

# MINUTES

## NOCSC General Meeting

Tuesday, July 16, 2019

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### New / First Time Attendees

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Susan Hersal Senior Real Estate

Andy Hong Insurance Broker

Missy Carpenter Home Care

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### Membership Renewals

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None

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### New Business

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No New Business

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### This Is How We Do It: Hard to Answer Questions

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#### Questions from the Group Include

- A) Other Resources for homebound Seniors – *Well Connected*
- B) Transportation Resources Available
- C) Are PERS still relevant with today's technology
- D) Is there a glossary of terms available?
- E) Where do I start with a large move?

Lauren from St. Jude spoke about Well Connected. A free online and phone in program that offers classes and lectures for people over 65. The English and Spanish courses change every quarter.

Catherine from Council on aging spoke about their friendly visitor program and encouraged people to volunteer for program which could consist of < 1 hour / week.

Steve Mentioned his friendly visitor program that utilizes CSUF gerontology students.

Karyl explained the reasons why people have to go to the OCTA office to enroll in Access.

Access OC needs to lay eyes on the candidate which includes a mock bus to determine boarding and extrication capabilities. Process takes 2-3 weeks. \$3.60 per trip. Bus will travel 1 mile pass posted bus stops.

Feedback from the group explained that some areas in OC are not covered including parts of Yorba Linda and Anaheim Hills.

Andy Hong Mentioned that some Medicare advantage plans may cover transportation to and from pharmacy, doctor appointment, or other medical appointments and encourages his clients to take advantage and increase creativity of the free trips. (Grocery, errands. Other needs)

Linda Armas asked about ways to assist home bound / bed bound patients to renew ID /drivers license .

Stephen Huber mentioned that the DMV Ombudsman may assist and will attempt to locate his contact there.

**PERS:** Personal Emergency Response System: Tips from the group were to utilize an apple watch which can now detect heartrate, falls, location. Ring doorbell systems and tracking watches can be utilized for wanderers.

**Marilyn** mentioned the need for a glossary in the guide. Vicki from Senior Helpers will send Karyl a glossary she already has.

**Cameron Hills** spoke about how she addresses large moves and suggested to always utilize a senior move manager for any large downsizing moves. One thing she mentioned was to start with the most un-attached items and then 1 room at a time from there.

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## February Educational Forum

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Medical Cannabis for Older Adults

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## Work Group Updates

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Educational Forums: No New Updates (Medical Cannabis next speaker)

Loneliness Project: Mark has asked for volunteers to assist.

Website & Facebook: No New Updates

World Elder Abuse Day was a huge success and continues to grow. 300 people attended.

Senior Resource Guide: Projecting 8/1. Seeking feedback.

Policy & Advocacy: No New Updates

Senior Care 101: Starting to receive 10-12 constantly

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## Next Meeting

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Educational Forum: 8/20/19 0830AM

Adjourn