

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

Meeting Date: September 24, 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*

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

Member rollcall: Chair establish Quorum

Approve Minutes: August 27, 2025

Presentation:

Suicide Prevention in Older Adults Information and Discussion

Presenters:

**Brita Connelly, Behavioral Health Program Manager,
County SLO Behavioral Health Department**

Roberto Cueva, Program Manager for Central Coast Hotline, TMHA

Nate Johnston, Central Coast Veterans Helping Veterans

Special Report

SLOCOG “Self-Help” Transportation Tax Initiative (15 min) – Annie Bowsky

Reports:

ASPC (2 min) – Jerry Mihaic

AAA (2 min) – Representative

Scam Report (2 min) – Isabella Gaddinni DA VW

Co-Chairs – Anita and Maryanne

Next Meeting: October 22, 2025 – HICAP – Medicare; What’s New for 2026?

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

***SLOCOA Meets the 4th Wednesday of every month!
(November will be 3rd week 11/19 – No meeting in December 2025)***

***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

September 24th, 2025 Minutes

Members Present: Maryanne Zarycka, Anita Shower, Laura Edwards, Jerry Mihaic, Mike Bossenberry, Danielle Raiss, Ilene Brill, Kristin Allen, Louise Justice, Paige Anderson, Jamie Moothart, Susannah Fenton, Jessica Yates, Rod Brown, Sue Gibson, Paul Worsham, Nicole Bennett, Stephanie Escobebo (AAA),

Members Absent: Charmaine Petersen, Paulina Flores Jimenez, Alexis Okumura (LOA), Dianna Votaw, Claryce Knupper, Isabelle Gaddinni/Jessica Yates

Call to Order: 10:00 am

Flag Salute.

"Meeting is Being Recorded" Announcement

Public Comment:

Kristin Allen

Info on behalf of Alzheimer's Association

Alzheimer's empowering professional online course for health professionals

In person support groups

Dementia caregiver education series also offered in Spanish

Jerri Mihaic

Join the Latino Outreach Council on Saturday November 1st, 2025 from noon to 5:00 p.m. in Mission Plaza for a celebration including Aztec Dancers, Folklorico dancers, a Day of the Dead Costume Contest, Mariachi performance, dancing in the Mission Plaza, vendor booths (food, beverages, community groups, artists, crafts), activities for children and more.

Alex

Giving away hospital beds and 2 shower chairs almost new in very good condition, contact Alex if in need of them

Paige Anderson

Transportation safety forum held by SLOCOG

For the month of October Rideshare is running a campaign called "walktober" if participating you can win a prize

Louise Justice

Pickle Festival October 4th 1pm-4pm fundraiser for Meal that Connect

Member

Journey of Hope Festival Saturday, September 27th 12pm – 3pm

Approval of August 2025 Minutes: Motion to approve August minutes as written by Anita Shower seconded by Mike Bossenberry

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Suicide Prevention in Older Adults Information and Discussion

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Brita Connelly, Behavioral Health Program Manager, County SLO Behavioral Health Department

Language & Concepts About Suicide

Died of/by Suicide

Fatal or Non-Fatal Attempt

Person with Lived Experience

Loss Survivor

Suicidal Ideation

Males have a higher rate than females, which is exaggerated among older males

Suicide & Stigma

Suicide death is stigmatized across all age groups

Often seen as being 'weak'

Sometimes seen as the person was 'selfish'

Older adults were raised in a time where it was still considered a 'sin' and was often considered 'illegal'

We see higher rates in men than women, why?

Risk Factors

Depression & other mental health problems

Substance use disorder (alcohol & prescription medication)

Physical illness, disability, and pain (especially if any of these are chronic)

Social isolation & loneliness

Loss of a loved one, especially to suicide

Financial & food insecurity

Exposure to a traumatic event

Protective Factors

Strengthen economic supports

Strengthen access and delivery of suicide care

Create protective environments

Promote connectedness

Teach coping and problem-solving skills

Identify and support people at risk

Crisis Resources

Central Coast Hotline (call or text) 800-783-0607

National Suicide Prevention Lifeline (call or text) 988

National Friendship Line (People Aged 60+)

call 1-888-670-1360

Mobile Crisis Team (MCT)

Available 24 hours a day, 7 days a week, 365 days a year. To request an MCT response, call the **Central Coast Hotline at 1-800-783-0607.**

Local Support

County Behavioral Health **call (805) 781-4768**

Habitat for Humanity

Transitions-Mental Health Association

Hospice of SLO County

Roberto Cueva, Program Manager for Central Coast Hotline, TMHA

Feeling hopeless, desperate or alone? Concerned for someone else? Call or Text Central Coast **Hotline 800-783-0607** San Luis Obispo County's suicide prevention, mental health resources and emotional support line. Confidential/Free 24/7 - 365

We welcome Spanish speaking community members to call in for support!

Resources

Fill out referrals for the following TMHA programs:

We can fill out referrals for the following TMHA programs:

Brief Therapy Clinic

Veteran Wellness Program

Behavioral Health Navigation

Homeless Outreach Team

Central Coast Hotline vs 988-What's the difference?

Central Coast Hotline has been helping our community for the past 55+ years and knows the local resources and has relationships with the community partners that help us keep our community safe.

The new 988 National Lifeline number is a number that is available to call in an emergency from anywhere in the US and has the potential to change the way we address Mental Health emergencies in this country.

Nate Johnston, Central Coast Veterans Helping Veterans

Central Coast Veterans Helping Veterans (CCVHV) is organized to assist the estimated 14,000 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. We are here to help.

Saturday, November 1, 2025

4:30 PM – 7:30 PM

Atascadero Elks Lodge | 1516 El Camino Real

\$50 Tickets available at [My805Tix.com](https://www.my805tix.com)

Enjoy a gourmet dinner prepared by Elks chefs, a silent auction, and inspiring presentations from veterans and leaders who helped shape the SLO County Veterans Treatment Court. This event also marks the official launch of Veteran History Month, as recognized by the SLO County Board of Supervisors.

140,00 have been lost to suicide

Trying to come up with programs to implement locally to bring and engage veterans

Veterans Treatment Court is a great program for suicide prevention, a guaranteed peer-to-peer contact on a regular basis, provides a mentor to help veterans through the difficult times that may lead to thoughts of suicide

Special Report

SLOCOG “Self-Help” Transportation Tax Initiative - Annie Bowsky

Introduction to SLOCOG

San Luis Obispo County & 7 Cities	Arroyo Grande
Atascadero	Grover Beach
Morro Bay	Paso Robles
Pismo Beach	San Luis Obispo

Major Delays toACTION

All projects and repairs get stuck in a queue – delays result in higher costs

Highway Improvements and interchanges

Safety Improvements

Repairs and Maintenance

And more

Working toward a Balanced and Fair Investment Plan

Next chance is November 2026

We don't want to miss out again

Improve transportation for SLO County's future with a voter-approved dedicated transportation sales tax.

Visitors pay too - helping fund local projects!

Senior Transportation and Mobility

To be included in the investment plan

Why more senior mobility funding is needed:

Demand Increase

Cost increase

Closing of programs such a Wilshire Good Neighbor Program

OUR ASK: Tell us what you want in a voter approved investment plan

Key County Transportation Needs

Highways- efficiency and safety upgrades (101, 46, 41, 58, 227, 1)

Road and Pothole repairs regionwide

Local Road Safety Improvements - bridges, guardrails, road widening, intersections

Senior Transportation and Public Transit improvements for Persons with Disabilities, Veterans

Pedestrian Safety and Safe Routes to School

Regional Bike Trails (Bob Jones, Anza, Coastal)

½ cent sales tax in San Luis Obispo Region would:

Raise \$35+m each year

Be used to Leverage ~\$1 billion out of Sacramento

Be protected from Sacramento (cannot be stolen)

Speed up project delivery (reducing cost)

Guarantee every penny for our local TRANSPORTATION priorities (no bait and switch)

Contain Safeguards (accountability, oversight, audits, reporting, a sunset date, and 1.5% maximum for SLOCOG administration)

Provide that tourists pay a tax guaranteed for our roads (finally!)

And deliver a list of improvements!!!

ASPC

Jerry Mihaic

September 5th, 2025 - Presentation Wisdom Center- Isabel Alsaro

Co-Chair Report

- *November meeting will be November 19th the 3rd Wednesday NOT 4th Wednesday due to Thanksgiving - HICAP will be presenting October 2025*
- Booking 2026 presenters - contact Maryanne if interested or have a suggestion
- June 2026 will end of 2-year term for officers, members at large, and alternate members at large Government agencies and service providers are assigned by agencies

Next Meeting: October 22nd, 2025 at Conference Room #101 3433 South Higuera, San Luis Obispo, CA 93401 (Minutes submitted by Gabriela Garcia. Reviewed by Co-Chairs.)