TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR SERVICES COMMISSION SPECIAL MEETING
NOVEMBER 19, 2026
110 EAST MAIN STREET
TOWN COUNCIL CHAMBERS
1:00 PM

Martha Sterne, Chair
Gregory Gentile, Vice Chair
Dick Konrad, Commissioner
Patricia Uro-May, Commissioner
Stewart Brewster, Commissioner
Elenor Yick, Commissioner
Shailaja Venkatsubramanayan, Commissioner
Matthew Hudes, Council Liaison

IMPORTANT NOTICE

This meeting will be held in person at the location listed above. Members of the public may provide written or oral comments on agenda items by following the instructions listed at the end of the agenda.

CALL MEETING TO ORDER

ROLL CALL

CONSENT ITEMS *(Items appearing on the Consent are considered routine Town business and may be approved by one motion. Members of the public may provide input on any Consent Item(s) when the Chair asks for public comment on the Consent Items. Each speaker is limited to three minutes or such time as authorized by the Chair.)*

1. Approve the Minutes of the October 19, 2026, CHSSC Meeting
2. Adopt a Resolution Setting the Meeting Day, Time, and Location of the Community Health and Senior Services Commission Schedule to Begin in 2027

VERBAL COMMUNICATIONS *(Members of the public are welcome to address the Community Health and Senior Services Commission on any matter that is not listed on the agenda and is within the subject matter jurisdiction of the Commission. During special meetings, members of the public are welcome to address the Commission only on items listed on the agenda. Town resources may not be used to facilitate audio or visual presentations. To ensure all agenda items are heard, this portion of the agenda is limited to 30 minutes. In the event additional speakers were not able to be heard during the initial Verbal Communications portion of the agenda, an additional Verbal Communications will be opened prior to adjournment. Each speaker is limited to three minutes or such time as authorized by the Chair.)*

OTHER BUSINESS *(Each speaker is limited to three minutes or such time as authorized by the Chair.)*

3. Receive an Update from Community Service Provider, Invest in Mental Health, on Their Program for Mental Health Awareness

4. Receive Information on Genasys, the Silicon Valley Regional Interoperability Authority, and Amateur (Ham) Radio Communication
5. Discuss Older Adult Emergency Preparedness

COMMISSIONER/STAFF LIAISON REPORTS

ADJOURNMENT

ADA NOTICE - In compliance with the Americans with Disabilities Act, if you require special assistance to participate in this meeting, please contact the Clerk's Office at (408) 354-6834. Please notify the Clerk's Office at least two (2) business days prior to the meeting so that reasonable arrangements can be made to ensure accessibility in compliance with 28 CFR §35.102-35.104 and related provisions.
NOTICE REGARDING SUPPLEMENTAL MATERIALS - Materials related to an item on this agenda submitted to the Commission after initial distribution of the agenda packets are available for public inspection in the Clerk's Office at Town Hall, 110 E. Main Street, Los Gatos, and on the Town's website at www.losgatosca.gov. Town Commission agendas and related materials can be viewed online at https://losgatos-ca.municodemeetings.com/.

HOW TO PARTICIPATE

The Town of Los Gatos strongly encourages your active participation in the public process**.** If you are interested in providing oral comments during the meeting, you must attend in-person, complete a speaker's card, and return it to the staff. If you wish to speak to an item on the agenda, please list the item number on the speaker card. The time allocated to speakers may change to better facilitate the meeting. If you are unable to attend the meeting in-person, you are welcome to submit written comments via email to clerk@losgatosca.gov.

Public Comment During the Meeting:

When called to speak, please limit your comments to three (3) minutes, or such other time as the Chair may decide, consistent with the time limit for speakers at a Town meeting.

Speakers at public meetings may be asked to provide their name and to state whether they are a resident of the Town of Los Gatos. Providing this information is not required.

Deadlines to Submit Written Comments:

If you are unable to participate in person, you may email clerk@losgatosca.gov with the subject line "Public Comment Item #_" (insert the item number relevant to your comment). Persons wishing to submit written comments to be included in the materials provided to the Commission must provide the comments as follows:

For inclusion in an addendum: by 3:00 p.m. the day before the Commission meeting.
For inclusion in a desk item: 11:00 a.m. the day of the Commission meeting.

Draft Minutes of the Community Health and Senior Services Meeting October 22, 2026

MEETING CALLED TO ORDER AT APPROXIMATELY 4:00 P.M.

ROLL CALL

Present: Chair Sterne, Vice Chair Gentile, Commissioner Uro-May, Commissioner Brewster, Commissioner Yick, Commissioner Venkatsubramanayan.

Absent: Commissioner Konrad, Youth Commissioner Cinnakotla, Council Liaison Hudes.

Staff Present: Assistant Town Manager Katy Nomura and Senior Service Coordinator Jen Fosco.

CONSENT ITEMS

1. Approve the Minutes of the September 24, 2026, Meeting.

MOTION: **Motion** by **Commissioner Yick** to approve the minutes of the September 24, 2026, meeting. **Seconded** by **Commissioner Uro-May.**

VOTE: **Motion passed 4-0. Commissioner Brewster and Commissioner Venkatsubramanayan abstained.**

2. Adopt a Resolution Setting the Meeting Day, Time, and Location of the Community Health and Senior Services Commission Schedule to Begin in 2027.

The Chair asked the Commission to confirm the 2027 schedule and the Commissioners unanimously confirmed.

The Commission discussed the item.

No one from the public spoke.

VERBAL COMMUNICATIONS

The following individuals spoke during verbal communications:

1) Kiersten Shum

OTHER BUSINESS

3. Receive the responses from the CHSSC gratitude board activity at the Town of Los Gatos 4th of July event.

The Commission discussed the item.

No one from the public spoke.

4. Discuss Older Adult Emergency Preparedness.

Senior Service Coordinator Jen Fosco provided a staff report on Emergency Preparedness.

The Commission discussed the item.

The following individuals spoke on this item:

1) Kiersten Shum

COMMISSIONER/STAFF LIAISON REPORTS

General Commissioner Reports

The following Commissioners reported on various activities: Venkatsubramanayan, Brewster, Chair Sterne, and Yick.

Staff Liaison Reports

Staff Liaison Fosco provided a report.

ADJOURNMENT

The meeting adjourned at 5:06 p.m.

Respectfully Submitted

_____

/s/ Jen Fosco, Senior Service Coordinator

DATE: November 19, 2026

TO: Community Health and Senior Services Commission

FROM: Jennifer Fosco, Senior Service Coordinator

SUBJECT: Adopt a Resolution Setting the Meeting Day, Time, and Location of the Community Health and Senior Services Commission Schedule to Begin in 2027

RECOMMENDATION:

Adopt a Resolution in Attachment 1 setting the meeting day, time, and location of the Community Health and Senior Services Commission to begin in 2027, as discussed at the August 2026 meeting.

ATTACHMENT:

1. Time and Place Resolution

PREPARED BY: Jen Fosco
Senior Service Coordinator

RESOLUTION 2026-2

RESOLUTION OF THE COMMUNITY HEALTH AND SENIOR SERVICES COMMISSION OF THE TOWN OF LOS GATOS ESTABLISHING A TIME AND PLACE FOR REGULAR MEETINGS

RESOLVED, by the Community Health and Senior Services Commission of the Town of Los Gatos, that pursuant to Government Code Section 54954, the time and place for the regular meetings of the Commission for 2027 shall be as follows:

Day:	3rd Wednesday
Time:	4:00 p.m.
Frequency:	Monthly
Place:	Los Gatos Town Council Chambers

PASSED AND ADOPTED at a regular meeting of the Community Health and Senior Services Commission of the Town of Los Gatos, California, held on November 19, 2026, by the following vote:

COMMISSIONERS:

AYES:

NAYS:

ABSENT:

ABSTAIN:

SIGNED: _____

Martha Sterne, Chair
Community Health and Senior Services Commission

TOWN OF LOS GATOS

COMMUNITY HEALTH AND SENIOR SERVICES COMMISSION AGENDA REPORT

MEETING DATE: 11/19/2026
ITEM NO: 3

DATE:	November 19, 2026
TO:	Community Health and Senior Services Commission
FROM:	Jen Fosco, Senior Services Coordinator
SUBJECT:	Receive an Update from Community Service Provider, Invest in Mental Health, on Their Program for Mental Health Awareness

RECOMMENDATION:

Receive an Update from Community Service Provider, Invest in Mental Health, on their program for mental health awareness. This item is for discussion only.

REMARKS:

Relevant to the CHSSC work plan item to stay informed about community health and senior services, Commissioners will have the opportunity to receive an update from a representative from Invest In Mental Health.

A presentation prepared by Invest in Mental Health is included as an attachment to this staff report as public comment.

ATTACHMENT:
1. Public Comment

PREPARED BY: Jen Fosco
Senior Service Coordinator

WE HEAR YOU, WE SEE YOU, WE GOT YOU

Become a MentalHealthFirstAider

“Because No One Should Struggle Alone”

Presented to

CHSSC

November 19, 2026

Presented by LORETTA STAGNITTO

Founder

InvestInMentalHealth.org



InvestInMentalHealth.org

BE A MENTAL HEALTH FIRST AIDER

Building communities where everyone has the skills to recognize and respond to mental health challenges.

LOS GATOS RESIDENTS, REGISTER FOR OUR **FREE** MENTAL HEALTH FIRST AID TRAININGS! LIMITED SPACE AVAILABLE. #FIRST100

HOME GET IN TOUCH DONATE GET TRAINED
WHO WE ARE FAQ

InvestInMentalHealth.org
BE A MENTAL HEALTH FIRST AIDER

BE ONE OF THE #FIRST100 MENTAL HEALTH FIRST AIDERS

Investing In Mental Health to Help Break Stigmas

Provide life-saving skills through Mental Health First Aid™ training

LEARN MORE



InvestInMentalHealth.org
BE A MENTAL HEALTH FIRST AIDER

ATTACHMENT 1



Build communities nationwide where everyone has the skills to recognize and respond to mental health challenges

To provide free and low-cost Mental Health First Aid (MHFA) training that empowers communities, reduces stigma, and supports early intervention for mental health challenges.

InvestInMentalHealth.org
BE A MENTAL HEALTH FIRST AIDER

Why InvestInMentalHealth.org?

THE MENTAL HEALTH CRISIS (IN SCC) IS URGENT!

1 in 5

Adults in SSC (340K) experience mental health challenges; Depression (30%), Schizophrenia & Psychosis (25%), and Trauma/Stress-related disorders (16%)

1 in 6

Youth in SSC ages 6-17 (68k) with high trauma-related incidents; mental disorders are primary reason for child hospitalizations

1 in 5

High school students in SSC considered suicide in 2025

20%

Of 400k Seniors in SCC deal with anxiety, depression, or a trauma- and stress-related disorder. Likely underreported since this demographics suffers in silence

14%

Adults 60+ live with a mental disorder

2M+

Americans 65+ suffer from depression

59.8%

Of family caregivers experience high caregiving strain. 31.6% suffer from clinical depression.

1.7M

Dementia caregivers statewide. They carry the absolute highest risk for localized burnout, anxiety, and depression

No community-wide Mental Health First Aid certification program exists in most Bay Area communities.

InvestInMentalHealth.org
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ATTACHMENT 1

What Is MHFA?

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING



Just as CPR training equips people to respond to physical emergencies, MHFA equips people to respond to mental health crises — until professional help is available.

InvestInMentalHealth.org
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What is MHFA?



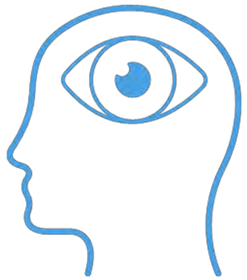
6-7 Hours
In-Person or Virtual

- Purpose and role of MHFAer
- 10 Common Mental Disorders
  - Depressive disorders
  - Substance use disorders
  - Post-traumatic stress disorder
  - Anxiety disorders
  - Bipolar disorder
  - Psychotic disorders
  - Eating disorders
  - ADHD
  - Conduct/Impulse Control
  - Trauma/stressor related

AGLEE Model
Learn and Practice

- Recognize early, worsening, crisis signs and symptoms
- Youth sharing their stories
- Scenarios of all ages, challenges
- Crisis Situations & Safety
  - Panic Attacks
  - Substance Overdose
  - Trauma
  - Suicide
  - Psychosis
- Self-Care

Noticing Signs and Symptoms



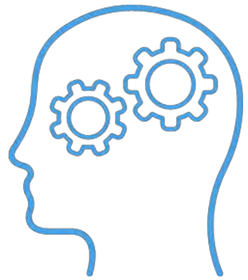
Represents **observable physical changes** (how a person appears) that a Mental Health First Aider might notice.



Represents **behaviors** a Mental Health First Aider might notice.

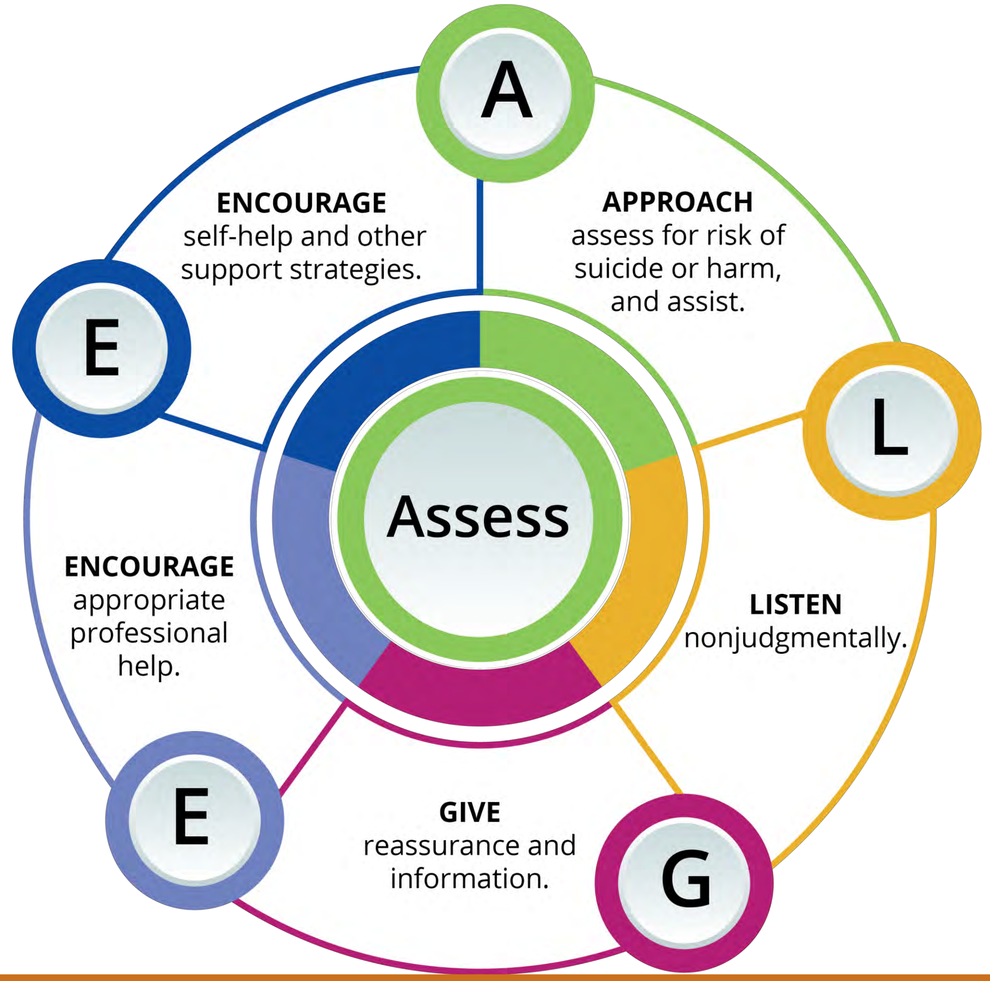


Represents **feelings and emotions** that a Mental Health First Aider might notice.



Represents **thought patterns** that a Mental Health First Aider might notice.

The MHFA Action Plan (ALGEE)





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ATTACHMENT 1

Self-Care Action Plan

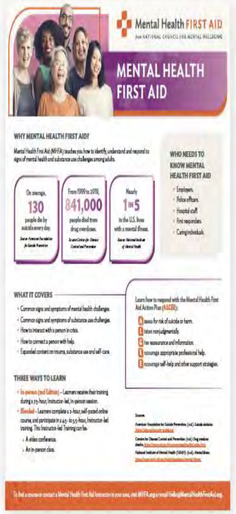


Based on SAMHSA's Eight Dimensions of Wellness

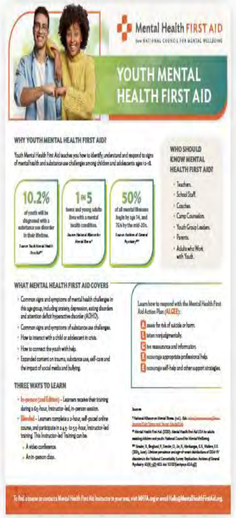


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ATTACHMENT 1

Customized Content and Scenarios



Adult MHFA



Youth MHFA



teen MHFA



MHFA for Higher Education



MHFA for Public Safety



MHFA for Fire/EMS



MHFA for Corrections Professionals



MHFA for Military, Veterans and Their Families



MHFA for Older Adults

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ATTACHMENT 1

2026 LG Community Town Grant





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ATTACHMENT 1

How To Support Us

- Join our BOD
- Sign-Up for our monthly newsletter
- Partnerships and Sponsorships
- Let us train your organizations
- Take a class or refer others
- Promotion and Introductions to training opps
- Donations and grants
- Become Adult and Youth Instructors
- Become a *Foundational Friend* Funding Sponsor
  - $75K via $1,000+ Donations and Sponsorships
  - $25k to train instructors; $50k for infrastructure



InvestInMentalHealth.org
BE A MENTAL HEALTH FIRST AIDER

ASSESS.ACT.ACHIEVE.
The "I Know" System™ for Personal and Team Leadership Development
ACCELERATE RESULTS



THANK YOU FOR PARTICIPATING

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INFO@INVESTINMENTALHEALTH.ORG

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ATTACHMENT 1

TOWN OF LOS GATOS

COMMUNITY HEALTH AND SENIOR SERVICES COMMISSION AGENDA REPORT

MEETING DATE: 11/19/2026
ITEM NO: 4

DATE: November 19, 2026

TO: Community Health and Senior Services Commission

FROM: Jen Fosco, Senior Services Coordinator

SUBJECT: Receive information on Genasys, the Silicon Valley Regional Interoperability Authority, and Amateur (Ham) Radio Communication

RECOMMENDATION:

Receive information on Genasys, the Silicon Valley Regional Interoperability Authority, and amateur (ham) radio communication. This item is discussion only.

REMARKS:

Relevant to the CHSSC work plan item to stay informed about community health and senior services, Commissioners will have the opportunity to receive information on the Genasys system, Silicon Valley Regional Interoperability Authority, and amateur (ham) radio communications for the purpose of emergency preparedness.

PREPARED BY: Jen Fosco
Senior Service Coordinator

DATE: November 19, 2026

TO: Community Health and Senior Services Commission

FROM: Jen Fosco, Senior Services Coordinator

SUBJECT: Discuss Older Adult Emergency Preparedness

RECOMMENDATION:

Discuss emergency preparedness for older adults. This item is discussion only.

REMARKS:

The Town of Los Gatos is committed to safety and emergency preparedness for all residents, including older adults. Below are resources available in the community as well as steps the Town is taking to promote safety and emergency preparedness.

Santa Clara County Fire Department: The Santa Clara County Fire Department offers safety programs designed specifically for older adults, and ongoing free programs community members can attend and request for their organization. These programs include Crime Prevention & Home Fire Safety, Preparing for Medical Emergencies, Fall Prevention Program, and Be Ready: Be Prepared! More information on the County programs can be found here: https://www.sccfd.org/education-and-preparedness-overview/community-education-programs/adult-senior-safety-programs/

City of Los Gatos-Monte Sereno Community Emergency Response Team (LGMS CERT):
The Los Gatos-Monte Sereno Community Emergency Response Team (LGMS CERT) is an all-volunteer, community-based emergency preparedness organization, supported by and operating within the command structure of the Los Gatos-Monte Sereno Police Department. The primary mission of LGMS CERT is to provide support and assistance to our communities and emergency services personnel during emergencies or disasters. But an equally important mission is to increase the overall level of disaster readiness by training and educating individuals within the communities of Los Gatos and Monte Sereno in emergency preparedness and basic disaster response techniques.

PREPARED BY: Jen Fosco
Senior Service Coordinator

CERT, under the direction of the Los Gatos-Monte Sereno Police Department, has identified CERT neighborhoods and is establishing Neighborhood Incident Command Posts to assist CERT members with emergency response efforts during a disaster. CERT neighborhoods can be found on this map: CERT-Map

CERT is an all-volunteer, community-based emergency preparedness organization, supported by and operating within the command structure of the Los Gatos-Monte Sereno Police Department. CERT volunteers complete a 21-hour course that covers training in disaster preparation response and recovery skills. During disasters, police and fire department personnel may be unavailable to respond to all emergency events. CERT members may be called upon to serve in their neighborhoods, as well as areas outside of their immediate neighborhoods. More information about how community members can become a member of CERT can be found here: CERT Training

General information on the CERT program can be found here: CERT (Community Emergency Response Team) | The Los Gatos CA Official Site!

Neighborhood Preparedness Meetings: In addition to the above resources, the Town of Los Gatos periodically holds neighborhood preparedness meetings. The link to be notified of the next meeting can be found here**:** Emergency Preparedness Neighborhood Meetings.

Valley Water: El Nino has the potential to bring unpredictable weather, including the risks of flooding. Valley Water offers resources for preparing for water related emergencies, including signing up for alerts and knowing your flood zone. Get Flood Ready Essential Tips | Santa Clara Valley Water

Also, the Town of Los Gatos has partnered with Los Gatos Saratoga Recreation (LGSR) to hold an emergency preparedness talk for older adults at the Adult Recreation Center on January 14, 2027, from 10:00 a.m. to 11:00 am.