

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

Meeting Date: November 19, 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: October 22, 2025

Presentation:

Health Projects Center
Empowering Independence and Health
Creating a community where everyone can age with dignity and care

Presenters:

Vanessa Aguilera-Viorato, MPH
Health Education & Training Manager

Maria Ramirez, MSW, ASW
Supervising Social Work Care Manager, MSSP

Reports:

ASPC (2 min) – Jerry Mihaic
AAA (2 min) – Stephanie Escobebo/Ron Roman
Scam Report (2 min) – Isabella Gaddinni DA VW
Co-Chairs – End of the year message

Next Meeting: January 28, 2026 – Presenter SLOCOG

NOTE: ONE-TIME CHANGE OF MEETING PLACE:
DSS Building, Conference Room #1 3563 Empleo Street, San Luis Obispo, CA 93401

SLOCOA Meets the 4th Wednesday of every month!
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
November 19th, 2025 Minutes

Members Present: Danielle Raiss, Paulina Flores Jimenez, Paul Worsham, Mike Bossenberry, Stephanie Quintanar, Jamie Moothart, Jeff Berry, Isabella Gaddini, Laura Edwards, Kristin Allen, Rod Brown, Claryce Knupper, Nicole Bennett, Louise Justice, Jerry Mihaic, Charmaine Peterson, Vanessa Aguilera, Anita Shower, Maria Ramirez, Ilene Brill

Members Absent: Paige Anderson, Diana Votaw

Call to Order: 10:00 am

Flag Salute.

“Meeting is Being Recorded” Announcement

Public Comment:

Kristin Allen

- Info on behalf of Alzheimer’s Association

Approval of October 2025 Minutes: Motion and 2nd to approve October minutes, passed

Presentation:

Health Projects Center

Presenters: Vanessa Aguilera-Viorato, MPH Health Education & Training Manager
Maria Ramirez, MSW, ASW Supervising Social Work Care Manager, MSSP

Multipurpose Senior Services Program (MSSP)

- MSSP provides free long-term case management through social work and nursing services, supporting medically isolated, frail, and underinsured older adults who are at risk of losing their independence or facing premature institutionalization.
- Key Goals:
 - Deliver comprehensive care coordination
 - Improve quality of life
 - Delay or prevent nursing facility placement
 - There is no charge for MSSP services.

MSSP Service Area Expansion – Effective July 1, 2025

- Counties Served: Santa Cruz, Monterey, San Benito, San Luis Obispo

Qualifications for MSSP:

- Are 60 years of age or older
- Have appropriate Medi-Cal eligibility, including those with a low share of cost requiring monthly spend-down
- Meet the Skilled Nursing Facility Level of Care criteria (high level of care needs)

- Able to live safely in the community with support
- Willingness to participate in an individualized care plan, annual reassessments, and adhere to policies.

MSSP Care Management: What to expect

Access to a dedicated HPC Care Management Team

- RN and Social Work Care Manager (SWCM) collaborate as advocates for the participant
- Guide the participant through health and social services systems

Case Management Visits

- Monthly check-ins by SWCM via phone
- Home visits every 3 months by SWCM
- Annual reassessment home visit by a RN

Care Coordination

- Development of a personalized care plan
- Coordination of services
- Identifying and developing a support system
- Annual in-home assessments and regular follow-ups

MSSP Services May Include:

Linkage to Community Resources

- Meals & nutrition programs
- Transportation services
- Medical and social services
- Support groups and counseling

Waiver Services (when not covered elsewhere)

- Home modifications
- Personal care assistance
- Chore & housekeeping services
- Medical equipment & supplies
- Respite care
- Transportation
- Communication services

Advocacy & Support

- Help navigating Medi-Cal and other benefits
- Coordination between doctors, service providers, and family
- Support during hospitalizations and transitions back home

Make a Referral

- Online: Complete the Interest Form on the HPC website www.hpcn.org
- Fax: Send the Intake & Referral Form to 831-459-8138
- Phone: Call the Intake Department at 831-600-8056

Central Coast Area Health Education Center

A program of the Health Projects Center (HPC)

- Dedicated to improving access to quality healthcare through education and workforce development.
- Focus on training caregivers, healthcare professionals, and community members to better serve seniors in Monterey, Santa Cruz, San Benito, and San Luis Obispo Counties

How AHEC Serves Our Aging Population

- Delivers free caregiver training
- Build caregiver confidence and competence
- Strengthens collaboration between community-based senior service agencies
- Promotes aging in place and quality of life for older adults

Knowledge-Based Trainings & Skills-Based Trainings

Caregivers gain insight into:

- Disease Progression: Understanding different types and stages of dementia, Parkinson's, and other chronic conditions
- Communication Skills: How to communicate effectively and compassionately with clients experiencing cognitive decline
- Behavioral Health: Recognizing caregiver stress and burnout, and learning strategies for self-care
- Hands On Instruction in Safe Transfers and Mobility Assistance, Infection Control in the Home, Fall Prevention Techniques, Personal Care and Hygiene, Emergency Preparedness

What partnering with Central Coast AHEC means:

- Expanding access to health education for seniors and their families
- Promoting early recognition of health concerns and timely care
- Reducing preventable hospitalizations and improving overall well-being
- Strengthening community connections that support healthy, independent aging
- Building a more age-friendly Central Coast through shared knowledge and collaboration

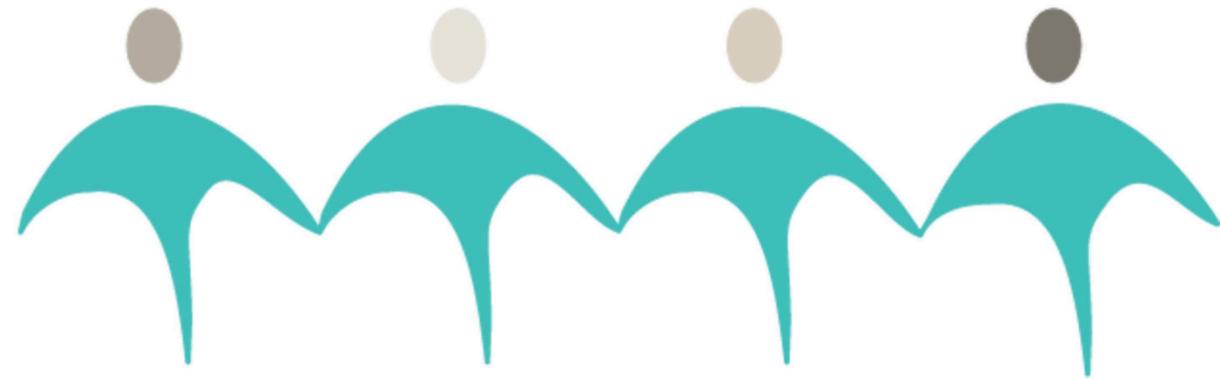
ASPC

Jerry Mihaic

- November 7th, 2025

Co-Chair Report

- November will be the 3rd Wednesday NOT 4th Wednesday due to Thanksgiving



Health Projects Center

Empowering Independence and Health





Multipurpose Senior Services Program (MSSP)

MSSP provides free long-term case management through social work and nursing services, supporting medically isolated, frail, and underinsured older adults who are at risk of losing their independence or facing premature institutionalization.

Key Goals:

- Deliver comprehensive care coordination
- Improve quality of life
- Delay or prevent nursing facility placement

There is **no charge** for MSSP services.

MSSP Service Area Expansion – Effective July 1, 2025

Service Coverage:

- Santa Cruz County
- Monterey County
- San Benito County
- San Luis Obispo County

These counties are served under the MSSP model through Health Projects Center.



Qualifications for MSSP



Are 60 years of age or older



Have appropriate Medi-Cal eligibility, including those with a low share of cost requiring monthly spend-down



Meet the **Skilled Nursing Facility Level of Care** criteria (**high level of care needs**)



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- Monthly **check-ins** by SWCM via phone
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- Annual **reassessment home visit** by a RN



Care Coordination

- Development of a **personalized care plan**
- **Coordination of services**
- Identifying and **developing a support system**
- Annual in-home assessments and regular follow-ups

MSSP Services May Include



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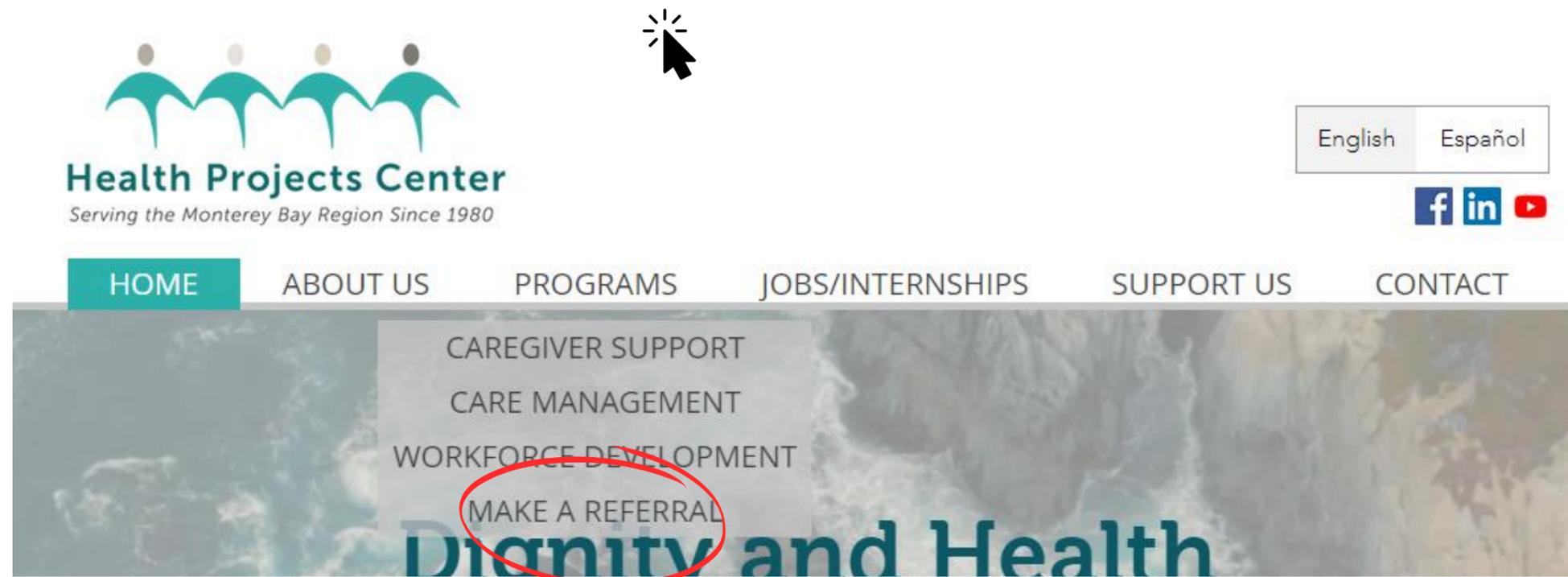


Advocacy & Support

- Help navigating Medi-Cal and other benefits
- Coordination between doctors, service providers, and family
- Support during hospitalizations and transitions back home

Make a Referral!

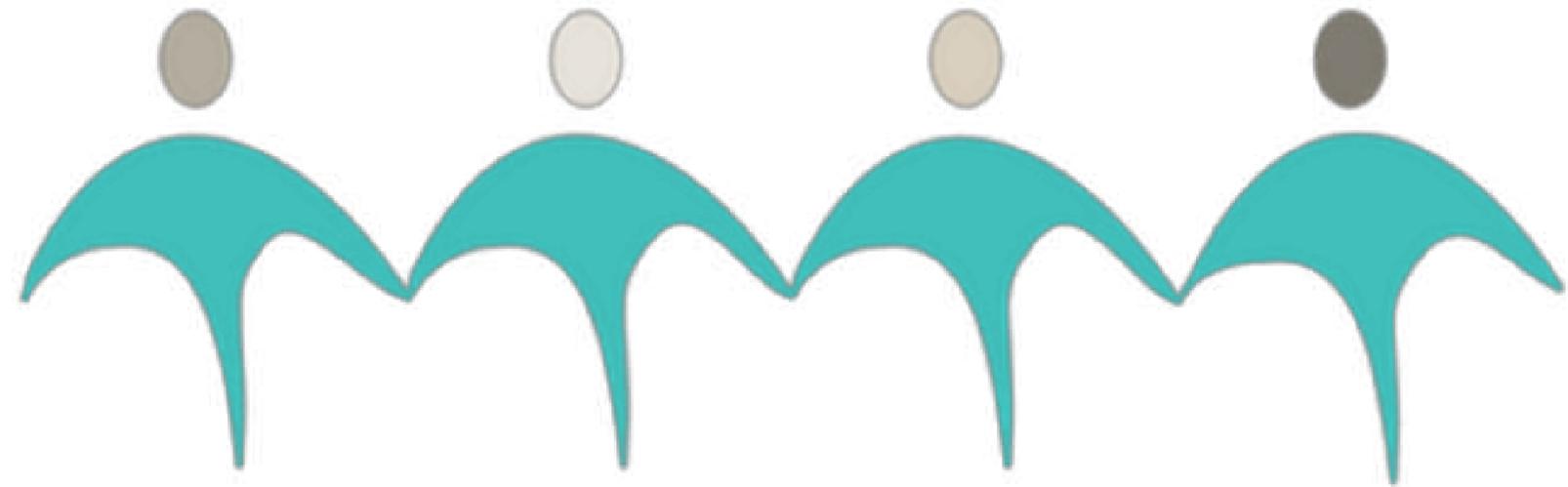
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The image shows a screenshot of the "Online Interest Form for Case Management Programs" on the HPC website. The form is titled "Online Interest Form for Case Management Programs" and includes the contact information "If you have any questions, please call (800) 624-8304." The form is divided into sections: "Referral Information", "Name:" (with fields for First Name and Last Name), "Date of Birth:" (with fields for Month, Day, and Year), "Social Security Number:", "Marital Status:" (with a dropdown menu set to "Please Select"), and "Address:" (with a field for Street Address). The language is set to "English (US)".

Questions?





Central Coast Area Health Education Center

A Program of Health Projects Center

**Vanessa Aguilera-Viorato, MPH
Health Education & Training Manager**

About Central Coast AHEC



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Communication Skills: How to communicate effectively and compassionately with clients experiencing cognitive decline

Behavioral Health: Recognizing caregiver stress and burnout, and learning strategies for self-care

Hands-on instruction in:

Safe Transfers and Mobility Assistance

Infection Control in the Home

Fall Prevention Techniques

Personal Care and Hygiene

Emergency Preparedness



What partnering with Central Coast AHEC means:



Partnering with AHEC benefits the **entire aging community** by:

- Expanding access to health education for seniors and their families
- Promoting early recognition of health concerns and timely care
- Reducing preventable hospitalizations and improving overall well-being
- Strengthening community connections that support healthy, independent aging
- Building a more age-friendly Central Coast through shared knowledge and collaboration



Questions?

