



**MEETING MINUTES**

<p><b>Commission on Aging</b>  <b>Ageing Readiness and Family Caregiver Support Committee</b>  <b>Date <u>July 22, 2024</u></b></p> <p>Location: 2000 Alameda de Las Pulgas Room 209  Commissioners present: Patty Clement, Karen Coppock, Twila Dependahl, Maria Elena Barr, Co-Chairs, Kathy Uhl, Daniela Jonguitud  Commissioners excused: N/A  Staff present Anna Sawamura, Shawne O’Connell, Suki Ho  Public present: Sandra Lang, via Zoom, Virginia Kroger in person</p>	
1. Welcome and Introductions	Chair Uhl began meeting at 9:30, and welcomed the members, and introduced Virginia Kroger a member of the public.
2. Public Comment	<p>Sandra Lang expressed gratitude for the continued work being done by the committee.</p> <p>Virginia Kroger HICAP Community Outreach Coordinator, provided information on her program and offered to present information on Medicare and the different parts of the plan at a future meeting.</p>
3. Note Taking Assignment	Commissioner Barr volunteered to take meeting notes.
4. Revise/Approve (July 22, meeting) Agenda	Commissioner Coppock motioned to approve the agenda, seconded by Commissioner Clement. Agenda approved.
5. Revise/Approve (June 24, meeting) Committee Minutes	Commissioner Clement motioned to approve the June 24 minutes with corrections/revisions, seconded by Commissioner Barr. Minutes approved.
6. Discussion on Goal Setting for the new committee: Aging Readiness and Family Caregiver Support Committee	<p>After a robust discussion by the committee members on the work plan for 2024, it was suggested that we narrow the work plan to two main goals and each of the members decided to take up one domain each to study and further research.</p> <p>Commissioner Coppock, suggested we look at, “What is already out there, and how can we repackage the information to inspire older adults to ,open the book and see what they need.” With a suggestion from Anna Sawamura, we added family caregiver health as an important factor to our work plan.</p> <p><b>Inspire Older Adults to create a personal plan for Healthy Aging</b></p> <p><u>Goal 1: Suggest seniors work on plan to include: financial health, physical health, cognitive health, emotional health, social health and caregiving/caregiver health.</u></p>

	<p><b>Promote Positive Aging</b></p> <p><u>Goal 2:With the influx of negative rhetoric on age recently, the committee realizes the need to help reverse that trend and will work on ways we can identify it, point it out and work together so that all older adults can live in safety and not be afraid, but be proud and live their lives with dignity.</u></p>
7. Announcements	<ul style="list-style-type: none"> <li>• No COA Meetings for August</li> <li>• Committee members will do research on their chosen domain as we continue developing our work plan for 2024 Information gathered will be presented at our next meeting on September 23, 2024, 9:30-11:00am.</li> <li>•</li> </ul>
8. Adjournment	Meeting was adjourned at 11:00