



MEETING MINUTES

<p>Commission on Aging Ageing Readiness and Family Caregiver Support Committee Date February 24, 2025 Location: 2000 Alameda de Las Pulgas Room 209 Commissioners present: Co-Chair, Kathy Uhl, Karen Coppock, Twila Dependahl, Maria Elena Barr, Patty Clement Commissioners excused: Daniela Jonguitud, Staff present Anna Sawamura, Shawne O’Connell Public present: Sandra Lang (joined virtually)</p>	
1. Welcome and Introductions	Co-Chair Uhl began the meeting at 9:31 and welcomed members and the public.
2. Public Comment	Sandra Lang “Commended the committee’s work on behalf of seniors: retirees, those on limited incomes, those dealing with rising debt, the middle class, and is encouraged to see the value being placed on working on a personal plan for aging.”
3. Note taking assignment	Commissioner Barr volunteered to take the minutes.
4. Approval of today’s agenda	Commissioner Clement motioned to approve the agenda. Commissioner Dependahl seconded the motion. Motion passed.
5. Approval of January 27 th meeting minutes	Co-Chair Uhl motioned to approve the minutes. Commissioner Barr seconded the motion. Commissioner Clement abstained. Motion passed.
6. Recommendation on Presentations for CoA General Meeting	This item was tabled as committee chose to focus time on discussing the work plan for presentation at the February 22 nd retreat. Members also felt presentation topics and time for presentations at future meetings may change as a result of the retreat.
7. Work Plan	<p>Commissioner Barr identified “Affording Aging” as an important goal to include in the work plan. Discussion followed on how to prepare for aging.</p> <p>Committee agreed to connect with the Information, Resources, and Community Engagement committee to include a section in the Help@Home guide with resources for creating a personal plan including financial elements. For many who are low income or middle-income seniors who rely heavily on Social Security, planning for aging is extremely important.</p> <p>Committee suggested that a well-prepared personal plan for aging is key to bring confidence in older adults to age well. Following questions were raised for consideration to begin the planning work:</p> <ul style="list-style-type: none"> • What are your personal goals for aging? • Are you aware of the resources available?

	<p>Committee discussed recommending the development of a media plan to elevate this on a county wide basis.</p> <p>Committee also brought up the increase in “solo aging.” Individuals or couples without children/family/community nearby who are readily available/involved in their plans as they age.</p> <p>Commissioner Barr stressed the financial aspects of good planning and brought up the following points for consideration:</p> <ol style="list-style-type: none"> 1. Needs: Review your care needs, income versus debt? 2. Financial Support and help options. Identify 3 or 4 agencies available to help seniors reach their personal financial goals. <p>Commissioner Coppock and Co-chair Uhl suggested defining the elements that should be included in the steps to create a personal plan for healthy aging. Committee agreed to work on this and bring suggestions for a first draft to be developed by the April 28th meeting</p>
8. Announcements	Due to the Memorial Day Holiday the May meeting will be held on May 19 th at 2000 Alameda de las Pulgas Room 209.
9. Adjournment	Co-Chair Uhl motioned to adjourn the meeting. Commissioner Coppock seconded the motion. Motion passed. Meeting adjourned at 10:59 am.