

MCCOA 2026, October 30 Retreat, TOPICS and AGENDA

After two retreat topic questionnaires and many small discussions, the following three **TOPICS** are broad enough to encompass almost all concerns and suggestions.

TOPICS

1. Roles and Relationships

How can we improve our relationships with each other, with staff, with the community, appointing groups, and Supervisors? How do we make Commission meetings more involving, engaging, and effective, with clearer outcomes and follow-through? How can we clarify staff and commission roles and responsibilities, so we work better together as commissioners, staff, and Supervisors?

2. Successful Outcomes.

What does “success” look like? How might we measure our success or results? How do we balance advocacy, recommendations, education, and actions? How do we gain support from within the Commission, community, and government agencies to support success? How can we make our advocacy and advisory roles more effective, so they lead to successful action? What is our strategy to recommend and support success?

3. Topics and Goals

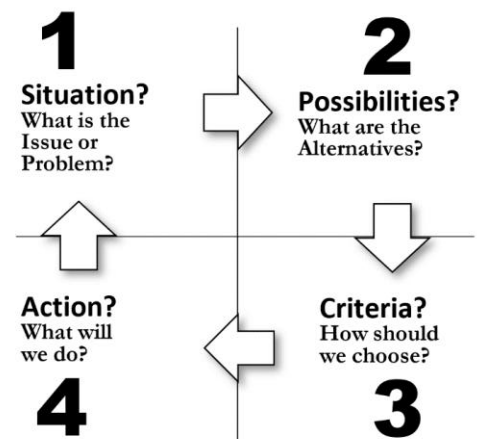
- What do we see as the key age-related issues or topics?
- What age-related issues or topics should we focus on during the coming year?
- What is our action plan for 2027?
- What are our goals and how will we assess progress? (Both are related as working on one usually includes working on others, e.g. falls and isolation.)

We will use this 4-step Decision Process for the 3 Topics.

AM The morning is **Steps 1 and 2** — understand each Topic Situation, then list the Possible actions we might take.

PM After lunch we will discuss **3, How should we choose?** Then select from our list **4. Actions, what will we do?**

END We will leave with a list of agreed on actions we will take, the Plan for the year, and how to check on our progress.



4-Step Decision Process

AGENDA

8:30 – 9:00 Arrive, name tags, snacks/coffee, table, etc.

9:00 – 9:05 Roll Call.

9:05 – 9:10 Review and Approve the Agenda as amended.

9:10 – 9:40 Walk around. Icebreaker, Getting to Know You.

9:40 – 11:15 Thirty minutes on each topic **1, 2, 3**. Write how each person sees the **Situation** or **Problem**.

After describing the **1. Situation**, list the **2. Possibilities**, actions you/we might take to improve or solve the issue. No discussion (except clarifying). **Possible actions** are what you are prepared to do personally, not something “We” or “They” should do. e.g. “I would like to”

11:15 – 12:00 Each table shares their **Situation**, then their **Possibilities**, with the full group.

12:00 – 1:00 **LUNCH** and walk around and review the morning’s work — taped on the walls.

1:00 – 1:30 Discuss the morning, where we are, and Step **3. Criteria?** How should we choose?.

1:30 – 2:00 Walk around. Group the possible action items for each Topic. Put a title on each group.

2:00 – 3:00 Walk around. Discuss the possibilities, put your initials against **4. Actions** you would like to work on individually or with others.

3:00 – 3:30 Review the day. How was it?

3:30 Conclude and Thank You