

MINUTES

Commission on Aging – Aging Readiness and Family Caregiver Support Committee Monday, September 22, 2025 Location: 2000 Alameda de las Pulgas, Room 209 Commissioners present: Kathy Uhl, Daniela Jonguitud, Karen Coppock, Twila Dependahl and Maria Barr Commissioners excused: Patty Clement Staff present: Anna Sawamura and Shawne O’Connell Public present: None present	
1. Roll Call	In the absence of Co-chairs Clement and Jonguitud, Commissioner Coppock called the meeting to order at 9:31am
1. Welcome and Introductions	No members of the public joined.
2. Public Comment	No public comments made.
3. Note Taking Assignment	Commissioner Dependahl agreed to take the meeting notes.
4. Review and Approval of today’s agenda	Commissioner Dependahl motioned to approve; Commissioner Barr seconded; motion passed.
5. Review and approval of July 28 th meeting minutes	Commissioner Dependahl motioned to approve; Commissioner Barr seconded; Commissioner Coppock abstained; motion passed. Co-chair Jonguitud joined and chaired the meeting
6. Discussion and finalizing Goal I checklist	The Committee developed questions for the 5 pillars of health: 1) Financial 2) Physical 3) Spiritual 4) Mental/Cognitive and 5) Social and Overall Aging Tips These questions will be recommended for placement at the beginning of the Help at Home Guide. Commissioner Coppock recommended that we add a section on “How to Use This Guide”. There were no objections to this idea. Once the Committee finalizes these questions, they will be submitted to the Ad Hoc Help at Home Guide Committee. The Committee understands we are past the deadline of Sept 7. See Attached list of questions



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7. Discussion and preparation to work on Goal II	Due to the time needed for agenda item 7, the Committee will discuss Goal II at the October meeting.
8. Announcements	No announcements made.
9. Adjourn	Meeting adjourned at 11:00am