



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

Notes from Aging Readiness and Family Caregiver Support Committee

Date: June 24, 2024 at 9:30am

Commissioners Present: Daniela Jonguitud, Kathy Uhl and Karen Coppock

Public: Sandra Lang via Zoom

Staff: Anna Sawamura, Suki Ho, Shawne O'Connell

1. Commissioner Uhl called the meeting to order at 9:33am.
2. Public Comment: Sandra Lang commented for the group to keep in mind the income data. \$107 000 level considered low income. Daily Journal to be sent by Karen and Sandra to Suki. Consider economic readiness when preparing this committee.
3. Commissioner Jonguitud volunteered to take notes.
4. Commissioner Coppock motioned to approve the June 24 meeting agenda, seconded by Daniela, all in favor.
5. Commissioner Coppock motioned to approve the May 20 minutes, seconded by Daniela. Karen abstain since she was not present, all in favor.
6. Discussion about goal settings, past goals.
 - Preparing for aging: Goal to inspire seniors to create a personal plan for healthy aging: A plan to include financial health, physical, cognitive, emotional, and social welfare.
 - Independence and Autonomy across generations.
 - Engage family in providing emotional support, providing shelter, and food.
 - Seniors in Long term care facilities need a medical, legal, and financial plan and a discussion with family on diagnosis to ensure proper care.
 - Remove Stigma from aging and replace it with a positive role model. Engage in social activities that connect with family and friends to demonstrate "I am an elder and I am proud."
 - Comments from Daniela and Kathy about past goals.
 - Karen inquired if there is already something in writing that we can use.
 - Discussion about the goals with multiple comments from Karen, Kathy, Daniela.
 - What goal we can actually focus on so we can start planning, Gerontological society of America, reframingaging.org.
 - Daniela spoke about the importance of removing stigma, Kathy is focused more in a&b, Karen looks more at c in regards to future goals, and c being an opportunity to be of advocacy.
 - Reframing aging campaign from San Francisco, how much positive impact did it led to, Anna will check with SF.
 - Focus on goal C, agreed unanimous. Look into reframing aging and bring notes into the next meeting.
 - Age friendly initiative also to use for reframing aging in the community.

7. Meeting Time and Place: Meeting places stay as is for one more month. July 22nd, 2024.
8. Identifying Co-Chairs to Lead the Committee: Kathy and Daniela leading as co-chairs.
9. Announcements: none to be made.
10. Adjourn: motioned by Karen, and Daniela seconded, passed unanimous. Meeting adjourn at 10:56 am.

Bring in different tools that are already in the market, to use as based comment made by Daniela and Karen.

Maria sent a msg last night in regard to not be present, but she is interested in the committee.