Minutes
FREMONT SENIOR CITIZENS COMMISSION
REGULAR MEETING
Friday, September 24, 2021
9:30 – 11:00 am

1. CALL TO ORDER
   • Commissioner Yamasaki called the meeting to order at 9:30 am.

2. ROLL CALL
   Present: Commissioners Chapman, Hamze, Helton, Narasimhan, Wasserman and
   Yamasaki
   Absent: Commissioners Desai and Young
   Excused: Commissioner Davis

   Commissioner Hamze was not visible on the meeting, therefore we could not take any votes because
   we did not think we had a quorum.

3. SALUTE TO THE FLAG
   • All that were present said the salute to the flag.

4. APPROVAL OF MINUTES of the Regular Meeting of June 25, 2021
   • The minutes were not approved due to the lack of a quorum. They will be
     approved at the October 2021 meeting.

5. ORAL COMMUNICATIONS
   • The commission was informed that Commissioner Yee has resigned. It was
     discussed to send her a letter/card and a plant to thank her for her service to
     the commission.

6. WRITTEN COMMUNICATIONS
   • Age-Friendly Fremont, September 2021
     ○ Emailed and mailed on September 1, 2021
7. OLD BUSINESS
7.1 AGE-FRIENDLY ACTION PLAN – Karen Grimsich, AFS Administrator

- Karen gave an update on how the Action Steps were developed in the Action Plan for the domain of Community Information.
- Karen shared the achievements in the domain Community Information.
- A new brochure has been developed for AFS. Karen gave background on how this was done and shared the brochure.
- Karen gave information on the different avenues that are used to get information out to the older adults in the community. She also shared some stats on how many newsletters are sent out each month and how they are distributed.

Encl: City of Fremont Age Friendly Action Plan, Page 11

8. NEW BUSINESS
8.1 Election of new Vice-Chair – Karen Grimsich, AFS Administrator

BACKGROUND: Commissioner Davis, the present Vice-Chair is taking a leave of absence through November. Therefore, a new Vice-Chair needs to be elected.

RECOMMENDATION: That the commission have the opportunity to nominate and vote on who will be the new Vice Chair for the remainder of the year.

8.2 Brown Act Suspension Ending – Karen Grimsich, AFS Administrator

- Karen explained what is happening with the Brown Act and Zoom meetings.
- The City is waiting to hear if the Governor will extend the legislation to enable the SCC to still meet on Zoom.
- Discussion was held and everyone on this meeting said they would like to start meeting in person in October.
- Lynn will reach out via email to check with the commissioners not in attendance.

9. COMMISSION REPORTS

- Health and Wellness – Commissioners Chapman and Helton
  o Commissioner Chapman shared information around the Grandpads and the possibility of getting a discount on future purchases.
  o Commissioner Chapman also shared that Nick Jordan, Program Coordinator
at Age Well Center at Lake Elizabeth, is going to be scheduling Chief Washington to come and speak to the seniors.

- Commissioner Helton shared information about “fidget pillows/blankets”. She is going to reach out to the needlecraft and quilting groups at the Lake Elizabeth center to see if they would be interested in making some to donate to older adults in need of something like this.

- **Transportation** – Commissioners Chapman, Hamze and Yamasaki
  - Commissioner Chapman shared that she had lunch with Supervisor Haubert and spoke with him about Fremont getting a “Free Roundabout” bus service like they have in Oakland.

### 10. COMMISSION REFERRALS

None

### 11. STAFF REPORTS

#### 11.1 Aging and Family Services – Karen Grimsich, Administrator

- Karen informed the commissioners that the state is moving toward decentralizing MediCal services. She shared information on how this process is going to happen and how AFS is keeping a close eye on the transitions to be sure nothing falls through the cracks.
  - Commissioner Yamasaki suggested that an article be put in the newsletter to be sure people know this is happening.
    - Aisha will be approaching an Ombudsman to have them write an article.

#### 11.2 Age Well Centers – Aisha Jasper, Manager

- Aisha shared how the 1st full week at the South Fremont Center went.
  - Volunteers have already started
  - Food Focus Group will be taking place with the Chef.
  - Different services have already been at the center to meet with people.
  - Mobile Library will be happening once a month.
- Aisha gave information on what is happening for National Senior Month.

### 12. COMMISSION COMMENTS
Adjournment
There being no further business, the meeting was adjourned at 10:50am

Respectfully submitted by Lynn R Hood, Recording Secretary