Commission on Aging
General Meeting Minutes

Monday, September 14, 2026 – 1:30 P.M. to 4:30 P.M.
Draft – For review at November meeting

Minutes Summary

RECORDER: Amy Dietz, Staff, Area Agency on Aging (AAA)

LOCATION: Marin Wildfire Prevention Authority - 1600 Los Gamos Rd., Ste. 335, San Rafael

PRESENT: Barry, Brown, Czech, Clemmons, Doodha, Elkin, Gould, López, Notowich, Phegan, Rubens, Sadowsky, Winer

EXCUSED: Alexovich, Binkley, Holtz, Smith **ABSENT:**

Call to Order and Roll Call:
Chair Elkin called the meeting to order at 1:35 p.m.

Approval of Agenda:
Motion/Seconded/Carried (M/S/C) – López/Rubens/13-0

Approval of July 13, 2026 Minutes
M/S/C –Doodha / Brown/ 13-0

- Commissioner Gould made a motion to amend the minutes to include a more detailed description of the Housing and Transportation meeting.
- Chair Elkin requested his notes from the July meeting be included as an amendment to the September minutes.

Open Time for Public Expression on Matters not on the Agenda

- Terry Graham, Mill Valley: Supervisor Moulton-Peters recently spoke to the fact that the largest group of people at risk for homelessness are older adults. It was noted there is no other group that advocates for the housing needs of older adults. A request was made for the Commission to address these issues to avoid residents being forced out of Marin.

Additionally, there needs to be better regulations for e-bikes on multi-use paths, including the area from Mill Valley to Sausalito.

- Commissioner Sadowsky commented that even those who own homes are at risk with reverse mortgages.

Marin Senior Fair

- Wednesday, September 16. Commissioners are asked to sign up to staff the Commission on Aging booth.

Discussion/ Voting

- Marin County Strategic Plan
  - The last County strategic plan was 25 years ago.
  - Chair Elkin:
    - Older adult needs are also on an age continuum – needs increase as they age.
    - The MCCOA should initiate contact with the Office of the County Executive and ask to be involved.
  - Director Cottrell was asked by the Office of the County Executive what groups need to be included.
    - There will be a formal process that the MCCOA will be invited to in the fall.
  - Commissioner Sadowsky: Services are fragmented. Should focus on prevention, e.g. homelessness.
  - Commissioner Doodha: Stated there is a need to look at things with the lens of longevity.
  - Commissioner Rubens made a motion for the formation of an ad hoc to write a letter to County leadership and to then determine how to move forward. Seconded by Gould. Passed 13-0.
- October retreat
  - Commissioner Phegan distributed a worksheet to determine topics and agenda.
  - It will take place on Oct. 30 at Marin Clean Energy in San Rafael.
  - Breakfast and lunch to be included.
  - Commissioner Rubens made a motion that Commissioner Phegan be the facilitator of the retreat with no restriction on his participation. López seconded. 11-yes, 1-no, 1-abstain. Motion carried.

Commissioner López left at 3:40 p.m. Meeting still has a quorum.

- Committee Reports:
  - Health and Nutrition:
    - July meeting had two excellent presentations from Chua Chau (APS) and Cat Woods Williams (Information and Assistance).
    - October meeting will have Dan Steckline presenting the Ombudsman quarterly report.
    - Partnering with Alzheimer's Association on an event in October featuring Dr. Canio. More information forthcoming.
  - Planning, Legislative and Communications:
    - Met last week.
  - Housing and Transportation:

        - No meeting this month.
    - Bylaws:
        - Bylaws were passed last year by the Commission. The County is standardizing its system and will be providing a template. Should be completed by end of month.

Chair and Officers' Reports

Chair – Lauren Elkin

- Will look at creating the Nominating committee at the October meeting.
- Asked committee chairs to look at their future meeting dates through calendar year 2027 for potential conflicts.
- Expressed gratitude and pride for the MCCOA.

Vice Chair - Joan Clemmons.

- No report.

Secretary – Kay Winer

- No General meeting for the month of October. The retreat will be held in lieu of a regular meeting.

Aging and Adult Services (AAS) Report and Announcements

Jenay Cottrell, Director:

- Sue Krenek will be transitioning from her job with the MCCOA to the Public Guardian's Office.
  Interviews for a replacement are scheduled for September 18th and 25th. Commissioner Winer will be on the second interview panel. Camille Jolly and Amy Dietz will also serve on the panels.
- Last week's webinar on the "Overlooked Middle" conducted by the California Department of Aging was excellent.
- Registration for this year's Kaiser's Age Well Summit has closed. It will be on Thursday, September 23rd from 8:15 am - 5:00 pm in San Francisco. It will focus on Health, Housing, and Justice.
- The AAI steering committee will meet on Thursday. Decisions from this group will be announced at the next meeting.
- Data requests: Staff met with Chair Elkin and Commissioner Sadowsky in late July to discuss the type of data staff collect and various data requests received from commissioners. Discussed how to make data requests.
- Distribution of the Community Resource Guide continues. The AAA and the PLC will give updates on where they've distributed at the next PLC meeting.
- Commissioners were asked to participate in an advisory committee for One Door, the Aging & Disability Resource Connection, which is the partnership between the AAA and Marin Center for Independent Living. First is an advisory committee that meets quarterly, and the other is a one-time meeting to help inform the Communications firm that is developing an outreach campaign to help increase awareness about One Door services.

Amy Dietz, Senior Program Coordinator

- Mill Valley Recreation center starts congregate meals on Fridays in January 2027.
- RFP review for congregate meal happening this week. This contract will start November 1, 2026.

Sue Krenek, MCCOA Administrative Assistant

- Gave an update on the Farmers Market nutrition program.

Commissioner Reports (Commissioners appointed by the Cities and Towns)

- Commissioner Doodha: Town of Ross has two commissioners on its age-friendly task force.
- Commissioner Phegan asked for feedback on age-friendly topics/ presentation at the Larkspur Library.

New Business Items for the Next Agenda:

- None

Adjournment: 4:15 p.m.
M/S/C – Smith/Phegan 12-0.

Next meeting date: Monday, November 9, 2026.