



SAN MATEO COUNTY HEALTH
AGING & ADULT SERVICES

Commission on Aging General Meeting Minutes

Monday, September 9, 2024, 9:00 – 11:00 a.m.

Location: In Person 455 County Center Room 101, Redwood City, CA 94063

Webinar Option for Public Attendance

Members present: Monika Lee, Irene Liana, JoAnne Arnos, Maria Elena Barr, Twila Dependahl, Angela Giannini, Daniela Jonguitud, Marita Leth, David Linnell, Deborah Owdom, Liz Taylor, Kathy Uhl, Ophiele Vico.

Members excused: Eileen Barsi, Karen Coppock, Patty Clement

In Person Attendance: Stephanie Figueroa, Sophie Dachauer, Teresa Borg, Michelle Silva, Janet Bronson, Teresa Borg, Charles Hanson, Dao Do

ITEM	DISCUSSION
1. Call to Order 2. Pledge of Allegiance 3. Roll Call	Meeting called to order at 9:00 a.m. by Chair Lee followed by reciting of the Pledge of Allegiance. Roll call conducted and quorum was established. Chair Lee shared September recognitions: National Grandparents Day, Kinship Care Month, National Suicide Prevention Month, and Emergency Preparedness Month.
4. Introduction of members of the public	Chair Lee welcomed all in attendance both in person and virtually.
5. Oral Communications	No public comment.
6. Approval of Today's Agenda: September 9, 2024	Commissioner Linnell motioned to approve the agenda. Second by Commissioner Jonguitud. Motion passed.
7. Approval of Minutes: July, 2024	Correction to attendance made: Commissioner Clement was present and Commissioner Dependahl was excused. Commissioner Jonguitud motioned to approve the minutes with edits. Seconded by Commissioner Linnell. Abstained by Commissioners Taylor and Dependahl. Motion passed.
8. Update on BoS activities regarding aging items	No updates provided.

9. Committee and Ad Hoc Reports

Executive Committee

Chair Lee reported that all Commissioners have joined at least one committee and thanked all for their choices. A Committee list was provided. Please let Anna know if changes are needed.

One committee is still seeking a co-chair.

Minute taking templates were provided to all committees. Thanks to all for using the templates.

A reminder for committees regarding their goals/work plans: Please create them based on SMART goals: Specific, Measurable, Attainable, Relevant, Time-Based.

Plans are beginning to have a retreat early next year.

Chair Lee requested an ad-hoc elections committee be formed to work on presenting a slate of officers for November elections. The current vice chair vacancy will be part of the slate and will remain open until elections are held.

Information, Resources and Community Engagement Committee

Co-Chair Lee reported she sent out an updated list of buddies. The goal of assignments is to forge and maintain connections with local providers. It is important to keep connections.

Commissioner Barr shared her positive experiences connecting with those on her list.

Commissioner Barsi is working on an elevator speech for Commissioners to reference as needed to identify and begin establishing relationships.

Co-Chair Owdom circulated a sign-up sheet for the upcoming tabling events:

- 9/17 Senior Showcase at Burlingame Community Center
- 10/22 Senior Showcase at South San Francisco LPR Center
- 11/21 Senior Showcase at Foster City VIBE Teen Center

Senior Showcase participation includes ads. Anyone interested in helping to create ads, please contact Co-Chair Lee.

Aging Readiness and Family Caregiver Support Committee

Co-Chair Uhl reported the committee is continuing to finalize work plans

The two goals currently being discussed follow:

- Planning for future aging.
- Addressing ageism

Social Isolation and Transportation Committee

Chair Liana reported the committee is still seeking a co-chair.

SamTrans continues attending and regularly reporting on their services. At the July meeting, they reported the following:

- 95% SamTrans pre-pandemic ridership has returned
- Two new routes to Pacifica are being provided
- The Etrain is launching on 9/21 from SF to SJ
- Margaret Baggerly is actively outreaching and providing presentations to senior centers on services

Social isolation and transportation needs are the two goals being addressed by the committee and action items will be worked on at the next meeting.

Youth Commissioner Adele Ryono continues her work with the school district on a survey to identify intergenerational connections between high school students and older adults.

Committee will be discussing the potential of writing a letter to Supervisor Canepa regarding transportation services for Veteran's Village.

Commissioner Uhl shared that the PCC (Paratransit Coordinating Council) has changed their name to PAC, Paratransit Advisory Council.

<p>10. Presentations and Speakers</p>	<p>Chair Lee encouraged Commissioners to bring forward topics of presentation for the next year.</p> <p>The group talked about presentation topics for upcoming General Meeting:</p> <ul style="list-style-type: none"> • September: Loneliness and Isolation • October: Presentation on Area Agency on Aging (AAA) programs and funding for older adults • November: Housing Resources for older adults • December: Recess Month <p>Commissioner Jongitud recommends a presentation on dementia and cognitive decline among older adults</p> <p>Commissioner Arnos recommends presentations on Ageism, the Brown act, and Diversity Equity and Inclusion.</p>
<p>11. Member Reports</p>	<p>Commissioner Barr reported a friend of hers became very ill and could not afford caregiving services, so she needed to give up her house. She stressed the importance of financial planning for affordable aging. She also reported City of San Bruno is pending to become certified as an AgeFriendly city and San Bruno Senior Center has opened in front of San Bruno park.</p> <p>Commissioner Giannini reported the Sheriff's Office offered to help in distributing Help@Home guides, so she dropped some off at their office.</p> <p>Commissioner Dependahl encouraged Commissioners to keep exploring resources for making aging affordable.</p> <p>Commissioner Arnos announced that multigenerational senior dances are being held in Pacifica. Youth are chaperoning seniors and it is very popular.</p> <p>Commissioner Owdom reported the California Senior Legislature (CSL) is proposing 20 new legislations. The CSL will be meeting in October to prioritize the top 10.</p> <p>She will be working with Anna to send the list to Commissioners for feedback.</p> <p>Commissioner Taylor reported that she tabled at the Colma picnic where a large number of Spanish speaking individuals were in attendance.</p>

	<p>Commissioner Liana shared that on October 1st a “Loneliness to Light” event is being held and encouraged everyone to attend. She also announced that the San Carlos Adult Community Center is starting a youth and senior bingo and dinner.</p> <p>Commissioner Leth announced an urgent care center is being opened on the coast sometime next year. It will be affiliated with Seton.</p> <p>Chair Lee announced that San Mateo County is now represented on the Triple A Council of California (TACC). She is now meeting with 5 counties around the bay area that will get together to learn from one another and exchange ideas.</p>
<p>12. Staff Report</p>	<p>Director Pullen reported that he will be attending the California Association of Area Agencies on Aging (C4A) Strategic Planning meeting from September 11-13 in Sacramento CA. This is an annual meeting held for AAA Directors throughout the state to gather and discuss goal and priority setting. Sandy Markowitz, president of the National Association of Area Agencies on Aging (N4A) will also be attending to provide information on what is being considered on a national level.</p> <p>He also reported that staff are working on the execution of Modernization of Older Californians Act (MOCA) and Measure K contracts. Measure K funding to address community engagement which will include addressing social isolation and will be released as a request for proposal (RFP). The RFP is being developed</p> <p>Finally he announced that Louise Rogers, Chief of Health has announced her retirement. She will be leaving the county in March 2025.</p> <p>Anna reported that emails have been received inviting CoA to the following events:</p> <p>October 1st Loneliness to Light event at the Regional Operations Center</p> <p>Series of Dept. of Emergency Management Listening Sessions in October to assist in their development of a strategic plan.</p> <p>Emails will be sent to Commissioners with details.</p>

13. Announcements	No announcements were shared
14. Stretch Break	There was a 10 minute stretch break.
15. Presentation on Programs Addressing Social Isolation and Loneliness	Presentation given by Institute on Aging, Peninsula Volunteers, Inc., Peninsula Family Services, Daly City Partnerhsip
16. Adjourn	Commissioner Barr moved to adjourn. Seconded by Commissioner Linnel. Motion passed. Meeting adjourned at 11:00am.



Commission on Aging

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