

## DISTRICT 1 REPORT TO MCCOA MAY 11, 2026 MEETING

May 3, 2026

Diana López, Joan Clemmons and Kay Winer met with Mary Sackett, District 1 Supervisor and Crystal Martinez, Board Aide to Supervisor Sackett at the quarterly meeting held on April 16, 2026. The main topic of discussion was the outcome and findings from the March 27, 2026 listening session on Social Isolation convened by the Health and Nutrition Committee of the Commission on Aging and the San Rafael Goldenaires at the San Rafael Community Center. The meeting was set up to maximize participation by using small group participation at tables set up throughout the meeting room facilitated by Commissioners. Attendance was approximately 40 people, excluding AAA staff and Commissioners. There was general consensus on key issues related to social isolation, including:

- Health risks;
- Warning signs;
- Life moments that trigger risk;
- Challenges dealing with social isolation;
- Identifying resources and stakeholders
- Next steps.

A handout is currently being developed that will summarize the above points to distribute at future meetings and events. The Commission is considering additional next steps on this critical issue.

Diana López  
Joan Clemmons  
Kay Winer