



SAN MATEO COUNTY HEALTH
AGING & ADULT SERVICES

Lisa Mancini
 Director

Aging & Adult Services
 225 37th Avenue
 San Mateo, CA 94403
www.smchealth.org
www.facebook.com/smchealth

Commission on Aging General Meeting Minutes
 Monday, September 13, 2021 9:00 – 11:00 a.m.
 Location: ZOOM Virtual Meeting Conducted due to COVID-19

Members present JoAnne Arnos; Maria Elena Barr; Walter Batara; Patty Clement; Karen Coppock; Christina Dimas-Kahn; Angela Giannini; Jean Hastie; Joan Kilroe; Monika Lee; Marita Leth; Michael Mau; Scott McMullin; Cherie Querol Moreno; Liz Taylor; Kathy Uhl.

Staff: Lisa Mancini; Anna Sawamura; Andrew Eng; Cristina Ugaitafa; Diane Madriz

Public: Alex Tan; Ann Cooney; Ann O'Brien; Artemis Rong; Ben McMullan; Bernie Mellot; Bob Palacio; Christina Irving; Dao Do; David Canepa; Erin Malone; Evelina Chang; Hope Nakamura; Jerron Harding; Karen Parque; Kelli Jo Cullinan; Michael Schrader; Mike Stancil; Natalya Alazraie; Robert Hall; Sandra Lang; Sandra Winters; Stephanie Coy; Susan Houston; Terue Shinohara; Victor Marquez; Wes Taoka; Jos Bols

ITEM	DISCUSSION
1. Call to Order; Pledge of Allegiance; Roll Call	Meeting called to order at 9:00 a.m. by Chairperson Hastie. Commissioner Coppock led the Pledge of Allegiance. Roll Call followed.
2. Oral Communications	No public comments
3. Approval of Today's Agenda: September 13, 2021	Commissioner Uhl motioned to approve the agenda. Seconded by Commissioner Kilroe. Motion passed.
4. Approval of July 12, 2021 minutes	Commissioner Batara motioned to approve the minutes. Seconded by Commissioner Barr. Motion passed.
5. Committee and Ad Hoc Reports	<p><u>Executive Committee</u> Chairperson Hastie reported that the Executive Committee met and invited Committee Chairs to attend the meeting to go over retreat planning. A robust discussion took place including suggestions of format, venue, and when to hold the retreat. A retreat planning session for today was developed and all Commissioners input is welcome.</p>

	<p><u>Resource Access Committee</u> Commissioner Lee reported that the committee is continuing to work on building relationship efforts with city, non-profit, and community based organizations. A review of goals and work plans is occurring and the committee will be meeting today to discuss future goals and work plans for consideration as we begin retreat planning.</p> <p><u>MISO (Middle Income Senior Opportunities) Committee</u> Commissioner Dimas-Kahn reported that they are almost done with their annual work plan and are on goal 3, employment and training for older adults so they have more financial security. The committee would like to partner with employment agencies but would like to see what type of employment training they offer and whether they do job placements. They are working on gathering contact names for each employment agency and creating survey questions to ask them. The committee will be requesting help from the commission but would like to gather the contact information and create the survey questions before doing so.</p> <p><u>Transportation Committee</u> Commissioner Mau reported they met on September 9th. He wanted to highlight that Cristina Ugaitafa along with the NBC Steering Committee has put together a senior ridership panel for the upcoming NBC meeting being held on September 21st via Zoom. Six representatives from different programs will be sharing information on their transportation services and he encouraged everyone to attend.</p>
7. Member Reports	<p>Commissioner Taylor conducted two tablings. In July she tabled at the National Opening Day in Colma. She represented both Age Friendly and the Commission on Aging. The turn out was very good and she passed out about 30 Help @ Home Resource Guides. She also tabled at the Colma picnic last Saturday and passed out about 12 Help @ Home Resource Guides.</p> <p>Commissioner Batara reported that he spoke with Ann Cooney with City of Daly City and Doelger Center will be opening tomorrow. They are requiring that seniors register first before coming to the center. Lincoln Park Center will also be opening as well as the War Memorial Community Center. The libraries and aquatics programs have been open since Spring.</p> <p>A very limited soft opening of programs for older adults is occurring. Ping pong, bocce, and some fitness classes that are primarily volunteer led are being offered. The congregate lunch</p>

program is not open but they are still providing grab and go as well as Second Course home delivered meals.

Commissioner Querol Moreno wanted to thank Anna Sawamura and Ann Cooney for the opportunity to help with packing meals for Second Course. They had San Francisco Lion's Club and Daly City Lions club helping. South San Francisco will be opening their adult day program in October.

Commissioner Arnos reported that in June there was an Ageism workshop sponsored by the LGBTQ center. She would like to have CoA participate in some way in the future. She has the recording and would like to send it to Anna to send it out to everyone. There was a lot of positive feedback.

Commissioner Leth attended the second meeting for the advisory committee of the organization addressing transportation on the Coast. They are trying to develop codes and strategies to reduce traffic and use more sustainable modes of transportation. She is also excited to be a part of CAFÉ in Half Moon Bay. They just had their first meeting. They discussed whether to make this a Half Moon Bay CAFÉ or include the whole coast from Montara to Pescadero. Next step is to develop focus groups to represent the different areas and listen to their priorities and goals to make the Coastside more age friendly. The first meeting is this Friday.

Commissioner Lee reported that the age friendly task force is working hard on developing an action plan and has had several meetings with various city departments to learn what is already being done and what can be done moving forward. City of San Mateo Senior Center had a soft opening. They have in person classes and those that are registered can attend. It is still not fully open. Self Help for the Elderly has played a big role in the Second Course program and has served many meals in North County. They have not opened for in person services yet but have many online programs and celebrations and other efforts on the way as well.

Commissioner Uhl reported that she is part of the Burlingame Age Friendly Task Force. They are working on submitting their application. Big emphasis is being placed on getting information out to seniors. She distributed Help @ Home Resource Guides and the Emergency Prep list in both Burlingame and Millbrae. She also contacted the Commissioner on Burlingame's senior council.

Commissioner Coppock attended a redistricting meeting. Redistricting in the cities of San Bruno and South San Francisco

Provider Announcements

could have a significant impact on older adults. They are asking for public comments and she encouraged everyone to provide comments.

Commissioner Christina Dimas-Kahn announced that Self Help for the Elderly will be holding a walk-a-thon in honor of Rosalind Koo, a former board member.

Commissioner Arnos announced that Peninsula Family Services has started peer counselor training. It will be 2 mornings a week, Mondays and Wednesdays from 9 am to noon. It's for individuals 55 and older who will support the agency's many divisions and can provide support in many languages.

Commissioner McMullin is really excited about the age friendly programs. Burlingame has done a great job with getting their application in. San Carlos and Half Moon Bay are off to a great start. The goal was to have a Commissioner and a person from one of the villages on the task force. Village of the Coastsides has expanded their boundaries from Pescadero all the way north to Pacifica. They have also expanded east to Skyline so the village of the Coastsides will be the whole downslope from Skyline to the coast. The Veteran's Memorial Senior Center in Redwood City is in the process of being demolished. They had a very moving groundbreaking in July. It is going to be a state of the art, energy efficient, wonderful new senior center.

Victor Marquez, from Peninsula Family Services, reported that they are providing grab and go meals Monday through Friday at their Fair Oaks Adult Activity Center in Redwood City. They plan on having a soft opening in October but that could change. They are having 2 outdoor recreational activities which are yoga and Tai Chi. You need to be registered to participate. They are also running the resource line connecting older adults to services throughout San Mateo. They also make referrals to their senior peer counselling program as well.

Dao Do from Peninsula Volunteers announced they have received funding from Peninsula Health Care District and are able to provide adult day care for residents of San Mateo, Foster City, Hillsborough, Burlingame and Millbrae. If clients qualify, they can attend the program for free.

Artemis Rong from Peninsula Volunteers introduced herself as the new Chief Operating Officer. The agency just launched their tech connect class at Little House and it was a huge success. It's for older adults who are at home and have challenges using

	<p>technology. They have been able to get iPads provided. They also have massage therapists, acupuncturists, personal training sessions. They are open and people are starting to come in.</p> <p>Hope Nakamura with Legal Aid, introduced their new senior advocates and client rights advocate attorney Jerron Harding. She wanted to remind everyone that they are available to do trainings on elder abuse prevention and financial elder abuse as well as government benefits access. Also looking to better serve the underrepresented communities and are happy to partner and do more outreach in those communities.</p>
8. Staff Reports	<p>Lisa Mancini reports that we are at 92.7% of people 12 and older who have had at least one shot. There are 560,665 people in the county, and we are one of the top counties in the nation. For older adults the county is at about 86% for 65 and older. They are doing what they can to reach those who cannot leave their home. They are calling this the in-home vaccination plan instead of the homebound vaccination plan. They are now going into homes of those that find it challenging to leave or have anxiety. The county is now going into their homes and vaccinating those individuals in addition to caregivers or anyone in their home 12 and older. They are well over their goal of 90%.</p> <p>We were serving over 3500 individuals under Great Plates Delivered (GPD) and had a 30-day notice to transition people off and then find and develop a new program. She is grateful to the Board of Supervisors for funding Second Course with County funds through the American Recovery Act. The Board of Supervisors recognized GPD/Second Course as team of the month. Through this process they have learned that more and more older adults in the County are food insecure and they will continue to monitor where the gaps are.</p> <p>Anna Sawamura thanked all of the Commissioners and providers. It was a huge transition from GPD to Second Course and we are doing our best to get food delivered to those that are still in need.</p> <p>There is also a lot of great work being done in the County regarding technology. iPads have been received from the California Department on Aging to support older adults who need and do not have devices . The eligibility criteria is 60 years of age or older or can be an informal caregiver or a person with disability and living alone. The person must be willing to participate in a pre-allocation and post survey conducted by the University of Southern California. The purpose of the survey is to collect data</p>

	<p>on how effective and helpful having an iPad has been for the participant. There will be ongoing tech support.</p> <p>The ability to continue meeting virtually is set to end on September 30th. There are two bills being considered on the Senate floor in Sacramento: AB 361 and AB 399. AB 361 is a newer bill that was presented with an urgency clause. She will continue checking with County Counsel and will inform Commissioners as soon as any confirmed information is available. For now she has secured space to meet on October 18 at County Center.</p>
9. Stretch Break	There was a ten-minute stretch break.
10. Presentation	Retreat Planning Session took place. Anna will be sending information out to Commissioners as dates and locations are secured for the retreat.
11. Adjourn	Commissioner McMullin made the motion to adjourn. Commissioner Coppock seconded the motion. The meeting adjourned at 11:02 am.



Commission on Aging

225 37th Avenue • San Mateo, CA 94403

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