



SAN MATEO COUNTY HEALTH

AGING & DISABILITY SERVICES

CoA Information, Resources, and Community Engagement Meeting Minutes

July 13, 2026 11:15 a.m.-12:30 p.m.

500 County Center, Manzanita Hall Redwood City, CA 94063

In-Person/Hybrid Participation

Members Present (In-Person): Bill Lock, Twila Dependahl, Deborah Owdom, Angela Giannini

Members Present (Remote): None noted

Members Excused: Monika Lee, Martin Nakai

Members of the Public (Remote): Joanne Wu, Martha Simmons

Members of the Public (In-Person): None noted

Staff Present (In-Person): Harry Guan, Diane Madriz

Staff Present (Remote): None noted

1. Call to Order and Introductions

- Co-Chair Owdom called the meeting to order at 11:15 a.m.
- Roll call was taken; quorum established.

2. Public Comment

- Joanne Wu introduced herself and expressed interest in joining the Commission.

3. Notetaking Assignment

- Commissioner Giannini volunteered to take notes.

4. Review and Approval of Agenda

- Motion to approve the agenda:
 - Moved by Commissioner Lock
 - Seconded by Commissioner Dependahl
 - Motion passed.

5. Review and Approval of June 8 IRCE Meeting Minutes

- Motion to approve the meeting minutes:
 - Moved by Commissioner Dependahl
 - Seconded by Commissioner Lock
 - Motion passed.

6. New Business

○ CoA Brochure Redesign

- Commissioner Lee volunteered to prepare a summary identifying all revisions made; however, she was absent to present the redesign changes. Approval of the redesign will be postponed and cannot proceed to the Executive Committee at this time.

○ CoA Presentations/New Topics

- Commissioner Giannini reported attending a Rotary Club health and aging seminar, where she was introduced to Steven Hardy and Stephen McCormick, who are affiliated with the Hummingbird Project. Their work incorporates music therapy



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along with other cognitive-support approaches. The Committee discussed inviting them to present.

- A separate suggestion was raised to invite Stanford memory specialist Dr. Ayati. It was noted that the reported cost is \$20,000 per year for monthly visits. He has reported that current medications are largely ineffective.
- Another suggestion was to connect with Freddie Silva, who runs the Rock Steady Boxing Program for individuals with Parkinson's disease. Participants have reported temporary improvement in Parkinson's symptoms.
- Commissioner Lock suggested inviting AARP to present on national issues facing older adults and its perspective on the Age-Friendly Cities Project, including factors that can stall action plans, such as funding and other constraints.

o **Age-Friendly Cities**

- Commissioner Dependahl noted that status updates for Redwood City were circulated to the Committee in advance. Bruce responded to the update and replied to the Committee.
- Commissioner Giannini reported that a new Parks and Recreation staff member has been identified for Belmont. Contact information will be obtained and shared with the Committee.
- Commissioner Lock noted no changes for Pacifica. The next meeting is expected in the fourth quarter of 2026, though the outlook was described as not overly optimistic.
- Co-Chair Owdom explored attending the Foster City Parks and Recreation Commission meeting, noting that Foster City does not have a senior commission or senior advisory group. She will attend next month to raise questions regarding its Age-Friendly initiative.

7. **Old Business**

- An outreach report was provided at the General Meeting. No tabling events were identified for August or September at this time.
- The Committee discussed the status of the work plans, noting they run on a two-year cycle and that the current work plans are believed to expire at the end of the month. It was agreed that new work plans need to be established for all committees. Discussions should begin at the August General Meeting.
- The Committee discussed planning for the CoA retreat. Key points raised:
 - o Retreat planning should be included on the September General Meeting agenda.
 - o There is no budget for the retreat. Possible venues include the San Mateo Library meeting room and the Atrium Room at the ADS office in San Mateo.
 - o Because the prior retreat was held on a Saturday, County buildings may not be accessible.
 - o A potluck was suggested instead of catering.



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- A question was raised as to whether inviting commissioners to join retreat planning discussions would violate the Brown Act; this will be confirmed with Anna.

8. **Announcements**

- The Help@Home guides are now available in all three languages.
- Martha Simmons, a member of the public, joined near the end of the meeting, introduced herself, and expressed interest in joining the Commission.

9. **Adjournment**

- Motion to adjourn the meeting:
 - Moved by Commissioner Lock
 - Seconded by Commissioner Dependahl
- Meeting adjourned at 11:41 a.m.