

Marin County Commission on Aging Meetings are Fragrance Free. Please be courteous to others.

MARIN COUNTY COMMISSION ON AGING MEETING
Thursday, September 10, 2015 - 10:00 A.M. to 12:30 P.M.
Margaret Todd Senior Center – Hill Community Room
1560 Hill Road, Novato

AGENDA

- I. Presentation and Topic: Go4Life: Be Active and Healthy Everyday 10:00
- Speakers: Chrisula Asimos, Ph.D. - Marin County Commission on Aging
Salamah Locks, M.S., R.N., ACNS-BC - Marin County Commission on Aging
Mary Louise Zernicke, R.D. – Marin County Area Agency on Aging Nutritionist
- Break
- II. Call to Order 11:15
- III. Approval of Agenda 11:16
- IV. Approval of Minutes – July 9, 2015 11:17
- V. Open Time for Public Expression 11:18
(3 minutes per person)
- VI. Chair Report/Vice Chair’s Reports 11:24
- VII. Action Items: None
- VIII. Committee/Task Force Reports & Chairs 11:35
- A. Health/Nutrition: Chrisula Asimos
 - B. Housing/Transportation: Allan Bortel
 - C. Legislative: Ellie Bloch / Sybil Boutilier
 - D. Planning: Jody Timms
- IX. Aging and Adult Services Report 11:55
- X. Commission Updates 12:15
(3 minutes per person)
- Adjournment 12:30

Next meeting: October 8th, San Geronimo Valley Community Center

For more information about the Marin County Commission on Aging call 473-7118 or visit our website at www.marinhhs.org/boards/commission-aging
The Division of Social Services, Aging and Adult Services office is located at 10 North San Pedro Road, Suite 1023, San Rafael.



All public meetings and events sponsored or conducted by the County of Marin are held in accessible sites. Requests for accommodations may be made by calling (415) 473-4381 (voice), (415) 473-3232 (TTY) or 711 for the California Relay Service or e-mailing disabilityaccess@marincounty.org at least **four work days** in advance of the event. Copies of documents are available in alternative formats, upon written request.

Marin County Commission on Aging Meetings are Fragrance Free. Please be courteous to others.

Directions to:

**Margaret Todd Senior Center – Hill Community Room
1560 Hill Road, Novato
Phone: (415) 893-7940**

Directions:

From Hwy 101 South, take the DeLong exit. Turn right onto DeLong Avenue – 0.5 mile. DeLong Avenue becomes Diablo Avenue – 0.4 mile. Turn left onto Hill Road. Go 0.1 mile to 1560 Hill Road.

From Hwy 101 North, take the DeLong exit. Turn left onto DeLong Avenue – 0.5 mile. DeLong Avenue becomes Diablo Avenue – 0.4 mile. Turn left onto Hill Road. Go 0.1 mile to 1560 Hill Road.

Parking:

Parking is available in the Hill Community Room lot.

For more information about the Marin County Commission on Aging call 473-7118 or visit our website at www.marinhhs.org/boards/commission-aging
The Division of Social Services, Aging and Adult Services office is located at 10 North San Pedro Road, Suite 1023, San Rafael.



All public meetings and events sponsored or conducted by the County of Marin are held in accessible sites. Requests for accommodations may be made by calling (415) 473-4381 (voice), (415) 473-3232 (TTY) or 711 for the California Relay Service or e-mailing disabilityaccess@marincounty.org at least **four work days** in advance of the event. Copies of documents are available in alternative formats, upon written request.