



MEETING MINUTES

<p>Commission on Aging Ageing Readiness and Family Caregiver Support Committee Date January 27, 2025 Location: 2000 Alameda de Las Pulgas Room 209 Commissioners present: Karen Coppock, Twila Dependahl, Maria Elena Barr, Co-Chair, Kathy Uhl Commissioners excused: Daniela Jonguitud, Patty Clement Staff present Anna Sawamura, Shawne O’Connell Public present: Sandra Lang, via message</p>	
1. Welcome and Introductions	Co-Chair Kathy Uhl opened the meeting at 9:30, and welcomed members,
2. Public Comment	Sandra Lang sent an email with a link regarding President Trump’s mass deportation plan of immigrants that could drain billions in Social Security tax revenues. Many older Americans rely on Social Security to afford essentials.
3. Revise/Approve (<i>January 27 meeting</i>) Agenda	Committee reviewed and requested agenda item 7 be discussed before item 6. Commissioner Coppock motioned to approve the agenda with edits. Motion seconded by Commissioner Dependahl. Motion approved.
4. Revise/Approve (<i>October 28, 2024 meeting</i>) Committee Minutes	Commissioner Coppock moved to approve the minutes with edits. Commissioner Barr seconded the motion. Two abstentions. Motion approved.
5. Note Taking Assignment	Commissioner Barr volunteered to take meeting notes.
6. <i>Work Plan discussion: Goal Setting and Action Steps</i>	<p>A robust discussion took place on the work plan for 2025.</p> <p>Goal 1: It was suggested that we encourage older adults to create a financial plan for aging. This is an important element because many low income and Middle-income older adults rely heavily on Social Security.</p> <p>Commissioner Uhl. and Commissioner Coppock suggested we look at what is already out there: Help at Home Booklet. Steps to consider:</p> <ol style="list-style-type: none"> 1. Awareness: a financial plan for aging will bring confidence 2. Needs: Review what is your income versus debt? 3. Financial Support and help options: Identify 3 or 4 agencies available to help seniors reach their financial goals.

	<p>Goal 2: Gain independence and autonomy across generations, with help from younger family members, friends and neighbors. Advocate for family and community involvement as our older adults age.</p> <p>A work plan draft was updated and will be shared with the Executive Committee for review.</p>
7. <i>Recommendation on Presentations for CoA General Meeting</i>	Focus today was on the committee's work plan. More discussion is needed on this item. Committee decided to table for the next meeting.
8. Announcements	CoA's strategic planning retreat is occurring on Saturday, February 22, 2025 at San Mateo Main Library.
9. Adjournment	Commissioner Coppock moved to adjourn. Commissioner Dependahl seconded the motion. Meeting adjourned at 11:00am.