



SAN MATEO COUNTY HEALTH
**AGING & ADULT
SERVICES**

**Commission on Aging
Aging Readiness and
Family Caregiver Support Committee**

AGENDA

IN PERSON

**Monday, October 28, 2024 9:30am – 11:00am
2000 Alameda de las Pulgas Room 209
San Mateo, CA 94403**

Virtual Link for the Public

Anna Sawamura is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://smcgov.zoom.us/j/81344874453>

Meeting ID: 813 4487 4453

One tap mobile

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Dial by your location

• +1 669 900 6833 US (San Jose)

Meeting ID: 813 4487 4453

Find your local number: <https://smcgov.zoom.us/u/k1u5F1tGZ>

1. Welcome and Introductions
2. Public Comment
3. Note Taking Assignment
4. Approval of today's agenda
5. Approval of July 22nd meeting notes
6. Recommendation on Presentations for CoA General Meeting
7. Discussion on Goal Setting:
Goal 1: To Inspire Older Adults to create a personal plan for Healthy Aging
Goal 2: Promote positive aging
8. Announcements
9. Adjourn



Commission on Aging

2000 Alameda de las Pulgas Suite 200 • San Mateo, CA 94403

Phone (650) 573-3900 • **Fax** (650) 837-9713 • **CA Relay** 711 • **Website** <http://www.smchealth.org/coa>

24-hour line to report abuse (800) 675-TIES (8437)

Health System Chief • Louise Rogers

Board of Supervisors • David Canepa • Noelia Corzo • Ray Mueller • Dave Pine • Warren Slocum