



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

**Commission on Aging
General Meeting Minutes**

Monday, May 12, 2025; 9:00 a.m. – 11:00 a.m.

Location: In-Person at 500 County Center - Manzanita Hall; Redwood City, CA 94063
Webinar Option for Public Attendance

Members present: JoAnne Arnos, Maria Elena Barr, Eileen Barsi, Patty Clement, Twila Dependahl, Daniela Jongitud, Monika Lee, Marita Leth, Irene Liana, David Linnell, Martin Nakai, Liz Taylor, Kathy Uhl, Ophelie Vico

Members excused: Karen Coppock, Angela Giannini, Deborah Owdom

Public In-Person Attendance: Stephanie Figeira, Janel Jurosky

Public Virtual Attendance: Sandra Lang, Ann Keighran, Brian F., Christina Irving, Dao Do, Francine Serafin-Dickson, Wesley Taoka, Deborah Owdom (Commissioner joining virtually as member of the public), Jonathan He/Him, Brian F.

ITEM	DISCUSSION
1. Call to Order 2. Pledge of Allegiance 3. Roll Call	<ul style="list-style-type: none">• Meeting called to order at 9:00 a.m. by Chair Lee followed by reciting of the Pledge of Allegiance led by Commissioner Liana.• Roll call conducted and quorum was established.• Chair Lee highlighted that May is Older Americans month; this year's theme is to "flip the script on aging" to address ageism and to improve perceptions of how we age. It's also Asian American and Pacific Islander Heritage month which in San Mateo County is nearly 1/3rd of our population.
4. Introduction of members of the public	Chair Lee welcomed all in attendance both in person and virtually.
5. Oral Communications	Sandra Lang introduced herself as a representative of the Paratransit Coordinating Council and an online attendee.
6. Approval of Today's Agenda: May 12, 2025	Commissioner Linnell motioned to approve. Commissioner Clement seconded the motion. Motion passed.

7. Approval of Minutes: April 14, 2025	Commissioner Clement motioned to approve. Commissioner Linnell seconded the motion. Commissioners Barsi and Vico abstained. Motion passed.
8. Update on Board of Supervisor (BoS) activities regarding items concerning older adults.	Chair Lee participated at an Age Forward Coalition meeting last week. The coalition is meeting individually with all Board of Supervisor members to highlight the needs of older adults in the county. Director Pullen and Chair Lee will be presenting to the Board of Supervisors at their May 20 th meeting..
9. Committee and Ad Hoc Reports	<p><u>Executive Committee</u> Chair Lee reported the following:</p> <ul style="list-style-type: none"> • The Executive committee would like the committees to send a representative to attend the Executive committee meetings if not already represented; to allow the Executive committee to ask questions about committee minutes. • Committee chairs need to meet by next month and review workplans and clarify minor overlaps. • The June General meeting will include the first of several presentations from Commissioners about their experience with their city or provider Buddies. Chair Lee asks for a volunteer Commissioner willing to share what they are learning from their Buddy in June. <p><u>Information, Resources, and Community Engagement Committee</u> Chair Lee reported the following:</p> <ul style="list-style-type: none"> • The next Senior Showcase is on June 5th at the San Mateo County Fair. • The committee is gathering information about age-friendly efforts around the county and would appreciate input from Commissioners. • Commissioners Owdom and Barsi have been developing updated guidelines for representing the Commission. The “Guidance for Outreach and Communication with your Buddies and the Community” document has been reviewed by county counsel and is ready for use. The committee has created the document to assist commissioners in how to represent themselves when connecting with assigned buddies and the public. Commissioner Barsi acknowledged Commissioner Owdom’s assistance in creating the document with her. • <p><u>Ad Hoc Help@Home Committee</u></p>

- Chair Lee reported the committee has been formed and expects to have the update ready for printing by January 2026.
- Commissioner Owdom will be sending an email to those who have expressed interest and will work with staff to set up a zoom meeting in May.

Aging Readiness and Family Caregiver Support Committee

Commissioner Jongitud reported the following:

- The committee has three goals: (1) Support seniors with a list of aging readiness resources that encompasses everything a senior needs to be ready for the time of aging. Ideally, this can be included in the Help at Home guide; (2) Address transportation needs for caregivers to help them reach clients faster; (3) Create a more age friendly community so that seniors in the “4th Age” group (80+) can have expedited services to show respect for our elders. Examples include better transportation, a special line at the bank services can be received more quickly. Committee would like an intergenerational exchange where youth commissioners can work along with us on this effort.
- Items relating to the Help at Home guide will go to the Ad Hoc committee first before going to the Executive committee as per guidance. The transportation idea is related to caregivers, so it was separated out from transportation for seniors.
- Co-chair Jongitud expressed appreciation for Commissioner Uhl and her many years of service as she is stepping down as co-chair of the committee. A new co-chair is being sought.

Discussion

- Chair Lee noted there is overlap with the Transportation committee regarding intergenerational efforts. More clarification will be needed and a review of the missing attachment from last month’s meeting will be helpful.
- Commissioner Clement noted that the committee intended to share the idea with the Youth Commission to see if they could take the lead and that Commissioner Jongitud works regularly with the City of South San Francisco and a pilot in that city could be facilitated to support

	<p>transportation for caregivers. There is more work to be done.</p> <ul style="list-style-type: none"> • Commissioner Arnos asked if the Aging Readiness checklist will include financial readiness, and this was confirmed. She noted that the Commission on the Status of Women has developed a program for financial health for women and would like to see if the President of the Commission on the Status of Women can present to the Commission on Aging and would like to make sure they are aware of including older women in their work. • Chair Lee also shared that the Villages is working on areas of support for older adults, and it would be important to identify if work already being done can be supported by the commission. • Commissioner Barr noted that financial readiness for aging is critical and needs to be pursued. <p><u>Social Isolation and Transportation Committee</u></p> <p>Commissioner Liana reported the following:</p> <ul style="list-style-type: none"> • SamTrans is present at committee meetings and their contributions are appreciated. • Over 9,000 copies of their senior mobility guide have been distributed throughout San Mateo County; a shorter 16-page insert has been developed for specific underserved neighborhoods. • Committee discussed the transportation showcase taking place in September (mobility month for SamTrans); there will likely be two sessions – one on the Coastsides and one for the Peninsula. • Youth Commission Partnership: Adele Ryono has completed her survey with students from five high schools which was provided for this meeting. There will also be a Youth Commission awards dinner on May 22nd. Commissioner Liana encouraged commissioners to attend. • Commissioner Leth announced Adele's next step is having students interview older adults they know. She will report back in the Fall and then will be invited to present to the Commission in January after the project is complete. • Commissioner Vico noted that in response to Supervisor Mueller's letter to SamTrans' CEO regarding the "Get There" report, he is asking for a comprehensive evaluation of transportation gaps on the Coastsides and an assessment of the Ride Plus program. SamTrans has responded by hiring a consultant to evaluate the current
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	<p>Ride Plus program and SamTrans in turn may potentially expand or adjust services depending on findings. The monthly SamTrans citizen advisory committee is open to the public if anyone would like to attend. Last month the meeting focused on transportation between Redwood City and East Palo Alto. A potential bus line is being proposed.</p> <ul style="list-style-type: none"> • Commissioner Liana shared she represented the Commission at the SamTrans Community Services committee meeting to accept a proclamation for the Commission in recognition of Older American's month. • Chair Lee noted that the Daily Journal reported that there is low utilization and high cost for shuttle services in the county and recommends that the Commission give some attention to this matter. <p>Ad Hoc Help@Home Committee Commissioner Owdom will be contacting Ms. Sawamura to schedule a meeting in the upcoming month.</p> <p>Ad Hoc Advocacy Committee Commissioner Clement reported the following:</p> <ul style="list-style-type: none"> • Commissioners Dependahl and Owdom have joined the committee, and the Ad-Hoc committee invites any other interested commissioners to attend. • The Ad-Hoc committee will be meeting the 2nd or 3rd Friday of each month. • At their first meeting, they discussed the role of commissioners and how to move things forward. • First area to address is how to move things forward from the Commission more expeditiously. They requested a meeting with Director Pullen and Anna Sawamura to provide some education on this topic. • Commissioner Jongitud felt all commissioners can benefit from learning about advocacy protocols. • Director Pullen will work with Anna Sawamura to schedule time with the committee and to provide information for all commissioners.
10.CoA Outreach Update	<p>Chair Lee thanked Commissioners for attending the resource fairs and Senior Days. The following events are coming up:</p> <ul style="list-style-type: none"> • May 13th Doelger Senior Center in Daly City. • June 5th Senior Day at the Fair 11:00am-1:00pm. • June 14th Pride Event 11:00am-5:00pm.

	<p>Commissioner Arnos requested that when you attend an event, please report back to your committee about the experience.</p> <p>Commissioner Arnos also shared communication from Commissioner Owdom regarding outreach: For Senior Day at the County Fair, another Commissioner is needed to join Commissioner Clement from 11:00am-1:00pm.</p>
11. Staff Report	<p>Lee Pullen, Director, Aging and Disability Services reported the following:</p> <ul style="list-style-type: none"> • The Chair and Director Pullen will be sharing a report to the Board of Supervisors on Tuesday, May 20th. Commissioners and the public are welcome to attend in person or on-line. They will be presenting on the purpose and activities of the Commission and request approval of the Area Plan update. • The Board of Supervisors will also be asked to approve the Community Enrichment project. Once approved, RDA, the selected consultant will start working on developing a plan to address social isolation and loneliness by reviewing what opportunities exist to be engaged and connected and what opportunities are missing. Chair Lee will be a member of the advisory committee. • ADS' internal work is currently focused on budgets. Though uncertain about the federal level, the Governor's May revise budget is being released this month. We don't expect changes in our Area Agency on Aging programs, but we are paying attention to potential reductions in funding for IHSS (in-home supportive services), a Medi-Cal program that provides care for people to be able to stay in their homes. Currently, there is a projected \$10 billion deficit which is significant but has been larger in previous years..
12. Announcements	<p>Commissioner Barr announced that San Bruno Senior Center is having a Women in the Military Day on Wednesday May 14th from 9:30 a.m. and requested commissioners to invite any women who have military service and would be willing to be honored to attend.</p> <p>Commissioner Uhl expressed appreciation to the Villages for publishing information about how their members are planning for aging and utilizing resources to stay at home, different than what is offered at the Senior Centers. This may be helpful for us to share; they have a YouTube link.</p>

	<p>Commissioner Uhl announced The Age Forward coalition is bringing community organizations together and providing important influence in the county.</p> <p>Commissioner Arnos announced that Pacifica is now forming a Village and sisterhood connection with Half Moon Bay. They'll be working together on age-friendly programming in Pacifica.</p> <p>Commissioner Liana announced that Villages will be holding a presentation on May 28th, 2025, from 2:00 p.m. to 4:00 p.m. at Trinity Presbyterian church in San Carlos. Contact Commissioner Liana for more information or to attend.</p> <p>Commissioner Barr expressed appreciation for those responsible for setting up the new beautiful Manzanita Hall at 500 County Center for the Commission's general meeting.</p> <p>Chair Lee announced that the Daily Journal reported that the City of San Mateo is beginning to prioritize improvements to the Martin Luther King and San Mateo Senior Centers. The Age Forward Coalition in San Mateo has been advocating for improvements.</p>
13. Stretch Break	There was a 16 -minute stretch break.
14. Overview of May 20 th CoA and ADS Presentation to the Board of Supervisors	<p>Director Pullen and Chair Lee presented a draft of their 5-minute presentation to the Board of Supervisors, to be presented on Tuesday May 20th. Approximately 2-minutes for Director Pullen for an overview; then 2-3 minutes for Chair Lee to share more details.</p> <p>Commissioners asked Chair Lee to be sure to consider:</p> <ul style="list-style-type: none"> • Emphasizing that the role of the Commission is to advocate at the state, local and federal levels, not just at federal level • Expressing appreciation for the Board of Supervisors • Adding that Buddy program will include connecting with other Commissions
15. Presentation on Community Health Programs for Older Adults	<p>Presenters: CoA Commissioner Eileen Barsi and Janel Jurosky, RN Sequoia Hospital</p> <ul style="list-style-type: none"> • Presenters provided information about several programs focused on older adults available to the community from Sequoia Hospital, regardless of health insurance provider: Matter of Balance fall prevention; Diabetes Empowerment

	<p>Program; and Health and Wellness 1-hour educational programs.</p> <ul style="list-style-type: none"> • Chair Lee asked about capacity as the number of people that could benefit is far larger than class capacity. Stanford also offers similar classes. • Commissioner Arnos asked about status of Fall Prevention for the county. Anna Sawamura explained it is still operating with funding from the California Department of Aging and is focused on in-home assessments, minor repairs and equipment purchases to make homes safer. Hospitals have made commitments to support more community education. Janel Jurosky is a co-facilitator of the Fall Prevention Coalition which meets quarterly. Various providers share information of what is offered and the next meeting will have a presentation by Rebuilding Together. The next meeting is in July. If interested in joining the Coalition, contact Diane Madriz, Community Program Supervisor, to be included in the mailing list.
16. Adjourn	<p>Commissioner Barsi moved to adjourn the meeting. Seconded by Commissioner Arnos Motion passed.</p> <p>Meeting adjourned at 11:01 a.m.</p>



Commission on Aging

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