Shower, Paulina Flores Jimenez, Ilene Brill, Jamie Moothart, Alexis Okumura, Mike Bossenberry, Kristin Allen, Danielle Raiss, Paige Anderson, Louise Justice, Paul Worsham, Dianna Votaw, Kristy Edwards

Members Absent: Sue Gibson, Charmaine Petersen, Jerry Mihaic, Anne McCracken, Frank Triggs, Ron Torres, Lori Allidin, Tristan O'Neil

Call to Order: 10:00 am

Flag Salute.

"Meeting is Being Recorded" Announcement

Public Comment:

Mike Bossenberry

- September National Suicide Prevention Month
- September 10th National Suicide Prevention Day
- September 14th 12pm-4pm at Avila Beach Golf Resort
Journey of Hope, a mental health forum keynote speaker Livi Redden
- September 24th County of San Luis Behavioral Health Department, Transitions-Mental Health Association, and the Suicide Prevention Council of SLO County will present to the County Board of Supervisors a resolution proclaiming September as "National Suicide Prevention Month" in San Luis Obispo County
- September 27th 8:30am-4:30pm virtual Suicide Prevention Summit
- September 28th 9am-12pm at Laguna Middle School NAMI Beautiful Minds Walk

Kristin Allen

- Presentation on September 24th 1pm-3pm at the Paso Robles Senior Center topic: *10 Warning Signs of Alzheimer's*
- Senior Center are taking reservations

Laura DeLoye:

- New support group with those caring for an adult with Down Syndrome, Alzheimer's, and dementia. Group will be virtual.
- September 7th Advanced Directives with Hospice of SLO and CCRC at the end of the month at Morro Bay

Shellie

- SLO Overdose Awareness Day August 31st 2pm-4pm at Mitchel Park San Luis Obispo
 - Free Narcan and Fentanyl test strips and training
 - Resource fair with other agencies will also participate
 - Memorial for loved ones will occur

- September 27th special education training for Dementia and Anticipatory Grief at French Hospital
- Medical Life is coming up in November

Member

- September 5th hosting a workshop with Alzheimer's Associating with warning signs of Alzheimer's and dementia at Nipomo

Rod Brown

- Senior Resource Fair October 1st 10am-2pm or November 12th 10am-2pm

Introductions: Guests & Members

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

Approval of July 2024 Minutes: Motion was made to accept minutes as written by Alexis Okumura, Kristin Allen and Mike Bossenberry seconded. Approved unanimously.

Presentation:

San Luis Obispo Master Plan on Aging

Presenter: Robert Diaz, Program Manager, APS/Public Authority

- **San Luis Obispo Master Plan on Aging 2024-2025**
 - A multi-sector plan across the lifespan for residents of San Luis Obispo County
- **Test Your Knowledge**
 1. **By 2030, how many Californian's will be an older adult?**
 - a. 4.9 million
 - b. 6.2 million
 - c. 10.8 million
 2. **Older adults (60+) and adults living with disabilities make up what percentage of the population within SLO County?**
 - a. 14%
 - b. 25%
 - c. 32%
- **Background**
 - ALL CALIFORNIANS should have the opportunity to age with dignity in the setting of choice, regardless of age, disability, race, ethnicity, immigration status, religion/faith, income, geography, sexual orientation, gender identity, language, or family status.
 - TO MEET THE NEEDS of the growing population of older adults and people with disabilities, as well as ensure that California harnesses their contributions and value, Governor Newsom issued an Executive Order (EO) in June 2019 calling for the creation of an [MPA](#) for the state ([EO N-14-19](#)). The EO affirmed the priority of the health and well-being of older Californians and the need for

policies that promote healthy aging and called for a “blueprint” for state government, local government, the private sector, and philanthropy to prepare the state for the coming demographic changes and to continue California’s leadership in aging, disability, and equity.

- **MPA 2021 - 5 Bold Goals**

1. Housing for all stages and ages
2. Health reimagined
3. Inclusion & equity, not isolation
4. Caregiving that works
5. Affording aging

- **Timeline**

- **2021:**
California releases State MPA. Identifies 5 Bold Goals and 23 strategies to build a *California for All Ages & Abilities* by 2030
- **2022:**
Budget Act of 2022 allocates \$4.5 million one-time General Fund dollars to support LADAP efforts
- **March 2023:**
CDA releases Request for Application (RFA) for LADAP grant funding with awards ranging between \$75k - \$200k
- **July 2023:**
CDA awards The County of San Luis Obispo \$182,535 to develop a local aging and disability action plan
- **2024-2025**
The County of San Luis Obispo in collaboration with the Adult Services Policy Council (ASPC) Advisory Committee and Health Management Associates (HMA) drafts local level blueprint

- **SLOMPA Goals & Objectives**

- **Improve** community livability for people of all ages and abilities
- **Address** systemic age and disability-related inequities
- **Strengthen** cross-sector collaboration to accomplish community goals
- **Transform** infrastructure and coordination of services to better inform and support individuals and families

- **Scope of Work**

1. **Awareness Stage**

- Contract Consultant
- Community Engagement
- TV / Radio / Social Media

2. **Planning Stages 1-4**
 - Advisory Committee
 - Meet with Local Leaders
 - Develop and Administer Needs Assessment
 3. **Development Stage**
 - Draft Local Plan / SOW
 - Release Educational Document
 - BOS Adoption of Plan
 4. **Early Implementation**
 - Community Education & Engagement
 - SLOMPA Website
 - Plan Promotion
 5. **Reporting & Monitoring**
 - 6-month, 12-month & Final Report
 - Fiscal Reimbursement
 - Success Stories
- **SLOMPA Team**
 - **Lead Organization:** SLO County Department of Social Services
 - **Advisory Committee:** Adult Services Policy Council (comprised of representatives from community-based organizations that serve older adults and adults living with disabilities)
 - **Consultant:** Health Management Associates (HMA)
 - **Why SLOMPA Matters**
 - **Professionally:**
 - Continue building strategic and collaborative relationships with other service providers
 - Be aware of a changing landscape regarding services and resources for our clients
 - **Personally:**
 - Present – friends & relatives 60+ or living with disabilities
 - Future – YOU!
 - **Your voice is important!**
 - Join the Advisory Committee or future focus group to have a direct impact on the planning process
 - **Questions?**

Robert Diaz, Program Manager
rwdiaz@co.slo.ca.us

Reports:

ASPC

Paulina Flores Jimenez

- SLO Village
 - Tami Newcomb, Executive Director
 - Nicki Edwards, Board of Directors Member

AAA

- High cap representative
- Senior connections
- Susannah Fenton AAA member application submitted

Scam Report

N/A

Legislation Report

N/A

Special Report

Paul Worsham

- New developments for Seniors and Veterans
- Transportation available within the county to take veterans from home to VA appointments resumed after COVID
- Van service appointments can be scheduled
- Feedback is requested by Paul for those who use this service since it is volunteer based by drivers
- Rendering Honors program has being worked on for months intended to render honors to veterans while they are still alive
- Veterans at hospice and palliative care deserve those same honors

Next Meeting: September 25, 2024, Conference Room #101 3433 South Higuera, San Luis Obispo, CA 93401 Minutes submitted by Gabriela Garcia. Reviewed by M. Zarycka