



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

Commission on Aging (CoA) – Aging Readiness and Family Caregiver Support Committee Meeting Minutes

Monday, July 28, 2025, 9:30-11:00am

Meeting location: 2000 Alameda de las Pulgas, Room 209

Committee Members Present: Maria Elena Barr, Patty Clement, Twila Dependahl, Daniela Jonguitud

Committee Member Excused: Karen Coppock

Public in Attendance: None present

Staff: Anna Sawamura

Discussion Items	Notes / Discussion / Next Steps
1. Call to order	Meeting was called to order by Co-chair Clement at 9:31am.
2. Public Comment	No public comments made.
3. Note Taking Assignment	Co-Chair Jonguitud offered to take notes for today's meeting.
4. Review and approve July 28th Agenda	Co-Chair Jonguitud requested the addition of roll call to future agendas. Commissioner Dependahl motioned to approve the agenda. Commissioner Barr seconded the motion. Motion approved.
5. Review and approve May 19th minutes and review of June 23rd notes	Commissioner Dependahl motioned to approve the minutes. Commissioner Barr seconded the motion. Co-chair Jonguitud abstained. Motion approved. Co-chair Clement led discussion on the review of notes from June 23 rd . The six pillars of health were discussed.
6. Discussion and finalizing Goal 1 Checklist	Links to items for consideration on personal preparedness were presented and discussed. Commissioner Barr requested the national poll on healthy aging be included on the list for review by committee. Deep discussion took place with committee agreeing that further review by each committee member is needed. Several comments made by committee members on the importance of including cognitive health. Committee will review during the month of August while committee meetings are in recess to target finalizing at the September meeting.

7. Discussion and preparation to work on Goal II.	<p>Goal II discussion will be tabled for September meeting.</p>
8. Announcements	<p>No announcements were made.</p>
9. Adjourn	<p>Commissioner Barr motioned to adjourn. Seconded by Co-Chair Jonguitud. Motion approved and meeting adjourned at 11:07am.</p>