

# Commission on Aging Annual Report



May 19, 2015

# **San Mateo County Commission on Aging Annual Report - May 19, 2015**

Presented by Dr. Mary Larenas, Chair San Mateo County Commission on Aging

## **Mission Statement:**

The mission of the Commission on Aging is to maintain, enhance, and improve the quality of life for seniors and older adults living in San Mateo County through the promotion of independence and self-sufficiency, mental and physical health and social and community involvement.

## **History:**

In 1969, the Board of Supervisors established the Commission on Aging (CoA) to address the needs of seniors living in San Mateo County. In accordance with the Older Americans Act and Older Californians Act, the San Mateo County CoA acts as principal advocate for older adults and seniors. In the role of advocate the CoA advises the Board of Supervisors and Aging and Adult Services (AAS) in its role as the Area Agency on Aging for the County on the needs of seniors.

## **Membership:**

The CoA consists of 21 members appointed by the Board of Supervisors. In accordance with State and Federal requirements, at least 60% must be age 60 or older. Members are appointed to three year terms, and may serve no more than 12 years. Along with the 21 appointed voting members, two Senior Assemblypersons and one Senior Senator serve as non-voting members of the Commission during their four-year term with the California Senior Legislature.

Current membership includes:

Joanne Arnos, Rita Alexander, Walter Batara, Sandra Cooperman, Lisa Costello, Aurea Cruz, Jody Hurlock, Patricia Erickson, Sandra Lang, Melodie Lew, Alex Melendrez, Pamela Oleary, Armetta Parker, Cherie Querol-Moreno, May Ratiu, Francine Serafin-Dickson, Dr. Mary Larenas, Chair; Christina Kahn, 1 <sup>st</sup> Vice-Chair; Scott McMullin, 2 <sup>nd</sup> Vice-Chair. Denis O'Sullivan, Senior Senator, Evelyn Tom, Senior Assemblyperson
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The Commission on Aging is assisted by Aging and Adult Services Lisa Mancini, Marsha Fong (retired), Michelle Makino, Lindsey Joyner, Elizabeth Schlieff, Christina Ugaitafa and Craig McCulloh and the office of Supervisor Adrienne Tissier, aides Lorraine Simmons, Arlene Shields, and Supervisor Carole Groom.

## **According to the *Senior Health in San Mateo County – Current Status and Future Trends***

“When comparing the larger demographic trends with those of the senior population alone it becomes clear that seniors are the fastest growing population segment.” By 2030 the senior population is expected to grow by 89 percent.

### **How does the Commission on Aging accomplish its mission?**

Community outreach - Being creative - Hard work - Asking questions - Reflection

### **Community Outreach:**

#### ***Seniors on the Move – Celebrating the Good Life***

The 27<sup>th</sup> annual senior conference was held at the San Mateo County Event Center and sponsored by Congresswoman Jackie Speier and San Mateo County Supervisor Adrienne Tissier. Once again the Commission on Aging had a booth to distribute the Help at Home mini-guide and engage participants. Approximately 750 seniors and older adults attended along with approximately 50 providers.

### **Being creative:**

#### ***Making the Invisible Visible – A story of financial elder abuse***

In 2013, The Adult Abuse Prevention Committee, a standing committee of the CoA, embarked on a creative and unique way to bring awareness of the growing problem of elder financial abuse to seniors by utilizing a psychological performance-process technique. The result was “Making the Invisible Visible” (MIV).

Project members:

Lynn Nieberding (former CoA member)

Sandra Lang (CoA member)

Linda Franklyn (retired Aging and Adult Services)

JoAnne Arnos (CoA member)

Marvin Goldman (former CoA member)

Melodie Lew (CoA member)

Eyal Rabinovitch (Joker, director, playwright)

MIV is not just a play, it is a process. The play is used to present a situation, in this case the story of elder financial abuse, and then the audience processes what has occurred. So the audience actually becomes part of the process having seen the play. Some audience members are actually invited onstage to "play" one of the characters to demonstrate how to handle the situation differently -- in a more positive manner. In this way the audience learns the signs of elder financial abuse, what actions they can take if they feel it is happening to them or to a friend, ways to talk about their concerns, and that it is not OK. The audience is living the abuse and their experience has been absorbed psychologically. It is a much more effective way to disseminate information versus just handing out a flyer. The joker is a professionally trained person who has a great understanding of the process and how to work with different audiences to maximize the experience for them, as well as being a director and "playwright."

The MIV project has met with great success. Approximately 250 members of the public have attended the seven performances along with multiple providers of services to older adults, elected officials including Councilmember David Canapa of Daly City, Burlingame City Manager and the CEO of the Peninsula Health Care District. MIV was also written up in the Half Moon Bay Review, Pacifica Tribune, and the Foster City Islander. These articles allowed for the MIV message to reach an even greater audience.

Completed MIV performances 2014:

- Half Moon Bay
- Lincoln Center
- Doelger Senior Center
- Foster City Village
- Congregational Church of San Mateo

Completed MIV performance dates 2015:

- Pacifica Community Center
- Burlingame Rotary

**Hard work:**

**Updating the Help at Home mini-guide:**

The Help at Home mini-guide is a list of 250 plus services available in San Mateo County and is published by the Commission on Aging. The purpose of the guide is to assist San Mateo County residents to remain in their home as long as they want to and as long as it is safe. Updating the guide was undertaken by the Isolated Senior Outreach Committee, one of the CoA standing committees and in collaboration with Aging and Adult Services. Data collection was completed in December 2014 but the work is actually still being finalized. The Help at Home mini-guide is in extremely high demand

and the collected information reaches thousands of providers and older adults within the County. The new information will also be available online.

Help at Home task force:

Commission on Aging:

Patricia Erickson, Chair – Isolated senior Outreach committee:

Scott McMullin

Cherie Querol-Moreno

May Ratiu

Alexander Melendrez

Christina Kahn

Aging and Adult Services:

Christina Ugaitafa

Lindsey Joyner

### **Asking questions:**

### **Needs assessment survey 2015:**

Every four years Aging and Adult Services along with help from the CoA performs a needs assessment of seniors in San Mateo County. Hard copy and online survey questionnaires are distributed throughout the County. This assessment helps identify the current needs of the seniors we serve. The results of this survey, among other things, will help guide the activities and focus of the CoA.

### **Reflection:**

### **Challenges facing the Commission on Aging:**

Upon reflection it was felt by members that our meetings had become less effective. The Commission was working from an agenda that was created and implemented over 8 years ago. Under new leadership and with 66% of CoA members having 2 years or less experience (four members were sworn in 2015), the old processes were not working. To address this concern we sought out the guidance of Supervisor Tissier. The result was a 3 hour retreat and discussion meetings with Commissioners facilitated by Pat Brown. The Commission is currently in the process of implementing multiple changes in order to refocus our efforts and make our meetings more efficient.

## **2015-2016 Goals:**

- Adult Abuse Prevention
- Transportation
- Resources for aging adults and their caregivers
- Community outreach - continue CoA liaison activities to address programs listed in the Older American's Act

## **The Commission on Aging General Meeting is open to the public:**

Please join us!

- Held on the 2<sup>nd</sup> Monday of the month
- 9am to 11am
- Room 100
- San Mateo County Health Systems Building
- 225 37<sup>th</sup> Ave., San Mateo

If you are a San Mateo County resident and would like to become a CoA member:

Apply online by accessing the San Mateo County Commission on Aging website

**[Commission on Aging | San Mateo Health System](#)**

*smchealth.org/CoA*

or please join us at our General meeting for more information. We are currently recruiting for two member positions and one Senior Assemblyperson.

**On behalf of the Commission on Aging I would like to say welcome to our new members Rita Alexander, Jody Hurlock, Pamela Oleary, Armetta Parker, and Michelle Makino of Aging and Adult Services.**

**AND**

**Thank you to Supervisor Tissier, Lorraine Simmons and Arlene Shields for their continuing commitment to the Commission and thank you to Aging and Adult Services who provide invaluable assistance. And finally thank you to the seniors of San Mateo County who continue to enrich all of our lives.**

**Salamat po - Mh'gōi - Merci - Danke**

**ευχαριστώ - Mahalo - תודה - Arigatō**

**감사합니다 - Благодарам - Xièxiè**

**Obrigado - спасибо - Gracias - Kop khun - Teşekkür ederim**

**Дякую - Dhanyavād - Terima kasih - Grazie - Mālō 'aupito**

**Jazak Allah Khairan - 谢谢**

**thank you**

