



SAN MATEO COUNTY HEALTH

AGING & ADULT SERVICES MEETING MINUTES

Commission on Aging – Aging Readiness and Family Caregiver Support Committee Date October 28, 2024

Location: 2000 Alameda de Las Pulgas Room 209

Commissioners present: Maria Elena Barr, Patty Clement, Co-Chairs, Kathy Uhl, Daniela Jonguitud

Commissioners excused: Karen Coppock

Staff present: Anna Sawamura, Shawne O’Connell

Public present: Twila Dependahl via Zoom

1. Welcome and Introductions	Co-Chair Uhl began meeting at 9:24 and welcomed the members.
2. Public Comment	No public comments.
3. Revise/Approve October 28 th Agenda	Commissioner Clement motioned to approve the agenda. Commissioner Barr seconded the motion. Motion passed.
4. Revise/Approve July 22 nd Committee Minutes	Co-Chair Jonguitud motioned to approve the agenda. Commissioner Clement seconded the motion. Motion passed.
5. Note Taking Assignment	Co-Chair Jonguitud volunteered to take notes.
6. Recommendation on Presentations for CoA General Meeting	<p>Commissioner Barr discussed the importance of financial education and affording aging.</p> <p>Co-Chair Jonguitud recommended the following presentation topics;</p> <ul style="list-style-type: none"> • Dr Ayati. Geriatrician at Stanford. He is extremely knowledgeable in the processes of aging I believe this would be really beneficial not only for the commission but for members of the public. His LinkedIn for reference https://www.linkedin.com/in/mehرداد-ayati-md-b290405a/ • Debbie Lee. Fiduciary specialized in elders. https://www.linkedin.com/in/deborah-lee-778a089/ • VA, learning about the process to get benefits from VA. Chajnel is a preferred provider for VA, I can make the connection. • From the commission on Aging for California I do know David Campos, currently working at Santa Clara County https://www.linkedin.com/in/david-campos-62703516/, his linked in is not updated but he is local here in San Jose. • I am happy to present on • The aging life care as an industry, what to expect in the upcoming years. – Conversations about the end of life. - Ageism Are topics I can present. • Aging and adult services IHSS division. I would love that to

	<p>be included to. Chajinel also partners with the county on a new service the county offers, which allows medical users to access care immediately instead of waiting for IHSS to be approved.</p> <p>Commissioner Dependahl, joining via Zoom as a member of the public, discussed discussion about having resources in the senior centers, how to advocate to have resources in the community.</p> <p>Commissioner Clement motioned to approve presenting the recommendations to the Executive Committee. Commissioner Barr seconded. Motion passed.</p>
<p>7. Discussion on Goal setting.</p>	<p>Following up to the July 22nd meeting, Commssioner Barr conducted research on the “Financial Health” piece of Goal 1. Research included the cost of aging, preparedness for aging, and information and statistics from the National Council of Aging, what is needed before retirement, or by age 65, savings, investment, and death management.</p> <p>Commissioner Clement suggested making recommendations for future funding if the committee would like all senior centers, cities, and libraries to offer financial health classes.</p> <p>The goal would be to identify which places already offer financial classes. With such information we can send this to recommendations.</p> <p>Committee members agreed to research and bring information back to the committee on the following areas: Financial Health – Commissioner Barr Physical Health – Commissioner Coppock Emotional Health – Commissioner Dependahl Cognitive Health – Commissioner Jonguitud Spiritual Health – Commissioner Jonguitud, Commissioner Clement Social Health – Commissioner Uhl Outreach – Commissioner Clement.</p> <p>Goal 2 of promoting positive aging will happen with addressing all of these topics.</p> <p>Action items for committee members</p> <ul style="list-style-type: none"> • Identify which places already offer services on their assigned topic. • Come back with information and potential recommendations.
<p>8. Announcements</p>	<p>Commissioner Dependahl will be back for the November meeting.</p>
<p>9. Adjournment</p>	<p>Co-Chair Uhl motioned to adjourn. Commissioner Clement seconded the motion. Meeting adjourned at 11:00am.</p>