



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

Lisa Mancini
Director

Aging & Adult Services
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Notes from Middle Income Senior Opportunities (Miso) Committee Meeting

Date: May 23, 2022

Commissioners present: Christina Dimas-Kahn, Kathy Uhl, Maria Barr

Staff Present: Anna Sawamura, Suki Ho

Board of Supervisors Liaison: Sophia Brink

Public Comment: Sandra Lang: Via e-mail.” Suggest committee members look into how inflation is affecting the Middle-Income Seniors”

1. Chair Christina Kahn welcomed committee members at 8:30 am
2. Commissioner Barr assigned to take notes
3. Approve Agenda, Commissioner Uhl, seconded by Maria Barr
4. April Minutes approved, Barr, Uhl
5. MISO Committee to assign Goal 1, Housing for All ages of our Work plan for 2022 to the Transportation Committee working on housing issues so seniors can remain in their community. The future plans for MISO committee to collaborate on some issues with the RAC Committee is still being worked on.
6. Goal #2, Health Reimagined, is in alignment with the Five Master Plan Goals, MISO Committee will continue to work to provide seniors with information on health services available in the community. To help seniors make wise decisions on choosing a Nursing Home, we plan to host an education event on Long Term Health Care. Our goal is to provide information about the real gap in long-term services by researching the topic and how it affects middle-income seniors. Nursing home innovation is needed because we have a shortage of skilled nursing homes (SNF's) available in the San Mateo County, find ways to advocate for more SNF's funding, provide information on costs and alternative solutions. What are the income and financial limitations for Medicaid help for long term care? What other services, like VA are available for seniors.
7. Goal #3 Inclusion, Equity, and Not Isolation, MISO will continue working on closing the digital divide by providing resources for seniors to get technology training, job availability data and accessibility to computer tablets. This will help older adults apply for jobs and volunteer work, stay



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connected to family and friends. Christina mentioned MISO is on the Half Moon Bay Age Friendly Task Force application to start a program with businesses to hire older adults. Everyone in the committee would like to focus on intergenerational volunteer activities for older adults with the help of the County Youth Commission.

8. Anna spoke about the success of The Villages, a program that Scott McMullin is working on that helps residents and others to age in place with access to support services and various activities that allows members to live independently. She also discussed some preliminary work by the Peninsula Volunteers, and the Peninsula Family Services to help seniors have access to technology classes that can lead to jobs.
9. Goal #4 Caregiving That Works, MISO will work to find resources and services that help to support all caregivers in giving quality care to seniors and others. MISO will research current guidelines for caregiving and the creative new virtual technologies to help the whole family to be involved in a loved one's care.
10. Goal #4 Affording Aging, MISO is working on plans to provide seniors with technical training to prepare resumes, access to job listings that will lead to useful employment to give seniors economic security throughout their lives.
11. Commissioner Uhl agreed and suggested to include tech-savvy high school seniors or others working in libraries or senior centers to help train others in the use of computers.
12. Anna mentioned the availability of funds from the state for nutrition programs to support their infrastructure needs. After a survey of needs, providers will be able to request funding for vehicles and other necessary equipment. Second Course Meals program is continuing its second year and the AAA will share a full report with the CoA in July. Anna also commented on the useful information that Commissioner Dimas-Kahn provided to the New York Times about the Middle-Income Seniors. An excellent opportunity to get the word out about the important work MISO committee is working on.
The AAA is waiting for California Department of Aging (CDA) to provide more information about the reporting requirements for recipients borrowing iPads from county subcontractors.

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13. Commissioner Dimas-Kahn encouraged members to continue studying the Master Plan and the goals discussed to help us stay withing the guidelines required for success in helping seniors live out their lives with dignity.
14. Adjournment: Motion: Commissioner Barr, Second Commissioner Uhl.
15. Meeting adjourned at 9:58 AM.