

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

Meeting Date: July 23, 2025
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, 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: June 25, 2025

Presentation/Presenters:

Veterans Discussion and Information Panel

Central Coast Veterans Helping Veterans - Worsham
Seniors Helping Seniors – Free VA In-home Care - MZ
SLO County Veterans Service Office - Kendra Scott
Salutes to Veterans in Hospice Comfort Care - Worsham
Honor Flight Central Coast and Guardians - Tolan
Veteran Suicide Prevention – Bossenberry/Worsham
EDD Disabled Aging Veterans Employment - McKean

Reports:

ASPC (2 min) – Jerry Mihaic
AAA (2 min) – Susannah Fenton
Scam Report (2 min) – Isabella Gaddinni DA VW
Co-Chairs – Anita and Maryanne

Next Meeting: August 27, 2025 – Access Central Coast (formerly ILRC)
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
July 23rd, 2025 Minutes

Members Present: Maryanne Zarycka, Anita Shower, Paul Worsham, Laura Edwards, Jerry Mihaic, Mike Bossenberry, Danielle Raiss, Claryce Knupper, Paulina Flores Jimenez, Ilene Brill, Charmaine Petersen, Dianna Votaw, Nicole Bennett, Sue Gibson, Kristin Allen, Louise Justice, Paige Anderson, Jamie Moothart

Members Absent: Susannah Fenton, Jessica Yates, Alexis Okumura, Rod Brown

Call to Order: 10:00 am

Flag Salute.

"Meeting is Being Recorded" Announcement

Public Comment:

Claryce Knupper

- [SLO County Senior Resource Fair](#)
- October 18th, 2025 9:00 AM – 12:00 PM, Grace Bible Church, Arroyo Grande, CA

Kristin Allen

- Working with Senior Center Paso Robles to put something together by January and 2026
- More info will be coming

Jesus

- 25th of July 1:00 PM - 4:30 PM at the Senior Center in Santa Margarita CalFresh sing-up event not exclusive for seniors but they are welcome

Public

- City of San Luis Obispo Homeless Response team has put together a resource guide for the homeless with a map Spanish and English

Mike Bossenberry

- Suicide Prevention month is in September. There will be many programs and events happening that month

Mitch Matthews

- Health Projects Center organization coming from Monterey County just started services in July of the Multi-Senior Services Program MSSP program in San Luis Obispo County
- Medi-Cal and Medicaid funded program

Laura DeLoye

- Monthly education series about dementia for caregivers in Arroyo Grande starting in August
- Online support groups flyers were provided
- Dementia caregiver navigator is offering training; there is a cost, check it out - see the flyer given out
- ALZPro: is your central hub offering the latest clinical guidelines, education and training, research publications and practical tools for researchers, clinicians and dementia care

providers. Built to empower all dementia professionals, ALZPro delivers timely, relevant resources to advance evidence-informed, person-centered care.

Nicole Bennett

- MSW (Master of Social Work) counseling sessions offered to CA residents for anyone who is going through mild to moderate mental health barriers

Approval of June 2025 Minutes: Motion to approve minutes for June as written with correction notated; approved

Presentation:

Veterans Discussion and Information Panel

Central Coast Veterans Helping Veterans – Paul Worsham

- Central Coast Veterans Helping Veterans (CCVHV) is organized to assist the estimated 16,000 veterans residing in San Luis Obispo County. Many of these veterans have encountered a variety of problems in transitioning from military service to a fully productive life as civilians
- Initially formed as a non-profit
- Mike Patrick is the heart and soul of this service/program
- Mike Patrick finds senior veterans in need, evaluates the needs of veterans, sends the referral to Seniors Helping Seniors, and creates personalized gift baskets for each veteran in need

Seniors Helping Seniors – Free VA In-Home Care - Maryanne Zarycka

- Seniors Helping Seniors is a home care service that connects senior caregivers with senior clients, providing companionship and assistance with daily tasks.
- SHS helps Veterans access VA benefits like Homemaker Home Health Aide Care services which is paid by the VHA (Veterans Healthcare Administration).
- Currently 27 veterans are being served by SHS with this HHA VA paid service
- Homemaker Home Health Aide Care is funded through VHA Care in the Community program
- VA Homemaker/Home Health Aid (H/HHA) Referral Process showed in the presentation (contact Maryanne at Seniors Helping Seniors for more information)

VA Homemaker/Home Health Aid (H/HHA) Referral Process

- [VA HHA Referral - Geriatrics and Extended Care Flyer](#)
- [VA HHA Referral Homemaker and Home Health Aide Care Flyer](#)
- The Veteran MUST VISIT their VA Primary Care Physician to obtain a Homemaker/Home Health Aid (H/HHA) Referral

San Luis Obispo VA Clinic

1288 Morro St Ste 200, San Luis Obispo, CA 93401

(805) 543-1233 Closes at 4:30pm

- The Veteran MUST request a Homemaker/Home Health Aid (H/HHA)

Referral from the VA Primary Care Physician.

- The Veteran MUST agree they need assistance with at least TWO Activities of Daily Living (ADL's) to start the process for receiving benefit.
- ADL's = Ambulation/transferring, Dressing/grooming, Bathing/showering, Toileting/Incontinence care, Feeding
- The VA Primary Care Physician will submit the REFERRAL to the Veterans Healthcare Administration for approval. This approval may take 8-12 weeks.

Salutes to Veterans in Hospice Comfort Care - Paul Worsham

- Brochures were passed out
- Salutes to veterans in hospice comfort care involve formal ceremonies, presentations of flags and certificates, and other expressions of gratitude to honor their service and sacrifice. These acts of recognition can bring comfort and closure to veterans at the end of life
- The importance of partnerships was emphasized
- Multi-sponsors

EDD Disabled Aging Veterans Employment - Esteban

- Currently 15,465 veterans in SLO county
- DOL funded program funded by the state
- They get referrals from the VA
- Helps veterans translate peer-to-peer level military service into a career to look for a job
- Spouses can also be included
- American Job Center has EDD staff for those that want to refer veterans in San Luis Obispo
- "JVSJ program" refers to the Jobs for Veterans State Grants. This program provides funding to state agencies to support employment services for veterans. JVS SoCal, a non-profit social service agency, also has a "Veterans First" program, which is separate from the JVSJ program and focuses on career coaching, placement, and transition support for veterans and their spouses, according to JVS SoCal

Veteran Suicide Prevention - Mike Bossenberry/Paul Worsham

- CDC website from 2021-2022 age 65 had an % increase in suicide 433 including females and males
- Rate is greater with age group
- Generally the rates have increased nationwide
- The state of CA does a little better in % compared to nationwide numbers
- Anxiety, PTSD, mental health issues, self-destructive behavior, depression, repeated traumatic experience, direct or indirect exposure with sexual violence are some of the factors/indicators of suicide
- These factors/indicators become more pronounced with age
- Partner with agencies to support veterans at risk of suicide
- 60% of veterans who commit suicide are not enrolled with the VA

Special Reports

ASPC

Jerry Mihaic

No ASPC meeting in July

AAA

N/A

Scam Update

N/A

Co-Chair Report

N/A

Next Meeting: September 24, 2025 at Conference Room #101 3433 South Higuera, San Luis Obispo, CA 93401

Minutes submitted by Gabriela Garcia. Reviewed by Co-Chairs.